

ANDERSON[®]

UNIVERSITY

AU Abroad Panama Itinerary


Friday, March 01 Departure



<u>Flight</u>	<u>Departure</u>	<u>Time</u>	<u>Arrival</u>	<u>Time</u>
Delta Airlines	Hartsfield Jackson Atlanta	4:50 PM	Tocumen Intl Panama City	8:53 PM

This afternoon, arrive to the airport for your flight. Upon arrival to Panama, you will be greeted by an English speaking assistance and escorted to a bus for a transfer to your hotel.

Tonight, dinner is at your own arrangement.

<u>Property Name</u>	<u>Location</u>	<u>Property Type</u>	<u>Room Type</u>	<u>Check-In</u>
 Best Western Plus Panama Zen Hotel	Panama	4 Star Hotel	Twin	10:00 PM

Description: Non-Smoking

Contact Info: https://www.bestwestern.com/en_US/book/hotels-in-panama-city/best-western-plus-panama-zen-hotel/propertyCode.70806.html

Check-Out: Sat., Mar. 2 - 11:00 AM

Saturday, March 02

After breakfast, transfer to the Marcos A. Gelabert Intl for your flight to Bocas del Toro.

Meals: Breakfast

Sunday, March 03 - Tuesday, March 05


There are a number of activities planned for today including: snorkeling, day and night hiking, visiting bird sanctuary and birding, visiting a bat cave, visiting mangrove forest, and visiting black sand beach.

**Activities are subject to changed based upon weather.

Wednesday, March 06 Panama

Arrive to the Bocas del Toro airport for your afternoon flight to Panama. Upon arrival, transfer to the Best Western Hotel.

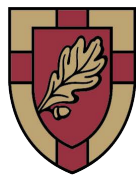
In the afternoon, transfer to Albrook Mall and Market place for free time and shopping at Balboa Market .

<u>Property Name</u>	<u>Location</u>	<u>Property Type</u>	<u>Room Type</u>	<u>Check-In</u>
 Best Western Plus Panama Zen Hotel	Panama	4 Star Hotel	Twin	3:00 PM

Description: Non-Smoking

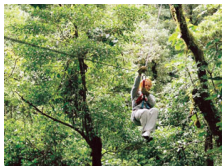
Contact Info: https://www.bestwestern.com/en_US/book/hotels-in-panama-city/best-western-plus-panama-zen-hotel/propertyCode.70806.html

Check-Out: Sat., Mar. 9 - 11:00 AM



AU Abroad Panama Itinerary

Thursday, March 07 Panama



This morning, you will first visit the Panama Canal Museum and then enjoy a Walking tour of the Old Town with a tour guide.

After the walking tour, your bus will transfer you to the Soberania National Park & Gamboa Rainforest . Upon arrival to the Soberania park you will ride an Aerial tram followed by visit to the Ecological Exhibitions. The park is a 55,000-acre unique tropical ecosystem. It has been protected for almost a century as part of the Panama Canal basin, with large tracts of lowland tropical rainforest tucked deep in the mystical Soberanía National Park at the meeting place of the Chagres River and the Panama Canal, Gamboa Rainforest Reserve is an exceptional destination. It's where fascinating adventures come together to offer the best for experiencing the unspoiled beauty of the Panamanian rainforest. Lunch at Gamboa Rainforest Resort is included.

After Lunch you will take a boat to tour the Gatun Lake at Panama Canal, visiting the Monkey Island. After the boat tour, return to the bus for a sightseeing of the dredging division and the town of Gamboa,

Arrive back at your hotel before dinner. (dinner at your own arrangement)

Overnight at Best Western Plus Panama Zen Hotel

Meals: Breakfast

Friday, March 08 Panama

After breakfast, transfer to visit the Biodiversity Museum. The Biomuseo highlights Panama's natural and cultural history, emphasizing the role of humans in the XXI century. Its galleries tell the story of how the rise of the isthmus of Panama changed the world. Afterward, you will take a behind the scenes tour of the Panama Canal Command Station (at own arrangement).


In the evening, you will enjoy a guided sunset walk at the Casco Antiguo followed by a Food Tour with a Taste of Panama for dinner. Casco Antiguo (Spanish for Old Quarter), also known as Casco Viejo or San Felipe, is the historic district of Panama City. Completed and settled in 1673, it was built following the near-total destruction of the original Panamá city, Panamá Viejo in 1671, when the latter was attacked by pirates. It was designated a World Heritage Site in 1997.

Overnight at Best Western Plus Panama Zen Hotel

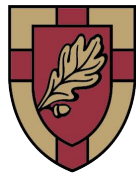
Meals: Breakfast, Dinner

Saturday, March 09 Departure

Today, you will be transferred to the Tocumen International Airport for your return flight home.

	<u>Flight</u>	<u>Departure</u>	<u>Time</u>	<u>Arrival</u>	<u>Time</u>
	Delta Airlines	Tocumen Intl Panama City	3:25 PM	Hartsfield Jackson Atlanta	7:56 PM

Meals: Breakfast



AU Abroad Panama Itinerary

Inclusions

- Round trip international flights
- 4 Nights Accommodation (& Hotel Taxes) with daily Buffet Breakfast
- English Speaking guide for tours and transfers
- Bus transfers including (2) bottles of water per tour per passenger
- Transportation with guide for all tours and transfers in Panama City
- Entrance fees to: Panama Canal Museum, Biodiversity Museum
- Full Day with nature at Gamboa Rainforest Aerial tram & exhibitions +Boat tour to Monkey Island, and buffet Lunch
- Guide for a Sunset walking tour at the Casco Antiguo
- Food tour dinner at the Casco Antiguo

Exclusions

- Meals not specified in the itinerary
- Airline baggage fees
- Beverages
- Extras in Hotels (Laundry, Phone calls, Room service, etc.)
- Items of a personal nature
- Gratuities
- COVID Tests
- ROUND TRIP TRANSPORTATION TO AND FROM AIRPORT IN ATLANTA NOT COVERED.
- Passport application and/or visas are not included. Recommended immunizations not included.