



Adolfo Mollinedo
Travel Advisor
LIFE IS TO EXPERIENCE ADVENTURES

+1 360 513 3724
adolfo@lifeistoexperience.com
<https://lifeistoexperience.com>



Panama February 2026
Jan 31, 2026 - Feb 8, 2026

Trip Summary

January 31 - Saturday

Arrival in Panama City

3:00 PM Check in at Crowne Plaza Panama Airport - Crowne Plaza Panama Airport

February 1 - Sunday

5:00 AM Check out from Crowne Plaza Panama Airport - Crowne Plaza Panama Airport

5:00 AM Travel to San Blas Islands

11:00 AM Check in at San Blas

February 2 - Monday

Explore the islands of San Blas

February 3 - Tuesday

10:00 AM Check out from San Blas

3:00 PM Check in at the Inclusive Resort Dreams Playa Bonita - Dreams Playa Bonita Panama

February 4 - Wednesday

Leisure morning to enjoy the resort!

1:30 PM Boat tour in the Panama Canal to Monkey and Sloth Islands

February 5 - Thursday

8:30 AM Visit the indigenous village Embera and canoe to a waterfall

February 6 - Friday

Leisure morning to enjoy the resort!

1:00 PM Discovering Panama VIP

February 7 - Saturday

Enjoy the resort life!

February 8 - Sunday

Check out from Dreams Playa Bonita Panama - Dreams Playa Bonita Panama

Return to USA



Arrival in Panama City



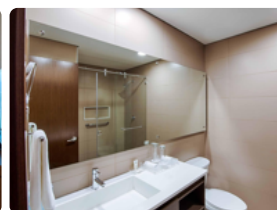
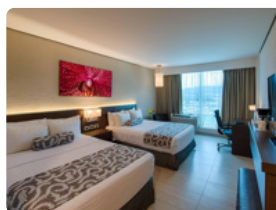
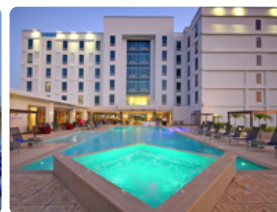
CHECK-IN 3:00 PM - Eastern Standard Time Check in at Crowne Plaza Panama Airport Location

This hotel is located about 5 miles from the center of Panama City.

Facilities

The hotel has an elevator and features 144 rooms. The friendly staff at the reception desk are happy to answer any questions. A baggage storage service, a safe and an ATM are available. Wireless internet access allows guests to stay connected while on vacation. The tour desk offers assistance with booking excursions. The hotel offers various facilities for guests with disabilities. Wheelchair-accessible facilities are available. There are also a number of shops that make for great strolling and browsing. A garden provides extra space for rest and relaxation in the open air. Additional facilities include a TV room. Guests arriving by car can park their vehicles in the garage (for a fee) or in the parking lot (for a fee). Other services include a 24-hour security service, a babysitting service, a childcare service, a car rental service, medical assistance, a transfer service, room service, a laundry service, a coin-operated laundry and a hotel shuttle bus. The business center is on hand for guests' business requirements and provides a fax machine.

Meals & drinks not included at this hotel.



Crowne Plaza Panama Airport
Avenue Domingo Díaz, Panama City, Panama

February 1 - Sunday



CHECK-OUT 5:00 AM - Eastern Standard Time **Check out from Crowne Plaza Panama Airport**



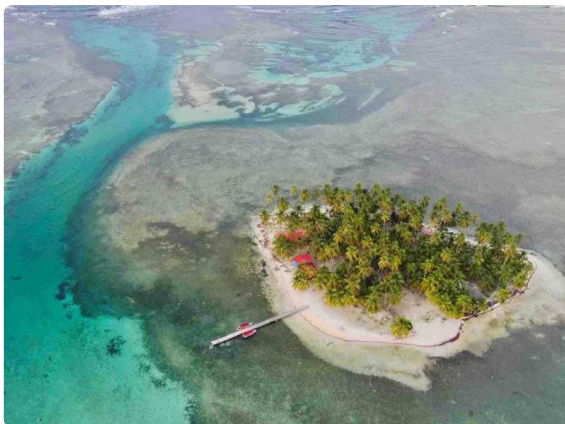
Crowne Plaza Panama Airport
Avenue Domingo Diaz, Panama City, Panama



DEPARTURE 5:00 AM - Eastern Standard Time

Travel to San Blas Islands

Travel by car to San Blas Islands.



