

TRAVEL PASSES

Beautiful Beach Ways (from Panama City)

Backpacking

26 Days / 6 Countries

Panama , Costa Rica , El Salvador ,
Guatemala , Belize & Mexico

Departure city: Panama City, Panama

End city: Cancun, Mexico



HIGHLIGHTS

- Watch the sunrise over the ruins of Tikal
- Trek up the impressive Pacaya Volcano
- Relax on the idyllic San Blas Islands
- Ride the waves in El Tunco

Explore the best of Central America as you travel from Panama City to Cancun. Visit historic ruins, buzzing cities and stunning beaches on your way!

MAP



What is included



Travel Passes

Include all of your transport and experiences while giving you full flexibility to change the dates and pick your accommodation on the go.



Accommodation: 3

- Dorm accommodation 2 nights in basic dorm-style cabin



Transport: 14

- Playa del Carmen to Cancun
- Tulum to Playa del Carmen
- Chetumal to Tulum
- Caye Caulker to Chetumal via San Pedro
- Belize City to Caye Caulker
- Flores to Belize City
- Lanquin to Flores
- Antigua to Lanquin
- El Tunco to Antigua
- San Salvador to El Tunco
- San Jose to San Salvador
- Panama City to San Jose
- Panama City accommodation pick-up/drop-off
- Shared 4x4 transportation & boat to/from islands



Meals: 8

- 3 Breakfast(s), 3 Lunch(es), 2 Dinner(s),

What is not included

- Guide throughout the trip
- Meals not mentioned in the itinerary
- Travel Insurance
- Tips
- Personal Expenses
- Accommodation pick-up drop-off from Bus Stations

*Prices for optional activities are subject to change at any time without prior notice. Please confirm these prices before departing on your trip.

Experiences Included

San Blas Chichime Islands Experience 3D/2N



Leave the noise and rush of the modern world behind as you travel to the pristine, laid-back San Blas Islands. Swim around your host island in crystal clear Caribbean waters and enjoy a tour to discover the island's breathtaking surroundings.

INCLUDED

- 2 nights in basic dorm-style cabin
- Panama City accommodation pick-up/drop-off
- Shared 4x4 transportation & boat to/from islands
- 2B / 2L / 2D
- Exciting nature and cultural activities
- Visit to Natural Pool, Fragata Island, Perro Island-Sunken ship.
- Fee for the Island Perro and Fragata

NOT INCLUDED

- Kuna's Tax + Port Tax for Tourists (approx \$23 starting from 6 years old)
- San Blas Islands & port fee (approx \$10 USD)
- Optional Kuna Yala village visit (approx. \$20 USD)
- Tour leader
- Drinks & snacks (Recommended to Bring)
- Snorkelling gear (approx 3USD per person)
- Personal expenses
- Tips
- Travel insurance

Panama City Hop On/Hop Off Day Tour



Admire Panama City from a hop-on/hop-off double decker bus. The tour includes the most important tourist attractions such as the famous Panama Canal and the historic Casco Antiguo.,

INCLUDED

- Tour on double-decker bus
- Audio guides in English, Spanish, French, Italian, Portuguese and German

NOT INCLUDED

- Transfer to departure point
- Personal expenses
- Travel insurance

San Jose Bites & Sights Experience



Unmask the beauty and culture of contemporary Costa Rican life on this San Jose walking tour that takes you through busy streets, bustling markets, and tranquil parks. Discover a side of this city that most tourists don't get to see, while indulging in typical cuisine and one of Costa Rica's most delectable exports – coffee.,

INCLUDED

- English speaking local guide
- Typical food samples
- Small group experience; Max 12 people

NOT INCLUDED

- Other meals and drinks
- Personal expenses
- Tips for guide

San Salvador City Tour & El Boquerón National Park



This tour includes the Historic Center of San Salvador, which includes the Metropolitan Cathedral, the National Palace, El Rosario Church, Parque Libertad and much more. In the afternoon, we'll visit El Boqueron National Park where you can enjoy a spectacular view of the crater of the San Salvador Volcano, as well as, the entire city from an altitude of 1,893 mts over sea level.,

INCLUDED

- Accommodation pick-up/drop-off
- English-speaking guide
- Local snack called Pupusas

NOT INCLUDED

- Other meals and drinks
- Tips

Recommended Itinerary

This is a recommendation for your trip, but travel passes are flexible and you can decide how long to stay in each destination.

