



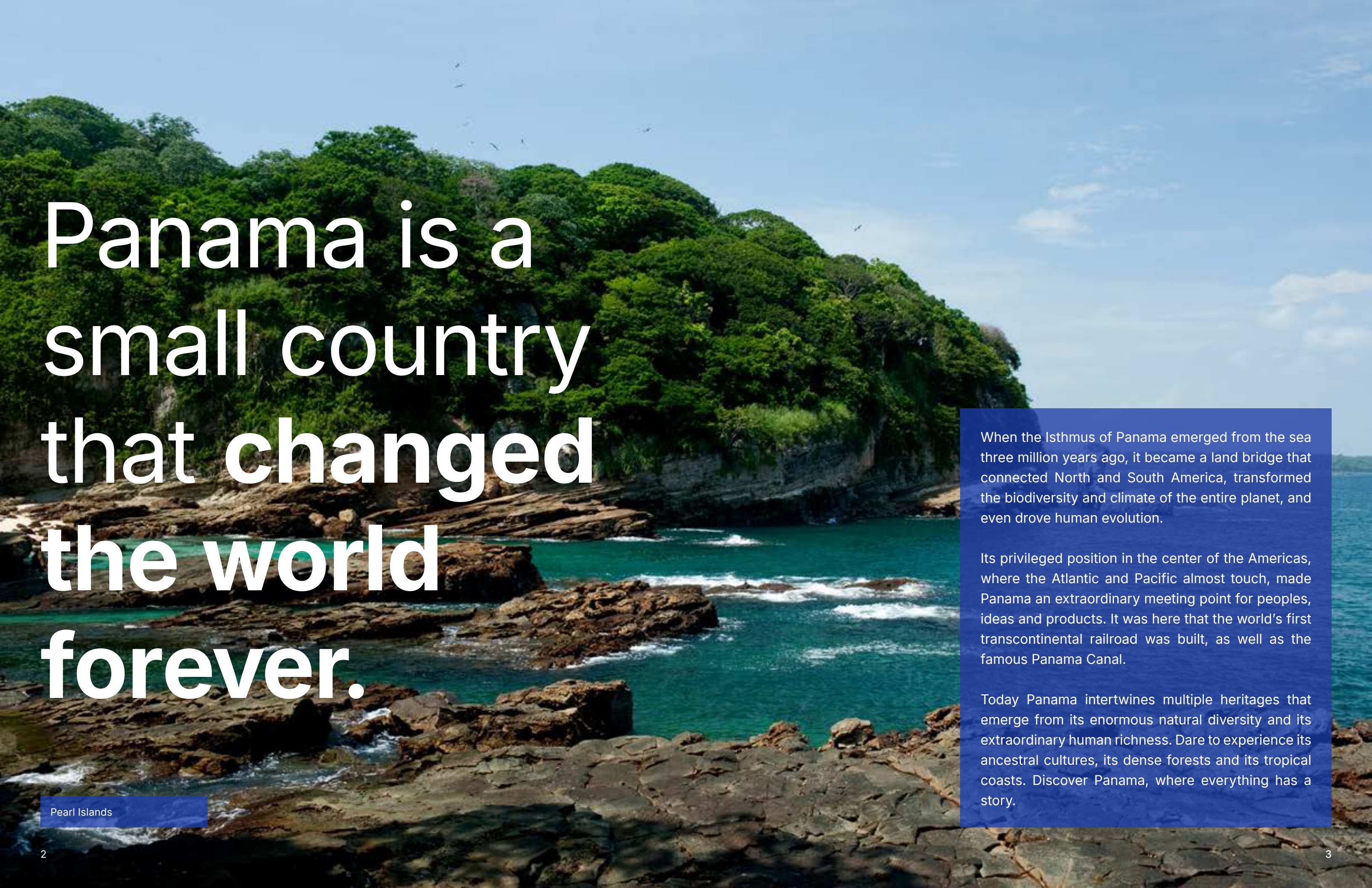
PANAMA

Heritage Routes of Panama

Panama, where everything has a story.

A Bridge for Heritage

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Panama is a small country that changed the world forever.

Pearl Islands

When the Isthmus of Panama emerged from the sea three million years ago, it became a land bridge that connected North and South America, transformed the biodiversity and climate of the entire planet, and even drove human evolution.

Its privileged position in the center of the Americas, where the Atlantic and Pacific almost touch, made Panama an extraordinary meeting point for peoples, ideas and products. It was here that the world's first transcontinental railroad was built, as well as the famous Panama Canal.

Today Panama intertwines multiple heritages that emerge from its enormous natural diversity and its extraordinary human richness. Dare to experience its ancestral cultures, its dense forests and its tropical coasts. Discover Panama, where everything has a story.



Gatun Lake

Live the Heritage Routes of Panama

Panama's Master Plan for Sustainable Tourism Development uses the Tourism-Conservation-Research approach as the strategic framework for Panamanian tourism, and implements the Heritage Routes: a network of circuits that reflect the essence of Panama's natural and cultural heritage and become a key differentiating element for the destination.

Five Heritage Routes have been defined in Panama. To continue discovering Panama, choose one of them and go on an adventure.

- Puente del Mundo
- Panamá Multicultural
- Bosques de Vida
- Aves en el Paraíso
- Maravillas del Océano



Heritage Route

Bridge of the World

Geological and historical interpretation of Panama as a land bridge. This route presents the impact of the emergence of Panama more than 3 million years ago, then crossing its colonial roads where wealth circulated for centuries, then offering the experience and history of the first inter-oceanic railroad in the world, until arriving at the Panama Canal with all its history that reaches to the present day.

Discover why we say that Panama is the isthmus that transformed the entire world.

Visit the Biomuseo and discover the history of the emergence of the Isthmus of Panama.

Tour the San Lorenzo Fort, the colonial fort that protected the inter-oceanic route.

Board the Panama Railroad and cross from the Caribbean to the Pacific.