CHECK-IN 11:00 AM - 3 d - Eastern Standard Time

Check in at San Blas

Let the adventure begin! This will be a rustic, but comfortable, accommodation on a small Caribbean Island! Guna Yala, also known as the San Blas Islands, is an autonomous region in Panama, inhabited by the Guna people, known for their unique culture, vibrant traditions, and the stunning natural beauty of the archipelago. This guesthouse is located on the beach. Take a relaxing stroll on the white sand beach. Relax and treat yourself to a refreshing beverage at the beach bar. Several on-site activities to enjoy during your visit include snorkeling, paddleboarding, and boat tours.

All meals included.



February 2 - Monday



Explore the islands of San Blas

Soak up the sun, relax and enjoy the Caribbean Ocean. Optional excursions to surrounding islands can be arranged.



February 3 - Tuesday



CHECK-OUT 10:00 AM - Eastern Standard Time

Check out from San Blas

Time to check out of San Blas and head to Panama City and check in at the all-inclusive beach resort!



CHECK-IN 3:00 PM - Eastern Standard Time

Check in at the Inclusive Resort Dreams Playa Bonita

Location

Located in Playa Bonita, this 5-star beach hotel, luxuriously furnished, has the perfect ambience for business travelers as well as families.

Room Type

The Deluxe Room Ocean View offers breathtaking views of the Pacific Ocean, a king bed, a full bathroom, double vanity, separate shower, and private balcony.

Facilities

Hidden away where emerald jungles meet soaring mountains and turquoise waves, Dreams® Playa Bonita Panama is an all-inclusive family resort in Panama. Luxurious rooms and suites boast partial or full ocean views – you might even catch a glimpse of a ship pulling through the Panama Canal. The pristine beach is accented with an extraordinary rainforest backdrop. Relax by the pool, beach or book a treatment at the spa! Film lovers are sure to find just what they're looking for in the cinema's listings. A number of shops, including a supermarket and souvenir shop, are great for shopping or just browsing.

Dining & Drinks

Enjoy gourmet cuisine with menus from around the world at the all-inclusive Dreams® Playa Bonita Panama. Reservations are not required at our eight restaurants, including four à la carte restaurants, a buffet, a grill and a café. Enjoy limitless cocktails and fine spirits at our four bars and lounges, including a pool bar with ocean views and a swim-up bar.



Dreams Playa Bonita Panama

Camino a Veracruz Km 7, Panama, Panama

February 4 - Wednesday



Leisure morning to enjoy the resort!

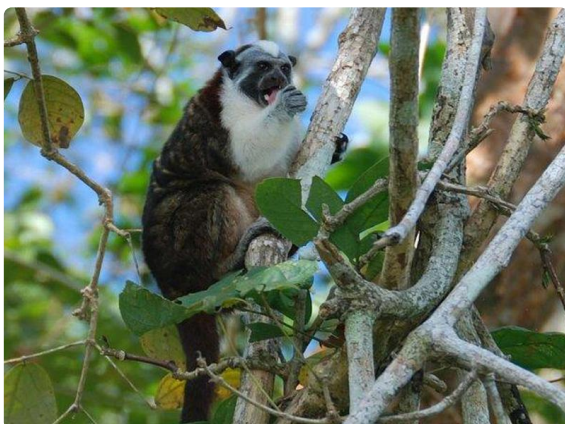
Eat, drink and be merry!



1:30 PM - 3 hr 30 min -

Boat tour in the Panama Canal to Monkey and Sloth Islands

Many travelers visit the locks at the Panama Canal but fewer venture to the surrounding islands to explore the biodiversity. On this half-day small-group tour, take a boat ride inside the Panama Canal, looking out for wildlife such as monkeys, iguanas, and sloths. Travel with a small group for personalized attention, and a guide who can answer all your questions.



February 5 - Thursday



8:30 AM - 7 hr -

Visit the indigenous village Embera and canoe to a waterfall

Connect with indigenous people on this guided tour from Panama City to an Embera village in the Chagres rainforest. Travel by canoe to a waterfall for a swim and a VIP lunch with drinks.



February 6 - Friday



Leisure morning to enjoy the resort!

Eat, drink and be merry!



1:00 PM - 6 hr 30 min -

Discovering Panama VIP

Panama City's skyline exudes a contemporary facade, but venture into the streets of Casco Viejo and you'll find a place that still retains its centuries-old charm. Join this walking tour of Casco Viejo to learn about the history of the area from as far back as 500 years ago. Wander through the historic center to learn about where the name "Panama" originated from and who helped eradicate yellow fever to aid in the completion of the Panama Canal.



February 7 - Saturday



Enjoy the resort life!

Enjoy your last day at the resort!

(Additional excursions may be booked directly from the hotel)



February 8 - Sunday



Check out from Dreams Playa Bonita Panama



Dreams Playa Bonita Panama

Camino a Veracruz Km 7, Panama, Panama



Return to USA

Head to the airport to catch your flight back to the USA.