



Panama: Craters, Coasts & Highland Mountains

18 days, San José to Panama City

Trip code CRSB

What's included

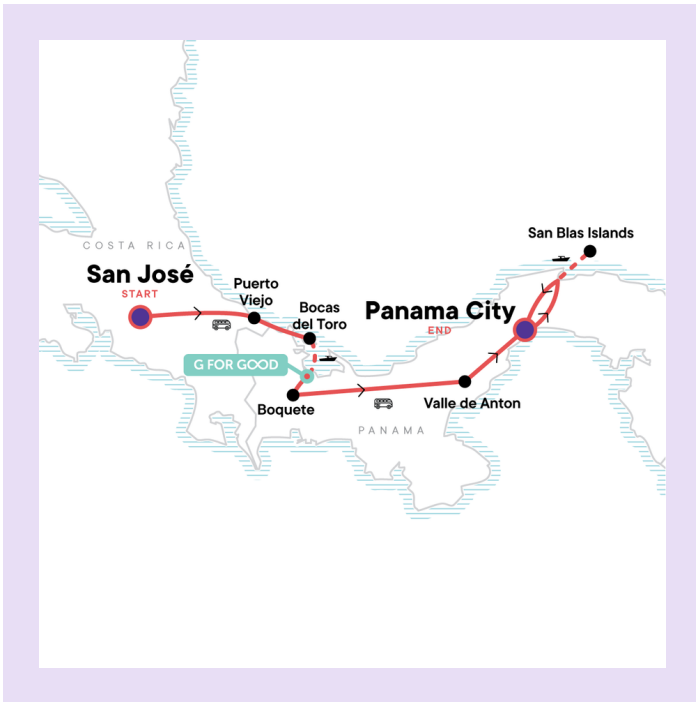
- Your G for Good Moment: Local Community Focused Chocolate Experience, Bocas del Toro
- Your G for Good Moment: Kuna Yala Cultural and Natural Immersion, San Blas Islands
- Your First Night Out Moment: Connect With New Friends
- Your Welcome Moment: Meet Your CEO and Group
- Your Big Night Out Moment: Bocas del Toro
- Your Discover Moment: Boquete
- Your Discover Moment: Panama City
- Your Big Night Out Moment: Panama City
- CEO-led Orientation Walk of Puerto Viejo
- Biking in Puerto Viejo
- CEO-led Orientation Walk - Bocas del Toro
- Starfish Beach Visit
- Panama City CEO-led Orientation Walk
- 3-night San Blas Islands Stay supporting the local ingenious community
- Guna Indigenous Community Visit & Presentation
- Island Visits
- Free time for beach, snorkelling, swimming, and lounging
- Free time in Puerto Viejo, Bocas del Toro, Boquete, Valle de Anton, Panama City, & San Blas Islands
- All transport between destinations and to/from included activities

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing April 11th, 2025 and onwards

Itinerary



NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

San José

Arrive at any time. There's so much to see and do in San José so we recommend checking out what you can. From city tours to coffee experiences in the Central Valley, there's a variety to choose from should you arrive early. Join a welcome meeting in the evening to get to know your newest travel family and opt to grab a meal at a local restaurant afterwards as a way to break the ice and grow more comfortable with each other.



Accommodation

Costa Rica Guesthouse (or similar)

Hotel



Today's Activities

ACTIVITY

Connect with new friends on your first night out in a new destination. Only available on 18-to-Thirtysomethings tours.

ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Day 2

San José/Puerto Viejo de Talamanca

Catch a local bus from San José to the picturesque village of Puerto Viejo de Talamanca on Costa Rica's Caribbean coast. You'll find 14km (8.7 mi) of incomparable white and black sand beaches here all surrounded by exotic tropical vegetation. A true paradise to start the adventure. Set off on a CEO-led orientation walk upon arrival and then take advantage of free time to explore, unwind, and soak up the magic of Puerto Viejo. You'll have just enough time to dive into the town's laid-back rhythm and discover why this little corner of the Caribbean is so loved by travelers from all over the world. Whether you're craving beach time, a local bite, or a bit of spontaneous adventure, there's plenty to do (or not do –because relaxing counts too!)



Accommodation

Hotel Agapi (or similar)

Hotel



Today's Activities

Free Time

Puerto Viejo de Talamanca

You'll have free time today to explore, unwind, and soak up the magic of this Caribbean village. Choose between beach time, a local bite to eat, or a bike rental to pedal around and feel the salty sea air blow through your hair. Prepare to fall a little bit in love with this laid-back coastal gem.

