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Panama on a Budget

Enjoy Panama on a Shoestring Budget



Panama on a Budget: Save Up on Your Travel Dollars

When you use “budget” in the same sentence as Panama, it only makes sense. Strategically located on the isthmus that connects both Americas (North and South), Panama is perhaps the most overlooked Central American country. And to think that this gem of a country has everything that a Mesoamerican travel destination has to offer, plus more!

But one good thing has come out of Panama’s underrated reputation amongst travelers and world trekkers. It means that there is lesser crowd and less hassle involved when you enter the country. Just think about it – all that beauty just for you to appreciate. Moreover, lesser crowd usually means lower price tags on items and establishments.

Natural Beauty is Priceless

To say that Panama is a beautiful country would be an understatement. Pristine beaches fronting two oceans – the North Pacific and the Caribbean Sea; virgin cloud and rainforests; white water rafting; well-preserved coral reefs teeming with marine life; a diverse variety of bird species; hot springs; modern cities; and warm, friendly locals – these are the things that Panama has in store for you.

Don’t be fooled by the seemingly minuscule Tocumen International Airport. Don’t be discouraged by the holes in the roads on your way to Panama City. Don’t despair when you realize your some two years of Spanish Language study turned out useless because you can’t understand a word of Panamanian Spanish.

All that is part of the elusive Panamanian charm. Like its enchanting national park that is more like a jungle in the middle of the metropolis. Or the way its people never invite you to their homes after becoming friendly with you, simply because they don't do invitations; they just expect you to come.

Such mixture of idiosyncrasies in Panama has a lot to do with its location in the crossroads of the Americas and its being a virtual melting pot of culture and people from all over the world. And yet despite this, Panamanians retain an unerring sense of identity, distinct from its Central American neighbors, and while it is always immediately apparent, especially when you're in the big city, but it's there. The hints are everywhere.

For the far-sighted traveler, Panama presents an astounding array of options – from the pure adrenaline rush of whizzing through the rainforests on a canopy tour to the sheer excitement of riding the big waves on the Pacific coastline, from taking short leisurely walks along the white sand beaches that stretch for miles and miles to the magnificent spectacle that is the Panama Canal, the Eighth Wonder of the World.

All these will cost you, of course. So how do you save up on your travel dollars?

No worries, because the best activities in Panama are still free. Or at least, nearly so. Below are some of our favorite things to do guaranteed to give you a good time without necessarily burning a hole in your pocket:

1. The Canopy Adventure

Talk about Tarzan in the 21st century! Who would have thought that a relatively simple contraption used hundreds of years ago by the indigenous people of Panama would be such a wild source of joy now?

Botanists and naturalists used it to observe and study the behaviors of wild creatures in their natural habitat, too. Now, the contraption has been

transformed from a tool for transportation and scientific exploration to one of the most revered extreme sports in the world!

Adventurers at heart, prepare yourself!

A harness. An ultra-resistant steel cable. You. 140 feet off the ground. These are the ingredients of a thrill of a lifetime. Let gravity work its magic, as you, o fearless adventurer, whiz through the confusion of centuries-old treetops, high above the winding rivers and roaring waterfalls.

The Canopy Adventure is located in Panama's Anton Valley, also known as El Valle. Located some 75 miles west of Panama City, El Valle is nestled between miles of pristine forest reserve and the world's second largest inhabited extinct volcano.

Besides the thrilling ride through the tree canopies, El Valle also offers other attractions for the itinerant traveler. These include a local artisan market, the famous golden frogs, square trees, and the sleeping Indian mountain, famous for its shape – like that of a sleeping woman!

Legend has it that a young Indian princess fell in love with a conquistador. The chief, feeling that this was not politically correct, forbade his daughter from marrying him. In sadness, the princess lay down and died. From the dust that covered the body, a mountain soon emerged and that mountain came to be known as the Sleeping Indian Woman mountain.

THINGS TO REMEMBER:

There are certain guidelines that you have to follow regarding the Canopy Adventure. For safety purposes, you may be disqualified from participating in the activity if you fall under the following four categories:

- You appear to be over 200 pounds.
- You are a weak walker. The reason is that you may not be able to make it through the jungle trail, which is quite a long walk indeed.
- You have no or little upper body strength. It is important that you are able to pull yourself up the cable in the event that you stop short of the platform (It happens).
- You are afraid of heights.

