J² Global Pathways

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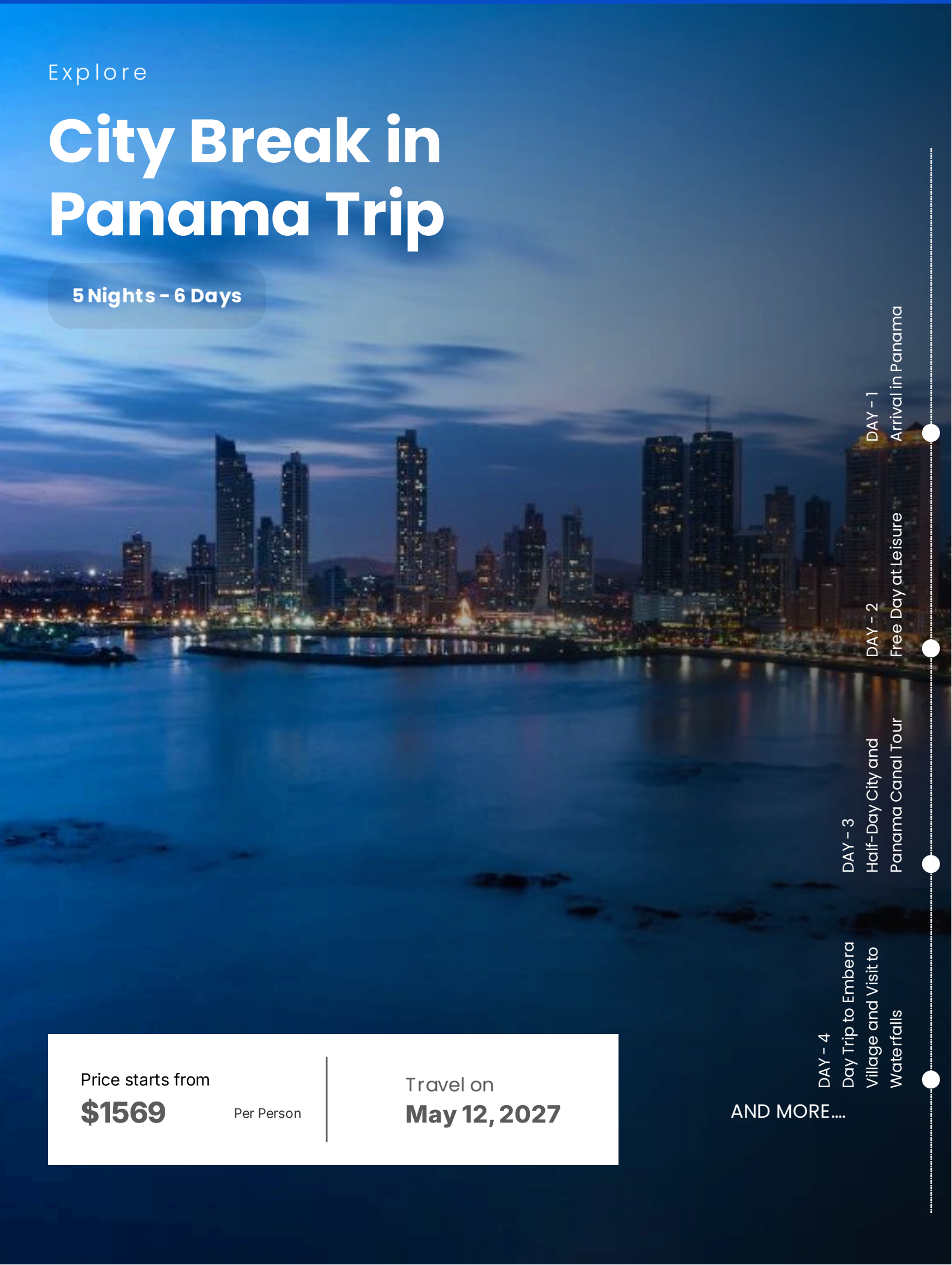


Explore

City Break in Panama Trip

5 Nights - 6 Days

DAY - 1
Arrival in Panama

DAY - 2
Free Day at Leisure

DAY - 3
Half-Day City and Panama Canal Tour

DAY - 4
Day Trip to Embera Village and Visit to Waterfalls

AND MORE....

