

A 4-DAY LUXURY FAM TRIP

Immersion Journey Through Panama's Canal, Culture, and Lush Valleys

 PANAMA CITY & VALLE DE ANTÓN

ÉPICA
Travel Show

THE
Panama
TRIP



DAY 1 - MARCH 16

Welcome to Panama, Walking Tour & Welcome Dinner

Arrive in Panama with ease, greeted by private transport from **Tocumen International Airport** to your hotel, **La Compañía Casco**, in Panama City.

After settling in, the group will enjoy an intimate **walking tour of Casco Antiguo**, Panama City's vibrant historic district. **Casco Antiguo**, also known as the Old Quarter, is a UNESCO World Heritage site and one of the city's most captivating neighborhoods. Its cobbled streets and colorful colonial buildings reflect Panama's rich history, dating back to the 17th century when the Spanish established it as a strategic outpost.

Here, you'll find a blend of European and indigenous architectural styles, from grand churches like **Iglesia de San José** to the **Presidential Palace**. This area is a living testament to Panama's resilience, rebuilding after the 1671 pirate attack by **Henry Morgan**.

As the evening falls, enjoy a **welcome dinner** at **La Compañía Casco**, where you'll have the opportunity to connect with other travel advisors while savoring Panama's rich flavors.



Panama City: Canal, Gatun Lake, Mola Museum & Transfer to Valle de Antón

DAY 2 - MARCH 17

After a hearty **buffet breakfast** at your hotel, set off for an extraordinary day of exploration. First, a private guide will take you to the **Panama Canal**, one of the most remarkable engineering feats in the world. The canal, which opened in 1914, connects the Atlantic and Pacific Oceans, significantly reducing travel time for ships. The **Miraflores Locks Visitor Center** offers an interactive experience with historical exhibits and real-time views of ships passing through the locks. You'll also learn about the crucial role the canal played in shaping Panama's economy and international importance.

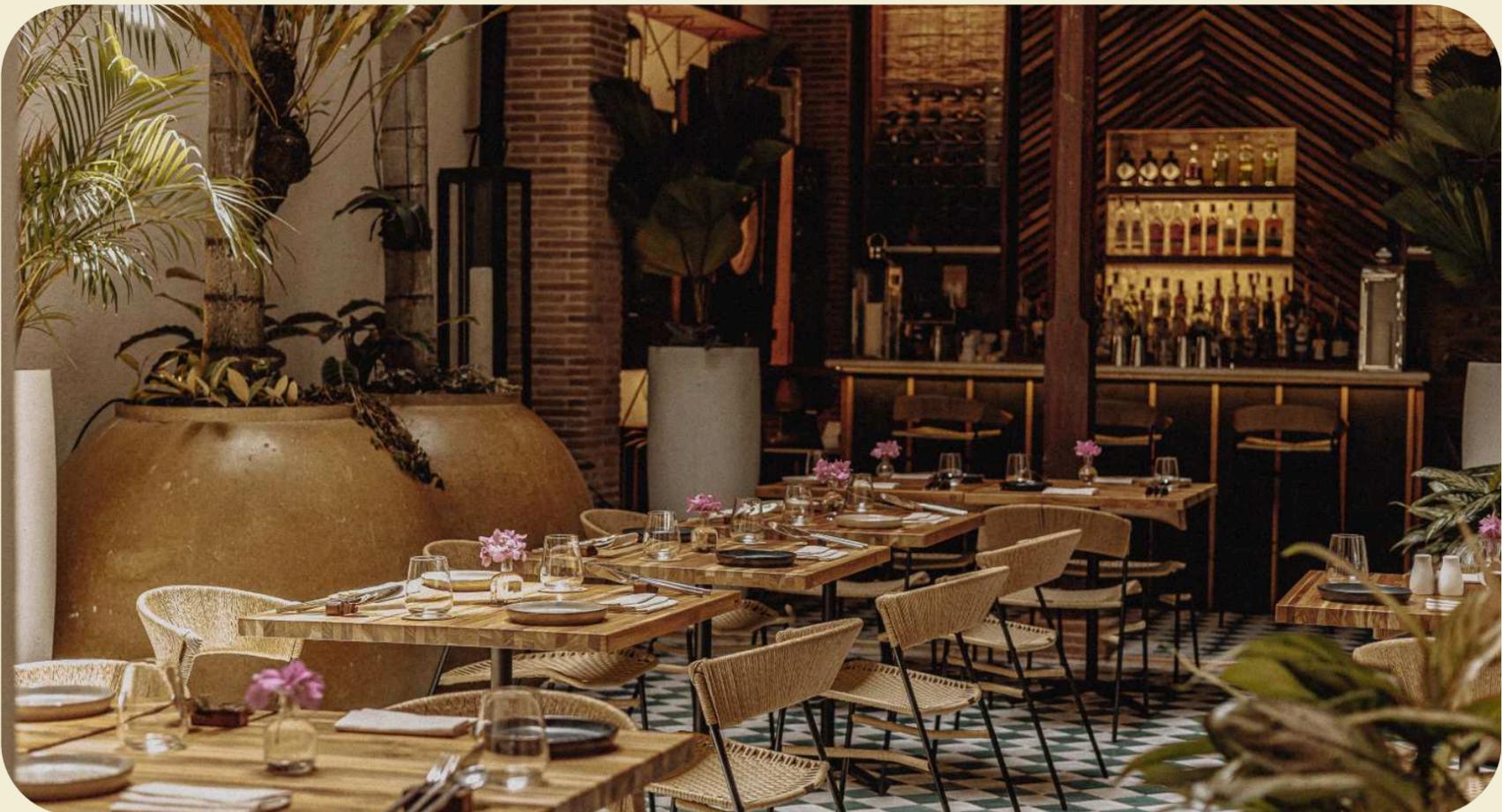
Next, head to the **Discovery Center**, located on the shores of **Gatun Lake**. Gatun Lake, formed by the construction of the **Gatun Dam** in the early 20th century, is a vital part of the Panama Canal system. Surrounded by lush rainforest, the lake provides a unique opportunity to spot wildlife, including tropical birds and monkeys. **A boat ride** on the lake will offer close-up views of the canal's natural environment and its importance to global shipping.



