# Discover Panama: The Land Between the Seas February 25, 2021 - March 5, 2021



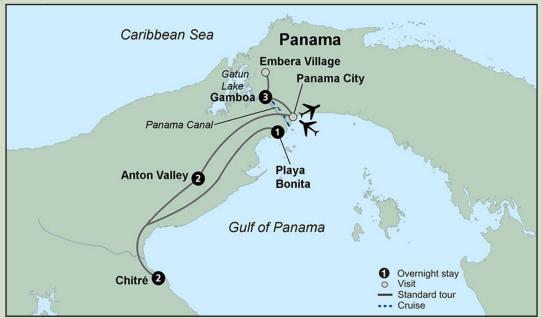


Osher Lifelong Learning Institute



## Discover Panama: The Land Between the Seas

Join SVSU-OLLI on this unique adventure to Panama. Panama is steeped in history – from early Inca traders and Spanish conquistadors to the Panama Canal, a modern-day engineering marvel. Completed in 1914, the Panama Canal is almost 50 miles long and one of the most complex engineering projects ever undertaken. Your journey across the Isthmus of Panama takes you through the Gaillard Cut, carved through the Continental Divide. Take a partial transit cruise on the Pacific Queen for a once-in-a-lifetime chance to view this marvel up-close and learn all about its construction and importance in world trade. Pass through the Pedro Miguel and Miraflores locks, and learn about the canal expansion project. It's an unforgettable journey between the seas.









# **About Our Lodging**

The lodging will be at the hotels listed below, or similar.

- Day 1-3 Le Meridien Panama, Panama City
- Day 4-5 Los Mandarinos Hotel, Anton Valley
- Day 6-7 Cubita Boutique Resort & Spa, Chitre
- Day 8 Westin Playa Bonita, Playa Bonita

## **About Our Travel Provider**

Collette Vacations is a third generation, family-owned company headquartered in Pawtucket, Rhode Island with offices in Toronto and Vancouver, Canada; and London, England. Collette's employees are travel experts who are passionate about travel and who strive daily to make your vacation worry-free, fun, and memorable. They offer more than 150 expertly designed, escorted tours spanning 50-plus countries on all seven continents. Founded in 1918, they are the oldest major U.S. tour operator.

# This 9-Day Trip Includes:

- Lodging at strategically located hotels (4 stars and above).
- (16) Meals included: (8) breakfasts, (3) lunches & (5) dinners.
- A professionally planned itinerary.
- The services of a professional tour manager and expert local guides who provide insider knowledge about the region.
- <u>Destination highlights include</u>: Panama City, Gamboa Rainforest Reserve, Emberá Indigenous Village, Panama Canal Cruise, Miraflores Locks, Anton Valley, Chitré, Pollera dress making visit, finca experience, rum tasting, Playa Bonita.
- Some of your unique experiences will include: nature walks through the jungle, creation of panamanian hats, masks, and dresses, local handicraft market, city night life, dugout canoe excursion, canal cruise, cultural dinners and folkloric dance performances, and unique culinary inclusions.
- Ground transportation from SVSU to Detroit airport and from the airport back to SVSU on the return trip.
- Pre-trip dinner at SVSU\*
- \* We offer a pre-trip dinner about two weeks prior to departure where you will meet fellow OLLI travelers and receive your travel documents. This event will cover trip logistics and questions you may have about your upcoming trip.

Please note that you will receive information about trip optionals to add on to your trip experience at a later date.









# Discover Panama: The Land Between the Seas - Trip Itinerary

Experience a land of contrasts. Remote rainforests, rich history, diverse wildlife and spectacular coastlines abound in Panama.

#### ■ Day 1: Thursday, February 25 (Panama City, Panama)

We'll depart SVSU as a group by motorcoach to Detroit airport for our flight to Panama. Travel details will be given at a later date. (Note: If we have an early flight, we will stay overnight in Detroit near the airport on Wednesday. February 24, 2021.

