



## PANAMA SEA KAYAKING ADVENTURE

### 8-Day San Blas Kayaking and Cultural Experience

#### START OF YOUR ITINERARY

DESCRIPTION/ACTIVITY	LODGING & MEALS
<b>DAY 1. A REP WILL MEET YOU AT PTY AIRPORT</b>	
<p>Today is designated as your International Travel Day. A Sea Kayaking Costa Rica Representative will greet you at the international airport and take you to your hotel. Upon your arrival, you'll have the chance to relax and unwind from your international travels. You will meet your guide in the late afternoon or early evening, taking you to a nice restaurant for a local dish and the trip briefing.</p>	<p><b>Radisson Panama Canal Hotel (or similar)</b></p> <p>No meals included on this day</p>
<b>DAY 2. SEA KAYAKING ORIENTATION AND PADDLE</b>	
<p>Right after breakfast, we'll leave the city early this morning and cross the Continental Divide to San Blas (a 2.5-hour drive). You are now in the Kuna people's semi-autonomous territory; the location's remoteness and authentic culture will give you the feel of a National Geographic expedition. From there, we will hop into our support boat for a drive to our first island. For the remainder of the day, you will become familiarized with your kayak by paddling along the rainforest mainland, and we may enter a cute little river if time and water level allow. This way, we get the opportunity to test and adjust our boats and make sure we feel comfortable before committing to any long stretches of paddling in the coming days. Later in the afternoon, we'll walk</p>	<p><b>Digirdup Island Tent Camping</b></p> <p>Meals included: Breakfast, Lunch &amp; Dinner</p>



into the Kuna village to introduce ourselves to their culture and meet the women who will show their traditional outfits called 'Molas.' During our walk, we'll be greeted by the many cute, ever-smiling Kuna kids. In the evening, we'll have our first Kuna dish where. After, they'll perform a local dance in the moonlight. Surely, you'll all be ready for our first night's sleep in your cozy tents.

### DAY 3. CROSSING TO REACH DIADUP ISLAND

This morning, after packing our camp, we begin a 4-5-hour paddle to the uninhabited island of Diadup. The paddling includes two open-channel crossings. Our motorized support boat will carry our dry bags (luggage) and camping equipment, so our kayaks will be light and maneuverable. Additionally, our support boat can assist paddlers in need or if tired. We'll stop on a lovely island somewhere along the way for lunch and continue to today's destination: a marvelous little island with just a local family living on it. The afternoon will be spent leisurely, relaxing in your hammock or playing in the ocean. We provide a hammock for each of the participants.

#### **Diadup Island Tent Camping**

Meals included:  
Breakfast, Lunch &  
Dinner

### DAY 4. PADDLE ALONG CAYS TO REACH SICHIRDUP ISLAND

Today, we break camp and paddle along sand cays and across open channels to the magical, uninhabited white sand island of Sichirdup. This small island will be our home for the next two nights. The coral reef surrounding the island offers fantastic snorkeling opportunities. Be sure to bring your snorkel and mask! (We have masks and snorkels available; however, we encourage you to bring your own.)

#### **Sichirdup Island Tent Camping**

Meals included:  
Breakfast, Lunch &  
Dinner

### DAY 5. LAYOVER AT SICHIRDUP ISLAND

Layovers are great!! This morning sleep-in, you do not need to pack your tent and your belongings; instead, relax! In mid-morning, we will take a day trip to the nearby mainland, where we will paddle our kayaks upstream through the gentle Rio

#### **Sichirdup Island Tent Camping**

Meals included:



Paloma, looking for wildlife and the best swimming holes. This is a wonderful opportunity to bathe in the fresh, clean river water. Once we can't paddle any further upstream, we will continue our exploration on foot on the trails parallel to the river. On our way back, we will stop for a picnic lunch at the river's shore! After lunch, we'll paddle back to Sichirdup for an afternoon snorkeling session along the 'wall,' a drop outside the reef offering spectacular marine life sightings!

Breakfast, Lunch & Dinner

### DAY 6. ANOTHER STRETCH OF AMAZING KAYAKING

Today, we set off on another fantastic stretch of tropical sea kayaking to reach the amazing Island of Bidirdup. The 3-4-hour paddle necessary to get there will have us initially island hopping and eventually making one open crossing. Bidirdup is a small island with the acreage of a football field and only one native family as inhabitants and caretakers of the island, so the fine white sands, turquoise water, and picture-perfect setting will likely be yours and yours alone during your visit. Great snorkeling here too!

