

COLOMBIA & PANAMA

21 days

Created on: 2 Jan, 2026

Day 1 Arrival in Bogota

Today we arrive in Bogota, Colombia and transfer to our hotel.

Also known as Santa Fe de Bogota, or the 'Athens of the Americas' (owing to Bogotanos' reputation for politeness and civility), Bogota is set at an altitude of over 2600m (8,600 feet) with high ranges of the Cordillera to the east. This captivating urban center has a rich cultural life and beautiful architecture. Like any self-respecting capital city, Bogotá is the country's capital of art, academia, history, culture and government. This is Colombia's beating heart.

Overnight in Bogota.

Included Meal(s): Dinner, if required.

Day 2 Bogota: Paloquemao Market, Cerro Monserrate & Gold Museum

This morning we will visit the Plaza de Mercado de Paloquemao, the most famous flower and food market in Bogota. This is the focal point where the produce of the Caribbean and Pacific coasts, the fertile Andes and the tropical jungle meld together. The market is divided into sections: flowers; fruit, vegetables and aromatic herbs; and meat and fish. A visit here will engage all of your senses, and provides us with a great insight into Colombian customs and local living in Bogota.

Next we take a cable car to Cerro Monserrate. Some amazing views can be had from this great vantage point (weather dependant). Monserrate is crowned with its easily recognizable church and is a place of pilgrimage due to its statue of Senor Caído, the fallen Christ. Cerro de Monserrate is sometimes called the 'mountain-guardian' of Bogota, and has been a place of religious pilgrimage since colonial times.

Afterward we discover the best spots of street art in Bogota, where the most famous artist of the graffiti around the world have come to out their ideas in the walls of the city. Continue to the old quarter of La Candelaria and walk through the Plaza de Bolivar, stop at the well-known 200-year-old restaurant, La Puerta Falsa, to try the local typical sweets and desserts. We also visit the Botero Museum, home to some of Fernando Botero's finest pieces. Fernando Botero is the most widely recognized Colombian painter and sculptor. Today the museum houses one of Latin America's most important international art collections. The museum consists of over 100 works of Fernando Botero, and some of the other highlights include works by Salvador Dali, Pablo Picasso, Claude Monet, and Henri Matisse.

We finish our day at the world-famous Gold Museum, regarded as the finest collection of gold from pre-Hispanic times. This museum has some excellent, well laid out exhibitions with explanations in English.

Overnight in Bogota.

Included Meal(s): Breakfast and Dinner

Day 3 Bogota: Catedral de Sal & Paso Fino Horse Ranch

This morning we travel north to Zipaquirá where we visit the Catedral de Sal. The Salt Cathedral of Zipaquirá (Catedral de Sal de Zipaquirá) is an underground Roman Catholic Church built within the tunnels of a salt mine 200 meters underneath a mountain. This is not only a popular destination with travellers, but also an important place of pilgrimage in the country.

This cathedral is an engineering feat under the earth's surface, part of the salt mines that date back from the Muisca period. Curving and twisting tunnels descend into the Roman Catholic Church, passing 14 small chapels representing the Stations of the Cross, illustrating the events of Jesus' last journey. Each station has a cross and several kneeling platforms carved into the salt structure.

Upon leaving Zipaquirá, we'll visit a traditional hacienda, one of the most traditional estates on the outskirts of Bogotá. Here you will enjoy the best of the local gastronomy by trying the typical ajiaco (chicken and potato soup) for lunch, and afterwards attend to private and exclusive exhibition of the famous Colombian creole "paso fino" horses.

We return to our hotel (due to our early departure tomorrow and included lunch today, dinner is on your own this evening).

Overnight in Bogotá.

Included Meal(s): Breakfast and Lunch

Day 4 Bogota - Fly to Cafetera Region & Coffee Experience

Early this morning we transfer to Bogota's airport for our 30-minute flight to Armenia (or Pereira, schedule depending) one of the cities located near the Colombian Coffee Triangle, a UNESCO listed area known for its breathtaking deep green landscapes and the unique culture and traditions of the region. Having shed years of isolation imposed by surrounding civil war and the central Andean range that marks its eastern limit, coffee country has become the heart of Colombia's nascent "rural tourism" industry that fuses history, ecology, and know-your-roots national pride.

