



PANAMA CANAL

A Taste of Panama

Case Western Reserve University Educational Travel Program

JANUARY 11 - 18, 2023



Explore the natural beauty and rich culture of Panama on this journey through the duality of its tropical and industrial wonders. Become immersed in the biodiverse landscape of the country's beaches, lakes, caves and rainforests on both the Pacific and Caribbean coasts, while also experiencing both sides at the engineering marvel that is the Panama Canal. You'll also go beyond the canal and delve deeper into the country's cultural identity, spending time with an indigenous community and reflecting on the effects of Spanish colonization in the capital's historical districts.

PROGRAM HIGHLIGHTS

- Experience the colorful "Island of Flowers" on the country's Pacific coast, Isla Taboga beach.
- Venture into the hidden spectacle of Lake Bayano Cave and marvel at its centuries-old rock formations and biodiversity.
- Make a partial canal transit, cruising under the Bridge of the Americas and Centenario Bridge and viewing the elaborate lock system in action.
- Kayak on Lake Gatún, a man-made lake 85 feet above sea level.
- Visit Fort San Lorenzo, a colonial park situated on 24,000 acres of the western banks of the Canal.
- Meet members of the indigenous Emberá tribe and learn about their history, traditions, and culture.
- Explore the tropical rainforest of Soberanía National Park and learn about the area's development of tropical biology and horticulture, as well as the many native plant species in its botanical gardens.



CENTENNIAL BRIDGE



SLATY-TAILED TROGON



ISLA TABOGA

ITINERARY

B,L,D = BREAKFAST, LUNCH, DINNER

JANUARY 11 - PANAMA CITY

Upon arrival at Tocumen International Airport in Panama City, meet your driver and transfer approximately 45 minutes to the hotel, having lunch en route. Check-in begins at 3 pm. Attend the program orientation, and then eat dinner at a nearby restaurant. *Overnight at Radisson Panama Canal. (LD)*

JANUARY 12 - PANAMA CITY

Start your day by touring and then having lunch at Isla Taboga beach, a tropical plant paradise on the Pacific side of Panama that has inspired salsa crooners to sing about the beauty of its colorful landscapes. Return to the hotel in the afternoon. Before heading out for dinner at a local restaurant on the causeway, listen to a lecture given by a local expert, "The Panama Canal: Past, Present, and Future." *Overnight at Radisson Panama Canal. (BLD)*



GREAT FRUIT-EATING BATS IN GAMBOA RAINFOREST



CHAGRES RIVER IN GAMBOA RAINFOREST

JANUARY 13 - PANAMA CITY

Embark on a day's journey to explore Lake Bayano Cave and discover rock formations, pools of water, and shafts of light breaking through the opening of the cave to reveal the many bats, frogs, and fish dwelling in its depths. Have lunch at a local restaurant. Return to the hotel in the afternoon and have dinner at a nearby restaurant this evening. *Overnight at Radisson Panama Canal. (BLD)*

JANUARY 14 - COLÓN

After an early breakfast, transfer to Flamenco Marina and board a boat to make a partial canal transit, beginning in the Pacific Ocean and heading north. One of the first observations you'll pass is the Bridge of the Americas. Part of the Pan-American Highway, the bridge is a 30,000-mile network of roads that stretches from Alaska to Argentina. It is also the bridge connecting the land that was divided during the construction of the Panama Canal. As the cruise continues, arrive at the first set of locks, the Miraflores Locks. Miraflores are the tallest of the canal's locks system, a necessity due to the extreme tidal variation of the Pacific Ocean. During lunch, reach Pedro Miguel Locks, where the boat is raised

30 feet. Continue cruising through Gatún Lake (85 feet above sea level) before approaching the Gaillard Cut, the narrowest section of the Panama Canal where the majestic Centenario Bridge comes into view. The journey culminates at the confluence of Gatún Lake and the Chagres River. The Chagres River is the main source of water used in the canal's operation. Continue to the town of Gamboa for disembarkation, then journey to Colón. *Overnight at Meliá Panama Canal or similar. (BLD)*