Price starts from
$1569
Per Person

Travel on
May 12, 2027

Trip Overview

Days
06

1 City
Panama City

Meals
5 Breakfast , 1 Lunch

1 Stay
Hotel Riu Plaza Panama or Similar

★ ★ ★ ★ ★
5 Star Ratings

Group Size
* Small to medium group tours for guided excursions

* Independent travel options are available for free exploration days

Transfer
Convenient transfer in cozy AC coaches or car

You'll enjoy this trip if you are

Families | Couples | Cultural Explorers | Nature Enthusiasts | Leisure Travelers | History Buffs | Food Lovers | Sightseers

Day Wise Schedule

Day 1 - Arrival in Panama

🏨 Hotel Riu Plaza Panama or Similar

Arrival, relaxation, leisurely exploration.

Day 2 - Free Day at Leisure

🏨 Hotel Riu Plaza Panama or Similar

Casual exploration, souvenir shopping, café visits.

Day 3 - Half-Day City and Panama Canal Tour

🏨 Hotel Riu Plaza Panama or Similar

City tour, Panama Canal, Casco Viejo.

Day 4 - Day Trip to Embera Village and Visit to Waterfalls

🏨 Hotel Riu Plaza Panama or Similar

Embera Village, rainforest walk, cultural immersion.

Day 5 - Free Day at Leisure

🏨 Hotel Riu Plaza Panama or Similar

Leisurely exploration, local experiences.

Day 6 - Departure from Panama

🏨 End of trip

Farewell, relaxed departure.

Day 1: Arrival in Panama

Walking Level: Relaxed

Highlights: Hotel check-in, nearby exploration

Transfers: Airport to hotel

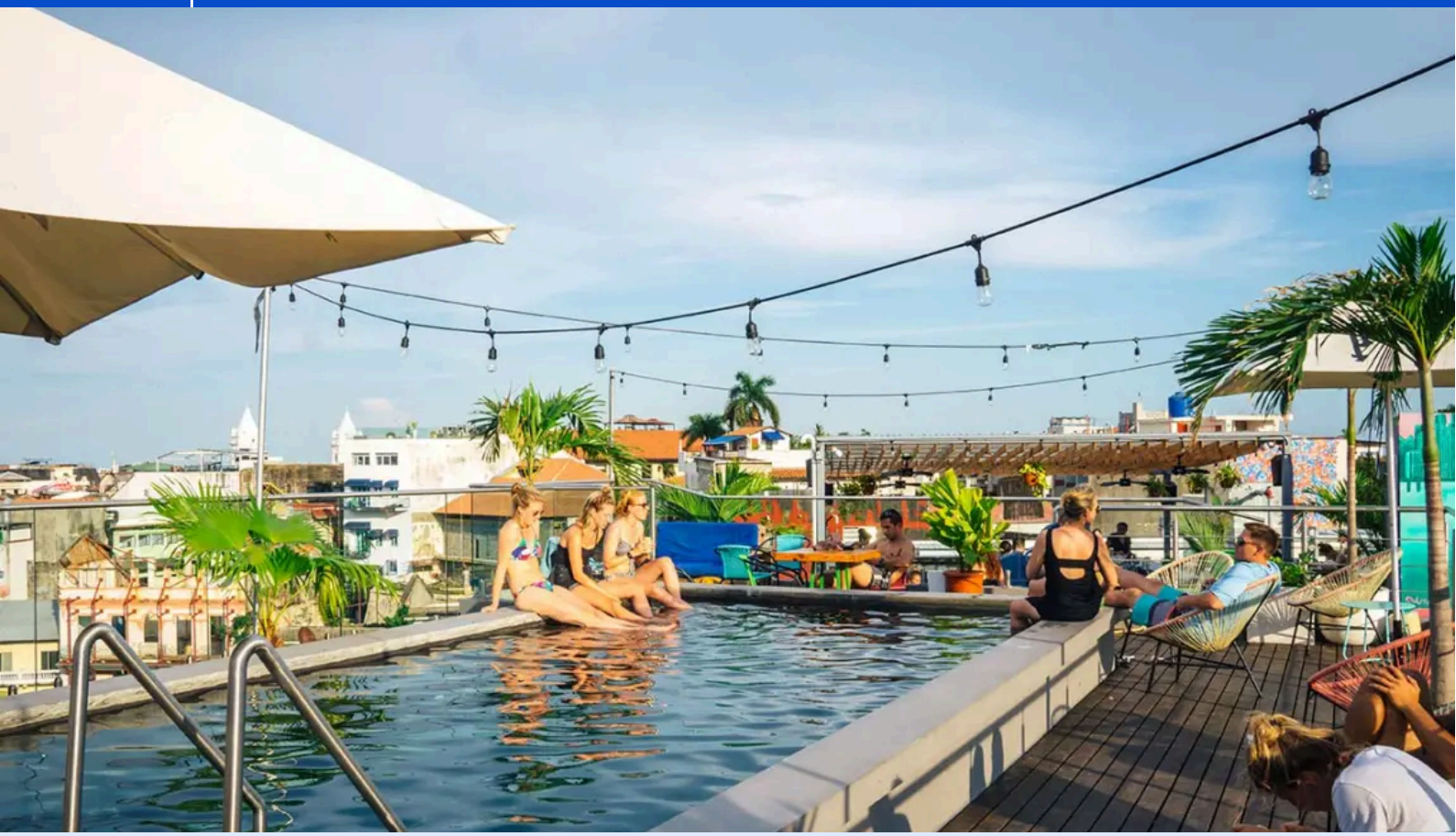
Arrive in vibrant **Panama,** where a friendly **airport representative** welcomes you on arrival. Enjoy a **smooth hotel transfer** and seamless check-in at your hotel. The rest of the day is yours to relax, recover from your journey, or begin soaking in Panama's lively atmosphere at your own pace.

