Panama:

City, Valley & Sea

3 stops · 12 nights

A SAMPLE JOURNEY · SATURDAY START



PANAMA CITY

History & culture

SAT–WED · 4 NIGHTS



EL VALLE DE ANTÓN

Nature immersion

WED–SUN · 4 NIGHTS



PLAYA VENAO

Surf & beach

SUN–THU · 4 NIGHTS

Breaks that take you further.

EXPLORE · LEARN · GROW



THE ROUTE

Three distinct chapters. One well-paced trip.

Start with city culture, head into the valley for nature and mountain downtime, then finish with surf and beach days. Four nights in each setting leaves time to settle in.

THE BETTER BREAK RULE

The goal is to enjoy the trip, not complete it.

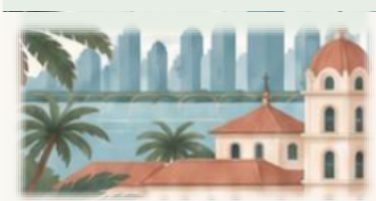
City, coast and mountains offer variety. Unhurried stays and practical transfers leave time to enjoy each place, not work through a checklist.

01

EXPLORE THE CITY

Start with the Canal, Casco, wildlife and good food, with time to settle in.

SATURDAY–WEDNESDAY
4 NIGHTS



02

SLOW DOWN IN THE VALLEY

Make room for nature, easy walks and time at the hotel before heading to the coast.

WEDNESDAY–SUNDAY
4 NIGHTS



03

PLAY BY THE OCEAN

Finish with three full days to build confidence in the surf, with afternoons left open.

SUNDAY–THURSDAY
4 NIGHTS



City first. Nature next. Beach days to finish.

Travel by road to El Valle and Playa Venao, then fly back via Pedasí.

TRAVEL CALENDAR

Map + calendar at a glance

13 days · Panama City → El Valle → Playa Venao → home



1 · DRIVE TO THE VALLEY

Wednesday · City to El Valle
Private transfer from your hotel.

2 · DRIVE TO THE BEACH

Sunday · El Valle to Venao
Private car + lunch/rest stop.

3 · FLY BACK TO THE CITY

Thursday · Pedasí to Albrook
Allow time to transfer to PTY.

Return flight via Pedasí; onward connections and the Albrook–Tocumen transfer need confirming.

Your days at a glance

SATURDAY START

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Arrive + reset	Canal + Casco	Wildlife + pool	Biomuseo + Amador	Drive to El Valle	Frogs + town	Waterfall + nature
SATURDAY	**SUNDAY**	**MONDAY**	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	
Slow valley day	Drive to the beach	First surf day	Surf + activities	Final beach day	Fly to city; onward or overnight	

CITY · Panama City VALLEY · El Valle de Antón BEACH · Playa Venao

OPTIONAL FINAL CITY NIGHT

Depending on your flight home, consider one night in Panama City and fly home the next day. Confirm return-flight timing and allow for the airport transfer. With this extra night: 14 days, returning Friday.

4 NIGHTS

Panama City

Culture, wildlife and city energy with enough downtime to settle in.

CANAL · CASCO · WILDLIFE · POOL TIME

SATURDAY · DAY 1 · ARRIVE + RESET

Arrive in Panama City and check in. Enjoy the pool and keep dinner easy. No sightseeing on arrival day.

SUNDAY · DAY 2 · CANAL + CASCO

Miraflores Locks in the morning, then Casco Antiguo for plazas, wandering and dinner.

MONDAY · DAY 3 · WILDLIFE

Metropolitan Natural Park in the morning. Keep the afternoon open for the hotel pool.

TUESDAY · DAY 4 · BIOMUSEO + AMADOR

An easy museum-and-causeway day, then a final city dinner before heading to the valley.

WHY 4 NIGHTS WORKS

Time for one meaningful activity each day, without rushing the arrival or giving up pool time.

TRANSPORT

Airport transfers + taxis/Uber. No rental car needed.

BETTER BREAK RULE

Arrival days are for arriving, not achieving.

SUGGESTED CITY STAYS

Sofitel Legend Casco Viejo

Casco Viejo · Waterfront
French elegance. Oceanfront calm.

JW Marriott Panama

Sleek city luxury.
Infinity-pool views.

Hotel La Compañía

Historic soul. Lush courtyard charm.
The Unbound Collection by Hyatt

WEDNESDAY · PRIVATE TRANSFER

Panama City → El Valle de Antón

Travel to El Valle by private car. Confirm pickup and road time with your driver; arrive with time to settle in and enjoy the hotel.



4 NIGHTS

El Valle de Antón

A mountain interlude: nature, hotel time and an unhurried change of pace.

NATURE · GOLDEN FROGS · SPA · SLOW DAYS

WEDNESDAY · DAY 5 · ARRIVE + UNWIND

Private transfer from Panama City. Check in, explore the hotel and keep dinner simple.

THURSDAY · DAY 6 · FROGS + TOWN

Conservation centre, local market and a relaxed lunch. Return to the hotel for the afternoon.

