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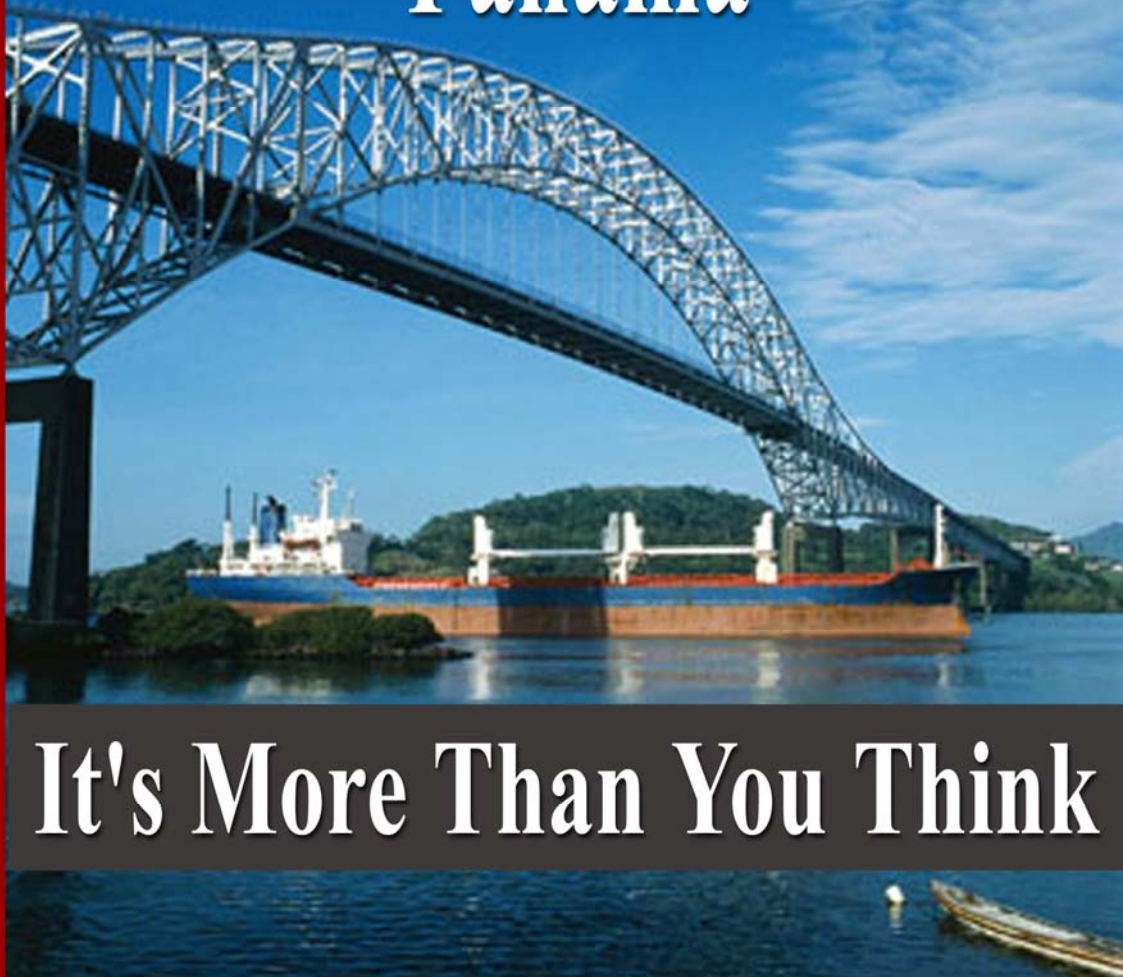
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Top 10 Places To Visit In Panama

Top 10 Places To Visit In Panama

It's More Than You Think



Top 6 Places to Visit in Panama

Looking for a vacation destination gifted with natural beauty and yet unfettered by tourist crowds? If so, then Panama is exactly what you're looking for. Although Panama is mostly known for its famous canal, the country has many natural attractions that serve as irresistible lure for travelers willing to try something new for a change.

Below are ten of the most exciting places in Panama that you should seriously consider in your itinerary:

Panama Canal Rainforests

Located just minutes (30 minutes to be exact) from the modern metropolis of Panama City, the Panama Canal rainforests have the distinction of being the most accessible rainforests in the world.

