



# The Origin of Panama

## HIGHLIGHTS

PANAMA CITY, CASCO ANTIGUO, BIOMUSEUM



Stroll the streets of Casco Antiguo where the Caribbean essence can be felt in every corner. Small cozy streets, vibrant colors everywhere, warm people, historic buildings, plazas, meaningful experiences, you will find intimate unique places from a traditional old fashioned ice cream shops to exquisite gastronomic experiences. Follow the path of traces left by people from all over the world and enjoy the welcoming Casco Antiguo.

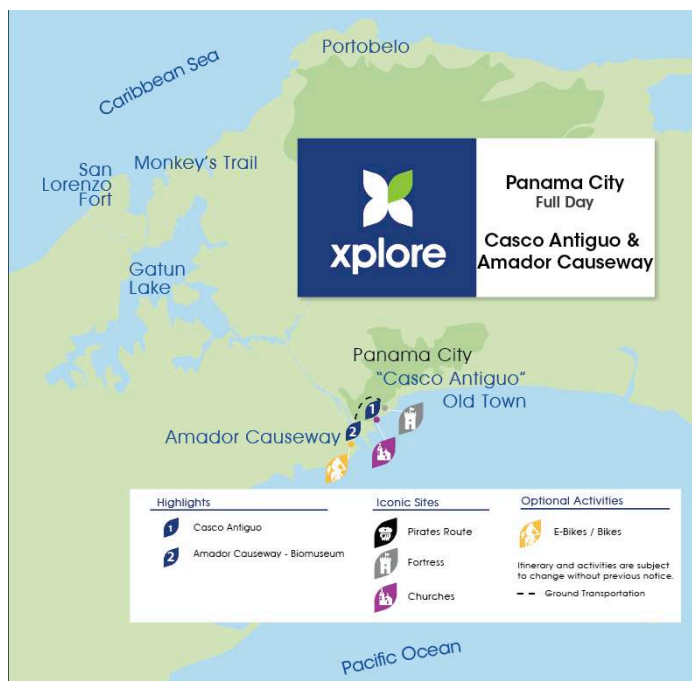


For more information please contact:

Juan Váscquez E. ✉ [jvascquez@xplora.la](mailto:jvascquez@xplora.la) ☎ +507 6200 6521 🌐 [www.xplorapanama.com](http://www.xplorapanama.com)



## Experience Map



## Experience Overview

### 1. **Pick up from Panama City**

*AM pick up from hotel, time will be confirmed 24-hour prior departure*

### 2. **Stroll the streets of Casco Antiguo**

*Sweeping into a mixture of cultures will allow to follow the origin of Panama from different and enriching perspectives. We will stroll the streets of Casco Antiguo accompanied by our host that will guide you out of the ordinary and explore the heart of Panama.*

### 3. **Biomuseum**

*The origin of the isthmus of Panama is impressive from different perspectives: geological, cultural, oceanographic, world climate conditions, biodiversity, sea life among others. Discover how the isthmus changed the world when the north and the south American continents were joined.*

### 4. **Lunch at Amador's Causeway**

*Enjoy a great view while you enjoy gastronomic local delicacies at Mi Ranchito*

### 5. **E-Bikes along the Casco Antiguo**

*Exploring alongside the Pacific Coast on an e-bike ride is a great opportunity to gain insight of the local culture. Feel the breeze of the ocean while you enjoy a peaceful, yet enchanting e-bike ride.*

### 6. **Ground transportation to Hotel**

*The journey will end at Panama City with a ground transportation to your hotel.*

For more information please contact:

Juan Váscónez E. ✉ [jvasconez@xplore.la](mailto:jvasconez@xplore.la) ☎ +507 6200 6521 🌐 [www.xplorepanama.com](http://www.xplorepanama.com)



