

Singles Travel Company

Vacations for Singles of all Ages

**Central America
Fascinating Panama!**



Panama Adventure!

April 17-24, 2010

8 Days/7 nights



Our trip includes Panama City and its rich history, an educational visit through the famous Panama Canal locks, visit an Indian village cultural experience, stay at a rainforest lodge, and end your vacation at an all-inclusive beach resort that offers all kinds of activities and adventures!

This trip to the fascinating Central American country of Panama will include so much that you'll understand why it is becoming a popular vacation destination. If you loved Costa Rica, you'll love this country!

Panama is located in Central America, bordering both the Caribbean Sea and the North Pacific Ocean, between Colombia and Costa Rica. While Panama is known mostly for its famous canal, the country's natural attractions offer an irresistible lure to the exotic traveler- you'll find an abundance of wildlife in many national parks; many white sandy beaches and incredible rainforests; hundreds of islands and calm, tranquil reefs and coves; the Panama Canal and a fantastic quantity of fresh seafood! Panama also has more flora and fauna species and more land set aside for preservation with far fewer tourists and the country offers some of the finest birding, snorkeling and deep-sea fishing in Central America.

Panama has a cosmopolitan capital city, lots of history, wonderful shopping, and traditional arts that reflect its ethnic mix including wood carving, weaving, ceramics and mask-making. It is a proud and prosperous nation that honors its seven Indian tribes and its rich Spanish legacy and it welcomes visitors enthusiastically.

Come join us and discover all that Panama has to offer Our groups love this destination!

Price includes.....

- 7 nights accommodations in nice 3 star properties/resorts
 - 1 night Panama City – Toscana Inn Hotel
 - 3 nights- Melia Panama Canal Hotel
 - 3 nights- Royal Decameron All-Inclusive Beach Resort
- Taxes and service charges for hotels
- Bilingual Professional Guide for tours & most transfers
- Motorcoach Transfers as noted in itinerary for scheduled activities and transfers to hotels
- **14 Meals Total**
 - 7 breakfasts
 - 4 lunches
 - 3 dinners at the resort
- Singles Travel Company host (restrictions apply)



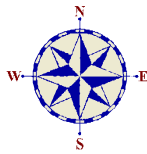
Tours and Excursions

Partial Panama Canal Transit
 Entrance fee to Miraflores Visitor Center
 Old Fort Museum
 Panama City tour with entrance fee to Panama La Vieja Ruins; Casco Antiguo,
 Panoramic view of the city
 Canopy tour through the cloud forest
 Embera Indians Culture trip by dugout canoe with lunch

Singles Travel Company ♦ CST# 1002864-10

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Itinerary

Day 1, Sat, Apr 17, 2010 **Arrival Into Panama City**

On arrival into Panama City, you will be transferred to our hotel. Depending on the arrival time, the day is at leisure to start exploring until our early evening welcome get-together. After the meeting, maybe dinner together or with new friends from the group and the evening is at leisure to explore the nightlife!

Overnight at the Toscana Inn Hotel.

Day 2, Sun, Apr 18, 2010 **Partial Panama Canal Transit/Panama City Tour/Colon**

After breakfast, we have a very interesting day ahead of us with our local guide which includes seeing what Panama is famous for--its' locks in the canal! Many visitors are surprised how much of the canal looks like a wide, slowly flowing jungle river instead of a highly mechanical system of pumping stations and locks. You'll know how the locks work after your canal tour and visiting the Miraflores visitor center.

Lunch is included and we'll also have a city tour of the cosmopolitan capital city-- Panama City. We start our tour to see some of the most important sites of Panama City such as Casco Antiguo and the ruins of the original Panama, "Panama La Vieja", founded in 1519, the first city and Spanish settlement on the Pacific Ocean, capital of "Castilla de Oro" and center of operations for the conquest of South America. This city was built during the 16th century and was later partially destroyed in an attack by the pirate Sir Henry Morgan in 1671. See many other local sights and get a panoramic view of this beautiful city.

Overnight at the Melia Panama Canal Hotel. (B,L)

Hotel: Melia Panama Canal Hotel (3 nights)

Our hotel is on the shores of Gatun Lake, just 10 minutes from the Free Trade Zone in Colon, and it is the former "Escuela de las Americas" which has been transformed into a nice hotel offering elegance and comfort in its facilities and a treasure chest full of flora and fauna for nature lovers. The surroundings of Meliá Panama Canal offer the perfect scenery to explore and take part in the eco-tourism of the region. Take adventure tours through historic regions and tourist sites, enjoy the beaches of the Caribbean, deep-sea fishing, shopping and much more.

