



**SEA KAYAKING  
COSTA RICA**  
MULTI-DAY SEA KAYAKING ADVENTURES

☎ US & Canada: 719-212-5331  
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✉ [info@seakayakingcostarica.com](mailto:info@seakayakingcostarica.com)  
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## PANAMA SEA KAYAKING ADVENTURE

### 8-Day San Blas Kayaking and Cultural Experience

#### START OF YOUR ITINERARY

DESCRIPTION/ACTIVITY	LODGING & MEALS
<b>DAY 1. A REP WILL MEET YOU AT PTY AIRPORT</b>	
Today is designated as your International Travel Day. A Sea Company Representative will greet you at the international airport and take you to your hotel in Panama City. Upon your arrival, you'll have a chance to relax and unwind from your international travels. In the late afternoon or early evening, you will meet your guide for a short pre-trip briefing.	<b>Radisson Panama Canal Hotel (or similar)</b>  No meals included on this day
<b>DAY 2. SEA KAYAKING ORIENTATION AND PADDLE</b>	
Right after breakfast, we'll leave Panama City, cross the Continental Divide, and reach the tiny port of Carti, the gateway to the San Blas Islands (a 2.5-hour drive). You are now in the Kuna people's semi-autonomous territory. The location's remoteness and authentic culture will give you the feel of a National Geographic Expedition. From Carti, we will board a motorboat boat for the 2-hour ride to reach the Kuna community of Tigre, our first Island. Upon arriving in Tigre, we will have lunch and set up camp. We will then become familiarized with our kayak by taking a short paddle along the rainforest-lined mainland coast (2 hours of paddling covering approximately 4 miles / 6km); this way, we get the opportunity	<b>Tigre Island Tent Camping</b>  Meals included: Breakfast, Lunch & Dinner



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to test and adjust our boats and make sure we feel comfortable before committing to any long stretches of paddling in the coming days.

Late in the afternoon, we'll visit Tigre Village to introduce ourselves to their culture and meet the women who will show their traditional textiles called 'Molas.' Molas are a vibrant and intricate textile art form created by the Kuna women. During our walk, we'll be greeted and followed by the many cute, ever-smiling Kuna kids. In the evening, the locals will perform a traditional Kuna dance, which will be followed by dinner. Surely, you'll all be ready for our first night's sleep in your cozy tents.

*Note: Kuna is also spelled as Guna, with the latter being closer to the authentic pronunciation. However, Kuna is widely used and accepted.*

### DAY 3. CROSSING TO REACH DIADUP ISLAND

This morning, after packing our camp, we begin our trip to the uninhabited Island of Diadup. The paddling includes two open-channel crossings. Our motorized support boat will carry our dry bags (luggage) and camping equipment, so our kayaks will be light and maneuverable. Additionally, our support boat can assist paddlers in need or if tired. We'll stop on a lovely island somewhere along the way for lunch and continue to today's destination: an uninhabited white sand island (4-5 hours paddling covering approximately 9,5 miles / 15km).

The late afternoon will be spent leisurely, relaxing in your hammock or playing in the ocean. We provide hammocks for each of the participants. Before dinner, and if you are keen, you can do as local and rinse yourself off with water from the Kuna's artisanal well.

#### **Diadup Island Tent Camping**

Meals included:  
Breakfast, Lunch &  
Dinner

### DAY 4. PADDLE ALONG CAYS TO REACH MORDUP ISLAND

Today, we break camp and paddle along sand cays, over coral reefs, and across open channels to the magical, uninhabited white sand island of Mordup, a marvelous little island with just a local family living on it. (3-4-hour paddle (3-4 hours paddling covering approximately 7,5 miles / 12km).

#### **Mordup Island Tent Camping**

Meals included:



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This small circular Island has a coral reef nearby, which offers excellent snorkeling opportunities. Be sure to bring your snorkel, mask, and fins!

Breakfast, Lunch &  
Dinner

#### DAY 5. PADDLE TO CAYOS HOLANDESES

Today, we set out for Cayos Holandeses (or "The Dutch Cays"), a stunning group of small islands renowned for their pristine beauty, tranquility, and unspoiled surroundings (3-4 hours paddling covering approximately 7 miles / 11km). As part of the San Blas Archipelago, these islands are within the territory managed by the Kuna Yala people, ensuring conservation efforts to preserve the environment and its resources. Our paddle will start with a 1-hour open crossing to reach the closely grouped islands, whose proximity creates a mesmerizing turquoise and blue shallow water lagoon. We will continue amongst the cays to get a remote camp at the sandy tip of an island. This location offers a vantage point offer unparalleled natural beauty.