JANUARY 15 - COLÓN

After breakfast, take a field trip to Fort San Lorenzo, which was constructed in the 1500s during the reign of King Philip II of Spain. The San Lorenzo National Park contains not only Fort San Lorenzo but also Fort Sherman, erected in 1911. The park covers an area of approximately 24,000 acres on Panama's Atlantic coast, along the western banks of the Panama Canal. On the way back to the hotel, stop at The New Locks Visitor Center to view the new set of locks on the Caribbean side of the Canal. Gain insights into the updated lock design and the work that went into making the canal expansion a reality. After lunch at the hotel, transfer to La Granja to enjoy ziplining and horseback riding. *Overnight at Meliá Panama Canal or similar. (BLD)*

JANUARY 16 - GAMBOA

After breakfast, transfer toward Lake Alajuela, with discussions en route about indigenous cultures and their history in Panama. Upon arrival at the Chagres River, board dugout canoes for the journey through the dense jungle. Upriver, step out of the dugout canoes and experience a short hike (which could be a bit muddy) to a beautiful waterfall in the midst of the rainforest. Those who want to cool off can take a swim in the refreshing pool just beneath the waterfall. Continue to the village of the Emberá, one of seven indigenous tribes in Panama. The people of the Emberá community will

provide a warm welcome and share about their life. The village chief will provide a brief explanation on the history of the tribe, its traditions, cultures, beliefs, and handicrafts. After a typical lunch of fish and plantains prepared by the Emberá women, experience a traditional dance and have the opportunity to shop for handicrafts. The sale of local products directly benefits the village and

helps fund schooling for the children. There is also the opportunity to get "inked" with a temporary Emberá tattoo painting. Later this afternoon return by boat to the dock and transfer by bus to Gamboa Rainforest Resort. Settle in and have dinner at the hotel. *Overnight at Gamboa Rainforest Resort. (BLD)*

JANUARY 17 - GAMBOA

After breakfast, visit Soberanía National Park. Created in 1980, it stands as one of Panama's natural jewels and is one of the country's most accessible tropical rainforests. Next, visit Summit Botanical Gardens, which hosts a research center for development of tropical biology and horticulture. The botanical garden showcases a representation of plant species from tropical and subtropical countries around the world and from the native species of Panama. Afterwards, return to the resort for lunch. This afternoon venture almost 2,000 feet above the rainforest floor on Gamboa's Aerial Tram for a unique view of the forest. The tram ends at an observation tower 100 feet high with expansive 360-degree views of Soberanía National Park.

Have a farewell dinner at the hotel. *Overnight at Gamboa Rainforest Resort. (BLD)*

JANUARY 18 - DEPARTURE

Early morning transfer to the international airport for the flight to the United States. (B)



FORT SAN LORENZO



PANORAMIC VIEW OF GATUN LOCKS



MEMBERS OF THE EMBERÁ TRIBE



MEET YOUR LEADER

Darin Croft

Dr. Darin Croft is a Professor in the Department of Anatomy at Case Western Reserve University and a Research Associate at several museums including the American Museum of Natural History in

New York, the Carnegie Museum in Pittsburgh, the Field Museum in Chicago, and the Cleveland Museum of Natural History. He is a paleontologist and a world-renowned expert in the evolution of South American mammals such as rodents, armadillos, sloths, marsupials, and ungulates. Dr. Croft's research has taken him to many parts of South America in search of fossil mammal remains, from Ecuador in the north to Patagonia in the south. In lowland Peru, he was part of a team that discovered the oldest rodent fossils in South America, which are some 41 million years old. The mammals of tropical South America are of particular interest to Dr. Croft, as one of his primary research goals is to determine how and why they evolved into the great diversity of species we see there today.

For further information, please call 904-432-3141 or email sxd618@case.edu.

ACTIVITY LEVEL

EASY-MODERATE: Participants should be able to walk at least 2-3 hours over some uneven and potential slippery surfaces without difficulty and should be able to ascend or descend 50 stairs consecutively. Physical activities typically last for at least 2-3 hours at a time.



