



LAKE ARBOR TRAVEL – PANAMA JOURNEY

*Lake Arbor Travel Presents a Fun Journey to*

# **PANAMA CITY, PANAMA**

August 13 – 17, 2026





## LAKE ARBOR TRAVEL – PANAMA JOURNEY

### ITINERARY

#### **Day 1 – Thursday, August 13: Welcome to Panama**

Upon arrival at Tocumen International Airport, guests (in a group) will be met by a private English-speaking guide and escorted to the deluxe American Trade Hotel in superior rooms. Refreshments, including bottled water and light snacks, will be provided en route.

#### **Day 2 – Friday, August 14: Private Panama City & Panamá Viejo Experience**

After breakfast, we enjoy a privately guided exploration of Panama's most iconic historical sites and cultural heritage. Begin in the charming streets of Casco Viejo, where beautifully restored colonial buildings, hidden plazas, and historic churches tell the story of the city's past. Highlights include the famed golden altar of San José Church and the architectural curiosity of Santo Domingo's flat arch. Continue to scenic sites such as Las Bóvedas, before visiting the fascinating ruins of Panamá Viejo, the original settlement founded in 1519.

#### **Day 3 – Saturday, August 15: The Panama Canal & Miraflores Locks**

Today's highlight is a visit to the world-renowned Panama Canal, one of the greatest engineering achievements in history. At the Miraflores Locks, witness massive vessels transiting through the canal system, an unforgettable sight as ships are carefully raised and lowered between oceans. The visit includes access to the Miraflores Visitors Center, where interactive exhibits and a compelling IMAX presentation—narrated by Morgan Freeman—bring the canal's story to life.

#### **Day 4 – Sunday, August 16: Day of Leisure or Full day Emberá Indigenous Village Experience (Optional)**

Enjoy a day of leisure or journey into the heart of the rainforest within Chagres National Park for an authentic cultural encounter with the Emberá people. The Embera people are an Indigenous group native to the rainforests of Panama and known for their deep connection to rivers, jungle life and traditional culture. Travel by traditional dugout canoe along the Chagres River, surrounded by lush jungle scenery. Upon arrival, you will be welcomed into the village and invited to experience traditional music, dance, and daily life.

Learn about ancestral knowledge, from medicinal plants to intricate handcrafts, and enjoy a freshly prepared local lunch. Guests may also participate in traditional body painting using natural dyes. Depending on weather and river conditions, there may be an opportunity to stop at a small waterfall for a refreshing swim.

**NOTE: You will probably get wet, so bring rain gear, wear water shoes or sneakers you don't mind getting wet. Also, bring wipes, insect spray and sunscreen.**

#### **Day 5 – Monday, August 17: Adios Panama**

Private transfer to Tocumen International Airport with English-speaking assistance.



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### **Included:**

- ✓ 4 nights' accommodation at American Trade Hotel in superior rooms
- ✓ Daily breakfast
- ✓ Airport and ground transfers
- ✓ Private transportation for all tours
- ✓ English-speaking professional guides throughout
- ✓ Entrance fees as per itinerary
- ✓ Bottled water during tours

### **Not included:**

- International and airfare
- Travel insurance, [www.allianztravelinsurance.com](http://www.allianztravelinsurance.com), Travel Agent ACCAM: F030217
- Meals not mentioned in the itinerary
- Personal expenses (laundry, minibar, etc.)
- Gratuities for guides and drivers
- Early check-in / late check-out (unless specified)

Embera Tour is \$140.00 per person.