For lunch, indulge in a **gastronomic experience** at **Kaandela**, where you'll enjoy a tasting menu designed to highlight Panama's diverse culinary offerings.

Later, immerse yourself in Panama's indigenous culture with a visit to the **La Mola Museum**, where you'll explore the history, art, and traditions of Panama's native peoples. You'll experience firsthand the intricate craftsmanship of Panama's indigenous communities.

In the late afternoon, travel to **Valle de Antón** — a scenic journey of approximately **2.5 hours** by private vehicle from Panama City. Upon arrival, enjoy a relaxing evening and check-in at La **Compañía Valle**, where you'll spend the night surrounded by the serene beauty of the valley.



DAY 3: MARCH 18

Immersing in Anton Valley's Nature and Coffee Culture

Start your day with **morning yoga** in the peaceful surroundings of **Valle de Antón**, a picturesque village located within the crater of an **inactive volcano**. The **Anton Valley**, one of Panama's most unique geographic regions, is nestled in the **Cordillera Central** mountain range. This lush, fertile valley is surrounded by cloud forests and tropical jungles, making it a biodiversity hotspot. Valle de Antón is also known for its pleasant climate, a cool contrast to Panama City's tropical heat.

After your morning rejuvenation, head to the **craft market**, where local artisans display their unique creations. From intricate beadwork to handwoven baskets, the market offers a glimpse into Panama's rural culture.

For lunch, indulge in local delicacies at **Las Nubes**, a restaurant known for its panoramic views of the valley and its fresh, farm-to-table offerings.



Next, dive into Panama's famous **coffee culture** with a visit to a local coffee farm. Panama is home to the world-renowned **Geisha coffee**, celebrated for its delicate and complex flavors. You'll learn about the process from cultivation to harvesting and taste freshly brewed coffee made from beans grown in the valley's fertile soils.

Conclude your day with a scenic **hike to La India Dormida**, a stunning mountain peak in the region. The trail takes you through lush forest, where you may encounter diverse wildlife, including tropical birds and monkeys. You'll enjoy breathtaking panoramic views of the valley and surrounding mountain ranges.

End the day with a farewell dinner, savoring the memories of your trip.



DAY 4: MARCH 19

Farewell Panama. Hope to See You Again!

Before the sun rises, your **private transfer** will take you to **Tocumen International Airport** for your flight to the Event.

Flight to Barranquilla (direct flight, recommended):

Copa Airlines No. 790

Departure: 11:07 AM – **Arrival:** 12:25 PM

Thank you for your visit to Panama, and we hope to welcome you back soon!

HOTEL ACCOMMODATIONS

PANAMA CITY (1 NIGHT)

Hotel La Compañía Casco Antiguo

Located in the heart of **Casco Antiguo**, **La Compañía Casco** is a stylish boutique hotel that blends modern luxury with Panama's historic charm. Housed in a beautifully restored colonial building, the hotel offers elegant rooms with plush furnishings and modern amenities. The central location allows easy access to iconic attractions such as the Panama Canal, Presidential Palace, and Plaza de la Independencia. The hotel's **rooftop bar** offers panoramic views of the city skyline and the Panama Canal, providing the perfect spot to unwind after a day of exploration.



VALLE DE ANTÓN (2 NIGHTS)

Hotel La Compañía Del Valle

Nestled in the serene **Valle de Antón**, **La Compañía Valle** offers an intimate retreat surrounded by lush rainforest and dramatic mountain views. The hotel provides an idyllic base for nature lovers and those seeking tranquility. With spacious rooms featuring modern comforts and an ambiance inspired by local culture, guests can enjoy peaceful evenings with the sound of nature in the background. The property also features a garden, a restaurant with local cuisine, and an outdoor pool overlooking the stunning valley.