Once landed, we'll have a hands-on coffee experience covering the cultivation, harvesting, roasting, and tasting processes of coffee production, from the seed to the roasted bean. The rich volcanic soil together with the climate and the topography make this region ideal for the cultivation of quality coffee.

Our overnight point is Salento, situated in the heart of the coffee region. This is one of the oldest towns in the department of Quindio and probably the smallest. Startlingly well- preserved, Salento offers us an opportunity to enjoy a traditional coffee settlement. Set amid gorgeous green mountains, this small town survives on coffee production, trout farming and, increasingly, tourists, who are drawn by its quaint streets, typical paisa architecture, and its proximity to the spectacular Valle de Cocora.

PLEASE NOTE that hotels in the area are relatively small and simpler with respect to the amenities on offer. Our preferred choice is clean and comfortable and quite charming, but please do not expect a lot of "frills" or assistance with your luggage. We may also need to walk a short distance (15-20 minutes) to the restaurant where we will have our evening meals; we suggest bringing a small flashlight and, as always, sturdy walking shoes with well-treaded soles.

Overnight near Salento.

Included Meal(s): Breakfast and Dinner

Day 5 Salento: Barbas Bremen Nature Reserve & Cocora Valley

We begin our day by visiting the reserve of Barbas Bremen, an easily-accessible nature reserve filled with hundreds of wild species, such as the howler monkey, butterflies, and myriad birds. Along our +/- 2 km leisurely walk, we'll explore the surrounding river, and forest ecosystems (your Tour Leader will provide more details on the nature of our excursion the night before).

We will also make a stop at the small town of Filandia, which features well-preserved classic local architecture. Tile-roofed houses here are all brightly coloured in blues, greens and oranges, 200-year-old beams still hold restaurant and hostel ceilings up, and the stunning, perfectly-preserved blue and white colonial church stands proudly in the well-groomed square.

This afternoon we visit Valle de Cocora located to the east of Salento. Here we will enjoy a walk in the valley and see the famous Palma de Cera (wax palm) growing abundantly along the hillsides.* Towering high, this palm makes for the rather strange but beautiful scenery. Back in the 80s, this place was declared a sanctuary for the protection of Colombia's national tree, also home of the endemic yellow-eared parrot.

* Please note that viewing the trees involves the need to walk on hilly terrain some distance away from where our transport is parked. The surface is "natural" (ie not paved) and can be slippery if it has rained. By this point your Tour Leader will be familiar with your abilities and, if you have concerns about your suitability, please consult with them prior to the excursion.

Overnight near Salento.

Included Meal(s): Breakfast and Dinner

Day 6 Salento - Fly to Medellin

This morning we catch our flight to Medellin, transferring to our hotel located in the modern neighbourhood of El Poblado.

Medellin is Colombia's vibrant "second city" and the heart of Paisa culture. This city's had quite a journey, transforming itself from a place shadowed by the past to a forward-thinking metropolis.

Medellin boasts one of the most extensive public transportation systems in Colombia, making it easy to zip around and explore. You'll find a mix of old and new here, with a modern uptown district rubbing shoulders with historic neighbourhoods. It's a city that's constantly evolving, and it's exciting to see after years of darkness and uncertainty.

Overnight in Medellin.

Included Meal(s): Breakfast and Dinner

Day 7 Medellin: City & Area Touring

Today we will enjoy a guided tour through Medellin, the "City of Eternal Spring". We walk through the historical and cultural centers where we learn about Colombia's controversial yet fascinating history.

Having gone through several periods of significant transformation, the Medellin of today is an inclusive city, where every inhabitant has the space to express themselves and participate in social change. Much of this is due to the efforts made to improve the quality of life of Medellin's inhabitants following the difficult decades of the 80s and 90s. On our visit, you'll have the chance to learn more about this city and the art, music, and food culture that has developed during its gradual transformation.

We enjoy the urban street art in the comunas of San Javier, the typical and avant-garde street food on the boulevard of Parque del Rio, and the massive sculptures by Fernando Botero in the heart of Medellin's city center. We continue to the Medellin Memorial Center, a blast from the past, displaying the dramatic history of cartels and gangs that struggled for control of the city.

After a break for lunch we head to Parque Arvi, a large natural reserve located above the city that has several paths that weave their way through magical forests and amazing landscapes of the Andes Central Mountain Range. After arriving by cable car from Medellin, we visit the village of Santa Elena, best known for its large, ornate flower arrangements displayed annually at Medellin's Flower Festival.