**LAND ONLY COSTS: \$1,985.00 Per Person Double Occupancy, \$2,985.00 Single. Costs based on 10 travelers.**

**PASSPORTS MUST BE VALID THROUGH FEBRUARY 2027**  
**A VISA IS NOT REQUIRED**

### **Payment Schedule:**

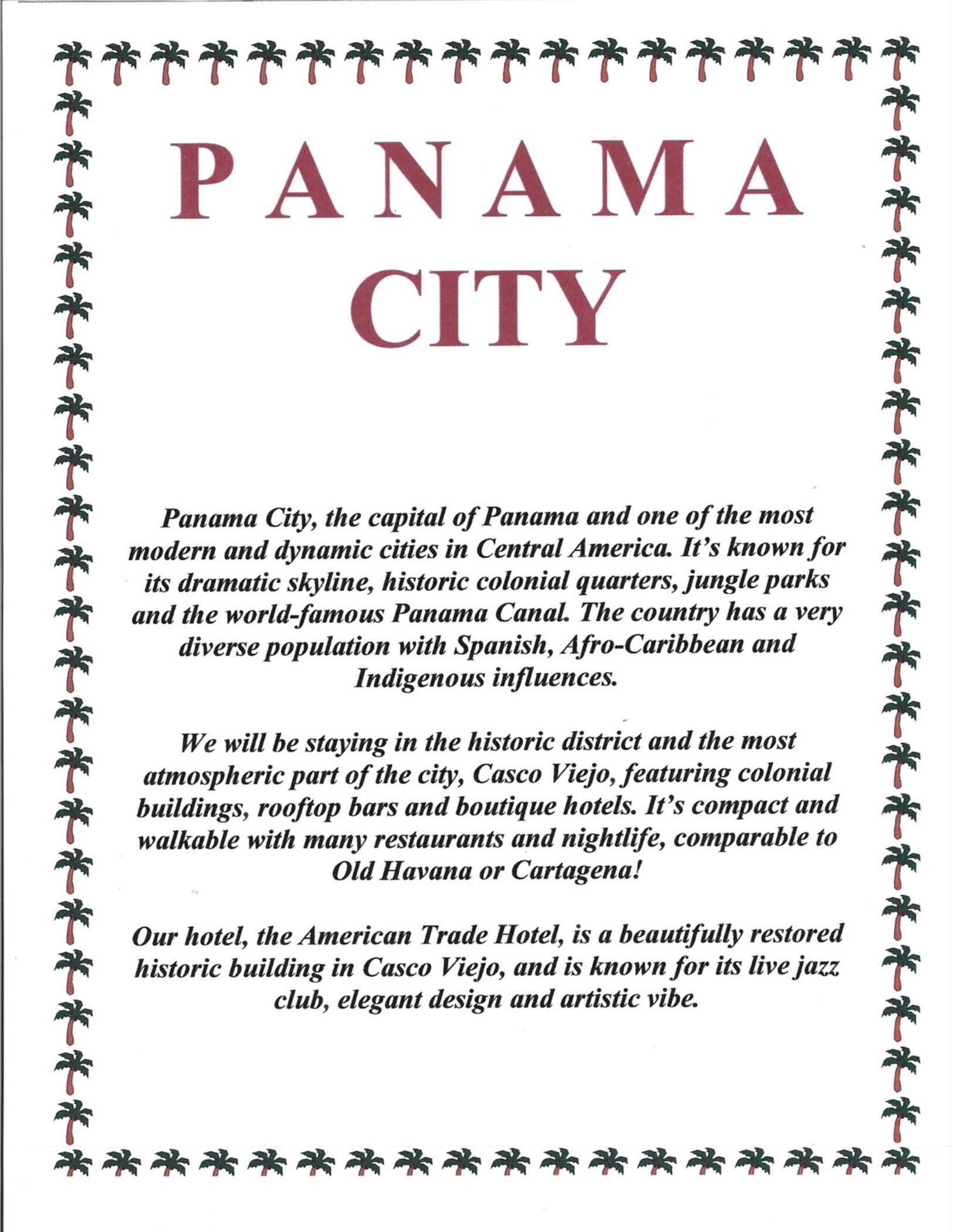
**A nonrefundable deposit of \$500.00 per person is required by April 20 to secure your space. Payments of \$500.00 per month are due on the 10<sup>t</sup> of May, June and July.**

**Contact: Toni Hillman, Lake Arbor Travel, LLC, 301-390-1639**



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# PANAMA CITY

*Panama City, the capital of Panama and one of the most modern and dynamic cities in Central America. It's known for its dramatic skyline, historic colonial quarters, jungle parks and the world-famous Panama Canal. The country has a very diverse population with Spanish, Afro-Caribbean and Indigenous influences.*

*We will be staying in the historic district and the most atmospheric part of the city, Casco Viejo, featuring colonial buildings, rooftop bars and boutique hotels. It's compact and walkable with many restaurants and nightlife, comparable to Old Havana or Cartagena!*

*Our hotel, the American Trade Hotel, is a beautifully restored historic building in Casco Viejo, and is known for its live jazz club, elegant design and artistic vibe.*