



Calidad Turística
Panamá



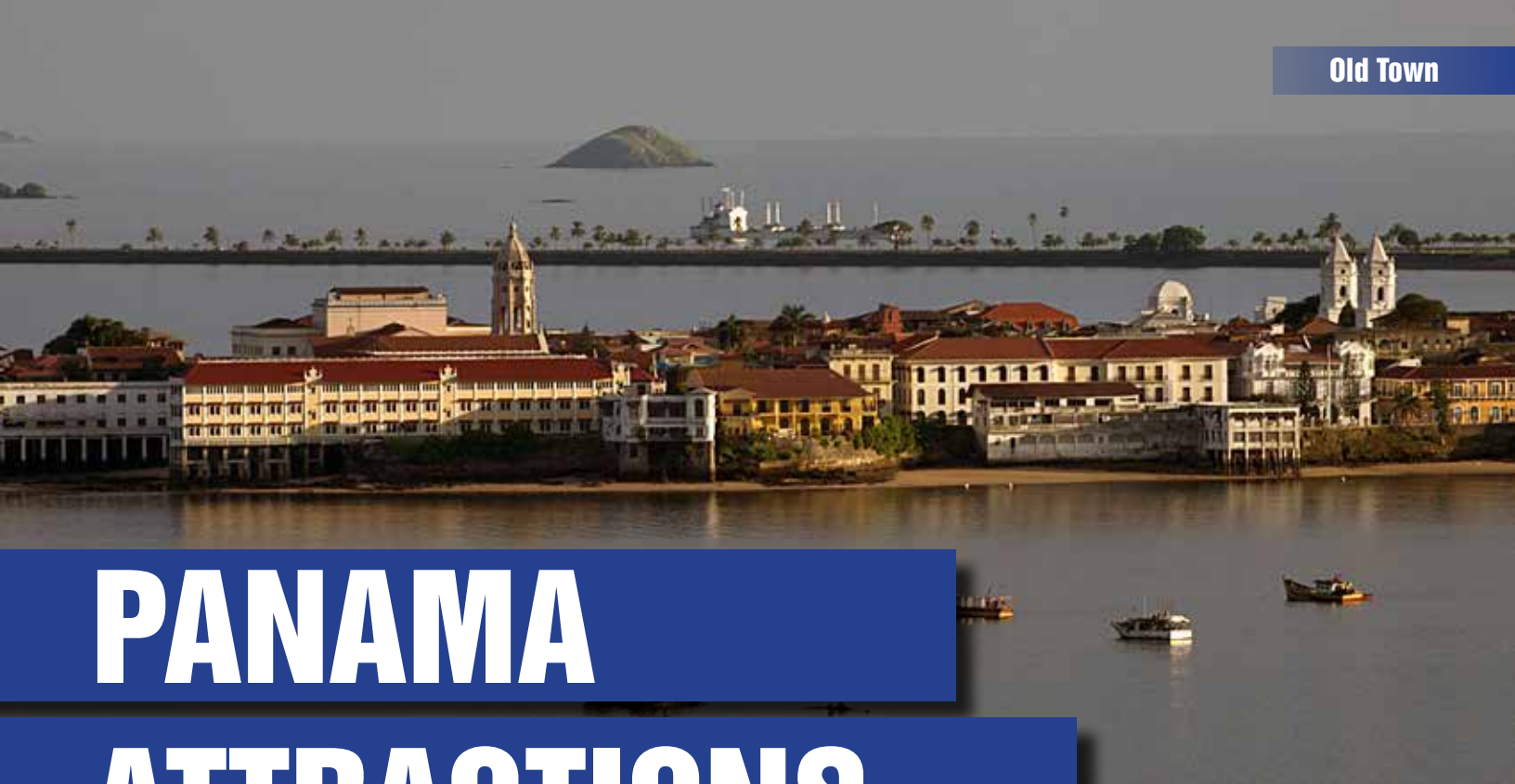
PANAMA CITY



**Panama is an unknown
delight country.**

The city is cosmopolitan living style that combines history with modernity and the diverse ethnic mixture of the Panamanian people creates an interesting cultural fabric.

In recent years Panama have develop considerably, becoming an important factor in national economy.



Old Town

PANAMA ATTRACTIONS



Panama City



Panamá Viejo



the Panama Canal

Panama Viejo

Founded 15 August 1519 by Pedro Arias Dávila and other 100 inhabitants; at the time, it was the first permanent settlement on the Pacific Ocean, substituting the two cities of Santa María la Antigua del Darién and Acla. Declared World Heritage Site by UNESCO. The city later became an important commercial center from where large amounts of gold were transported to the Caribbean coast to be shipped to Europe.

Old Town

Casco Viejo is a World Heritage Site defined by its massive historic sea wall built in the 1670s to defend the city from attack by the pirates. Today, Casco Viejo (aka. Casco Antiguo, San Felipe or El Casco) is a vibrant community consisting of a sharp contrast of old and new, local and foreign. It is one of the most important historical monuments in the Americas. The buildings are in various stages of redevelopment and renovation, with a strictly enforced standard of Historical Authenticity. There is tremendous culture and a feeling which is unique only to this neighborhood in Panama.

The Panama Canal

One of the most interesting sites to visit in Panama is the Canal. It is approximately 80 kilometers long between the Atlantic and Pacific Oceans. This waterway was cut through one of the narrowest saddles of the isthmus that joins North and South America. Take a visit to the Miraflores Locks of the Panama Canal where you will witness the raising or lowering of a ship as it passes through this impressive engineering feat. The Miraflores Visitors Center also contains a Canal Museum which holds information on its history from the first construction efforts by the French to its new expansion.

Causeway

The Amador Causeway is a roadway that connects four small islands in the Panama Bay (Naos Island, Culebra Island, Perico Island and Flamenco Island). It was constructed from rock that was removed from the construction of the Panama Canal. The Amador Causeway is a great place to take a bike ride or walk and see a lot of the sites including the Panama City skyline, Panama Canal Pacific entrance, Bridge of the Americas, Balboa Yacht Club and Panama Bay. There are also a lot of bars and restaurants as well as the Marine Exhibition Center (Centro de Exhibitions Marinas) run by Smithsonian Tropical Research Institute.

Represa:

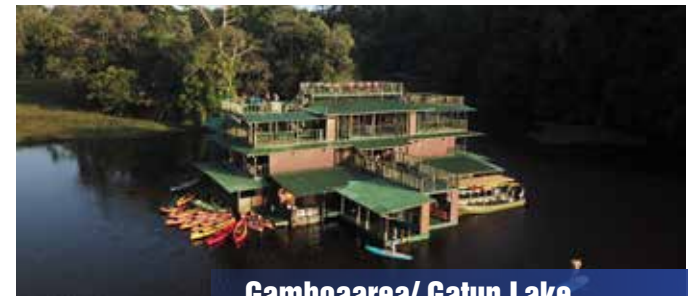
Represa is a Jewellery factory where the reproduction of pre-Colombian pieces as well as original are created using the lost wax casting method. Here at Represa you can see the process. If you are looking for special and unique souvenirs, this is the place.

Gamboa Área / Gatun Lake

An adventurous trip through the rainforest surrounded by exotic tropical vegetation and wildlife. You can observe a variety of marine and terrestrial bird species, sloths, monkeys, iguanas and crocodiles in their natural environment while a trip across Gatun Lake permits you to navigate the boat alongside the gigantic cruise ships and freighters transiting the Canal.