## ■ Day 2: Friday, February 26 (Emberá Village)

Meet your fellow travelers during a welcome breakfast. Then travel north to the Gamboa Rainforest Reserve. Board dugout canoes and set off on an excursion up the Chagres River to an Emberá indigenous village. As the "Keepers of the Rainforest," the Emberá strive to preserve their heritage and take pride in sharing their traditional techniques of home building and handicrafts – such as basket weaving and tagua nut carving. Join in their dances and partake in a traditional lunch. The remainder of your day is free to enjoy at leisure, or you may choose to add on an optional rainforest canopy aerial tram tour, or Gatun Lake cruise. Information on these optionals & cost will be available at a later date. (B, L, D)

#### ■ Day 3: Saturday, February 27 (Panama Canal Cruise)

Today we explore the canal! Board the Pacific Queen for a partial transit cruise through the Panama Canal. Enjoy lunch onboard and pass through two locks as you revel in a once-in-a-lifetime chance to see this incredible engineering feat firsthand. Learn all about its construction and operation from your onboard guides. Disembark at Flamenco Marina in Panama City. (B, L)

#### ■ Day 4: Sunday, February 28 (Anton Valley)

After breakfast we'll head to the Miraflores Locks Visitor Center to view the Panama Canal and learn about its past, present and future as you watch ships traverse the lock system, then continue to Casco Viejo, the Old Quarter (UNESCO). Then, it's your choice: Follow your guide for a short walking tour showcasing the Plaza de la Independencia and the National Theater -OR- for a more immersive experience, journey through this same neighborhood with a local resident...hear the story of Casco Viejo's comeback from a member of the community who will take you through the place he calls home, highlighting the incredible revitalization of this historic area and its people. Everyone then gathers for a visit to the Mercado de Mariscos, a seafood market, to try fresh Panamanian ceviche. We'll drive a short distance on the famed Pan-American Highway before heading to Anton Valley, a community nestled inside the world's second largest volcanic crater. After we check into our hotel at the base of the mountains that make up the crater we'll enjoy an included dinner. (B, D)

#### ■ Day 5: Monday, March 1 (Anton Valley)

Delve into history and biodiversity. This morning, visit a frog conservation center that protects critically endangered species, including the emblematic Panamanian Golden Frog, said to bring good luck to anyone who sees it. Then we explore a nonprofit orchid nursery which dedicates itself to conserving regional orchids. We follow that with a visit to the Butterfly Haven exhibit; stroll through the screened tropical displays that are home to over 250 live butterflies. Then we're off to the local handicraft market to

peruse items made by indigenous peoples, including the "mola" embroidery of the Kuna Yala. This afternoon, we'll visit El Chorro Macho waterfall. Embark on a moderate hike along the rainforest trails, crossing several bridges before arriving at the impressive waterfall. You may even take a swim in the natural pool. This evening will be yours to continue exploring this charming mountain community. (B)

#### ■ Day 6: Tuesday, March 2 (Anton Valley - Chitré)

Step into the heartland of Panama as you visit a village of artists. Interact with makers of the famous Panama hat and see firsthand how these wearable works of art come to life. Next, meet the legendary cigar rollers of Panama. Head north to Chitré. Established in 1558, it is one of Panama's first Spanish settlements. Spend the day meeting the people of Chitré, the "folklore capital" of Panama. Talk to a famous local artist whose whimsical masks are used in traditional Panamanian parades. Then, pause to experience the region's pre-Columbian and colonial times at the local museum. Tonight, immerse yourself in the local culture during dinner. Learn about the various Panamanian drums and how they are incorporated into song and dance during a folkloric dance performance. (B, D)

#### ■ Day 7: Wednesday, March 3 (Chitré)

Today we're off to spend time with Panamanian women who have dedicated their lives to making the handwoven pollera dress. and see what a typical day in the life of a Panamanian farmer is like during an inclusive finca experience. Later you'll choose to explore the farm either by horseback or carriage, and milk the cows or feed the sheep. This afternoon you'll actually help prepare some local dishes to accompany a farm to table lunch, and savor the tastes of a well-known, locally crafted rum cocktail. The remainder of the day is yours to enjoy at your hotel. This evening the group will experience a home hosted dinner with a local family. This experience will give travelers an opportunity to learn about a local family's life, culture and food while enjoying the warmth of their home. (B, L,D)

#### ■ Day 8:Thursday, March 4 (Chitré - Playa Bonita)

Before departing Chitré, you'll get to know a traditional way of cooking at a clay oven bakery and sample artisanal bread and sweets along with some sugarcane juice known as guarapa. Your journey continues to Playa Bonita, just outside of Panama City. We'll arrive midday to soak up the sun and scenery from your beachfront property and enjoy some fun and relaxation at your resort. This evening we'll bid farewell to Panama at a special farewell dinner. (B, D)

#### ■ Day 9: Friday, March 5 (Playa Bonita)

Your journey comes to a close today. After breakfast we'll transfer to the airport for our flight home. These details will be shared closer to departure date. (B)



### **Registration:**

Please fill out the enclosed registration form and bring it to the OLLI office on the day of registration. Reservations are on first-come, first-served basis. One form per person please. A passport is required for this trip and must be valid through eight months following the end date of the tour. A copy of your passport is required at time of registration. Our office will maintain a wait-list if this trip fills to capacity.