And finally be amazed by the Panama Canal at the Miraflores visitor center.

Everywhere you look, Panama is the bridge to the world.



Comarca Naso Tjër Di

Heritage Route

Multicultural Panama

The geographical position, foreign influences, thought and cultural changes for more than five centuries has made Panama a country with a melting pot of cultures. Here are told the stories, traditions and present of the three main cultures that preserve and still celebrate ancestral traditions. These living cultures will share their way of life with visitors, inviting them to live authentic experiences with them.

Discover why we say that in Panama all humanity converges.

Visit our indigenous regions and learn about the rich traditions of the first settlers of the isthmus.

Travel to Colon and Bocas del Toro and discover the immense cultural legacy of the Afro-Panamanians.

Head to the central provinces and experience the mix of Spanish, black and indigenous heritages.

And witness how all these cultures come together with the rest of the world in Panama City.



Parque Natural Metropolitano

Heritage Route

Forests of Life

The tropical climate, high temperatures and humidity make Panama the perfect place for life to thrive in abundance. Panama's forests offer the perfect experience for explorers, curious and nature lovers of all ages.

Discover Panama's most biodiverse ecosystems.

Explore Barro Colorado, the most studied rainforest on the planet.

Tour Santa Fe National Park and discover orchids in the middle of the jungle.

Venture into the remote Darien National Park and be amazed by the world's most powerful eagle.

Or hike Baru Volcano National Park and climb Panama's highest mountain.

In Panama, there is always a forest full of life to explore.



Quetzal resplandeciente
Pharomachrus mocinno

Heritage Route

Birds in Paradise

Panama is home to unique species, and this bridge of biodiversity is the ideal place for birdwatching for experts and beginners. In our country 1018 species of birds have been reported, which exceeds the combined list of the United States and Canada.

Enjoy the diversity of Panama's bird life.

Climb Cerro Ancon and be amazed by the extraordinary migration of raptors.

Visit El Copé and discover a hummingbird with resplendent plumage.

Walk through the cloud forests of Boquete and find a resplendent quetzal.

And venture into the remote Darien plug and spot a harpy eagle with its chick.

From end to end, Panama is a bird paradise.



Ballena Jorobada
Megaptera novaeangliae

Heritage Route

Ocean Wonders

The ecosystemic characteristics of Panama's oceans allow the development of 4 heritage circuits in the different regions of the country. These circuits include communities that understand the importance of the conservation of marine ecosystems, their species and the integration of their good practices with sustainable tourism.

This country surrounded by two oceans and connected by one of the most important waterways in the world deserves to recognize and enjoy its heritage being aware of its importance for the life of the world.

Discover the country where two oceans almost touch.

Sail through the Pearl Archipelago and greet a humpback whale.

Dive Coiba Island and explore a vast coral reef.

Set sail for Pajaros Island and dive among seabirds.

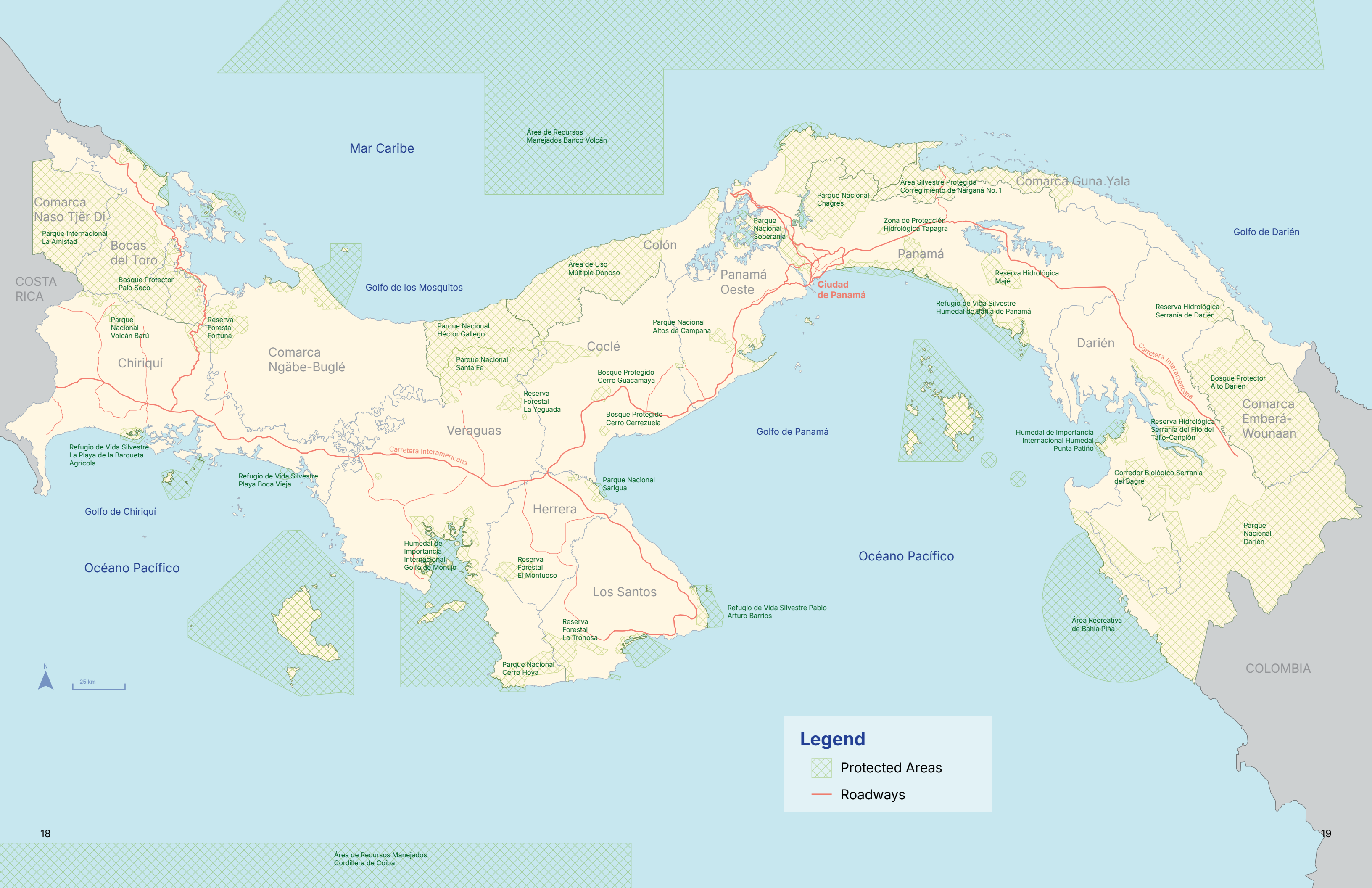
End the day in the Dutch Keys and relax on a white sand beach.

