



Signature Sabbatical Itinerary: Panama Sailing

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 | 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

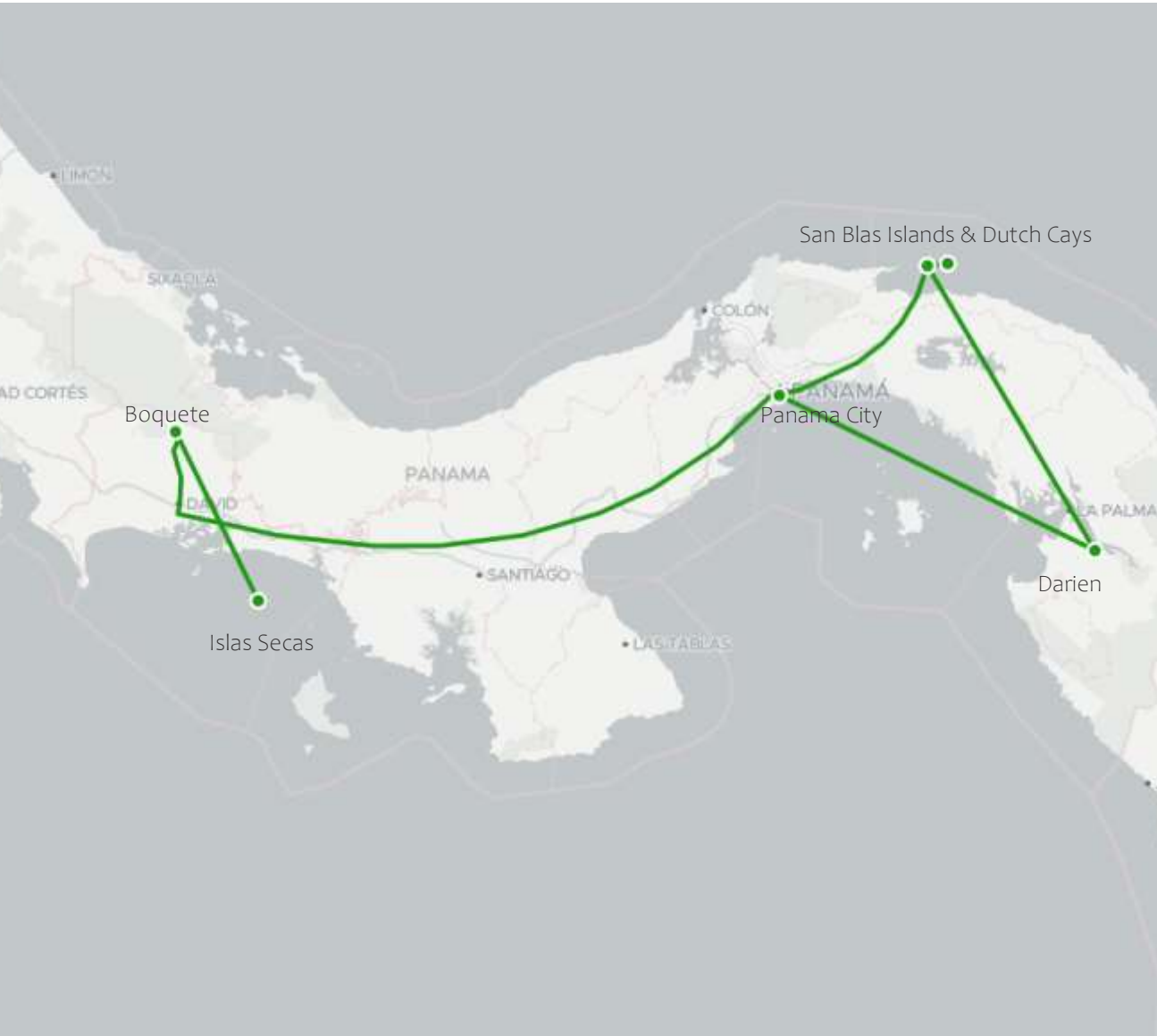
Stay at [El Otro Lado Private Retreat](#) in Portobelo and get involved with the [Portobelo Foundation](#), which is committed to improving the quality of life of the community through music, dance, art and craftsmanship.



Life Experiences & Encounters in Panama



Panama - Journey Map



Flight Details

| Day | Airline & Flight Number | Departure City | Departure | Arrival City | Arrival | Class | Baggage | Journey Time |
|-----|-------------------------|----------------|-----------|--------------|---------|---------|---------|--------------|
| 1 | | | | PANAMA CITY | | TBC | | |
| 14 | | SAN BLAS | | PANAMA CITY | | PRIVATE | | 50 MINS |
| 15 | | PANAMA CITY | | DAVID | | ECONOMY | | 50 MINS |
| 25 | | ISLAS SECAS | | PANAMA CITY | | PRIVATE | | 90 MINS |
| 25 | | PANAMA CITY | | | | TBC | | |

Your trip in a nutshell

Day 1

Arrive in Panama City & check in for a 4-night stay
American Trade Hotel

Day 2

Climb Ancon Hill for views over Panama City & the famous canal. Explore the highlights of the Old Quarter. *American Trade Hotel*

Day 3

Behind-the-scenes visit of the Panama Canal
American Trade Hotel

Day 4

Kayak across Gatun Lake and spot wildlife in Soberania National Park
American Trade Hotel

Day 5

Transfer to Darien Province & check in for a 4-night stay in this natural paradise
Canopy Camp Darien

Day 6

Wildlife spotting from the river & visit to an indigenous Embera village
Canopy Camp Darien

Day 7

Explore the forest on foot by day and night, searching for wildlife
Canopy Camp Darien

Day 8

Horseback ride through Darien's rural farmland & hike to a hidden waterfall
Canopy Camp Darien

Day 9

Drive to San Blas & board your private catamaran for a 5-night sailing adventure
Private Catamaran

Day 10 - 13

Sail the San Blas Archipelago, visit remote islands & snorkel amongst tropical marine life. *Private Catamaran*

Day 14

Disembark and fly to Panama City. Logistical 1-night stay. Evening at leisure
American Trade Hotel

Day 15

Fly to David & check in for a 5-night stay in the adventure capital of Boquete
Hotel Panamonte

Day 16

E-Biking adventure through Boquete & visit to a coffee plantation
Hotel Panamonte

Day 17

Hike in the cloud-forests of Volcan Baru National Park
Hotel Panamonte

Day 18

Follow a trail of hanging bridges through the cloudforest to observe wildlife
Hotel Panamonte

Day 19

Chiriquí white-water rafting
Hotel Panamonte

Day 20

Boat transfer to the wild Pacific archipelago of Islas Secas. Check in for 5 nights in this secluded retreat. *Islas Secas Private Island Resort*

Day 21 - 24

Days at leisure. Relax or enjoy the included experiences on land and in the ocean
Islas Secas Private Island Resort

Day 25

Fly to Panama City & Departure Flight
N/A

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 based on two double / twin rooms
- Daily breakfast
- Other meals as described
- Local English speaking private guides
- Private transfers with air-conditioned vehicles
- Entrance fees for included activities
- Private and small group excursions
- Scheduled Domestic flight Panama City to David
- Private flight from Corazon San Blas to Panama City on Kodiak-100
- Flight from Islas Secas to Panama City with hotel's plane.
- Private catamaran sailing experience

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 £ 15,335.00 per person, based on four travelling together

Booking Terms & Conditions:

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

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

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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ENRICHING LIFE THROUGH TRAVEL