



St Clair Senior Center

SPECIAL EARLY BOOKING SAVINGS AVAILABLE



Winter Getaway in Panama

Departure Date: January 29, 2026

Tour Highlights

- 14 Meals: 6 breakfasts, 5 lunches, and 3 dinners
- Relax during a three-night, all-inclusive stay at a beach resort
- Airport transfers on tour dates when air is provided by Mayflower Cruises & Tours
- Tour the UNESCO World Heritage Site of Casco Antiguo in Panama City
- Discover the operational marvel of the Panama Canal at the Miraflores Lock Visitor Center
- Taste two local specialties: Panamanian Geisha Coffee and rum
- Create your own chocolate bar
- Sail to the Pacific Ocean on a partial transit of the Panama Canal

DAY 2 Panama City: The day is spent discovering the diversity of this amazing city. Visit the Miraflores Lock Visitor Center where an expert guide helps you experience the construction history of the canal. Breathtaking views of the 8th Wonder of the World await. A stroll through Casco Antiguo - the oldest section of Panama City and a UNESCO World Heritage Site, showcases the variety of architecture and rich history. Visit a chocolate lab to learn about the production of this product and make your own chocolate bar! A few more tastings are in store as you sample the Panamanian Geisha Coffee (one of the most expensive in the world), and another local favorite...rum! Lunch is included during the excursion. **Meals: B, L**

DAY 3 Panama Canal Cruise: Today may well be a highlight of your trip! Depart for the Gamboa area and embark a ship to begin the partial transit of the Panama Canal, narrated by a local expert. Cruise through the Gaillard Cut, cross under the Centennial Bridge and transit the Pedro Miguel Locks. Enjoy lunch onboard while experiencing the operation of the lock as you descend 30-feet in one step and reach Miraflores Lake. Enter the Miraflores Locks in the Pacific Ocean where you are lowered 60-feet in a two-step process. Sail on the Pacific Ocean, pass under the Bridge of the Americas and disembark at Amador Causeway in the Panama Bay. After an exciting day in the Panama Canal, return to the hotel by coach for an afternoon and evening at leisure. **Meals: B, L**

DAY 1 USA / Panama City, Panama: Depart the USA on your flight to Panama City. Upon arrival, you'll be met by a Mayflower Cruises & Tours representative and transferred to your hotel. The remainder of the day is at leisure to relax and become acquainted with your new surroundings.



Enjoy a partial transit of the Panama Canal



Relax at the Playa Bonita beach resort

DAY 4 Panama City – Playa Bonita: Depart the city and journey by coach to La Playa Bonita beach area. Enjoy the next three nights in the relaxed atmosphere of the resort. **Meals: B, L and D**

DAY 5 Playa Bonita: Enjoy a full day at leisure, discovering all the amenities of the resort, or, join an optional excursion to the Embera Indigenous Village. Mix and mingle with these happy people, living in the rainforest, with no “modern conveniences”. See some of their cultural dances and explore the area’s abundant variety of birds and wildlife during a visit to the surroundings of the village.

Meals: B, L and D

DAY 6 Playa Bonita: A final day of rest and relaxation on the beach or poolside is in store for today. **Meals: B, L and D**

DAY 7 Panama City / USA: After breakfast, it’s time to say goodbye to Panama as you return to the Tocumen International Airport for your flight home. **Meal: B**

Itinerary subject to change and order of events may vary.

HOTEL ACCOMMODATIONS

Days 1 through 3 – InterContinental Miramar, Panama City

Days 4 through 6 – Westin Playa Bonita, Playa Bonita

Departure Date	Per Person Twin	Single Room add
January 29, 2026	\$3,473	+ \$1,049

Pricing includes Roundtrip air from Nashville, roundtrip airport transfers to/from the center and Nashville airport, and All-Inclusive Package at the Westin Playa Bonita

“All Inclusive” Upgrade

Your stay at the Westin Playa Bonita includes, breakfast, lunch, and dinner, plus unlimited premium drinks and premium house wines (all served by the glass), taxes and tips.

Mini-bar items are not included.

Optional Excursion*

Embera Indigeneous Village: \$200 per person

*Note: minimum number of guests required to operate



FOR RESERVATIONS OR INFORMATION CONTACT:

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Travelers Protection Plan (TPP) – \$399 per person

This nonrefundable fee waives all cancellation fees when we are notified of cancellation one day before the tour departs. If you must leave the tour early due to personal illness, illness or death of a member of your immediate family, TPP guarantees full refund for any unused services after the departure of the tour. Other benefits include medical expenses for illness and injury, emergency transportation, 24 hour hot line, and lost or stolen baggage assistance. Return air transportation is included ONLY if your air tickets were provided by Mayflower Cruises & Tours. If you purchase the optional Travelers Protection Plan (TPP), you will be refunded all payments, including deposit amount, less the TPP premium amount.

Cancellation Charges Without Traveler’s Protection Plan (TPP)

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|-----------------------|-------------------|
| • 91 days or more | Deposit Amount |
| • 90 to 45 days prior | 20% of tour cost |
| • 44 to 15 day prior | 30% of tour cost |
| • 14 to 1 day prior | 50% of tour cost |
| • Day 1 of departure | 100% of tour cost |
- or early departure from tour
- No refund on unused portions of the tour

TOUR ACTIVITY LEVEL



Exclusions: Mayflower Cruises & Tours reserves the right to alter its refund and cancellation policy when a substantial amount of cancellation or postponement of travel is attributable to: conditions resulting from an act of God, natural or man-made disaster, fire, government action, civil disorder, war, hostilities between nations, or unavailability of transportation through no fault of Mayflower Cruises & Tours.