In Panama, the sea is never far away.

Live Panama destination by destination.

Comarca Ngäbe-Buglé

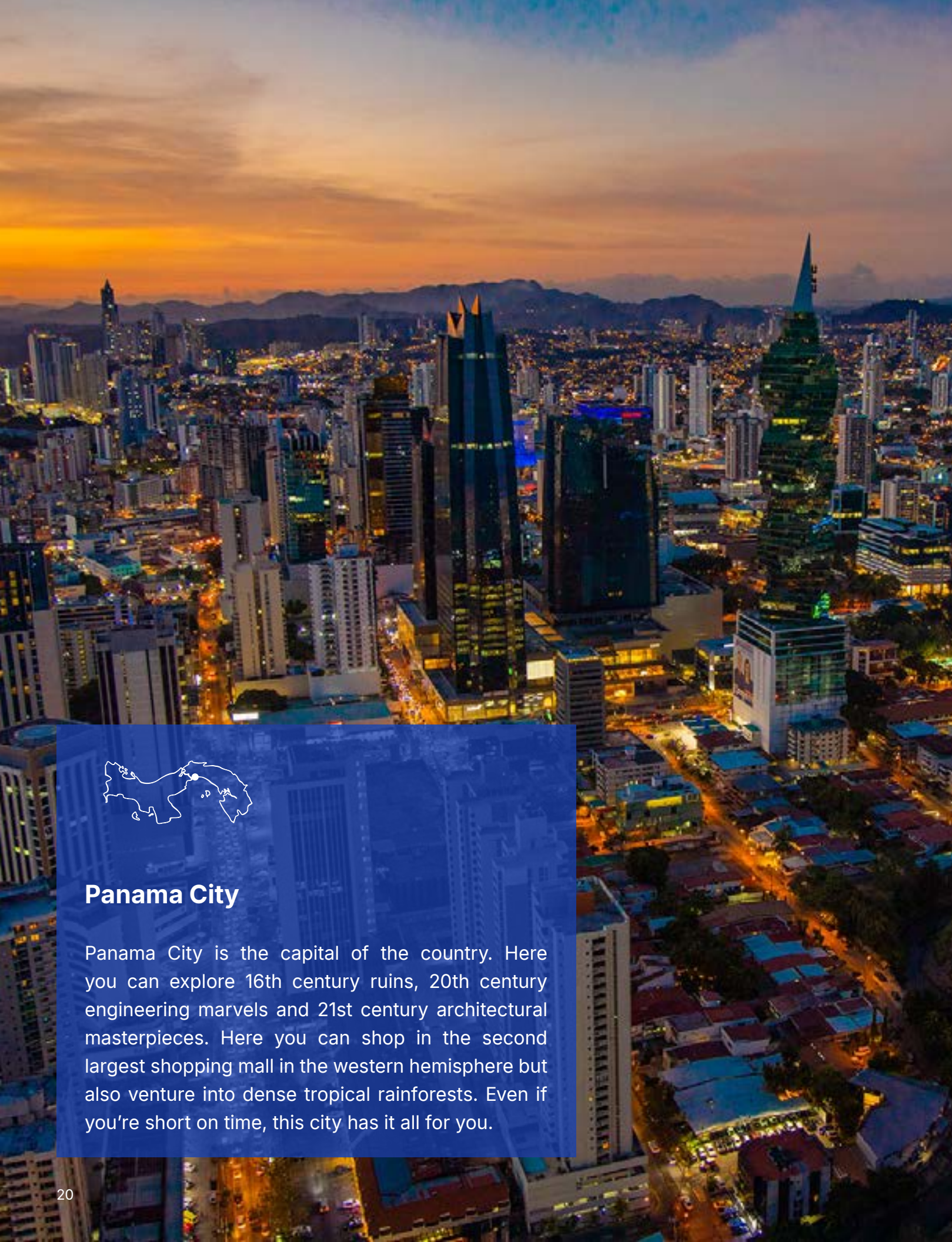
Panama's heritage routes connect various destinations throughout the country. You can enter tropical forests full of biodiversity, dive into two different oceans and connect with ancient cultures. All you need to do is decide where to start your Panamanian adventure.



Legend

- Protected Areas
- Roadways

Área de Recursos Manejados Cordillera de Coiba



Experience a tropical metropolis with skyscrapers, forests and the Panama Canal.

Casco Viejo



Panama City

Panama City is the capital of the country. Here you can explore 16th century ruins, 20th century engineering marvels and 21st century architectural masterpieces. Here you can shop in the second largest shopping mall in the western hemisphere but also venture into dense tropical rainforests. Even if you're short on time, this city has it all for you.

