

FEBRUARY 2 – FEBRUARY 7, 2027

Jewish Women's Connection of Atlanta

Panama City Experience

6 DAYS / 5 NIGHTS

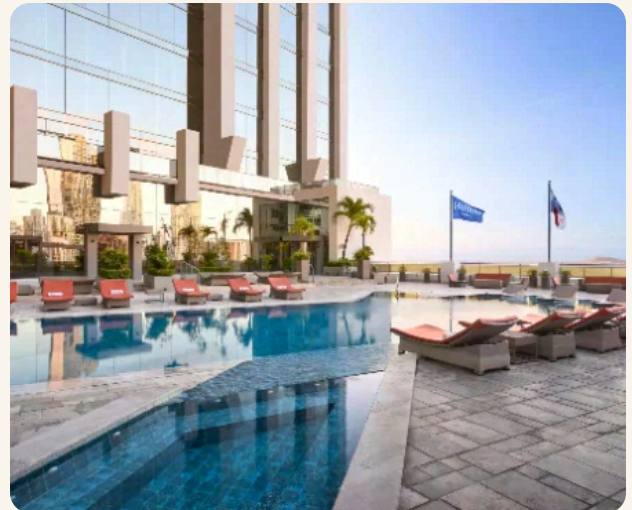
HILTON PANAMA

KOSHER PROGRAM

DAY 1

Tuesday, February 2
ARRIVAL

- 1:55 PM** **Arrival — Tocumen International Airport**
Delta DL 1759 · ATL 9:45 AM → PTY 1:55 PM
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- 2:30 PM** **Airport Pickup**
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- 3:00 PM** **Lunch at Aroma**
Kosher dairy cuisine.
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- 4:30 PM** **Amador Causeway**
A scenic seaside road linking four small islands at the Pacific entrance to the Panama Canal. Ride the family bikes along the water, with the city skyline on one side and ships waiting to enter the Canal on the other.
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- 6:00 PM** **Check-in — Hilton Panama**
Your five-star home in Panama City, with views of the sea. It sits between Bella Vista and Paitilla, two of the city's Jewish neighborhoods, within walking distance of synagogues.
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- 8:00 PM** **Dinner at Aria**
Upscale kosher meat restaurant. Welcome dinner with an inspirational talk from a local community speaker (TBC).



DAY 2

Wednesday, February 3
GAMBOA & THE CANAL

8:30 AM

Drive to Simjati

9:00 AM

Breakfast at Simjati — Activity

An innovative senior community center in Panama's Jewish community, featuring unique spaces and interactive experiences. Meet the women and members of the community, hear their stories and take part in on-site activities for an inspiring, firsthand look at Jewish communal life.

11:00 AM

Drive to Gamboa

Approximately 1 hour. Inspiration from JWCatlaanta educators (20 min).

11:45 AM

Monkey Island — Gatun Lake

Cruise across Gatun Lake, surrounded by rainforest and the impressive sight of massive ships transiting the Panama Canal. Along the way, stop at the islands where several species of wild monkeys live and watch them in their natural habitat.

1:30 PM

Lunch

2:30 PM

Aerial Tram — Gamboa

A 1.5-hour ride through the Gamboa rainforest, floating through the treetops in an open cable car. Keep your eyes open for colorful birds and other wildlife, with views over the jungle canopy.

4:30 PM

Panama Canal + IMAX Theater

Visit the Panama Canal and experience one of the greatest engineering achievements in modern history. Watch ships navigate the locks and learn how the Canal connects the Atlantic and Pacific Oceans. The experience also includes the IMAX theater, where you'll see the Canal's story brought to life on the big screen.

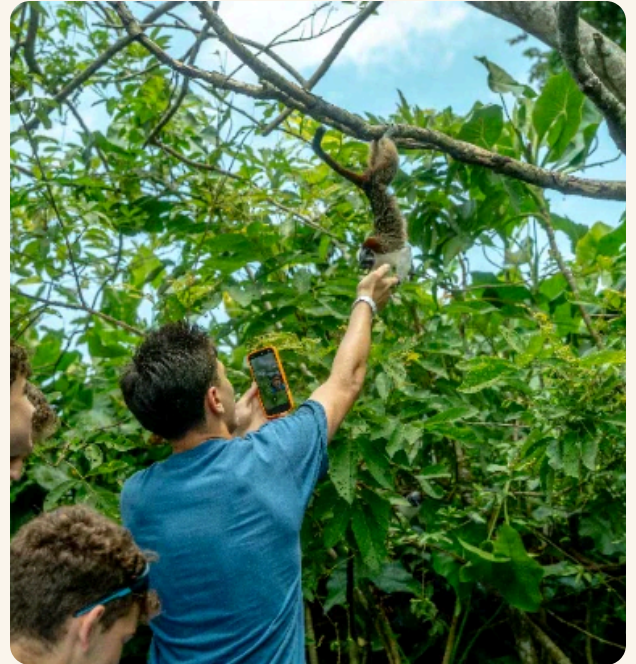
6:30 PM

Back at the Hotel

7:30 PM

Dinner at ADAMA

Upscale kosher meat restaurant with a talk from a woman speaker of the local community (TBC).



