

Contents

On the Road	4	PACIFIC COAST	115
		La Chorrera	115
		Lago Gatún	115
		Capira	115
		Parque Nacional y Reserva Biológica Altos de Campana	116
		Punta Chame	116
		Beaches	116
		NORTHEAST PANAMÁ PROVINCE	118
		Área Silvestre de Narganá	119
		Coclé Province	120
		El Valle	121
		Santa Clara	128
		Farallón (Playa Blanca)	129
		Antón	130
		Penonomé	130
		La Pintada	132
		Reserva Privada Távida	133
		Parque Nacional Omar Torrijos & La Rica	133
		Parque Arqueológico del Caño	135
		Aguadulce	135
		Península de Azuero	139
		Chitré	140
		Around Chitré	144
		Ocú	146
		San José	147
		Villa de Los Santos	148
		Playas Monagre & El Rompío	150
		Road to Las Tablas	150
		Guararé	151
		La Enea	151
		Las Tablas	152
		Pedasí	154
		Around Pedasí	157
		Macaracas	160
		Veraguas Province	161
		Santiago	163
		Iglesia San Francisco de Veraguas	164
		Santa Fé	165
		Las Palmas	168
		Santa Catalina	168
		Parque Nacional Coiba	172
		Parque Nacional Cerro Hoya	177
On the Road	4		
Panama Highlights	5		
Destination Panama	11		
Getting Started	12		
Itineraries	16		
History	22		
The Culture	30		
Food & Drink	40		
Environment	46		
Panama Outdoors	57		
Panama City	68		
History	69		
Orientation	69		
Information	69		
Dangers & Annoyances	72		
Sights	72		
Courses	83		
Panama City for Children	83		
Festivals & Events	84		
Sleeping	84		
Eating	88		
Drinking	92		
Entertainment	93		
Shopping	95		
Getting There & Away	96		
Getting Around	98		
Panamá Province	99		
AROUND PANAMA CITY	100		
Panama Canal	100		
Canal Zone	103		
PACIFIC ISLANDS	107		
Isla Taboga	107		
Archipiélago de Las Perlas	110		

Chiriquí Province 178

LOWLANDS	180
David	180
The Road to Boquete	184
Playa Barqueta	184
Golfo de Chiriquí	185
Punta Burica	186
Playa Las Lajas	187
The Road to Veraguas Province	188
HIGHLANDS	188
Boquete	188
Parque Nacional Volcán Barú	196
Buena Vista	198
Volcán	198
Santa Clara	200
Paso Ancho	200
Bambito	200
Cerro Punta	201
Guadalupe	201
Parque Internacional La Amistad (Las Nubes)	201
The Road to Bocas Province	202

Bocas del Toro Province 204

ARCHIPIÉLAGO DE BOCAS DEL TORO	206
Isla Colón	206
Isla Carenero	215
Isla Solarte & Around	217

Isla Bastimentos	217
MAINLAND	222
Almirante	222
Changuinola	222
Humedal de San-San Pond Sak	223
Parque Internacional La Amistad (Wekso)	224
Las Delicias	226
Bosque Protector de Palo Seco	226

Colón Province 228

Colón	229
Around Colón	232
South of Colón	233
Parque Nacional San Lorenzo	234
Portobelo	236
Around Portobelo	240
Isla Grande	241
Nombre de Dios	242
East of Nombre de Dios	244

Comarca de Kuna Yala 245

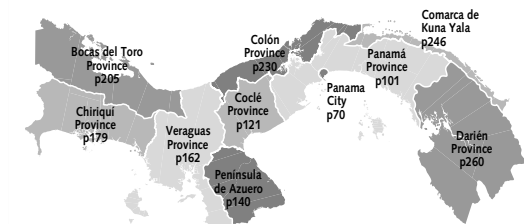
The Kuna	246
Orientation	248
Information	248
Sleeping & Eating	249
Activities	249
Festivals & Events	250
Shopping	250

Getting There & Away	251
Getting Around	251
Cartí, El Porvenir & Around	251
Río Sidra & Nearby Islands	253
Corazón de Jesús & Nearby Islands	256
Playón Chico & Nearby Islands	256
Achutupu & Nearby Islands	257
Beyond Achutupu	257

Darién Province 259

The Emberá & Wounaan	260
Orientation & Information	262
Dangers & Annoyances	262
Tours	263
Volunteering	263
Getting There & Away	263
Getting Around	264
THE ROAD TO YAVIZA	264
Ipetí	264
Tortí	266
Metetí	266
Yaviza	268
INTERIOR DARIÉN	268
La Palma	268
Reserva Natural Punta Patiño	269
Mogué	269
Río Sambú	270
Sambú	271
PARQUE NACIONAL DARIÉN	271
El Real	271
Rancho Frío	272
Boca de Cupe	272
Cana	272
PACIFIC COAST	275

Regional Map Contents

**Directory 276****Transportation 288****Health 297****Language 304****Glossary 312****Behind the Scenes 314****Index 320****Map Legend 328**



PARQUE INTERNACIONAL LA AMISTAD (p224)

The Panamanian side of this binational park is an off-the-beaten-path destination for serious trekkers

ARCHIPIÉLAGO DE BOCAS DEL TORO (p206)

Panama's tourist mecca serves up Caribbean vibes, jungle-fringed beaches and plenty of surf and sun

BOQUETE (p188)

The perfect highland escape for anyone seeking fresh mountain air, cloud-forest hiking and the country's best coffee

PARQUE NACIONAL VOLCÁN BARÚ (p196)

This stunning highland park protects both Panama's highest peak and its most famous mountain trail

PARQUE NACIONAL COIBA (p172)

This far-flung ecological wonder is home to some of Panama's unique terrestrial and marine ecosystems

SANTA CATALINA (p168)

Panama's undisputed surfing capital can dish out some seriously wicked waves

PENÍNSULA DE AZUERO (p139)

This bastion of traditional Spanish culture is home to the country's most famous folkloric festivals

11°00'N

83°00'W

82°00'W

81°00'W

CARIBBEAN SEA

COSTA RICA

10°00'N

9°00'N

8°00'N

7°00'N

83°00'W

82°00'W

81°00'W



PARQUE NACIONAL SOBERANÍA (p103)
 This huge swath of protected rainforest surrounds Pipeline Rd, a world-famous bird-watching spot

PANAMA CANAL (p100)
 The world's grandest shortcut is an engineering marvel that is flanked by dense jungle

ARCHIPIÉLAGO DE SAN BLÁS (p245)
 The homeland of the Kuna consists of hundreds of coconut palm-covered islets floating in the Caribbean

PANAMA CITY (p68)
 Central America's most cosmopolitan capital city offers everything from pulsating nightlife to historical sights

ISLA TABOGA (p107)
 This charming island of sandy beaches and flower-bedecked villages is a popular city escape

PARQUE NACIONAL DARIÉN (p271)
 Panama's wildest and most infamous frontier is the crown jewel in the country's wilderness offerings

LEGEND

- Tollway
- Freeway
- Primary Road
- Secondary Road
- Tertiary Road
- Unsealed Road

0 80 km
 0 50 miles

ELEVATION

	3000m
	2000m
	1500m
	1000m
	400m
	200m
	0

PACIFIC OCEAN

COLOMBIA