##### **Cayos Holandeses Tent Camping**

Meals included:  
Breakfast, Lunch &  
Dinner

#### DAY 6. ANOTHER STRETCH OF AMAZING KAYAKING

Today, we set off on another fantastic stretch of tropical sea kayaking to reach the amazing Island of Misdup. The 5-6 hours of paddling (approximately 11 miles / 18 km ) necessary to get there will initially have us Island hopping and eventually making one open crossing. Misdup is a small island with just a few native families as inhabitants and caretakers, so the fine white sands, turquoise water, and picture-perfect setting will likely be yours and yours alone during your visit. Great snorkeling nearby here too!

##### **Misdup Tent Camping**

Meals included:  
Breakfast, Lunch &  
Dinner

#### DAY. 7 MOTORBOAT & DRIVE BACK TO THE BIG CITY

Early in the morning, we will leave our kayaks behind and hop on a motorboat to Carti to meet our comfortable 4x4 vehicles. These vehicles will drive us back to Civilization (a.k.a. Panama City), where we should arrive by early afternoon. Once we get to your hotel, you will meet your guide for a brief guided tour of

##### **Radisson Panama Canal Hotel (or similar)**

Meals included:



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the old City of Casco Viejo, followed by your farewell dinner with your fellow paddlers and guide.

Breakfast & Dinner

#### DAY 8. DEPARTURE DAY

All good things must come to an end, and this day, we have arranged for your transportation to the international airport in Panama City to catch your flight home. You will leave Panama with a new understanding of the tropics and with a unique insight into the simple lifestyle and worldview of the Kuna People. To you, we say "nu-edi," or thank you, in the Kuna language.

N/A

Meals included:

Breakfast

### END OF YOUR ITINERARY

- Pick-up times and other details confirmed by guide upon arrival briefing -

Our **Panama Sea Kayaking Adventure 8-Day San Blas Kayaking and Cultural Experience** is priced at **US\$ 3099** per person (based on double occupancy)

These prices include all taxes and fees. If you are a single traveler or prefer not to share accommodation, a single supplement fee of USD 250 is charged with the final balance. For bookings, please be sure to contact our office. This way, we can check availability,

#### Included in Trip Cost

- Bilingual Sea Kayaking Guide
- Kuna Sea Kayaking Guide
- Local support staff, including professional cooks preparing meals on location
- Support boat with licensed captain and mariner
- All transportation from arrival on day 1 through departure from Panama City on day 8
- Two nights hotel in Panama City
- 5 nights camping in Kuna Yala
- Meals as outlined in the itinerary
- All activities and equipment as outlined in the itinerary
- All transportation from arrival on day 1 through departure from Panama City on day 8
- Detailed Packing List



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### Not Included in Your Trip Cost

- International flights to and from Panama
- Single supplement (\$250)
- Insurance of any kind, including travel or mandatory medical evacuation insurance
- Alcohol (except wine at select meals) and personal items (an equipment list will be provided)
- Guide gratuities – the standard is 10-15%, and the trip leader will gladly distribute this amongst the support staff
- Sleeping pads

### Reservations

A down payment is required at the time of reservation. We charge a down payment of \$500 per person and the balance **45 days before** your arrival date. We accept all major Credit Cards, International Bank Wire Transfers, and *PayPal* payments.

To book your trip, you can click: [BOOK NOW](#). For questions and to book your trip, you may contact our office via email at: [contact@seakayakingcostarica.com](mailto:contact@seakayakingcostarica.com) or call our US & Canada Line: [\(+1\) 719-212-5331](tel:+17192125331).

Upon receiving your deposit, your booking is secured. You will receive a booking confirmation email as well as a ***San Blas Panama: Travel Tips & Useful Information (including a suggested packing list) Document***. You also receive a link to our **Survey Form** to complete and submit online.

**Meeting Place & Time:** For travelers arriving on day 1, a Sea Kayaking Costa Rica representative will meet you at the Tocumen Airport in Panama City (PTY) and provide a transfer to our hotel.

**After Your Trip:** On the final day of your trip, you will be transferred to the international airport of PTY 3 hours before your outbound flight departure time.

**Pre- and Post-Trip Accommodations:** This trip includes accommodations for seven nights. Please contact our office to book pre- or post-trip accommodations if you plan to arrive early or stay late. We recommend making reservations well in advance to ensure lodging.

**For information regarding cancellations, please refer to [Sea Kayaking Costa Rica Terms and Conditions](#).**

**[BACK TO TRIP'S WEBPAGE](#)**

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