

EMBERÁ NATIVES & ROMANTIC SAILING ADVENTURE IN BOCAS DEL TORO

DAY 1 - Panama City

Upon arrival at Tocumen International Airport (PTY), you will be picked up by one of our guides (Jose David and/or Alberto), who will be waiting for you, holding a banner with your name. You will be transferred to your city hotel where a **welcome cocktail** and a **complete Tour Briefing** will be presented to you. Enjoy your first night in Panama City!

(Sleep at Hotel Las Huacas, Panama City)

DAY 2 - City Tour/Panama Canal Locks

Pickup at 7:00 AM at your hotel's lobby

Breakfast served at the hotel. Guided City Tour

We will then **visit the Panama Canal's Miraflores Locks**. Locks are over one mile long. Finally, for your pleasure, some **great shopping & leisure time in Panama City for the rest of the day**, back to your hotel. Overnight in Panama.

(Sleep at Hotel Las Huacas, Panama City)

DAY 3 – Visit to the Emberá Indians Community

Pickup at 7:00 AM at your hotel's lobby

Breakfast served at the hotel / Early morning pick up by guide.

Back in the mists of time, one such group, the "Emberá", migrated north from South America to **Panama's forbidding jungles in the Darien region**. Over the last quarter-century, a few of these families pushed further north, settling in the **jungles bordering the Chagres River**. Today you will be visiting the **Emberá Tusipono Community**.

The adventure starts as you are picked up by our guide and head to the Emberá Tusipono Community.

As you arrive to the dock, **you will be taken to the village on a 15 ft-long cayuco carved from the trunk of a giant tree**. Crewing this monster hollow log, outfitted with a modern outboard motor, are two members of this community dressed in loincloths and bead necklaces. At your arrival to the community, you will be **greeted by the traditional music of this fascinating culture**.

After experiencing several unique ceremonial dances (**interpreted by our guide**), you will learn more about the customary lifestyle of a people virtually unchanged by civilization. The local "shaman" will describe some of the **medicinal plants and herbs** found in this spectacular environment, many of which are still a vital part of everyday life. Finally, you will have the rare **opportunity to purchase finely crafted artifacts made by these skilled artisans**.

(Sleep at Hotel Las Huacas, Panama City)

DAY 4 – Panama City – Bocas del Toro (Caribbean island)

Breakfast served at the hotel.

We will pick you up at the hotel and transfer you to the Marcos Gelabert Domestic Airport. Here you will take a **45 min. domestic flight to the Bocas del Toro Islands**. When you arrive, you will be greeted by the Hotel's crew and transferred to the hotel, which is located in the main island, right on top of the crystal clear Caribbean water.

These paradise islands offer the visitor a great diversity of attractions and natural environments, uncommon to other regions of our continent: **luxurious rain forests** with an abundance of fauna and flora, **sunny islands, beaches that compete with the Caribbean best, coral reefs in crystal clear water**, mangrove islets in a lake-like scenery, guaymi Indian villages and a national marine park that protects examples of the ecosystems and natural resources coexisting within the Archipelago boundaries, as a tribute to our future generations. **Life in Bocas is calm**, everything is just a short walk away, its Caribbean architecture, its **local cuisine**, the kindness of its people and the **great nightlife** in the main Island will make you have the time of your life.

(Sleep in Island Hotel)

DAY 5 — Bocas del Toro – Catamaran Sailing Adventure

This Catamaran Sailing tour leaves at **9:30 am and sails to Dolphin Bay**, to watch the bottlenose dolphins. From there we go **snorkeling to a coral reef**, nearby mangroves. This reef is unique because it is shallow and lot of colorful coral. You can **swim inside the mangroves** and explore through the roots where you will be greeted by barracudas, snappers and a millions of sardines. In the deeper part you may spy a sleeping nurse shark.

After snorkeling **we serve you lunch**, a large sandwich and a drink. Then, we sail to a second reef, Coral Cay. This reef is magnificent, full of large brain coral, horn coral, groupers and beautiful angel fish. Around this time of the day the wind picks up and we begin to sail home, **arriving around 4:45 pm.**

(Sleep in Island Hotel)

DAY 6 — Bocas del Toro (Tropical caribbean island)

Breakfast served at the hotel.

