



PANAMA

Panama-rama

If there's no coffee involved, we're not going. Thankfully on this trip, you'll get to harvest and roast your own coffee. How else could you experience the real Panama?

If we could define Panama in a word, we'd probably use something cliché like paradise, or unique, or heaven. But then, we always try to avoid using overused words like that. So instead, we'll let you make up your own mind. From the pastel colours of Casco Antiguo and vivid colours of the Congo Festival, to jam sessions with the ONG Bahia de Portobelo and roasting your own coffee beans, 10 days on this tour will just be the beginning of your *amorío*.

Day 1 Casco Antiguo

Transfer to your hotel in Casco Antiguo. The city was built by Spaniards in the 1673 as the second settlement established by the Europeans on the Pacific Coast of America. It was certified by UNESCO in 1997 as a historical heritage site and 70 percent has been restored to its original grandeur.

Overnight: Hotel Central or similar

Day 2 Casco Antiguo

Explore the old quarter and learn about the country's exciting history. Get together with locals and enjoy a taste of the local cuisine. After lunch, you will be transferred one and a half hours to Portobelo Village located in the northern Colon Province on the Caribbean Coast.

Overnight: Casa Congo or similar

Day 3 Portobelo

Venture to the village, including a visit to the fortresses (Santiago de la Gloria y San Jeromino) as well as San Felipe Church (see the Black Christ). Mingle with the locals and learn about some of the local Congo culture. In the afternoon visit an art gallery with a Congo Crafter. Learn how to create some of the traditional masks, hats and other outfits used for regular dances.

Overnight: Hotel Central or similar

Day 4 Portobelo

Mingle with a group of young musicians who are part of the ONG Bahia de Portobelo. This ONG has been created with the intention of keeping the culture alive. Learn about their music, rhythms and folklore. In the afternoon, transfer to a white sandy beach.

Overnight: Casa Congo or similar

Day 5 Portobelo

Do some artisanal fishing whilst learning about the different species of fish that can be caught in the Caribbean Sea. You will head back to the marina before making your way to a farm to harvest some cassava or some potato which can be cooked alongside fried fish with 'patacones' (green plantain) for your lunch.

Overnight: Casa Congo or similar

Day 6 The Congo Festival

Join the Congo Festival - one of the most colourful activities in the area, which has been promoted by locals who focus on retaining their culture. The festival is a combination of religious, culture and customs in a culture which began in the 1500s.

Overnight: Casa Congo or similar

Day 7 Chiriqui Highlands

This morning is at leisure to enjoy more of the Congo Festival. At midday, depart from Portobelo to Albrook domestic Airport in Panama City from where you will take an hour flight to David City in the Chiriquí Province. Transfer to Cerro Punta Village.

Overnight: Casa Grande Bambito or similar

Day 8 Cerro Punta

Harvest and crop coffee beans, roasting them. In this same area, you'll have the opportunity to share with the Ngobe community, one of the most ancient native communities in Panama. In an effort to recognise this fragile community, the government created an indigenous reservation in the area to make sure this culture continues to exist.

Overnight: Casa Grande Bambito or similar

Day 9 Panama City

This morning is at leisure to rest, explore the town before you start travelling back to the city. At midday, transfer to David City and fly to Panama City. Upon arrival, transfer to your hotel in the city. This evening, enjoy a farewell dinner.

Overnight: Hotel Central or similar

Day 10 Depart

Following breakfast, you will be transferred to Tocumen Airport for your onward flight.

Inclusions

- Bilingual tour guide
- Transfer to/from Tocumen International Airport – hotel in the city (international flight)
- Transfer to/from Albrook Airport – hotel in the city (domestic flight)
- Transfer to/from David Airport – hotel in Cerro Punta
- Transfer from Panama City to Portobelo
- Transfer from Portobelo to Albrook Airport
- Transfers to all activities and tours
- Five nights accommodation at Casa Congo
- Two nights accommodation at Hotel Central
- Two nights accommodation at the Casa Grande Hotel Bambito
- Airfare from Panama City to David City (round trip)

Exclusions

- International flights to/from Panama
- Meals and drinks not described in the program
- Personal expenses
- Tips