Local Bus

San José - Puerto Viejo de Talamanca

5h

210km

Climb aboard, grab a seat, and enjoy the ride.

CEO-led Orientation Walk of Puerto Viejo

Puerto Viejo de Talamanca

30m

Stroll through the main streets with your trusty CEO. Explore local shops, stop by cafés, and see where the key beach entrances, bike rental shops, and must-try restaurants and bars are. As you walk, gain a deeper sense the area's unique Afro-Caribbean culture and laid-back lifestyle.



Optional Activities - Day 2

Bike Rental

Puerto Viejo de Talamanca

9USD

Rent a bike from a local shop and head out to explore.

Day 3

Puerto Viejo de Talamanca

It's time to explore! Hop on a bike and ride to the beach with your CEO. Once here opt to try surfing if the waves are calling. Hit up beaches like Cocles, Punta Uva, and maybe even make it to Manzanillo. There will be stops along the way to grab a drink, jump in the ocean, and spot some animals. Later, the group will have free time to relax at the hostel, grab a coffee, find a hammock, and simply relax. You could also chat with your travel mates, play some cards together, or throw on a fun playlist and dance the night away to reggae and calypso for a true taste of this tropical paradise. Group hangout in the common area to spice up the evening, anyone?



Accommodation

Hotel Agapi (or similar)

Hotel



Today's Activities

Biking Puerto Viejo

Puerto Viejo de Talamanca

This morning, jump on a bike and take a ride around to a nearby beach with your CEO. You'll be out exploring and enjoying the scenery all day around Puerto Viejo.

Start time: 9 AM

End time: 5 PM

Free Time

Puerto Viejo de Talamanca

Embrace the beauty of Puerto Viejo and enjoy the beaches, chill vibes, and colourful nature of this Caribbean haven. Snap group photos, make up fun dances, and load up those reels for your social medias, because everyone at home wants to come along for the ride.



Optional Activities - Day 3

Surf Lesson

Puerto Viejo de Talamanca

65USD

Grab a board and hit the waves. With knowledge and tips from a certified instructor you'll be hanging ten in no time.

The moment you have been waiting for...Panama! Cross the border today and travel by bus, boat, and foot to the lovely archipelago of Bocas del Toro. Your CEO will show the group around on a leisurely stroll through town. Check out the main spots, learn a bit about the local culture, and get the lay of the land. The archipelago of Bocas is a reflection of Afro-Caribbean culture. As you walk the streets you'll hear calypso and reggae rhythms, and guari-guari- a language that is a mixture of English, French and Spanish. After the walk, take some time to wander on your own, find a comfortable spot, breathe in the fresh air, and simply enjoy being present in one of Panama's favorite destinations for locals and travellers alike.



Accommodation

Dreamers Hostel (or similar)

Hostel



Today's Activities

Local Bus

Puerto Viejo de Talamanca - Sixaola

2h30m

30km

Settle in and scan the scenery from the window of a local bus between Puerto Viejo and the border with Panama.

Border Crossing (Costa Rica - Panama)

Sixaola - Guabito

1h

Cross the border between Costa Rica and Panama at Sixaola. Have your passports handy.

Private Vehicle

Guabito - Almirante

2h

43km

Settle in and scan the scenery from the convenience of a private vehicle.

Water Taxi

Almirante - Bocas del Toro

30m

Sit back and enjoy the shared boat ride from Almirante to the paradise of Bocas del Toro.

CEO-led Orientation Walk - Bocas del Toro

Bocas del Toro

15m-30m

Follow your CEO and get the lay of the land and the good vibes of Bocas. The archipelago is a favorite destination among Panamanians and visitors. This north-westernmost province in the country allows you to become immersed in the cultures, mangroves, reefs, and perfect surfing waves, of this laid-back and sun-kissed paradise.

Free Time

Bocas del Toro

Spend a free evening in Bocas del Toro. Sit on the beach as the sun fades from the sky, hangout with your travel pals and have a night out on the town, or find a funky local spot and grab a meal together after a day of travel.

Day 5

Bocas del Toro

The tropical vibes continue during a full free day to enjoy all that Bocas del Toro has to offer. Think paddle boarding, kayaking, snorkelling, or maybe a bioluminescence tour later in the day. Choose to be as relaxed or active as you would like. Swimming, sunbathing, rocking in a hammock, or people watching from a cute local spot, are great options too.



