

SENIOR MISSION TRIP ITINERARY

Please note that many of these times are approximate. • Flight times shown are relative to the time zone of the airport. • Panama is on the same time as Tennessee.

Sunday, April 4

4:00a load & leave HA
sack breakfasts/lunches
5:00a arrive at Nashville Airport
6:15a depart Nashville
American Airlines Flight 1330
9:25a arrive at Miami
12:00p depart Miami
American Airlines Flight 2189
1:55p arrive in Panama City
2:00p drive to Las Tablas
supper en route
7:00p Arrive at hotel in Las Tablas

Monday, April 5

5:00a Leave for Isla Las Cañas
breakfast
medical clinic / building site
lunch
medical clinic / building site
supper
evangelistic series / VBS

Tuesday, April 6

breakfast
morning worship
medical clinic / building site
lunch
medical clinic / building site
supper
evangelistic series / VBS

Wednesday, April 7 – Friday, April 9

same as Tuesday

Sabbath, April 10

breakfast
S.S. / Church
lunch
supper

Sunday, April 11

breakfast
morning worship
all workers on building site
lunch
all workers on building site
supper

Monday, April 12

breakfast
travel to Panama City
lunch & supper en route
site seeing in Old Panama City
9:00p check into Euro Hotel

Tuesday, April 13

breakfast at the hotel
8:30a depart for Embera Indian Village
rain forest hike, fresh water pool
lunch with Embera Indians
6:00p return to hotel
out for supper
swimming at hotel pool

Wednesday, April 14

7:00a breakfast at the hotel
8:00a depart for Panama Canal
Mira Flores Locks & Visitor Center
lunch
afternoon activity
supper
return to hotel

Thursday, April 15

breakfast at the hotel
morning at the beach
lunch
3:10p Depart Panama City
American Airlines Flight 2190
7:15p Arrive at Miami
supper during layover
10:25p Depart Miami
American Airlines Flight 0410
11:40p Arrive at Nashville

For Trip Updates:

The group will contact Highland Academy via phone or Internet when possible. Please contact the school for information.