

Coiba Kayak & Surf Adventure, Panama

Day 1

Be greeted as you exit the gate by a personal driver holding a sign with your name. Be escorted to a beautiful B&B nestled in the hills of Cerro Ancon, overlooking Panama City. A refuge in the city, you will be able to enjoy amazing views.



Day 2 (B, D Included)

Start your day with a hearty and fresh breakfast on the balcony of your hotel. Watch birds, capybaras, squirrels, and playful tamarin monkeys feeding on bananas that join you on the balcony also enjoying a mid-morning meal. Soon you will be picked up and driven to Santa Catalina, farther south on the coast of Panama. Settle into your tiki hut accommodations and get oriented with the village. You may even have time for your first dip into the surf before you enjoy the included dinner.

Day 3 (B, L, D & Snacks Included)

Ideal to get you introduced to Panamanian surfing, ride the waves on Playa Estero. Forgiving waves and the sand bottom make this beach ideal for learners, as well as a playground for those looking to improve their surfing skills. Take in the beauty of Santa Catalina as you rest and enjoy meals and snacks provided. Spend this night again overlooking the beach from your tiki hut.

Day 4 (B, L, D & Snacks Included)

Explore the point breaks in and around Santa Catalina as you gain more instruction and more skills surfing. Break the day up by taking out a sea kayak and exploring the coast. Leisure on your hammocks or stroll to town and meet some of the locals. Sleep below the stars in your hut.

Day 5 (B, L, D & Snacks Included)

Catch the early morning surf session before departing Santa Catalina by boat with a local captain. Travel 90 minutes along the Pacific Coast to Isla Coiba. Register at the ANAM Station and tour the Natural History Museum. After familiarizing yourself with the kayaks and equipment, take a short paddle to a secluded bay to set up the base camp. Snorkel right from the beach to see rays, sharks, turtles and puffer fish. The camp is often visited by capuchin monkeys, herons, kingfishers and lovely hummingbirds. Finish the day with a tasty meal, a beach-side fire and explore the unimpeded night sky.

Day 6 (B, L, D & Snacks Included)

After a hearty breakfast, set out for a day of paddling. Kayak past a swamp mangrove, before stopping in to explore Mango Beach. Start by beach combing for hidden treasures and enjoy visits from howler monkeys, black hawks and osprey. On your next stop to Isla Granito de Oro, snorkel amongst the diverse species. Finish the day with a paddle back to camp and a well deserved meal and hammock surfing before exploring the night sky.



Day 7(B, L, D & Snacks Included)

Spend another day in paradise with Coiba as your natural playground. Indulge in a little fishing off your sea kayak, another snorkel or a hike through the amazing flora of the jungle. Relax on the beach, and soak in the pristine environment. Enjoy a final spectacular fireside dinner and camping under the night sky.

Day 8 (B, L Included)

After breakfast and breaking camp, embark on a morning paddle and/or snorkel, then paddle back to the ANAM Station. After lunch, hike one of the beautiful trails in search of birds and other wildlife. Get the chance to see Tito, a resident crocodile, and to see explore his home. Return back to Santa Catalina by boat in time for a late afternoon siesta before a transfer returning you to Panama City. Be welcomed back to your bed and breakfast, relax.



Day 9 (B Included)

Enjoy your hearty, home cooked breakfast alongside the monkeys on the balcony. Take in the sites and take a morning trek, only about 20 minutes, to the top of Cerro Ancon where you will get a 360° view of Panama City and the Miraflores and Pedro Miguel Locks. On your walk around Cerro Ancon, in the thick and unspoiled vegetation, encounter monkeys, exotic birds, deer, sloths and many other kinds of animals unique to this area. At 1:00pm, start off on your tour to see the highlights of Panama City. Visit Panama Canal's Miraflores Locks, then Casco Viejo (UNESCO Heritage Site) where you can see Panama's colonial section, home of the Herrera Plaza, the French Plaza, the Cathedral Plaza, and other historic sites. Your tour includes a visit to the Amador Causeway with its stunning views of the city from across the bay. Note a restaurant along the way that you may revisit for dinner, and return to rest among the hills overlooking the city.

Day 10 (B Included)

Wake up refreshed and enjoy any time you have before your flight. Sneak in a visit back to town or take in the natural beauty surrounding your rooms. Enjoy an easy transfer back to Tocumen International Airport before you return home with unforgettable memories.

This trips costs: \$1499 plus applicable taxes based on double occupancy

The trip includes: equipment, transportation, instruction, and guide fees in Santa Catalina and Coiba, all accommodations, most meals (listed by day), transfers to and from Tocumen International Airport, transportation between Santa Catalina and Panama City, half-day city and canal tour in Panama City

The trip does not include: international airfare, any tourist fees, additional activities or meals, gratuities for guides
