

DAY 1 | Fly to Panama City

Fly from Boston to Panama City, settle into hotel, dinner, overnight at hotel

DAY 2 | Panama Canal Tour

Breakfast, board boat for tour of the Panama Canal with an expert guide, lunch onboard, afternoon visit to Biomuseo, return to Panama city for dinner and overnight at hotel

DAY 3 | Chagres River & Emberá Indians

Breakfast, board motorized piragua (dugout canoe) and travel up the Chagres River to the Embera Indigenous Village, along the way, pass through the rainforest of the Chagres National Park, enjoy music and dancing at the Embera Village and learn about their culture, lunch in village, swim beneath a waterfall, return to Panama city for dinner and overnight at hotel

lunch, snorkel Pete's Reef, ride boat across the channel to conduct turtle nesting patrol while observing mammals and birds in the San San Pond Sak Ramsar Wetland, return to ITEC for dinner and overnight

DAY 4 | Modern & Ancient Panama City

Breakfast, tour Panama City including fish markets of Mercado de Mariscos, Miraflores Visitors Center at locks on the canal, lunch, UNESCO historic center of Panama City, chance to shop before boarding flight to Bocas del Toro, settle into accommodations at Institute for Tropical Ecology and Conservation (ITEC), dinner, overnight at ITEC

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

Breakfast, finish rope climbs, pack, lunch, depart

DAY 5 | Intro to Bocas del Toro & ITEC

Breakfast, 1.5 hr. jungle hike, boat trip to Sea Star Beach, snorkel, lunch, presentations, dinner, overnight at ITEC

DAY 6 | Cacao Plantation Tour

Breakfast, tour cacao plantation and learn how fair trade benefits local economy and maintains