



# Indigenous Immersion Itinerary

## Day 1 Monday Arrival day in Panama

Meet your guide as you arrive at Tocumen Airport and transfer to the Gamboa Rainforest Resort for 1 night.



## Day 2 Tuesday Travel to Emberá village

7:00 am Breakfast at Gamboa Resort

8:00 am Depart for the Emberá village

9:30 am Arrive at the shore of Lake Alajuela and board the dugout canoe

10:15 am Arrive in the Emberá village greeted by the tribe.

Your first day with the Emberá will start with a cultural presentation, including history of the tribe, traditional music and shamanic dancing. You will have time to swim in the river, play with the children, relax in a hammock in your own personal traditional hut. All meals will be prepared lovingly by women from the village.



# Indigenous Immersion Itinerary

## Day 3 Wednesday Time in the Emberá village

You will wake up to the many tropical birds singing all around your hut, deep in the rain forest. You will see the villagers beginning their days and you can join them to take your refreshing morning bath in the river.

On this day you will have the option to visit a local waterfall, fish in the river, Emberá style, learn about medicinal plants with a village elder, take a hike in the jungle, visit the school, maybe even try your hand at weaving a basket or carving a piece of cocobolo wood!



## Day 4 Thursday Travel to meet the Naso tribe

Wake up in your Emberá hut. After your morning bath in the river and a traditional breakfast, you will say goodbye to your Emberá friends and return by canoe and car to Panama City and Albrook Airport for your flight to Changuinola (11:45am - 12:45pm).

You will be met at the Changuinola by a representative of the Naso (aka Teribe) people and travel by car and canoe to the Soposo village in the Amistad National Park.

Spend the rest of the day getting to know the Naso people and take a hike in the rainforest. Get your first dose of Naso culture and relax in jungle style. You will stay in a typical Naso lodge.



## Day 5 Friday Time with the Naso tribe

Enjoy a full day excursion up the Teribe River to an even more remote Naso community to learn more about the Naso culture and way of life. You may even meet the only living king in all of Central and South America!

There is a chance to see many types of local wildlife, such as monkeys, parrots, toucans, sloths, maybe even tapirs and anteaters too!



# Indigenous Immersion Itinerary

## Day 6 Saturday Travel to meet the Ngobe tribe

Transfer back to Changuinola where a representative of the Ngobe people will meet you and take you to the village at Silica Creek.

Spend the afternoon on a tour of their chocolate farm. After dinner, enjoy an evening of learning about the Ngobe culture, their history and traditional dances, before returning to your typical Ngobe cabin for the night.



## Day 7 Sunday Time with the Ngobe

Wake up in your Emberá hut. After a traditional breakfast, you will spend the day on the organic farm of a Ngobe family, working side-by-side with them.

You will have the day to talk with the Ngobe and find out more about their fascinating culture.

Return back to your Ngobe cabin and share a yummy traditional dinner after your day on the farm.



## Day 8 Monday Travel back to Panama City

After breakfast, return to Changuinola for your flight back to Panama City (1pm - 2pm)

Arrive at Albrook airport and transfer to the Radisson Amador hotel for the night.



# Indigenous Immersion Itinerary

## Day 9 Tuesday Travel to meet the Guna tribe

Transfer back to Albrook Airport for your flight (10:30am- 11:30am) to Obaldia in Guna Yala.

Meet your local Guna guide at the Obladia airport and transfer to the Guna village of Armila, near the Colombian border.

Learn about the Guna traditions, molas, history and beliefs and watch a traditional dance. Stay in your thatch roofed Guna hut.



## Day 10 Wednesday Time with the Guna

Enjoy the daily life in Armila. You can take a hike in the nearby forest, take a boat out to snorkel pristine coral reefs, converse with the Guna people, play with the children, maybe even try on some local clothing or learn how to make a traditional mola.

From March - June, watch for the leather back turtles which nest in the area.



## Day 11 Thursday Travel back to Panama City

Transfer to the Obadia airport by boat for a return flight to Panama City (11:50am - 12:50pm).

Arrive at the Albrook airport and transfer to the Magnolia Inn in Casco Viejo.



## Day 12 Friday Travel home

Transfer to Tocumen Airport for your flight home filled with memories of your new indigenous friends awaiting your next visit back to Panama!