Accommodation

Dreamers Hostel (or similar)

Hostel



Today's Activities

Free Time

Bocas del Toro

Feel like you have stepped into a 'Pirates of the Caribbean'-like paradise with plenty to discover. From snorkeling to deserted beaches, diving, starfish, coconuts, wildlife, delicious food, party places, and peaceful quietness, Bocas del Toro really does have something for everyone. Soak up some sunshine, take some pictures and videos, and find some fresh seafood to indulge in as you pretend you are marooned here forever, away from the stress of the world.

ACTIVITY

Enjoy a night out on the town with your travel friends and truly let your hair down in the beach town of Panama's Bocas del Toro.



Optional Activities - Day 5

Bioluminescence Tour

Bocas del Toro

25USD

Learn about bioluminescence, micro-organisms that create light in the water, from an expert guide. Navigate by boat through the mangroves to the perfect spot to see the water light up. Stir up the water with your hand to light up the surrounding area or take a dip to see the glowing all around you like magical fairy dust.

*Please note this experience is seasonal.

Bike Rental

Bocas del Toro

5-10USD

Rent a bike and pedal around to explore Bocas del Toro.

Day 6

Bocas del Toro

Charge up those phones and cameras because you're going to want proof of today's activity! The group will enjoy a visit to the famous Starfish Beach, known for the hundreds of starfish that spend the day in the shallow waters of an isolated cove. Swim in the calm waters and enjoy the beauty before you. Travel back to the hostel in the afternoon and relax on your own. Grab some friends and head out for a fun local meal and some dancing, read a book in solitude, or try one of the optional activities you didn't have time for yesterday. There will be an optional group dinner tonight and everyone will walk there together if you choose to join.



Accommodation

Dreamers Hostel (or similar)

Hostel



Today's Activities

Free Time

Bocas del Toro

Spend time on your own or with the group in the beautiful atmosphere of Bocas del Toro. Swim, lounge, play a card game, dance in the street, and let the good times roll.

Starfish Beach Visit

Bocas del Toro

3h-8h

Starfish beach is known for the hundreds of starfish that spend the day in the shallow, calm water of this isolated cove. You can reach the beach by boat, shuttle, bike or 4x4 – once you arrive, grab a drink and see how many starfish you can spot while swimming in some of the calmest waters of Bocas.



Optional Activities - Day 6

Bike Rental

Bocas del Toro

5-10USD

Rent a bike and pedal around to explore Bocas del Toro.

Bioluminescence Tour

Bocas del Toro

25USD

Learn about bioluminescence, micro-organisms that create light in the water, from an expert guide. Navigate by boat through the mangroves to the perfect spot to see the water light up. Stir up the water

with your hand to light up the surrounding area or take a dip to see the glowing all around you like magical fairy dust.

*Please note this experience is seasonal.

Sunset Snorkelling Tour

Bocas del Toro

25USD

Experience a Caribbean sunset on the ocean while relaxing on the boat, a SUP board, or experience it as you bob in and out of the water while snorkelling. Once the sun goes down, watch Bocas del Toro light up along the shore with a rum punch or beverage of choice in hand and cheers to a beautiful night in paradise.

Day 7

Bocas del Toro/Boquete

Pack those bags and travel back to the mainland today as the group heads to the mountain town of Boquete, where an abundance of outdoor activities await! Along the way pay a visit to the local indigenous Ngäbe community and learn about the process from which chocolate is derived and why cacao is so important to their culture. Arrive in the evening to Boquete and get settled in at your base for the next few nights. Choose to join an optional dinner at a local spot with the group.



Accommodation

Hotel Oasis (or similar)

Hotel



Today's Activities

Ferry

Bocas del Toro - Almirante

45m

Travel back to the mainland via ferry from Bocas del Toro.

Private Vehicle

Almirante - Boquete

3h30m

185km

Settle in and scan the scenery from the comfort of your private vehicle between Bocas del Toro and Boquete. There will be a stop en route at a G Adventures-supported community tourism initiative.

ACTIVITY

Learn how chocolate is really made from planting the seed to tasting the final sweet bar. The group will visit a farm operated by the local Indigenous Ngäbe community where your guide will take everyone through the whole process and tell you about the history, trade side of things, and why cacao is so important to the local indigenous culture here in Panama. This handmade process focuses on the traditional ways of making chocolate to ensure the continuation of organic cocoa. At the end of the experience you will get to taste the chocolate bars, accompanied by yanikeke, traditional bread made with flour and coconut.

