

District 5160 Rotary Clubs, The Wheelchair Foundation, and Howard Tours



Wheelchair Distribution and Community Service Adventure

Creating Friendships, and Providing Community Service and Mobility to People in Need

**Panama City, Panama
August 11 — August 16, 2026**

You will never be the same after you have looked into the appreciative eyes of someone whose life you have changed.

Since 2004, U.S. Rotarians and their counterparts across Latin America have built something extraordinary - friendships that last a lifetime and service that changes lives. You will work side-by-side with local Rotarians on meaningful community projects and personally deliver wheelchairs to individuals who lack mobility. Few experiences are as powerful as placing someone into a wheelchair who has never had the freedom to move independently. This is a journey that creates lasting connections, unforgettable moments, and a deep sense of purpose. We will...



- Deliver mobility to those in need.
- Visit humanitarian sites and projects.
- Join local Rotarians for a "hands-on" community service project.
- Explore Panama City sights, sounds, history, and cultures.
- Build friendships with the Panamanian members of Rotary.



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New Adventures

Over the past 22 years, Rotarians from California have traveled to deliver wheelchairs, support community projects and create new friendships. While most trips have been to Mexico, this time we travel to Panama. Whether you have joined us before, or are interested in going for the first time, you are invited to join us to share extraordinary friendship and sense of purpose with the people of Panama.

Service in Comfort

The primary purposes of these trips has been to deliver wheelchairs, perform humanitarian service, and to build strong friendships. Although we will be engaged in humanitarian service, we will travel in comfort and convenience. We will stay in a first-class hotel, and will enjoy a busy itinerary filled with humanitarian effort and Rotary fun.

Howard Tours

Howard Tours collaborated with US Rotary Clubs, the Wheelchair Foundation, and the Panama Rotarians to design this tour. Founded in 1948, and owned and operated by Rotarians, Howard Tours has conducted tours worldwide to eradicate polio, support Rotary's humanitarian projects, and deliver wheelchairs for more than three decades.



Howard Tours is a tour company, and not a travel agency; we do not sell to the general public. Instead, we select and purchase the travel services directly from the airlines, hotels, sightseeing companies, etc., and then sell directly to the travelers. As a result, the traveler is ensured the greatest travel value.

Airfare

The tour price does NOT include roundtrip airfare between San Francisco and Panama City. The most convenient round trip flight itinerary is on United Airlines, with a stopover in Houston. You are free to purchase your round trip airfare on your own, use frequent flyer mileage, or ask Howard Tours for assistance. Group transfers between the airport and hotel are included for designated United Airlines flights.

Passport, Visa and Health Requirements

All U.S. citizens are required to have a valid passport but Panamanian visas are not required. Citizens of other countries will need to determine their respective visa requirements. The cost of obtaining a passport, visa and inoculations are not included in the tour price. It is your responsibility to apply and pay for:



U.S. Passport: Must be valid until at least February 16, 2027, which is six months after the return date. You must also carry a ticket for onward travel or return home.

Vaccines: The Center for Disease Control indicates that vaccines are **required** (<http://www.cdc.gov>) when visiting Panama. Consult your physician or travel doctor to determine the precautions appropriate for you. It is highly recommended that you take precautions to avoid bug bites.

Currently, the Panamanian Government does not require proof of COVID vaccination. Additional testing on entry/quarantine may apply based on random testing upon arrival. All tour members are en-

5 Days— \$1,385, Per Person, Double Occupancy

For Single Room, Add \$390

Tue., Aug. 11 - San Francisco to Panama City: Late afternoon arrival in Panama City, where we are transferred to our accommodations at the **Sheraton Grand Panama**. Daily breakfasts and Wi-Fi are included. This evening, we meet the Panamanian Rotarians for dinner at the hotel.

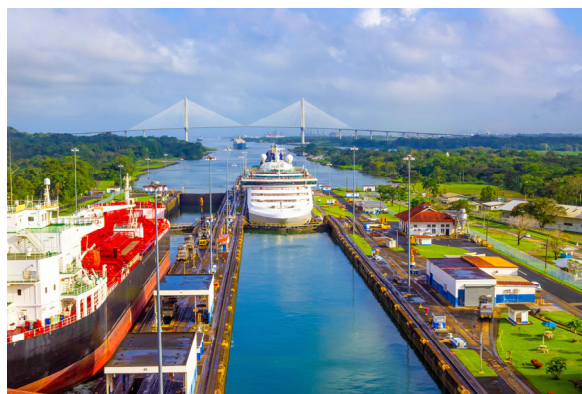
Wed., Aug. 12 – Club Service Project Visits: We begin our exploration Rotary in Panama by visiting a couple of Rotary projects supported by the local clubs. These visits highlight the engagement of the clubs, and community needs. Lunch will be provided by the local Rotarians. This evening, we join the local Rotarians for a dinner event to foster our new friendships.

Thu., Aug. 13 – Partners in Friendship and Service: Today, we join the local Rotarians for hands-on community projects. Our team will be divided into smaller groups, each with their own work project that may include painting, landscaping, clean up, light construction, etc. Lunch will be provided during a work break. This evening, we enjoy Home Hospitality, fashioned after the popular Rotary International Convention event, with the same club you worked with today!



