

# PACIFIC PARADISE

## 5 Nights City and Beach Retreat Bristol Panama and Bristol Buenaventura

Per Night USD565.00

Includes

Deluxe accommodation at the hotels for single or double occupancy  
Gourmet Panamanian Dinner at Bristol Panama  
Daily breakfast  
Airport transfers  
Transfers between the hotels  
Adventurous tour excursions and shopping

Rate is subject to 10% tax

Promotion is valid until December 19, 2010

For Reservations, please call (507) 908 3333 or email [reservations@thebristol.com](mailto:reservations@thebristol.com)

### Day 1 Panama City

- Arrive at Panama, met by representative and transfer to Bristol Panama (Voted 2009 Best Hotel in Central America by CondeNast Travel and Travel & Leisure magazines)
- Dinner at the hotel restaurant, Barandas with a 3 course set menu designed by Chef Cuquita Arias, referred to as the "Martha Stewart of Panama" by Travel & Leisure.

### Day 2

- This morning, depart on a tour to the Embera Indigenous village on the Chagres River. Here you will board a motorized "dug-out" canoe and travel up the Chagres through 194,000 acres of rain forest, the largest National Park protecting the Panama Canal watershed. At the Embera village, you will be greeted with dancing and music, and will learn about Embera customs and their relationship with nature.
- Evening on your own, an opportunity to enjoy one of the many restaurants in the city followed by a mojito night cap at the hotel Bar.

### Day 3

- This morning, depart for the Panama Canal at Miraflores where you can watch 4 million ton vessels pass silently through the canal locks and you can also tour the exhibition hall. Thereafter, enjoy a city tour of Casco Viejo, Panama Viejo followed by shopping.

#### Day 4

- Depart Bristol Panama for your beach retreat at Bristol Buenaventura on the Pacific coast; the journey is about 80 minutes. In the afternoon, a trip to El Valle for the Canopy zip line is followed by a visit to an Organic coffee plantation for a full immersion into the coffee making process and also a chance for coffee tasting

#### Day 5

- This morning, you will be embarking on an exciting tour by Jet Ski to the Farallon Island off the coast of Buenaventura followed by a lobster lunch.

#### Day 6

- Depart for the city for your flight home. Buen viaje y hasta luego!

### Bristol Panama

The city's most luxurious boutique hotel in the heart of the business and entertainment district, near to tourist sites and shopping. The hotel features a restaurant, a bar, gym, ballroom and meeting space.

### Bristol Buenaventura

A luxurious paradise set on 1,000 acres of lush greenery and white sandy beaches. Spanish Colonial architecture elements with tropical contemporary décor, with 5 dining options, 4 pool environments, a Spa, gym and myriad of activities including horseback riding, water sports and golfing at nearby courses.

