



9 Days  
Panama &  
Costa Rica



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7M Tours – 2019 Travel Series - International



## 9 Days Panama & Costa Rica | Daywise Itinerary



### Day 01 : Arrival in Panama City (Panama)

Welcome to your tour! Your tour begins upon arrival in Panama City, Panama, known as one of the most cosmopolitan cities in all Latin America. It is filled with things to do and see and is loaded with adventure and is a beautiful place to spend time in. Upon arrival, transfer to the villa for check-in, enjoy time at your own leisure and enjoy overnight stay. **(Meals: D)**



### Day 02 : Panama City – City Tour

Today enjoy the City Tour of Panama City. The tour starts with an incredible view of the city from atop Cerro Ancon (Ancon Hill), before heading to the Miraflores Locks to watch the massive ships transit the locks and learn about the canal's history at the museum. Explore the artisan market for the best Panamanian souvenirs, and head to the Amador for a photo stop at the Bridge of the Americas. Enjoy a short nature trail walk on the Smithsonian owned Punta Culebra. The rest of the afternoon will be spent on a walking tour of picturesque old town, Casco Viejo. Marvel at its spectacular architecture and learn about the history of this world heritage site. Return back to the villa to enjoy overnight stay in Panama City. **(Meals: B, L, D)**



### Day 03 : Indigenous Village and Monkey Island

This morning enjoy pick up at the villa and after a short drive, we will pass the Panama Canal's famous Culebra Cut, Gamboa Resort, and Chagres River before we head into the Soberania National Park. Known for its birding (the Audubon Society's annual bird count has spotted over 500 species in 24 hours), Soberania is full of wildlife and is a wonderful place to search for monkeys, sloths, the Harpy Eagle and more. We will take a short boat-ride through Gatun Lake and Canal to visit Monkey Island. We will visit an authentic Embera-Wounaan indigenous village to learn about the community history, art, music, and dance. You may hike along the trail through the rainforest to learn about the medicinal plants and traditional fishing methods. Return to Panama City for overnight stay. **(Meals: B, L, D)**



### Day 04 : Flight transfer to San José (Costa Rica) – City Tour of San José

Today proceed to the airport for your flight transfer to San Jose, Costa Rica. After arrival, enjoy the City Tour of San José. Enjoy visits to the famous Opera House, the University of Costa Rica, and Sabana Park. Explore the Museum of Pre-Columbian Art, National Theater, and Downtown area. Enjoy overnight in San José. **(Meals: D)**



### Day 05 : San José – La Fortuna – Arenal Volcano

Today, proceed to La Fortuna. This is where the Arenal Volcano is located. En-route visit Poás Volcano National Park, Doka Coffee Estates, Mill and La Paz Waterfalls and Gardens. Enjoy dinner and stay overnight. Return to the villa to enjoy overnight stay in La Fortuna area. **(Meals: B, L, D)**



#### Day 06 : La Fortuna – Arenal Volcano – Tabacon Hot Springs

Today, visit Cano Negro Biological Reserve by boat. In the afternoon, visit Tabacon Hot Springs. Return to La Fortuna area for overnight stay. **(Meals: B, L, D)**



#### Day 09 : Depart back home

After breakfast, depart back to San Jose. From San Jose, board your flight to depart back home. Return home with wonderful memories of your tour. **(Meals: B)**



#### Day 07 : La Fortuna – Monteverde

Today, depart for Monteverde. En-route, we will drive around the Arenal Lake and through the town of Tilaran. Arrival and visit Santa Elena Village. Overnight at the villa in Monteverde. **(Meals: B, L, D)**



#### Day 08 : Monteverde – Monteverde Cloud Forest

Today you will visit the Monteverde Cloud Forest. See the hanging bridges, the Hummingbirds' Garden, and the Serpentarium, with several species of amphibians and reptiles. This stunning Cloud Forest boasts an extraordinarily diverse ecosystem, being home to 120 species of reptiles and amphibians, 130 species of mammals, and astounding 500 species of birds, not to mention more than 3,000 species of plants. Overnight at the villa in Monteverde. **(Meals: B, L, D)**





# 9 Days Panama & Costa Rica | Package Details

## Cost Per Person (in USD \$ Dollars)

USD \$ **0000.00** Per person based on **DBL** occupancy

## Tour Inclusions (per person)

- International and domestic airfare
- Villa Accommodations on Double Occupancy Basis.
- All Transfers & Transportations in A/C coach in each city
- Cost involved Sightseeing per Itinerary with entrance fees
- Cost of English speaking Tour Guides
- 24/7 Tour Manager
- Daily Breakfast, Lunch & Dinner mentioned in your itinerary

## Exclusions (Not Included items)

- Baggage handling and airline Baggage Charges
- Cost of Visa for USA citizen only (7M Tours is not responsible for rejection in Visa by consulate)
- Early check in in the Villa
- Anything not included in the package
- Any tours, transfers or event tickets not mentioned in package
- Travel and medical Insurance to participate in tour
- Tips.
- Meals other than what is mentioned in your itinerary
- Any expenses of personal nature such as portage, laundry, wines, mineral water, food and drink not in the regular menu provided by us, mini bar, telephone calls, pay channels etc.
- Cost of excursions, city sightseeing, entrance fees and local guides availed of by the passengers, other than that mentioned in 'Inclusions'

## Villa Information (listed below or similar)

City (Area)	Ngts	Villa listed or similar
Panama City	03	TBD
San Jose	01	TBD
La Fortuna	02	TBD
Monteverde	02	TBD
<b>Total Ngts:</b>	<b>08</b>	

## Basic Information

- ✓ Check-In Time at 4pm | Check-Out Time at 11am
- ✓ Breakfast Time (as provided at villa): 6:30am-9:30am
- ✓ NOTE: Incidental charges and/or any additional menu items must be paid by client.