The people of Santa Elena have learned how to create colourful shapes, figures and even faces out of flowers – a tradition that has been handed down to them over many years. On this visit, you'll even get a chance to chat with a flower farmer, or silletero, and stroll through a flower producing farm, taking in all the lovely fragrances.

Overnight in Medellin.

Included Meal(s): Breakfast and Dinner

Day 8 Medellin & Guatapé

This morning we escape the urban bustle of Medellin and embark on a day trip to the charming village of Guatapé, nestled in the rolling hills of Antioquia, just a 2-hour drive away. This picturesque town has a fascinating history, having been relocated to its present site after the construction of the Guatapé hydroelectric dam. As a testament to its resilient community, the villagers began adorning their homes with vibrant murals, telling unique stories of family legacies, occupations, and life-defining events.

We'll begin with a 1-hour cruise on the stunning Lake Guatapé, offering breathtaking views of the surrounding landscape. Later, as we wander through Guatapé's colourful streets, you'll be enchanted by the town's eclectic charm and creativity. Every house is a canvas, showcasing the town's history, culture, and traditions. Take your time to appreciate the intricate details and original artwork that make each facade a masterpiece.

The pièce de résistance is El Peñol, a towering monolith that rises dramatically from the lake's edge. You'll have the opportunity to climb this granite giant (700+ steps!), which offers a breathtaking 360-degree view of the lake and surrounding countryside. This iconic landmark is the perfect spot to capture a quintessential Colombian postcard moment.

After a day featuring natural beauty and a unique culture, return to Medellin for dinner and overnight.

Overnight in Medellin.

Included Meal(s): Breakfast and Dinner

Day 9 Medellin - Fly to Cartagena: Old Town Walking Tour

This morning we fly to Cartagena.

Located on Colombia's northern coast and facing the Caribbean Sea, Cartagena de Indias is the undisputed queen of the Caribbean coast. Founded in 1533 by Spaniard Don Pedro de Heredia, and named after the port of Cartagena in Spain's Murcia region, Cartagena de Indias was a major center of early Spanish settlement in the Americas. Today Cartagena beautifully preserves its colonial character with the assistance of UNESCO as a listed World Heritage Site.

This afternoon we'll discover Cartagena's rich history and beautiful colonial architecture. You will learn about the culture of Cartagena and its interesting architecture, and visit such beautiful sites as Plaza de Bolívar, the Cathedral of Cartagena, San Pedro Claver Square, and San Pedro Church. We will stroll through the narrow shaded streets of the old walled city, where flowers cascade from overhanging wooden balconies. The Old City is nearly encircled by walls that stand 4m (12ft) tall and are as thick as 18m (60ft) in some places. Their strength has preserved some fascinating colonial structures.

Cartagena's historic center is flat and relatively small, making it the perfect city for walking. You'll find a photo opportunity at every corner. Peek into doorways to see the cool tiled patios hidden from other passersby.

Overnight in Cartagena.

Included Meal(s): Breakfast and Dinner

Day 10 Cartagena: San Fernando Fortress & La Popa Monastery

Cartagena is built on several islands located at the end of a bay; the marshes that originally surrounded these islands were filled in order to link the land to the coast. Several bridges provide access to and from the island, and one of these leads directly to the old city. A number of lagoons separate the suburban areas from the old city, whose centre is surrounded by magnificent ramparts.

Today we visit San Fernando Fortress, located on Cartagena's island of Tierra Bomba at a strategic location for Spaniards to defend the city from corsairs. The most representative sight here is the Fortress of San Rafael, a well-preserved gem that endured many battles in its time.

We'll also visit the fortress of San Felipe, a masterpiece of military strategy, before heading up to La Popa Monastery, located on the highest spot of Cartagena, where we can have a 360° view of both modern and historic Cartagena.

Overnight in Cartagena.

Included Meal(s): Breakfast and Dinner

Day 11 Cartagena: Palenque & Leisure Time

This morning we travel two hours to San Basilio de Palenque, a centuries old village and the first place registered as a free town for the slaves in all of the Americas, over 100 years before slavery was abolished. With the insight of a local guide, we are able to enter rustic homes, try local foods and drinks, hear traditional music, learn about a UNESCO recognized language and culture, and rub shoulders with some of the friendliest people in the country. After about a 90-minute visit, we return to Cartagena by way of Bocagrande and Manga.

