

Journey Idea to Panama

16 Days



Kuna Lady, San Blas Islands

Prepared for
Steppes Travel Clients

QUICK REFERENCE ITINERARY

Day 1	Fly UK/Madrid/Panama City
Days 2 & 3	Panama City
Day 4	Panama City/Azuero Peninsula
Days 5 & 6	Azuero Peninsula
Day 7	Azuero Peninsula /Boquete
Days 8 & 9	Boquete
Day 10	Boquete/Bocas Del Toro
Days 11 - 13	Bocas Del Toro
Day 14	Bocas Del Toro/Panama City
Day 15	Fly Panama City/UK, flying overnight
Day 16	Arrive UK

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DETAILED TRIP ITINERARY

Day 1

UK/Panama City

Depart the UK on a flight to Panama City, a journey time of approximately 16 hours.

You will be met upon arrival by the Steppes Travel representative at the airport and transferred to your hotel. All transfers are private (unless stated otherwise) and included in your trip, however it will not detail every transfer on this itinerary.

The capital of Panama is a modern, thriving commercial centre stretching along the Pacific coast from the ruins of Panamá Viejo in the east to the edge of the Panama Canal in the west. Attractions include the 17th-century Metropolitan Church, the Inter-oceanic Canal Museum of Panama, the Plaza de Bolívar, the presidential palace, the History Museum of Panama and the sea wall built by the Spaniards four centuries ago.

Attractions on the fringes of the city include the Panama Canal, the 16th-century ruins of Panamá Viejo, the Summit Botanical Gardens and Zoo, the tropical rain forest of the Parque Nacional Soberanía and the 265ha (655ac) Parque Nacional Metropolitana.

Overnight at your chosen hotel in Panama City on a bed & breakfast basis.



Day 2

Panama City

Today you will be taken on a guided afternoon tour of the city, which will include Old Panama City, the plazas and public parks of the colonial or 'Casco Viejo' area, and the more modern areas of Panama. There are still well preserved colonial areas such as France Plaza, Las Bovedas, San Jose Church, with its wonderful altar all made of gold, the Flat Arc, and Catedral Church. You will also have the opportunity of visiting The Panama Canal and the new visitors centre to help understand the Canal's importance and history.

Overnight at your chosen hotel in Panama City on a bed & breakfast basis.



Day 3

Panama City

This morning visit the indigenous community of the Embera Indians in Chagres National Park.

Learn about their cultural traditions through their artisans, local botanical knowledge, music and dance. There will also be an opportunity to have your body painted with the natural fruit dye called Jagua, used by the Indians for body decoration and health-giving properties. During the afternoon observe the local wildlife while you trek through the lush rainforest and explore many of its beautiful waterfalls.



Overnight at your chosen hotel in Panama City on a bed & breakfast basis.

Day 4

Panama City/Azuero Peninsula



Today transfer approximately 5 hours to the beautiful Azuero Peninsula to enjoy the magnificent views of this rarely visited area.

The Azuero Peninsula is predominately farmland and cattle pastures, but most importantly it the heart of Panama's folklore. Isolated from modern Panama, the Azuero Peninsula is frozen in an idyllic past of charm and tradition. Best known for its festivals when the local people can be found wearing beautiful traditional clothing, most famously the *pollera*; the peninsula is also known for its handicrafts and ceramic work. Even the national drink, Seco, made from Sugar Cane is produced here.



Azuero's east coast is home to some of the country's wildest and most beautiful beaches. Extensive white sands line the peninsula untouched by human habitation bar a few fishermen out for their daily catch. Whether you wish to explore the small colonial towns of Chitre and Pedasi, relax on a beach, go scuba diving or explore inland, the Azuero Peninsula really is a must see.

Overnight at your chosen hotel on the Azuero Peninsula on a bed & breakfast basis.

Days 5 & 6

Azuero Peninsula

Days at leisure to relax and explore the local surroundings independently.

Overnight at your chosen hotel on the Azuero Peninsula on a bed & breakfast basis.

Day 7

Azuero Peninsula/Boquete



Today transfer to Boquete in the province of Chiriqui.

Perhaps the best-kept secret of Panama is the agricultural region of Chiriqui, Panamas' most Western Province. Chiriqui's majestic volcanic mountain ranges, trout filled mountain rivers, and beautiful agricultural scenery will leave you feeling enchanted.

Boquete, the placid and wonderful 'Valley of the Flowers and Eternal Spring', is a cool and fertile valley 1,600 meters above sea level with an average temperature of 20°C throughout the year. Yearly celebrations include the Flower and Coffee Festival in January, and the Orquid Festival in April.

Overnight at your chosen hotel in Boquete on a bed & breakfast basis.

Day 8

Boquete

This morning enjoy a hike along the Quetzales Trail. This is



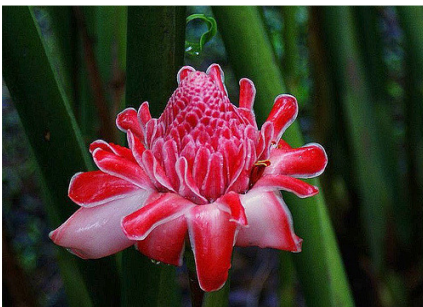
one of the most beautiful trails in Central America.

Early transfer to the ranger station of Baru National Park in Cerro Punta where you will begin your trek along the Quetzales Trail.

Walk through different elevations and landscapes giving you the opportunity to see a great variety of trees, plants and bird species, including the Resplendent Quetzal, the Silvery fronted Tapaculo and Jay and the Black Faced Solitaire as well as mammals from the area such as Monkeys, the Two Toed Sloth, and Coati.

Overnight at your chosen hotel in Boquete on a bed & breakfast basis.