Indigenous communities

Imagine a scenic trip through the rainforest in the Chagres National Park to the indigenous community of EmberáDrua. There are a variety of activities to participate in at the community such as visiting different chozas (traditional indigenous huts). Learn about the locals' life style, walking the "trail of medical plants" during which you learn about the Emberá's medical use of a typical lunch, made up of fried fish and plantain served on a banana leaf will be served at the community while a local resident gives an account of Emberá culture and history as well as introducing you to the materials and techniques used to manufacture their traditional artisan products.



Gamboaarea/ Gatun Lake





Indigenous communities

Diving:

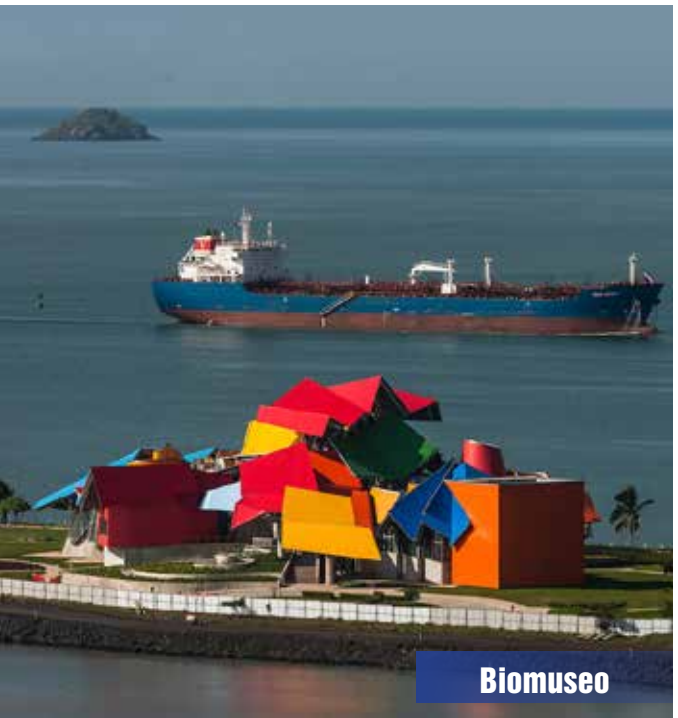
Surrounded by two oceans, Panama offers a wide variety of diving adventures and experiences. Panama coral reefs are one of the best nature wonders full of life and colors. Perfect spots for diving and snorkeling are Pearls Islands, Coiba, Isla Iguana and Chiriqui Golf on the Pacific Side and San Blas islands, Portobelo and Isla Grande on the Atlantic Side.



Diving

Biomuseo

Design by Frank Gehry a Canadian world renowned architect and his only work in Latin America, a gift for Panama as his wife is Panamanian. In its galleries is told the story of the origin of the Isthmus of Panama more than 3 million years ago and how the emergence united continents and divided the seas, changing life of the Earth and its huge impact on biodiversity. The Biomuseo is unique of its kind in the whole region and the first in the world that tells the history of the planet's biodiversity.



Biomuseo

Boutique Hotels

Hotels



Las Clementinas

A small and intimate urban oasis with six rooms, which could be considered apartments unto themselves. Located in the very heart of Casco Antiguo, the hotel's terrace is unique in the historical center for its incomparable views over Panama City, the Pacific Ocean, Cerro Ancon and the entrance to the Panama Canal. Las Clementinas is rich with history, beautifully furnished and a delightful hideaway amongst the bustling streets of the old quarter.

La Concordia

Located in a well-attended corner in Avenida Central, between the Santa Ana and San Felipe neighborhoods, La Concordia lives in an iconic building that has hosted an array of local businesses and institutions ever since the 19th century. Now, this quintessential building is a romantic boutique hotel that offers the perfect spot to experience Panama's past and present.



American Trade Hotel

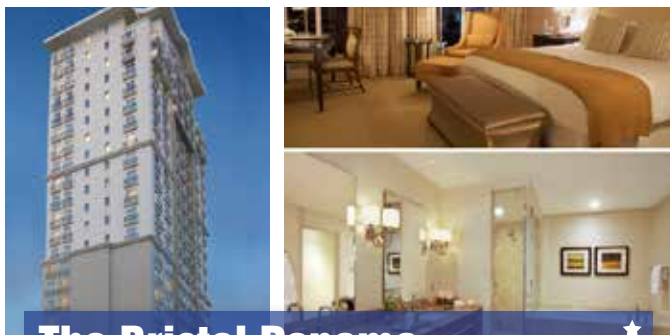
American Trade Hotel and Hall occupies a lovingly restored landmark building in Casco Viejo. The property stands at the ecological and cultural crossroads of the Americas, deeply connected to both the historic Old Quarter and the nascent new Panama City – a meeting place for influencers, creatives and cultures from around the world. The property and surrounding area are steeped in local heritage and culture, while the hotel has been thoroughly outfitted with the contemporary conveniences and modern luxuries today's traveler requires.



The Santa Maria Hotel

Santa Maria is a world-class golf destination, an urban oasis surrounded by nature. Discover the hidden gems of Panama that will give you unique life experiences that are a reflection of the country's culture. A place where today's explorers can experience the treasures of Panama. Located 13km from Panama City.

5Stars Hotels



The Bristol Panama

The **Bristol Panama** inspired by Panama's culture and modern architecture, Bristol Panama in Panama City exudes style and comfort with a flair for luxury – including tasteful furnishings, an exceptional attention to detail, innovative enhancements, and legendary service. Year after year, Bristol Panama is recognized as the “Best Hotel in Panama” and the “Top 10 Hotels in Latin America” by Condé Nast Traveller.



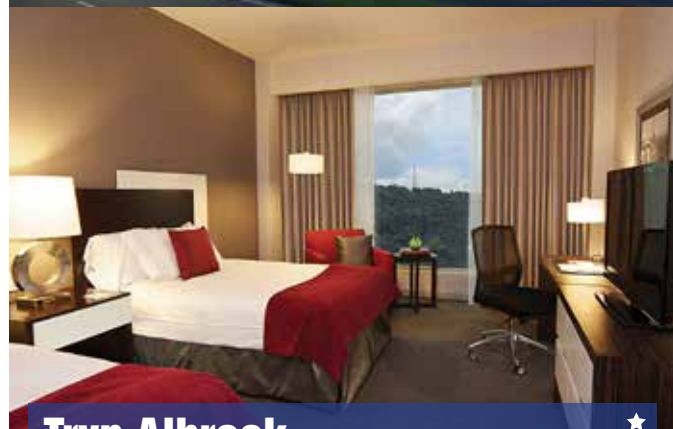
Waldorf Astoria

This hotel offers a contemporary design with spacious bathrooms. Waldorf Astoria Panama Deluxe Guest Rooms and Junior Suites provide all the luxurious comforts you become accustomed to.

4Stars Hotels

The TRYP Panama Centro

The **TRYP Panama Centro** is located in the heart of Panama City in the upscale El Cangrejo, Bella Vista neighborhood. The convenient location of the hotel puts you within walking distance to some of Panama's best restaurants, shopping and nightlife. The hotel have 92 rooms that are equipped with the best technology, including free Wi-Fi, to help you stay productive while you travel. Free breakfast, a mini bar and a coffee maker ensure you will not have to go far to grab that early morning cup of java or a delicious breakfast. Leave the worries of work behind, and take the time to enjoy the Panama City sunlight at our outdoor pool. For the ultimate in relaxation, visit our health spa or state-of-the-art fitness center.



Tryp Albbrook

Located in one of the most dynamic and vibrant areas of Panama City, adjacent to the local airport, and connected to one of the the largest shopping center in Latin America “Albrook Mall”. It is designed to meet the needs of today's business travelers and visitors that come to Panama for ultimate experience.