Iconic experiences in Panama City

Bridge of the World:

Learn how Panama became a bridge of life at the Biomuseo
Explore the Panama Viejo Archaeological Park
Cruise the Panama Canal

Forests of Life:

Visit the Barro Colorado Natural Monument, the most studied tropical forest in the world
Enjoy the best views of the city and the canal from the top of Ancon Hill

Multicultural Panama:

Visit an Emberá community in Chagres National Park
Taste Caribbean gastronomy in the Vereda Afroantillana
Sensory gastronomic experience in Casco Viejo

Birds in Paradise:

Bird migration over the city

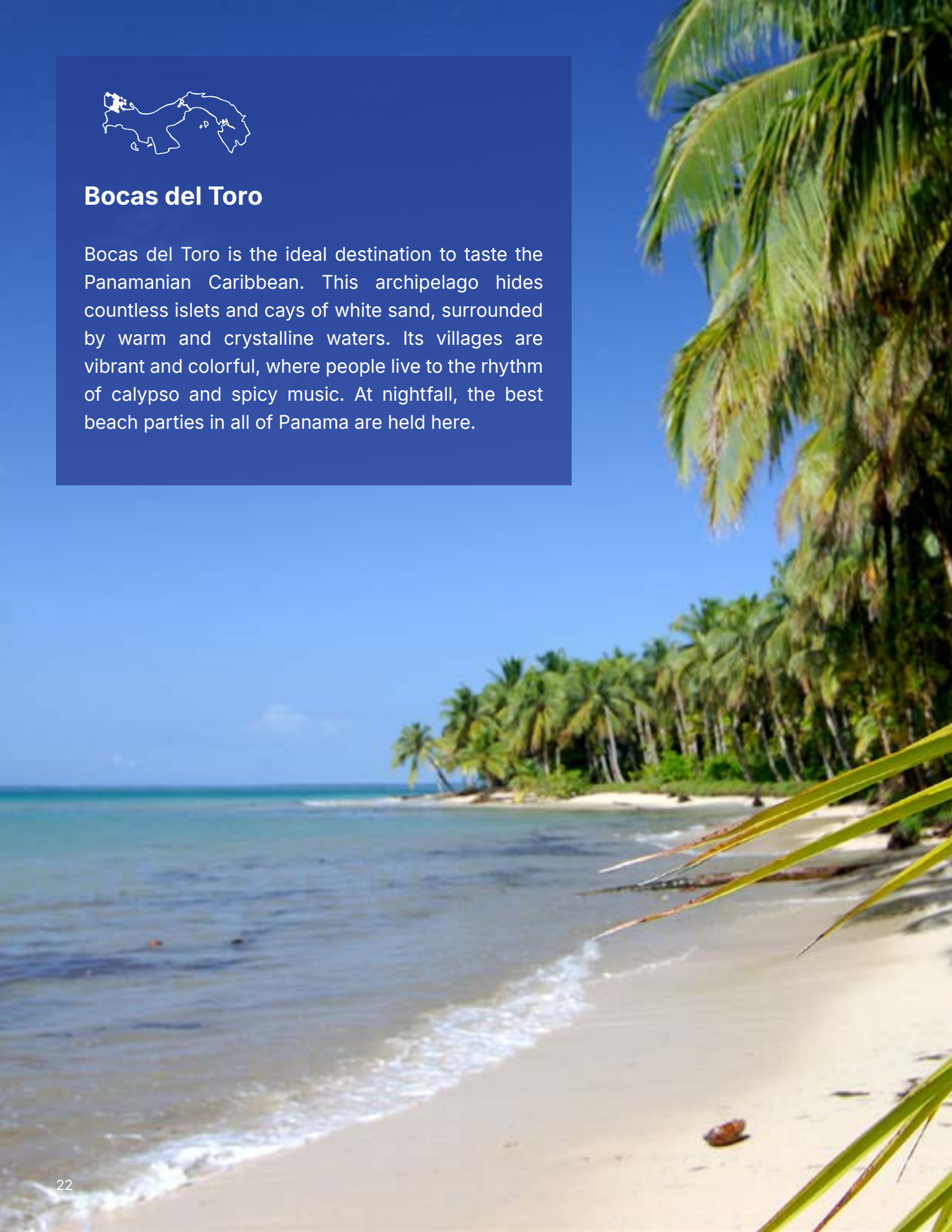
Ocean Wonders:

Whale watching in the Bay of Panama and the Pearl Islands



Bocas del Toro

Bocas del Toro is the ideal destination to taste the Panamanian Caribbean. This archipelago hides countless islets and cays of white sand, surrounded by warm and crystalline waters. Its villages are vibrant and colorful, where people live to the rhythm of calypso and spicy music. At nightfall, the best beach parties in all of Panama are held here.



Experience a multicultural paradise of Caribbean beaches and forests by the sea.



Isla Colón

Iconic experiences in Bocas del Toro

Multicultural Panama:

Visit the Ngäbe community of Silico Creek
Taste Afro-Antillean cuisine in Old Bank and Carenero

Forests of Life:

Explore Cueva de los murciélagos

Birds in Paradise:

Seabird nesting colony in Isla Pájaros

Ocean Wonders:

Get your PADI license in a Caribbean paradise
Scientific diving with the Smithsonian
Protect and learn about turtles with ANABOCA
Surf in a national marine park
Bioluminescence
Enjoy the beach, trails and underwater world in the Zapatilla Keys



Colon

Colon is the ideal place for you to experience Panama's rich African and colonial legacy. Here, the Congo culture mixes with the Spanish fortresses that guarded the treasures of South America and also the memory of the fearsome pirates who dared to attack them. Colon is also home to countless white-sand Caribbean beaches, where you can dive into warm turquoise waters.



Experience Panama's extraordinary African and colonial legacy.



Portobelo

Iconic experiences in Colon

Bridge of the World:

Explore the Fort of San Lorenzo
Panama Railroad ride
Watch a Neopanamax ship as it crosses the new Agua Clara locks.

