



DRAFT ITINERARY @ 10.29.24 (subject to change)

DAY 1- WEDNESDAY, MARCH 5TH:

7:30 pm Welcome Dinner in local restaurant

Overnight: JW Marriott Panama

DAY 2- THURSDAY, MARCH 6TH:

Breakfast at the hotel

10:00 to 12:00 pm - Gamboa Island:

Rainforest Experience: Enjoy an **ecological boat tour on Gatun Lake**, a large manmade lake formed when the Gatun Dam was built. Today it remains an essential part of the Panama Canal system. Gatun Lake is located within an immensely diverse tropical ecological zone and is surrounded by untouched exotic rainforest.

A motorized **boat ride** on the lake will reveal the area's many different species of birds, monkeys, iguanas, and sloths, among others wildlife.

12:00 to 1:30 pm - Enjoy a buffet **lunch** at the Gamboa Rainforest Resort.

2:00pm Meet with **ORT Ecology Summer School students**, spend the afternoon and evening with them. Experience the rainforest where the students live and learn

Visit **members of the Emberá indigenous tribe**. The Emberá are an indigenous people who live near the Panama-Columbia border. There are about 33,000 living in Darién, Panama, and 50,000 in Colombia, mainly in small villages along the water.

BBQ dinner with the students at the Lodge.
Evening with **Smithsonian Institute** researchers / bat release experience.

10:00 pm Return to the hotel.

Overnight: JW Marriott Panama

DAY 3-FRIDAY, MARCH 7th:

Breakfast at the hotel.

- 9:00 am** **Jewish Tour**
This morning, we will learn about the local Jewish Community and visit the most important Synagogues in Panama City such as **Shevet Ajim** (Sephardic) and **Bet-El Synagogue** (Ashkenazi).
- 11:00 am** **Visit the local ORT school**
- 1:00pm** **Lunch** at a local restaurant
- 2:30pm** **VIP Canal visit**
Take a **VIP Canal visit** to Miraflores locks. A Panama Canal guide will introduce you to some of the most important and unique details of this marvel of engineering. You will learn about the history and construction of the first set of locks at the Visitor's Center and Museum and will have the opportunity to watch massive vessels transit through the locks. This tour includes an **IMAX movie** that explains the history of the Panama Canal.
- 5:30 pm** Return to the hotel to freshen up before Kabbalat Shabbat services.
- 7:30 pm** **Kabbalat Shabbat services** followed by dinner with members of the community (location to be confirmed – transportation by bus)

Overnight: JW Marriott Panama

DAY 4- SATURDAY, MARCH 8TH:

Breakfast at the hotel

- 9:00 am** Travel by bus to the **Old City:**
Walking Tour of the picturesque **Casco Viejo**, commonly called the walled city. Together with Old Panama, the Casco Viejo is recognized as a **UNESCO World Heritage Site** and is appreciated worldwide for its unique historical and artistic value.
- Next, we stop at a local shop specializing in the production of chocolate made of 100% Panamanian Cacao. The Latin name for cocoa "Theobroma" means, "food of the gods", and we agree! Learn about cocoa crops processing, and partake in a **chocolate tasting**, which will give you the tools on how to recognize the difference between a good and a bad chocolate.
- 12:00 pm** Enjoy **lunch** in local restaurant
- 2:00 pm** Depart for the **BioMuseo**, designed by famed architect Frank Gehry, and learn more about Panama's unique impact on the planet's biodiversity and the country's commitment to protecting the environment.
- 5:00 pm – return to hotel.**

8:00 pm – Farewell dinner at Lula restaurant

Overnight: *JW Marriott Panama*

DAY 5- SUNDAY, MARCH 9TH:

Breakfast at the hotel and departures.