Hi,

We're so excited you're joining **Nora** in Panama next **February**! My name is Ian, I'm a co-founder of SolSeed Retreats, the company that is helping facilitate the logistics of your retreat.

We've put together the following to help address questions related to how to fly to the retreat. Please read this information carefully, and don't hesitate to ask me questions related to the information below. One thing I wont know is who is flying from where, on what flights, prior to folks booking. If you would like to join a group chat on the subject, please follow this WhatsApp link set-up specifically for your group:

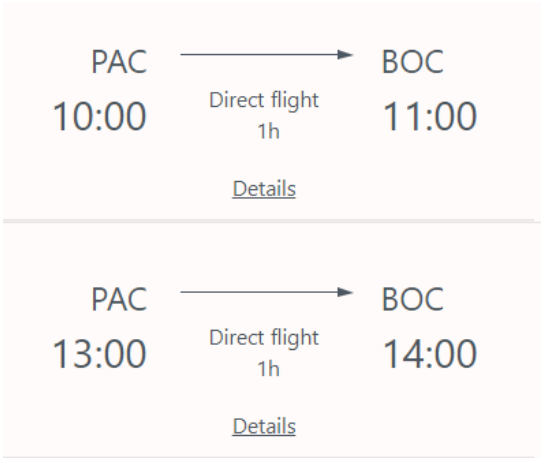
https://chat.whatsapp.com/Fx8KRyau74DGJwDUH0DOzb

Traveling to and from Bocas del Toro:

The best way to arrive at Bocas del Toro is to fly to Panama City International Airport, take a taxi/uber to Albrook Airport in Panama City downtown, then fly to Bocas del Toro Airport. Often this means booking two separate flight itineraries, each way.

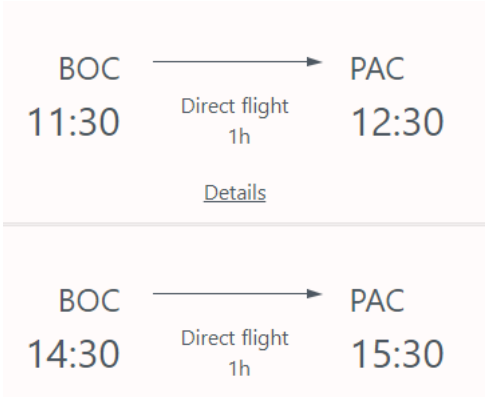
Arrival - SUNDAY, FEBRUARY 26TH:

1. International flights all arrive and depart from Tocumen International Airport in Panama City, Panama (PTY). Search for flights to this airport from your departure airport.
2. You must then take a ground transfer (about a 30 - 45 min / $15 - $20 Uber) to Albrook Airport (PAC), in downtown Panama City, and catch a flight from Albrook Airport (PAC) to Bocas del Toro Airport (BOC). See our Panama City Guide for complete ground transport options and more detailed information.
3. Please leave a minimum of 3 hours from when your international flight is scheduled to land at PTY, and when your domestic flight to Bocas del Toro is scheduled to depart.
4. We recommend booking your domestic flight on AirPanama. They currently operate 2 flights daily:
    a. https://www.airpanama.com/en

b. 

5. Once you land at Bocas del Toro Airport, we will provide a taxi for you from the airport to Bluff Beach Retreat Center. This 20 minute taxi is included in your retreat package for the above listed flights, and taxi drivers will be arranged and waiting for you at this small, regional airport to drive you to Bluff Beach Retreat. You may take either flight mentioned above. Official check in is after 3pm, but you're welcome to arrive, use the facilities, and wait for everyone else on either flight! Additional fees may apply for taxi service if you are not on one of these two flights.

Departure - SATURDAY, MARCH 4TH:

1. Taxis from Bluff Beach Retreat to Bocas del Toro Airport are included in your retreat package for the following two flights. You may incur additional taxi charges if you choose to leave at a different time.
2. We recommend booking on AirPanama for the domestic flight back to Albrook (PAC) from Bocas del Toro (BOC), they operate 2 flights daily:
    a. https://www.airpanama.com/en
    b. 

3. Once you land in Albrook, you need to arrange a ground transfer to Tocumen International Airport in Panama City, Panama (PTY). Leave a minimum of 3 hours from when your domestic flight is scheduled to land at Albrook, and when your international flight home is scheduled to depart. See our Panama City Guide for ground transport options.

VERY IMPORTANT NOTE: The only alternative to arriving by AirPanama to Bocas del Toro is a 10+ hour overnight bus, or a privately chartered plane. It is very important that you book on one of the two AirPanama Flights offered on your arrival and departure dates. AirPanama operates smaller planes. **Please do not wait too long to book these flights. They will fill up!**

ONCE YOU HAVE PURCHASED YOUR FLIGHTS, please forward your confirmation email(s) to**:** ian@solseedretreats.com

Tip for purchasing flights: Arrive early and/or stay an extra night!

As you consider your flight options given the above parameters, we understand that you may be left with less-than-desirable itineraries, be that due to tight connections/transfers times, long flight hours, long layovers, or any other number of factors. As such, we would like to share with you some of our favorite things to do in Panama City. The following Panama City Guide will help you navigate what is, hands down, our favorite Central American capital city. By expanding your flight search to include some time there, you may find better flights, and better rates; as well as, find yourself also falling for spectacular Panama City!

PANAMA CITY GUIDE

TRAVEL INSURANCE:

The purchase of travel insurance is required for this trip.

Most policies protect you against potential trip delays or cancellations due to airline issues, family emergencies, illness, injury, etc. The travel insurance will also demonstrate to the host country that you are able to pay for any emergency services which may be necessary during your stay.

SolSeed is not authorized to sell travel insurance. Any offer to purchase travel insurance that you encounter during the checkout process are third party offers. You are free to select your own policy provider. If you would like to review options in a convenient online marketplace, we like what www.insuremytrip.com has put together. We have also had great experience with Trawick International and their customer service, and heard very good things from AAA and AMEX Members who have purchased their travel insurance through those respective agencies.

We strongly encourage you to speak with a travel insurance agent to discuss your specific coverage needs, and to clear up any questions you may have relative to travel insurance coverage, including questions about COVID-19.

Please make sure you purchase a plan that includes coverage for COVID-19 related trip cancellations and trip interruptions as not all do.

Finally, here’s a handy Panama FAQ document for your reference too!

PANAMA FAQ’S DOCUMENT

This should answer most of the questions you have about the retreat. We will be following up with a retreat itinerary and registration form as we get close to the start of the trip!

Any other questions, don't hesitate to reach out!

Warm regards,

Ian

ian@solseedretreats.com