



Panama: Canals, Culture, and Cloud Forests

January 19 - 28, 2027

\$7994.00 per guest /double • \$9353.00 per guest /single
(airfare included)

Discover the many faces of Panama on a thoughtfully designed journey that combines history, nature, culture, and relaxation. Watch massive ships navigate the legendary Panama Canal, explore the colonial charm of Casco Viejo, and experience the unique traditions of the Emberá people.

Journey into the lush volcanic crater of El Valle de Antón, where artisan markets, exotic orchids, colorful butterflies, waterfalls, scenic mountain views, and relaxing hot springs await.

Then unwind along Panama's beautiful Pacific coast with a luxurious catamaran cruise, delicious lunch, breathtaking scenery, and opportunities to spot dolphins and other marine life.

From fascinating cultural encounters to peaceful cloud forests and tropical shores, Panama offers the perfect blend of adventure and relaxation—all at a comfortable pace.

Come discover Panama with Globe Treks!

TOUR INCLUDES

- Local home pick-up service and luggage handling
- All meals, attractions, guides, and activities
- Watch ships navigate the famous Miraflores Locks
- Discover historic architecture, plazas, and local shops
- Stay in a lush mountain town nestled inside an ancient volcanic crater
- Browse local crafts and enjoy the vibrant Sunday market
- Enjoy spectacular rainforest scenery
- Cruise the Pacific coastline with lunch, drinks, and opportunities to spot dolphins
- Wander among hundreds of colorful tropical butterflies
- Savor fresh cuisine and a farewell sunset dinner by the sea.

prices & itineraries subject to change

Reserve your spot! (828) 692-1399 • globetreks.com

Office Location: 1605 Asheville Highway, Hendersonville, NC 28791

Panama: Day by Day

Day 1 : Travel to Atlanta for overnight stay

Your Panama adventure begins with easy, door-to-door pickup and an easy flight to Atlanta where we will spend the night before we depart the next morning for Panama City.

Day 2 : Arrival in Panama City

Arrive in Panama, settle into our hotel room and enjoy a nice dinner at the hotel

Day 3: Canals & Colonial Charm

Experience two of Panama City's most iconic treasures in one unforgettable day! Begin at the Miraflores Locks and watch massive ships make their way through the legendary Panama Canal. Then, enjoy a relaxed afternoon exploring Casco Viejo, Panama City's historic district, with its beautiful colonial architecture, charming plazas, and local shops.

A perfect day of engineering marvels, history, and culture!

Day 4: Wildlife & Culture on Lake Gatún

Spend an unforgettable day exploring Lake Gatún, where you'll cruise through the lush waters of the Panama Canal watershed in search of playful monkeys and tropical wildlife. Then, immerse yourself in the traditions and culture of the Emberá community, gaining a fascinating glimpse into their way of life, heritage, and connection to the rainforest.

A memorable day blending Panama's incredible wildlife, natural beauty, and living culture.

Days 5: Journey to El Valle de Antón

Leave Panama City behind and travel into the lush mountains of El Valle de Antón, a charming town nestled within the crater of an ancient volcano. Enjoy the area's cooler, refreshing climate, beautiful scenery, botanical gardens, and easygoing atmosphere.

With flat, walkable streets and gentle paved paths, El Valle offers a relaxed way to experience Panama's spectacular mountain landscape.

A scenic escape into Panama's natural beauty awaits!

Day 6 : A Colorful Day in El Valle de Antón

Experience the charm of El Valle's famous Sunday Artisan Market, where local crafts, handmade treasures, and regional flavors come together. Enjoy a leisurely lunch before discovering the beauty of Panama's native flora at the APROVACA Orchid Center, home to more than 100 species of exotic and endangered orchids.

Then, slow down and relax at the Pozos Termales, where soothing thermal waters, warm foot soaks, and mineral-rich mud treatments offer the perfect way to unwind.

A delightful day of local culture, tropical beauty, and relaxation in the heart of El Valle!

Day 7: Waterfalls, Mountain Views & Butterflies

Discover the natural beauty of El Valle de Antón with a visit to the spectacular 115-foot Chorro El Macho Waterfall, with an easy boardwalk option for a comfortable viewing experience.

Enjoy a relaxing scenic drive through the volcanic crater to Cerro La Cruz, taking in panoramic mountain views from the comfort of an air-conditioned bus.

Then, step into the enchanting Butterfly Haven, a beautifully landscaped tropical garden filled with hundreds of colorful butterflies.

A perfect day of breathtaking scenery, tropical beauty, and relaxed exploration!

Day 8 : From the Mountains to the Pacific Coast

Enjoy a leisurely breakfast and some free time in El Valle de Antón to revisit a favorite spot or enjoy anything you may have missed. Then, sit back and relax as we travel approximately two hours to Playa Coronado, Panama's beautiful Pacific coast.

Arrive ready to unwind, take in the ocean views, and settle into the next chapter of your Panama adventure.

From lush mountain landscapes to the sparkling Pacific—your coastal escape begins!

Day 9: Cruise the Pacific Riviera

Set sail on a luxury catamaran for a relaxing day along Panama's spectacular Pacific coastline. Sit back and enjoy the smooth, scenic cruise while sipping a refreshing drink and taking in the beautiful ocean views.

Enjoy a delicious lunch on board and keep your eyes open for playful dolphins and other marine wildlife along the way. Sunshine, sea breezes, and stunning scenery—the perfect Panama escape!

Day 10: Travel Home!

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