



5 Nights Incentive Programme

Panama


Ovation
Strategic Partner

Meaning 'abundance of fish and butterflies' in its indigenous language, Panama offers an abundance of attractions and opportunities for business and leisure visitors alike. White **sandy beaches**, diverse **wildlife**, unspoilt **islands**, bustling cities where there is always something new waiting to be discovered... just some of the reasons to consider this **Central American paradise**.





Day 1

Panama

Day 1



Arrival at Tocumen International Airport and transfer to the hotel of choice.



○ Evening - Casco Antiguo

Discover Panama City by touring some of its historic and cultural landmarks by tranvia, the open sided tram which operated in the city until the early 1900's. Stop for seafood dinner in the vibrant French quarter where the pulsating rhythm of live salsa music sets the welcoming tone for your time in Panama.



Day 2

Panama



Day 2



○ Morning - Panama Canal

Prepare to be astounded by a marvel of ingenuity and modern engineering. Constructed by 250,000 workers from all corners of the world over a 10 year period, its little wonder the 82km long Panama Canal is often referred to as the Eighth Wonder of the World.



○ Afternoon - Lets salsa!

New York may have created the term salsa, but it did not create the dance. This afternoon is yours to master the art of this mesmerising dance with professional tutors.



○ Evening - Party in Panama!

Panamenians love to party, why not join them? As the sun goes down enjoy a mouthwatering steak dinner at Gaucho's Steakhouse then hit the cosmopolitan clubs and trendy movida along Calle Uruguay. Its time to dance!

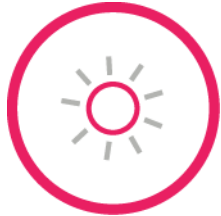


Day 3

Panama



Day 3



◦ Enchanting Emberá

Drive along the Panamerican Highway to Corotu Deck, just 45 minutes from the city. In Chagres National Park, the habitat of the indigenous Emberá community, learn about the tribe's traditions, customs and lifestyle. Experience their ancient heritage, sustainable tourism practices, plant based tattoos and lunch in a their typical huts. The day ends with a musical performance with drums, turtle shell, flutes guiding the dancer's moves.





Day 4

Panama

Day 4



○ Guna Yala

After breakfast, depart by charter flight to spend the day in Guna Yala. Situated in the Carribean Sea, the archipelago comprises more than 365 islands of which just 60 are inhabited. On San Blas Island meet the indigenous and distinctively dressed Guna community who maintain their own economic system, language, customs and culture. Savour a BBQ lunch of freshly caught lobster and giant crab, take a canoe ride through the azure blue waters passing white sandy beaches of the surrounding islands.



Day 5

Panama



Day 5



○ Morning - Nature adventure

After an early breakfast, get intimate with nature on an exhilarating adventure above the rainforest canopy. From the observation tower, enjoy thrilling and spectacular views of the Chagres River, the Panama Canal and the surrounding forested areas of Soberania National Park. Visit an orchid nursery where more than 300 species of local orchids are cultivated.



○ Afternoon - Spa treats

Relaxing and restorative Spa treatments provide the perfect complement to this morning's activity.



○ Evening - Farewell

Your time in Panama is drawing to a close but this evening's event provides memories to last a lifetime. Reflecting a unique mix of African, Spanish, American and indigenous influences, the farewell dinner cuisine incorporates the familiar and the ultra exotic. Enjoy its rich flavours as you reminisce over the days spent in this abundant land.



Day 6

Panama



Day 6



- **Departure**

Breakfast at leisure with time for souvenir shopping at the local markets or malls before airport departures and onward journeys home.



**Thank
you!**



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