Hotel Continental

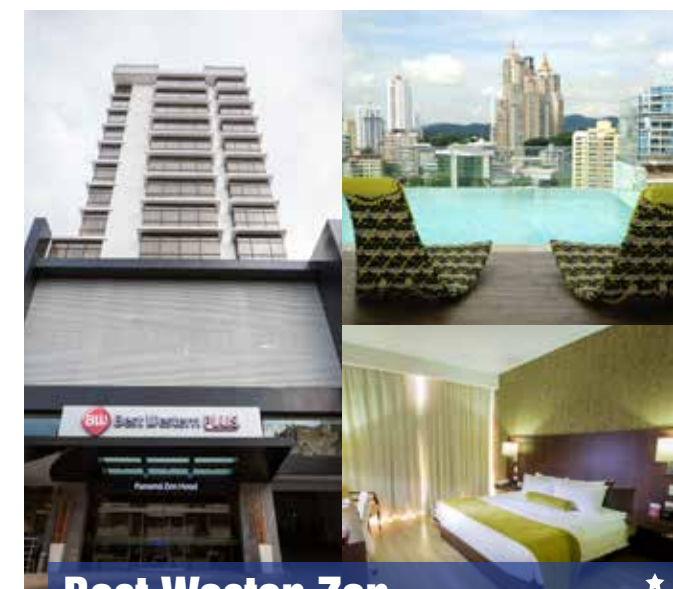
Founded in 1962, located within the commercial and banking area, the Continental Hotel has more than 50 years providing a cosmopolitan and unforgettable experience in Panama City.



Radisson Summit

Radisson Summit Surrounded by 160 acres of lush rainforest and located just minutes from the Panama Canal, the Radisson Summit Hotel & Golf Panama is an upscale property that is well suited for your visit to nearby Panama City, Panama. The hotel is a quiet and peaceful alternative to downtown accommodations

3Stars Hotels

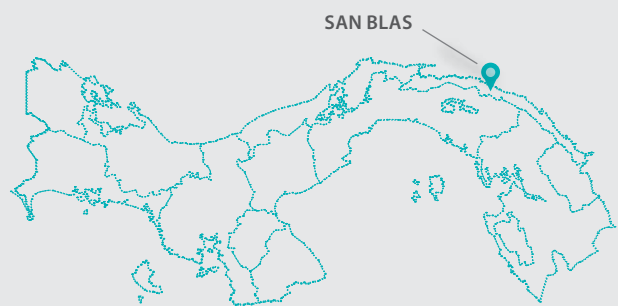


Best Westen Zen

The Best Western Plus Panama Zen Hotel located in one of the best areas of Panama City in the financial center. The nearest metro station is 200 meters from the hotel. At the hotel, all rooms are equipped with a desk and a flat-screen TV. The Best Western Plus Panama Zen Hotel has city views and a private bathroom with a bath or shower and free toiletries. All rooms of the accommodation include air conditioning and a wardrobe.



SAN BLAS



Indigenous villages offers authentic traditions and beliefs,

all this combine with breathtaking sunsets, crystal clear water, makes from Guna Yala a unforgettable place. A trip to Guna Yala (San Blas) is full of magical moments and unforgettable experiences.

The natural native lodgings blend perfectly with the tropical scenery with simple cabins made from thatched palm. Traditional Kuna meals including fresh seafood are served up three times a day at ocean-side.

Lodges



Enjoy visiting communities around or explore the pure nature!

Yandup

Yandup, is a private island with a small white-sand beach surrounded by corals and sparkling clear water, located in the archipelago of San Blas, Comarca Kuna Yala, home to the indigenous Kuna peoples.

Guanidup Island Lodge

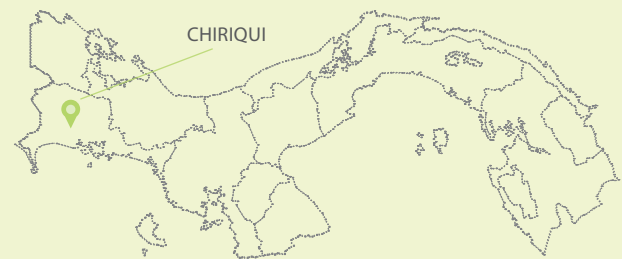
Guanidup Island Lodge, is your chance to enjoy pared-down tropical island life. Offering clean yet simple accommodation, this lodge allows you to revel in the effortless beauty that is Kuna Yala. Upon arrival at Kuanidup Lodge, you will discover an unimaginable paradise with untouched nature, beaches of white and golden sand, transparent waters and blazing sunshine. At Kuanidup, the cabins are built in the Kuna style, surrounded by palm leaves and in keeping with Kuna tradition.

Wailidup

Wailidup Lodge is reach by car and located 25minutes deom the Port of Kantule. It has wooden cabins on the sea with direct access to the water. Private rooms with private bathrooms on their facilities. It has electric light based on solar energy and a reserve of fresh water.



CHIRIQUI



Arian's
tours
Sumérgete en Panamá

Chiriquí is a stunning tourist destination where:
in the cool and welcoming climate of this mountain region, you will be able to enjoy outdoor sports, wildlife and exotic bird watching, flower and coffee fairs, established hotels and excellent roads to transport you from one breathtaking view to another.

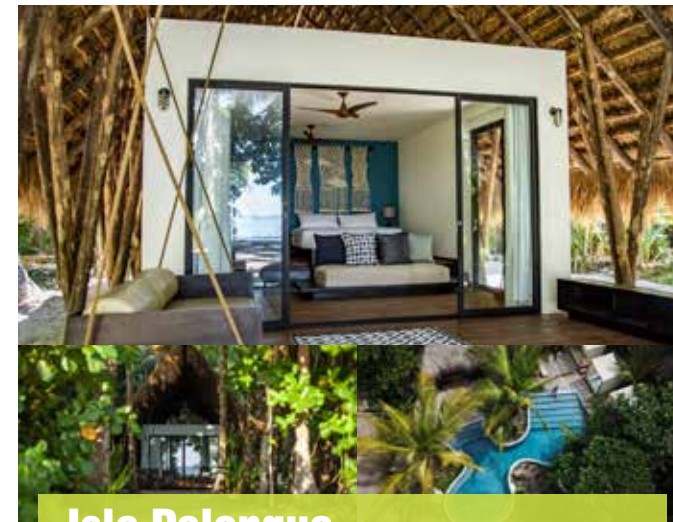
LODGE

Hotels



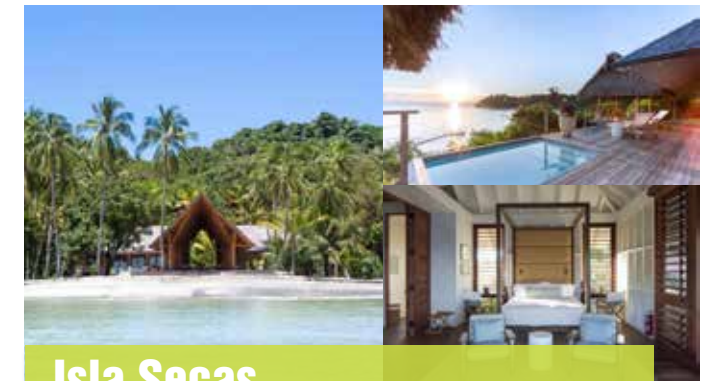
Mount Totumas

Mount Totumas Cloud Forest offers a variety of accommodations and packages depending on guests preferences and budget. All of their accommodations have electricity, hot water, linens and towels, internet and open decks and common living area. The Bellbird Lodge is open to all our guests regardless of which accommodation they choose. Their mission is to protect and preserve the 400 acres of Mount Totumas Cloud Forest that represent an important buffer zone for the wilderness in La Amistad National Park. Preservation of biodiversity is the dominant principal that guides their decisions in managing the reserve and planning infrastructure and projects. Reforestation of former pastures is a key component to this mission. The resort is powered with renewable energy from our micro hydro power station.



