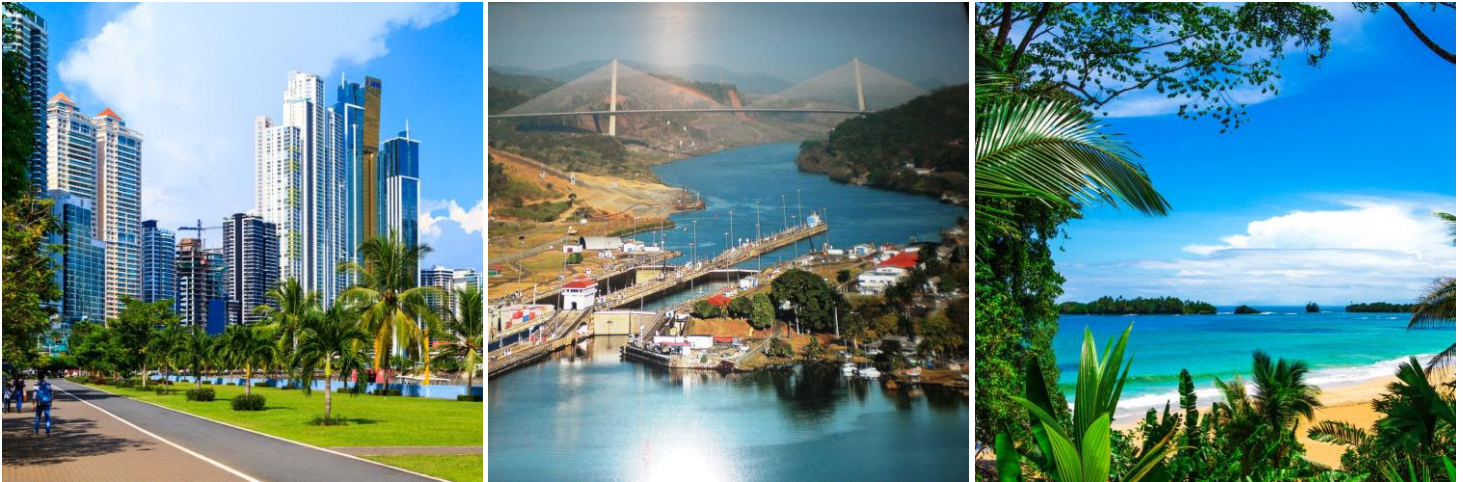


Teresa Beall Expeditions presents
“Hats off to Panama”

A **10-day** visit to Panama City, Bocas del Toro and beyond

March 10-19, 2020 / \$1549 pp (dbl occ)

Price does not include international flights to/back from Panama – but we can help secure tickets using miles or cash.



Panama’s rich colonial past, indigenous tribes, dense jungles, shimmering coastlines, cosmopolitan capital city and one awe-inspiring canal make it one of Central America’s most popular destinations. History buffs can retrace epic battles and tromp around crumbling colonial forts. Surfers, scuba divers, swimmers and sailors will discover a break, reef or bay to exceed all their water-loving expectations. Hikers, birders and wildlife enthusiasts can wander off into the tropical hills thick with howler monkeys, sloths, friendly lizards and exotic frogs to commune with nature. From cosmopolitan Panama City to tropical coastal beach retreats, Central America’s southernmost country has something for every type of adventure-seeker. Join us.

Tentative Schedule

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- 3/10 (Tue) Arrival Day – Panama City X 5 nights. TBE evening surprise (TBA).
 - 3/11 (Wed) Panama Detour (8 am – 2 pm)
A guided visit to Miraflores Panama Canal Locks, Bridge of Americas, Amador Causeway and Casco Viejo, where you can eat, drink and stroll around before around walking the scenic 3-1/2 mile Cinta Costera coastal walkway (or taxiing) back to the hotel.
 - 3/12 (Thu) Monkeying Around in the Gamboa Jungle (8 am – 3 pm)
A jungle boat expedition in search of birds, butterflies, amphibians, monkeys, sloths and interesting wild creatures.
 - 3/13 (Fri) Panama Palatables (2-6 pm)
A food crawl including delicious Panamanian local bites and beverages
 - 3/14 (Sat) Free Day – get out and explore on your own or do nothing – you’re on vacation!
 - 3/15 (Sun) Fly (2:30-3:20 pm) from Panama City to Bocas del Toro X 4 nights
 - 3/16 (Mon) Free Bird (3-6 pm)
Clip-in, ascend the stairway to the first platform, and feel the adrenaline rush as you fly through the air, soaring on a series of seven zip-lines past centuries-old trees covered with birds, monkeys and other exotic animals.
 - 3/17 (Tue) Will walk for chocolate, or birds (10 am – 1 pm) / Choose one of the following nature walking tours:
 1) Panama bird watching is one of the best biodiversity hot spots in the world. Let’s see what you can spot.
 2) Cacao is native to the islands. Learn how the fruit becomes chocolate.
 - 3/18 (Wed) Free day – Relax, read, play games, rent a kayak, or take an optional tour (options @ www.redfrogbeach.com/tours)
 - 3/19 (Thu) Fly (7:40-8:30 am) from Bocas del Toro to Panama City for your onward flight home or elsewhere

"Travel is more than the seeing of sights; it is a change that goes on, deep and permanent, in the ideas of living." – Miriam Beard