FRIDAY · DAY 7 · WATERFALL + NATURE

Choose an easy family hike or Chorro El Macho, then return for pool time.

SATURDAY · DAY 8 · SLOW VALLEY DAY

Enjoy the hotel, spa or pool. Keep the day light before the drive to the coast.

WHY 4 NIGHTS WORKS

Four nights leave space for nature and hotel downtime before the beach chapter.

TRANSPORT

Hotel taxis for town and trails. Prebook your onward transfer.

BETTER BREAK RULE

Leave time between activities to enjoy the valley.

SUGGESTED STAY

Hotel La Compañía del Valle

A resort-style mountain retreat with elegant rooms, a wellness focus and a peaceful setting for a slower family stay.

SUNDAY · PRIVATE TRANSFER

El Valle de Antón → Playa Venao

Allow around 4 hours driving plus a 90-minute lunch/rest stop. Set off after breakfast; confirm road time and your stop with the driver.



4 NIGHTS

Playa Venao

A family surf-camp stay with active mornings and plenty of open beach time.

SURF CAMP · BEACH · POOL · YOGA + FITNESS

SUNDAY · DAY 9 · ARRIVE + SETTLE IN

Arrive by private transfer from El Valle. Settle into Beach Break, enjoy the ocean and keep dinner easy.

MONDAY · DAY 10 · FIRST SURF DAY

Family surf lesson in the morning. Keep the afternoon open for pool, beach and hammocks.

TUESDAY · DAY 11 · SURF + ACTIVE DAY

Another coached session, with optional yoga, fitness or kids' classes depending on the family package.

WEDNESDAY · DAY 12 · FINAL BEACH DAY

Surf again if everyone wants to, then leave the afternoon deliberately unstructured.

WHY 4 NIGHTS WORKS

Three full days to build confidence in the surf, with afternoons left open.

TRANSPORT

Private transfer from El Valle. Once at Beach Break, mostly walk.

BETTER BREAK RULE

Not every beach day needs a plan.

SUGGESTED STAY

Beach Break Surf Camp

A laid-back beachfront surf stay with family-friendly lessons, easy beach access and a simple base for active days by the ocean.

THURSDAY · DAY 13 · RETURN TO PANAMA CITY

Playa Venao → Pedasí → Albrook

Transfer to Pedasí and fly to Albrook (PAC). Allow time to reach Tocumen (PTY) for your flight home; an extra city night may be needed.



TRANSPORT PLAN

Drive out. Fly back.

Travel by road from Panama City to El Valle, then on to Playa Venao. Finish at the beach and fly back via Pedasí, subject to the flight schedule.

THURSDAY · RETURN FLIGHT

Flight time to confirm

Pedasí (PDM) to Albrook (PAC). Confirm your onward connection before booking.

SUNDAY · LONGEST ROAD LEG

~4 hr + break

El Valle to Venao, with a 90-minute lunch/rest stop built into the drive.

DAY / LEG	PLAN
Saturday · Tocumen to city hotel	**Private airport transfer**
Wednesday · City hotel to El Valle	**Private transfer; confirm road time**
Sunday · El Valle to Playa Venao	**~4 hr driving + 90-minute break**
Thursday · Venao to Pedasí airport	**Private transfer; allow 30–40 min**
Thursday · Pedasí to Albrook (PAC)	**Flight schedule to be confirmed**
Thursday · Albrook to Tocumen (PTY)	**Separate cross-city road transfer**

THURSDAY · PROTECT YOUR ONWARD CONNECTION

The domestic flight arrives at Albrook, not Tocumen. Allow for baggage collection, traffic and international check-in. Add a city night if the connection is too tight.

BOOK THE FLIGHT

Confirm the return flight and baggage rules before booking.

PLAN THE PAUSE

Reserve a lunch/rest stop on the El Valle–Venao drive in advance.

TWO AIRPORTS

PAC is Albrook. PTY is Tocumen: these are separate airports.



Sample itinerary: road times are planning allowances; flights and activities need reconfirming.

THE ITINERARY

Why this is a Better Break

Three distinct settings, three well-paced stays and enough time to enjoy each one. A balanced mix of city, coast and mountains without turning the trip into a checklist.

01 · ENOUGH TIME IN EACH PLACE

Four nights in Panama City, four in El Valle and four in Playa Venao. Each stay has time to settle in rather than rush onward.

02 · VARIETY FOR KIDS

Canal, wildlife, hiking, surfing, pools and beach time — without building the entire trip around kid-only activities.

03 · A TRIP FOR ADULTS TOO

Thoughtful hotels, good food, downtime and unstructured afternoons are built into the plan.

04 · A BEACH FINISH

Finish with surf, open afternoons and time by the ocean, before flying back to Panama City.

PROPOSED SEQUENCE

PANAMA CITY 4 → EL VALLE 4 → PLAYA VENAO 4

THE BETTER BREAK TAKE

A balanced mix of city, mountains and coast, with four nights in each place and the beach saved for last.

Breaks that take you further.

EXPLORE · LEARN · GROW

