



# Panama Women's Adventure

10 Days



*The Adventure Company* | EST. 1969

**MT•SOBEK™**  
MOUNTAIN TRAVEL SOBEK

**CELEBRATING 50 YEARS**  
AS THE PIONEER OF ADVENTURE TRAVEL

# ➤ Panama Women's Adventure

Balancing the thrills of active adventure with peaceful nature-watching, this women's-only itinerary highlights the best of Panama's magical ecosystems. From the Panama Canal Watershed and the cloud forests of Mount Totumas and Boquete, to the crystalline waters of the Gulf of Chiriquí National Marine Park, zipline over forest canopy, learn local birds from naturalists, kayak the Panama Canal, snorkel amongst tropical fish, tour a coffee plantation, and summit the highest peak in Panama with views of both the Pacific and Caribbean. For a little downtime, bask in the quiet of comfortable eco-lodges and charming inns.

## Details

Arrive: Panama City, Panama

Depart: Panama City, Panama

Duration: 10 Days

Group Size: 4-14 Guests

Minimum Age: 16 Years Old

Activity Level:



## Testimonials

*"We have traveled throughout the world, but never experienced a level of service and attention to detail as we did with MT Sobek."*

Dennis G.

*"I've taken six MT Sobek trips and they have all exceeded my expectations. The staff, the food, the logistics and the communications have always been exceptional. Thank you for being my 'go to' adventure travel company!"*

Margaret I.

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## Why Take This Trip With Us?

### REASON #01

MT Sobek has been leading adventurous women around the world for 50 years.

### REASON #02

This unique women's adventure in Panama includes a blend of active adventures, from cloud forest hikes to kayaking, snorkeling and more.

### REASON #03

We work with an expert team of guides in Panama, who offer local insight and an immersive cultural experience.

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## What to Expect



### ACTIVITIES

Moderate to strenuous hikes up to 8.5 miles (including summiting a dormant volcano) ziplining, kayaking, snorkeling, and scenic nature tours.



### LODGING

Deluxe accommodations in downtown Panama City, a cloud forest eco-lodge, an elegant coffee plantation, and a charming seaside hotel.



### CLIMATE

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

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## 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.

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# Itinerary

## DAY 1

### ARRIVE IN PANAMA CITY

Meet an MT Sobek representative at customs, who will assist you and transfer you to your hotel in Panama City. Tonight, enjoy a welcome dinner with the group.

**Meals:** D

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## DAY 2

### KAYAK THE PANAMA CANAL WATERSHED & TOUR CASCO VIEJO

Rise early this morning and transfer to the rainforest of Soberanía National Park. As the landscape changes, be on the lookout for toucans, sloths and other early-risers. Get a safety briefing and orientation from the local guide, then board your kayak and paddle into the heart of the Panama Canal Watershed. This afternoon, return to Panama City for a walking tour of Casco Viejo, settled by the Spanish in 1673 and now a UNESCO World Heritage Site. Enjoy other parts of the city and dinner on your own tonight.

**Activity:** 3 hours kayaking/2 hours city walking

**Meals:** B, L

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## DAY 3

### FLY TO DAVID & JOURNEY TO THE CLOUD FOREST OF MOUNT TOTUMAS

After breakfast, transfer from Panama City for your flight to David. A driver will meet you and transfer you to the town of Volcán, located to the west of Volcano Baru, to lunch at a local gourmet restaurant. Then begin your journey to Mount Totumas, a lush cloud forest in the middle of a 400-acre private reserve. Admire the views from the road and keep your eyes out for wildlife. Upon arrival, learn about the eco-lodge and go for a short afternoon hike to get oriented with the reserve.

**Activity:** 1-2 hours/1-2 miles hiking

**Meals:** B, L, D

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## DAY 4

### HIKE IN THE CLOUD FOREST & RELAX AT THE ECO-LODGE (6,300')

After a delicious breakfast, slow down and spend the rest of the day getting to know the eco-lodge and its lush cloud forest, known for unspoiled nature, 200 species of birds, and 15 species of hummingbirds! Start the day with a guided hike and get to know local species like Howler Monkeys, the Resplendent Quetzal and the Crested Guan, then explore a bit on your own. Tonight, relax at the bonfire with a glass of wine and board games, listening to the sounds of nature all around you.

**Activity:** 1-3 hours/1-5 miles hiking

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**Meals:** B, L, D

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## DAY 5

### TRANSFER TO BOQUETE & TOUR THE COFFEE PLANTATION AT FINCA LERIDA

In the late morning, transfer from Mount Totumas to Finca Lerida, an eco-lodge and coffee plantation outside of Boquete. Here, experience the everyday activities of Panamanian women growing, harvesting and processing coffee and learn how soil, microclimate and plant genetics all influence a coffee's identity and flavor profile. Cap off the end of your day with a historical tour of the plantation and a naturalist overview of the surrounding forest. Dinner tonight at Finca Lerida's gourmet restaurant - save room for coffee!

**Activity:** 2-hour walking tour of plantation

**Meals:** B, L, D

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## DAY 6

### SUMMIT PANAMA'S HIGHEST PEAK

Your trekking adventure today challenges you to summit to the Baru Volcano, Panama's highest peak and a dormant volcano just south of the Continental Divide, one of the only places in the world where you can see both the Pacific and the Caribbean Sea at the same time. Traverse the volcano's beautiful cloud forest, green hills and rocky cliffs. From the top, soak in breathtaking views. After a long 6- to 7-hour hike, return by a 4x4 vehicle down the mountain and back to Finca Lerida to freshen up for a delicious dinner.

**Activity:** 6-7 hours/8.5 miles hiking with 7,498' elevation gain

**Meals:** B, L, D

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## DAY 7

### ZIPLINE THE CLOUD FOREST CANOPY & CRUISE TO BOCA CHICA BY BOAT

Early this morning, head into a verdant valley outside the town of Boquete. After a short hike into the forest, get a safety orientation on ziplining the forest canopy. From 12 different cables, glide up to 2.5 miles through the treetops of the cloud forest at a breathtaking speed, far above rivers and waterfalls. Or (optional) walk along hanging bridges for a more relaxed view. After lunch, continue on to Boca Chica, the gateway to the Gulf of Chiriquí National Marine Park, where you can relax on the beach, take a dip in the pools, kayak or snorkel. Dinner tonight at the hotel.

**Activity:** 3 hours/2.5 miles ziplining

**Meals:** B, L, D

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## DAY 8

### SNORKEL & RELAX AT CHIRIQUI GULF MARINE NATIONAL PARK

Wake to enjoy a snorkeling tour of the Gulf of Chiriquí National Marine Park, home to a colorful and diverse array of marine wildlife. Founded in 1994, the park protects crystalline waters that cover 34,000 acres of coral reefs, mangroves and marine meadow habitats. In the afternoon, join a diving or kayaking excursion, or a hike into the jungle to explore. If you prefer, simply relax by the pools and gardens, and enjoy your beautiful surroundings.

**Activity:** 30-45 minutes snorkeling

**Meals:** B, L, D

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## DAY 9

### RETURN TO PANAMA CITY

After breakfast, transfer to the local airport for your flight back to Panama City, and then transfer to your hotel. Take the afternoon to enjoy lunch on your own, explore the city, go souvenir shopping, get a spa treatment, or take a nap by the pool. Tonight, enjoy a festive farewell dinner with your group.

**Meals:** B, D

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## DAY 10

### DEPART FROM PANAMA CITY

After breakfast, transfer to the Tocumen International Airport for your flight home.

**Meals:** B

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## Dates

Mar 27 - Apr 5, 2020

For full terms and conditions please visit [www.mtsobek.com/terms](http://www.mtsobek.com/terms). Please note that our itineraries may be subject to change.

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## Pricing

2020

\$ 4,995 per person

### Additional Cost

\$ 1,000 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 necessary snorkeling and ziplining gear
- All group entrance fees, activities, and ground transportation
- Arrival and departure day airport transfers

#### PRICE DOES NOT INCLUDE

- International airfare, any airport taxes, or excess baggage charges
- Dinner on Day 2 and Lunch on Day 9
- Optional tips to your lead adventure guides
- Personal expenses such as medical immunizations, phone calls, laundry, or souvenirs
- Airport transfers if arriving outside of Day 1 or departing outside of Day 10
- 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.

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### Awards



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**SEVEN CONTINENTS.**

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