



Signature Sabbatical Itinerary: Intrepid Panama

# Introducing LiNGER

We are an independent travel company, specialising in tailor-made sabbatical travel and extended holidays throughout the world.

Whether you are a solo traveller on holiday, a family with children on sabbatical, friends seeking an epic break or a couple celebrating a milestone, we would be thrilled to plan your trip.

LiNGER was born out of a passion for travel and a desire to do a little more to help protect our planet. Our philosophy is to engage you in a richly authentic and contrasting travel experience which balances meaningful, active and altruistic experiences.

Our travellers LiNGER longer, travel responsibly, immerse themselves in the culture, absorb, engage and explore.

Call, e-mail or request a call-back from us. We love to talk about travel and inspire you with our knowledge.

[www.LiNGER.co.uk](http://www.LiNGER.co.uk) | [travel@LiNGER.co.uk](mailto:travel@LiNGER.co.uk)

ADVENTURE



AUTHENTIC



RESPONSIBLE



EXCLUSIVE



ETHICAL



# Introducing Panama

Connecting the Pacific Ocean with the Caribbean Sea and South America with Central America, Panama forms a kind of crossroads for anyone travelling within the region, and from coast to coast via the infamous Panama Canal, an incredible feat of engineering. But there is so much more to Panama when you delve beneath its surface. Pacific surf and wild, idyllic islands dominate its coastline, while the centre boasts a rich rainforest ecosystem, home to an incredible array of animal and bird species. Add its diverse mix of cultures and rich history and you have a truly fascinating destination which is little explored compared to some of its neighbours. Whether you're a surfer, birdwatcher, historian or beach fanatic, Panama certainly won't disappoint.

## How to Get to Panama

You can travel overland from Costa Rica or sail from Cartagena, Colombia as part of a longer Central or South American itinerary. If you arrive by plane, you'll fly into Panama City's Tocumen airport. Flight time from the UK is approx. 14-17 hours, via Europe or the US. If you're coming from the US, you can travel from various major cities – flight times are approx. 5-7 hours for direct flights. Travel around by private transfers or jump on a 'chicken bus' with the locals. These colourful old US school buses give an authentic flavour of local life.

## When & Weather – Panama

Panama has a warm tropical climate and temperatures remain constant all year round. The Dry Season falls between December and March; the Green Season is between April to November, but the rainfall is normally concentrated into heavy but short afternoon downpours. Humidity can be high in the rainy season. Temperatures range between 24°C (75°F) and 32°C (90°F).

## Who will Panama Appeal To?

The country's stunning natural landscapes are best suited to: Active travellers - Botanists - Wildlife lovers - Beach lovers - Photographers - Honeymooners - Solo travellers - Water-sports lovers - Families.

## Accommodation

Eco nature lodges and fincas, beach hideaways and upscale boutique hotels in Panama City.

## Off The Beaten Path

Hike through cloud forest and past Baru Volcano in Amistad National Park. There's thrilling white-water rafting here too. Guna Yala (also called San Blas) is an archipelago of 400-odd tiny coral atolls, territory of the indigenous Guna people. Many are uninhabited, idyllic palm-strewn sandbanks. Don't miss Isla de las Estrellas, where starfish line the shallows. There's pounding surf in Santa Catalina while nearby Isla Coiba is dubbed 'the Galapagos of Panama' thanks to its incredible marine life.

## Wildlife

Humpback whales arrive in the Gulf of Chiriqui between July and October to give birth, having travelled up the Pacific from Antarctica. You'll see Bryde's, minke and pilot whales, and large numbers of dolphins. Sea turtles nest on Isla Bastimentos' Playa Larga between April and September. This region is also home to sloths, howler monkeys and crocodiles. Birders can look out for the resplendent quetzal in the highlands, and harpy eagles in the Darien. Almost 1,000 different bird species span this tiny country.

## Panama Experiences you shouldn't miss

Wander through Casco Antiguo in Panama City's old town. Kayak in the Panama Canal. Visit a coffee farm near Boquete to learn the bean-to-cup process. Island hop around Bocas del Toro; we particularly love the empty Isla Solarte.