Exclusive FAM Trip Pricing & Booking Information

SPECIAL FAM RATE:

- **\$780 USD per person in twin accommodation**
- **\$270 USD single supplement**

Kindly note that while we will do our best to accommodate double or twin rooms, availability will be based on the order of requests. In the event of an uneven group, the last request for twin accommodation will incur the single supplement charge.

To ensure this exclusive rate, we kindly ask that payments be made via bank transfer. We are pleased to offer the following payment options:

- Bank transfers to our U.S. bank account, or via Zelle
- We also accept local accounts in Euros and Pounds for your convenience.

PAYMENT TERMS:

- Downpayment: \$300 USD (non-refundable) to secure and confirm the Fam trip
- Balance Due: 30 days before departure, by February 14th, 2026. Please note, the balance is non-refundable once paid.

INCLUSIONS:

- Three nights of accommodation in Deluxe Rooms at the indicated hotels or similar
- Private transfer from the airport to the hotel
- Daily breakfast at the hotels; the last morning will include a breakfast box
- Two lunches and three dinners
- All entrance fees and activity costs for tours
- Private bilingual guides and personalized service
- Private transportation for the group during the itinerary and for the airport transfer on the last day
- All applicable taxes and fees

EXCLUSIONS:

- International and domestic flights
- Personal expenses
- Additional excursions or activities not mentioned in the itinerary



Clothing Recommendations:

PANAMA CITY:

- **Daytime:** Light, breathable clothing for exploring the city. Comfortable walking shoes are essential for the walking tour through Casco Antiguo. Bring a light jacket or sweater for cooler evenings.
- **Evening:** Smart casual attire for dinners and evening outings. Consider long sleeves for protection from mosquitoes in outdoor areas.

VALLE DE ANTÓN:

- **Daytime:** Comfortable outdoor clothing suitable for hiking and exploring the valley. Sturdy hiking shoes are a must for the hike to **La India Dormida**. Bring layers, as temperatures can vary throughout the day.
- **Evening:** Casual, comfortable clothing for dinner at the hotel. A light jacket or sweater is recommended for cooler mountain evenings.

Weather Overview:

PANAMA CITY:

Panama has a tropical climate with high humidity and temperatures averaging between **77°F and 88°F (25°C and 31°C)** year-round. The rainy season runs from May to November, so it's advisable to bring an umbrella during those months.

VALLE DE ANTÓN:

Located in the cool highlands, **Valle de Antón** enjoys a more temperate climate. Average temperatures range from **64°F to 77°F (18°C to 25°C)**. Evenings can be cooler, especially in the higher altitudes, making a light jacket or sweater advisable.



Interesting Facts About Panama:

- **Geography:** Panama is a narrow land bridge connecting North and South America, making it **one of the world's most biodiverse countries**. It is the only country in the world where you can see the sunrise on the Pacific Ocean and sunset on the Caribbean Sea.
- **Safety:** Panama is one of the **safest countries** in **Latin America**. The country is **military-free**, having abolished its military in the 1990s, relying instead on civilian security forces. This has allowed Panama to focus on social development, contributing to its **stability** and **peacefulness**. Visitors can enjoy the country's cities, beaches, and natural beauty with peace of mind, knowing that safety is a top priority.
- **Carbon-Neutral Commitment:** The country aims to balance its carbon emissions through extensive **reforestation projects** and the promotion of **sustainable energy sources**, including wind and solar power. This commitment to sustainability is part of Panama's broader goal to reduce its environmental footprint while preserving its rich natural heritage.
- **Cultural Influence:** Panama's **ethnic makeup** is a unique blend of **Indigenous, Afro-Panamanian, and European** cultures, resulting in a rich cultural tapestry seen in its art, music, and cuisine.

Flight Booking Recommendation – StopOver with Copa Airlines:

We highly recommend booking your flight with **Copa Airlines** to take full advantage of their **Panama Stopover Program**. This exclusive program allows you to include **Panama** as a stopover on your way to **Barranquilla**—**at no additional cost!**

By selecting the Panama Stopover option, you can effortlessly add this luxurious **4-day fam trip** to your itinerary while traveling to your final destination.

How to Book:

When reserving your flight, simply select the **Multi-city/Stopover** option on Copa Airlines' booking platform to include Panama as a stopover on your way to Barranquilla.

[Book Your Flight with Copa Airlines | Panama Stopover Program](#)

Don't miss out on this incredible opportunity to visit **two destinations with one ticket**—enjoy the best of **Panama** before continuing your journey!



For bookings and inquiries:

**Please contact Isabel Acevedo at:
customerservice@thepanamatrip.com**





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