



Tours for Girl Scouts®










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PASSAGE THROUGH PANAMA

8 days | Panama

Completed in 1914, the Panama Canal revolutionized international trade by bridging the Atlantic and Pacific oceans between the Americas. But there is so much more to this isthmus nation, as you will discover on your in-depth expedition. Explore bustling Panama City and meet the local artisans that make the vibrant city their home. Then focus your attention on the exotic wildlife as you come face to face with the variety of birds and animals at Rio Chagres and Soberanía national parks.

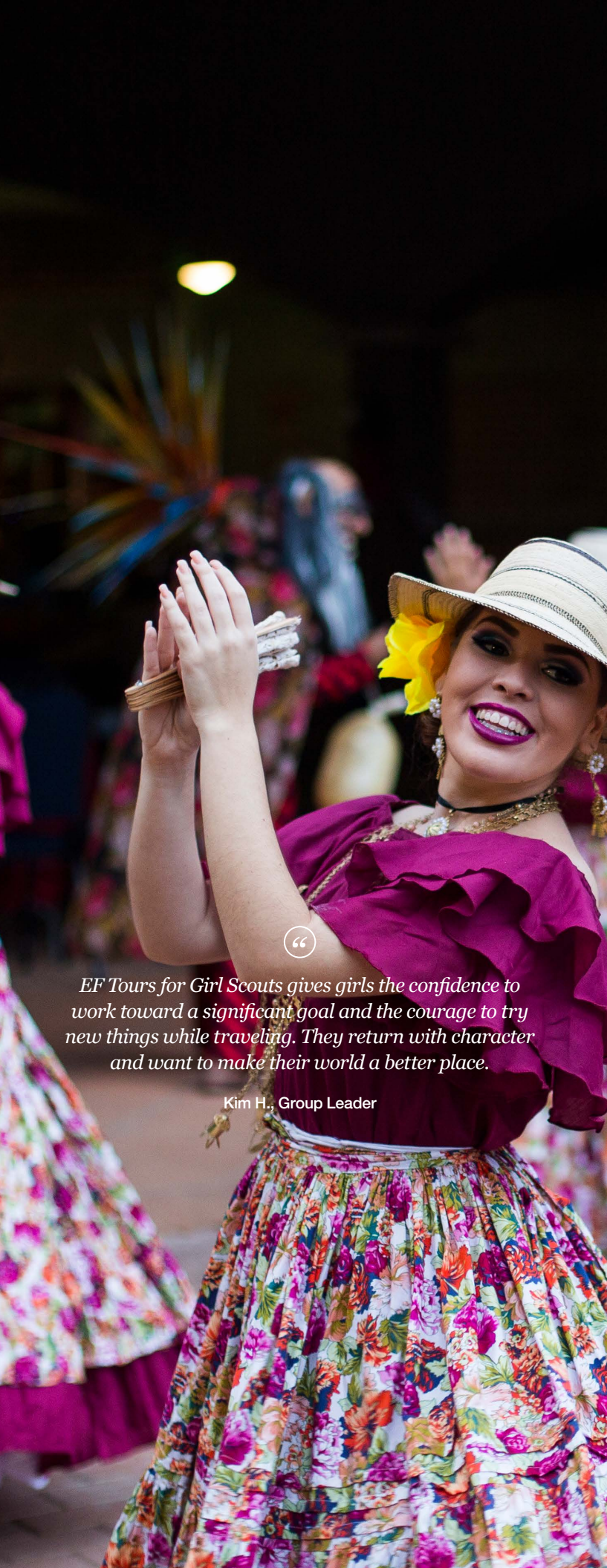
EVERYTHING YOU GET:

-  **Full-time Tour Director**
-  **Entrances:** Panama Viejo Ruins and Museum; Miraflores Locks Visitor Center; El Valle de Antón hiking trails; Biomuseo; Pineapple farm; Folk-lore dance show; Portobelo Ruins; Gatún Lake boat ride; Aerial Tram
-  **Experiential learning:** Local Exchange; Emberá Indigenous Village.
-   **All of the details are covered:** Round-trip flights on major carriers; Comfortable motorcoach; 7 overnight stays in hotels with private bathrooms; breakfast and dinner daily, 2 included lunches.
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Panama City





EF Tours for Girl Scouts gives girls the confidence to work toward a significant goal and the courage to try new things while traveling. They return with character and want to make their world a better place.