Selected Accommodations

GLOBAL PANAMA HOTEL (5 NIGHTS WITH DAILY BREAKFASTS)

Calle 54 Este y Samuel Lewis, Panama City, Panama
+507.280.6400 / 305.504.5018 (toll free from USA)
<http://globalhotelpanama.com>

Staying in a modern mixed-use skyscraper might not be what comes to mind when thinking of a trip to a tropical destination like Panama. However, this is one of the most popular boutique hotels in Panama City. The hotel, which occupies the ground level and six upper floors of the Twist Tower building, delivers excellent service, solid amenities and location, location, location. That location, in the downtown district of Obarrio, puts you within walking distance (or a short taxi ride) of pretty much anywhere you'd like to go in town. Convenient, indeed. And, you'll be offered a flute of champagne or chilled mineral water every time you enter the front door. Things look even better when you get inside your room – state-of-the-art and smartly stocked with 40-inch LCD TVs, iPhone docking stations, Italian coffee machines, comfy beds with loads of pillows, and bathrooms with walk-in rain showers. Big bottles of Salvatore Ferragamo bath products are a nice luxury touch. Large windows mean a flood of sunshine, and striking views over Panama City's rapidly developing skyline. At turndown, creative treats are placed in the room. Up on the 12th floor, there's a small outdoor swimming pool with an adjacent pool bar and fitness room. You'll find another bar on the ground level at the brasserie-style 54 East restaurant, where they offer a quick course (and tasting) of Panamanian rums. The hotel is about a 20-minute walk to Cinta Costera (the scenic, 2-mile-long pedestrian/bicycle coastal path to Casco Viejo, Panama City's old town). *NOTE: All rooms are similar and will be assigned by the hotel upon arrival. Daily breakfast and Wi-Fi access is included.*



RED FROG BEACH ISLAND RESORT (4 NIGHTS)

Isla Bastimentos, Bocas del Toro
+970.367.4811
www.redfrogbeach.com

The Bocas del Toro islands in northeastern Panama offer a unique vacation experience for adventure-seekers in search of a rugged, exotic and off-the-beaten-path destination. This resort is located on an enormous private estate at the edge of a National Marine Park on Isla Basitmentos, a 10-minute boat ride from Bocas Town. Some of the outdoor areas are more manicured than others, but the setting overall is wild with a jungle ambiance. In contrast to the outside, the villas are modern and upscale, all with small private swimming pools. The resort has an onsite pizza bar restaurant and a separate beach club serving breakfast, lunch and dinner. They also have a small deli and grocery store to purchase items. In

addition, there are boat taxis available to take you from the resort town where there are cafes, beachside bars, gritty hangouts, and a grocery store to pick up supplies so you can prepare your own snacks, meals and/or libations. There are two beaches on the property, one public and the other private. The water is warm and the sand is soft. *NOTE: We have secured four 3-bedroom villas with gorgeous views. All couples/pairs will have their own private bedroom. Each villa has a master bedroom/bath and 1-2 additional bedrooms with a shared bath, along with a full kitchen, living room and private pool as well as a golf cart to use share (one per villa). Traditional TBE key draw will determine villa/room assignments.*

Exclusions, Inclusions, and Fine Print

INCLUSIONS:

- ✓ 10 days and 9 nights' accommodations, as indicated
- ✓ R/T flight between Panama City and Bocas del Toro
- ✓ Unique experiences and tours, as indicated
- ✓ A few TBE surprises and spontaneous organized activities
- ✓ All service fees and taxes

EXCLUSIONS:

- ✓ Meals or beverages of any kind (other than daily breakfasts and anything included in one of the tours listed above)
- ✓ International flights between the USA and Panama City, Panama
- ✓ Optional tour experiences or activities
- ✓ Personal expenditures (laundry, telephone bills, in-room movies, souvenirs, et cetera)
- ✓ Optional Travel protection.

THE FINE PRINT

- ✓ **PRICE** – Price is not guaranteed until confirmed – SPACES ARE VERY LIMITED!
- ✓ **DEPOSIT/PAYMENT POLICY** – \$1000 pp non-refundable deposit to confirm; **Final payment due January 31, 2020.**
- ✓ **CANCELLATION & REFUNDS** – Non-refundable after final payment is paid. No refunds paid for unused services such as transfers, sightseeing, hotel accommodations, entrance fees, and anything else listed in the tour program. *NOTE: Travel Protection is available (see page 4).*
- ✓ **LAND ARRANGEMENTS** – We reserve the right to change the itinerary due to unforeseen circumstances. We reserve the right to change the hotel listed for another of similar quality. In all cases, Teresa Beall Expeditions will do their best to maintain tour content.
- ✓ **RESPONSIBILITY & LIABILITY** – Whereas Teresa Beall Expeditions operates the program only as an agent of the aircraft, hotel, bus operators, local sight-seeing contractors and others who provide actual land arrangements, we are not liable for any act, omission, delay, injury, loss or damage or nonperformance occurring in connection with these tours. The Passenger contract in use by the airline concerned, when issued, shall constitute the sole contract between the airline and the purchaser of the tours and/or passenger. Teresa Beall Expeditions reserves the right to bring legal action to collect damages in the event that the purchaser fails to pay any fees due for services, including cancellation fees as listed in "Cancellations & Refunds." The parties agree that should legal action be commenced, the prevailing party will be entitled to reasonable attorney fees and court costs in addition to the actual damages sustained and proven.



