

**2017 PANAMA TREK
 Itinerary**

Dates	Destination	Activities	Comments
Sat March 4	Panama City	Depart US Group Meeting evening	Airport pick-up Welcome Dinner Overnight hotel Panama City
Sun March 5	Panama City	Panama Canal Tour Visit children at orphanage	Lunch on tour Dinner on own
Mon March 6	Panama City	Work day at orphanage	Lunch at orphanage Group Dinner Overnight hotel Panama City
Tues March 7	Panama City	Field trip with kids Pre-trek meeting/pack	Lunch with children Dinner on own Overnight hotel Panama City
Wed March 8	Panama City – Boqueron Arriba	Drive to the village of Boqueron Arriba, north of Madden Lake, located in one of the most important areas of the Panama Canal Watershed. Get acquainted with our jungle camping equipment and spend the night	Lunch on own Overnight in hammocks
Thurs March 9	Boqueron Arriba - Ambush Falls	We begin by hiking through farmland and less developed areas until we reach the pristine rainforest of the Chagres National Park. We cross the Boqueron River many times, until we reach an idyllic spot in the jungle where the river splits into three small waterfalls forming a wonderful little pool flanked by a wide beach called “Ambush falls”. 6 miles	All meals included Overnight in hammocks
Fri March 10	Ambush Falls - Cascajal Camp	Today we traverse the most dense and difficult section of the trek. We hike through very pristine and lush primary forest; climb a ridge following the pass that the Spaniards crossed centuries ago carrying their precious cargo of silver and gold. We camp in a nice spot in the rainforest. 5 miles	All meals included Overnight in hammocks
Sat March 11	Cascajal Camp – Panama City	Follow the Cascajal down river to the dirt road that leads to the small community of Nuevo Tonosi. 8 miles From here Portobelo is a five-minute drive away. See the Caribbean Ocean, have lunch, and return to Panama City	All meals included Farewell Dinner Overnight hotel Panama City
Sun March 12	Panama City	Depart and Arrive to US	Flight home