Isla Palenque

Located in the Gulf of Chiriquí, Panama, Isla Palenque Island Resort is an undiscovered private island sanctuary. The island's 160 hectares of lush jungle, framed by 7 untouched beaches, house a number of wilderness trails and hidden spaces to be explored by guests of the barefoot-luxury Beach Suites and Villa Estate.



Isla Secas

Islas Secas Reserve & Lodge is Panama's only private island reserve and lodge. The archipelago of 14 islands, located 15 miles off the coast of Panama, is a secluded and fully sustainable destination for world-class adventures. Welcoming no more than 18 guests at a time, Islas Secas offers rare, exclusive access to one of the most diverse ecosystems in the world alongside exhilarating recreation, impeccable facilities and warm Panamanian hospitality. The Islas Secas experience invigorates the senses, stimulates the mind and connects one with nature in its purest, most thrilling form.

Hotels

★ BOQUETE CHIRIQUI



Finca Lérída's Hotel

Finca Lérída's Old House conserves the original Scandinavian design of the Mönniche family who started construction of their vacation getaway here in the early 20th Century. The three suites and two private rooms each have their own bathroom and are individually decorated to evoke the Scandinavian roots of their original owner.

The Eco Lodge at Finca Lerida has 11 comfortable rooms with private bathrooms, each with its own terrace from which you can see the surrounding forest reserve and the small coffee plantation. The award winning coffee is produced maintaining the hotel's commitment to environmental conservation and the preservation of the surrounding forest.

The Panamamonte Inn & Spa

The Panamamonte Inn & Spa in Boquete is a European-style hotel with an elegant yet unpretentious atmosphere, impeccable service, excellent culinary standard, and tasteful and comfortable rooms.

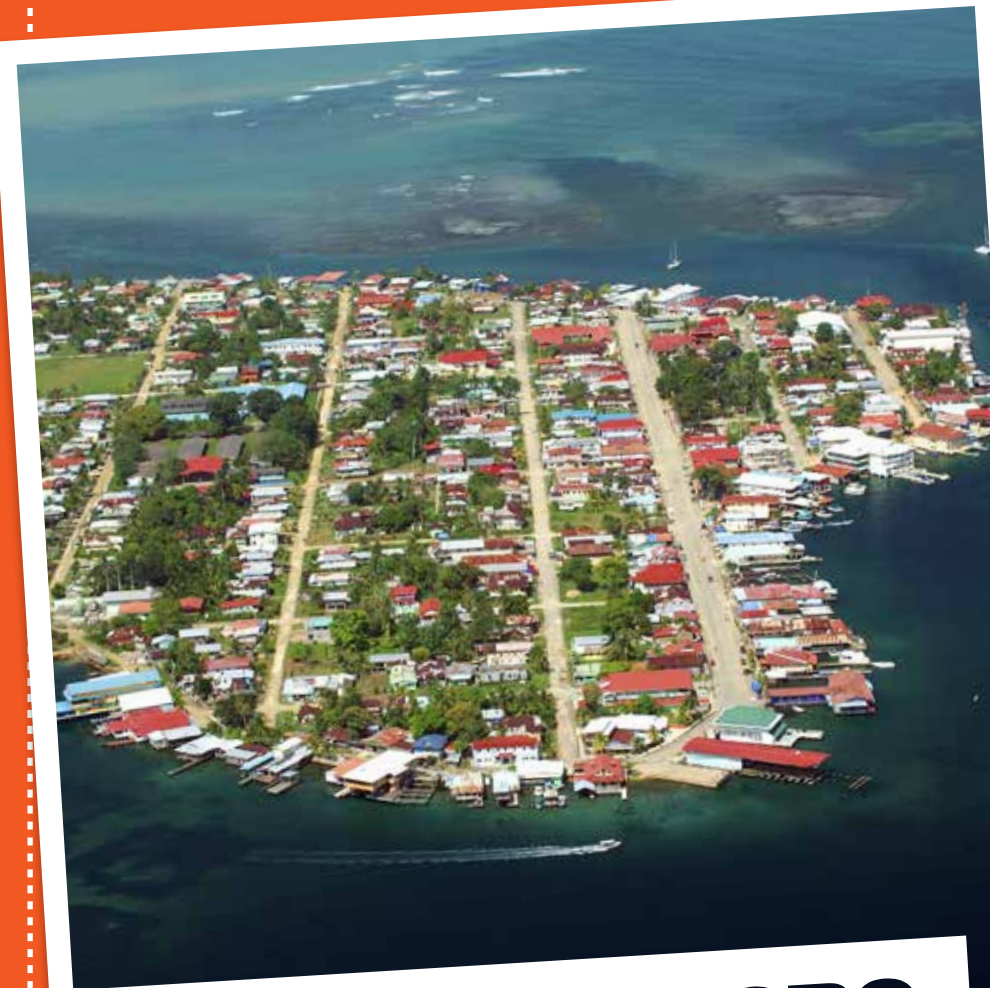
Boquete's Riverside Inn

For the most refined travelers, Boquete's Riverside Inn offers that special something that you only get with excellent attention to detail. Indulge in the sound of Nature's symphony at the banks of the Palo Alto River, only minutes from the main town of Boquete. Our largest and most luxurious suite offers sophisticated decadence, with top-of-the-line bed linens and other high-end commodities. Tastefully decorated with muted, relaxing colors and original artwork, here you will feel at home and ready to relax. Boquete is a natural paradise and ideal for adventure lovers; with such an array of activities, you will never be short of something to do during your stay in here.



Casa de la Abuela

Is a small hotel that has 18 rooms and can accommodate 40 people. It's a B&B with single, double and family rooms with views of the city and the majestic mountains. They have two terraces, an under roof overlooking the mountains where it is possible to enjoy a rainbow or two during the afternoon. The second terrace is outdoors and you can enjoy the pleasant weather in the mornings and taste our delicious freshly prepared breakfasts.



BOCAS DEL TORO



Arian's
tours
Sumérgete en Panamá

Bocas del Toro is a key tourist spot, perfect for relaxing in the sand, practice scuba diving, snorkeling, observe sea life and tropical forests as well as visiting indigenous communities

Best places of Bocas del Toro to visit:

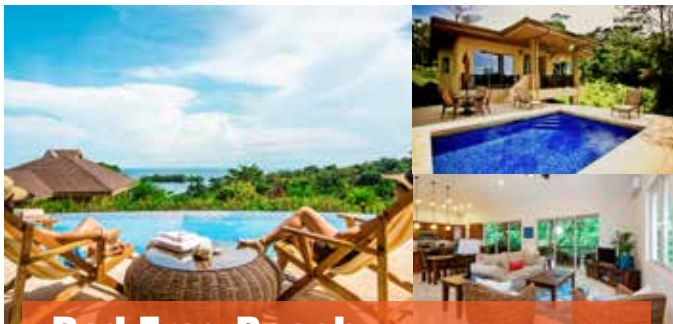
The National Marine Park on Isla Bastimientos Cayos Zapatillas, the Sloth Trail in Onda Bay, Isla Cristobal, Punta Caracol, Punta Hospital, Dolphin Bay, the Red Frog path and Bird Island.