Day 1: San Blas Islands, Panama



San Blas Chichime Islands Experience 3D/2N

DepartureTimes: 05:00

Transfer Panama City - San Blas Islands (L/D)

You will be picked up at your accommodation in Panama City early this morning and taken on an exciting ride through the jungle on 4x4 transportation. You will have the option to stop at a supermarket to purchase last-minute items such as water, snacks, beverages and grab something for breakfast. We will then make another stop to pass through immigration formalities and pay the entrance fees to Kuna Yala Islands (not included in standard package).

We will continue our way to the dock where you will meet your boat to take a shared transfer to your island. Upon arrival, get settled in and enjoy an excursion to discover the breathtaking surroundings of this pristine place.

Please note that there are not a lot of goods available for purchase on the islands and we strongly recommend taking advantage of the grocery store stop to stock up on snacks and bottled water.

Day 2: San Blas Islands, Panama



San Blas Chichime Islands Experience 3D/2N

DepartureTimes: 05:00

San Blas Islands (B/L/D)

Enjoy a fresh breakfast with the sounds of the waves on the shore before going on another exciting day. Afterwards, if time permits, opt to swim or snorkel around your island in the crystal clear turquoise waters to spot colourful tropical fish among coral reefs or simply spend time relaxing on a hammock. You can also hire a boat and visit a traditional Kuna Yala village of this archipelago, where you can purchase handmade souvenirs to contribute to the community (optional activity at extra cost, inquire upon arrival).

Spend the evening watching the horizon turn different shades of red and pink as the sun sets over the Caribbean.

Day 3: Panama City, Panama



San Blas Chichime Islands Experience 3D/2N

DepartureTimes: 05:00

Transfer San Blas Islands - Panama City (B)

Say goodbye to your piece of natural paradise this morning for your scenic one-hour return trip to the dock by boat and 4x4 transportation ride back to Panama City, and be dropped off at your accommodation in the afternoon.

Day 4: Panama City, Panama



Panama City Hop On/Hop Off Day Tour

DepartureTimes: 08:30-15:43

Duration: 2 hrs.

See Panama City from an open top tour bus. Enjoy views of the Pacific Ocean, the lush rainforest and the famous Panama Canal. Panama City is a unique and striking modern city, and this tour is designed to ensure that you see all the main tourist attractions, beginning with the world-famous Panama Canal. Learn all about the construction of this 8th wonder of the world. The tour also takes you to the historic district of Casco Antiguo, declared a World Heritage Site by UNESCO because of its wonderful colonial Spanish and French architecture.

Day 5: San Jose, Costa Rica



Panama City to San Jose

Type: **Transfer**

DepartureTimes: **23:00**

Duration: **15 hrs.**

Day 6: San Jose, Costa Rica



San Jose Bites & Sights Experience

DepartureTimes: **08:30, 11:30**

Duration: **3 hrs.**

On this San Jose tour you'll get up close and personal with Costa Rican life, through architecture, history, food, and more! Nothing could get you closer to authentic San Jose than strolling through the streets with a local as they show you the ins and outs of daily life. Take a wander through the city with us on this tour that takes typical San Jose and turns it into a local experience you'll never forget.

Your San Jose food tour starts with a morning pick-me-up cup of coffee in a café located in Parque España, where you can get to know your local guide and relax into your surroundings. From here you'll take a stroll through the park, enjoying the views of the Yellow House, or Foreign Ministry, as you go, and learning more about the park itself, which is the oldest in the city and also known as Expression Park. You'll visit a number of landmarks in this area, including the National Liquor Factory and the Metal Building, two 19th century buildings that play an important role in the history of San Jose. Your guide will give you all the local knowledge about what these landmarks mean to the city, and its citizens, giving you exclusive insights in what makes San Jose tick.

Your San Jose walking tour continues through Parque Nacional for yet another taste of San Jose's rich history, before you head back into contemporary Costa Rican life and towards the Central Market. While seeing the sights and architectural gems of San Jose will help you get to know the city better, on this tour you'll use another sense – taste – to get you even more in tune with San Jose.

There's no better place in San Jose to experience the local cuisine than the Central Market, a 120-year old building full to the brim with typical Costa Rican food and drink. Here you can sample local delicacies, learn about the herbs used in local medicines, or simply sip on your second rich and smooth Costa Rican coffee of the day. The Central Market is an experience that no visitor the San Jose should miss, and with a local guide by your side you'll unearth all the secrets behind this San Jose treasure.

The Central Market will be the last stop on this San Jose tour, and by the end you'll be full of local knowledge (and perhaps even some local lingo!), giving you the full San Jose experience that is sure to be a highlight of your time in this vibrant city.

