



Panama

Panama is a lush land of rainforests and pristine beaches. Then of course there is the canal, an attraction in its own right. A proud nation and one that can be applauded for respecting its indigenous peoples

The canal is the obvious start for many visits and we can arrange either a part or full transit. Taking the trip will immediately give the visitor a good insight to the many natural attractions and diverse wildlife of the country. Another must for many travellers are the islands in the Comarca de San Blas, which are ruled by the indigenous Kuna Indians. For visitors with more time, equally interesting are the islands of the Archipiélago de Bocas del Toro, close to the border with Costa Rica. Here the adventurous traveller will find laid back villages, jungle-covered islands, coral keys and seduced beaches.

Also towards the border you will find cool alpine retreats including Boquete, a quaint town, with a glistening river. It is the perfect base for trekking or just a relaxing stroll.

A visit to one of the national parks is another must and our small group tour includes time in the Barú Volcano National Park. At an elevation of 2286 meters you will have an opportunity to see the elusive Resplendent Quetzal and many other birds in their cool habitat of orchids and wild avocados.


Our most popular group tour takes in bird watching in the Chiriqui cloud forests in the west, learning about the Kuna culture in the San Blas Islands, to crossing the Panama Canal in the heart of the country. This itinerary provides a well-rounded experience for those seeking exposure to nature, culture and history. Our Darien Explorer Trek is a rare opportunity to travel deep into the rainforests of the infamous Darien Gap, and is truly an expedition style journey of discovery for the intrepid.



Sample Itinerary: Best of Panama

Group Size: Min 4, max 12

Also available as a private journey for individual travellers - contact us for details

Rating: 

Transport: Private 4WD, boat, plane

- Day 1** UK to Panama City
- Day 2** Panama Canal Jungle Boat Adventure - Chiriqui Highlands
- Day 3** La Amistad International Park & World Biosphere Reserve
- Day 4** Sitio Barriles - Carta Vieja Rum Factory - Boquete
- Day 5** Finca Lerida Cloud Forest
- Day 6** Panama City
- Day 7** San Blas Islands, Dolphin Island
- Day 8** Panama City - Chagres River & the Emera
- Day 9** Partial Panama Canal Transit
- Day 10** Depart Panama
- Day 11** Arrive UK

Guide Price: £1,695

(Including flights from £2,445)

Journey Ideas: Combine your tour of Panama with a taste of South America; Venezuela is just a 2hrs flight away

For detailed itineraries, prices and dates please visit www.panama-undiscovered.com or call our well-travelled team

