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## **Classic Journeys Provides New Perspective on Panama**

*Seven-day walking adventure highlights wildlife, waterfalls and more,  
in addition to world famous canal*

October 29, 2008 – La Jolla, CA – Hiking rainforest trails, paddling dugout canoes past primitive villages, and ziplining through the treetops are just three of the fresh takes on fun awaiting guests of Classic Journeys' all-new adventure tours to Panama in 2009.

"Passengers on cruise ships that pass through the Canal get only a glimpse of the wonders of Panama," says Edward Piegza, president and co-founder of Classic Journeys. "The *real* Panama – with its incredible culture and biodiversity – is only revealed when you're on foot."

On the company's weeklong [Panama Cultural Walking Adventure](#) and [Panama Family Journey](#), nature shares the limelight with a manmade marvel: the Panama Canal, where guests go for a sail on Gatun Lake and watch ships levitating through the Miraflores Locks.

On daily walks led by knowledgeable native guides, guests get up-close and personal with Panama's colorful creatures, from crocodiles and coatimundis (long-tailed relatives of the raccoon) to howler monkeys and hummingbirds that sip sugar water from outstretched hands.

Guests hike the Las Cruces Trail, a pre-canal "shortcut" favored by Gold Rush miners bound for California in the late 1800's, and the Los Quetzales Trail, named for the resplendent quetzal, one of nature's most flamboyant birds. Coincidentally, Panama boasts some of best birdwatching in the world, situated at the point where four different North American flyways converge.

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*Named a World's Best Tour Operator by Travel + Leisure Magazine*

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Higher-adrenaline pursuits include ziplining on sturdy cables criss-crossing the treetop canopy, as well as whitewater rafting (Class 2-4 rapids) on the Chiriqui Viejo River, in the company of expert outfitters.

Cultural explorations provide a peek into Panama's Spanish colonial past in Portobelo – "beautiful port" – a complex of forts on the Caribbean Coast that's now a UNESCO World Heritage Site. Coffee lovers enjoy a private walk and tasting at a *finca* (coffee plantation).

On the Panama Family Journey, kids, parents and grandparents relish both time together and time apart, giving grown-ups a chance to kick back and relax while kids occasionally go their own way. Capable, fun-loving guides know just what appeals to young travelers, from tales of the pirates who populated Panama's coasts to a firsthand look at the daily life of native tribes.

Luxury accommodations include three nights at the Gamboa Rainforest Resort (with its own 60-foot poolside waterfall) and three nights at Boquete's Panamonte Inn & Spa at the foot of Baru Volcano (called "the most charming hotel in Panama" by *Travel + Leisure*). A short flight from Gamboa to David City (with transfer to Boquete) links the two locations.

Classic Journeys offers its Panama Cultural Walking Adventure in February, March, April, July, August, November and December. Family Journey departures are geared toward school breaks in February, March (two), April (two), July, August, November and December. Tour price is \$2895 (\$2995 for December departures) per person, double occupancy, land-only. Internal air fare of approximately \$95 per person is extra. Discounts for children staying in the same room with two full-paying adults are available on all Family Journeys.

For a detailed daily itinerary and to see all of the departure dates, travelers may visit [www.ClassicJourneys.com/panama](http://www.ClassicJourneys.com/panama) and [www.classicjourneys.com/panamafamily](http://www.classicjourneys.com/panamafamily), or consult with a Classic Journeys Guest Services Coordinator at (800) 200-3887.

**About Classic Journeys:**

Classic Journeys offers cultural walking adventures, culinary tours and family journeys in North America, Latin America, Europe, Africa, Asia and the South Pacific. Guests enjoy luxury accommodations and gourmet meals that reflect the best of each region, coupled with soft adventure activities, daily interactions with locals, and native guides who make countries and cultures come alive. Tours are six to 12 days long with two to four hours of easy-going walking per day. Land-only tour prices range from \$2395 to \$6995 per person (with discounts for small groups and children traveling with parents). Average tour size is 10, limited to a maximum of 18 guests per departure. Full details and links to itineraries are available online at [www.ClassicJourneys.com](http://www.ClassicJourneys.com).