Hotels



Divers Paradise

The Hotel is built out over the warm waters of the Caribbean, allowing for year-round fun and sun. After a day of scuba diving, surfing the waves or relaxing at the beach, come home to comfortable accommodations. At the Pier 19 Restaurant you can enjoy a glass of wine with your dinner and gaze at spectacular views of mountains, islands, and the setting sun. Sit out on your balcony, sleep well in your luxurious bed, and look out your window at the dolphins dancing by. With free high-speed internet, comfortable design, and great spaces for meeting friends and colleagues, Divers Paradise Boutique Hotel is the best place in Bocas for connecting and experiencing all the island has to offer.



Red Frog Beach

Red Frog Beach: Located in the Caribbean Archipelago of Bocas del Toro. Great accommodations surrounded by incredible beaches with a serene natural island landscape.



Punta Caracol

Punta Caracol was born out of the idea of creating an Acqua-Lodge in a totally virgin and natural environment. The idea is to offer guests a pure and intimate experience with nature in a place of singular beauty where they can relax in comfort. Built over the Caribbean Sea, along a mile long coral reefed coast, Punta Caracol is constructed using the traditional methods of the Archipelago: each handsomely crafted cabin is built upon stilts which support a wooden frame over the water and covered by a palm leaf roof – an unforgettable habitat congruent with the native communities of the region. Enjoy one of the nine exclusive cabins set over the crystal clear waters of the Bocas del Toro archipelago. From your private terrace you will be able to observe impressive sunsets interrupted only by playful dolphins.

Playa Tortuga

Playa Tortuga, located on a Caribbean Island, Playa Tortuga offers a private beachfront pier for convenient and enjoyable activities and tours to the nearby island paradise of Bocas del Toro, where tropical beauty and nature abound. Playa Tortuga features an inviting hotel location surrounded by natural beauty, coral reefs and calm waters ideal for snorkeling.



AZUERO



Travelling to Azuero Peninsula is like being transported to the past...

The beaches are free of high rise condos, the people are friendly and the lifestyle is relaxed. This region can be reached from Panama City by car (4-6 hours) or by flying to nearby Chitré (40 minute flight). No matter how you arrive, once you are here you are sure to enjoy the friendly and down-to-Earth people as well as the charm of the provincial towns. A fantastic area to spot whales or observe turtle breeding.

Hotels



Casa Lajagua

Casa Lajagua is a 1.2 acre family-operated bed & breakfast, located at the entrance of Pedasi, on Panama's Pacific coast. Providing a picturesque and relaxing atmosphere and excellent accommodation for you and your family. All of the rooms are equipped with A/C, hot water and pressurized "tropical rain" shower heads. The beds are all very cozy and depending on the room have either a king or queen orthopedic mattress. Each room has a porch out front with hammock and chairs to relax in.



Villa Marina

Villa Marina Lodge is a one-of-a-kind place. It is located in Playa Venao—an international surf paradise—and offers comfortable rooms and first-rate amenities to make your beach trip a memorable experience. The location and its amenities will make you feel as if you were staying at a big beach house, but with professional service personnel and the support of one of the most renowned hospitality companies in Panama and the region. Either if you are on a romantic getaway, a surf trip among friends, or a group excursion to experience the area's natural charms, at Villa Marina Lodge you will always have your home away from home... on the waterfront. With nine rooms in the original property to accommodate your traveling style, soon the lodge will grow to include an additional 40 rooms, completely brand new.



COCLE

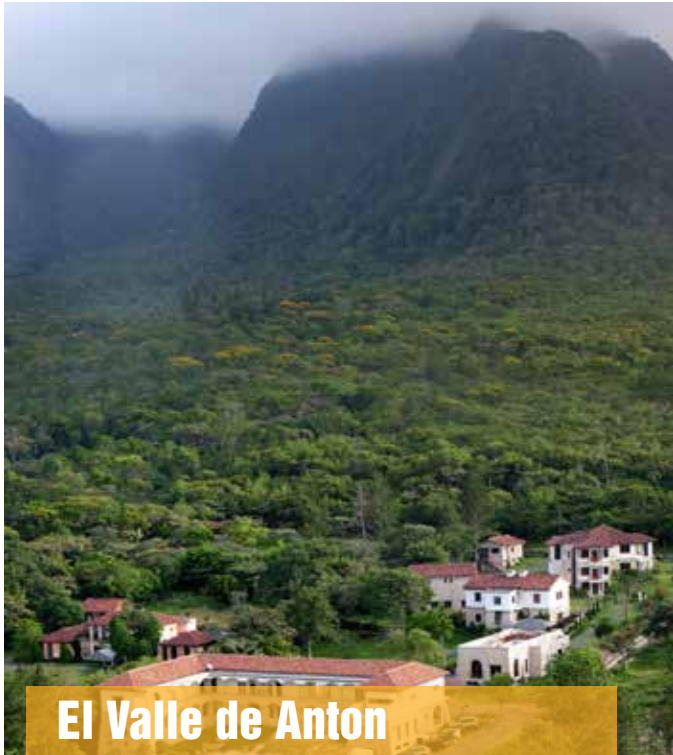


Arian's
tours
Sumérgete en Panamá

Cocle Province is one of Panama's central provinces, and is located on Panama's southern coast.

Cocle is primarily an agricultural area, but is fast developing into a popular tourist destination. During pre-Columbian times, the area of Panama which today includes Coclé province had a number of identifiable native cultures. Archaeologists have loosely designated these cultures by pottery style

Hotels ★



El Valle de Anton

El Valle de Anton, sitting at 600 meters above sea level, is known for its perpetually Spring-like climate. According to geologists, El Valle is the site of an ancient Volcanic crater, which accounts for the large amount of hills and volcanic rock in its surroundings. Peaceful, picturesque, and replete with fresh air.

El Valle de Anton is the perfect place to escape.



Los Mandarinos

Los Mandarinos Boutique Spa and Hotel, nestled into a national park, offers an idyllic getaway location and is well recognized within Panama as one of the great escapes. The hotel has two excellent restaurants, a lounge, a pool-side bar and offers complimentary continental breakfast to guests. Ecological tours can also be arranged upon request. Among the amenities you will find open aired adult and children's swimming pools, sauna, hidromassage and Turkish baths. The Spa offers a full selection of treatments with special focus on anti-aging, from massage to facials, in its tasteful and relaxing spa surroundings.



Sheraton Bijao

Sheraton Bijao venture beyond the resort to discover the incomparable natural beauty of Panama. As part of the Bijao Complex in the Santa Clara region, we are steps away from a nine-hole golf course and numerous shopping, dining, and nightlife options.



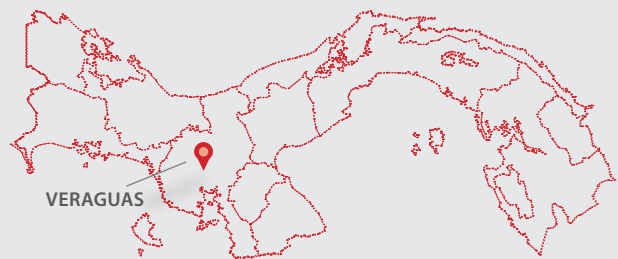
The Buenaventura Hotel

The Buenaventura Hotel, is located 80 minutes west of Panama City on the shores of the Pacific Ocean. It resides in the secluded region of Buenaventura, an exclusive resort.

With 109 lavish guest rooms and 5 sumptuous suites, indulgent relaxation and luxurious pampering await you in your hotel room at The Buenaventura Hotel. The décor has been designed for the ultimate in tranquility and relaxation and features soft hues, warm hardwood floors, traditional Spanish colonial elements, and tropical contemporary styling.