## Flight & Visa Terms & Conditions

- Preferred Seating by Airline:** 7M Tours can only request to the airline(s) for preferred seats, however, this is *as per their policy and at their discretion*. We don't guarantee any preferred seats.
- Special Assistance/Disabled/Handicapped & Wheelchair Access:** 7M Tours can only request the Airlines for wheelchair assistance,

however, we cannot provide or guarantee wheel chair assistance on any International or Domestic Airlines.

- **Air Tickets:** Once Air Tickets have been booked, they are NON-REFUNDABLE under any circumstances.
- **Visa Status/Application:** 7M Tours is not responsible for any Visa application process and will not be held liable for any charges due to errors in application or rejection of any Visa.

## Insurance Information

You can check out the following information about getting Insurance individually or as a group: <https://www.insuremytrip.com/l/travel-insurance-2/?linkId=30002&gclid=EAAlQobChMI5dfah6PC2gIwVWR0rCh0qoA8tEAAAYASAAEgL3a D BwE>

## Cancellation Policy

- **Land Cost**
  - 45-90 days prior to departure – 50% refund
  - Within 45 days prior to departure – NO REFUND
- **All Airlines:** There is NO REFUND. No exceptions.
- **International Airlines:** NO REFUND, however, can try to get a credit for up to 01 year after deduction of cancellation/reissue charges, depending on Airline that flight was booked. Domestic Airlines in other countries will not issue refund or give credit of any kind.

## Package Terms & Conditions

Surcharges will apply if any tradeshow, fair, special event or concert is being held at the applicable city during travel. 7M Tours reserves the right to use alternative accommodation, sightseeing tours and transfer of equal or higher standards. No refunds either in part or full will be made for any unused services in above package like ground transportation, meals, accommodation, sightseeing tours. 7M Tours will not be held responsible for any missed breakfast, lunch or dinner due to flight timings. No Intercity surface transfers are included unless specified in the package. 7M Tours will not be held liable for any baggage charges or any other charges by any airline(s) for the clients. Payment for the tour must be made as per the invoice & payment terms and conditions. Changes to any part of the agreed itinerary cannot be made once partial and/or full payment has been made to 7M Tours. The Tour Itinerary will not start on a weekend unless previously arranged by 7M Tours.

## Booking Conditions for International Travel

Each traveler is required to fill out a Disclaimer Form, duly sign in and return along with a copy of the valid passport (Photo page for US Citizen).

- **Meals:** The location and menus are pre-set for the meals provided on the tour. We reserve the right to change the location and the menu under events which occur beyond our control.
- **Hotels/Villas:** We tend to select hotels which are more comfortable after a long day of sightseeing. All baggage and personal belongings are at all times and under all circumstances your responsibility. 7M Tours will not be responsible or liable in case of loss / breakage of such items from the hotel/villa or transit all along the duration of tour. The company is not liable for any damages done to the room or the hotel/villa during your stay there.
- **Transportation:** We use air-conditioned/air-cool luxury coaches for ground transportation. No seat numbers will be allocated, and daily seat rotation will be done as to be fair to every traveler. The tour manager has the final authority for the seating arrangement/rotation in the coach.
- **Cancellation due to VISA rejection:** All clients travelling with 7M Tours must possess a valid visa, if applicable. However, kindly note that Visa issuance is

entirely at the discretion of the concerned Consulate/Authorities to grant/reject visa even after submitting all relevant documents and the company will not be held responsible for the same. The company will not be responsible for non-issuance of the visa due any reason whatsoever.

- **Travel Insurance:** We highly recommend you purchase a comprehensive Travel insurance in order to protect your trip from any unforeseen cancellations, medical problems during the tour, trip cancellations etc.
- **Disclaimer:** We reserve the right to change any information or attractions before or after our booking the tour due to events beyond our control like bad weather, any natural calamity, or any accident. All rates and villas are subject to change without any prior notice. Major road works may necessitate route

change in the itineraries. Closure of Indian restaurants or change in the management may cause us to make changes in the itinerary. We will notify you in advance where we know about these changes beforehand, otherwise our tour managers or local representative will inform you of the changes during the tour. We cannot be responsible for any loss or damages, injury, sickness, accident, delay, discomfort, death, increased expenses, which is caused by the act or default of the company, and management or employees of any villas, hotels, airlines, shipping company, coach owner/coach operator who are the company's independent contractors residing outside our normal selection and inspection process. Any claim or complaint by the client must be notified to the company in writing with 7 days after the end of the tour.