Day 1 Arrival in Panama

Continued...

Pace of Travel: Relaxed
Steps to Walk: Approx. 2,000–3,000 steps
Facilities: Airport pickup, comfortable transfers, hotel amenities
Suitable for Age Group: All ages
What to Bring: Passport, light jacket, essentials, travel documents
What to Do: Rest, unwind, and explore nearby areas casually
What Not to Do: Overpack activities or rush on arrival day
Tip for You: Stay hydrated and adjust to the local time
Overnight: Panama
Transfers: Transfer from the Airport to the hotel is included

Day 2 : Free Day at Leisure



Walking Level: Relaxed

Highlights: Neighborhood exploration, café visits

Transfers: None

After a relaxed **breakfast,** enjoy a full day **at leisure** to explore Panama at your own pace. Wander through lively neighborhoods, discover local cafés, shop for souvenirs, or simply unwind and soak in the city's vibe before a comfortable **overnight stay in Panama.**

Day 2

Free Day at Leisure

Continued...

Pace of Travel: Relaxed

Steps to Walk: Approx. 2,000–3,000 steps

Facilities: Hotel amenities, cafés, restrooms, shops, lounges, and public transport are available

Suitable for Age Group: All age groups

What to Bring: Comfortable shoes, sunscreen, hat, camera, light day bag

What to Do: Explore neighborhoods, visit cafés, shop locally, relax

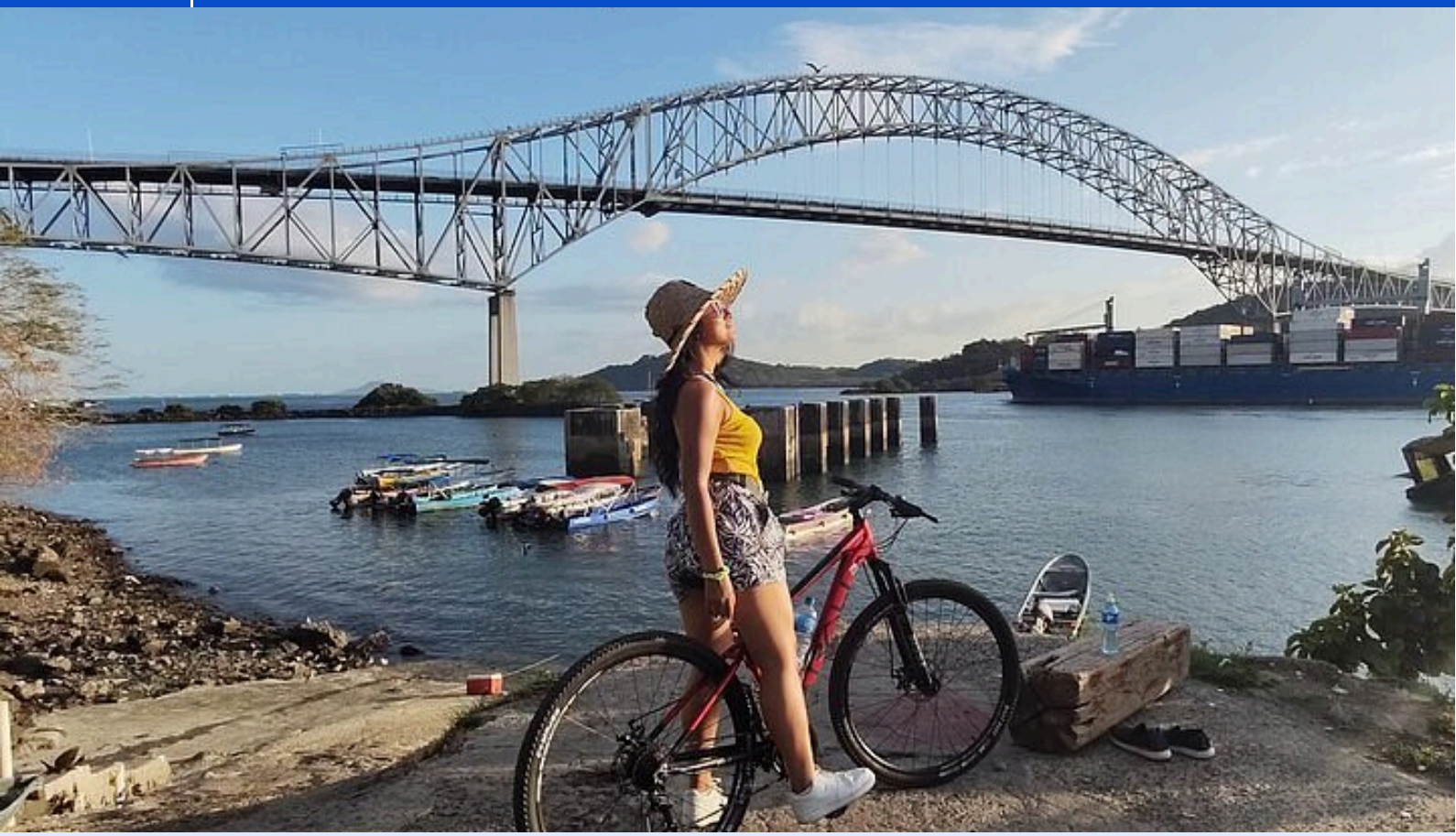
What Not to Do: Overpack activities or rush the day

Tip for You: Start early to enjoy cooler hours and quieter streets

Overnight: Panama

Meal: Breakfast

Day 3 : Half-Day City and Panama Canal Tour



Walking Level: Moderate

Highlights: Panama Canal, Casco Viejo tour

Transfers: Meeting point to attractions and back to drop-off

Begin your day with **breakfast at the hotel,** followed by a self-arranged transfer to the meeting point for your guided pickup. Set out on a **panoramic city tour of Panama City,** passing notable landmarks such as the **former U.S. military base at Clayton** and the **Monument to Goethals**, which honors the vision behind the Panama Canal. The highlight of the day is a visit to the **Miraflores Visitor Center,** where you'll watch massive ships navigate the **Panama Canal** from the observation deck—an awe-inspiring display of engineering brilliance.

