



Panama

Desert Island Survival

PIONEER EXPEDITIONS



ITINERARY

Panama • Desert Island Survival

11DAYS • 10NIGHTS

Panama City- Isla Contadora- The Desert Island- Panama City

HIGHLIGHTS

- Experience living on a deserted island
- Learn survival skills including making fires and finding food
- Sleep on hammocks on the beach
- Rescue and celebration party

TOUR ESSENTIALS

Tour Style	Adventure
Tour Start	Panama City
Tour End	Panama City
Accommodation	Hotels and Hammocks
Included Meals	10 breakfasts, 8 dinners , 5 lunches.
Difficulty Level	Difficult
Group Size	Maximum 10 pax

DESERT ISLAND SURVIVAL



For 8 nights you will be marooned on this tropical desert island. The first 5 nights you'll camp on the beach, sleeping in hammocks, with your meals provided and learn the key survival skills. Then the isolation phase begins, this is it 72hrs with the bare basics of equipment, to live out the adventure of a lifetime.

PANAMA *an overview*

This unique destination is ideal for any keen and daring adventure travellers seeking a completely diverse experience to push themselves to accomplish an out of the ordinary task. Situated on an island in off Panama, the desert islands scenery is a sight you will have only seen on TV or in the movies. This will be an experience unlike any other you have encountered before, helping you grow physically and mentally. Surrounded by nothing but nature and your fellow camp mates, you can't get any more off the beaten track. Considering the nature of the trip, travellers must be in good physical and mental condition, as it can be extremely challenging at times. When you finish this adventure of a lifetime, you would be ready to concur life on a desert island alone!

Local guides will be with you and teaching you throughout the trip, they know the island and how to survive on it better than anyone else, so you can assure that you are in good hands! They will teach you everything you need to know including building shelter, making fires, catching fish and finding the food you need.

WHY PIONEER EXPEDITIONS?

Pioneer Expeditions are one of the few specialists that really *do* off the beaten track and unique adventures. The team have a real passion for wildlife and adventure travel which we love to share with our clients. We delight in searching the world for new destinations, new experiences and creating the most incredible adventures.

We like to introduce our clients to the unique, the different, and the incredible. Whether it is through wildlife tracking, sea kayaking, snorkelling, trekking, rafting, cycling or observing wildlife in its natural environment, we want to give you the real Pioneer experience.

From the moment you choose to travel with Pioneer Expeditions until you return back home, you are supported by our dedicated team. We listen to what you want and can create an itinerary around your specific needs, working with your budget and with a commitment to responsible travel.

ITINERARY



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Nep01

DAY 1: Meet the group

Before you go out to the islands, stay at the chic Riande Granada hotel and sliding into their lush bar-side pool after a long flight. Most the group normally arrives the night before, so we get together that evening for sundowners and a meal in Casa Viejo, Panama City's picturesque old town.



Overnight:
Hotel



Meals:
D



Distance:
Varies



Activities:
Travel

DAY 2: Tropical Island Taster

Early this morning we fly to Isla Contadora, a small and beautiful tropical island where the rich and famous of Panama choose to holiday. In this brief 20 minute flight you get a chance to spot humpback whales and guess which island might be your new home come tomorrow.

Upon touch down we head direct the Mar Y Oro hotel with its private beach and cocktail bar. After a quick freshen up we pick up some golf buggies to head off and explore the island. Be haunted by the abandoned hotel, where you can see wild deer, wandering through the rooms slowly being subsumed by the jungle. We will take in lunch and a swim on a palm lined beach, before landing back at the hotel to relax with beach games, volleyball and sunset cocktails. That evening castaways will be allocated their kit for the island adventure and pay close attention to the expedition safety briefing before dinner and an early night. Tomorrow is a big day.



Overnight:
Hotel



Meals:
B,L,D



Distance:
20min flight



Activities:
Transfer

DAY 3: Travel to the Island

After a hearty breakfast at the hotel, we jump on our speedboats direct from Mar Y Oro's beach and take the 30 minute ride to your new island home. As you approach this untouched wilderness and pull up on the shore the reality of your adventure begins to set in. Upon arrival we take a stroll along the expansive beach to explore our new home and choose the location for our camp.

After selecting a couple of palm trees, between which to string your expedition hammocks, we get to work on building our shelter. This will be our home, where bonds are forged, fire is made, food is cooked and hearts are opened. There'll be just enough time for a sunset swim, before we eat. Belly filled, we'll be passing around a bottle of rum before heading to your hammock where you'll drift off to the sound of rustling palms and gentle waves.



Overnight:
Hammock



Meals:
B,L,D



Distance:
*30min Speedboat
journey*



Activities:
Transfer

DAY 4: Making Fire

Typically, everyone on the island quickly reconnects with their circadian rhythm and rises a little after sunrise. After a relaxed breakfast we spend the morning learning the most quintessential primitive skill, how to make fire by friction. After the easiest method of fire by flint, you will graduate to whittling your own bow drill set before we teach you hand drill and the bamboo fire saw. We will spend the afternoon catching our supper off the beach. Then we gather around the fire to feast on Thai fish curry made in a bamboo cooking pot with fresh coconut milk.



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Overnight:
Hammock



Meals:
B,L,D



Distance:
N/A



Activities:
Explore

DAY 5: Finding Food

Today is all about how you are going to eat. We will look at all the different techniques one can use to find food on a desert island; including what fruits and plants are safe to eat, how to get into a coconut and where to find shellfish. The ocean is our Larder and primary source of nutrition. You'll work together to make a primitive hand-line, catch, prepare and cook fish. Although you won't be blessed with a speargun during isolation, you can also try your hand at spearing dinner for the team. Learn how to duck dive, how to hold your breath for longer, and how to hunt underwater.