Multicultural Panama:

Percussion classes at Escuelita del Ritmo
Visit the Casa Congo art workshop

Forests of Life:

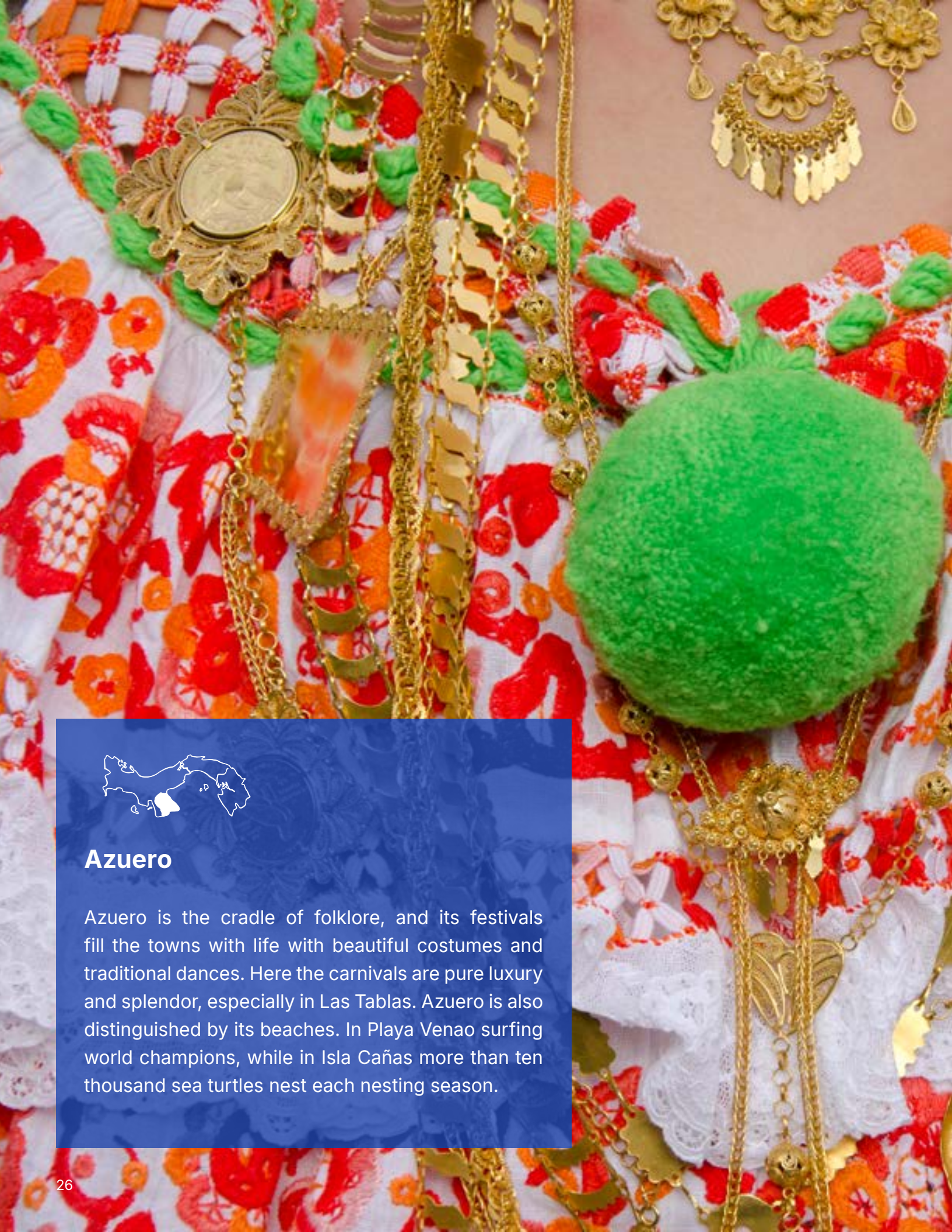
Sloth Sanctuary in Gamboa
Row in a kayak along the Panama Canal

Birds in Paradise:

Hike the Pipeline Trail and Soberania National Park
Enjoy the diversity of San Lorenzo National Park
Discover the birds of the Achiote Trail with a guide from the community.

Ocean Wonders:

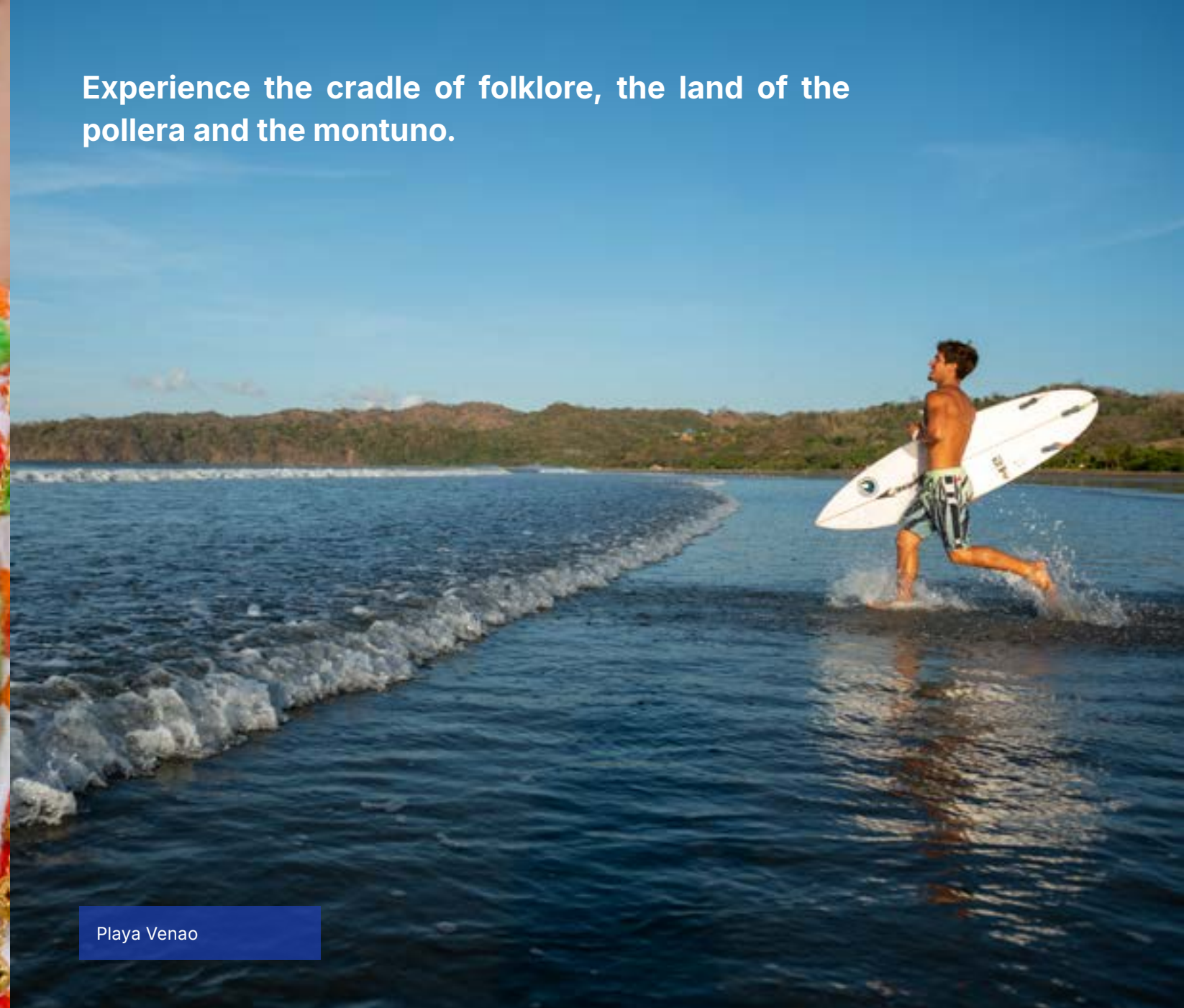
Kayak in Venas Azules
Visit Punta Galeta and learn about marine ecosystems with the Smithsonian
Dive among coral reefs



