

## COSTA RICA & PANAMA - SAN BLAS ISLANDS EXPRESS



### INTRODUCTION

Escape the hustle and bustle of Panama City with a trip to San Blas on the Caribbean Coast of Panama. Explore the beauty of these islands of which 49 are inhabited by the Kuna Indians and relax on its magnificent beaches.

### 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: San Blas Islands: Transfer Airport - Lodge

On your arrival at the airport in the San Blas Islands, you will be greeted and transferred to your lodge where you will spend the next few nights.



#### TRIP CODE

PNTSSBI

#### DEPARTURE

Daily

#### DURATION

4 Days

#### LOCATIONS

Panama



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### DAY 1: San Blas Islands

The San Blas Islands of Panama are an archipelago comprising approximately 365 islands and cays, of which less than 50 are inhabited. Lying off the Caribbean coast, east of the Panama Canal, nearly every island is surrounded by coral reefs. The sand is white, the water is warm and the snorkelling opportunities are endless. The islands are governed by the indigenous Kuna Yala tribe, with many of the islands being inhabited by the Kuna Indians.



### DAY 2: San Blas Islands: Free Day

Day at your leisure. After breakfast, you will be presented with a range of included activities for the day which you may want to take part in.



### DAY 3: San Blas Islands: Free Day

Day at your leisure. After breakfast, you will be presented with a range of included activities for the day which you may want to take part in.



### DAY 4: San Blas Islands: Transfer Lodge - Airport

At the appropriate time you will be transferred from your lodge to the airport for your onward flight.



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### 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

Standard

#### Inclusions

3 nights in San Blas  
Accommodation at stated  
Meals as stated  
Transfers & return flights as stated  
Tours as stated

#### Difficulty Rating

1 (easy)

#### Single Surcharge

Available Upon Request

#### Notes

Contact us for more details

#### Price Dependent upon

Season and Availability

## 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

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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 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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