Continue with a peaceful walk through the **gardens of the iconic BioMuseo (exterior view),** followed by a scenic drive along the **Amador Causeway,** offering stunning views of the **Bridge of the Americas**. Conclude with a **guided walking tour of Casco Viejo**, exploring its cobblestone streets, historic plazas, and colonial charm before returning to the drop-off point. Then, make your way independently to the hotel for an overnight stay.

Day 3

Half-Day City and Panama Canal Tour

Continued...

Pace of Travel: Moderate

Steps to Walk: Approx. 4,000–6,000 steps

Facilities: Hotel amenities, restrooms, cafés, souvenir shops at Miraflores Visitor Center

Suitable for Age Group: 8 years and above

What to Bring: Comfortable walking shoes, hat, sunscreen, camera, water bottle

What to Do: Enjoy canal views, explore Casco Viejo, capture scenic city moments

What Not to Do: Rush the tour or miss the canal ship transit timings

Tip for You: Visit Miraflores early for the best ship-viewing experience

Overnight: Panama

Meal: Breakfast

Transfers: Transfers from the meeting point to the city tour attractions and back to the drop-off point are included (Reach the designated meeting point from the hotel and from the drop-off point to the hotel on your own).

Day 4 : Day Trip to Embera Village and Visit to Waterfalls

Walking Level: Moderate

Highlights: Embera Village, rainforest walk

Transfers: Meeting point to attractions and back to drop-off

After breakfast, make your way independently to the meeting point for your pickup and set off on an enriching journey into the **lush Chagres Rainforest.** Just an hour from the city, reach a remote **indigenous Embera Village,** accessible only with a guide, offering an authentic cultural encounter. Enjoy a guided rainforest walk, passing through verdant trails and **refreshing waterfalls,** before arriving at the village. Receive a warm welcome from the Embera community as your guide translates and shares insights into their **traditions, language, and daily life.** Watch **skilled artisans** create beautiful handicrafts and browse handmade souvenirs. Savor a **traditional Embera** lunch featuring fried fish, plantains, and fresh tropical fruit. Later, return to the nearest designated drop-off point from where you proceed to the hotel independently.

Day 4

Day Trip to Embera Village and Visit to Waterfalls

Continued...

Pace of Travel: Moderate

Steps to Walk: Approx. 5,000–7,000 steps

Facilities: Hotel amenities, basic restrooms at the village; limited amenities in rainforest areas, and an English-speaking tour guide

Suitable for Age Group: 8 years and above

What to Bring: Comfortable shoes, light clothing, insect repellent, sunscreen, water

What to Do: Respect local customs, engage with artisans, and enjoy the nature walk

