



PANAMA

RUMBLE IN THE JUNGLE

BY BIKE, FOOT, KAYAK, SNORKEL & ZIP-LINE

9-DAYS

Attention Adrenaline junkies – here’s one for you: a 9-day Rumble in the Jungle! Zig-zag from the Pacific to the Caribbean on your own sweat and steam. On these Panama adventure tours, we bike on twisty trails through fertile valleys while watching ships transit through the Panama Canal. We hike through tropical rainforests abundant with exotic wildlife and zip through a forest canopy, bolting between wooden platforms perched in the trees. We snorkel in translucent seas filled with tropical marine life. We spend two nights camping on an island in the Pacific Ocean, filling our days with kayaking. This Panama adventure tour is charged with active thrills and distinctive Panamanian culture.

Day 1

PANAMA CITY

ARRIVAL

Upon arrival, transfer to the comfortable hotel we have arranged for you in the city. The rest of the day is at leisure to explore Panama City. In the evening at the hotel, you will receive more information about the next day's starting time for the adventure that lies ahead.

Meals: None



Day 2

SOBERANIA NATIONAL PARK - COCOA PLANTATION TRAIL

BIKING

After a Panamanian breakfast feast at the hotel, your guide will meet you at the hotel and welcome you on the adventure. You will begin a drive to Soberania National Park for a day of biking. The park is part of the Panama Canal Watershed. We'll unload our bikes and set off pedalling, keeping an eye out for agouti, howler monkeys and three-toed sloth. The terrain is a double track dirt path, with good stretches of climbs and descents and through a humid climate. We'll ride for approximately 3 hours before returning back to our van. We'll make it back to the van in time for a picnic lunch and then head to the Panama Canal in the afternoon to watch the steady stream of big ships passing through the locks. Overnight in Panama City.

Biking Duration: 3 hours

Accommodation: Hotel

Meals: Breakfast, Lunch

BikeHike Adventures

For more details call BikeHike Adventures at 1-888-805-0061 or 1-604-731-2442 email info@bikehike.com or surf us at www.bikehike.com



Day 3

EMBERA VILLAGE - BOQUETE

HIKING

We start early this morning. From the hotel, we'll drive for 1.5 hours to the port of El Corotu on Lake Alajuela. From here our Embera guides from the village of Drua, will pick us up in their handmade dug out canoes. Our journey by canoe travels through the rainforest of Chagres National Park, which is the largest of the National Parks protecting the Panama Canal Watershed. Upon arrival at the Embera village we will be greeted with dancing and music. We'll learn about the Embera customs and their relationship with nature. There will be handicrafts available for sale and we'll have a chance to be painted with the traditional jagua, a natural dye the Embera use to adorn their bodies. After a traditional lunch of fish, plantain, and fresh fruit, we'll hike to a nearby waterfall where we can take a dip in the crystal-clear waters of the Chagres River before heading back to Panama City. We will then transfer to the domestic airport for a flight to David. Upon arrival we'll transfer to a comfortable hotel in Cerro Punto.

Accommodation: Hotel

Meals: Breakfast, Lunch

Day 4

QUETZAL TRAIL - CERRO PUNTA - BOQUETE

HIKING

Considered one of the most gorgeous paths in Central America, the Quetzals Trail is one of the most popular hikes in Panama's western highlands. Located within the Volcan Baru National Park, the "Sendero de los Quetzales" links the towns of Guadalupe, which is near Cerro Punta on the west side of the Volcano, with the town of Boquete which is on its east. Hiking the 9.6 kms/6 miles of this trail will take us from 5 to 7 hours. The park is abundant with native wildlife including over a hundred species of birds, including the Resplendent Quetzal, howler and white face monkeys and sloths. Overnight at a comfortable hotel in Boquete.