Day 9



Boquete

Day at leisure to enjoy the activities available in the area such as river rafting, hiking and canopy tours or simply potter about this beautiful town.

Boquete offers fantastic walking, and the best panoramic views can be seen from 'La Virgen de la Gruta' from which you can observe Boquete and the Caldera river.

Overnight at your chosen hotel in Boquete on a bed & breakfast basis.

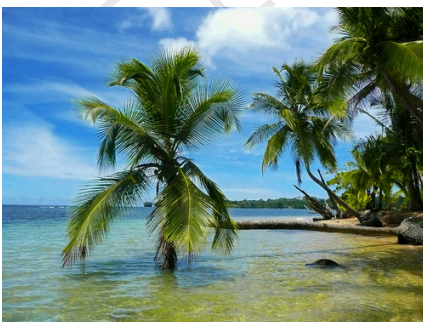
Day 10



Boquete/Bocas del Toro

Transfer from Boquete to David to board a flight to the Bocas del Toro Province.

The exotic Bocas del Toro Archipelago is located in the Caribbean of Western Panama near the border with Costa Rica. It is a diver and outdoor paradise with unspoiled coral reefs, deep-sea fishing and boating, kayaking, snorkelling and long sandy deserted beaches. Several of the pristine islands of the Bocas del Toro Archipelago in the Caribbean Sea are protected by the Bastimentos Marine National Park. The park offers great diving, snorkelling and swimming, and its beaches are used as a nesting ground by several species of sea turtle.



The main town on the archipelago is Bocas Town. It has a rich history, a lively nightlife and a friendly, mostly English speaking population.

Overnight at your chosen hotel in Bocas del Toro on a bed & breakfast basis.

Days 11 to 13

Bocas del Toro

Days at leisure to relax and explore Bocas del Toro archipelago. Relax in a hammock, snorkel, dive, or browse the shops and restaurants in Bocas Town for souvenirs.

Overnight at your chosen hotel in Bocas del Toro on a bed & breakfast basis.

Day 14

Bocas Del Toro/Panama City

Depart Bocas del Toro on a flight to Panama City, via David.

Overnight at your chosen hotel in Panama City on a bed & breakfast basis.

Day 15

Panama City/UK

Depart Panama on the flight to the UK, flying overnight.

Day 16

Arrive UK

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TRIP PRICE

In each location there is a variety of different category of hotels, lodges and guest houses, therefore as a guide we have divided these into 3 categories; Traveller, Deluxe and Superior Deluxe. It is difficult to categorise each property as they vary so much therefore this is a general price guide only.

Traveller Class price from £2,145 per person + flight taxes.

Deluxe price from £2,595 per person + flight taxes.

Superior Deluxe price from £3,295 per person + flight taxes.

The rates quoted are subject to the availability of all services, currency fluctuations, written confirmation and Steppes Travels terms and conditions.

The price includes return flight from UK, internal flights, local transport, airport-hotel transfers and tours on a shared basis (or can be organised on a private basis), accommodation (twin/double with private facilities where available) and board. Accommodation is on a bed and breakfast basis, unless staying in a remote lodge when normally this will be on a full board basis.

The price excludes entrance charges to sites, parks and museums, extra local excursions and guided tours, international and domestic airport taxes. Travel insurance, visas, single supplements (if applicable) and items of a personal nature, such as laundry, drinks, etc.

Please note that the above is only a suggested journey, allowing in-depth visits to the highlights of the country and the chance to explore the wide range of possibilities this fascinating country has to offer. We have a separate list of escorted tours and specialise in tailoring individual itineraries to your particular interests and requirements. This journey idea serves more as a general guide on what there is to see and do, as well as a guide on price.

Why Travel with Steppes?

Steppes Travel was founded in 1989 with the objective of creating a travel company where service and knowledge are of the highest priority. We aim to design itineraries and include the highlights of any country, whilst taking travellers off the beaten track to see lesser known, interesting places not frequented by large numbers of tourists. We offer individuals the ability to travel safely in remote areas, with the knowledge that we have travelled there before.

Financial Protection

Steppes Travel is a fully bonded tour operator that complies with the Civil Aviation Authority bonding conditions of the UK. This fully guarantees your money in the unlikely event of us going out of business before you start your holiday. Our ATOL number is 6945 and we have full insurance to cover the financial failure of an airline. In addition, all accommodation-only bookings (such as hotels, lodges and boats) which are not covered by the ATOL regulations are financially protected with all payments being held in a separate trust account until the date of departure. This is in accordance with the Package Travel Regulations Act 1992.

Specialist Knowledge

We demand and employ only a very high calibre of staff. All of our specialists have a wealth of travel experience and have travelled, and continue to travel, extensively throughout their regions of specialisation. You can therefore rely on their first hand knowledge and expertise. Some have been with us for more than ten years. They will tell you about those intimate, friendly hotels and introduce you to our charismatic guides - those little extra qualities that make your holiday both unique and special.

A Tailor-made Journey

After an initial discussion with you, one of our specialists will create a unique itinerary for your trip, designed around your own interests, preferred style of accommodation and the pace at

which you like to travel. This will be fine tuned until you are completely satisfied with it. Throughout this whole process, you will be dealt with by the same specialist and you are welcome to call them at any time.

24 hour Emergency Service

We have an emergency service so that we can be contacted 24 hours a day, 365 days a year.

Recognition

More than 65% of our business is achieved through recommendations, referrals and repeat bookings. This, for us, is the highest endorsement we could have. In addition, our 20 years of experience in this specialist travel sector confirms our expertise.

Please contact the Latin America team on 01285 885 333 or visit our website www.steppestravel.co.uk for further information.

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