What Not to Do: Touch without permission, photograph locals without consent

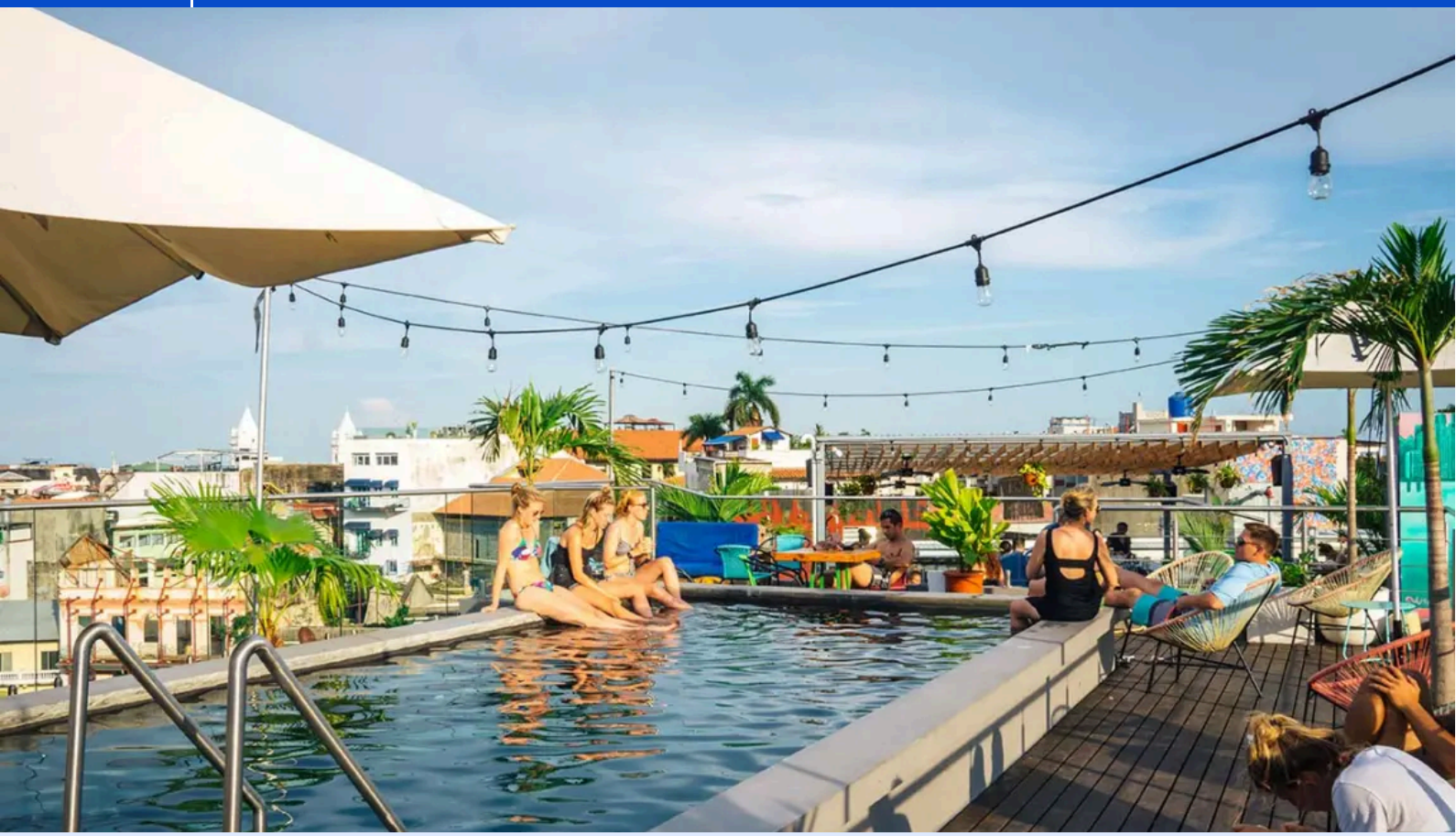
Tip for You: Carry small cash to support local handicraft purchases

Overnight: Panama

Meal: Breakfast and Lunch

Transfers: Transfers from the meeting point to the city tour attractions and back to the drop-off point are included (Reach the designated meeting point from the hotel and from the drop-off point to the hotel on your own).

Day 5: Free Day at Leisure



Walking Level: Relaxed

Highlights: Local shopping, relaxation

Transfers: None

After a relaxed **breakfast,** enjoy a full day **at leisure** to explore Panama at your own pace. Wander through lively neighborhoods, discover local cafés, shop for souvenirs, or simply unwind and soak in the city's vibe before a comfortable **overnight stay in Panama.**

Day 5 Free Day at Leisure

Continued...

Pace of Travel: Relaxed
Steps to Walk: Approx. 2,000–3,000 steps
Facilities: Hotel amenities, cafés, restrooms, shops, lounges, and public transport are available
Suitable for Age Group: All age groups
What to Bring: Comfortable shoes, sunscreen, hat, camera, light day bag
What to Do: Explore neighborhoods, visit cafés, shop locally, relax
What Not to Do: Overpack activities or rush the day
Tip for You: Start early to enjoy cooler hours and quieter streets
Overnight: Panama
Meal: Breakfast

Day 6 : Departure from Panama

Walking Level: Relaxed

Highlights: Morning breakfast, packing

Transfers: Hotel to airport

After a relaxed **morning breakfast,** complete your **hotel check-out** and enjoy a **comfortable airport transfer.** Bid farewell to Panama as you depart with cherished memories of vibrant culture, scenic landscapes, and unforgettable experiences, marking the smooth conclusion of your journey.

