

Black Travelers International

Panama: Rhythm, Roots & Renewal

Panama City • Casco Viejo • San Blas Islands

June 23–28, 2028 | 6 Days / 5 Nights

Discover the vibrant rhythm of Panama through a luxury journey that celebrates Afro-Panamanian heritage, Caribbean beauty, world-class cuisine, and authentic cultural connections. From historic Casco Viejo and breathtaking island escapes to unforgettable culinary experiences and live music, every day has been thoughtfully curated to inspire relaxation, connection, and discovery.

INCLUDED EXPERIENCES

Rooftop Welcome Cocktail Reception

Begin your Panama adventure with an elegant evening overlooking the skyline of historic Casco Viejo.

Experience Includes

- Welcome champagne toast
- Gourmet hors d'oeuvres
- Private rooftop venue
- Welcome Dinner

This unforgettable evening is the perfect introduction to Panama while connecting with your fellow travelers.

Afro-Panamanian Cultural Tour

Experience Panama through the rich history and traditions of its Afro-descendant communities.

Highlights Include

- Afro-Antillean Museum
- Historic neighborhoods
- Stories of the African Diaspora
- Panama Canal history
- Local Afro-Panamanian guide
- Traditional Afro-Panamanian lunch

This immersive experience offers meaningful insight into Panama's multicultural identity and African heritage.

Caribbean Escape to San Blas Islands

Escape to one of the Caribbean's most breathtaking island chains.

Experience Includes

- Private transportation
- Boat transfers
- Island hopping
- Swimming
- Snorkeling
- Crystal-clear waters
- White sand beaches
- Fresh island lunch

Relax while discovering one of Panama's most spectacular natural treasures.

Beach Club Experience

Spend the afternoon enjoying a luxurious Caribbean beach retreat.

Includes

- Tropical cocktails
- Fresh coconuts
- Curated music
- Beach games
- Time to relax and unwind

Designed for rest, relaxation, and unforgettable waterfront moments.

Afro-Panamanian Music Night

Celebrate Panama's vibrant musical traditions during an unforgettable evening.

Experience Includes

- Congo rhythms
- Reggae en Español
- Calypso
- Traditional percussion

Experience the music, rhythm, and soul of Afro-Panamanian culture.

Dinner with an Afro-Panamanian Chef

Enjoy an intimate culinary experience unlike any other.

Experience Includes

- Multi-course dinner
- Chef storytelling
- Interactive cooking demonstration
- African culinary influences
- Caribbean flavors

A memorable evening celebrating Panama's diverse culinary heritage.

OPTIONAL EXPERIENCES

Luxury Spa Experience

Enjoy a rejuvenating afternoon at one of Panama City's premier luxury spas.

Choose from

- Massage
 - Facial
 - Hydrotherapy
 - Relaxation lounge
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Chocolate & Rum Tasting

Discover Panama's growing reputation for exceptional chocolate and premium rum.

Includes

- Guided tastings
 - Artisan chocolate
 - Premium Panamanian rum
 - Local history
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Sunset Catamaran Cruise

Cruise along Panama Bay while enjoying spectacular sunset views.

Includes

- Champagne
 - Light hors d'oeuvres
 - Music
 - Panama City skyline
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TENTATIVE ITINERARY

Day 1

Welcome to Panama

- Arrive at Tocumen International Airport
- Private airport transfer
- Hotel check-in
- Rooftop Cocktail Reception
- Welcome Dinner

Meals Included

Dinner

Day 2

Discover Afro-Panamanian Heritage

- Guided Afro-Panamanian Cultural Tour
- Traditional Lunch
- Shopping and free time

Meals Included

Breakfast

Day 3

Panama Canal Partial Transit Cruise

- Breakfast
- Board the Panama Canal Cruise
- Transit through the historic canal locks
- Lunch onboard
- Return to hotel
- Evening at leisure

Meals Included

Breakfast & Lunch

Day 4

BTI Caribbean Escape – San Blas Islands

- Breakfast
- Full-day Caribbean excursion
- Island hopping
- Swimming
- Beach club experience
- Fresh island lunch
- Return to Panama City

Meals Included

Breakfast & Lunch

Day 5

Culinary Heritage & Celebration

Morning at leisure

Suggestions

- Shopping
- Spa
- Rooftop pool
- Cafés

Evening

- Dinner with an Afro-Panamanian Chef
- Farewell Celebration

Meals Included

Breakfast & Dinner

Day 6

Farewell Panama

- Breakfast
- Group Airport transfer
- Departure

Meals Included

Breakfast

WHAT'S INCLUDED

Hotel Accommodations

5 Nights at Hotel La Compañía or similar

Included Meals

- Daily Breakfast
 - Welcome Reception
 - Farewell Dinner
 - Two Included Lunches
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Included Experiences

- Rooftop Welcome Cocktail Reception
 - Afro-Panamanian Cultural Tour
 - Afro-Antillean Museum
 - San Blas Islands Excursion
 - Beach Club Experience
 - Afro-Panamanian Music Night
 - Dinner with an Afro-Panamanian Chef
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Transportation

- Roundtrip Airport Transfers
- Transportation Throughout the Tour