## Giving back

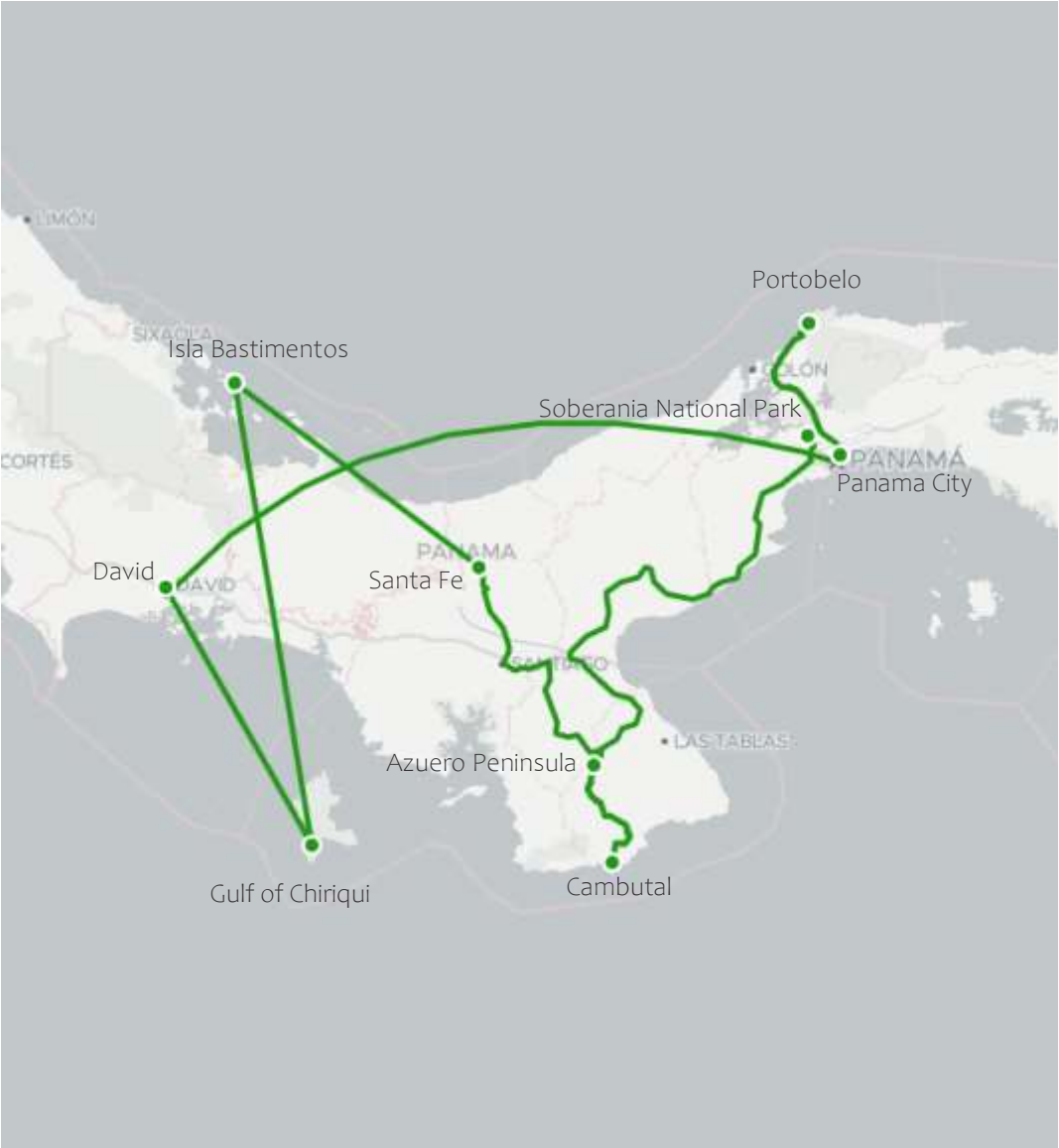
Stay at [El Otro Lado Private Retreat](#) in Portobelo and get involved with the [Portobelo Foundation](#), which is committed to improving the quality of life of the community through music, dance, art and craftsmanship.