Day 6

Departure from Panama

Continued...

Pace of Travel: Relaxed

Steps to Walk: Approx. 2,000–3,000 steps

Facilities: Hotel amenities until checkout and airport transfer

Suitable for Age Group: All age groups

What to Bring: Passport, travel documents, light carry-on, essentials

What to Do: Enjoy breakfast, check out on time, soak in the final moments

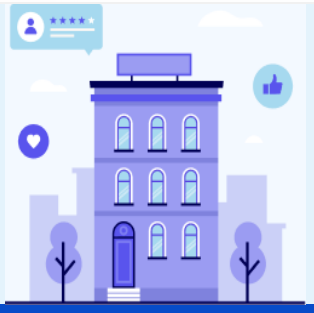
What Not to Do: Avoid late check-out or missing transfer timings

Tip for You: Keep travel documents and valuables easily accessible

Meal: Breakfast

Transfers: Transfer from the hotel to the Panama Airport is included

Where You Will Stay

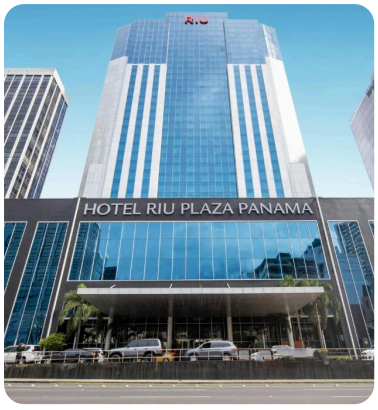


Book now @

Double Occupancy
$1569 per person

Single Occupancy
$2435 per person

Room Type:
Standard Room



Hotel Riu Plaza Panama or Similar

Panama City

Star Rating: ★★★★★

5 Nights

✓ Located in the heart of Panama City
✓ Offers stunning skyline views from rooms
✓ Close to major shopping centers and attractions

📍 Address :C. 50, Panamá, Provincia de Panamá, Panama

What's Included ?

- 5 Nights accommodation at a hotel in Panama
- Daily breakfast at the hotel
- Transfer from the Airport to the Hotel on a Private Basis
- HALF-DAY City and Panama Canal Tour with an English-speaking guide and return transfers on a shared basis
- Day trip to Embera village and Waterfall with Entrance to the Chagres National Park, with Lunch, an English-speaking guide, and return transfers on a shared
- Transfer from the Hotel to the Airport on a Private Basis

What's not Included ?

- Airfare
- Early Check-in / Check-out at the hotels
- Meals other than those specified
- Any Optional Tours
- Tips for guides, drivers, maids, waiters, etc.
- All other expenses not mentioned in the cost include
- City Taxes
- Visa & Insurance

Dates and Rates

Tour Date	Room Category	Double/Triple Occupancy	Single Occupancy
May 12, 2027	Standard Room	$1569 per person	$2435 per person

Cancellation Policy

Deposits are non-refundable. However, if canceled more than 60 days before the travel date, you can transfer it to another date or trip.
If canceled less than 60 days before the trip, deposits are non-refundable and non-transferable. For the balance amount, the below cancellation fee will be applicable:

Cancellation Charges

When a cancellation is made	Cancellation Cost
60 - 31 days prior to arrival	40% of the tour
30 - 07 days prior to arrival	75% of the tour
06 days - Less than 72 hrs or no show	100% No Refund

Liked this trip?

Here's what to do next.

01

Scan this QR Code

Now, point your phone camera at the QR code. This will take you directly to our booking portal, where you can explore detailed itineraries and policies.

02

Make a New Booking

Select the "Book Now" option to get started with your booking.

03

Enter your Details

Fill in the required information, including the number of guests.
Don't forget to add any extras or add-ons to enhance your experience.

04

Pay and confirm your Spot

Complete your payment securely, and voilà! Your booking is confirmed, and you're all set for an incredible journey.

Book Now

Kanjel Allen

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