



CASCO ANTIGUO PANAMA

**PERSONALIZED SERVICE**

**PANAMA**

**2025 -2026**

PANAMA

The ease of travel and wide array of experiences make Panama one of the most attractive emerging tourism destinations in the world. In just one week, visitors can enjoy two different oceans, experience the mountains and rainforest, learn about native cultures and take advantage of vibrant urban life.

The capital, Panama City, is a modern, sophisticated metropolis that resembles Miami and has established commerce, arts, fashion and dining. Panama is known as the "Crossroads of the Americas" due to its privileged position between North and South America.

The indigenous meaning of the country's name, "abundance of fish", reflects Panama's reputation as a paradise for water sports enthusiasts and eco-tourists alike. As the isthmus connecting two massive continents, Panama's flora and fauna is incredibly diverse



## **What We Do**

### **Tailored Packages for your stay**

We work in a tailored package for your stay during your treatment or recovery in Panama

Every traveler is unique, and therefore, every journey should be as well. We believe in creating fully customized package with experiences. We work with you to design an itinerary that reflects your interests, preferences, and desires to fully meet your needs, like selecting the hotel, transfers and activities based on your specific procedure requirements.

## **Accommodation**

Panama offers several accommodation options that cater to the needs of medical tourists. From hotels adjacent to world-class hospitals to specialized recovery retreats, you can find the right environment for your healing journey. The accommodations that redefine peace and comfort, feel relax and enjoy your stay in Panama during your recover. From five-star hotel to economic option, each option has been selected for its exceptional quality and service. Enjoy world-class facilities, stunning views, and attention to detail that ensures an unforgettable stay. Your stability, comfort and satisfaction are our most important priorities.

**Here we find the most important hotels near the Main Hospitals**

- Sheraton Panama –
- Aloft Panama Hotel
- Intercontinental Miramar Panama
- Le Meridien Panama
- W Panama
- Hyatt Regency Panama

## SHERATON GRAND PANAMA

Located in the heart of Panamá City, directly across from the Atlapa Convention Center, Sheraton Grand Panama offers a convenient and comfortable stay just a 20-minutes' drive from Tocumen International Airport. This hotel provides an array of amenities designed to enhance your visit, whether for business or leisure or medical treatment

Each air-conditioned room features modern comforts such as a flat-screen TV, tea and coffee making facilities, and a bathroom equipped with a hairdryer and toiletries. Guests can unwind at the outdoor swimming pool or rejuvenate at the on-site spa, which includes a hot tub, steam bath, sauna, and a variety of treatments. This property is near to Punta Pacifica Hospital, Centro Medico Paitilla, Pacifica Salud and Clinica Hospital San Fernando.



## ALOFT HOTEL PANAMA

Panama City is located 30 minutes away from the international airport, we will take *the* Highway – till the hotel located at Via Israel, in front of the ATLAPA Convention Center. This modern hotel features "Refuel," a 24-hour grab-and-go snack bar with sandwiches, wraps and salads. Guests also enjoy an on-site gym and outdoor pool. The rooms and suites offer a flat-screen cable TV, air conditioning and a fridge. The suites also include a dining area and coffee machine. Featuring a shower and luxury brand amenities, the private bathroom also comes with a hairdryer. Extras include a safety deposit box and ironing facilities. All rooms include a desk with a connectivity panel and an ergonomic chair. At Aloft Panama you will find a 24-hour front desk, a terrace and a bar. Other facilities offered include meeting facilities, shared lounge and a games room. The property offers free parking to guests. Aloft Panama This property is near to Punta Pacifica Hospital, Centro Medico Paitilla, Pacifica Salud and Clinica Hospital San Fernando.