Day 3, Mon, Apr 19, 2010 **Canopy Tour**

Today we are in for another adventure...our canopy tour at La Granja takes us 'zipping' through the tops of the cloud forest. It is an experience not to be missed! The rest of the day is at leisure for local activities, including hiking, swimming, exploring and other active adventures!

Overnight at Melia Panama Canal hotel. (B)

Day 4, Tues, Apr 20, 2010 **Embera Village Tour**



After breakfast we find paradise in its purest form as we journey to the jungles of Chagres National Park to visit the Emberá Indians. Our adventure begins with a dugout canoe transfer up the Chagres River. Along the way, we will negotiate rapids and discover the jungle's many splendors.

The Emberá are a unique and beautiful people. They live much as they did when Columbus arrived in the 1500's. You will soon forget the outside world as you are immersed in their cultural dance and music. We'll explore the area's abundant variety of birds and wildlife during a jungle trek that includes a visit to local waterfalls. During our visit, we will see that the Emberá possess amazing botanical knowledge – most will be surprised to learn of their contributions to modern pharmaceuticals. We are welcome to paint our bodies as the Emberá do, with a natural fruit dye called Jagua and enjoy the famed Emberá handicrafts.

Also included is refreshments: cooler with water, soft drinks and fruits, and a local lunch of fish and plantains from the village.

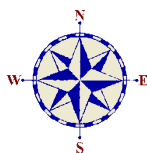
All in one day we get a peaceful ride in a dugout canoe, a trek through the jungle, and the opportunity to learn from a magical culture.....

Overnight at the Melia Panama Canal Hotel. (B,L)

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Day 5, Wed, Apr 21, 2010 Transfer Colon-Hotel Royal Decameron

After breakfast we transfer by coach with an English speaking guide from the Melia Panama Canal Hotel to Hotel Royal Decameron Resort and Casino for a total of 3 nights of fun, relaxation and loads of activities!

This all-inclusive resort has so much to do; you can start exploring after check-in! After dinner there is always the disco too! **(B,D)**

Hotel: Royal Decameron Beach Resort & Casino (3 nights)

The Royal Decameron Resort enjoys the best microclimate of the country (more sunny days each year) and offers you a great variety of services and facilities, together with fun, sports and recreational activities, on an extensive and relaxing sandy beach fronting the Pacific Ocean. It has 600 tropical style rooms with balconies, air conditioning, satellite TV and telephone.

For recreational and sporting pleasures you are offered unlimited use of all non motorized water sports, a game room, horseback riding, tennis, volleyball, soccer, introductory scuba classes, and daily activity programs.

The beach is walkable for miles the resort has all the water toys: including kayaks, paddle boats, sailfish, wind surfers, and snorkel gear, no extra charge. Towels and chairs for the beach and swimming pool are provided.

International shows and live music every night, as well as a discotheque onsite and open every night till 2:00am.

Other services at additional cost: safety deposit boxes, laundry service, massage, car rental, jet ski rentals, bicycle and all terrain motorbike rentals, excursions, city tours, sport fishing and deep sea diving.

Dining is at either of the resort's two buffets, or at any of the six specialty restaurants, offering everything from Steak to Japanese cuisine. There are three snack bars, three beach bars, two poolside bars, and two lobby lounges, at the resort. There are also two boutiques.

Day 6, Thurs, Apr 22, 2010 Leisure Resort Day

Breakfast and then a free day today to enjoy this resort area. Our social escort will assist with organizing activities for the group if wanted. Lots of water sports and adventures available, (optional cost on some), enjoy walking the beautiful beach or relax with a good book!

Overnight at Hotel Royal Decameron Beach Resort & Casino. **(B,L,D)**



Day 7, Fri, Apr 23, 2010 Leisure Resort Day

Another leisure day at this all-inclusive resort. Spend the time the way you want-enjoy the sports and water activities, take a tour, enjoy the beach or pool, get a spa treatment or massage, or maybe relax with your new friends from the group at the bar. This evening let's enjoy our included dinner as our farewell dinner and then maybe hit the disco! Yes, sadly it really is time to head home tomorrow!

Overnight at Hotel Royal Decameron Beach Resort & Casino. **(B,L,D)**

Day 8, Sat. Apr 24, 2010 To Airport and Flight Home

Yes, it's time to go home! If taking our group transfer, please make your flight after 11:00am out of the Tocumen airport in Panama City. **(B)**

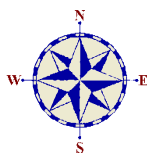
Added Value only available when you book with Singles Travel Company's group.....

- Only single travelers in our group
- Coordinated single get-togethers & activities as the group travels together throughout the week
- Past and new Singles Travel Company travelers from our years of past cruises and trips
- Socializing every day within our singles group
- Roommate matching to avoid the single supplement
- Singles Social Director Host (restrictions apply)
- Meeting new and fun single friends.....and so much more!!!