Free day in Bocas, the **white sand beaches** and **clear blue Caribbean waters** or enjoy the hotel's amenities like Jet Ski, kayaks or **just relax in a hammock in the hotel's deck**, which has a **bar above water.**

(Sleep in Island Hotel)

DAY 7 — Bocas del Toro – Panama

Breakfast served at the hotel.

In the **afternoon you will be taken to the Island's domestic airport to head back to Panama City.** At your arrival to Panama City, we will pick you up at the Marcos Gelabert Domestic Airport and **transfer you to the hotel.**

(Sleep at Hotel Las Huacas, Panama City)

DAY 8 – Hotel Checkout

Breakfast served at the hotel.

Transfer to Tocumen Intl. Airport

PACKAGE INCLUDES:

~~4 nights lodging in Panama City Hotel

~~3 nights lodging in Bocas del Toro Hotel with A/C

~~7 full American breakfasts

~~Full time services of a professional guide for tours in Panama City, and Sailing Tour.

~~Snacks on every tour

~~All ground and water transportation

HOTEL DESCRIPTIONS:

Bocas del Toro

Hotel Olas is a new three story wooden hotel on the water. Located just a minute walk from town center, the hotel offers a magnificent view of the Caribbean Sea across from the marina. All 25 rooms are fitted with air-conditioner, cable TV, private bathroom, cold/hot shower, hotel water sport activities includes:

Jet-ski, Water-ski, Wake-board, etc. (for rent at the hotel).

Our **Panama City** hotel is the **Las Huacas Hotel**, a folkloric modern style comfortable hotel with a great location, just a five minute walk from the banking area, casinos, and international restaurants.

NOT INCLUDED IN PACKAGE:

- **Actual Domestic Airfare:** * **\$180.00** round trip per person with taxes included from Panama City to Bocas del Toro (This price can be subject to changes by the flight company at anytime and if so, you will be notify). We will need your passport numbers, name, date of birth for each people traveling in order to purchase your flight tickets which will be handed to you upon arrival to Panama.
- Panama departure taxes

*** If you do not want to buy the flight ticket through our company, please email us your flight schedule to info@vacationsuperdeals.com, in order to organize/arrange your transfers from hotels to airports and boat transfers. Thank you for your cooperation.**

TOTAL PRICE PER PERSON: ** \$599.00 PER PERSON

**** High season surcharge:** \$69.00 per person if traveling between **November 15 2006 to May 15 2007**

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COLORFUL KUNA INDIANS FANTASY IN THE SAN BLAS ISLANDS

DAY 1 - Panama City

Upon arrival at Tocumen International Airport (PTY), you will be picked up by one of our guides (Jose David and/or Alberto) who will be waiting for you holding a banner with your name. He will transfer you to your city hotel where a **welcome cocktail** and a complete **Tour Briefing** will be presented to you. Enjoy your first night in Panama City!
(Sleep at Hotel Las Huacas, Panama City)

DAY 2 - City Tour/Panama Canal Locks

Breakfast served at the hotel. **Pickup at 7:00 AM at your hotel's lobby**

Guided Panama City Tour

We will then **visit the Panama Canal's Miraflores Locks**. Miraflores Locks are over one mile long. Finally, for your pleasure, some great **shopping and leisure time in Panama City**. Overnight in Panama City.
(Sleep at Hotel Las Huacas, Panama City)

DAY 3 – Panama City – San Blas (Caribbean islands)

Breakfast served at the hotel.

We will pick you up at the hotel **and transfer you to the Marcos Gelabert Domestic Airport**. Here you will take a 30 min. domestic flight to the San Blas Islands. When you arrive, you will be **greeted by the Kuna Indians**, which will **transfer you by boat to the lodge**, made from rustic Indian materials, located in a private island. Yandup is **a paradise island surrounded by coral reefs**. It has a little beach with calm and crystal clear water and miles of sand within walking distance.

Yandup belongs to a small archipelago, where you can even go swimming from one island to the other, crossing channels of various depths.

The island is located approximately in the center of the Kuna Yala reserve. A thousand meters from the Ukupseni community or Playón Chico and 1.300 meters from the tropical forest and the airport. The region of Kuna Yala is a protected area, which preserves large intact zones thanks to the Kuna people and their culture. The Kuna culture has through thousands of years developed in intimate relationship with nature and is thoroughly integrated in the ecological balance of the region.