Azuero

Azuero is the cradle of folklore, and its festivals fill the towns with life with beautiful costumes and traditional dances. Here the carnivals are pure luxury and splendor, especially in Las Tablas. Azuero is also distinguished by its beaches. In Playa Venao surfing world champions, while in Isla Cañas more than ten thousand sea turtles nest each nesting season.

Experience the cradle of folklore, the land of the pollera and the montuno.



Playa Venao

Iconic experiences in Azuero

Multicultural Panama:

- Dress up in the most luxurious typical costume in the world: the pollera
- Visit a diablico mask workshop
- Buy some custom-made cutarras
- Enjoy the Parade of a Thousand Polleras

Forests of Life:

- Explore the El Montuoso Forest Reserve

Ocean Wonders:

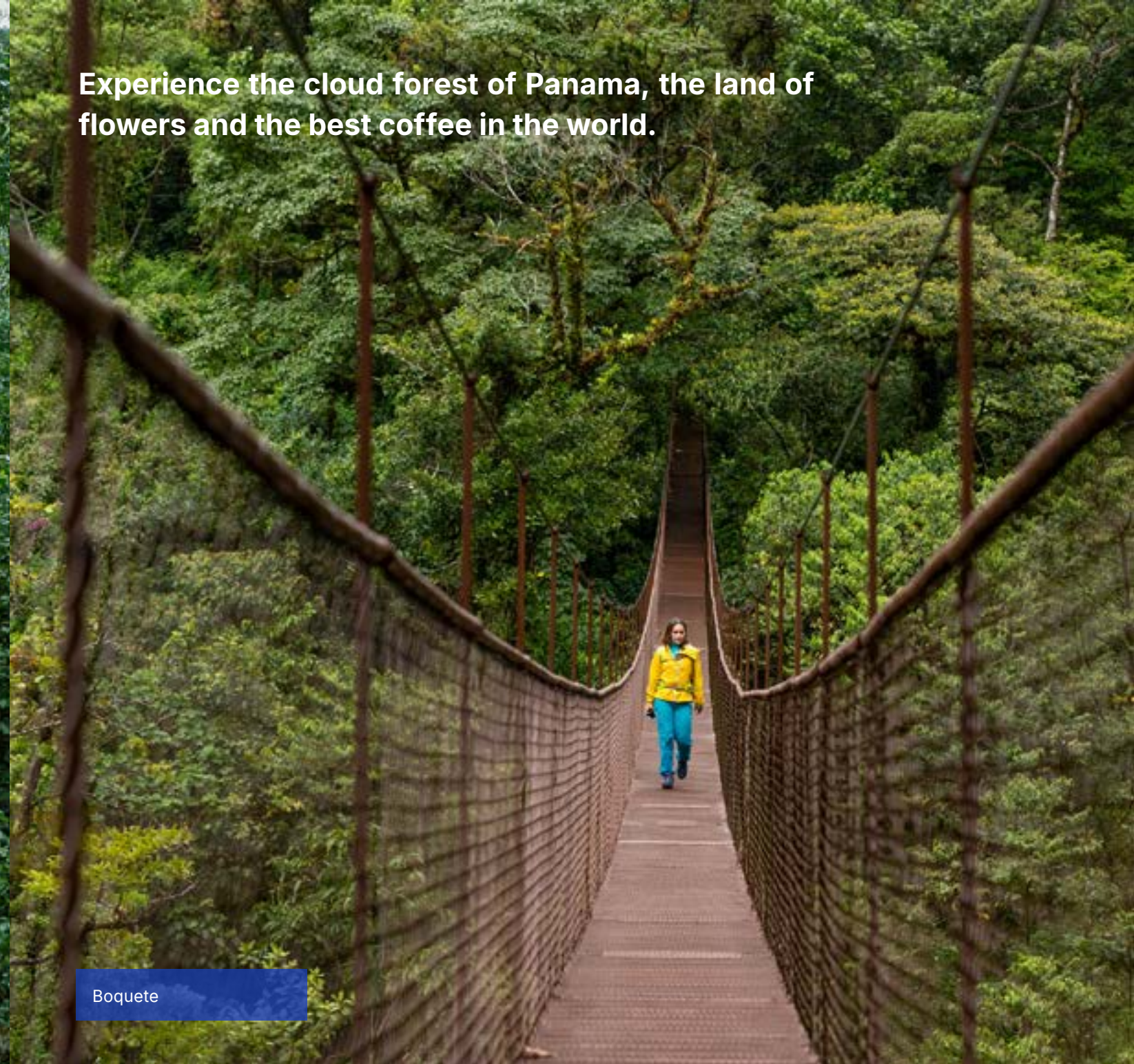
- Turtle watching at Isla Cañas Island Wildlife Refuge
- Whale watching at the Pablo Arturo Barrios Wildlife Refuge
- Spend the day at Isla Iguana Wildlife Refuge
- Artisanal fishing in Pedasí