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Price

\$1299.00

land only, per person, double occupancy, (remember we can assign a roommate)

\$ 499.00

want a room to yourself? -add to above rate-**VERY LIMITED AVAILABILITY!!**

Airfare –Fly into & out of Panama City (PTY). You can book your air on own or we can assist.

Airport transfers – \$30 roundtrip per guidelines below:

Arrival transfer- \$15.00 –arriving anytime on April 17.

Departure transfer- \$15.00 but only if you are taking a flight out after **11:00am** on April 24, departure day, from Panama City airport. We will be going to the airport directly from the resort in the early morning. If taking your own transfer back to the airport from the resort (it is a little less than a 2 hour distance) you can purchase a transfer- but pricing is based on the number of people in the transfer and can be pricey.

Travel Insurance is highly recommended for many reasons but also because this trip will include some adventure activities. Inquire when signing up for the trip and an insurance pamphlet will be mailed with your deposit invoice. Please review it and call the insurance company directly to sign up. Price ranges from \$66- \$173 depending on your age and price of the trip being covered + a \$5 processing fee per the insurance company.

A **valid passport** is required for travel for U.S./Canadian citizens and the expiration date for U.S. citizens should be at least 6 months beyond your intended stay. Non-U.S. citizens check with your consulate for entrance requirements.

Health requirements: There are no required immunizations, however, check with your medical doctor or travel clinic for any recommended immunizations/ meds for travel to Belize. The CDC website is www.cdc.gov/travel/ Phone (404) 639-3534.

Panama airport departure tax of approximately \$20 (subject to increase) to be paid in cash at your departure from Panama airport.

Activity Level: This is an adventure trip with lots of walking, as much hiking as you want, zip-lining and water sports.

Price does not include items of a personal nature- i.e. phone calls, laundry, etc., meals where not included, alcoholic and other beverages are not offered with included meals, tips to guides and drivers, travel insurance, Panama airport departure tax-approx \$20.

Fine Print – Panama April 17-24, 2010

Your payment for a reservation on this trip constitutes consent and acknowledgement of all the provisions in this Fine Print listed below and in the Singles Travel Company General Terms and Conditions. Make sure you read both of these important pieces of information and call us with any questions. Please fax/mail/email us the Reservation Form found on our website with your reservation.

Payments by credit card or check (payable to Travel Advisors of Los Gatos) are accepted.

Payments A deposit of \$200.00 is due with your reservation. **Final payments** due 65 days prior to the trip.

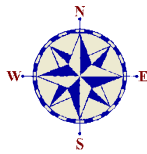
Cancellation Fee and Refunds All cancellations must be in writing. Cancellations 91 days or more prior to the trip will receive a full refund of your deposit, less a \$50 cancellation fee applied to your credit card. Any cancellations within 90 days of departure, no refund will be provided. No refund on unused portions of the trip. After airline tickets are issued, airline cancellations are per the airline's policy, usually no refund and changeable with a fee.

Travel/Trip Cancellation insurance is highly recommended

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General information on Panama

The southernmost of the Central American nations, Panama is south of Costa Rica and north of Colombia. The Panama Canal bisects the isthmus at its narrowest and lowest point, allowing passage from the Caribbean Sea to the Pacific Ocean. Panama is slightly smaller than South Carolina. It is marked by a chain of mountains in the west, moderate hills in the interior, and a low range on the east coast. There are extensive forests in the fertile Caribbean area.

Spanish is the official language, though US influence and the international nature of the canal zone reinforce the use of English as a second language. The country is also the smallest in Spanish-speaking Latin America in terms of population.

Panama's arts reflect its ethnic mix. Indian tribes, West Indian groups, mestizos, Chinese, Middle Eastern, Swiss, Yugoslav and North American immigrants have all contributed ingredients to the cultural stew. Traditional arts include wood carving, weaving, ceramics and maskmaking. Panama City is a paradise for shoppers. You can find jewels, precious stones, embroidered tablecloths, oriental art, watches, perfumes, photography and electronic equipment, electric household products, fine glassware and porcelain - all at reasonable prices. Most stores are open from 9:00 a.m. to 8:00 p.m., Monday to Saturday.

Days are hot, nights much cooler; temperatures range from 32 °C (90 °F) during the daytime to 21 °C (70 °F) in the evening practically year-round. Humidity is always high at about 80 percent.