# The Origin of Panama

## HIGHLIGHTS

PANAMA CITY, CASCO ANTIGUO, BIOMUSEUM

## Experience Brief Description

### 1. **Pick up from Panama City**

*The experience begins with a guided pick up from your hotel in Panama City*



### 2. **Stroll the streets of Casco Antiguo**

*Casco Antiguo is a colorful, charming historical centre thoughtfully settled on a reef to protect the city from pirate invasions. It's location made impossible for ships to anchor or get close by.*

For more information please contact:

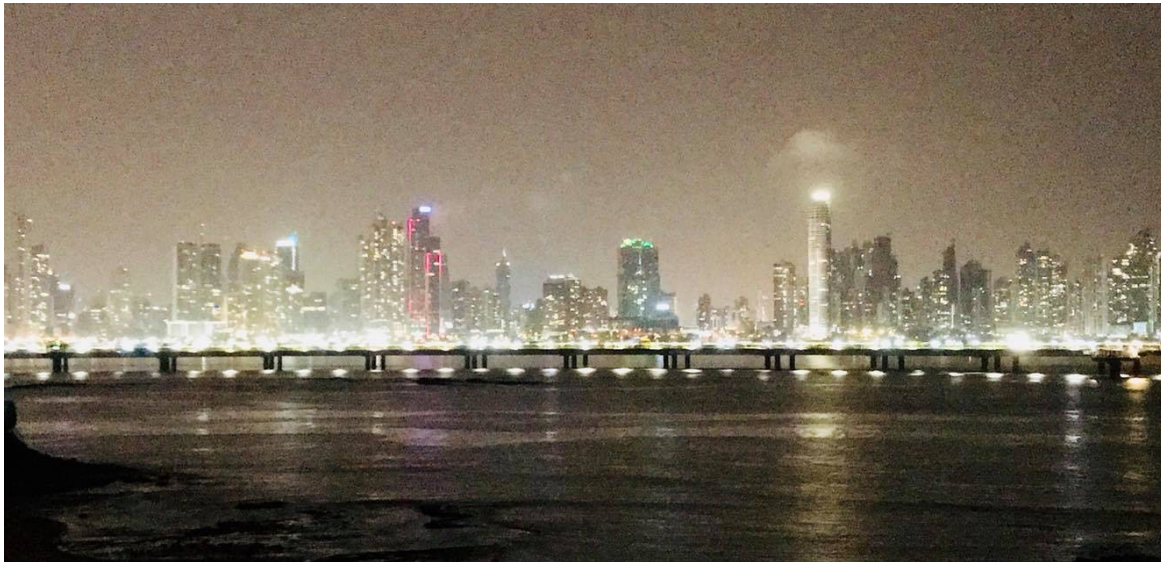
Juan Vásconez E. ✉ [jvasconez@xpire.la](mailto:jvasconez@xpire.la) ☎ +507 6200 6521 🌐 [www.xpirepanama.com](http://www.xpirepanama.com)





*Through history, the isthmus of Panama has become of great relevance for the commercial world trade and in the Casco Antiguo some important agreements took place, for instance the negotiation of the construction of the now famous Panama Canal was signed by Theodore Roosevelt at this historical centre; this document is one of the most important not only for the construction itself, but of what politically implies for the commercial world. Our host will add some interesting details about the story of the treaty.*

*The contrast between the old and the new city is a fascinating scenery.*



### 3. Biomuseum

For more information please contact:

Juan Váscónes E. ✉ [jvasconez@xpire.la](mailto:jvasconez@xpire.la) ☎ +507 6200 6521 🌐 [www.xpirepanama.com](http://www.xpirepanama.com)



*The isthmus of Panama has a gigantic impact on the world biodiversity. Located at Amador's Causeway the Biomuseo was designed by the renowned architect Frank Gehry. It's design tells the story of how Panama rose from the sea.*