The Kunas have kept many of their traditional costumes, which are of interest to visitors. Not only is the culture renowned all over America for their organizational level, but also for the way of life and for the historical costumes and traditions. The Kunas take pride in their culture. The stunning scenes, the amazing tropical biodiversity of the flora and fauna, the biophysical character and cultural richness makes Yandup Kuna region an ideal place for observation, relaxation and joy. **Yandup offers many activities for visitors such as snorkeling, bird watching, hiking in the forest, while getting to know the Kuna culture. Enjoy the beach, the sun and all the activities offered in this unique paradise-like place.**

DAY 4 – San Blas (Guided Tour) The "kammu burwi" dance & Handicrafts

Breakfast at the lodge.

This day you will experience some traditions, customs and rituals from this indigenous millennium culture. Your Kuna Indian Guide will take you to watch **The "kammu burwi" dance**, A dancing representation of everyday situations, imitations of certain animals or histories. It stems from the word "kammu" which is a sacred flute that evokes strength when accompanied by the dance. It resembles the movement of the wind. The music is generated with small flutes (kammu burwi) played by men and with maracas (nasis) played by women.

After this, you will be taken to the handicraft sale, established in the community for the benefit of the locals. You can acquire such famous handicraft articles as the "molas" and other objects such as wicker baskets and figures made of mahogany, "balso", "espavé", "Amarillo" and other materials.

Lunch & Dinner at the lodge.

DAY 5 – San Blas (Guided Tour) Visit to the Community & Cemetery

Breakfast at the lodge.

You will be taken by your **Kuna guide to observe the everyday life in the community** and the architecture of the houses, constructed with local materials. But you can also go for a walk to see the congress house (Onmaket Nega) where the community members hold their daily meetings and sing traditional and religious songs. Also, you will visit the "Chicha" house (Inna Nega) where the traditional rites are performed to celebrate the "Chicha" in honor of the children and the youth. After this, you will visit the Ukupseni cemetery, which is situated on a crest near the

coast. A visit with explanations about the significance of the death and the rituals surrounding the traditional funeral is complemented with the excellent panoramic view from the cemetery. From here you can see the small archipelago surrounding the community of Ukupseni and Yandup.

Lunch & Dinner at the lodge.

DAY 6 – San Blas (For Bird Watching Lovers)

Breakfast at the lodge.

The marine birds can be observed from the island of Yandup, but for a greater diversity the visitor can get up in the early morning and observe the birds at daybreak from a boat in the river. "Tangaras", hummingbirds, gulls, woodpeckers, parrots, macaws, toucans, and pelicans are some of the species of birds that you can encounter.

Lunch & Dinner at the lodge.

DAY 7 — San Blas – Panama

Breakfast served at the lodge.

In the afternoon, you will be taken to the airport to head back to Panama City.

At your arrival to Panama City, we will pick you up at the Marcos Gelabert Domestic Airport, transfer to hotel.

(Sleep at Hotel Las Huacas, Panama City)

DAY 8 – Hotel Checkout

Breakfast served at the hotel.

Transfer to Tocumen Intl. Airport

PACKAGE INCLUDES:

~~3 nights lodging in Panama City Hotel

~~4 nights lodging in San Blas Lodge

~~7 full American breakfasts, (All foods included in San Blas Lodge)

~~Full time services of a professional guides for tours in Panama City, and in San Blas.

~~Snacks on every tour

~~All ground and water transportation

HOTEL DESCRIPTIONS:

Yandup Eco Lodge

Rustic Kuna Indian Style Cabañas in a private small Island

All foods are included.. (Continental Breakfast, Fish Lunch, Seafood Dinner)

Also Vegetarian Food if requested.

Our **Panama City** hotel is the **Las Huacas Hotel**, a folkloric modern style comfortable hotel with a great location, just a five minute walk from the banking area, casinos, and international restaurants.

NOT INCLUDED IN PACKAGE:

- **Actual Domestic Airfare:** * **\$109.00** round trip per person with taxes included from Panama City to Bocas del Toro (This price can be subject to changes by the flight company at anytime and if so, you will be notify). We will need your passport numbers, name, date of birth for each people traveling in order to purchase your flight tickets which will be handed to you upon arrival to Panama.
- Panama departure taxes

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TOTAL PRICE PER PERSON: ** \$615.00 PER PERSON

**** High season surcharge:** \$69.00 per person if traveling between **November 15 2006 to May 15 2007**

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