

# 11 天中美洲自然文明深度遊

## Voyage to Central America

暢遊: 瓜地馬拉、哥斯大黎加、巴拿馬

Visiting: Guatemala, Costa Rica, Panama



2018 出發日期	團號 Code	連機票 Land + Air		+燃油費+稅金 = 總額		團費 Land only	旺季附加費 High Season Supplement	小費 Tips
		雙人 Twin	單人附加費 Single Supp.	+FUEL +TAX = TOTAL				
4 月 (Apr) 28	LGCP11	4499	899	約 +220 Approx.	4719	3299	★250	132
5 月 (May) 26								
6 月 (Jun) ★30								
7 月 (Jul) ★21								
8 月 (Aug) ★18								
9 月 (Sep) 1								
10 月 (Oct) 6								
11 月 (Nov) 17								
12 月 (Dec) ★8								
1 月 (Jan) /2019 ★12								

出發地: 洛杉磯 LAX Departure  
其他出發城市歡迎聯絡查詢 Other departure cities please contact us for more information

上列費用均以美元每位計算, 按兩人一房計, 「稅金及燃油附加費」正確數目須於出票日方能作準。小童 2 至 10 歲不佔床與大人同價。三位成人同行, 以兩張床一房為計, 不提供加床服務。Child fare applies to children from 2 to 11 years old, no extra bed. The above tour fares are based on US Dollar, two (2) adults sharing one (1) room; "Tax and Fuel Surcharge" is only an estimate and will confirm upon ticket issuance. A triple occupancy room will have 2 beds only. No extra bed to provide.

### 獨家安排 UNIQUE FEATURES

- ★瓜地馬拉 Guatemala
  - 安提瓜: 走在保存完好迷人的殖民城市街道上
  - Antigua: Walk the enchanting streets of this well-persevered colonial city
  - 阿蒂特蘭: 巡遊“火山口”湖, 參觀瑪雅村
  - Atitlan: Cruise a “caldera” lake and visit a Mayan village.
- ★哥斯達黎加 Costa Rica
  - 蒙特維爾德: 跟隨導遊通過雲層森林進行“夜間步行”, 觀看夜間動物種類。
  - Monteverde: Take a guided “night-walk” through a cloud forest to see nocturnal animal species
  - 阿雷納爾: 觀賞熔岩流, 在天然火山溫泉中放鬆身心
  - Arenal: View lava flows and relax in natural volcanic hot springs
- ★巴拿馬 Panama
  - 巴拿馬城: 了解巴拿馬運河, 現代世界奇觀之一
  - Panama City: See and learn about the Panama Canal, one of the Modern World Wonders
  - 艾伯樂: 乘坐機動獨木舟遊覽典型的巴拿馬土著社區
  - Embera Community: Travel by motorized canoe to visit a typical Panamanian indigenous community

**1 原居地 → 瓜地馬拉城 ~ 安提瓜**  
Home City → Guatemala City - Antigua

是日乘搭豪華客機飛往瓜地馬拉城, 抵達後轉移到您在安提瓜的酒店, 從瓜地馬拉城開往安提瓜, 道路上升到 7000 英尺, 途中享受景觀, 到達您的酒店後, 餘下的時間, 您可以自由活動或在酒店休息。

住宿: Soleil Antigua Hotel 或同級  
Upon arrival in Guatemala City, meet and greet at the airport with a friendly representative and then transfer to your hotel in Antigua. Antigua is located 30 miles southwest of Guatemala City. Enjoy the views. Upon reaching your hotel, the rest of the day is yours for leisure or rest. Overnight in Antigua.

是美洲第三大城市 (在利馬-秘魯和墨西哥城之後), 從此可以觀察出西班牙殖民時期當地人士如何生活的。今天的旅程將帶你參觀整個城市, 拜訪所有美麗的宮殿, 教堂, 修道院和廣場, 欣賞火山圍繞著城市的壯麗景色, 安提瓜完美春天的全年氣候, 使它成為吸引許多藝術家和作家的居住城市, 其中包括安托萬·德·聖-修伯里, 他是寫了“小王子”和艾爾維達兩名作家。下午, 我們將根據季節計劃以下行程: 咖啡之旅, 鱷梨之旅或巧克力之旅。今晚在安提瓜過夜。

