

PANAMA

Conservation and Ecology of a Caribbean Island

BIO 421 (4 Credits)

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Tentative Travel Dates: late May | Estimated Travel Fee \$2,300

DAY 1 | Fly to Panama City

Fly from Boston to Panama City, settle into hotel, dinner, overnight at hotel

DAY 2 | Panama Canal tour

Breakfast, board boat for tour of the Panama Canal with an expert guide, lunch onboard, afternoon visit to Biomuseo, return to Panama city for dinner and overnight at hotel

DAY 3 | Chagres River & Emberá Indians

Breakfast, board motorized piragua (dugout canoe) and travel up the Chagres River to the Embera Indigenous Village, along the way, pass through the rainforest of the Chagres National Park, enjoy music and dancing at the Embera Village and learn about their culture, lunch in village, swim beneath a waterfall, return to Panama city for dinner and overnight at hotel

DAY 4 | Modern & Ancient Panama City

Breakfast, tour Panama City including fish markets of Mercado de Mariscos, Miraflores Visitors Center at locks on the canal, lunch, UNESCO historic center of Panama City, chance to shop before boarding flight to Bocas del Toro, settle into accommodations at Institute for Tropical Ecology and Conservation (ITEC), dinner, overnight at ITEC

DAY 5 | Intro to Bocas del Toro and ITEC

Breakfast, 1.5 hr. jungle hike, boat trip to Sea Star Beach, snorkel, lunch, presentations, dinner, overnight at ITEC

DAY 6 | Cacao plantation tour

Breakfast, tour cacao plantation and learn how fair trade benefits local economy and maintains indigenous lifestyle, lunch at plantation, return to ITEC, presentations, dinner, overnight at ITEC

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Sample Itinerary

DAY 7 | Bird Island

Breakfast, ride field station boat to Bird Island, only known nesting site in Caribbean of red-billed tropic bird, snorkel, lunch, return to ITEC for dinner and overnight

DAY 8 | Canopy Access Climbs

Breakfast, begin canopy rope climbs, hike to cave to examine bats, insects and fish, lunch, return to ITEC for dinner and overnight

DAY 9 | Tip to Boca Town

Breakfast, enjoy being a tourist in Boca Town, lunch, snorkel Pete's Reef, ride boat across the channel to conduct turtle nesting patrol while observing mammals and birds in the San San Pond Sak Ramsar Wetland, return to ITEC for dinner and overnight

DAY 10 | Half day at ITEC, return to Panama City

Breakfast, finish rope climbs, pack, lunch, depart ITEC at noon, fly to Panama City, settle into hotel, dinner, overnight at hotel

DAY 11 | Fly to Boston

Breakfast, travel to airport for morning departure to Boston



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