## Life Experiences & Encounters in Panama



# Panama - Journey Map



# Flight Details

Day	Airline & Flight Number	Departure City	Departure Time	Arrival City	Arrival Time	Class	Baggage Allowance	Journey Time
1				PANAMA CITY		TBC		
29		DAVID		PANAMA CITY		ECONOMY		45 MINS
29		PANAMA CITY				TBC		

# Your trip in a nutshell

## Day 1

Arrive in Panama City & check in for a 3-night stay.  
*La Concordia Boutique Hotel*

## Day 2

Explore the historic neighbourhood of Casco Antiguo & visit the Miraflores Locks of the Panama Canal. *La Concordia Boutique Hotel*

## Day 3

Journey by boat along the wilder side of the Panama Canal.  
*La Concordia Boutique Hotel*

## Day 4

Travel by road to the old fishing village of Portobelo & check in for a 4-night stay.  
*Hotel El Otro Lado*

## Day 5

Historic walk through Portobelo & river cruise with fresh ceviche tasting.  
*Hotel El Otro Lado*

## Day 6 - 7

Days at leisure to enjoy the culture, history and beaches of Portobelo.  
*Hotel El Otro Lado*

## Day 8

Transfer to the birdwatching paradise of Soberanía National Park. Check in for a 3-night stay. *Canopy Tower Lodge*

## Day 9

Begin exploring Soberanía National Park & look out for local wildlife.  
*Canopy Tower Lodge*

## Day 10

Visit the Metropolitan Park and explore the forest at night to discover nocturnal wildlife. *Canopy Tower Lodge*

## Day 11

Transfer to the Azuero Peninsula, a former Spanish stronghold rich in indigenous culture. Check in for a 3-night stay. *Hotel Finca Pamel*

## Day 12

Panamanian dress workshop.  
*Hotel Finca Pamel*

## Day 13

Masks, costumes and dance traditions of La Villa.  
*Hotel Finca Pamel*

## Day 14

Drive to the surf beach town of Playa Cambutal & check in for a 4-night stay.  
*Sansara Surf & Yoga Retreat*

## Day 15

Paddle-boarding estuary SUP expedition.  
*Sansara Surf & Yoga Retreat*

## Day 16

Surfing lesson at Playa Cambutal.  
*Sansara Surf & Yoga Retreat*

## Day 17

Day at leisure in Playa Cambutal.  
*Sansara Surf & Yoga Retreat*

## Day 18

Drive to Santa Fe National Park & enjoy a scenic dinner in the mountains.  
*Coffee Mountain Inn*

## Day 19

Horseback riding along the Bulaba River.  
*Coffee Mountain Inn*

## Day 20

Natural & cultural highlights of Santa Fe National Park.  
*Coffee Mountain Inn*

## Day 21

Transfer by road and boat to Isla Bastimentos (Bocas del Toro). Check in for a 4-night stay. *Tranquilo Bay Hotel*

# Your trip in a nutshell

## Day 22

Activities at Tranquilo Bay, on land & at sea.

*Tranquilo Bay Hotel*

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## Day 23

Visit a cacao farm & learn about local chocolate production.

*Tranquilo Bay Hotel*

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## Day 24

Explore the pristine islands of Zapatilla Cays.

*Tranquilo Bay Hotel*

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## Day 25

Road & boat transfer to a luxury lodge in the Gulf of Chiriquí. Check in for your final 4 nights in paradise. *Hotel Isla Palenque*

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## Day 26

Hike through the jungle & learn the secrets of Isla Palenque's history.

*Hotel Isla Palenque*

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## Day 27

Island hopping in the Gulf of Chiriquí.

*Hotel Isla Palenque*

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## Day 28

Day at leisure to enjoy the facilities and beaches of Isla Palenque.

*Hotel Isla Palenque*

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## Day 29

Depart Panama.

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## Travelling Responsibly

At LiNGER we firmly believe that in travel we can do more to help protect our planet.