Day 7: San Salvador, El Salvador



San Jose to San Salvador

Type: **Transfer**

DepartureTimes:

Duration: **1 hrs.**

Day 8: San Salvador, El Salvador



San Salvador City Tour & El Boquerón National Park

Departure Times: **08:30**

Duration: **8.5 hrs.**

San Salvador city (English: Holy Savior) is the capital of El Salvador and the country's most important political, cultural, educational and financial center.

This tour includes the Historic Center of San Salvador, which includes the Metropolitan Cathedral, the National Palace, El Rosario Church, Parque Libertad and much more. In the afternoon, we'll visit El Boqueron National Park where you can enjoy a spectacular view of the crater of the San Salvador Volcano, as well as, the entire city from an altitude of 1,893 mts over sea level.

Some information about the places you will be visiting:

National Palace

The current National Palace building replaced the old National Palace built in 1866–1870, which was destroyed by fire in 1889. To finish the project, legislation was passed that collected one colon for every quintal of coffee exported. The materials used were imported from several European countries including Germany, Italy and Belgium.

Metropolitan Cathedral

The Metropolitan Cathedral of the Holy Savior (Catedral Metropolitana de San Salvador) is the principal church of the Roman Catholic Archdiocese of San Salvador and the seat of the Archbishop of San Salvador. The church was twice visited by Pope John Paul II, who said that the cathedral was "intimately allied with the joys and hopes of the Salvadoran people.

National Theater of El Salvador

The Teatro Nacional de El Salvador is the oldest theater in Central America. It is of French Renaissance style with modern touches, and was decorated by the Italian architect Lucio Capellaro. The theater is open to tourists, and after the Historic Downtown Restoration has been used for plays, shows, operas, song recitals, and modern dance performances. It is the largest and most luxurious theater in Central America, and was declared a National Monument in 1979.

Calle Arce

Calle Arce (named after General Jose Manuel Arce, first president of the Federal Republic of Central America) is a major street in San Salvador.

Plaza Gerardo Barrios

La Plaza Gerardo Barrios, or the Civic Plaza, is located in the heart of the city. The figure, made of bronze, is placed on a pedestal of granite and depicts battle scenes and the shield of El Salvador. Plaza Gerardo Barrios is the site of many demonstrations and political rallies. Mass is celebrated there as well, and it is the destination of many parades.

Plaza Libertad

Plaza Libertad is the location of the Monumento de los Héroes (Monument to the Heroes), a commemoration of the centenary of the "First Cry of Independence" in 1811. The monument, designed by Francisco Durini Cáseres, and installed in 1911, is crowned by an "angel of freedom" at its pinnacle, holding a laurel wreath in both hands.

Plaza Morazán

During the administration of President Rafael Zaldivar, the Salvadoran government ordered the erection of a marble statue here to commemorate the fortieth anniversary the death of Francisco Morazán, former president of the Federal Republic of Central America.

El Boqueron National Park (San Salvador Volcano)

We will enjoy the beauty of El Boqueron National Park, located on top of the San Salvador volcano at eighteen hundred meters. This park's main attraction is an amazing crater 5 kilometers in diameter and 558 meters deep. Amazing as it sounds, there is a small crater within the crater named "Boqueroncito" (little Boquerón).

El Boquerón enjoys a cool climate year round. The park offers many walking trails thru pine trees where you can appreciate the beauty of many plants. Among the plant species identified are ornamentals such as "cartuchos", hydrangeas, begonias and wild "sultanas". There is wildlife such as armadillos, raccoons, deer, foxes, among others. Around this area, you will find many restaurants with great views of the city and real Salvadoran food!

Day 9: El Tunco, El Salvador



San Salvador to El Tunco

Type: **Transfer**

DepartureTimes: **24h**

Duration: **hrs.**

Day 10: El Tunco, El Salvador



El Tunco Surfing Experience 2D/1N

DepartureTimes: **15:00**

Arrival to El Tunco

Arrive to El Tunco and make yourself at home at the cozy Hostal Makoi in the tiny seaside village. This is the perfect spot to relax in a laidback atmosphere with hammocks and a handy kitchen for guests to use as they please. Spend the rest of the day relaxing and dining on freshly caught seafood on the beach. Chill out with new friends by night at your hostel.

Day 11: El Tunco, El Salvador



El Tunco Surfing Experience 2D/1N

DepartureTimes: **15:00**

1-hour Surfing Lesson & Free Time

Relax in paradise on the beach at El Tunco where you will have the chance to take a 1-hour surfing lesson and try your luck at standing up and surfing the perfect wave. Use the skills you learned to catch as many waves as you can. If you've got enough energy afterward, spend the rest of the day in the water perfecting your skills. Say goodbye to your new friends and surf instructors as your trip comes to an end.