## MIRAMAR INTERCONTINENTAL PANAMA

The InterContinental Miramar Hotel is a luxury hotel overlooking the Pacific Ocean and the bay of Panama. The iconic hotel is walking distance to Panama's financial center and close to the shopping district. Each of our elegantly appointed, spacious suites have breathtaking ocean views ideally situated to watch ships and vessels enter the world-famous Panama Canal. Relax by the pool, indulge with a spa treatment, and enjoy exquisite dining and stunning views at our Bay View Restaurant.

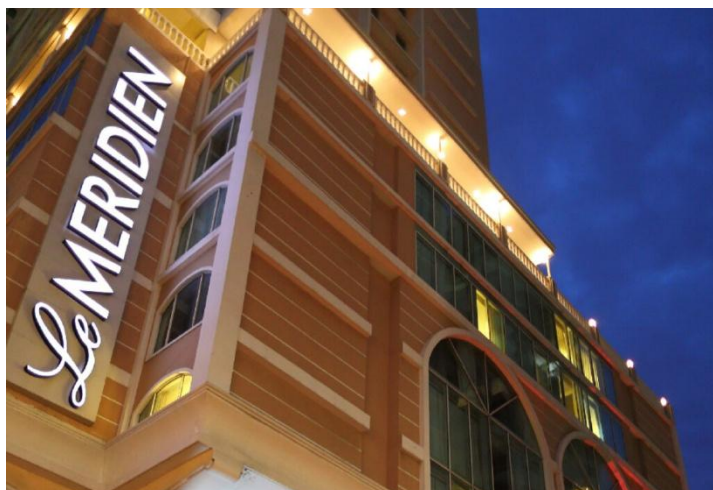
This property is near to Punta Pacifica Hospital, Centro Medico Paitilla, Pacifica Salud and Centro Medico Nacional.



## LE MERIDIEN PANAMA

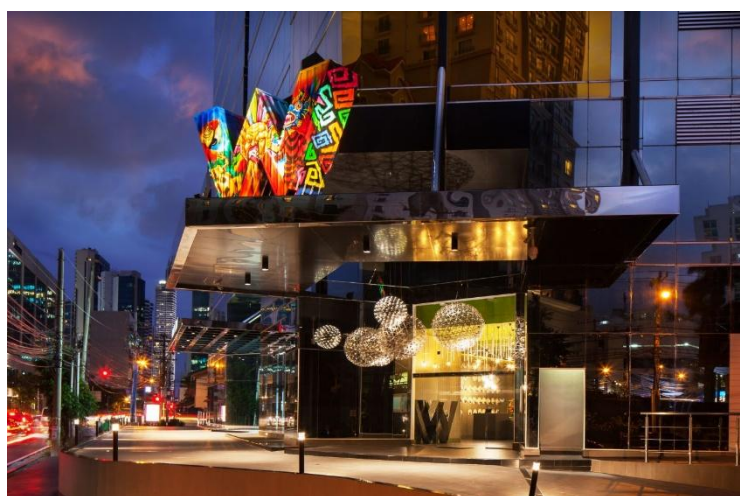
Set overlooking Panama Bay, Le Meridien Panama features a spa and an outdoor swimming pool. It offers chic rooms with flat-screen TVs and sofas. Le Meridien Panama offers striking design and has a bright lobby with a glass atrium. Each room has air conditioning, a flat-screen TV and a mini-bar. Fusion cuisine is served at the Restaurante Saril Kitchen & Lounge. There is also a lounge lobby bar. The Club Lounge is under renovation. The Panama's spa features a hot tub and treatments on offer include massage. There is also a gym. Le Meridien is within 5 minutes' drive of Panama City's Exhibition Center and its port. Marcos A. Gelabert Airport is 5.6 mi away.

This property is near to Punta Pacifica Hospital, Centro Medico Paitilla, Pacifica Salud and Centro Medico Nacional.



