

Day	Location	Meal Plan	Activity
1	Arrival	D	Flight Trsf
2	La Carolina	BD	Training
3	La Carolina	BD	Training
4	La Carolina	BD	Training
5	La Carolina	BD	Training
6	La Carolina	BD	Training
7	Departure	B	Training Trsf

DAY ONE: LA CAROLINA

Departure To Colon Island in Panama via Panama City.

Upon arrival transfer to the resort for check in.

Overnight La Carolina Resort



DAY TWO-SIX: LA CAROLINA

Departure To Colon Island in Panama via Panama City.

Upon arrival transfer to the resort for check in.

Overnight La Carolina Resort from Day 2 = Day 6

INCLUSIONS and EXCLUSIONS

Inclusions:

- Accommodation as per the itinerary
- 6 Nights' accommodation (Twin or double occupancy).
- Hotel service charges and taxes.
- Breakfast and dinner daily.
- Transfer to and from the resort
- Please add in here all the training etc.....

Exclusions:

- International flight, passport fees.
- Comprehensive travel insurance cover.
- Meals not in program
- Gratuities, tips for porters, drivers and guides.
- All personal expenses – laundry, soft & alcoholic drinks

We strongly recommend that all clients purchase a comprehensive travel insurance package that includes trip cancellation protection and emergency medical evacuation