VERAGUAS



Some of the main attractions that Veraguas

has to offer Coiba National Park, Atalaya, Cañazas thermal baths, the Artisan Market at La Peña, agro-tourism farming, and plenty of beaches, many of which are ideal for surfing: Santa Catalina, La Reina, Torio and Malena.

PANAMA PROGRAMS

Ariana's
tours
Sumérgete en Panamá

PANAMA CUSTOMS AND TRADITIONS 11 NIGHTS/12 DAYS!



Up to 40 pax

Included services

- Transfers In/Out & others mentioned below
- Daily breakfast
- 3 lunches (as description)
- 2 dinners
- Transportation
- Tours
- Companion group guide or local guide

Included visits

- City Tour & Canal
- Varela hermanos
- Jungle land Explorer
- Eco Chagres & Embera
- El Valle de Antón.
- Artisans and folkloric customs

Hotels

- 4 nights at Panama City
- 2 nights at El Valle de Antón
- 2 nights Pedasí
- 1 night at Penonomé
- 2 nights at Gamboa area

Day 1

Arrival at Tocumen International Airport & transfer to the hotel

On arrival at Tocumen International Airport you will be welcomed by an Arian's Tours representative and provided with transportation to your hotel. During the transfer the representative will be at your disposal to assist with any questions or concerns you might have regarding your stay.

Day 2

City Tour & Shopping / Panama City

We depart from your hotel at 8:15 a.m. to Reprosa Jewelry factory where reproduction of pre – Colombian pieces as well as original are created using the lost wax casting method. Then continue to visit the ruins of the old city Panama Viejo, sacked by Henry Morgan in 1671 and declared World Heritage Site by UNESCO.

Panama Viejo was founded in 1519 as the first Spanish city on the American Pacific. The city later became an important commercial center from where large amounts of gold were transported to the Caribbean coast to be shipped to Europe.

In 1673 a second city was built in a more protected location which is today known as Casco Antiguo, was also declared World Heritage Site due to its many historic features, such as the golden altar, the French Plaza, “Las Bovedas” dungeons, Plaza Bolivar, Parque Central and the old churches, cobbled streets and wide balconies. One of the most interesting sites on this tour are the Miraflores Locks of the Panama Canal where you will witness the raising or lowering of a ship as it passes through this impressive engineering feat.

The Miraflores Visitors Center also contains a Canal Museum, which holds information on its history from the first construction efforts by the French to its upcoming expansion. After visiting the Locks you will be transfer to Albrook Mall for lunch (not included) and shopping. Back to the hotel.

Day 3

Embera indigenous community Panama City

The tour departs from your hotel at 8:00am on a one-hour trip towards Lake Alajuela in the Chagres National Park. From here a motorized canoe will take you up the

Chagres River to the indigenous community of Emberá Drua. There are a variety of activities to participate in at the community such as visiting different chozas (traditional indigenous huts) and learning about the locals' life style, walking the “trail of medical plants” during which you learn about the Emberá's medical use of plants, water sports like kayaking or rafting and a visit to the river falls “La Bonita”. A typical lunch, made up of fried fish and plantain served on a banana leaf will be served at the community while a local resident gives an account of Emberá culture and history as well as introducing you to the materials and techniques used to manufacture their traditional artisan products. After lunch you will enjoy a performance of folkloric music and dance and will have the chance to purchase handcrafted indigenous art. We arrive back to your hotel at around 4:00pm.

Day 4

Jungle Land Explorer in Lake Gatun Panama City

We depart from your hotel towards the pier in Gamboa to embark on an adventurous boat trip through the rainforest surrounded by exotic tropical vegetation and wildlife.

On this tour you can observe a variety of marine and terrestrial bird species, sloths, monkeys, iguanas and crocodiles in their natural environment while the trip across Gatun Lake permits you to navigate the boat alongside the gigantic cruise ships and freighters transiting the Canal. After taking our time to marvel at the natural wonders this area has to offer we will be taken to the lake's only houseboat to have lunch and relax a little bit before engaging in one of the exciting activities the afternoon has in store for us. You can choose to have a swim in the lake, take a canoe tour on Rio Paja or grab a fishing rod and set out for your “Big Catch”.

We will arrive back to the pier in Gamboa in the late afternoon to make our way back to your hotel.

Day 5

Transfer to El Valle (2 nights)

After your check out at 9.00 a.m you will be transferred to Los Mandarin Hotel in Coclé province where you can see different attractions uniquely from this area. Dinner not included.

Tour at El Valle de Antón

Tel: +507 213-1172/ info@arianstours.com

You will embark on a tour of the areas main attractions starting with the wildlife refuge and botanical garden and the 26 meter high Chorro Macho waterfall. This refuge contains the rare square trees and is the only place where you can find the Golden Frog in its natural environment, it is therefore of great value to research institutes such as the Smithsonian Tropical Research Institute. After observing the wildlife you leave the area to have lunch (usually consisting of a local cuisine of meat, rice and beans) in a local establishment. After lunch you will see some amazing petro glyphs left behind by an ancient culture.

Finally you will stroll over the arts and crafts market where you can purchase various handcrafted items such as carved soap stone, woven baskets, Panama Hats, clay pottery and typical Panamanian agricultural products.

Day 6

Hiking the "India Dormida"

El Valle is a unique destination located in the crater of a volcano; home of eco-tourist attractions and one of the favorite destinations is the legendary "India Dormida" (Sleeping Indian), a mountain with a shaped woman lying that is approximately 700 meters above sea level. (3-4level).

Free time at your disposal for relaxing at the pool or Spa in the hotel or visit the town.

Day 7

Departure to Pedasí.

Departure from the hotel towards Los Santos province 200km away, upon reaching Parita we enjoy crafts handmade clay, specifically how dirty devils masks (Panamanian traditions) are made. Then we visited the Hacienda Don Isidro from Varela Hermanos to observe the manufacturing process of the Ron Abuelo, after that we continue to see how the village artisan makes great pieces of pottery.

Check in hotel.

Day 8

Panamanian pollera artisan

After breakfast, we began the cultural tour to the famous Panamanian costumes artisans. One of the important costume is the Panamanian Pollera, which is the country's national female attire, that has evolved into luxurious elaborate and expensive

pieces of clothing, its preparation is thorough and depends on the type and sewing, usually all of them are hand made so they require more work and precision. Later, we visit Santa Librada Church and proceed towards artisans that elaborate typical musical instruments of Panama as well as the visiting the artisan maker of cutarras.

Folkloric Dinner. Overnight at Pedasi

Day 9

Returning to Panama City Overnight at Cerro La Vieja

On our way back to Panama City we stop by the salt of Cocle and in Nata to the Archaeological site El Caño to see one of the oldest and most interesting heritage of the area. Overnight at Cerro La Vieja.

Day 10

Departure to Panama City Gamboa area

Check out and visit the organic farm where you can see the cultivation of pepper, orchids and handmade soap. Transfer to Panama city.

Check in Hotel near Gamboa. Dinner not included.

Day 11

Leisure at the hotel

The hotel has a beautiful swimming pool, recreation areas and an excellent spa, extensive gardens so it is left free to relax in the middle of the natural area and / or do other activities in the hotel (not included). Dinner included. You can go shopping to one of the closest Mall centers of the area (Albrook Mall) or visit the Summit Park. (Not included)

Day 12

Check out & Transfer to Tocumen International Airport

You will be transferred to Tocumen International airport on time for your flight back home.

PANAMA HIGHLANDS AND LANDSCAPES 5 NIGHTS / 6 DAYS!