It is part of the former American Canal Zone, now Soberania National Park, and serve as watershed for the 50 mile long Panama Canal. As such, the Panama Canal rainforests are protected from development and will remain as pristinely beautiful in the future as it is now.

The Panama Canal rainforests is composed of 50,000 acres of nothing but rainforests unspoiled by development around the area. It is home to exotic nature – 105 species of mammals, 525 species of birds and 124 species of reptiles and amphibians.

The vicinity of the Panama Canal rainforests to Panama City makes it a very convenient place to visit. You absolutely do not even have to worry about a place to stay; the Panama City hotels and inns make for a very comfortable

accommodation and at the same time, still allow you to make day trips to explore the rainforests by yourself or via a tour operator.

Alternatively, you can get closer to this abundance of nature by staying at the Gamboa Rainforest Resort, a 5-star resort located within the Panama Canal rainforests itself. Here, you can embark on a kind of Disney World with an eco-tourism twist to it, participating in a wide variety of activities that encompass a rainforest aerial tram, nighttime crocodile safaris, river kayaking, rainforest hikes, and lake fishing.

Other hotels and establishments of note in the Panama Canal rainforests is the Canopy Tower (called by Audubon Magazine as one of the “top 10 nature lodges in the world”), the Melia Panama Canal (an elegant, 5-star hotel towering over the shore of Gatun Lake), and Los Lagartos Restaurant (located alongside the Chagres River at the Gamboa Rainforest Resort).

Panama City

It's not just a city that you use to jump start your Panama adventure, as you do with most other Central American cities. On the contrary, Panama City is an attraction by itself.

Replete with historical ruins, Old Panama and the 17th century Casco Viejo section of the city are must-sees for those who want to explore the spectacular history and traditions of Panama from its impressive pre-Colonial Indian cultures to its time as one of the crossroads of the Spanish empire, making it a prime target of history's most famous pirates.

The world-famous Panama Canal is only about 40 minutes from your hotel downtown. To view it, just go to Miraflores Locks with the perfect viewing deck. Admission is only \$10, and in addition, you can also drop by the nearby

Miraflores Visitor Center, a state of the art museum which features interactive exhibits of the Canal's history, people and ecosystem.

In Panama, partying is a national pastime. And never will you see a clearer proof of that than in Panama City, known for its vibrant nightlife and wide selection of nightclubs, discos, and casinos. If you want to see the action, there are three key places to visit: Panama City's business district, Casco Viejo, and the Amador Causeway.

Pacific Coast Beaches

Panama City is perhaps the only city along the Pacific Coast that has a string of the prettiest beaches, all located just an hour away from downtown metropolis. Again, the conveniently short distance from the city adds to the overall appeal of Panama – diversity just a few steps away from your front door (or hotel room, in this case).

The Pacific Coast beaches have a full set of amenities and services that could rival any Caribbean resort. In addition to 5-star resorts and well-appointed hotels, the area also offers luxury villas, an RV park, as well as simple beach front cabins for rent.

At first blush, you know that this is a prime location. Vacation homes of Panama's wealthiest families and million dollar homes dot this coastal area of white sand and sapphire blue waters. Some of the more well-known beaches along the coast include Punta Chame, Gorgona, Coronado, Rio Mar, Santa Clara, and Playa Blanca.

Reigning like a great dowager queen in Playa Blanca, the Royal Decameron is a beautiful, all-inclusive resort, featuring 600 rooms, six restaurants and a full gamut of activities on facilities. On the other hand, the Coronado Hotel and Resort, another beautiful five star hotel, decks in green the famous Coronado

beach community, but a different kind of green, mind you. One of its biggest attractions is its 18 hole seaside golf course, the only one of its kind in Central America and designed by none other Tom Fazio.

If you go further up the coast, you will encounter the white sand beaches of Santa Clara, Sea Cliff and Farallon. Many consider Santa Clara as the most beautiful of the three.

Here, you won't have any trouble looking for small hotels to stay for the night. And at only \$40 a night yet complete with full kitchens and restaurants in case you want to dine out, you got yourself a real deal here. In addition to that, activities such as horseback riding on the beach and fishing from the shore are available.

Crater Valley – El Valle de Anton

Located just two hours from Panama City, El Valle de Anton (or simply, El Valle) is a picturesque, verdant mountain town with a geologically unique setting: it is nestled in the second largest volcano crater in the world.