Hiking Duration: 5-6 hours

Accommodation: Hotel

Meals: Breakfast, Lunch



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Day 5

BOQUETE

BIKING & ZIPLINING

We start the morning with a good breakfast and then transfer to the canopy area. Here we start with a short hike into the forest before a dose of adrenaline. We'll glide through the treetops of century-old forests, high above the pristine rivers and waterfalls that make up the incredible collection of natural landscapes bordering the National Park La Amistad and the famous Baru Volcano. After this exciting adventure we will get on our bikes for a short downhill ride to Boquete. We'll pass by coffee farms, rivers, waterfalls and plantation fields. In the town of Boquete, we will enjoy a Panamanian lunch at a local restaurant. The rest of the day is free to explore Boquete. Overnight at same hotel in Boquete.

Distance: 8.5 km / 5 mi

Accommodation: Hotel

Meals: Breakfast, Lunch



Day 6

GULF OF CHIRIQUI

SEA KAYAKING & SNORKELLING

After an early morning breakfast we drive to Pedregal to begin our 2-day sea kayak adventure. We start by covered motorboat first, for a one hour journey to the Golfo de Chiriqui. We'll motor past twisted mangroves, coral reefs, white sand beaches and uninhabited islands. If we're lucky we'll encounter playful dolphins along the way. These protected waters of Panama are teeming with marine life! Upon arrival on a small island, we'll have lunch and take a bit of time to relax in hammocks while our guide sets up camp. In the afternoon we'll head out for a group paddle and also have plenty of time for snorkelling in the sea. For those interested in fishing, there will be dusk and dawn opportunities. We'll spend the night in tents, camping beneath brilliant skies filled with stars.

Sea Kayaking & Snorkeling Duration: 3 hours

Accommodation: Tent

Meals: Breakfast, Lunch, Dinner

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Day 7

GULF OF CHIRIQUI

SEA KAYAKING & SNORKELLING

Same activities as yesterday. Then, we'll return to Boquete around 5pm today and check back into our same Boquete hotel.

Sea Kayaking & Snorkeling Duration: 3 hours

Accommodation: Hotel

Meals: Breakfast, Lunch



Day 8

HACIENDA MAMECILLO

HIKING & COFFEE / AGROCULTURAL TOUR

Your guide will pick you up at 8am this morning and drive you to a privately-owned reserve called Falling Waterfalls, and into remote virgin cloud forest of the Chiriquí Highlands. This cloud forest surrounds the perimeter of Volcan Baru National Park. From here we will start hiking. The trail parallels the La Zumbona River, a gorgeous river that is spilling into the Rio Caldera. With more than a hundred species of birds native to the area, birding opportunities abound. There are also opportunities to observe the white-headed Capuchin monkeys in this forest. We'll eventually break for a picnic at the base of one of Boquete's most exquisite waterfalls, and rejuvenate with an invigorating shower. After 3 hours of hiking through primary forest, we'll end at the main house of Rolando's farm to replenish with a delicious farm to table lunch. Afterwards you'll head out on a walking coffee tour through his plantation to learn about the production of coffee. We'll end roasting the coffee and of course, with a good cup of Panamanian brew. Late afternoon, we'll transfer you back to David to catch a domestic flight back to Panama City. Upon arrival, you'll be met and transferred back to your comfortable hotel in Panama City. The remainder of the night is free to enjoy your last night in Panama.

Accommodation: Hotel

Meals: Breakfast, Lunch

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Day 9

PANAMA CITY

DEPARTURE

This marks the end of your adventure with us. After breakfast, at your leisure, you can arrange your own transfer to the international airport or elsewhere.

Meals: Breakfast

TRIP INCLUSIONS

Trip Includes

All accommodation (twin shared), meals as indicated, internal transportation (excluding 2 internal flights), mountain bikes, camping gear and English-speaking guides.

Not Included

International airfare, airport departure taxes, 2 internal flights*, airport transfers, gratuities, meals not indicated and items of a personal nature.

**Internal flights not included. We will quote you the current internal flight prices at time of booking.*

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