Everyone loves to feel that adrenaline kick in every now and then, and the wooded valley of Boquete surrounded by mountains is the perfect destination to make that happen. Enjoy a full free day here to discover the trails of lost waterfalls, hike to Baru Volcano, go whitewater rafting, or horseback riding. You can also choose to book a tour of a coffee plantation, hike through the cloud forest, or try spotting wildlife in the area. Craving some deeper connection after a day of activity? Choose to join the group and walk from the hostel to a nearby restaurant for an optional local dinner.



Accommodation

Hotel Oasis (or similar)

Hotel



Optional Activities - Day 8

Whitewater Rafting

Boquete

65USD

Buckle up your lifejacket, strap on a helmet and head out to where white water meets green jungle on Panama's Chiriqui Viejo River. Paddle down Class III+ rapids and hold on tight as the expert guide sets a course past boulders and over waterfalls. Feel alive and enjoy the ride.

Lost Waterfall Hike

Boquete

38USD

Discover three stunning waterfalls on this hike through the cloud forest. Trek through dense flora while keeping an eye out for local wildlife, before reaching the waterfalls for a refreshing swim. Dive in!

Horseback Riding

Boquete

40USD

Throw on some long pants, grab the reins and hop up on a well-trained horse. Trail ride through the scenic town of Boquete, home to the Barú Volcano National Park.

Coffee Plantation Tour

Boquete

30USD

Head out into the hills to visit one of the many coffee plantations in the region. Learn about the production process and have a sample or two of the locally-grown "café" while taking in the beautiful scenery.

Hiking

Boquete

40-85USD

1h-8h

3-10km

Choose from a variety of hiking tours, from low-impact routes through botanical gardens or challenging full-day trips to see waterfalls and unforgettable wildlife. Options include the Quetzal Trail (one of the most scenic hikes in Panama) or Baru Volcano.

Everyone wants more time in Boquete, so take another free day to try some of the optional activities you didn't have time for yesterday. Life is better when shared, so grab a buddy and opt in to one of the active activities together. Take pictures and videos of your experiences and push yourself out of your comfort zone in a place that largely celebrates being adventurous. Walk from the hostel to a local restaurant tonight for an optional group dinner and share stories of your experiences from today.



Accommodation

Hotel Oasis (or similar)

Hotel



Optional Activities - Day 9

Whitewater Rafting

Boquete

65USD

Buckle up your lifejacket, strap on a helmet and head out to where white water meets green jungle on Panama's Chiriqui Viejo River. Paddle down Class III+ rapids and hold on tight as the expert guide sets a course past boulders and over waterfalls. Feel alive and enjoy the ride.

Lost Waterfall Hike

Boquete

38USD

Discover three stunning waterfalls on this hike through the cloud forest. Trek through dense flora while keeping an eye out for local wildlife, before reaching the waterfalls for a refreshing swim. Dive in!

Boquete Cycling

Boquete

35km

Set off on a full day of cycling through the highlands around Boquete. Cycle along some paved and some gravel roads through highland forest past cattle farms and green hills along local roads. This day is all about enjoying the fresh mountain air of the Panamanian countryside, so take a deep inhalation and enjoy.

Coffee Plantation Tour

Boquete

30USD

Head out into the hills to visit one of the many coffee plantations in the region. Learn about the production process and have a sample or two of the locally-grown "café" while taking in the beautiful scenery.

Day 10

Boquete/Valle de Antón

Be enveloped by Panama's inland scenery today while the group travels from Boquete to Valle de Anton. Located in the middle of the crater of an inactive volcano, this quaint town is rich in green, fertile land, biodiversity, and full of adventure waiting for you. Arrive later in the day, get settled in the hostel, and perhaps go out for dinner with the group and cheers to a successful travel day.



Accommodation

Hotel Don Pepe (or similar)

Hotel



Today's Activities

Private Vehicle

Boquete - David

1h

49km

Settle in and scan the scenery from the convenience of a private vehicle.

Local Bus

David - Las Uvas

6h

371km

Climb aboard, grab a seat, and enjoy the ride.

Local Bus

Las Uvas - Valle de Antón

2h

30km

Climb aboard, grab a seat, and enjoy the ride.