## W PANAMA BY MARRIOTT

Centrally located in the business district, W Panama prides itself on breaking away from the routine. Blending bold design and vibrant colors inspired by local culture, this fantastic hotel in Panama City is the perfect destination no matter the reason for your next trip. Connect with the local scene at La Cajita while enjoying a signature cocktail crafted by expert mixologists or indulge in a cosmopolitan culinary experience at Moró. If you're looking for hotels with a pool in Panama, take a dip in our WET Deck for a touch of fun or relax in the AWAY® Spa with a refreshing experience. Each of our 203 rooms is designed with a modern, sleek style and high-contrast decor to match your bright personality. Whatever you choose, whenever you choose it, live it up at W Panama. Ideal for exploring Via España, Calle 50, and Cinta Costera, W Panama is close to restaurants and most important hospital as Punta Pacifica Hospital, Centro Medico Paitilla, Pacifica Salud and Centro Medico Nacional.



## HYATT REGENCY PANAMA

Offering all the conveniences to make your business, leisure or medical treatment trip a success, the newly reimagined Hyatt Regency Panama City, centrally located in the business district, welcomes you to stay in one of 382 hotel rooms and suites in our two towers. Enjoy a seafood restaurant, a speakeasy wine bar, coffee shop, modern fitness center, rooftop pool and more at this pet-friendly hotel. From our hotel perfectly situated in the heart of the bustling business district, guests can easily explore Panama's vibrant capital. Ideal for exploring Via España, Calle 50, and Cinta Costera, W Panama is close to restaurants and most important hospital as Punta Pacifica Hospital, Centro Medico Paitilla, Pacifica Salud and Centro Medico Nacional and Clinica Hospital San Fernando.





## TRANSPORTATION

Most offer airport transportation services and can arrange private transport to medical facilities upon request. All vehicles provided by Experience Panama DMC are air conditioned, recent models with professional bilingual drivers, VIP services in SUV vehicles under request. Transportation vehicles are for illustrative purposes only.



## ACTIVITIES AND EXCURSIONS

Experience Panama in a unique and extraordinary services. Explore and enjoy the natural and cultural wonders of Panama with our expert and creative experiences. From lush rainforests to crystal-clear Caribbean or Pacific beaches, each destination offers the perfect blend of adventure and relaxation. Immerse yourself in the authenticity of the local culture; seven indigenous tribes, in a multi-cultural country, which offer a magnificent gastronomy, the best gourmet coffee and so on. Whether you're seeking a relax place near nature or a wellness retreat, or one day get away, our itineraries are tailor made designed to create your best experience in panama



#### HERE FIND THE MOST IMPOETANT ACTIVITIES TO EXPERIENCE DURING YOUR STAY

- CULTURAL EXCHANGE WITH THE EMBERA COMMUNITY—
- INMERSE DAY WITH NATURE AT THE SOBERANIA NATIONAL PARK
  - HALF DAY VISITING THE UNESCO SITES IN THE CITY
- COMPLETE DAY AT THE PANAMA CANAL & CASCO ANTIGUO



## CULTURAL EXCHANGE WITH THE EMBERA COMMUNITY

Cultural encounters that enrich the soul and free your spirit. Immerse yourself in the rich and diverse culture of the Emberas indigenous communities at the Chagres River, learn about their ancestral traditions, explore the vibrant art scene of their art crafts, or participate in their local dances. These experiences will allow you to connect deeply and meaningfully with the history and their traditions, creating memories that will last a lifetime.



After breakfast, we will take a short 40-minutes bus ride to Chagres National Park and then embark on a fascinating cultural trip. Upon arrival at the National Park, we will enjoy the breath-taking beauty of the rainforest while aboard small or motorized canoes that take us through Lake Alajuela and the Chagres River until we reach the friendly people of the Embera Community. We will enjoy learning about their culture and traditions and have lunch in their thatched huts. This will be most definitively an unforgettable experience. You will also have the chance to take a tour with the “Medicine Man” who will explain the use of plants as natural medicines. You will have the opportunity to go for a refreshing swim before we return to the city at the village’s beautiful tranquil natural pool or a waterfall, which is approximately 20 minutes’ walking distance. You will also be able to purchase some of their incredible crafts.

