



nolitours
by transat

Welcome

Καλώς ήρθατε

Bienvenido

Bienvenue

Bem-vindo

Bem-vindo

Welcome

Willkommen

Welkom

Willkommen

Bienvenido

Benvenuto

Hoş geldiniz

Bienvenue

Welkom

Benvenuto

noliDUO

Panama

noliDUO



Costa Blanca & Panama City or Gamboa

PANAMA

You're about to live two unique experiences on one trip: enjoy a relaxing seaside or rainforest getaway combined with a trip to Panama City to experience Panama's Caribbean, yet cosmopolitan vibe, its abundant wildlife, sun-kissed beaches, famous canal and modern capital city. Discover the best of Panama all in a week's time!

Good to know

Be sure to attend the briefing held at the beginning of your trip, as your representative will confirm the meeting point and departure time for your transfer to Panama City, along with destination information. Note that roundtrip transfers are included and accompanied by an English-speaking guide.

Travel documents The date of departure for Panama City will be indicated on your e-ticket.

Baggage Be sure to pack comfortable walking shoes, sunscreen, insect repellent, sunglasses, a hat, camera and cash for souvenir shopping. **Please ensure you have your luggage when departing from the Royal Decameron Golf, Beach Resort & Villas Panama.**

Tipping Tips are at your discretion and are very much appreciated by the cleaning ladies, bellboys, guides and chauffeurs, as well as the waiters and bartenders.

Currency During business hours, money can be exchanged at the local banks. ATM machines can also be found in Panama City.

Transportation If you take a taxi, be sure to agree on the price with the driver before getting into the car. Many hotels display fixed rates between taxi zones for the more popular sites.



About Panama

POPULATION 3,510,000

CURRENCY Balboa (PAB), USD

OFFICIAL LANGUAGE Spanish

LOCAL EXPRESSIONS

Qué sopa? (what's up), chuleta! (oh man), fren (friend), pritty (cool, good)

TRADITIONAL MUSIC

Tamborito



Costa Blanca

Sit back and relax on an endless stretch of white sand on one of Panama's nicest beaches, while enjoying views of Farallon Island and the many services available at the all-inclusive Royal Decameron Golf, Beach Resort & Villas Panama.

Things to see & do

- › Explore the typical fishing village of **FARALLON**
- › Go shopping in the nearby town of **PENONOME**



About Costa Blanca

LOCAL DISHES

SANCOCHO PANAMENO chicken stew

ROPA VIEJA shredded beef in a spicy tomato sauce

CENTOLLO king crab

SEA BASS CEVICHE

LOCAL DRINKS

CHICHA DE ARROZ CON PIÑA rice and pineapple beverage

PIPA young coconut water straight from the coconut

Excursions

The representative will provide details on available excursions during the briefing, as well as suggestions of what to see and do during your stay.

To discover



Panama City & Gamboa

PANAMA CITY Reminiscent of Miami's towering high-rises, Panama City's skyline is the only one of its kind in Central America and boasts must-see structures, like the 932-foot Trump Ocean Club. The capital's colourful Old Town is a myriad of plazas, churches and ruins, some of which date back to the conquistador era.

GAMBOA Home to hundreds of bird species, the town of Gamboa is a bird watcher's paradise surrounded by lush greenery. Its proximity to the rainforest, Panama Canal and Chagres River means easy access to some of Panama's most popular attractions. Fun fact: the Gamboa Rainforest Resort was featured in a scene with Pierce Brosnan in *The Tailor of Panama!*

Things to see & do

- › **ADMIRE THE CAPITAL'S IMPRESSIVE SKYLINE AND ICONIC SKYSCRAPERS** like the twirly Tornillo office building and Trump Ocean Club
- › **CASCO VIEJO (OLD TOWN)** visit Plaza de la Independencia, the Metropolitan Cathedral and the ancient Arco Chato (Flat Arch), as well as other plazas, churches and ruins
- › **CAUSEWAY ISLANDS** jogging and biking along the Amador Causeway to four small manmade islands (Naos, Culebra, Perico and Flamenco)
- › **ANCON HILL** a patch of protected jungle that's home to a variety of animals and offers spectacular views over Panama City, the Miraflores Locks and the Bridge of the Americas from the top
- › **ALBROOK MALL** hundreds of stores for all your shopping needs right outside Panama City
- › **CHAGRES NATIONAL PARK** to experience the daily life and customs of the Embera people
- › **PANAMA CANAL & THE MIRAFLORES VISITORS CENTER** watch transiting ships from the viewing decks



About Panama City

POPULATION 880,000

LOCAL DISHES

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CENTOLLO king crab

SEA BASS CEVICHE

LOCAL DRINKS

CHICHA DE ARROZ CON PIÑA rice and pineapple beverage

PIPA young coconut water straight from the coconut

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