

As you're thinking about your itinerary, check out this post on our blog: [5 tips for a successful trip experience](#), by a Group Leader who's been traveling with us since 2010.



Kris Wright

 **GET IN TOUCH**

## Travel Dates

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Apr 12, 2025 – Apr 20, 2025

## Departing from

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New York, NY area (incl. Newark, NJ)

## Requests

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Tour must start in Panama

Departure Date: April 12, 2025

## Flights & Hotels

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We'll post details here as soon as they're available.



Meet your Tour

Take a boat ride  
species on Mon

Visit the Miraflo

**DAY 1**

[Fly to Panama](#)

Enjoy time to e»

Enjoy some beach time in the historic El Palmar region



### Surfing lesson

Learn to surf on the white sand beaches of one of Panama's premier surfing locations. Here, an instructor will teach you how to stand on your board as well as how to paddle and pass waves. Once in the water, you'll have the chance to surf by yourself under the supervision of your instructor.

Enjoy a walking tour of Cinta Costera

Take a guided tour of Casco Viejo

Visit the Biomuseo

Fly to San José

Travel to Sarapiquí

Enjoy a whitewater rafting excursion

Enjoy a kayaking trip on Lake Arenal

Visit La Fortuna Waterfall

Visit the Arenal hot springs

Enjoy the rainforest from the unique perspective of a zipline through the canopy *(For safety reasons, weight and size restrictions may apply)*

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Travel to Guanacaste

Visit Rincón de la Vieja National Park

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Enjoy a snorkeling activity