After food training, we will hopefully have plenty of delicious fish. This evening, we will roll them in spices and wrap them in leaves tied off with palm. This traditional cooking technique allows us to cook them directly on the fire embers. Served with a side of Asian rice and roasted vegetables, you'll begin to have a deeper appreciation of food and flavour. To finish the day we will open some green coconuts, harvested from palms on the island, and have fresh pina-coladas. Preparing you nicely for an evening of tribal-fancy-dress and beach games.



Overnight:
Hammock



Meals:
B,L,D



Distance:
N/A



Activities:
Explore

DAY 6: Island Life

Life on the island slows down. Disconnecting from Wi-Fi and phone, you will find yourself thinking about the outside world less and less. Don't worry about not getting space for yourself. Every day from 12- 2pm is your time; for a siesta in your hammock, reading a book or throwing a frisbee. Tonight we prepare, cook and eat as a tribe. A bottle of rum and some roasted marshmallows see us off to bed.



Overnight:
Hammock



Meals:
B,L,D



Distance:
N/A



Activities:
Explore

DAY 7: Deep Jungle and Wild Beaches

On the final day of training, we undertake an expedition across the island, trekking through jungle, around rocky headlands and through mangrove swamps in search of resources that might help you during your final 3 days of isolation. Mango's, coconuts and shell fish are all welcome finds. With each day and each new skill you will grow in confidence for surviving your 3 day isolation. That evening we'll talk about the psychology of survival and you'll get yourself mentally prepared for the real test to begin.

Day 7 classes will cover how to:

- Turn salt water into fresh water
- Find water from various plants
- Get into the humble coconut
- Identify where ground water might lie and dig for it



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Overnight:
Hammock



Meals:
B,L,D



Distance:
N/A



Activities:
Survival

DAY 8, 9 & 10: Island Survival

This is it, the fire is out, the instructors are gone; it's just you and your fellow Castaways, alone in this picturesque tropical wilderness. You are left with limited equipment and have to work together. Now is time to put into practice your new found skills and apply your ingenuity to survive.

What is your greatest priority? Do you build your shelter first, or start a fire? During the first day the reality of survival sinks in, new highs and lows are encountered. During these days; hunger, thirst, and discomfort are offset by the euphoria of success starting a fire or finding food. Will you survive, or thrive?



Overnight:
Hammock



Meals:
Varies



Distance:
N/A



Activities:

DAY 11: Rescue and Celebrate

Nothing will ever look quite so good as our rescue boats arriving at 9am, laden with ice cold drinks and fruit. We'll bank onto the beach right outside the Mar y Oro Hotel. You and your fellow castaways will enjoy one of the best showers of your life, before enjoying a huge champagne breakfast. Castaways spend the afternoon reconnecting with loved ones, putting off looking at their emails, just a little longer and probably more showers. That night we head out for a survival party where you'll eat your weight in pizza at the excellent Casa Tortuga restaurant.



Overnight:
N/A



Meals:
B



Distance:
30min boat



Activities:
Transfer

ACCOMMODATION *at a glance*

Subject to availability

Chic Riande Granada hotel

Panama City

<https://www.riandehoteles.com/granada/>



Mar Y Oro hotel

Contadora Island

<https://hotelryoro.com/en/>



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IMPORTANT INFORMATION

INCLUDED

- ☉ All meals as described (B= Breakfast, L= Lunch, D=Dinner)
- ☉ Accommodation as described
- ☉ All airport transfers
- ☉ Speed boats to and from the Island

NOT INCLUDED

- International flights
- Personal travel insurance

ADDITIONAL INFORMATION

ACTIVITY DURATION	11 Days & 12 Nights
BEST TIME TO GO	December-March
GROUP SIZE	Maximum 10 pax
EXPEDITION SCHEDULE	Scheduled Group Departure or Tailor made to suit your dates. Check out our website to find expedition dates
DIFFICULTY LEVEL	Our grades have been designated based on our perception of the degree of physical activity you are likely to require to enjoy the adventure. These are only a guideline.



THE PIONEER BOOKING PROCESS

Where do you go from here? Well, you can feel free to email us at info@pioneerexpeditions.com if you're interested in this trip, or any of our other expeditions from around the world. Visit our website www.pioneerexpeditions.com to unearth all of our other equally amazing trips and destinations.

1. Contact us -

We will be happy to answer any questions or enquiries you may have. From here we will begin to plan and put together your dream adventure holiday! Alternatively, on our website you will find our booking and enquiry forms; once filled in, we will be notified of your enquiry and will get back to you ASAP.

2. Leave everything to us -

Everything will be arranged and booked by us, but we will make sure to keep you updated every step of the way. In addition, we can arrange your international flights if needed, as we have access to competitive airfares. We can also arrange any additional tours or additional night's accommodation.

3. Wait for your adventure to begin -

Sit back and count down the days until your trip of a lifetime with Pioneer Expeditions. We'll handle all of the last minute preparations and provide you with everything you need. All practical information will be sent out to you, prior to your trip.

If you feel like altering this itinerary to suit your personal preferences, we can arrange all of that and more – just get in contact with us and let us know your requirements and wishes. From here, we can simply tailor-make your dream holiday.