Up to 50 pax

Included services

- Transfers In/Out & others mentioned below
- Daily breakfast
- Meals as mentioned
- Transportation
- English / Spanish Companion group guide or local guide

Included visits

- City Tour & Canal
- Chichicas Farm / Sltio Barriles
- Cerro Punta tour
- Dracula Farm & La Amistad
- International Park
- Boquete Panoramic Tour
- Coffee Tour

Hotels

- 2 nights at Panama City
- 2 nights at Cerro Punta in Chiriqui Province
- 1 night at Boquete, Chiriqui Province

Day 1

Arrival at Tocumen International Airport & transfer to the hotel

On arrival at Tocumen International Airport an Arian's Tours representative will welcome you. During the transfer the representative will be at your disposal to assist with any questions or concerns you might have regarding your stay.

We begin the visit to the ruins of the old city Panama Viejo, sacked by Henry Morgan in 1671 and declared World Heritage Site by UNESCO. Panama Viejo was founded in 1519 as the first Spanish city on the American Pacific. The city later became an important commercial center from where large amounts of gold were transported to the Caribbean coast to be shipped to Europe.

In 1673 a second city was built in a more protected location which is today known as Casco Antiguo, also declared World Heritage Site due to its many historic features. We then continue on to visit the Amador Causeway, constructed by connecting the three islands of Naos, Perico and Flamenco using material excavated from the Panama Canal, from where you can see the Bridge of the Americas, Taboga Island and the buoys marking the canal's waterway.

One of the most interesting sites on this tour are the Miraflores Locks of the Panama Canal where you will witness the raising or lowering of a ship as it passes through this impressive engineering feat. The Miraflores Visitors Center also contains a Canal Museum, which holds information on its history from the first construction efforts by the French to its upcoming expansions.

Check In at hotel.

Day 2

Transfer to David – Volcan – Visit sitio Barriles and Cerro Punta

Early in the morning you will be transferred to Albrook domestic airport for the flight to David, Chiriqui. At your arrival you will be transfer to Volcan.

Visit to the Farm of Chichicas, attraction characterized by the production of heliconias, located on Volcan barrels site. On display are over 300 species of heliconia plants, even from abroad. Carla Black is a foreign resident of Sitio Barriles in Volcan for over eleven years, initially she worked in the livestock business, but the cultivation of heliconia has become her daily

life. This farm is named Chichica in honor of native species of the region. After lunch, we depart towards Cerro Punta, which is densely populated with roses and colorful gardens. On its vast slopes vegetables are being grown for distribution throughout the rest of the country.

While walking around you meet friendly, smiling people that enjoy a temperature of 15 to 23 degrees all year round. We will visit the plantations and the Haras Cerro Punta from where we can go on a 6.5 km horseback trail, and later enjoy an aromatic Panamanian cup of coffee.

**Check In at Hotel Los Quetzales
Dinner at the hotel Restaurant.**

Day 3

Dracula Orchid Farm & La Amistad International Park

After breakfast, start your visit to Dracula Orchid Farm. The name of the farm is due to the orchids Dracula and the more over of 124 Dracula Orchid species growing in their greenhouses. These orchids only wake up at night with head vampire reminiscence.

Different shapes, different colors - but none of them raised their heads during the hours of the daylight. Continue to La Amistad International Park that departs from the ANAM offices towards the Quijada del Diablo to see the beautiful rainforest between the mountains and ridges of the continental divide.

The 3.4 km long road climbs to 2,500 meters to a beautiful waterfall. The Paramo Pluvial Subalpina is found only in the areas surrounding Fabrego peak. La Amistad's botanical diversity is rich, its diversity of animal species even richer. Picnic lunch included.

Overnight and dinner at Los Quetzales Hotel.

Day 4

Transfer to Boquete – Panoramic Visit

After breakfast, you will be transfer to Boquete (2 hours). Located in the highlands of the province of Chiriqui, it sits in a cool-weathered and fertile valley. Boquete is mostly of volcanic origin and therefore the land is extremely lush. The economy depends largely on the production of flowers, a huge variety of vegetables, many citric fruits, delicious strawberries, and world famous coffee. Lunch at the Rock restaurant.

Overnight at Valle de Rio and Dinner at Finca Lérída.



Day 5

Coffee tour – P.M. flight back to Panama City

Panama's coffee has been considered to be the best coffee in the world for 3 years in row. Chiriqui, is the coffee province where the majority of the plantation of coffee is produce. You will experience a complete coffee tour through their coffee farms, processing factories, roasting plants and tasting facilities.

You will learn everything about coffee process, from when the coffee tree is planted and start growing, until the way coffee is brewed for you to drink it.

You will be able to appreciate the importance of the Ngöbe Buglé indigenous that hand pick the red coffee berries when they are perfectly ripe. You will also have a glance of the shade grown technique which only allows the precise amount of sun on each coffee tree and protects the environment. And you will end with a cupping, in which you will sample different flavors and roasts. Lunch in a local restaurant.

In the afternoon transfer to David for your flight back to the city. On your arrival you are pick up and transferred to your hotel.

Check In at hotel and dinner in a local restaurant.

Day 6

Check out & Transfer to Tocumen International Airport

You will be transferred to Tocumen International airport on time for you

DIFFERENT SCENARIOS OF PANAMA

4 NIGHTS / 5 DAYS!



Up to 100 pax

Included services

- Transfers In/Out & others mentioned below
- Daily breakfast
- Meals as mentioned
- Transportation
- English / Spanish Companion group guide or local guide

Included visits

- Reprosa
- Panama La Vieja and Old Town
- Jungle Land Explorer
- Portobelo and Train
- Boating on the bay

Hotels

- 4 nights at Panama City

Tel: +507 213-1172/ info@arianstours.com

Day 1

Arrival at Tocumen International Airport & transfer to the hotel

On arrival at Tocumen International Airport an Arian's Tours representative will welcome you. During the transfer the representative will be at your disposal to assist with any questions or concerns you might have regarding your stay.

Day 2

Reprosa and colonial area in Panama City

We depart from your hotel at 8:15 a.m to Reprosa Jewelry factory where reproduction of pre – Colombian pieces as well as original are created using the lost wax casting method. Then continue to visit the ruins of the old city Panama Viejo, sacked by Henry Morgan in 1671 and declared World Heritage Site by UNESCO. Panama Viejo was founded in 1519 as the first Spanish city on the American Pacific.

The city later became an important commercial center from where large amounts of gold were transported to the Caribbean coast to be shipped to Europe.

In 1673 a second city was built in a more protected location which is today known as Casco Antiguo, was also declared World Heritage Site due to its many historic features, such as the golden altar, the French Plaza, “Las Bovedas” dungeons, Plaza Bolivar, Parque Central and the old churches, cobbled streets and wide balconies. Lunch in a local restaurant.

Dinner at A Fuego Lento Restaurant.

Day 3

Jungle Land Explorer

We depart from your hotel towards the pier in Gamboa to embark on an adventurous boat trip through the rainforest surrounded by exotic tropical vegetation and wildlife. On this tour you can observe a variety of marine and terrestrial bird species, sloths, monkeys, iguanas and crocodiles in their natural environment while the trip across Gatun Lake permits you to navigate the boat alongside the gigantic cruise ships and freighters transiting the Canal. After taking our time to marvel at the natural wonders this area has to offer we will be taken to the lake's only houseboat to have lunch and relax a little bit before engaging in one of the exciting activities the afternoon

has in store for us. You can choose to have a swim in the lake, take a canoe tour on Rio Paja or grab a fishing rod and set out for your “Big Catch”. We will arrive back to the pier in Gamboa and transfer to the Hotel.

Dinner at Trump Hotel (Thematic dinner)

Day 4

Portobelo & Panama Railroad

At 8:30 a.m. we depart from your hotel directly towards Portobelo on the Caribbean coast. Portobelo was founded in 1597 and has been declared World Heritage Site by UNESCO.