Kim H., Group Leader

DAY 1: FLY TO PANAMA

- Meet your Tour Director at the airport in Panama City, where you'll explore Panama's cultural, financial, and political capital; a bustling metropolis nestled between the Pacific Ocean and a tropical rainforest.

DAY 2: PANAMA CITY

- Visit the Panamá Viejo Ruins and Museum
- Take a tour of Panama City. Visit the city's historic district, which dates back to 1519 when Panamá Viejo, or Old Panama, was the first Spanish city founded on the Pacific Coast of the Americas. In 1671, Governor Juan Perez de Guzman set the city on fire before the pirate Henry Morgan could attack and loot it. Remnants are now part of a UNESCO World Heritage Site along with Casco Viejo, which was built on the rubble in the 17th century.
- Visit the seafood market in Cinta Costera.
- Visit the Biomuseo.
- Take some free time on the Amador Causeway to enjoy the Panama City skyline.

DAY 3: PANAMA CITY | EL VALLE DE ANTÓN

- Travel on the Panamericana Highway.
- Visit a local pineapple farm.
- Explore hiking trails in El Valle de Antón
- Visit La Piedra Pintada rock wall with pre-Columbian stone carvings
- Enjoy a folklore dance show.

DAY 4: PANAMA CITY | GATÚN LAKE

- Take a boat tour of Gatún Lake.
 - Visit Monkey Island
- Visit Metropolitan National Park

DAY 5: PANAMA CITY

- Participate in a local exchange in Panama City.
- Visit the Panama Canal Administration building.
- Visit the Miraflores Locks Visitor Center and take an in-depth look at the Panama Canal, one of the most influential engineering projects ever undertaken and one of the seven wonders of the modern world. Completed by the United States in 1914, the 51-mile canal not only revolutionized international trade by bridging the Atlantic and Pacific oceans, it also signaled America's emergence as a global superpower. Learn about this modern marvel—including how 22,000 workers lost their lives during its 34-year construction—and see it in action at its Pacific entrance. You'll also learn about the canal's future, including the \$5.2 billion expansion plan put in place after Panama assumed control of the waterway in 1999.
- Return to Panama City via Ancon Hill.

DAY 6: PANAMA CITY

- Visit Rio Chagres National Park. Located just 30 minutes outside of Panama City, this National Park was established in 1985 to protect the Rio Chagres watershed, the primary source of water for the Panama Canal.
- Enjoy a canoe ride on the Rio Chagres, home to otters, caimans, and crocodiles, as you make your way to the upper reaches of Lake Alajuela.
- Visit an Emberá Indigenous Village. Learn about the culture and customs of the Emberá people during your visit to a village on the banks of Lake Alajuela in Chagres National Park. Discover the Emberá's traditional dances and music, as well as their knowledge of local plants.

DAY 7: PANAMA CITY | COLON

- Travel to Colon
- Go snorkeling
- Visit the Portobelo Ruins.

DAY 8: DEPART FOR HOME

Itinerary subject to change. For complete financial and registration details, please refer to the Booking Conditions.

**TOP THREE THINGS I WILL SEE, DO, TRY OR EXPLORE**

1. _____
2. _____
3. _____

The easiest ways to
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**THE WORLD LEADER IN
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Your troop/council has partnered with EF because of our unmatched experience and worldwide presence, as well as our commitment to providing girls with life-changing travel opportunities that are immersive and affordable. For 50 years EF has been working toward one global mission: Opening the World Through Education. Together with educators worldwide, we provide experiences that teach critical thinking, problem solving, collaboration, and global competence.

- **We always offer the lowest prices guaranteed** so more girls can travel.
- **All of our educational itineraries feature experiential learning activities** and visits to the best sites.
- **We're completely committed to your safety.** We have 500 schools and offices in over 50 countries around the world, so local EF staff members can react quickly and in person wherever you travel.
- **Your full-time Tour Director** is with your group every step of the way on tour, providing insight about your destinations as well as great local tips.

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