住宿: Courtyard Hotel 或同級 (早/午/晚餐)  
Antigua is a UNESCO World Heritage Site and offers visitors a spectacular glimpse of how life may have been during the Spanish Colonial Days. Today's tour will take you throughout the city. See all the beautiful Palaces, Churches, Convents, Monasteries and Plazas as you go for a picturesque walk over cobbled stones. Volcanoes loom over the city making for a stunning backdrop. In the afternoon, we will plan one of the following depending on the season: Co.ee Tour, Avocado Tour or Chocolate Tour. (B/L/D)

**3 安提瓜 ~ 阿蒂特蘭湖區**  
Antigua - Lake Atitlan Region (Iximche and Xetonox)

今天早上, 我們從安提瓜轉移到阿蒂特蘭湖, 穿過瑪雅村莊及其美麗的植園。瓜地馬拉的瑪雅人佔全國人口的三分之二以上, 共有 22 群, 各有自己的語言和習俗。離開安提瓜後, 我們前往第一批在瑪雅定居的喀克其奎部落, 在瓜地馬拉, 超過五十萬的瓜地馬拉人是瑪雅喀克其奎血統, 接著, 第一站是訪問基里瓜考古遺址, 此為喀克其奎王國的舊首府, 建於 1470 年, 並於 1524 年被西班牙征服者摧毀, 與雨林中的許多瑪雅遺址不同的是, 這一遺跡從未迷失或被遺忘, 它仍然是喀克其奎的神聖之地。第二站是前往在附近的一個小村莊 Xetonox。在這裡, 當地的家庭將向我們展示他們的生活方式, 收割的作物和他們的編織品, 今日午餐將在當地家中享用, 爾後, 我們將到村里的小學, 了解當地的生活和民情, 一天結束後, 前往阿蒂特蘭湖地區。 (早/午/晚餐)  
住宿: Atitlan Hotel 或同級

**2 安提瓜**  
Antigua

安提瓜是聯合國教科文組織的世界遺產, 在當時

This morning we transfer from Antigua towards Lake Atitlan passing through a beautiful landscape of Mayan villages and their vegetable plantations. We make our first stop to visit Iximche Archaeological Site, the old Capital of the Cackchiquel Kingdom. It is still a sacred place for the Cackchiquels. The second stop will be at Xetnox, a small village located nearby. Here a local family will be waiting for us to gladly show us their way of life, the crops they are harvesting and their weavings. Lunch will be served at their home. Then, we will visit the village's Grade School to learn more about the local life. Our day ends with a ride to Lake Atitlan, also at 5,000 feet above sea level. (B/L/D)

## 4 阿蒂特蘭湖區 - 安提瓜 Lake Atitlan Region - Antigua

今天觀賞阿蒂特蘭湖附近的一個“火山口”湖泊，地質學家估計，8萬年前發生的一個火山爆炸形成了火山口，湖泊幾乎是圓形的，直徑 10 英里，深 1000 英尺，四周有三座火山，我們將搭乘一個風景優美的小船到聖胡安，在那裡我們將帶您拜訪瑪雅楚圖希爾人。然後，前往咖啡工廠，了解當地人如何生產有機咖啡，並在附近的陽台上欣賞湖光美景，同時還會看到當地婦女做的手工紡織品，五顏六色的鮮花和鮮花繡上衣。下午，我們返回安提瓜。(早/午/晚餐)

住宿：Soleil Antigua Hotel 或同級

Today sightseeing around Lake Atitlan, a “caldera” lake formed by an explosion of a volcano happened 80,000 years ago. The lake is almost circular, 10 miles in diameter, 1,000 feet deep and surrounded by 3 imposing volcanoes. We will enjoy a scenic boat ride to San Juan and there we will bring you to visit the Maya Tzutuhil People. We will stop in a natural dye workshop, learn about the local people's organic coffee production and take a little hike to a nearby lookout point with fine views of the lake. We will also see handwoven textiles being made—the Tzutuhil women embroider their tops with colorful birds and flowers. In the afternoon, we transfer back to Antigua. (B/L/D)