Day 12: Antigua, Guatemala



El Tunco to Antigua

Type: **Transfer**

DepartureTimes: **08:00**

Duration: **5 hrs.**

Day 13: Antigua, Guatemala



Pacaya Volcano Trek

DepartureTimes: **06:00, 14:00**

Duration: **8 hrs.**

Get up close and personal with an active volcano and brag to your friends about it. Hike up the Pacaya Volcano slope for two hours and then trek onto dry lava that resembles a moon-like landscape. Look up to catch an eruption from the active volcano if you're lucky (depending on the activity of the volcano you may or may not see eruptions or lava). Take unforgettable photos in a landscape so surreal that you feel like you are walking on the moon. Admire the breathtaking landscape and views of neighbouring volcanoes peeking through the clouds around you. Take your time returning to the base of the mountain as you make your way down the slippery, muddy slopes. (Note: Horses can be rented for the trip up and back.)

We recommend wearing comfortable trekking shoes and bringing a flash light and a walking stick (or rent one for a few dollars from local kids before you start your hike). It gets dark and steep on the mountain if you are going up in the afternoon. If you are travelling during rainy season bring a raincoat or poncho... you will definitely need it! Bring bottled water for the trek and some extra cash to buy snacks afterwards or pack a few power bars in your day pack to take with you.

Day 14: Lanquin, Guatemala



Antigua to Lanquin

Type: **Transfer**

DepartureTimes: **08:00**

Duration: **8 hrs.**

Day 15: Lanquin, Guatemala



Semuc Champey & Kanba Caves Tour

DepartureTimes: **09:00**

Duration: **10 hrs.**

Take a hike through the mysterious caves of Kanba (activity at your own risk) which are filled with extraordinary limestone formations distributed among an endless stretch of different chambers (so far, the end of the cave system has not yet been discovered) housing a sharp pointed rock altar where ancient Maya once performed sacred rituals. The Maya people of Guatemala continue holding spiritual ceremonies here and believe that the cave is the "heart of heaven" where the secrets of many centuries are held.

Enjoy some free time to swim and go river tubing in the crystalline waters of Semuc Champey where there are natural pools filled with fresh mountain spring water above a 300-meter long limestone bridge. Flowing underneath the bridge is the Cahabón River where you will have time to swim in the cool waters in a beautiful natural surrounding immersed in native flora and fauna. At the end of the bridge you will visit waterfalls over 40-feet in height where the water from the pools rejoins the Cahabon River. The color of the water is constantly changing depending on factors such as the season, sun and rainfall, a characteristic of the national park that makes this place an idyllic and awe-inspiring setting to experience and take photographs.

Day 16: Flores, Guatemala



Lanquin to Flores

Type: **Transfer**

DepartureTimes: **08:00**

Duration: **9 hrs.**

Day 17: Flores, Guatemala



Tikal Early Morning Day Tour

DepartureTimes: 03:00, 04:30, 08:00

Duration: 8.5 hrs.

Depart Flores at 4:30 am this morning for your early morning experience to Tikal archaeological site. Walk among giant pyramids towering over 200 feet at dawn to feel the magical vibration of Tikal and its historic splendor. Listen to the jungle sounds of exotic birds, monkeys and small mammals and feel the humid jungle air on your skin as the Maya inhabitants of this site felt it 2000 years ago. Immerse yourself in the jungle at dawn for an early morning tour through the archaeological site to experience the jungle come alive as it wakes up at sunrise, a once-in-a-lifetime opportunity to get in touch with nature and marvel at the majestic pyramids hidden away in the jungle.

This magical ancient city is teeming with native flora and fauna. If you are lucky you may be able to spot a jaguar walking leisurely through the park, although large numbers of visitors have caused the wildlife to move further into the jungle away from the noise. Howler monkeys here are famous for their loud growling sounds which may surprise you from a tree top overhead. Keep an eye out for colorful birds throughout the park such as toucan, parrots, eagles and quetzals.

Tucked away in the vast Peten Region that covers 222 square miles of lush jungle in the northwest corner of Guatemala lie the ruins of the most magnificent archaeological site and important Maya citadel in Mesoamerica. Tikal National Park, declared as a UN World Heritage Site in 1979, is the largest excavated archaeological site on the American continents and is one of the most important natural reserves of Central America.

It is known that Tikal, meaning "Place of Voices" in Maya, was one of the most powerful cities of their era covering more than 16 square kilometers and dominating other tribes in the surrounding region as well as interacting with neighboring cultures as far as Teotihuacan in the Valle de Mexico. The site was estimated to house between 10,000 - 90,000 inhabitants before being abruptly abandoned over 1000 years ago.