The fortifications that protected the settlement are considered the most important and rich fortifications of colonial times. The church of San Felipe de Portobelo is home to the Black Christ, patron saint of the region, and the local museum holds general information on colonial times.

Enjoy a Caribbean style lunch with a presentation of folkloric group of the zone. After lunch we depart towards the city of Colón. We take a brief tour of the Washington Walkway on Central Ave. where you can see the monument of Christopher Columbus. We then catch the train from Colón back to Panama City, which leads alongside the canal through the heart of Soberania National Park and offers stunning views of the jungle and Lake Gatún. Transportation awaits you at the station in Panama City to leave you back to your hotel.

At night, experience the thrill of a spectacular tour along the bay, aboard a ship with stunning views of the city and surroundings. Dinner is served on board.

Day 5

Check out & Transfer to Tocumen International Airport

You will be transferred to Tocumen International airport on time for your flight back home.

PANAMA

IN A GLIMPSE

4 NIGHTS / 5 DAYS!



Up to 300 pax

Included services

- Transfers In/Out & others mentioned below
- Daily breakfast
- Meals as mentioned
- Transportation
- English / Spanish Companion group guide or local guide

Included visits

- Reprosa
- Panama La Vieja and Old Town
- Partial Canal Transit
- San Lorenzo Fort and Gatun Locks

Hotels

- 4 nights at Panama City

Tel: +507 213-1172/ info@arianstours.com

Day 1

Arrival at Tocumen International Airport & transfer to the hotel

On arrival at Tocumen International Airport an Arian's Tours representative will welcome you. During the transfer the representative will be at your disposal to assist with any questions or concerns you might have regarding your stay.

Day 2

Reprosa and colonial area in Panama City

We depart from your hotel at 8:15 a.m to Reprosa Jewelry factory where reproduction of pre – Colombian pieces as well as original are created using the lost wax casting method. Then continue to visit the ruins of the old city Panama Viejo, sacked by Henry Morgan in 1671 and declared World Heritage Site by UNESCO. Panama Viejo was founded in 1519 as the first Spanish city on the American Pacific.

The city later became an important commercial center from where large amounts of gold were transported to the Caribbean coast to be shipped to Europe.

In 1673 a second city was built in a more protected location which is today known as Casco Antiguo, was also declared World Heritage Site due to its many historic features, such as the golden altar, the French Plaza, “Las Bovedas” dungeons, Plaza Bolivar, Parque Central and the old churches, cobbled streets and wide balconies.

Lunch in a local restaurant.
Dinner at Trump Ocean Club

Day 3

Partial Canal Transit

At 8:00 a.m we depart from your hotel towards Gamboa to board the ship that will take us through part of the Panama Canal and its locks on the pacific side. Lunch will be served aboard the ship and usually consists of beef or chicken served with rice or pasta, salad, desert and non alcoholic beverages.

During this 5 to 7 hour tour (duration dependent on waiting time at locks) we will pass through part of Lake Gatún, the Gaillard Cut (Culebra Cut), the majestic Centennial Bridge, the continental divide, the Pedro Miguel Lock, Lake Miraflores,

the Miraflores Locks and the Bridge of the Americas which connects Panama City with the Inter American Highway.

Once you leave the Ship on Flamenco Island a transport awaits you to take you back to your Hotel where you arrive at around 3:00 p.m

Thematic dinner near the beach

Optional Program:

After the end of the partial transit on day 3, transfer to the beach, 2 nights and check out on day 5.

Day 4

San Lorenzo Fort & Gatun Locks

At 8:30 a.m. Departure to San Lorenzo Fort, located at the entrance to the Chagres River in the province of Colón, Panama. Declared by UNESCO as a World Heritage Site in 1980, under the name, "Fortifications on the Caribbean Side of Panama." These forts formed part of the defensive system built by the Monarchy of Spain to defend transatlantic trade. After visiting this impressive structure we head to Melia Panama Hotel for lunch. Afterwards continue to Gatun Locks situated on the Atlantic entrance of the Panama Canal, they constitute the largest set of locks. Return to the city around 5:00PM

Thematic dinner at Casco Viejo

Day 5

Check out & Transfer to Tocumen International Airport

You will be transferred to Tocumen International airport on time for your flight back home.

PANAMA

ITS SURROUNDINGS

4 NIGHTS / 5 DAYS!



Up to 500 pax

Included services

- Transfers In/Out & others mentioned below
- Daily breakfast
- Meals as mentioned
- Transportation
- English / Spanish Companion group guide or local guide

Included visits

- Reprosa
- Panama La Vieja and Old Town
- Partial Canal Transit
- San Lorenzo Fort and Gatun Locks

Hotels

- 4 nights at Panama City

Tel: +507 213-1172/ info@arianstours.com

Day 1

Arrival at Tocumen International Airport & Transfer to the hotel

On arrival at Tocumen International Airport you will be welcomed by an Arian's Tours representative and provided with transportation. During the transfer the representative will be at your disposal to assist with any questions or concerns you might have regarding your stay.

Day 2

Panama Viejo – Old Town – Panama Canal (lunch included)

We start our day on visiting the ruins of the old city Panama Viejo, sacked by Henry Morgan in 1671 and declared World Heritage Site by UNESCO. Panama Viejo was founded in 1519 as the first Spanish city on the American Pacific. The city later became an important commercial center from where large amounts of gold were transported to the Caribbean coast to be shipped to Europe. In 1673, two years after the destruction of the first city, a second city was built in a more protected location which is today known as Casco Antiguo. This colonial city was also declared World Heritage Site due to its many historic features, such as the golden altar, the French Plaza, “Las Bovedas” dungeons, Plaza Bolivar, Parque Central and the old churches, cobbled streets and wide balconies. We continue to Miraflores Locks where you will witness the raising or lowering of a ship as it passes through this impressive engineering feat. The Miraflores Visitors Center also contains a Canal Museum, which holds information on its history from the first construction efforts by the French to its upcoming expansion holds information on its history from the first construction efforts by the French to its upcoming expansion. Lunch at the Locks.

Enjoy a spectacular dinner at Panama Viejo Ruins with a special show for the group.

Day 3

Bay tour at Panama City (lunch included)

Early in the morning we will embark on a unique experience into the Panama Bay where you can marvel all the engineering work from the Panama Canal to the big skyscrapers in the city while you enjoy music and the view. Continue the journey through the Pacific Ocean. As we approach Flamenco Island you can have the chance to take a picture of the Bridge of the

Americas which connects the Americas. Once you leave the Ship on Flamenco Island a transport awaits you to take you back to your Hotel.

Enjoy a Panamanian gourmet dinner with a special touch of one of our renown chefs.

Day 4

Contadora Island - (lunch included)

Departure to Brisas de Amador dock to board the ship that will take you to the heavenly archipelago of Las Perlas, approximately 2 hours, Contadora Island is so named as the place where the Spaniards had the pearls found in the archipelago to then send them to Spain. This island is one of the best places to explore when visiting Panama, with its crystal clear waters and white sand along with nature both in and out the sea make this place unforgettable. Explore the different beaches, each unique and incomparable, enjoy a bbq lunch along the sea breeze and take this day to just relax.

Return to Panama aprox. 5:00 p.m.

Upon arrival you will be transferred to hotel.

Day 5

Check out from the Hotel & transfer to Tocumen International Airport.

After Check-out from your hotel, you will be transferred to the international airport, hours before flight departure.

AVAILABLE CENTRAL AMERICA EXTENSION PROGRAMS

Ariana's
tours
Sumérgete en Panamá