Note: This activity starts at 10:00 am and ends at 4:00 pm



## INMERSE DAY WITH NATURE AT THE SOBERANIA NATIONAL PARK

Panama is renowned for its exceptional biodiversity, boasting a wide array of ecosystems and a wealth of plant and animal species. This includes tropical rainforests, cloud forests, and marine ecosystems like coral reefs and mangrove forests. Panama is a global hotspot for biodiversity, holding a significant percentage of the world's known bird, reptile, amphibian, and mammal species.



After Breakfast we head towards to the Soberania National Park to the area to hop on the Aerial Tram from there we will experience the verdant rainforest of Gamboa from within, ascending some 280 feet from the shadowy forest floor, through the dense undergrowth and up to the sun-drenched canopy with its thousand shades of green that are only interrupted by the vibrant colors of flowering trees.

Colorful birds and butterflies are abundant here, and you might also encounter sloth or white-faced capuchin monkeys and hear the howler monkey cry out in the distance.

Once at the top, you will have the opportunity to climb our observation tower (also accessible for wheelchairs) from where you will have uninterrupted views of the vast rainforest of Soberania National Park while at the same time watch the giant cargo ships maneuver through the Galliard Cut (the narrowest part of the Panama Canal). Throughout this adventure in the jungle our well-trained guides will be at hand to explain and enhance your encounters.

Note: this is a tour anyone can do if you eliminate the climb to the Observation tower and it only becomes moderately difficult if you choose to climb the 100-foot tower.

Relax time at the Gamboa Rainforest Resort / lunch is included.

## Second part of this day: Experience after lunch The Gatun Lake expedition



After lunch at the Hotel, once everyone is finished, we will head to the deck in Gamboa Rainforest where we will board on a boat tour through the Panama Canal into secret waterways to find hidden islands that are the monkeys of favorites. Cappuccino monkeys and howler monkeys can be seen leaping in the trees above. Occasionally, they become curious of visitors and venture down to take a closer look.

This tour provides a unique opportunity for viewing wild monkeys in their natural habitat, as closely as you would view it in the zoo.

Other animals you can spot in this tour include lazy sloths sleeping in trees, stoic alligators and turtles that are native to the lake. The boat ride to and from the island passes through the Panama Canal. This gives you the chance to spot huge container ships, during their passage across the world.

This is an exceptional place to experience the sights and sounds of the jungle up close. Our trained naturalist guides will ensure that you have an outstanding experience of nature by tracing wildlife as well as educating you about it and its habitat throughout this exceptional jungle and canal adventure.

Note: This activity starts at 9:00 am and ends at 3:00 pm  
4:00 pm at the hotel



## MEET THE UNESCO WORLD HERITAGE SITES IN THE CITY

Half day visit Panama City's UNESCO World Heritage Sites:

Casco Viejo and the Archaeological Site of Panamá Viejo



After breakfast with a short ride across town to the ruins of Panamá Viejo (the old city). Panama City is the oldest European settlement on the Pacific coast of the Americas. It was founded in 1519 because of the discovery of the “South Sea” in 1513 by Vasco Núñez de Balboa. The remains of the original Spanish colony (known as the Archaeological Site of Panamá Viejo) include the pre-Columbian vestiges of the Cueva aboriginal occupation of the same name and currently encompass a UNESCO-protected heritage site covering 32 hectares. During its 152 years of existence, the town experienced slave rebellions, fires, and an earthquake, but was destroyed in the wake of a devastating attack in 1671 by pirate Henry Morgan.

Continue to Casco Viejo for a historical walking tour. In 1673, after the devastating pirate attack, Panama City was moved some 7.5 km west to a small peninsula at the foot of Ancon Hill, closer to the islands that were used as safe ports and near the mouth of a river that eventually became the Pacific access to the Panama Canal. The relocated town, known today as **CASCO ANTIGUO**, not only had better access to fresh water but could be fortified. The military engineers took advantage of the morphological conditions of the area and complemented them with a wall surrounding the peninsula, all of which prevented direct land and naval approaches by an enemy.