PHOTOS BY FRANK RICHMOND, JOAQUIN GARCIA, BRIAN GRATWICKE, ALEX PROIMOS, AND KATJA SCHULZ



GAMBOA RAINFOREST

LAND PRICING

\$3,499

Price is based on double occupancy with 10 participants. Single supplement is available for \$480 per person.

Your price includes:

- 7 nights' accommodation
- 21 meals (7 breakfasts, 7 lunches, 7 dinners)
- Non-alcoholic beverages with meals
- Sightseeing and activities as described, including entrance fees
- Holbrook Travel tour guide
- Private motorcoach or minibus transportation throughout your trip
- Luggage handling, one bag per person
- Gratuities for main guide and drivers
- Carbon offset
- Departure tax

Price does not include: international airfare, travel or trip cancellation insurance, gratuities for hotel staff, luggage assistance, meals, and local guides, drinks purchased on own, and items of a personal nature.

Holbrook Travel can assist with making your flight arrangements upon request (estimated at \$879 from Cleveland to Panama City). Travel and trip cancellation insurance is strongly recommended (offered through the Case Western Reserve University Educational Travel Program).

THE FINE PRINT

*An initial deposit of \$500 is required by participants to register and reserve a space on the program. Payment in full is required by participants no later than October 8, 2022. Reservations can be made online at holbrook.travel/cwru-panama23. Participants should register with deposit as soon as possible to ensure space. Reservations made less than 95 days prior to departure require full payment. **See page 5 for full terms and conditions.***

CASE WESTERN RESERVE UNIVERSITY EDUCATIONAL TRAVEL PROGRAM

A Taste of Panama

Enclosed is my/our deposit for \$ _____ (\$500 per person) for _____ person/people on the tour listed below. I/we understand the final payment is due at least 95 days prior to departure. Payment may be made by American Express, Discover, MasterCard, or VISA or by personal check. Please make check payable to Holbrook Travel, Inc. and mail deposit check to: Holbrook Travel, 3540 NW 13th Street, Gainesville Florida, 32609. For payment questions, please call toll-free 800-451-7111 or email travel@holbrooktravel.com.

Full Passport Name _____ DOB _____ Gender _____

E-mail _____

Full Passport Name _____ DOB _____ Gender _____

E-mail _____

Badge Name(s) _____

Address _____ City _____

State _____ ZIP _____ Home Ph. (_____) _____ Cell Ph. (_____) _____

Please book my/our air from _____ I/we request an air upgrade to _____.

I will share a room with _____ I request a single room (limited availability).

Note: The undersigned has read the schedule of activities for the above-referenced tour, and agrees that their signature(s) below represent(s) their acceptance of the General Terms and Conditions.

Signature _____ Date _____

Signature _____ Date _____

Method of Payment Check American Express Discover MasterCard VISA

Account # _____ Security Code _____ Exp. Date _____

Name of Cardholder _____

Signature _____

Final invoicing will be sent by our tour operator, Holbrook Travel, Inc. The balance of the program price must be paid to Holbrook Travel. Final payment is due 95 days prior to departure (check or credit card).

GENERAL TERMS AND CONDITIONS Please read this information carefully, as payment of a deposit represents your acceptance of the following Terms and Conditions.

Not Included in Your Tour Price International airfare from your departure city; costs of passports and visas; personal expenses such as beverages, laundry, room service, and meals not specified; communications charges; gratuities other than for your Holbrook Travel Main Tour Guide and Driver; and trip cancellation insurance. Additional baggage fees levied directly by the airline(s) may apply and are subject to change at any time. You should confirm directly with your airline(s) prior to departure.