DAY 3

Thursday, February 4
EMBERÁ & CHALLAH BAKE

8:30 AM	Breakfast — Hilton Panama
9:30 AM	Drive to Emberá Village Approximately 1 hour. Inspiration from JWCatlanta educators (20 min).
10:30 AM	Canoe Ride to the Waterfall Board a traditional dugout canoe and glide up the river through the rainforest, on your way to a hidden waterfall.
11:00 AM	Rainforest Waterfall A short walk from the river leads to a hidden waterfall. Take a dip in the cool, fresh water.
11:30 AM	Emberá Village Meet an indigenous Emberá community who live in the rainforest and keep their traditions alive. Hear their story, enjoy their music and dances, and see handmade crafts (baskets, carvings) you can take home.
~12:30 PM	Kosher Lunch Cooked by the community using traditional methods.
2:00 PM	Drive Back to the Hotel Approximately 1 hour.
4:30 PM	Visit to a local Mikvah Center Visit one of Panama's impressive mikvah centers, an architectural landmark featuring modern mikvaot, a beauty salon, and event spaces. Discover how this remarkable facility combines tradition, community, and contemporary design.
5:00 PM	Ball Harbour An open-air Jewish hot spot with small shops, a café, bakeries, and a beauty salon.
6:00 PM	Challah Bake — Nicky's Roll up your sleeves and learn to braid challah with local bakers, then take home the recipe, and the memories, for your own Shabbat table.
7:30 PM	Dinner at Olivietta Italian kosher restaurant with a talk from a speaker of the local community.



DAY 4

Friday, February 5
COMMUNITY & SHABBAT PREPARATIONS

8:00 AM

Breakfast at Hilton Panama

9:30 AM

Discovering Jewish Panama

Learn how Panama's Jewish community works today. Visit synagogues, hear about the community's institutions and the many organizations that support its members, and learn the story of how the community was formed, guided by the legacy of Rabbi Zion Levy.

11:30 AM

Visit to Shaare Jesed

See chesed in action, and be part of it. Shaare Jesed also runs several gmachs that lend items to families in need, and has rooms for people who need a place to stay. Pack meals side by side with Linda Tawil and the Shaare Jesed volunteers.

1:00 PM

Lunch at Adele's Bakery

French-inspired kosher dairy café.

2:00 PM

Multiplaza Mall

Panama City's most popular shopping destination, with international brands and department stores. A good stop for gifts and souvenirs.

Option B: Spa Afternoon at Hilton Panama

Soothing massages and rejuvenating treatments to recharge mid-trip. Not included. Spa menu and details to be shared closer to the date.

4:00 PM

Back at the Hotel

6:07 PM

Candle Lighting — Ahavat Sion Synagogue

Shabbat begins. Welcome Shabbat alongside the local community. Sing, connect and experience Panama's Jewish culture firsthand.

7:30 PM

Shabbat Dinner — Hilton Panama



DAY 5

Saturday, February 6
SHABBAT

8:00 AM	Coffee Station — Hilton Panama
9:00 AM	Shabbat Services — Beth El Join the local community for Shabbat morning services at Beth El, Panama City's Ashkenazi synagogue.
11:30 AM	Talk with the Rabbi
12:00 PM	Shabbat Lunch — Beth El With the community.
Afternoon	Free Time Walk back to the hotel.
4:00 PM	Seuda Shelishit Board games, a small class led by JWCatlanta educators, and Havdalah.
6:58 PM	Shabbat Ends
8:00 PM	Dinner at KAVA Upscale kosher restaurant with sushi and Italian.



DAY 6

Sunday, February 7
DEPARTURE

- 8:00 AM** **Breakfast — Hilton Panama**
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- 9:30 AM** **Casco Viejo**
Walk through Panama's UNESCO-listed old quarter. Cobblestone streets, colonial buildings, plazas, balconies full of flowers, and a skyline view across the bay. Perfect for last photos and souvenirs.
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- 11:30 AM** **Lunch Box**
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- 12:30 PM** **Transfer to Tocumen International Airport**
Delta DL 1758 · PTY 3:20 PM → ATL 7:40 PM

EXTEND YOUR STAY

Want more Panama? We can arrange extra nights before or after your program, including hotel and activities.