Fri., Aug. 14 - Wheelchair Distribution: This morning, we participate in a distribution of wheelchairs; it is an unforgettable day of humanity, human endeavor, and emotion. We will share in that special moment when a person's life is changed – by the giving and receiving of the ability to become self-reliant, mobile and filled with hope. We expect to work, side-by-side, with the local Rotarians, sharing in the joy that comes from a meaningful job, well done. Following the distribution, lunch will be provided at a local restaurant. This evening is free for individual enjoyment.

Sat., Aug. 15 - Exploration of Panama City: Our exploration of Panama starts with the city's historic Casco Antiguo (Old Town), where cobblestone streets and colonial architecture reflect centuries of Spanish, French, and American influence. We then visit the Miraflores Locks to watch massive ships rise and descend in the Panama Canal while learning about this engineering marvel. Our exploration ends along the Amador Causeway, a scenic waterfront promenade with sweeping skyline views, Pacific entrance, and Bridge of the Americas. Lunch provided as a tour service. This evening, we will gather for *A Celebration Event* that will toast the accomplishments and our friendship with the people of Panama.



Sun., Aug. 16 – Depart for Home: Early morning departure to the airport for our flight home.

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PAYMENTS: Send \$600 per person deposit, payable by check, with application and a copy of your passport.

Assign check to: Howard Tours & Travel Service, Inc. Specify **Panama 2026** on the lower left corner of the check.

After making initial deposit by check, travelers may pay the account balance by Credit Card.

Bank Trustee Account and Financial Responsibilities: Payments are deposited in a Bank of America, Grand Lake Branch, Oakland, California, trustee account, used exclusively for this program. By law, Howard Tours cannot and will not use these funds for any purpose other than to defray the program costs. While the money is in the bank, Bank of America, and NOT Howard Tours, is custodian of the funds. When the travel service companies are paid, Howard Tours. will have met its financial and trustee obligation for the travel services involved. Subsequent to initial deposit, all travelers may pay the balance on account via credit card.

Per Person Tour Prices Include: (1) Double occupancy, hotel accommodations; (2) Meals/events specified in the itinerary; (3) Private, motorcoach with English speaking guide; (4) Entrance fees; (5) Special Rotary events as identified in the itinerary; (6) Tips to local guides, drivers and hotel porters; (7) Wheelchair distribution activities; (8) Tour materials; and (9) Other values detailed in the itinerary.

Prices do NOT include: (1) All Airfares; (2) Passport and visa fees, if any; (3) Airport departure taxes not included in the airline tickets; (4) All insurance; (5) All personal expenses, (e.g., phone, laundry, COVID testing, medical expenses, etc.); (6) All health, medical services and related expenses; (7) Refunds for missed or unused services; (8) Accommodations in excess of the itinerary; (9) Delivery fees for clients outside the continental U.S.; (10) Meals not specified in the tour itinerary.

Conditions of Prices: Prices are based on the exchange rate between the U.S. dollar and the Panamanian Colon when the tours are priced. If the exchange rates, taxes, or other travel costs change, travelers may be assessed extra charges or refunds.

Changes of Itinerary: Howard Tours reserves the right to change the itinerary or services for reasons which may be out of our control, (e.g.: airline schedule changes, number of people who join a tour, etc.) If changes are necessary, the traveler may be assessed extra charges or refunds.

Cancellations and Other Charges: Cancellations must be made by letter, E-mail, or fax and NOT by telephone. Partial or total cancellation of tour services, regardless of reason, are subject to: (1) Funds that may be withheld or imposed by the airlines, hotels, cruise lines, sightseeing companies, etc.; and (2) A per person Howard Tours' cancellation service fee, prorated before departure, as follows: \$250 up to 46 days before departure. Cancellations within 45 days of departure are fully non-refundable. Travelers whose changes result in rewritten air tickets will be the airline service fee and a Howard Tours \$50 service fee. Those applying within 45 days of departure will be assessed extra expenses caused by late enrollment, with a minimum charge of \$50 per person. Because the airlines, hotels, etc. impose heavy cancellation fees, we recommend the purchase of "Cancellation Insurance," which is available through Howard Tours' website.

Prices Set and Printed February 2026

Howard Tours ; 526 Grand Ave. ; Oakland, CA 94610

Toll Free: 800-475-2260 ; Fax: (510) 834-1019 E-mail: Info@HowardTours.net

Panama 2026 Application—Please Print

Traveler 1: NAME: _____ Date of Birth: _____
(Full Name EXACTLY as it appears on your passport)

Traveler 2: NAME: _____ Date of Birth: _____
(Full Name EXACTLY as it appears on your passport)

ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

PHONE: Day: _____ Evening: _____

E-Mail: _____

If Rotary Member, Rotary Club of: _____

Accommodations Desired: (circle one) Single Double Desire to Share with _____

Please confirm if you want assistance with Air Flights: Yes No

I have read and accept all conditions stated above.

Signature : _____ **Date:** _____