You are then free to find lunch and enjoy an afternoon of exploration before we meet later in the day.

This afternoon may want to visit the local Gold Museum with its amazing and priceless national collections, and interesting rooms that recreate the region's Amerindian ethnic groups. Though small, this museum offers a fascinating collection from the Zenu (also known as Sinu) people, who inhabited the region of the present-day departments of Bolívar, Córdoba, Sucre and northern Antioquia before the Spanish Conquest.

Overnight in Cartagena.

Included Meal(s): Breakfast and Dinner

Day 12 Cartagena, Colombia - Panama City, Panama

Today we fly from Cartagena to Panama City.

Overnight in Panama City.

Included Meal(s): Breakfast and Dinner

Day 13 Partial Canal Transit

The world's most famous waterway beckons as we embark on a once-in-a-lifetime journey through the Panama Canal, one of humanity's greatest engineering achievements.

Our adventure begins with a 15-minute drive to Balboa port, where we board the passenger ferry for our partial canal transit. At Miraflores Locks, we witness the extraordinary process as ships rise 16 metres (54 feet) through ingenious two-step chambers. This marvel operates entirely by gravity—no pumps required—as water flows from Pedro Miguel Lake to fill the chambers where vessels await passage.

We then observe the Pedro Miguel Locks, where ships ascend to 26 metres (85 feet) above sea level. Again, gravity alone transfers water from Gatún Lake, demonstrating the canal's elegant hydraulic engineering. Crossing the Continental Divide at the canal's narrowest point, we arrive in Gamboa, home to the dredging division that maintains this vital maritime highway.

The experience includes breakfast, lunch, and specialist guide commentary revealing the canal's fascinating operational complexities. Each transit requires precise coordination, with vessels guided through narrow chambers by powerful locomotives called "mules" ensuring safe passage.

Light clothing, insect repellent, hat, sunscreen, and comfortable shoes enhance your comfort during this unforgettable journey through one of the world's most important transportation corridors.

Overnight in Panama City.

Included Meal(s): Breakfast, Lunch and Dinner

Day 14 Panama City: Portobelo & Agua Clara Locks

We journey to Portobelo, once the beating heart of Spain's New World empire, where treasure fleets loaded Peruvian silver and Mexican gold for the perilous Atlantic crossing.

During colonial times, Portobelo hosted annual trade fairs lasting 30 to 60 days, transforming this sleepy Caribbean port into a bustling commercial centre where transactions frequently totalled 10 to 12 million gold pesos. These extraordinary gatherings continued until 1738, when relentless pirate attacks forced Spain to abandon the Isthmian route for the longer but safer passage around Cape Horn.

The constant pirate threat necessitated convoy systems—each year, two fleets of 40 to 70 ships sailed from Spain, one bound for Veracruz, the other for Portobelo. Though diminished from its golden age glory, Portobelo retains considerable charm and historical significance.

We begin at San Felipe Church, home to the Black Christ—a life-sized wooden statue of Jesus discovered on the harbour shores. Adorned

with robes changed twice yearly during the Festival of the Black Christ and Holy Week, numerous legends surround its miraculous arrival: shipwreck, divine intervention, or salvation from plague.

We then visit the Customs House, passing stone sundials and gold measures where Spanish treasure was weighed before shipment. Fort San Gerónimo and Fort Santiago reveal defensive strategies, while panoramic views from ancient battlements showcase this strategic harbour's commanding position.

Our final stop at Agua Clara Locks reveals modern canal expansion, featuring fascinating overflow tanks allowing 60% water recycling as vessels transit.

* PLEASE NOTE that, due to ongoing renovations some of the monuments listed above may not be accessible during our visit.

Overnight in Panama City.

Included Meal(s): Breakfast and Dinner

Day 15 Parque Metropolitano & Amerindian Village

Urban wilderness awaits at Parque Metropolitano, where vast expanses of tropical semi-deciduous forest create an incredible escape within Panama City's boundaries.