In addition, you may want to bring the following:

- Long pants
- Sweater
- Boots or any other type of closed shoe
- Cameras and camcorders (use only while on the platform stations)

2. Snorkeling

Blessed with no less than two oceans (North Pacific and Atlantic) and one sea (Caribbean), Panama has one of the most excellent snorkeling sites this side of Central America. What's more, the North Pacific Ocean and the Atlantic are only 50 miles apart, which means you can snorkel both oceans in *one day!*

Pacific Coast

Panama is located in the crossroads of the Americas – the isthmus that connects both continents and surrounded by an unusual confluence of currents. Because of

unique geographical location, Panama's Pacific Ocean waters are surprisingly warm, making therefore ideal for year-round snorkeling, and even scuba diving.

There is a wide variety of snorkeling sites in Panama's Pacific coastline. One of the more interesting sites to check out is the beautiful waters of the Archipelago Las Perlas, a group of islands found just off the coast of Panama City. Contadora, San Jose, and other smaller islands are especially great places to snorkel and dive with its well-preserved coral reefs and an astonishing array of diverse marine species.

Another good snorkel site is Coiba Island where the Coiba National Marine Park in West Panama is located. This marine park is home to the largest coral reef in the Western Pacific. Because of this, over 80% of the park is in fact oceanic.

While the Panama Canal is better known for its views of the ocean from the observation tower, it is actually one of those Panamanian places that offers a truly unique historic dive. Here, you can see equipment abandoned from the earlier French attempts to build the Canal and more pieces of history and Panama's natural oceanic beauty.

Caribbean/Atlantic Coast

Panama's Caribbean coastline is more popularly known for its beautiful white sand beaches. However, that is not all that the Panamanian Caribbean coast has to offer. The San Blas Islands, a lovely archipelago composed of 365 islands, offers unforgettable snorkeling opportunities. Get a chance to explore this Indian reservation in complete seclusion where you can marvel at the spectacular marine life in Panama's pristine waters.

Another beautiful Caribbean archipelago that offers excellent snorkeling is the Bocas del Toro. Located in West Panama, near the Costa Rican border, the place

presents a wide variety of snorkeling and scuba diving opportunities. Here you can even take scuba diving lessons and get PADI certification.

Just two hours from Panama City is the historic town of Portobello. Home of a restored 16th Spanish treasure house, Portobello has one of the most interesting histories amongst all Panamanian cities, perhaps second only to the historic metropolis, Panama City.

Countless ships came to the port city of Portobello to carry treasure taken from the Inca Empire back to the Old World. According to history, Portobello was raided day in and day out by English pirates, among whom was the famous Sir Francis Drake. So you can just imagine all the history that you can uncover by exploring the many sunken ships and other bits and trinkets in Portobello's seafloor. A 16th century shipwreck, believed to be the Vizcaina belonging to Columbus has been found nearby and is the current subject of investigation by a number of international agencies.

3. Hiking

Being principally an ecotourism destination, Panama has many hikes, and best of all, most of these trails take only a day trip or two from the metropolis.

Camino de Cruces

In 1671, Henry Morgan and his men cut a swath through the jungle, hacking their way to sack Panama City. Since then, the trail became legendary and one of the must-dos in Panama if you are all for a hiking adventure with a historic twist.

Camino de Cruces was completed around 1550, making it one of the first roads built by the Spanish conquistadors. The surrounding rainforest was soon turned into a preserve known as the Soberania National Park, home to a diverse species of birds and forest creatures.

When you hike up the Camino Cruces, expect sightings of animals you have probably never seen before – from howler monkeys to coati, collared anteaters to iguanas, and the extremely rare agouties. Birding is also exception here, so don't forget to bring your binoculars with you when you leave for your hiking trip.

Los Quetzales Trail

Lying between Boquete and Cerro Punta, the Los Quetzales trail unites these two fascinating communities and is one of Panama's most visited and popular hikes. Even UNESCO has recognized it as a World Heritage site.

On one end of the trail is the Cerro Punta, residing on the western slope of Baru Volcano. On the other end is Boquete, situated on the volcano's eastern side. In between these two is the province's most pristine, protected forest. Hiking through the Los Quetzales trail means spectacular views of the surrounding valley with its ocean of trees.

In addition, guess where the Los Quetzales trail got its name from. Indeed! The trail is home to the rare and beautiful Resplendet Quetzal, an ancient bird worshipped as sacred by the Inca Indians.

There are many more things that Panama has to offer. Affordable, luxurious, utterly cheap, you name it – Panama has everything for everybody. This beautiful country is gifted with so much natural wonders and man-made as well (Panama Canal) that you will truly regret it if you don't see it for yourself. Even if you confine yourself to a mere city tour, with all that history and cultural heritage, you will never forget Panama.

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