



FOREST FANTASY

DAY 1

Arrival to Panama

Arrive to Panama international airport where you will be greeted and transferred to the Canopy Tower in the heart of Panama's Soberania National Park by one of our staff members. Birds such as the Blue Cotingas and Green Shrike-vireos that are normally glimpsed in the treetops can be viewed at eye level, and all you have to do is get out of bed and look out your window. Have dinner and spend the night in the Canopy Tower.

DAY 2

Barro Colorado Island Tour

Early in the morning depart to the Smithsonian's Barro Colorado Island /Barro Colorado Natural Monument (BCNM), administered by the Smithsonian Tropical Research Institute (STRI), this island is a biological reserve as well as the best-studied rainforest in America. The BCNM has been protected since 1923, longer than any other protected jungle in the world. This is the home of many birds such as the Red-billed Toucan, Green and Rufous Kingfisher and Golden-colored Manaki. A box lunch is included in the field. Have dinner and spend the night at the Canopy Tower.



DAY 3

Posada del Cerro La Vieja

After breakfast, depart to Posada del Cerro La Vieja in the Coclé Province. A bus with a bilingual tour guide will pick you up at the Canopy Tower. This adventure begins with a drive on the Pan-American Highway to the forest of Chiguirí Arriba. The three night / four day stay in Posada La Vieja Lodge includes tours, all meals and transportation. Activities include hiking, trekking on different ecological trails, horseback riding, an exploration of the area and its mysterious stone petroglyphs writing by the falls. Discover a rejuvenating mud bath and enjoy excellent Panamanian cuisine in this remarkable setting on the slope of the extinct volcano, "La Vieja".

DAY 4

Posada del Cerro La Vieja

An optional morning tour at dawn is available, when nature is at its best. Pure Adventure! The rest of the day you can hike La Vieja Hill, enjoy the lodge's private trails or just relax in a hammock while overlooking the beautiful mountains of Coclé.

DAY 5

Posada del Cerro La Vieja

Time to pamper yourself! Spend the morning enjoying a soothing massage with the mountains and lush vegetation as your backdrop. Or, get a facial with tropical herbs and mud bath that will stimulate your skin leaving it smooth and rejuvenated. In the afternoon, go on a horseback ride adventure to the Tavida Falls where you will encounter birds, monkeys and beautiful vegetation. Experience the spectacular view of the falls and swim in a natural pool. Very romantic!!

DAY 6

Panama City

Take a morning walk through the trails around La Posada. After breakfast, depart for Panama City. Spend the rest of the day at the hotel or go souvenir shopping downtown. Spend the night at hotel in the city.



DAY 7

Total jungle Adventure!

A bus will pick you up early in the morning for a day trip to the Chagres River, one of the most important and scenic rivers of Panama. Take a “piragua” (native boat) through the tropical rainforest and hike to an Indian Embera village. You will have lunch at the community and arrive in Panama City in the afternoon. Optional dinner and folkloric dance show at Tinajas Restaurant is available upon request. Spend a night at a hotel in the city.

DAY 8

Panama City

After breakfast you will be transferred to the David Airport for your flight to Panama City. Your afternoon will be free to explore at your leisure. At night watch folkloric show and have dinner at Tinajas Restaurant. Spend the night at a hotel in the city.

DAY 9

Departure

Transfer to the international airport approximately two hours in advance to your departure time.

Not Included:

- Air / Taxes
- Gratuities / Expenses / Personal Insurance

Pricing:

- E-mail at info@designtravel.ca or by phone at (416) 235-1212.

Note:

- Duration: 8-days / 7-nights.

Links:

Optional Excursions

www.designtravel.ca/services/servicesworld/excursions/excursions.html

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