


CENTRAL AMERICA MULTI COUNTRY - BOQUETE ADVENTURE



TRIP CODE
PNTSBAD
DEPARTURE
Daily
DURATION
4 Days
LOCATIONS
Panama


INTRODUCTION

Enjoy an action packed four-day adventure at one of Panama's best destinations. Staying at the Panamonte Inn & Spa mountain retreat, you will indulge in the area's natural beauty, cuisine and exciting activities. A must for both thrill seekers and nature lovers

ITINERARY

DAY 1: Transfer to the airport for onward destination

You will be collected from your hotel at the appropriate time and transferred to the airport for your onward flight.



DAY 1: Coffee Tour at Finca Lerida

In the afternoon, you will embark on a coffee tour of Boquete to learn about the harvesting, drying and roasting processes before enjoying a few tasty samples. The evening is free for you to indulge in the hotel's award winning cuisine.



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DAY 2: White Water Rafting Chiriqui Viejo

Today, you will enjoy a full day of white water rafting! There are two options available, depending on your experience and skills. For beginners there's the Sabo section of the Chiriqui Viejo River, which includes class II and class III rapids. This offers a fun ride with plenty of high and deep wave trains, providing continuous excitement. The Sabo section is also a great place for bird watching. Look out for Kingfishers, Cormorants, and Egrets. For intermediate rafters or those seeking a ride of a lifetime there's the Palon Section (literally meaning "big stick"), which includes class III and IV rapids. Considerably narrower than its counterpart and dropping at a faster speed, this section requires quick, tight maneuvering to get through the many rock gardens and enormous boulders.



DAY 3: Zipline Tour & Canopy

Today, you will continue your adventure with a zip line canopy tour*. Become the Trazan of the 21st Century, gliding through the treetops, high above the pristine rivers and waterfalls that make up the incredible collection of natural landscapes bordering the La Amistad the National Park and famous volcano, Baru.



DAY 4: Transfer to the airport for onward destination


After breakfast, you will be transferred back to David for your onward flight to Panama City.



DAY 4: Arrival Transfer in Panama


On arrival, please make your way through to the Arrivals Hall where our representative will be waiting for you to transfer you to your hotel. He/she will be holding a sign with your name on it. Should you not be able to locate them, please refer to the front of your itinerary for emergency contact details of our representative office.



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INCLUSIONS & DETAILS	
Accommodation	Hotel
Inclusions	Guided Tours Airport transfers Accommodation Transport Internal flights All breakfasts
Difficulty Rating	1 (easy)
Single Surcharge	Available Upon Request
Notes	Domestic flights and boat transfers have a luggage restriction of 25 pounds per person
Price Dependent upon	Hotel availability and flight schedule

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SUSTAINABILITY

Chimu Adventures undertakes a number of sustainability measures within its operations including:

- 1) Only using local guides and office staff to both maximise local employment opportunities and minimise carbon footprints. Local guides also ensure you benefit from the intimate knowledge, passion and culture of the country you’re visiting.
- 2) Where possible, using locally owned and operated boutique hotels to maximise the return to the local community.
- 3) Chimu’s “Pass it on” programme has provided funding to hundreds of local community projects in Latin America. Our aim is to empower local communities, helping them to develop their own infrastructure for the future. Since 2006, we have been working with Kiva (a well-known Non-Governmental Organisation), providing hundreds of loans to local businesses all over South America.
- 4) In our pre tour information we provide a range of tips and advice on how to minimise your impact on both local environments and communities.
- 5) Chimu Adventures’ offices also take a number of sustainability measures including carbon offsets for company vehicles and most staff travel. Chimu Adventure’s internal processes are also structures to create a paperless office and to reduce waste. There are

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also internal programmes to help staff minimise their carbon footprint such as our staff bike purchase assistance plan which encourages office staff to commute to work via bicycle. Currently almost half of our office based staff commute to work via bicycle.

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