

10-Day Panama Volcano, Rainforest & San Blas Adventure

- 10 days
- 5 cities
- 12 experiences
- 5 hotels
- 6 transports

Boquete → San Blas Islands → Panama City → San Blas Islands → Bocas del Toro

Days 1–5 · Mar 15 – 19

Boquete

Boquete, Panama, is a charming mountain town renowned for its cool climate, lush cloud forests, and vibrant local culture. It's an ideal base for families to explore volcanoes, coffee plantations, and diverse wildlife while enjoying outdoor adventures like hiking, horseback riding, and birdwatching. The town's friendly atmosphere and small eco-lodges offer a perfect blend of authentic cultural exp

Arrive · Mar 15

IND → DAV

2 stops

Stay · Days 1–5 · Mar 15 – 19 · 4 nights

The Inn at Palo Alto

Avenida Buenos Aires, Palo Alto, Boquete · 8.9

Itinerary · Days 1–5

Day 1 · Mar 15 · 1 experiences

Arrival and Relaxation in Boquete

The Rock Boquete

Day 2 · Mar 16 · 1 experiences

Cloud Forest Guided Hike Adventure

Big Daddy's Grill

Day 3 · Mar 17 · 1 experiences

Waterfall Trekking and Nature Exploration

RetroGusto Boquete

Day 4 · Mar 18 · 1 experiences

Family Adventure in Caldera

Sugar & Spice Bakery

Day 5 · Mar 19 · 1 experiences

Departure Day and Packing

Sugar & Spice Bakery

Days 5–6 · Mar 19 – 20

San Blas Islands

The San Blas Islands in Panama offer an unforgettable experience with their pristine beaches, crystal-clear waters, and authentic indigenous culture. Staying in traditional huts allows your family to connect deeply with the Guna Yala people, learning about their customs and way of life in a respectful and immersive way. It's a perfect blend of relaxing island time and cultural enrichment away from

Stay · Days 5–6 · Mar 19 – 20 · 1 night

Add a stay for San Blas Islands

Itinerary · Days 5–6

Day 5 · Mar 19

Arrival and Relaxation in San Blas Islands

Day 6 · Mar 20

Exploring San Blas and Departure

Days 6–7 · Mar 20 – 21

Panama City

Panama City is a vibrant and modern capital known for its rich cultural heritage, historic Casco Viejo district, and stunning skyline. It serves as the main gateway for your Panama adventure, offering easy access to transportation hubs for trips to the San Blas Islands and other natural wonders. The city blends urban excitement with local charm, making it a great place to experience authentic Panama.

Stay · Days 6–7 · Mar 20 – 21 · 1 night

Punta Caracol Acqua Lodge

Punta Caracol, Bocas del Toro · 8.6

Itinerary · Days 6–7

Day 6 · Mar 20 · 1 experiences

Arrival and Relaxation at Punta Caracol Lodge

Bibis on the Beach

Day 7 · Mar 21 · 5 experiences

Explore Casco Viejo and Cultural Highlights

Casco Viejo · Metropolitan Cathedral · Plaza de Francia · Mercado de Mariscos · Amador Causeway (Calzada de Amador)

Days 7–9 · Mar 21 – 23

San Blas Islands

The San Blas Islands in Panama offer an unforgettable experience with their pristine beaches, crystal-clear waters, and authentic indigenous culture. Staying in traditional huts allows your family to connect deeply with the Guna Yala people, learning about their customs and way of life in a respectful and immersive way. It's a perfect blend of relaxing island time and cultural enrichment away from

Arrive · boat · Mar 21

Panama City → San Blas Islands

Stay · Days 7–9 · Mar 21 – 23 · 2 nights

Add a stay for San Blas Islands

Itinerary · Days 7–9

Day 7 · Mar 21

Arrival and Island Immersion in San Blas

Day 8 · Mar 22

Exploring San Blas and Cultural Connection

Day 9 · Mar 23

Departure Day and Packing

Days 9–11 · Mar 23 – 25

Bocas del Toro

Bocas del Toro is a vibrant archipelago in Panama known for its stunning Caribbean beaches, rich biodiversity, and laid-back island culture. It's perfect for families seeking a mix of relaxing beach time, snorkeling, and rainforest exploration. The area offers charming eco-lodges and opportunities to connect with local communities, making it an ideal spot for both adventure and cultural immersion.

Arrive · Mar 23

PTY → BOC

Direct

Stay · Days 9–11 · Mar 23 – 25 · 2 nights

Skully's House

Playa Paunch Bocas del Toro, Bocas del Toro · 8.7

Itinerary · Days 9–11

Day 9 · Mar 23 · 1 experiences

Arrival and Relaxation at Bocas del Toro

Bibis on the Beach

Day 10 · Mar 24

Departure Day and Packing

Depart · Day 11

BOC → IND

2 stops