



Coclé Province

POP 233,700 / AREA 6075 SQ KM / ELEV 1626M

Includes ➔

El Valle	94
Santa Clara	100
Farallón (Playa Blanca)	101
Penonomé	102
La Pintada	105
Reserva Privada Távida	106
Parque Nacional Omar Torrijos (El Copé) & La Rica	107
Parque Arqueológico del Caño	109

Best Places to Eat

- Kacos (p104)
- Pipa's (p102)
- Ederra (p104)
- Xoko (p101)
- La Casa de Lourdes (p100)

Best Places to Stay

- Posada Cerro La Vieja (p107)
- Togo B&B (p102)
- Golden Frog Inn (p98)
- Los Mandarinos (p99)
- Park Eden (p99)

Why Go?

Coclé – land of sugar, salt and presidents. More sugar has been refined in this province, more salt has been produced here, and more Panamanian presidents have been born in Coclé than in any other province. These are facts in which the people of Coclé take great pride, but the province isn't just about political legacies and table condiments.

Coclé boasts a medley of landscapes from abandoned coastlines to towering cloud forests, with vast agricultural and pastoral land in between. Edging along the Pacific Ocean, the province is home to beaches attracting weekend warriors from Panama City. Edging along the highlands, the gorgeously set mountain town of El Valle is a popular retreat from the big city. The bustling regional capital of Penonomé proves the best place to pick up an authentic panama hat.

When to Go

- **Dec–Apr** High season on the Pacific coast means a party scene. Visits to the sugar refinery can be made from mid-January. A wild Carnaval takes place at the tail end of this season in Penonomé.
- **Jul–Oct** Rainy season means muddy trails but highland waterfalls with the full faucet flowing; it's also the only time to see Panama's national flower, the ghost orchid, in bloom.
- **Oct–Dec** Bring on the noise. Anton's rowdy festival Toro Guapo in October is followed by weeks of Fiestas Patrias (national holidays) in November and celebrations of Penonomé's patron saint in early December.



Coatlé Province Highlights

1 Hike to waterfalls, dine in colonial opulence and cruise the handicrafts market in the lovely highland retreat of **El Valle** (p94)

2 Feast seaside on a whole fresh fish with *patacones* before cruising the endless sands around beach town **Playa Blanca** (p101)

3 Shop for an authentic panama hat or get caught up in the mayhem of a festival in the regional capital of **Penonomé** (p102)

4 Hike through dense rainforest and camp in utter solitude in the little-known **Parque Nacional Omar Torrijos** (p107)

5 Enjoy a wild panorama of misty peaks and spa pampering at **Posada Cerro La Vieja** (p107)