Chiriqui

Chiriqui has many treasures. Its mountains are the highest in Panama. They combine mist-covered forests, rushing rivers and villages full of flowers. Here you can hike trails in search of wild orchids or the mythical quetzal, explore a plantation and taste the best coffee in the world, or climb to the top of the Baru Volcano to see both oceans at sunrise. On the Pacific coast, Chiriqui offers extensive mangroves, inaccessible islands and paradisiacal beaches.

Experience the cloud forest of Panama, the land of flowers and the best coffee in the world.



Boquete

Iconic experiences in Chiriqui

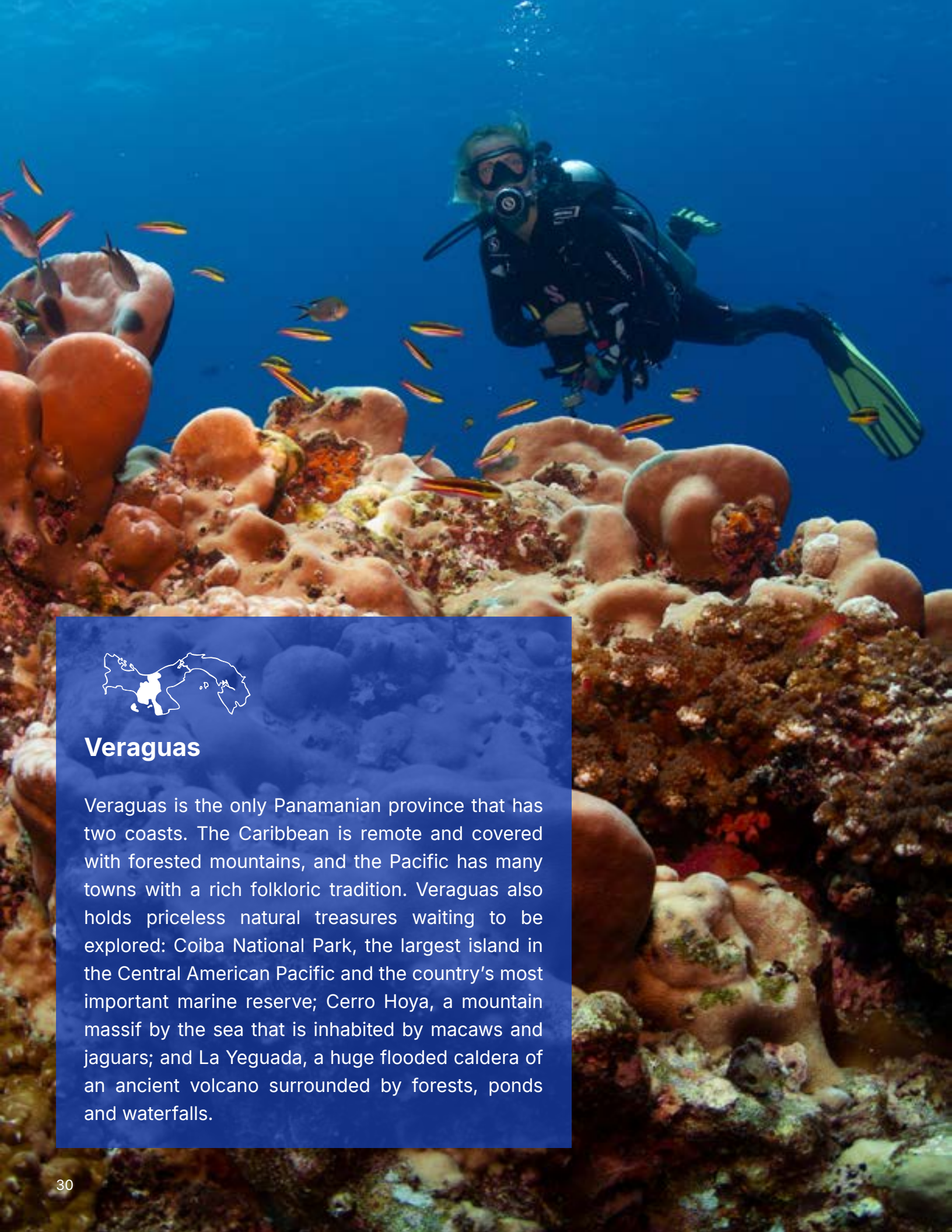
Forests of Life:

- Hike to the top of Baru Volcano
- Learn about the farms of Café Geisha
- Hike at The Lost Waterfalls
- Cloud forest experience at Mount Totumas Lodge

- River Rafting on the Chiriqui River
- Coffee tasting at Haras Cerro Punta
- Learn about orchids at Finca Dracula

Birds in Paradise:

- Hike the Sendero de Los Quetzales



Experience the traditions and natural wonders of a province between two oceans.