## 5 安提瓜 → 瓜地馬拉城 → 聖荷西， 哥斯達黎加 - 蒙特維爾德 Antigua → Guatemala City → San Jose, Costa Rica - Monteverde

今天轉機到瓜地馬拉城機場，再到哥斯達黎加-聖荷西，抵達後，我們將前往蒙特維爾德。由於其位於高地，蒙特維爾德很幸運擁有穩定的雨水供應，這有助於建立一個複雜而深遠的生態系統，這一處擁有超過 100 種哺乳動物，400 種鳥類和 2500 種植物品種的生態系統，其中 420 種只單單是蘭花。之後，導遊將帶你展開迷人的“夜間散步”之旅，夜間行走約 2 小時，這是為那些想在晚上觀察森林及夜間生物的人而設計的，現有絕佳機會遇到如樹懶，狨猴，豪豬，負鼠，途中，我們也可能會遇到各種昆蟲，鳥類，兩棲和爬行動物。(早/晚餐)

住宿：Montana Verde Hotel 或同級

This morning transfer to San Jose, Costa Rica. Upon arrival, we will make our way to Monteverde. Due to its high altitude, Monteverde is lucky to have a steady supply of clouds. Later on, a guide will pick you up at the hotel for a fascinating “night-walk” tour, which is designed for those who want to observe the forest and its creatures at night. It is the perfect opportunity to observe different species of animals such as sloths, armadillos, porcupines, possums, coatis, bassaricyon (olings) y kinkajou (martillas). We may also encounter a variety of insects, birds, amphibians and reptiles during our lovely walk. (B/D)

## 6 蒙特維爾德 - 阿雷納(福爾圖納) Monteverde - Arenal (La Fortuna)

我們今天早晨從蒙特維爾德出發，通過陸路與水路轉到阿雷納。阿雷納地區曾經是一個安靜的沉睡火山，當阿雷納火山在等待了 400 年的休眠之後爆發，福爾圖納鎮成為看火焰星空和流動熔岩的熱門景點，抵達拉福圖納後，我們將入住酒店，期間的空閒時間，你可以吃午

飯或散步，看看如今的熱門的福爾圖納鎮。下午，您將體驗一趟當地溫泉阿雷納火山之旅。(早/晚餐)

住宿：Los Iguana Resort and Spa 或同級

We check out of the hotel in Monteverde this morning and transfer, both by land and boat, to Arenal. The Arenal region was once a quiet, sleepy place, when suddenly the Arenal Volcano erupted violently after almost 400 years of dormancy and the local town of La Fortuna became a popular jumping off point for people in search of fiery night skies and views of creeping lava. Upon arrival in La Fortuna, we will check into the hotel. There will be some free time for you to have lunch or take a stroll and check out a bit of the now buzzing town of La Fortuna. This afternoon you will enjoy an Arenal Volcano Tour that includes a visit to local hot springs. (B/D)

## 7 阿雷納 - 曼努埃爾·安東尼奧國 家公園 Arenal - Manuel Antonio

今天我們來到哥斯達黎加的中太平洋地區，參觀曼努埃爾·安東尼奧國家公園。這個公園最近被列為世界最美的十二座國家公園之一。曼努埃爾·安東尼奧國家公園致力於保護白色沙灘，珊瑚礁，熱帶雨林和河流。今天安排了一個悠閒的徒步旅行，將穿過多樣生物性的熱帶雨林公園，步行的速度取決於團隊的能力和興趣，盡力配合所有人。此外，能觀察在棲息地中豐富的野生動物和其棲息地，觀看樹懶，跳蹦蹦的猴子和在森林裡休息的食蟻獸和蠍子，聽著各種鳥類的歌曲，幸運的話，可以見到只能在此國家公園找到的快瀕臨滅絕的鬆鼠猴。

住宿：Shana Hotel 或同級 (早/晚餐)

Today we set out to the magical Central Pacific region of Costa Rica where we will visit Manuel Antonio National Park. This park was recently ranked among the world's top 12 most beautiful national parks. Manuel Antonio National Park protects a group of extremely beautiful white sand beaches, coral reefs, tropical rainforests and rivers. We have arranged a leisurely hike through the exotic, biodiverse tropical rainforest area of the park. We will observe and learn about a great abundance of wildlife in its natural and breathtaking habitat. With luck, we might spot one of the few remaining endangered “Mono Titi” (or Squirrel Monkeys), which can only be found right here in Manuel Antonio National Park. (B/D)

## 8 曼努埃爾·安東尼奧國家公園 - 聖荷西 → 巴拿馬城，巴拿馬 Manuel Antonio - San Jose → Panama City, Panama

今天早晨，我們將轉機到聖荷西的機場，飛往巴拿馬的巴拿馬城。抵達巴拿馬城後，我們將轉機到當地的餐廳享用晚餐，然後前往酒店辦理入住手續。(早/晚餐)

