



Panama: Journey Between the Seas

7 Days



The Adventure Company | EST. 1969

MT+SOBEKTM
MOUNTAIN TRAVEL SOBEK

CELEBRATING 50 YEARS
AS THE PIONEER OF ADVENTURE TRAVEL

➤ Panama: Journey Between the Seas

Come aboard a small motor yacht for a one-of-a-kind journey between two mighty oceans through the Panama Canal. Along the way, meet the indigenous Embera people, whose traditional lifestyles have remained unchanged for 600 years; kayak and snorkel the pristine beaches of the Pearl Islands; and spot abundant wildlife at Gatun Lake, the world's premier location for viewing monkeys in the wild. On the canal's Atlantic side, you'll explore the magnificent Chagres River and tour historic Portobelo before returning to Panama City on a scenic train ride.

Details

Arrive: Panama City, Panama

Depart: Panama City, Panama

Duration: 7 Days

Group Size: 8–24 Guests

Minimum Age: 14 Years Old

Activity Level:



Testimonials


"This trip contained wonderful wildlife viewing, sea kayaking, hiking and cultural activities. The food, staff and our accommodations were exceptional."

Belinda

"MT Sobek put together a wonderful trip for us. The guides and crew on this trip were world class. Great job MT Sobek you have a customer for life."

Rod S.

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Why Take This Trip With Us?

REASON #01

MT Sobek has been adventure cruising since 1969, working with local crews the world over to create water-based dream adventures.

REASON #02

This Panama experience allows you to enjoy the wonders of the Panama Canal and Darien Jungle onboard an intimate 24-passenger catamaran.

REASON #03

Enjoy the flexibility of exploring Panama on 6 departures between March and November — all with expert local guides.

What to Expect



ACTIVITIES

Kayaking through the rainforest, snorkeling among islands, and experiencing the wonder of the Panama Canal firsthand.



LODGING

Spend six nights aboard the M/V Discovery, a 108-foot catamaran. MT Sobek travelers will join other travelers on this book-in cruise.



CLIMATE

Panama has a tropical climate, with year-round constant temperatures ranging from 90°F during the daytime to 70°F in the evening.

Meet Our Guides

Our expert guides and trip leaders are truly the key to our trips' success. Many are locals who live in-country year-round; others have made it their second home—all are passionate, enthusiastic and endlessly knowledgeable. Meet two of the guides that might be on your trip.

Born in Panama, Iann has been a naturalist and adventure guide for 28 years. He worked for 8 years as a naturalist park ranger in Grand Canyon, Canyonlands and Big Bend National parks in the USA. After time in the states, he returned to Panama, where he lives with his wife and son. He possesses a wealth of knowledge covering Panamanian history, rainforest ecology, flora and fauna, Panama Canal, Spanish colonial defense sites. In his free time Iann enjoys surfing, whitewater kayaking, and playing drums.

Iann Sanchez

Growing up in the highlands of Chiriqui in Panama, an area surrounded by wildlife and National Parks, heavily influenced Octavio's fascination for ecology and bird watching. Since then, has been able to share his knowledge with guests from around the world. He is a member of the esteemed Panama Audubon Society, and Founder of the Tourism Guide Association of Panama. After 10 years of experience working as a history and ecology guide, he now leads trips in the region, utilizing his deep local knowledge and sound leadership skills.

Octavio Rios

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Itinerary

DAY 1

SET SAIL ON THE M/V DISCOVERY

Board the M/V Discovery and set sail in the tropical waters of the Pacific Ocean towards Contadora, where the Discovery will stay the first night before navigating to the Darien Jungle. Take this opportunity to meet your expedition leaders, the crew, and your fellow travelers while savoring tempting local cuisine.

Meals: D

DAY 2

EXPLORE THE DARIÉN JUNGLE

Enter the Darién jungle and travel to a place that few have had the privilege of exploring. More than an excursion, this is a journey into the lives of the Embera Indians, a proud people who have been able to preserve their traditions and lifestyle as they were before Spanish colonization. These natives are also master crafters of cocobolo wood carvings and basketry. After motoring up river, see their village emerging from the jungle. Keep your eyes open to spot the abundant wildlife along the river's edge.

Meals: B, L, D

DAY 3

SNORKEL IN THE PEARL ISLANDS

Snorkel and swim in the waters of the Pearl Islands. The archipelago owes its name to the abundance of pearl oysters that supported a substantial fishery in the early 1900s. On the outer portion of the archipelago, the islands of San Telmo and Mogo Mogo are home to some pristine beaches and fertile fishing grounds. View the remains of the submarine Explorer built in 1865 during the Civil War, which sunk off the coast of San Telmo in the late 1800s.