Our walking route ascends to a 150-metre-high mirador offering panoramic vistas across Panama City, the bay, and canal stretching toward Miraflores Locks. This protected forest demonstrates how tropical ecosystems survive within urban environments, providing habitat for countless bird species, mammals, and insects while offering residents and visitors a taste of Panama's remarkable biodiversity.

This afternoon brings cultural immersion as we visit an authentic Emberá/Chocó Amerindian village. Our journey begins with a boat ride along routes commonly used by indigenous peoples for daily river transport, providing insights into traditional lifestyles that continue largely unchanged despite modern Panama's development.

A short forest walk follows, guided by local experts who explain botanical novelties and cultural traditions maintaining deep connections to ancestral ways. The Emberá and Chocó peoples have inhabited these riverine environments for centuries, developing sophisticated knowledge of forest resources, traditional crafts, and sustainable living practices.

We witness traditional handicrafts including intricate basket weaving using natural fibres, while learning about medicinal plants, hunting techniques, and social customs that preserve indigenous identity. The village visit provides respectful cultural exchange, supporting community tourism initiatives that benefit local families while sharing their remarkable heritage.

Overnight in Panama City.

Included Meal(s): Breakfast and Dinner

Day 16 Panama City Touring - Fly to David, Chiriqui Highlands

Panama City's layered history unfolds as we explore ruins spanning from colonial foundations to modern canal construction. We begin at Old Panama ruins and Casco Viejo, the historic compound dating to the late 1600s, learning about events that led to the capital's eventual relocation. Casco Viejo houses monuments to Ferdinand de Lesseps and others instrumental in France's ill-fated canal attempt, revealing early engineering ambitions that preceded American success.

At San José Church, we discover the famous Altar de Oro—a magnificent baroque altarpiece crafted from pure gold. Built soon after the first Spanish Pacific Coast settlement in 1519, this church relocated to the present peninsula during the 17th-century capital movement, carrying its most precious possession. Our exploration concludes at the Panama Canal Museum, chronicling the waterway's complete construction saga.

Later, we transfer to Albrook domestic airport for our scheduled flight to David in Chiriquí Province.*

The enchanted Chiriquí Highlands await—part of the Cordillera Central defining northern Chiriquí Province. Primeval rainforests bedecked with clouds shelter chattering birds flashing brilliant iridescent colours, while flowering epiphytes bloom high above forest floors. Gurgling

streams tumble over great boulders toward the sea through landscapes of cloud forests, volcanic peaks, coffee plantations, and traditional Guaymí Indian communities.

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* Flight schedules may have us flying to David this morning in which case the above listed Panama City sightseeing will be accomplished on Day 9. Due to 12 kilo weight restriction on this flight and on the flight from Bocas back to Panama City, we strongly recommend that you pack a smaller bag for the next few nights and leave excess baggage in storage at our Panama City hotel.

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Overnight in Chiriqui Highlands.

Included Meal(s): Breakfast and Dinner

Day 17 Chiriqui Highlands

Cerro Punta beckons as we explore Panama's highland wilderness with expert naturalist guides seeking the region's spectacular avian treasures.

These elevated forests provide excellent opportunities for spotting resplendent quetzals—Central America's most magnificent bird—alongside black and yellow silky flycatchers, prong-billed barbets, and volcano hummingbirds. Each species has adapted to specific altitude ranges and forest conditions, creating diverse ecological niches within relatively small geographic areas.

We continue to La Amistad International Park Headquarters, where this binational reserve stretches from Costa Rica into Panama. Small portions extend into Chiriquí Province, encompassing primarily cloud forests where land rises above 1,500 metres (4,950 feet). Here, warm air ascends mountains, meeting cooler temperatures and condensing into persistent cloud cover that creates unique ecosystems supporting astonishing flora and fauna diversity.

Cloud forests exhibit characteristics found nowhere else, with epiphytes, bromeliads, and orchids creating vertical gardens on tree trunks and branches. The constant moisture supports amphibians, insects, and specialized plant communities adapted to these misty conditions.

We also tour Haras Cerro Punta, a thoroughbred breeding farm nestled in a mountain valley between Cerro Punta and Guadalupe—Panama's highest inhabited region. This 100-hectare operation, surrounded by fertile agricultural areas, maintains an average population of 200 animals while producing racehorse champions for Panama and beyond.

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NOTE: The order of our Chiriqui sightseeing may vary due to weather, accommodation availability, and other logistical considerations.