**Bidirdup  
Tent Camping**

Meals included:  
Breakfast, Lunch & Dinner

### DAY 7 MOTORBOAT & DRIVE BACK TO THE BIG CITY

Early in the morning, we will leave our kayaks and hop on a motorboat to the road access to meet our comfortable 4x4 vehicle. This vehicle will drive us back to Civilization (a.k.a. Panama City), where we should arrive by midafternoon. Once we get to your hotel, you will check in.

In the late afternoon, you will take a brief guided tour of the old City of Casco Viejo and enjoy one last dinner with your fellow paddlers and guide.

**Radisson Panama  
Canal Hotel (or similar)**

Meals included:  
Breakfast & Dinner

### DAY 8. DEPARTURE DAY

All good things must come to an end, and this day, we have arranged for your transportation to the international airport in Panama City to catch your flight home. You will leave Panama with a new understanding of the tropics and with a unique insight into the simple lifestyle and worldview of the Kuna

**N/A**

Meals included:  
Breakfast



People. To you, we say "nu-edi," or thank you, in the Kuna language.

## END OF YOUR ITINERARY

- Pick-up times and other details confirmed by guide upon arrival briefing -

Our **Panama Sea Kayaking Adventure 8-Day San Blas Kayaking and Cultural Experience** is priced at **US\$ 3099** per person (based on double occupancy)

These prices include all taxes and fees. If you are a single traveler or prefer not to share accommodation, a single supplement fee of USD 250 is charged with the final balance. For bookings, please be sure to contact our office. This way, we can check availability,

### Included in Trip Cost

- Bilingual Sea Kayaking Guide
- Kuna Sea Kayaking Guide
- Local support staff, including professional cooks preparing meals on location
- Support boat with licensed captain and mariner
- All transportation from arrival on day 1 through departure from Panama City on day 8
- Two nights hotel in Panama City
- 5 nights camping in Kuna Yala
- Meals as outlined in the itinerary
- All activities and equipment as outlined in the itinerary
- All transportation from arrival on day 1 through departure from Panama City on day 8
- Detailed Packing List
- Sea Kayaking Costa Rica provides wine at select meals

### Not Included in Your Trip Cost

- International flights to and from Panama
- Single supplement (\$250)
- Insurance of any kind, including travel or mandatory medical evacuation insurance
- Alcohol (except wine at select meals) and personal items (an equipment list will be provided)
- Guide gratuities – the standard is 10-15%, and the trip leader will gladly distribute this amongst the support staff
- Sleeping pads

**Reservations** A down payment is required at the time of reservation. We charge a down payment of \$500 per person and the balance **45 days** prior to your arrival date. We accept all major Credit Cards, International Bank Wire Transfers, and *PayPal* payments. **Once a participant is ready to submit their payment, they can contact us directly so we can send them a secure payment link.**



**SEA KAYAKING  
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We offer a 5% discount for bank wire payments. If so, we will send you our bank details by email.

Upon receiving your deposit, your booking is secured. You will receive a booking confirmation email as well as a ***San Blas Panama: Travel Tips & Useful Information (including a suggested packing list) Document***. You also receive a link to our **Survey Form** to complete and submit online.

**Meeting Place & Time:** For travelers arriving on day 1, a Sea Kayaking Costa Rica representative will meet you at the Tocumen Airport in Panama City (PTY) and provide a transfer to our hotel.

**After Your Trip:** On the final day of your trip, you will be transferred to the international airport of PTY 3 hours before your outbound flight departure time. Travelers who wish to continue their journey in Panama can have their transfer to their next destination arranged by Sea Kayaking Costa Rica for an additional cost.

**Pre- and Post-Trip Accommodations:** This trip includes accommodations for seven nights. Please contact our office to book pre- or post-trip accommodations if you plan to arrive early or stay late. We recommend you make reservations well in advance to guarantee lodging.

For information regarding cancellations, please refer to [Sea Kayaking Costa Rica Terms and Conditions](#).

[BACK TO TRIP'S WEBPAGE](#)

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