The tour ends with a visit to the **Interoceanic Canal Museum**

Passing through countless plazas over the years, notable for its former Grand Hotel, later purchased by Count Ferdinand de Lesseps to house the offices of the Universal Interoceanic Canal Company, and also the headquarters of the Post and Telegraph Office, the Panama Canal Museum opened its doors for the first time in 1997, open to any visitor, whether local or foreign, who would enjoy a learning and entertaining experience about the preservation, research, and dissemination of the Canal's historical record.

## COMPLETE DAY OF CITY TOUR AND THE PANAMA CANAL



After Breakfast you start your complete day of city tour at the Panama Canal, where you will visit the Panama Canal Visitors' Center at Miraflores Locks where ships can be seen transiting the waterway. The 3 floor exhibit halls will provide information about the history, engineering and current events related to the Panama Canal. As part of your tour, you will also experience the new IMAX 3D theater at Miraflores Visitor Center with the 45-minute documentary "Panama Canal: A Land Divided, A World United" narrated by Morgan Freeman.

Note: The exhibition halls are temporarily closed through 2026 due to renovations.

Then drive through the former Panama Canal Zone, managed by the United States from 1903 to 1999. Old military bases have been turned into a City of Knowledge, residential neighborhoods, Catholic Schools, Universities, embassies, and one of the most important commerce hubs in the region, combining airports, container ports and cargo railways that provide support to the Panama Canal operation.

Then continue to the Biodiversity Museum, designed by the world-renowned architect Frank Gehry. As a Smithsonian Affiliate Museum, the Biodiversity Museum serves as a gateway to new information about the biodiversity and natural history of the Isthmus of Panama. Scientific experts from both the Smithsonian Institute and the University of Panama oversee the contents of the museum and aim at teaching visitors about eco-awareness, conservation and Panama's extraordinary natural treasures in various unique exhibition galleries. Did you know that the Isthmus of Panama has more bird, mammal, reptile and plant species than the US and Canada together in just 75,990 km<sup>2</sup> (approx. 29,000 square miles)? In fact, 3 million years ago, the emergence of the Isthmus of Panama changed both the climate and the biodiversity on the planet and played a key role in the creation of the world we know today.

Continue to the causeway for lunch at Buccaneers restaurant. After lunch, continue to the Casco Antiguo for a historical walking tour. In 1673, after the devastating pirate attack, Panama City was moved some 7.5 km west of its original location to a small peninsula at the foot of Ancon Hill, closer to the islands that were used as the port and near the mouth of a river that eventually became the entrance of the Panama Canal. The relocated town, known today as Casco Viejo or the Historic District of Panama, not only had better access to fresh water but could be fortified. The military engineers, moreover, took advantage of the morphological conditions that complemented the wall surrounding the peninsula, all of which



prevented direct naval approaches by an enemy. Several buildings within the district are identified as important for the country's 17th-20th century heritage. Most outstanding are the churches, above all the metropolitan cathedral with its five aisles and timber roof; San Felipe Neri, San José, San Francisco and especially La Merced with its well-preserved colonial timber roof. The Presidential Palace, originally built in the late 17th century and partially reconstructed in the 18th, 19th and early 20th centuries, is a revealing example of the transformations that characterize the Historic District as a whole. The House of the Municipality, the National Theatre, the Ministry of Government and Justice and the Municipal Palace are outstanding buildings from a more recent period. Return to your hotel in Panama City after the tour.  
Note: This activity starts at 9:00 am and ends at 3:00 pm

**Program do not include:**

International airfare and taxes

Departure taxes

Meals not specified in the itinerary.

Alcoholic beverages

Personal equipment

Extras in Hotels (Laundry, Phone calls, Room service, etc.

Gratuities

**ASK FOR QUOTATION**

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