



EDUCATIONAL
TOURS

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This is also your tour number

DISCOVER PANAMA

8 or 11 days | Panama City | El Valle de Antón | Gatun Lake | Portobelo | Extension to Cartagena, Colombia

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 hike El Valle de Antón. Then focus your attention on the exotic wildlife as you come face to face with the variety of birds and animals on a canoe ride down the Río Chagres and as you explore one of the lush parks that surround the city.

EVERYTHING YOU GET:

-  **Full-time Tour Director**
-  **Sightseeing:** 1 sightseeing tour led by your Tour Director (2 with extension); 1 sightseeing tour led by a licensed local guide with extension
-  **Entrances:** Panamá Viejo ruins and museum; Biomuseo; pineapple farm; El Valle de Antón hiking trails; folklore dance show; park visit and hike; Gatun Lake boat ride; local exchange; Miraflores Visitor Center; Emberá Indigenous village; snorkeling adventure; with extension: Convento de la Popa; San Felipe de Barajas Castle; Barú Island; dinner experience
-  **Personalized learning guide:** Our personalized learning experience engages students before, during, and after tour, with the option to create a final, reflective project for academic credit.
-  **All of the details are covered:** Round-trip flights on major carriers; comfortable motorcoach; 7 overnight stays in hotels with private bathrooms (10 with extension); dinner on arrival day; breakfast and dinner on days 2, 4, and 5 (and days 8-9 with extension); 3 meals daily on days 3, 6, and 7 (and day 10 with extension); breakfast on departure day



Anyone can see the world.

YOU'RE GOING TO EXPERIENCE IT.

As you can see, your EF tour includes visits to the places you've learned about in school. That's a given. But it's so much more than that. Immersing yourself in new cultures—surrounded by the people, the language, the food, the way of life—creates inspirational moments that can't be listed in an itinerary. They can only be experienced.

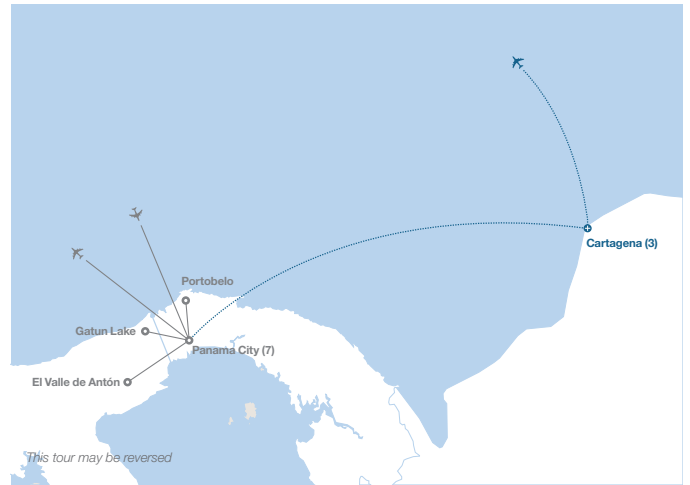
And the experience begins long before you get your passport stamped and meet your Tour Director in your arrival city. It begins the moment you decide to go. Whether it's connecting with other travelers on Facebook, Twitter, or Instagram, or delving deeper into your destinations with our personalized learning experience, the excitement will hit you long before you pack your suitcase.

When your group arrives abroad, everything is taken care of so you can relax and enjoy the experience. Your full-time Tour Director is with your group around the clock, handling local transportation, hotels, and meals while also providing their own insight into the local history and culture. Expert local guides will lead your group on sightseeing tours, providing detailed views on history, art, architecture, or anything you may have a question about.

When your journey is over and you're unpacking your suitcase at home, you'll realize the benefits of your life-changing experience do not end. They have just begun.

@EFtours I attribute my college semester abroad to the love for travel I discovered on an EF Tour in high school #traveltuesday

– MELISSA, TRAVELER



Portobelo ruins



Biomuseo



CHECK OUT WHAT A TOUR IS ALL ABOUT

Watch the videos at eftours.com/

Your teacher's Tour Website

What you'll experience on your tour

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. Admire the residence of Panama's president before browsing an arts and crafts market.
- 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 Pan-American Highway to El Valle de Antón.
- Visit a local pineapple farm.
- Explore hiking trails in El Valle de Antón.
- Enjoy a folklore dance show.

Day 4: Panama City | Gatun Lake

- Enjoy a hike in one of the parks that surround Panama City.
- Take a boat ride on Gatun Lake and around Monkey Island, home to a wide variety of monkey species.

Day 5: Panama City

- Participate in a local exchange in Panama City.
- Stop for a photo of the Panama Canal Administration Building.
- Visit the Miraflores 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.
- Travel to your hotel via Ancon Hill.

Day 6: Panama City

- Visit Chagres National Park. Located just 30 minutes outside of Panama City, this national park was established in 1985 to protect the Río Chagres watershed, the primary source of water for the Panama Canal.
- Enjoy a canoe ride on the Río Chagres, home to otters, caimans, and crocodiles, as you make your way to the upper reaches of Lake Alajuela.
- Learn about the culture and customs of the Indigenous Emberá people during your visit to an Emberá 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 | Portobelo

- Experience a snorkeling adventure.
- Visit the Portobelo Ruins.


Day 8: Depart for home

📍 3-DAY TOUR EXTENSION

Day 8: Panama City | Cartagena

- Fly to Cartagena, Colombia.
- Take a walking tour of Cartagena.

Day 9: Cartagena

- Take a guided tour of historic Cartagena. Visit the Convento de la Popa and San Felipe de Barajas Castle with an expert local guide.
- Explore on your own or  participate in an authentic Colombian cooking class.

Day 10: Cartagena | Barú Island

- Take a day trip to the beach at Barú Island.
- Relax and reflect with your fellow travelers, and enjoy lunch on the beach.
- Enjoy a dinner experience that includes traditional music or dancing.

Day 11: Depart for home

Words cannot express how wonderful our tour was! Total professionalism, complete consideration of safety, immersion in all aspects of culture and language, students' best interests taken into account at every turn.

– CHRISTY, GROUP LEADER

 Tour review

This tour was amazing, everything we saw was beautiful, it was a very good learning experience as well and definitely worth it.

– ELENA, TRAVELER

 Tour review

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

1. _____
2. _____
3. _____

— The easiest ways to —
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EF Educational Tours
Two Education Circle
Cambridge, MA 02141

My daughter has gained such an amazing view of the world and history from this experience. She has not stopped talking since I picked her up at the airport. Thank you for all the organization, helpful hints, flexible payment plan, and knowledgeable tour guides.

—CHARLOTTE, PARENT OF TRAVELER

“ Tour review

THE WORLD LEADER IN INTERNATIONAL EDUCATION

For over 55 years, EF has been working toward one global mission: *Opening the World Through Education*. Your teacher has partnered with EF because of our unmatched worldwide presence, our focus on affordability, and our commitment to providing experiences that teach critical thinking, problem solving, collaboration, and global competence. What's more:

- **We always offer the lowest prices** so more students can travel.
- **We're fully accredited, just like your school**, so you can earn credit while on tour.
- **All of our educational tours feature experiential learning activities** and visits to the best sites.
- **We're completely committed to your safety.** We have more than 600 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.