## **Trip Activity Level:**

The activity level for this tour is moderate. To experience the program and destination, you need to be able to participate in physical activities and be confident walking for at least one hour at a time over a variety of terrains - from cobblestone streets to easy straightaways, to a couple hills or flights of stairs, and comfortable walking a few city blocks at a time. Some of the touring days may be longer, with select included activities occurring later in the evening.

## **Trip Insurance:**

We highly recommend trip insurance. Insurance must be paid at time of deposit. To review full plan details online, go to: http://www.tripmate.com/wpF430C. It is the traveler's responsibility to review insurance coverage to make sure it meets your needs prior to purchase.

## **Air Details**

Our package includes round-trip air from Detroit, air taxes and fees/surcharges. Specific flight information will be provided at a later day. If we have an early flight on Thursday, Feb. 25, we will stay overnight in Detroit near the airport on Wednedsday, February 24. (an added hotel fee will be approx. \$60/\$120 pp).

# **Cancellation Fees:**

Collete's cancellation policies will prevail. (*Please note that insurance fees are not refundable*). All cancellations must be made in writing to the OLLI office by the traveler. You will be subject to a \$50 change of reservation fee payable to SVSU-OLLI, and any other charges imposed by the airlines or trip provider depending on the date the cancellation takes place.

# **Weather Projection**:

We will be visiting during the dry season and the weather will be warm across the country. Daytime highs will be around the mid 80's°F, and nighttime lows in the mid 70's°F.

# Panama: Registration

IMPORTANT: Clearly print your full name (first/middle/last) as it appears on your passport. In order to avoid any unnecessary change fees, it is imperative that all guest names are entered correctly from the start. The information below must be the legal name and be 100% identical to the your passport including middle names or suffixes (Jr, Sr). A copy of your passport is required at time of registration.

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First:Middle:	Last:	
Suffix:Gender: Male / Female	Date of Birth:	
Address:		
City:State:	Zip Code	
Phone:		
Email:		
Passport #:		
ExpirationDate:Date of Iss	uance	_
City, State, Country of Issuance:	Citizenship	
Traveler Status: Single PassengerOr Double Rooming With:	Phone #:	
Travel Protection: () Yes, I wish to purch f you choose not to purchase Collette's Waive for changes and cancellations. Travel Protection Waiver Fee does not cover any single supplem It's traveling companion electing to cancel for upplement will be deducted from the refund of ge under Part B which includes a single supplemeasons. See travel protection details at http://www.cost & Payment Details:  A deposit of \$500 per person is due upon membership cost). Registrations are made	er Insurance Plan, you will incom Payment is due with first dient charges which arise from any reason prior to departure of the person who cancels. (The lement benefit of \$1,000 for convww.tripmate.com/wpF430C)	cur penalties leposit. The an individue. The single there is cover certain cover
Final payment is due by December 1, 20	020.	
OLLI Member \$2,947* Double Occupancy OLLI Member \$3,547* Single Occupancy *Non-members will pay cost of OLLI membership in addition to the member rate	Payment: (per person Deposit (\$329)Travel Protection OLLI Membership	\$ 500.00 \$
and will receive a 2019/20 OLLI membership.	(payagle to SVSU)	\$
	Total	\$
* Description (*) Check (Please make checks payable to Collette)  * Book now and save \$100! Price reflects this savings. Price increases after Aug. 25, 2020. Please note that Non-members will pay an additional \$30 and will at this time and receive 2019/20 OLLI membership		
Card Holder Name:		
Credit Card Type:American Express	Discover Mastercard	Visa
Credit Card #		
Expiration Date: Security Code_	Amount Charged	:
SIGNATURE REQUIRED for acceptance of the below conditions and agreement to credit card use:		

I agree to pay according to the card issuer agreement. I understand and accept the cancellation policy, terms and conditions. Important Conditions: Your price is subject to increase prior to the time you make full payment. Your price is not subject to increase after you make full payment, except for charges resulting from increases in government-imposed taxes or fees.

Date: