

COSTA RICA – PANAMA 2019

11 Days San Jose(1n)- Arenal Volcano(1n)- Tortuguero(2n)- Puerto Viejo(2n)- Bocas del Toro(2n)-Panama City(2n)

Day 1: San José City

Arrival at the International Airport Juan Santa Maria.

A guide of Escapes Vip will wait for us there and takes us to San José City.

Accommodation at Crowne Plaza San Jose hotel.

Day 2: San José City- Arenal Volcano

After breakfast a transport service takes us to the area of volcano Arenal. This volcano has an almost perfect cone-shaped shape and his origin is placed over three million years ago with a height of 1.633 meters.

In the afternoon we will enjoy the touristic attraction “Ecotermals” which is famous for its medical properties and their hot springs which directly come from the volcano. Depending on the climate situation we will be able to see a volcanic eruption during our stay there.

Accommodation at Los Lagos hotel.

Day 3: Guapiles – the National park Tortuguero

In the morning we will leave the Hotel and start towards Guapiles where we will have our breakfast.

Then we leave towards the Canals of Tortuguero. There you find the National park Tortuguero which is the most important area for turtles in the eastern part of the Caribbean coast. The park contains an amount of natural canals which are important for the transportation and for the exploration of this territory. The fauna and flora are very extensive; because of this it is possible to observe tropical forest in his magnificence. Furthermore we can observe exotic species like the toucan, monkeys and crocodiles.

When we arrive at the regional harbor we will take a boat that will bring us to our Lodge. In the afternoon we visit the museum (entrance not included) and the town of Tortuguero.

Accommodation at the Pachira Lodge.

(breakfast/lunch/dinner)

Day 4: Canals of Tortuguero

At around 9:30 a.m. we make a tour round the main Canals of Tortuguero with small boats to have the best view and accessibility to this magnificent place.

Accommodation at the Pachira Lodge.

(breakfast/lunch/dinner)

Day 5: Puerto Viejo

Transportation via the Canals of Tortuguero to Siquirres. There we will have an extensive lunch. We continue with our regular transport towards Puerto Viejo, Limón. Puerto Viejo has a heavenly beach. Within an exotic flora and fauna you can find a seaside town with beautiful beaches and crystal-blue water and extraordinary opportunities to surf. The relaxing atmosphere and the combination of different cultures such as Latin, Afro-Caribbean and the native Bribri makes Puerto Viejo a place you will love. Because of its beaches Arena Dorada and the tropical vegetation it is a place to relax and to have wonderful vacations.

Accommodation at the Le Camaleon hotel.

(breakfast/lunch)

Day 6: the National Park of Gandoca – Manzanillo

After breakfast we visit the National Park of Gandoca – Manzanillo.

His beauty and his ample vegetation support the numerous amounts of flora and fauna and the population consists of an abundance of ethnic cultures. In this area the forest is very various and colorful. Especially there you can find most of the species of birds and an amount of mammals and other species of tropical animals. At Laguna Gandoca you are able to observe the mangroves which a lot of animals call their home. Besides there live lizards, seabirds and sloths.

Furthermore Gandoca-Manzanillo is one of the places where the turtle Baula broods which is one of biggest turtles in the country. Additionally you will see hundred years old trees.

Accommodation at the Le Camaleon hotel.

Day 7: Bocas del Torro

Early in the morning our transport service takes us to the area of Sixaola where we are going to pass the border line of Panamá. After this a transport service takes us towards Puerto Almirante where we take boats to get to the island of Bocas del Torro. This island is one of the magnificent ones in the sea. After our arrival there we can appreciate the variety of attractions and natural ambience. This place also contains luxurious rainforests, sunny islands, a crystal-blue sea with beautiful corrals, typical ethnic towns and a navy national park which protects the natural refuge of this area.

Accommodation at the Playa Tortuga hotel.

Day 8: Bocas del Torro

After the breakfast we leave the hotel via boat towards the Laguna Bocatorito where we are able to observe dolphins which swim around our boats. After this, our guide leads us to Cayo Coral at the island Bastimentos. There you have the opportunity to go snorkeling to explore the wonderful world of corrals and the fauna of the sea around the island. Later our guide leads us to the beach la Rana Roja. There we do a walk through the forest where peculiar amphibians live. We finish the day by enjoying the sun at the beach!

Accommodation at the Playa Tortuga hotel.

Day 9: Panamá City

Very early in the morning we will have our breakfast to start right after our transport from the hotel to the airport.

We take the plane from Bocas del Toro to Panamá City.

Today, we make a tour around the Panama Canal and the City.

This is a guided tour to the most important and typical spots of Panama. During this tour we will be able to have a quick to the Contemporary Panama ,then we will move on to the Panama Canal where we will have a guided tour that will allow us to appreciate the history and function of this engineering structure considered to be the largest of this century and the "Eighth Wonder of the World". With a little bit of luck, we will be able to observe the passage of a ship through the Canal.

Afterwards, we will head to Causseway (3 islands joined by the land that was digging took off from the canal construction), and Casco Antiguo (colonial Panama) where we will have the pleasure of touring its narrows streets, plazas and parks that still conserve much of the country's history. Our visit will extend up to the France Plaza, The Vaults, the San Jose Church with its impressive gold altar, the "Arco Chato" (flat arc), and the cathedral among others.

Accommodation at Hilton Garden Inn Hotel

(breakfast/lunch)

Day 10: Corotu

We will depart early in the morning. We will be able to observe many rural areas dedicated to the agricultural activity. We will arrive to the shipment point of Corotu where we will board a rowing canoe that with our input will take us through the Chagres River, which is characterized for its scenic landscapes. Upon arrival to our destination we will be welcomed by the indigenous community whom will give us a speech in the Bohío (a type of hut made of guagara and palms) on their customs, work materials, medicinal plants, etc. We will enjoy of their typical music, dance and food and will have the opportunity to make paintings on the body similar to the ones they possess.

Accommodation at the Hilton Garden Inn Hotel

(breakfast/lunch)

Day 11: airport

Breakfast in the hotel. In the afternoon our transport service leads us to the International Airport.

After the check-out you have free time to visit attractions on your own or to relax.

Departure of the International Airport by plane.

The price of the program is in USD for 1 Pax:

Season	Jan 05 -Nov 30
<u>DBL</u>	\$4.210
TPL	\$3.673
SGL Spl.	\$930

City	hotels	nights
San José City	Crowne Plaza San Jose	1
Arenal Volcano	Los Lagos	1
Tortuguero{	Pachira Lodge	2
Puerto Viejo	Le Camaleon	2
Bocas del Torro	Playa Tortuga	2
Panamá City	Hilton Garden Inn	2

The price of the program includes:

- Visit Arenal volcano and Ecothermals
- Visit Tortuguero national park
- Visit Gandoca Manzanillo national park
- Panama city tour with lunch
- Visit Embera Indigenous Community with lunch
- Tour to Bocatorito, Cayo Coral and Red Frog Beach with lunch
- Flight from Bocas del Toro to Panama City
- Breakfast and hotel taxes
- Airport -Hotel-Airport Transfer
- All transfers mentioned in the above itinerary

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(ADA-25/07/2019)