Meals: B, L, D

DAY 4

NAVIGATE THE LOCKS OF THE PANAMA CANAL

Wake up at the entrance of the Panama Canal and join the morning's ship convoy for your northbound canal passage through Miraflores and Pedro Miguel Locks. Experience the history and operation of this engineering marvel up close when your boat is raised 85 feet above sea level to Gatun Lake. Sail through the Gaillard Cut, the narrowest section of the Panama Canal, and spend the night on Gatun Lake along the Panama Canal.

Meals: B, L, D

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DAY 5

KAYAK ON GATUN LAKE

Witness the splendor and excitement of the jungle firsthand as you board a kayak and paddle past lush rainforests to secluded areas of Gatun Lake. Take in the sights and sounds of the tropical jungle as you observe exotic birds, monkeys, sloths, iguanas, and crocodiles in their native surroundings. Cameras are a must, as this is considered the world's premier location for viewing monkeys and other animals. Climb back aboard the Discovery and exit the Panama Canal, sailing toward the mouth of the Chagres River.

Activity: 1-2 hours optional kayaking

Meals: B, L, D

DAY 6

EXPLORE THE CHAGRES RIVER

Discover the magnificent Chagres River, which was used by the conquistadors to move their gold from Peru to Spain. The river was the centerpiece of the colonial inter-oceanic route and is now the lifeline of the Panama Canal, full of wildlife and tropical jungle. At the mouth of the Chagres, explore Fort San Lorenzo, a fort built by the Spaniards in the 16th century to defend their well-known gold trail. Later that evening, cruise to Colon and spend the night before disembarking the next day.

Meals: B, L, D

DAY 7

TOUR PORTOBELLO & DEPART

Wake up to a farewell breakfast before disembarking. Travel by coach to Portobelo and explore this town that was founded by Christopher Columbus on his fourth voyage to the new continent. See the fortifications built by the Spaniards to protect their treasures, and visit the Church of San Felipe, the sanctuary of the Black Christ. Later in the afternoon, board the Panama Canal Railway train back to Panama City, passing through lush rainforest, cruising alongside the Canal's locks, and gliding over slender causeways in Gatun Lake.

Meals: B, L

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Dates

Oct 26 - Nov 1, 2019

Nov 25 - Dec 1, 2020

Nov 27 - Dec 3, 2019

Dec 29, 2020 - Jan 4, 2021

Mar 10 - 16, 2020

Mar 31 - Apr 6, 2020

Apr 14 - 20, 2020

Apr 29 - May 5, 2020

May 19 - 25, 2020

May 26 - Jun 1, 2020

Oct 23 - 29, 2020

For full terms and conditions please visit www.mtsobek.com/terms. Please note that our itineraries may be subject to change.

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Pricing

2019

\$ 4,150 per person

Additional Cost

\$ 2,075 Single Supplement

2020

\$ 4,150 per person

Additional Cost

\$ 2,075 Single Supplement

PRICE INCLUDES

- Expert leadership from experienced adventure guides
- Accommodations as noted in the itinerary
- Meals as noted in the daily itinerary
- Potable water and snacks throughout
- 1 glass of wine or beer at dinner
- All tips and gratuities for support staff with the exception of your lead adventure guide(s)
- All group entrance fees, activities, and ground transportation
- Arrival and departure day transfers to and from the ship

PRICE DOES NOT INCLUDE

- International airfare, any airport taxes, or excess baggage charges
- Optional tips to your lead adventure guides
- Personal expenses such as medical immunizations, phone calls, laundry, or souvenirs
- Airport transfers to and from the ship
- Optional travel protection

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➤ **The World of MT Sobek**

At Mountain Travel Sobek, we believe life is an adventure and adventure is life.

As the originators, innovators and leaders in adventure travel for more than five decades, we passionately create, craft and share indelible, transformative journeys to the world's most memorable places. Our more than 200 unique and once-in-a-lifetime trips are designed to inspire and exhilarate, enliven and excite--opening eyes and minds through profoundly personal connections with nature and culture.

Our small group and custom adventures span the globe, and the spectrum—of interests, environments and activities—every one expertly planned and knowledgeably and passionately guided. And our commitment to making every experience a remarkable one has earned us preferred travel outfitter status for National Geographic Active Expeditions, Active New York Times Journeys, and Smithsonian Active Journeys.

We are *the* adventure company.

Awards



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