International Air Transportation Estimated airfare: **\$879 from Cleveland to Panama City**. Holbrook Travel offers group airfare and ticketing. Group transfers between the airport and hotel are included in your program cost. A note about online airfare: Occasionally, you may be able to find airfares online that are listed at a lower cost. In general, individual fares lack the flexibility of group airfare and often require immediate purchase. You will receive your preliminary air schedule approximately 2 1/2 months prior to departure. Please note that seat assignments on your international flight are usually done at airport check-in. Holbrook Travel is unable to guarantee any seat assignments. Due to the nature of tour operator tickets, other restrictions apply, including but not limited to, frequent flyer mileage accrual, stopovers, alternate travel dates, upgrades, and airline taxes and departure fees. If you prefer to make your own travel arrangements, booking the tour "Land Only" is available. We recommend that if you choose to make your own airline reservations, you do not purchase non-refundable tickets or those with high penalties for changes. If you choose to make your own air arrangements, the CWRU Educational Travel Program, Engaging Journeys, and Holbrook Travel, Inc. shall not have any liability for any loss resulting from cancellation of this tour or changes in this tour.

Cancellations, Changes and Refunds If you must cancel your tour, the effective date of cancellation will be upon our receipt of your notification. All cancellations need to be submitted in writing to CWRU Educational Travel Program. Refunds for cancellations are subject to the following per person charges: **Cancel 95 days or more before departure: \$300 charge; Cancel 95-0 days before departure: no refund.** Please note that we will not refund the cost of any unused portion of your tour package. We will not charge a fee for any changes made to your reservation outside of 95 days before departure. From 94 to 30 days before departure, if you make any changes to your reservation, a \$100 per person administrative fee will apply, in addition to any fees or penalties imposed by airlines, hotels, or other third parties. Changes are subject to availability and cannot be guaranteed. If your reservation changes from double occupancy to single occupancy for any reason, you will be charged the single supplement. No changes to your reservation can be made within 30 days of departure. If due to unforeseen circumstances Holbrook Travel cancels your tour, you will receive a complete refund of all payments you have made to us.

Health and Medical Issues We welcome all travelers, but request that you be in good health to participate on a Holbrook Travel tour. All of our tours involve a reasonable amount of walking (typically two to three miles per day). You must be able to get on and off motorcoaches on your own. We regret that we cannot provide individual assistance; in such cases you must be accompanied by a companion who will assist you. Please note that our itineraries cannot accommodate wheelchairs. We reserve the right to remove anyone whose physical condition or behavior, in our opinion, compromises the operation of the tour or detracts from the enjoyment or safety of the other tour members. In that event, CWRU Educational Travel Program, Engaging Journeys, and Holbrook Travel assume no financial responsibility for any unused portion of the tour. For the convenience of the majority of our travelers, Holbrook Travel has a no smoking policy on all tour buses. We will arrange sufficient rest stops so those who wish to smoke may do so.

Required Information Upon reservation, you must provide your full name as it appears on your passport, date of birth, and gender (for details, please visit tsa.gov). In the event an airline ticket is issued with incorrect information you have provided, or if you use a different passport than originally cited, you will be responsible for charges associated with the ticket's reissue. **A passport valid for at least six months after the completion of your tour is required for U.S. citizens on this tour.**

Responsibility The liability of CWRU Educational Travel Program as sponsor, and Engaging Journeys/Holbrook Travel Inc., as tour operator, is strictly limited. CWRU Educational Travel Program and Engaging Journeys/Holbrook Travel, Inc. purchase transportation, hotel accommodations, restaurant and other services from independent suppliers not under our control. We serve only as agents for these suppliers in securing tour arrangements, and therefore will not accept responsibility for wrongful, negligent, or arbitrary acts or omissions of these independent contractors, their employees, agents, servants or representatives. CWRU Educational Travel Program and Engaging Journeys/Holbrook Travel, Inc. are not liable for injury, damage, loss, accident, or delay that may be caused by events not within our control, including without limitation, acts of terrorism, war, strikes, the defect of any vehicle, or the negligence or default of any third party. All coupons, receipts, and tickets issued are subject to the terms and conditions specified by the air carriers, cruise line, and other independent suppliers. We will make every effort to operate our tours as planned, but we reserve the right to make itinerary changes as necessary. If unforeseen circumstances require us to change a hotel, we will select alternative accommodations of the same or better quality and may change due to factors such as government regulations, water levels, or weather conditions. The services of any IATA and ATC carrier may be used in connection with these tours. The participant understands that if he/she books special low cost airfares with penalties, and cancels the reservation, he/she is responsible for any penalties incurred from the airline.