Valle de Anton is an ideal destination for travellers looking to hike, zipline, cycle, or soak in hot springs. If you're feeling really adventurous, opt to try the 30km (18.6 mile) Ruta de la Caldera, or choose one of its sections, the most iconic being El Gaital which reaches over 1,000 metres (3,281 ft) above sea level. You could also rent bikes and cycle around the town, or visit the Pozos Termales to soothe those muscles from yesterday's long bus rides. It's your time to enjoy the great outdoors, laugh with your travel family, and soak up the cool weather as you search for wildlife on your own. As always, there will be the option to join together with the group for dinner in the evening at a hip, local spot, and dish out stories about how you spent your free day here.



Accommodation

Hotel Don Pepe (or similar)

Hotel



Today's Activities

Free Time

Valle de Antón

Today is all yours to enjoy the charming atmosphere of Valle de Anton. From ziplining to hot springs, and hiking along the caldera, to cycling, there's no time to be bored. Search for wildlife in the forest, and walk around town to admire the gardens. Choose to be as active or relaxed as you need at this point in your adventure.



Optional Activities - Day 11

Cerro Gaital Hike

Valle de Antón

3h-4h

7-8km

Hike through the lush tropical forests of Panama to the peak of Cerro Gaital. A relatively challenging, but rewarding trek that takes you to the top of the mountain with beautiful panoramic views of the surrounding area. The loop trail is 4.6 miles total.

Valle de Anton Hot Springs

Valle de Antón

Choose to enjoy a soak and relax in the area's hot springs. Perhaps, put some mud on your face and exfoliate those pores.

If you wish, enjoy a morning to sleep in before travelling by public bus to Panama City. Download those podcasts and playlists to enjoy along the way. Arrive in the late afternoon and join your CEO for an orientation walk to discover the main attractions like Casco Viejo, Plaza de la Independencia, and the Panama Cathedral. Then, enjoy free time in the evening to take a more in-depth city tour, stroll or bike along the Amador Causeway, the city's scenic boardwalk, or relax at your accommodation. Tonight is the perfect opportunity to enjoy the nightlife atmosphere of Panama's capital.



Accommodation

Hotel Toscana Inn (or similar)

Hotel



Today's Activities

Local Bus

Valle de Antón - Panama City

3h

127km

Enjoy travelling like the locals on a public bus between Valle de Anton and Panama City. Stop along the way to grab some lunch on your own.

Panama City CEO-led Orientation Walk

Panama City

1h

Panama City is much more than the country's capital. Enjoy the important sites of the old square as your CEO helps you become familiar with your newest destination. Some of the tallest skyscrapers in Latin America can be found here. It's where historical culture and bustling city life meet. Enjoy the breeze coming from off the Pacific and get a sense of the city's modern atmosphere.

Free Time

Panama City

The evening is yours to make of it what you wish. From walks along the scenic boardwalk, to exploring the old town, and finding a delicious local spot to grab dinner, the vibes here fit everyone's mood.

Day 13

Panama City

Panama City has plenty to offer travellers. From walking along the Bay of Panama, to visiting the Metropolitan Natural Park's nature sanctuary in the middle of the city. If you're feeling up to it, you could even arrange a visit to the iconic Panama Canal about an hour outside the city. From great food to loads of archaeological sites and colonial history, there's loads to experience and check out. Enjoy yourself on this full free day in the vibrant atmosphere of the city before you go off the grid to the San Blas Islands.



Accommodation

Hotel Toscana Inn (or similar)

Hotel



Optional Activities - Day 13

The Shaping of Panama and Miraflores Locks Excursion

Panama City

Discover more of the famous canal and the city it shaped on this tour. Check out the exhibitions at the Miraflores Locks Observation Centre and, with some luck, see ships making their way through the locks' chambers. Explore the historical French Quarter and the ruins of Old Panama - a UNESCO World Heritage Site - and learn about the region's intriguing past complete with pirate tales.

Panama Canal Visit

Panama City

25USD

2h-3h

Visit the Panama Canal, including the Miraflores Locks and on-site museum. The Panama Canal is considered to be one of the greatest engineering wonders of the world. It extends 77km (48 mi) over a series of lakes and locks and connects the Atlantic (via the Caribbean Sea) to the Pacific Ocean. Discover the dramatic history of its construction, beginning with the French in the late 1800's, the official completion by the US in 1914, and what's happened since. Witness a freighter, sailboat, or maybe even a submarine, transit through a lock. It's an experience not to be missed.

