

# 5-day Itinerary

**Day 1:** Breakfast in the jungle at Kayukos Restaurant; Red Frog Zipline Canopy Tour, includes a Tree Top Adventure Course; Lunch and relax at Panama's most famous beach at Punta Lava Bar & Grill; Boat taxi into charming Bocas Town for dinner at Guari Guari for a 5-course feast; Enjoy the nightlife and eclectic Caribbean culture of Bocas Town.

**Day 2:** Zapatilla Keys Tour; Lunch at the famous Bora Bora styled restaurant, Crawl Cays; Dinner at Punta Lava on the beach

**Day 3:** Kayak through and around an extensive mangrove eco-system or journey through the famous Bastimentos Island Cave; Dinner at Bibi's Restaurant on the beach at Carenero Island

**Day 4:** Half day fishing for Snook and Tarpon within the interior islands of Bocas del Toro; Relax on the beach and hike through the jungle to the several secluded beaches on Isla Bastimentos; Dinner out on a 41-foot sailing catamaran for the Red Frog Island Beach Marina

**Day 5:** Get a relaxing massage in a private villa with breathtaking hillside views of the Caribbean Sea; Cocktails by the private pool as you enjoy the sounds of the jungle and waves below; Hiking and horseback riding, followed by a tour of Chocolate Farm; Diner at Punta Lava on the beach or private chef dinner on Peninsula Point



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