Overnight in Chiriqui Highlands.

Included Meal(s): Breakfast and Dinner

Day 18 Chiriqui Highlands - Bocas del Toro

After a leisurely morning, we prepare for our scenic drive to Almirante on Panama's Caribbean coast, witnessing dramatic landscape transitions from highland cloud forests to tropical coral reefs.

En route, we pause at the impressive Fortuna Dam and spectacular waterfalls along the Continental Divide, where Pacific and Caribbean watersheds separate through geological forces that shaped Central America's mountainous spine. We cross the Palo Seco Protected Area, serving as a buffer zone for La Amistad International Park while demonstrating conservation strategies protecting biodiversity corridors.

The transformation from cloud forests to coral reefs proves remarkable as elevation decreases and Caribbean influences strengthen. Tropical vegetation changes dramatically, while architecture reflects Afro-Caribbean cultural influences that distinguish this region from Pacific Panama.

In Almirante, boats await to transfer us across emerald waters to our island destination.

Five centuries ago, Christopher Columbus arrived at this tropical paradise he named Bocas del Toro. Overwhelmed by incredible contrasts of vivid colours and pristine natural surroundings, Columbus dropped anchor to explore this idyllic archipelago. Little has changed since that pristine era, except for the provocative calypso rhythms and alluring Caribbean accents of local inhabitants.

Bocas remains the perfect place to sink toes into white sand, explore lush rainforests and coral reefs, and observe faithful sea turtles that have visited these islands for millennia.

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Overnight in Bocas del Toro.

Included Meal(s): Breakfast and Dinner

Day 19 Bocas del Toro

Paradise reveals its secrets as we explore an archipelago where 92% of land remains covered by tropical forest, maintaining natural ecosystem balance that supports extraordinary biodiversity.

This immense national patrimony harbours 200 plant species, 55 amphibians and reptiles, 57 mammals, 200 bird types, 1,500 insects, and more than 58 coral species. Bocas del Toro Province borders the Caribbean Sea northward, with Veraguas Province eastward, Chiriquí southward, and Costa Rica westward. While most territory occupies Talamanca and Central mountain slopes, the majority of 93,000 inhabitants live in coastal lowlands and on islands.

The province contains the large Archipiélago de Bocas del Toro at Laguna de Chiriquí's mouth, beginning 35 kilometres from Costa Rica's border. This chain consists of 68 islands and numerous mangrove keys surrounded by coral fields, titanic marine life variety, and water so emerald that Christopher Columbus named the region Veraguas—contracting "verdes aguas" (green waters).

Our boat tour explores surrounding attractions revealing this destination's incredible beauty. Swimming opportunities await in pristine surf, while coastal walks lead to Red Frog Beach, where visitors discover an enchanting acoustic surprise. Initially, the symphony of non-musical chirping seems to come from crickets, but closer inspection reveals the source: tiny frogs about thumbnail size creating strangely beautiful sounds. These diminutive amphibians represent just one example of Bocas's remarkable endemic species, many found nowhere else on Earth.

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Overnight in Bocas del Toro.

Included Meal(s): Breakfast and Dinner

Day 20 Bocas de Toro - Fly to Panama City: Panama City Touring

Leisure time in tropical paradise allows final appreciation of Bocas's extraordinary natural beauty before our afternoon departure to Panama City.

Morning hours offer opportunities for independent exploration—perhaps revisiting favourite beaches, seeking additional wildlife sightings, or simply relaxing in hammocks while Caribbean breezes carry calypso rhythms and seabird calls.

The flight back to Panama City provides aerial perspectives of the landscape diversity we've experienced: from Caribbean archipelagos through highland cloud forests to the urban sophistication of Central America's most important capital. If Panama City sightseeing was postponed from Day 5 due to flight schedules, we accomplish those activities today upon arrival.

We reconvene this evening for our farewell dinner, sharing memories of canal transits, cloud forest adventures, cultural encounters, and Caribbean island magic that define Panama's remarkable diversity.

Overnight in Panama City.

Included Meal(s): Breakfast and Dinner

Day 21 Departure

Our Panamanian adventure concludes as we depart from this remarkable crossroads nation, carrying memories spanning from ancient indigenous traditions to modern engineering triumphs.

¡BUEN VIAJE! (Have a good journey!)

Included Meal(s): Breakfast