住宿：Wyndham Garden Hotel 或同級

This morning we transfer to the airport in San Jose for the flight to Panama City, Panama. Upon arrival in Panama City, we will transfer to have dinner at a local restaurant and then head to the hotel for check in. (B/D)

## 9 巴拿馬城 Panama City

早晨開始參觀“老巴拿馬”的遺址，這是西班牙第一個建立在巴拿馬地峽的城市，後來在 1671 年被英國海盜亨利·摩根攻擊。爾後，前往卡斯卡安提瓜的途中，我們將會穿過一些現代城市，卡斯卡安提瓜位於老巴拿馬，此處是在被焚燒和燒毀後建立，主要建築是法國 - 西班牙殖民地風格。享用午餐後，接著到弗拉門戈島，這是在巴拿馬運河入口形成堤道的三個島嶼之一，在巴拿馬運河的三套鎖中，米拉弗洛雷斯距離巴拿馬城最近，在這裡你會見識工程奇蹟，此處運營一個世紀以來，運河一直使用相同的液壓系統，也沒有換過。(早/午/晚餐)

住宿：Wyndham Garden Hotel 或同級

Our day begins with a tour of the ruins of “Old Panama,” the first city founded on the Isthmus of Panama by the Spanish and later attacked by the British pirate Henry Morgan in 1671. After the tour of “Old Panama,” we will travel through a scenic and modern part of the city en route to the “Casco Antiguo,” built in 1673 after “Old Panama” was sacked and burnt. The predominant architectural style of the “Casco Antiguo” is French-Spanish Colonial. Later, we will continue to Flamenco Island, one of the three islands which form a causeway at the entrance of the Panama Canal. Here we will have lunch before we proceed to the Miraflores Locks. Of the three sets of locks in the Panama Canal, Miraflores is the closest to Panama City. Here you will observe the magnitude of this engineering marvel. It is amazing that the canal is still operating a century later using the same hydraulic system since its inception. Overnight in Panama City. (B/L/D)

## 10 巴拿馬城 - 查格雷斯/艾伯樂 - 波 托貝洛 - 巴拿馬城 Panama City - Chagres / Embera Community - Portobelo - Panama City

早餐後，搭乘巴士前往查格雷斯國家公園，開始迷人的文化之旅，我們將沐浴在熱帶雨林令人嘆為觀止的美景，同時搭載小型機動獨木舟，穿過阿拉胡埃拉湖和查格雷斯河前往艾伯樂社區，了解當地文化和傳統，並在茅草屋裡吃午餐。您也可以在此購買一些手工藝品，接著轉移到波多貝洛，位於巴拿馬沿海的加勒比海岸，保護最良好的港口之一，波多貝洛是征服者的安全避難所，也是海盜嘗試尋找新世界優秀寶藏的目標。據說，一個著名的海盜弗朗西斯·德雷克爵士襲擊了這座城市，然於 1596 年在波托貝洛沿岸死亡，因此現在被稱為德雷克島，在參觀這些重要的歷史遺跡後，前往“黑基督教堂”，了解其有趣的傳說。爾後，返回巴拿馬城的路上，我們將在巴拿馬運河的另一部分加登鎮下參訪。(早/午/晚餐)

住宿：Wyndham Garden Hotel 或同級

After breakfast, we will take a bus ride to Chagres National Park and then embark on a fascinating cultural trip. We will enjoy the breathtaking beauty of the rainforest while aboard small, motorized canoes that take us through Lake Alajuela and the Chagres River until we reach the friendly people of the Embera Community. Enjoy learning about their culture and traditions and have lunch in their thatched huts. Later, transfer to Portobelo. Portobelo was a safe haven for the Conquistadors and a juicy target for the pirates trying to get their hands on the fine treasures of the New World. We will enjoy this important historical site and pay a visit to the “Church of the Black Christ” to learn about its interesting legend. Later, on the way back to Panama City, we will make a stop at the Gatun Locks, another part of the Panama Canal. Overnight in Panama City. (B/L/D)

## 11 瓜地馬拉城 → 原居地 Panama City → Home City

自助式早餐後，乘車往機場飛返原居地。(早餐)  
At time specified, transfer to airport for a home ward flight. (B)

### 特約旅行社

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