*In it's eight galleries the Biomuseum has a permanent exhibition, Panama: Bridge of Life showing Biodiversity and it's relevance for the world, in Panarama you will live an audiovisual experience on a journey through Panama's diverse ecosystems, the tectonic forces of plates are shown while you enter the Building the Bridge gallery. Worlds Collide exhibits the closure of the isthmus which shows huge animal stampedes representing the megafauna that began a unique journey from two different continents. In the human path you will find the story of the first human settlements in Panama.*

For more information please contact:

Juan Váscónes E. ✉ [jvasconez@xplora.la](mailto:jvasconez@xplora.la) ☎ +507 6200 6521 🌐 [www.xplorepanama.com](http://www.xplorepanama.com)





*The Biomuseum is a journey to the origin of Panama in an interactive and unique creative displays.*

**4. Lunch at Amador's Causeway**

*While you enjoy a great view of the bay the lively atmosphere at Mi Ranchito is the perfect spot for a ceviche and fish local delicacies.*

**5. E-Bikes along the Casco Antiguo**



*Head into Causeway Amador, where best top activities and attractions of Panama City are found. This is a road that unites Panama City to the islands of Naos, Perico and Flamenco, an e-bike ride surrounded by the Pacific Ocean is one of the best activities you can enjoy.*

*The lively atmosphere, the great views across the bay will take you to a colorful ride from a differ point of view.*



#### 6. **Transfer back to hotel in Panama City.**

*Bus will pick you up to return to your hotel in Panama City.*

### What's included in this experience

---

#### Includes:

- All ground transportation
- Guided, English or Spanish
- Visit to Biomuseum
- Lunch at a restaurant
- Guided discovery of Casco Antiguo
- E-Bike discovery of Casco Antiguo
- Optional Activities: E-Bikes, walk or bus
- E-Bikes and safety equipment

#### Not Included:

- Not specified services
- Gratuities, laundry or valet services gifts and additional items
- ITBMS taxes 7%
- Alcoholic beverages

Important Note: Itinerary and activities are subject to change without previous notice.

### What to Bring

---

The Essentials:

The Wearables:

The Portables:

For more information please contact:

Juan Váscónez E. ✉ [jvasconez@xplore.la](mailto:jvasconez@xplore.la) ☎ +507 6200 6521 🌐 [www.xplorepanama.com](http://www.xplorepanama.com)





- Passport
- Travel Insurance
- Health insurance information
- Credit/debit cards
- Cash (US Dollars)
- Personal medication
- Sneakers or lightweight shoes, comfortable for walking short distances
- Short-sleeve and/or T-Shirts
- Light raincoat
- Sunglasses (optional: neck strap)
- White-brimmed hat or cap
- Binoculars
- Sun block & lip balm (waterproof + SPF50 or higher)
- Insect Repellent
- Small backpack/Daypack (preferably waterproof)
- Camera / video camera
- Extra memory cards and batteries
- Appliance chargers & adaptors if necessary (plugs in Panama are US-style A&B, 2 flat pins, 110V)
- Journal

## About Experience Highlights

---

### Casco Antiguo



Founded in 1519, Panama City became the starting point of important expeditions, like the one, which led to the conquering of the Inca Empire in Peru. Located between the rainforests and the Pacific Ocean, Panama is a vibrant city, which combines the 17<sup>th</sup> largest sky scrapes line in the world with the colorful warm old colonial city.

### Biomuseum

For more information please contact:

Juan Váscónes E. ✉ [jvasconez@xplora.la](mailto:jvasconez@xplora.la) ☎ +507 6200 6521 🌐 [www.xplorapanama.com](http://www.xplorapanama.com)





This colorful and world-class museum was constructed for celebrating the bridge between two oceans (Pacific and Atlantic) and it's amazing biodiversity. The architect who created the Guggenheim, Frank Gehry is the designer of this magnificent place in accordance to the history and it's relevance of the Isthmus of Panama for the world.

For more information please contact:

Juan Váscónes E. ✉ [jvasconez@xplora.la](mailto:jvasconez@xplora.la) ☎ +507 6200 6521 🌐 [www.xplorepanama.com](http://www.xplorepanama.com)