Metropolitan Natural Park Visit

Panama City

Visit Metropolitan Natural Park, a 573-acre nature sanctuary in the heart of Panama City. It is the city's only wildlife preserve, and the only tropical forest to serve as a public recreational park for a city. Home to 227 bird species, 45 mammals, 36 kinds of snakes, and 14 kinds of amphibians, there will be plenty of opportunities to spot wildlife as you walk through. Considered a guided tour to learn about the flora and fauna or hike along one of the trails on your own. From here you can also head to the top of Cerro Cedro for impressive views of the city below.

It's time to bid farewell to the mainland as the group travels early this morning to catch the ferry to the magical and largely untouched San Blas Islands. The islands are governed by the local Guna indigenous community and the archipelago is made up of 365 islands, of which only 50 are inhabited by the Guna community. The islands' well-protected natural beauty make them a top destination to experience while in Panama, especially before word gets out about this wonderful paradise. Arrive to the community of Carti and pay a visit to the chief at their local Congress House for a brief welcome. Then, continue by boat to Asseryaladub Island, where you will have free time to relax on the beach and explore the underwater world of snorkelling. Gather round with the group after an included dinner this evening and listen to stories about Guna culture for a truly unique introduction to the San Blas Islands.



Meals included

Lunch | Dinner



Today's Activities

Private Vehicle

Panama City - Guna Yala

2h30m

113km

Settle in and scan the scenery from the convenience of a private vehicle.

Ferry

Guna Yala - San Blas Islands

1h

Get to the next spot on your route aboard a convenient and efficient ferry boat.

Free Time

San Blas Islands

Get settled on Asseryaladub Island, one of the more popular of the San Blas. Live those 'marooned on a deserted island' fantasies and relax in the tranquility of island life. Lounge on the beach, swim in the warm water, and choose to grab a snorkel to check out the abundance of fish beneath the surface. If you're looking for a reset, the laid-back atmosphere will not disappoint.

Remember, a trip to the San Blas Islands won't look like an island experience you've had before. So embrace the local customs and cuisine, and keep in mind there's no internet access. You will be completely unplugged for a few days. It's paradise without the everyday creature comforts, and you'll be surprised by how much you enjoy the simple things in life. After breakfast visit a natural pool and check out the starfish lounging beneath the surface. Then, visit another island for a slight change of scenery. Relax more on the beach here, play some games in the water with your travel pals and go snorkeling. Arrive back to Asseryaladub Island and your cozy huts there for more free time. Kick back in the common area and take it easy, there's nowhere to be but here.



Meals included

Breakfast | Lunch | Dinner



Accommodation

San Blas (or similar)

Hostel



Today's Activities

Free Time

San Blas Islands

Relax, swim, sunbathe, and snorkel during your full free day among the San Blas Islands. Visit a few other spots like a natural pool with starfish and another smaller island for a slight change in scenery before returning to your home base. Here, chill out with the group or on your own and simply enjoy being in the moment with no pressing concerns to handle or problems to solve. It's the ultimate vacation.

ACTIVITY

An immersive journey into the heart of Gunayala, the first semi-autonomous indigenous territory in Panama. A rare opportunity to move beyond the beach and engage deeply with the community of Carti Sugdub, where you will be welcomed by the local Sayla at the sacred Onmaggged Nega (Congress House). You will discover the secrets of traditional Mola textiles, learn the art of beaded Winis, and hear the powerful history of the Dule Revolution directly from the keepers of the culture.

REDTURI (Red de Turismo Indígena de Panamá) is a dedicated, 100% indigenous-led non-profit organization committed to developing authentic tourism that honors the cultural heritage and autonomy of Panama's original peoples.

Today, learn more about the prevalent traditional practices of the Guna. In the morning travel by boat to the Aguadub Community for a presentation and cultural session highlighting Guna tradition. This includes the art of crafting Molas, a traditional textile made from layers of colored fabric created to form patterns and pictures inspired by their universal beliefs. Listen as a member of the community discusses the significance of beadwork and ancestral medicine shared by a local healer. Return to Asseryaladub with a great appreciation for the indigenous community that calls these islands home and how they are working to protect and preserve its untouched beauty. This afternoon take advantage of free time to swim, snorkel, and maybe play a game of beach volleyball as a group. End the day feeling far more connected to this immensely special place.



Meals included

Breakfast | Lunch | Dinner



Accommodation

San Blas (or similar)

Hostel



Today's Activities

Guna Community Visit

San Blas Islands

2h30m

Experience a cultural session led by the local indigenous Guna community that will highlight their traditional practices. Become familiar with the art of Mola design, learn more about wini beadwork, and listen to stories from a local healer as they describe their ancestral medicine practices. This visit is an ideal way to give thanks to the community and better understand their desires to protect and maintain the solitude and untouched paradise of their beautiful San Blas Islands.

