



## Los Buzos Panama - Sample Individual Trip Itinerary actual times/meals vary

**Friday (or earlier)** - Arrive in Panama, transfer from Airport to Hotel Milan or nearby hotel of your choice. Optional Activities on your own (we can advise you) - nearby casinos and night life, canal tour, visit Casco Viejo, dinner and activities.

**Saturday** - Breakfast on your own, shuttle pick up approximately 11:00 a.m. **at Hotel Milan.** Tour across Panama with stops for snacks, lunch or other depending upon group choice. Arrival at Los Buzos between 5:00 and 6:00 for happy hour, rigging, and getting familiar with the place. Dinner in the lodge at 7:00 pm normally the traditional dish of Panama - Sancocho.

**Sunday** - 5:00 am coffee, continental breakfast and lunches for the day are available at the kayak center. 6:00 am (tide dependent) departure for day of fishing out in front of the lodge. Fishing days can be long days (approximately 6am-2pm), or split days (approximately 6 am to 10 am with afternoon session of 3 pm to 6 pm). Snacks and happy hour upon return from fishing with dinner at 7:00 pm at Hotel Playa Cambutal, typically whole fried snapper with patacones (fried plantains)

**Monday** - 5:00 am coffee, continental breakfast and lunches for the day are available at the kayak center. 6 am departure for an optional mothership trip to The Lump returning around 2 pm. Snacks and happy hour upon return from fishing with dinner at 7:00 pm at The Lodge, typically fresh sashimi, seared tuna steaks and tuna tataki with roasted potatoes and local vegetables.

**Tuesday** - 5:00 am coffee, continental breakfast and lunches for the day are available at the kayak center. 6:00 am (tide dependent) departure for day of fishing out front. Long or split day depending on the tide. Snacks and happy hour upon return from fishing with dinner at 7:00 pm at Hotel Playa Cambutal. Tuesday is pizza night and the locals turn out here for great pizza and camaraderie.

**Wednesday** - 5:00 am coffee, continental breakfast and lunches for the day are available at the kayak center. 6:00 am (tide dependent) departure for day of fishing. Long or split day depending on the tide. Snacks and happy hour upon return from fishing with dinner at 7:00 pm at The Lodge, typically fresh sashimi or fish dip with shrimp and grits, local vegetables and our signature dessert Panalimon - a key-lime pie like dessert

**Thursday** - 5:00 am coffee, continental breakfast and lunches for the day are available at the kayak center. 6:00 am (tide dependent) departure for day of fishing. Long or split day depending on the tide. Snacks and happy hour upon return from fishing with dinner at 7:00 pm at Hotel Playa Cambutal - typically broiled filets of snapper or grouper with rice and fresh local vegetables.

**Friday** - 5:00 am coffee is available at the kayak center for those who want to squeeze in a morning fishing session before departing or a more leisurely full breakfast around 9:00 for those who want to relax during their last hours in Paradise. Shuttle departs for the city at 1:00 pm and arrives in the city at approximately 7:00 pm at Hotel Milan. once again optional activities can be arranged on your own with our guidance.

**Saturday** - on your own in the city for additional activities and ground transport to the airport and of course time to plan your next trip to Los Buzos.

**Note:** Following are budgets for items not included in our package, Milan Rooms \$45 each night, airport transfer \$30 each way, meals in the city or en route, optional trips/gear, and tips for guides/helpers if desired - guidance 10-20% of trip.

