

## **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