Free Time

San Blas Islands

Enjoy a final free afternoon in the San Blas Islands. Grab a good book and read on a towel in the sand overlooking the inviting turquoise water. Snorkel with the fish, float aimlessly in the ocean under a perfect blue sky, or play a game of beach volleyball with your fellow travellers. Today's only rule is to relax and have fun.

ACTIVITY

An immersive journey into the heart of Gunayala, the first semi-autonomous indigenous territory in Panama. A rare opportunity to move beyond the beach and engage deeply with the community of Carti Sugdub, where you will be welcomed by the local Sayla at the sacred Onmagged Nega (Congress House). You will discover the secrets of traditional Mola textiles, learn the art of beaded Winis, and hear the powerful history of the Dule Revolution directly from the keepers of the culture.

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Day 17

San Blas Islands/Panama City

Spend a leisurely morning on the island and soak up the magical connection you have built by visiting. Then, wave goodbye to the palm trees swaying in the breeze and the small waves crashing in the white sand as you board the boat back to Puerto Carti. From here, travel back to Panama City by private vehicle. Enjoy free time to explore the vibrancy of this city and if you desire, dance the night away with your new close friends. A rooftop bar seems like the perfect vibe for tonight's night out on the town. The choice is all yours.



Meals included

Breakfast | Lunch



Accommodation

Hotel Toscana Inn (or similar)

Hotel



Today's Activities

Free Time

San Blas Islands

Take advantage of a slow morning to fully say goodbye to this stunning tropical paradise. Go for one last swim, take as many photos as you can, and vow to return someday before heading to the ferry.

Water Taxi

San Blas Islands - Guna Yala

30m

Enjoy a public ferry ride through the water from San Blas Islands back to Puerto de Carti.

Private Vehicle

Guna Yala - Panama City

2h30m

113km

Settle in and scan the scenery from the convenience of a private vehicle.

Free Time

Panama City

The evening is yours in Panama City. Find a spot to watch the sunset, maybe grab some dinner at a rooftop restaurant/bar, and commit to dancing the night away with your group that has quickly become like family.

ACTIVITY

Enjoy a night out on the town with your travel friends and truly let your hair down in the fun atmosphere of Panama City.

Day 18

Panama City

Depart at anytime. Or perhaps consider spending a few extra days in the lively Panama City. Before you go, make sure you swap information with your newest travel family because someday maybe you'll meet up in another part of the world.



Today's Activities

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

What's included

- Your G for Good Moment: Local Community Focused Chocolate Experience, Bocas del Toro
- Your G for Good Moment: Kuna Yala Cultural and Natural Immersion, San Blas Islands
- Your First Night Out Moment: Connect With New Friends
- Your Welcome Moment: Meet Your CEO and Group
- Your Big Night Out Moment: Bocas del Toro
- Your Discover Moment: Boquete
- Your Discover Moment: Panama City
- Your Big Night Out Moment: Panama City
- CEO-led Orientation Walk of Puerto Viejo
- Biking in Puerto Viejo
- CEO-led Orientation Walk - Bocas del Toro
- Starfish Beach Visit
- Panama City CEO-led Orientation Walk
- 3-night San Blas Islands Stay supporting the local ingenious community

- Guna Indigenous Community Visit & Presentation
- Island Visits
- Free time for beach, snorkelling, swimming, and lounging
- Free time in Puerto Viejo, Bocas del Toro, Boquete, Valle de Anton, Panama City, & San Blas Islands
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Catch chill waves and beach vibes in Puerto Viejo before crossing into Panama, Swim through starfish-studded waters in Bocas del Toro, Hike hidden trails and chase waterfalls in the misty hills of Boquete, Sleep in a town inside a volcanic crater in lush Valle de Antón, Dance snack and soak up skyline views in buzzing Panama City, Live off-grid for three nights in the stunning San Blas Islands, Learn Guna traditions from local makers and snorkel coral reefs straight from the beach

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Is there a disclaimer I should read before booking this trip?

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Is there a travel disclaimer for my itinerary I should review before booking this trip?

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Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

What important notes should I be aware of before the trip?

Costa Rica will not be allowing anyone to enter the country without proof of a departure ticket (bus, airplane, boat, etc.). If you are travelling through a few countries in Central America, you will need to show proof of your itinerary and a departure ticket from your last destination. Please print the itinerary and voucher and bring it with you.

Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour.

What is the group leader like?

All G Adventures group trips are accompanied by one of our group leaders, a G Adventures representative, or an expedition team. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

How large will the group be?

Max 16, Avg. 14.

What meals are included in this trip?

3 breakfasts, 4 lunches, 3 dinners

What are the meals like on this trip?

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. The above information applies to G Adventures group trips. Please refer to the meals included and budget information for included meals and meal budgets.

What are the modes of transportation on my trip?

Public bus, walking, private vehicle, ferry, boat

Is there an extra cost for travelling solo?

We believe solo travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and solo travellers on these itineraries must pay the single trip price.

Where will we stay during the trip?

Hostels (8 nts, multi-share), Hotels/Guesthouse (6 nts), Basic Island Huts (3 nts, multi-share).

What kind of accommodation can I expect on this trip?

Accommodation will be varied throughout your adventure. Some nights on this tour will be multi-share. This may involve 4-6 group members sharing and even (on rare occasions) dormitory-style rooms for the whole group. The majority of accommodation will have shared bathroom facilities.

Where we use multi-share hostels, rooming requests of any kind cannot be taken. For private accommodation please see tours in our Classic Travel Style.

Please note your accommodations while in the San Blas Islands will be very basic and multi-share. Remember, this allows you to experience the authentic nature of the islands while supporting the local indigenous community's efforts in keeping it as undeveloped as possible while still allowing visitors to enjoy the pristine beauty found here.

What are the joining instructions?

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

If you would like to book an airport Arrival transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Who should I contact in case of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Operator (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

EMERGENCY CONTACT NUMBERS

G Adventures Office San Jose, Costa Rica

During Office hours (Weekdays 9am-5pm Local Time): +506 4001 8474

After hours emergency number: +51 997 582 712

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What information should I be aware of as the itinerary draws to a close?

If you would like to book an airport Departure transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

Are there any additional packing suggestions I should consider?

We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items. Space is limited on transportation, so there is a limit of one main piece of luggage per person. You will be responsible for carrying and handling your own luggage.

What should be on my packing list?

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

Warm Weather:

- Sandals/flip-flops
- Sturdy water shoes/sandals
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sun hat/bandana
- Swimwear

When can I do my laundry on this trip?

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

What are the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

What should I consider when planning my personal expenses and discretionary spending for this itinerary?

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

What should I know about currency, credit cards, and exchanging money while on this tour?

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will actually work in Latin America. Check with your bank. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. Do not rely on credit or debit cards as your only source of money. A combination of US dollars cash and cards is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

CURRENCY EXCHANGE TIP: Please be advised that slightly torn notes, notes that have been heavily marked or are faded may be difficult to exchange. It is best to bring notes in fairly good condition, in denominations lower than 100USD (or equivalent).

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com

How much emergency money should I bring on this trip?

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Should I be tipping on my trip?

It is customary in Latin America to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is an expected - though not compulsory - component of your tour program and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. Recommendations for tipping drivers and local guides would range from \$5-10 USD per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

Tipping of your G Adventures Chief Experience Officer is very much appreciated. The amount is entirely a personal preference; however as a guideline \$7- 10 USD per person, per day is our recommendation in the region. However, if you felt your CEO did an especially outstanding job, any additional amount will always be welcome.

What activities are optional on this trip?

Puerto Viejo de Talamanca

- Bike Rental (9USD per person)
- Surf Lesson (65USD per person)

Bocas del Toro

- Bioluminescence Tour (25USD per person)
- Bike Rental (5-10USD per person)
- Sunset Snorkelling Tour (25USD per person)

Boquete

- Whitewater Rafting (65USD per person)
- Horseback Riding (40USD per person)
- Hiking (40-85USD per person)
- Lost Waterfall Hike (38USD per person)
- Coffee Plantation Tour (30USD per person)
- Boquete Cycling

Valle de Antón

- Cerro Gaital Hike
- Valle de Anton Hot Springs

Panama City

- The Shaping of Panama and Miraflores Locks Excursion
- Panama Canal Visit (25USD per person)
- Metropolitan Natural Park Visit

Are there any health considerations I should know before travelling?

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

What do I need to know to about safety and security on my trip?

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (CEO) will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your CEO will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards), have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter and in particular the local people who make the world the special place it is. The exploitation of people in the sex trade is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

Is travel insurance required for my trip?

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

How can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to \$100 USD)*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

Does G Adventures have an email newsletter I can subscribe to?

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

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