

DAY 1 | Fly to Panama City

DAY 2 | Panama Canal Tour

DAY 3 | Chagres River & Emberá Indians

DAY 4 | Modern & Ancient Panama City

Breakfast, tour Panama City including fish markets of Mercado de Mariscos, Miraflores Visitors Center

Flight to Bocas del Toro, settle into accommodations at Institute for Tropical Ecology and Conservation (ITEC), dinner, overnight at ITEC

DAY 5 | Intro to Bocas del Toro & ITEC

overnight at ITEC

DAY 6 | Cacao Plantation Tour

fair trade benefits local economy and maintains

Sak Ramsar Wetland, return to ITEC for dinner and

DAY 10 | Half Day at ITEC, Return to Panama City

Breakfast, finish rope climbs, pack, lunch, depart