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It is necessary to purchase your entrance fee at any Banrural bank in Flores the day before the tour. The ticket booths will not be open at the time you arrive to take part in the sunrise tour.

Day 18: Belize City, Belize



Flores to Belize City

Type: Transfer

DepartureTimes: 07:00

Duration: 5 hrs.

Day 19: Caye Caulker, Belize



Belize City to Caye Caulker

Type: Transfer

DepartureTimes: 08:00, 09:00, 10:30, 12:00, 13:30, 15:00, 16:30, 17:30

Duration: 1.5 hrs.

Day 20: Caye Caulker, Belize



Snorkel with Sharks & Rays

DepartureTimes: 10:30, 14:00

Duration: 3 hrs.

Discover the unparalleled natural beauty of Belize's marine life with a snorkeling experience that you will never forget. On this half-day tour in Caye Caulker Marine Reserve, you will get the once-in-a-lifetime opportunity to snorkel along the reef in complete serenity. Navigate through mazes of pristine coral reef among schools of tropical fish, and even get the chance to swim with nurse sharks and stingrays. See all this and more at three different snorkeling stops along the magnificent local reef of Caye Caulker.

Day 21: Caye Caulker, Belize

● Free Day

Explore on your own, or add an optional extra experience

Day 22: Caye Caulker - Tulum, Mexico



Caye Caulker to Chetumal via San Pedro

Type: **Transfer**

DepartureTimes: 07:00

Duration: 3 hrs.



Chetumal to Tulum

Type: **Transfer**

DepartureTimes: 05:10 08:30 12:25

Duration: 3.5 hrs.

Day 23: Playa del Carmen, Mexico



Tulum to Playa del Carmen

Type: **Transfer**

DepartureTimes: 01:15, 03:45, 04:15, 07:00, 09:00, 09:15, 11:00, 11:45, 12:30, 13:30, 14:45, 15:15, 16:00, 16:30, 16:45, 17:00, 17:30, 17:45, 19:00, 19:15, 21:45

Duration: 1 hrs.

Day 24: Playa del Carmen, Mexico

● Free Day

Explore on your own, or add an optional extra experience

Day 25: Cancun, Mexico



Playa del Carmen to Cancun

Type: **Transfer**

DepartureTimes: 00:15, 02:30, 03:45, 04:00, 05:00, 05:15, 06:30, 07:00, 07:15, 07:30, 07:45, 08:00, 08:15, 08:30, 08:45, 09:00, 09:15, 09:30, 09:45, 10:00, 10:15, 10:30, 10:45, 11:00, 11:15, 11:30, 11:45, 12:00, 12:15, 12:30, 12:45, 13:00, 13:15, 13:30, 13:45, 14:00, 14:15, 14:30, 14:45, 15:00, 15:15, 15:30, 15:45, 16:00, 16:15, 16:30, 16:45, 17:00, 17:15, 17:30, 17:45, 18:00, 18:15, 18:30, 18:45, 19:00, 19:15, 19:30, 19:45, 20:00, 20:15, 20:30, 20:45, 21:00, 21:15, 21:30, 21:45, 22:00, 22:15, 22:30, 23:00, 23:15, 23:30

Duration: 1 hrs.

Day 26: Cancun, Mexico



Chichen Itza Day Trip (roundtrip from Cancun)

Departure Times: 04:00 (summer), 05:00 (winter)

Duration: 10 hrs.

Upon arrival to Chichen Itza, a specialised guide will give you a detailed tour of the site, enjoying the quiet of the morning visit before the crowds. Throughout the tour, your guide will provide archaeological essential background to better understand the history of Chichen Itza.

Discover how this large pre-Columbian city played an important role in the Mayan civilization around 600 AD to 1200, and remained a center of worship and pilgrimage until the arrival of the Spaniards. Even today, it is still considered sacred by the Maya people of Yucatán Peninsula site. Like many of the cities of ancient Mexico, the site was abandoned, and its ruins were hidden by jungle. Hear how the site was discovered and excavated by archaeologists, earning the protection of UNESCO and today considered one of the New Seven Wonders of the World. They will explain the philosophy, cosmology and mythology behind this ancient place, such as the meaning of the stone carvings, pyramids, platforms, ball games. Visit the Temple of the Jaguars, the Temple of the Warriors and of course the famous pyramid, also known as the Temple of Kukulcan. Hear how a serpent of light seems going up the stairs of this temple in the spring and fall equinoxes (around March 21st; September 21st). Enjoy a lunch box on your way back to Cancun.