10 Reasons to Visit Panama

1. The best place for ecotourism.
2. Economical.
3. Panama is safe.
4. Tourist Friendly.
5. It's a first world country.
6. A wide selection of beaches, island venues and activities.
7. The best and most accessible places in the world for bird watching and nature observation.
8. An unusual variety of attractions.
9. World-class fishing, diving, snorkeling and sailing.
10. Six Indian tribes out of the pages of National Geographic.

Facts about Panama

- Capital City: Panama City
- Population: 2.7 million
- Climate: Tropical, Rainy season is mid-April to December
- Cities of Interest: Boquete, David, Bocas del Toro, Colon, Panama City, Potobelo
- Size: 27,208 Sp. miles, about the size of South Carolina
- Language: Spanish, English is a strong second language
- Dress code: Lightweight clothing
- Currency: US Dollar / Balboa
- Entry Requirements: Passport and tourist card (\$5) for US citizens
- Taxes: Departure Tax, \$20.00
- International Airport: Tocumen International Airport, Panama City
- Domestic Airlines: Aeroperlas, Ansa, Aviatour
- Country Telephone Code: 507
- Tourism Information: (305) 752-9286
- Exports: Bananas, shrimp
- Key Domestic Industries: Financial services, Free Zone Operation, Tourism, Transshipment related - Canal, Ports, logistical center activities, construction, insurance, manufacturing.

Panama Canal

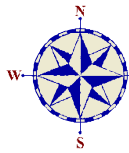
The Canal is both an engineering marvel and one of the most significant waterways on earth. Stretching 80km (50mi) from Panama City on the Pacific coast to Colón on the Atlantic side, it provides passage for over 12,000 oceangoing vessels per year. Seeing a huge ship nudge its way through the narrow canal, with vast tracts of virgin jungle on both sides, is an unforgettable sight. The easiest and best way to visit the Canal is to go to the Miraflores Locks, on the northeastern fringe of Panama City, where a platform offers visitors a good view of the locks in operation. There's also a museum with a model and a film about the Canal.

Come join us on this wonderful Panama adventure!

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Reservation Form

Please return this completed form with your deposit and print clearly and legibly all information requested.

Trip: _____ Trip Date: _____

Name _____ Date of Birth _____ M ___ F ___
(Exact Passport name if international trip)

Address _____ City _____ State _____ Zip _____

Phone (day) _____ E-mail _____
Phone (eve) _____ Fax _____

YES ___/ NO ___ --OKAY TO GIVE MY FELLOW TRAVELERS MY EMAIL PRIOR/AFTER MY TRIP?

Passport Number _____ Date of expiration _____ U.S Citizen? Y or N—Other _____

Non-U.S citizens must check with their consulate regarding passport/visa requirements.

Emergency Contact (name/address/phone): _____

ACCOMMODATIONS

- Air/Land (Cruise) Package--- Airline Seating (request only, no guarantee) Aisle Window No Preference
I need reservations from _____ airport.
- Land (Cruise) Only Package (airport transfers usually not included)
- Single occupancy
- Double occupancy (please assign a roommate for me)
Smoker? Yes No (No smoking in rooms if sharing.)
- Double occupancy. Please assign me with _____

Referred by a person or organization? Please name: _____

discovered on our web site

Please Read the Following Information Carefully:

To ensure an enjoyable and safe trip please read the following and sign. By signing below you agree to the following important considerations for travel on all Singles Travel Company trips:

- 1) I am aware that cancellation penalties apply on all trips and besides the tour operator/cruise line penalty- Singles Travel Company will charge my credit card for \$50 as a cancellation service charge.
- 2) I am aware that my reservation is subject to cancellation if deposits and/or final payments are not in our office by due dates.
- 3) I have been offered Travel Protection/Trip Cancellation Insurance.
- 4) I have read the Terms and Conditions and each trips Fine Print.
- 5) I am aware that there are no refunds of any unused portions of a tour.
- 6) Any changes in the tour itinerary that incur additional charges will be the sole responsibility of the passenger.
- 7) **Non-U.S citizens must check with their consulate regarding passport/visa requirements.**

-----I am also aware that on the trips Singles Travel Company organizes that the company:

- 1) cannot guarantee how many singles will travel on any particular trip.
- 2) has no control over the ratio of men to women on their trips.
- 3) A very few trips are incorporated with other larger group tours, which may or may not consist of single travelers, which guarantees departures.

I am aware that there are inherent risks whenever traveling, whether domestically or internationally, especially to third world countries. By signing I assume these risks. I am aware that I am responsible for giving the trip reservationist my correct passport name; and that I am responsible for having a current passport if needed; getting any needed visas and immunizations necessary for travel and that I have considered the purchase of travel insurance coverage in case I have to cancel my trip and/or have any medical emergencies while traveling. I agree to and have no questions concerning the above considerations for travel.

Your signature _____ Date _____