The crater, five by three miles in diameter, was created more than five million years ago when a volcano blew its top off, resulting in the formation of a lovely steep valley surrounded by jagged mountain peaks. The rich volcanic soil also gives way to flowers and verdant forest, thus making El Valle a great escape, bursting of near perfect year round spring climate.

For places to stay, El Valle has many lodging options ranging from hostels to fine small hotels, such as the Park Eden Bed & Breakfast, Rincon Vallero Hotel, Los Capitanes, El Campeste Hotel.

If you want something a little more upscale, there are two new hotels – La Casa Lourdes, a Tuscan-style retreat with beautiful views, and the Canopy Lodge, a world-class eco-lodge for nature lovers and bird watchers.

Activities include hiking and nature hikes to such beautiful places as the top of “Sleeping Indian Woman” mountain (La India Dormida) or along the cloud forests of Gaital National Monument nature preserve with its unique wildlife and cloud forest habitat/ bike riding and mountain biking (rentals are available); bird watching; canopy adventure; horseback riding; thermal hot waters and mud baths for a song (around \$1 to \$2); a visit to the lovely gardens of the El Nispero Zoo with its collection of tropical animals and native birds; and so much more.

You can go swimming in a natural swimming pool located right at the entrance to Canopy Adventure in the middle of a rainforest. El Valle is also famous for its “golden frog”, a brightly colored frog with black spots that lives only in this region and in danger of extinction. You can see this unique amphibian when you visit the El Nispero Zoo.

San Blas Islands

The dual attraction of an Indian culture in a tropical paradise makes San Blas Islands a destination of choice of many. Selected as one of the top two “best cruising destinations in the world” by Cruising World and Le Monde Voyage magazines, the Islands are Caribbean beauty at its best.

With no less than 365 picturesque palm trees covering the islands, you are allowed an enchanting view of the sparkling white sands and the indescribably beautiful aqua waters as you approach. No wonder CBS’s “Survivor” program chose one of the idyllic San Blas islands, Sapbeinega for a “reward” party for the Survivor competitors.

In addition, the world-class magazine National Geographic has featured the islands more than once over the course of its publication. Indeed, the San Blas Islands are an experience “right out of the pages of National Geographic.”

As is typically of many idyllic island locations, the accommodations in San Blas islands consist of simple, yet comfortable native style cabins. The roofs and walls are made of natural thatched palm trees. This “all natural” look, of course, blends well with the perfectly tropical scenery as you would hardly see any cement during your days of stay here.

San Blas also boasts of two excellent all inclusive resorts – the Sapibenega Kuna Lodge and the new Coral Lodge on the coast. Both resorts have their own tours and offer lodging arrangements as well as activities.

If you have decided to book your own tour operator, San Blas also offers many. Some island highlights that you should include in your itinerary are visits to Indian villages where you can buy the famous mola embroideries or take pictures of Kuna women in their colorful and quaint surroundings; beaching along the dozens of beautiful islands that offer solitude like you never have before, or snorkeling just a few feet from your cabin.

Getting to the San Blas islands from Panama City is easy. Aeroperlas and Air Panama have several daily flights. You may depart from Panama City’s Albrook Airport and head for any of the islands. If you want roundtrip, be ready to part with \$60 or something along those lines. If you have decided to stay at Coral Lodge, you can reach the resort by boat or by road.

Bocas del Toro

Sitting right next to Costa Rica in West Panama, Bocas del Toro is an enchanting archipelago of idyllic Caribbean islands, lovely beaches, rainforest-fringed scenery, historic laidback towns, friendly folks, and lively nightlife.

The first white man to ever set foot in Bocas del Toro was Christopher Columbus in 1502. He named the island where he found anchor in order to repair his boats "Carinero Island." After he left, the next set of people who discovered the remote beauty of Bocas del Toro were English pirates who wasted no time in making the islands the perfect safe haven. Later on, the islands became a commercial center for trade in cacao and bananas.

That Bocas del Toro is predominantly English-speaking is yet another unique feather in the archipelago's cap. It was immigrants from Jamaica that made Bocas an English speaking province in a Spanish speaking nation. So getting around the place should not be any problem. Since most adults can speak English, you won't have any trouble asking for directions.

The islands being small, you can get to most places in Bocas by walking. If you think it plebian to travel by foot, there are also Bocas taxis with relatively inexpensive fares. Alternatively, rental bikes are also available.

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