Panama City

Begin in Central America's most developed city, exploring the nearby rainforest and visiting the famous canal.

2 hrs to San Pedro Sula, then 30/45 mins to Bay Islands

Bay Islands

Kick back on one of these tranquil Honduran islands, swim with whale sharks and learn to dive on the cheap. 30/45 mins to San Pedro Sula, then 1 hr to Guatemala City, and 3 hrs to Panajachel

Lago Atitlán

Boat to authentic villages and climb a volcano for incredible views of Central America's most picturesque lake.