We take our responsibilities to the environment, local communities, customers, suppliers, partners and employees very seriously and our intention is to constantly review our policies and strive to make improvements where we can.

We offer the opportunity to Give Back by partaking in a meaningful activity in an area that matters to you or where you may have a skillset.

This could be as simple as a beach clean in Sri Lanka to help protect our oceans or caring for orphaned sloths in a wildlife sanctuary in Costa Rica.

LiNGER longer on a sabbatical and devote time to teaching in a village school in Nicaragua or help with a conservation project researching plant species in the Amazon. LiNGER and Enrich Life through Travel.

Our Responsible Travel Policy can be viewed on our website:

<https://linger.co.uk/responsible-travel/>



# The Nitty Gritty

## Included

- Accommodation on a double/twin basis
- Daily breakfast
- Other meals as described
- Local English speaking private guides
- Private transfers with air-conditioned vehicles
- All boat transfers on a shared basis
- Entrance fees for included activities
- Private and small group excursions
- Domestic flights

## Excluded

- International flights
- Visas
- Tips / Gratuities
- Items of a personal nature - minibar, laundry, etc
- Any activity listed as optional
- Early check-in & late check-out at all hotels
- Meals and drinks where not mentioned in the itinerary
- Travel Insurance

## Quotation

- From: GBP £9,984.00 per person, based on two travelling together.

## Booking Terms & Conditions:

[www.linger.co.uk/terms-and-conditions/](http://www.linger.co.uk/terms-and-conditions/)

## Start Planning

Our experienced team will guide you through a number of ideas based on how you would like to experience Panama. Consider visiting Panama in combination with neighbouring Costa Rica or Colombia.

No matter how long you have to travel, we'll guide you through the planning process to ensure a trip is carefully pieced together to suit your interests, pace of travel and budget. Contact us to start planning a holiday or sabbatical to Panama.

## Contact

Email: [Travel@linger.co.uk](mailto:Travel@linger.co.uk)

Telephone: +44 (0) 207 039 9240

# Financial Protection

## ATOL Protected Holidays

Many of the flights and flight-inclusive holidays are financially protected by the ATOL scheme. But ATOL protection does not apply to all holiday and travel services. Please ask us to confirm what protection may apply to your booking. If you do not receive an ATOL Certificate then the booking will not be ATOL protected. If you do receive an ATOL Certificate but all the parts of your trip are not listed on it, those parts will not be ATOL protected. Please see our booking conditions for information or for more information about financial protection and the ATOL Certificate go to: [www.atol.org.uk/ATOLcertificate](http://www.atol.org.uk/ATOLcertificate)

## Travel Regulation Insolvency Protection

LiNGER Travel Ltd is a company committed to customer satisfaction and consumer financial protection. We are therefore pleased to announce that, at no extra cost to you, and in accordance with “The Package Travel and Linked Travel Arrangements Regulations 2018” all passengers booking with LiNGER Travel Ltd are fully insured for the initial deposit, and subsequently the balance of monies paid as detailed in your booking confirmation form. The policy will also include repatriation if required, arising from the cancellation or curtailment of your travel arrangements due to the insolvency of Linger Travel Ltd. This protection has been arranged by means of a Trust Account held with Protected Trust Services.

Full details regarding Financial Protection can be viewed at: <https://linger.co.uk/financial-protection/>

Full details regarding the Package Travel and Linked Travel Arrangements Regulations 2018 can be viewed at: <https://linger.co.uk/package-travel-regulations/>

## Privacy Policy

LiNGER respects your privacy and is committed to protecting your personal data. This privacy notice will inform you as to how we look after your personal data when you visit our website (regardless of where you visit it from) or when you otherwise provide personal data to us via other means (such as over the telephone) and tell you about your privacy rights and how the law protects you.

Full details regarding our Privacy Policy can be viewed at: <https://linger.co.uk/privacy-policy/>



“Unrivalled, intimate knowledge of destinations way beyond the obvious, with a genuine focus on sustainability”.

*Anna Guyer*



Contact

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**LINGER**  
ENRICHING LIFE THROUGH TRAVEL