Coiba National Park



Veraguas

Veraguas is the only Panamanian province that has two coasts. The Caribbean is remote and covered with forested mountains, and the Pacific has many towns with a rich folkloric tradition. Veraguas also holds priceless natural treasures waiting to be explored: Coiba National Park, the largest island in the Central American Pacific and the country's most important marine reserve; Cerro Hoya, a mountain massif by the sea that is inhabited by macaws and jaguars; and La Yeguada, a huge flooded caldera of an ancient volcano surrounded by forests, ponds and waterfalls.

Iconic experiences in Veraguas

Forests of Life:
Waterfalls in Santa Fe National Park

Observe nesting, hatching and release of sea turtles

Ocean Wonders:
Dive among coral reefs in Coiba National Park

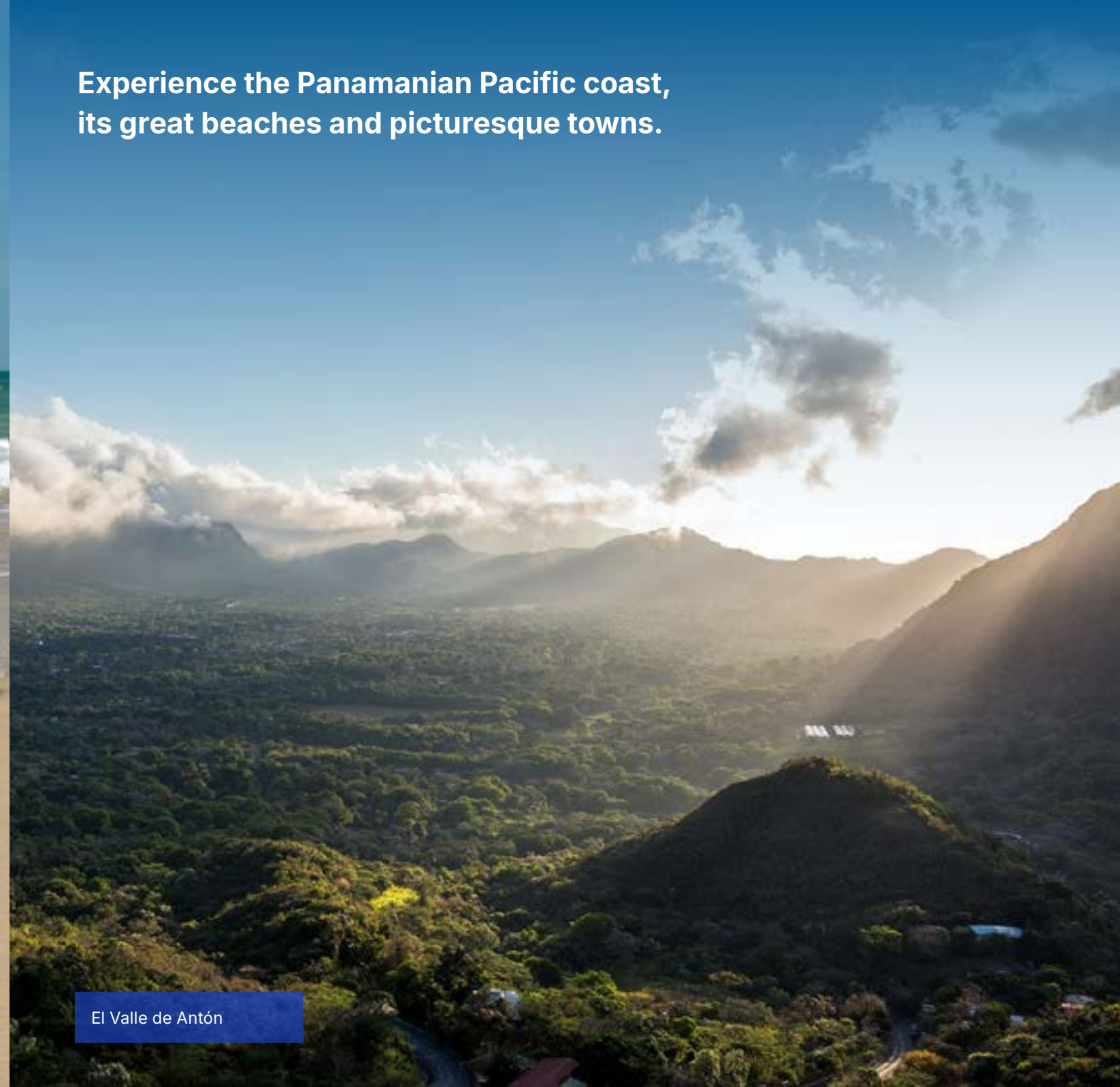
Surf in the Buffer Zone of Coiba National Park
Observe whale sharks in Coiba



Pacific Riviera

The Pacific Riviera is the ideal place to escape to the sea from Panama City. On the coasts of West Panama and Coclé there are secret beaches and great beach resorts. Here you can relax on the sand or enjoy all the amenities of an all-inclusive paradise. From here you can also climb into the mountains of the Cordillera Central, where there are picturesque villages surrounded by national parks.

Experience the Panamanian Pacific coast, its great beaches and picturesque towns.



El Valle de Antón

Experiencias icónicas en la Riviera Pacífica

Multicultural Panama:

Discover the Coclé culture at El Caño Archaeological Park

Visit the workshops of the sombrero pintao artisans in La Pintada

Forests of Life:

Hike the Ruta de la Caldera in El Valle

Ocean Wonders:

Enjoy the broad beaches on the Pacific



Comarca of Guna Yala

Guna Yala is a Caribbean paradise of sun and sea. It is said that there is an island here for every day of the year, all surrounded by transparent waters populated by starfish, fish and coral. Guna Yala is also the largest territory of the ancestral Guna people. Its speedboats and sailboats communicate each of its island communities, where life is measured to the rhythm of the sea breeze and where the craftswomen make the famous molas: the unique pieces of Guna textile art.



Experience the paradisiacal home of the Guna people in the Caribbean.



Guna Yala Archipelago

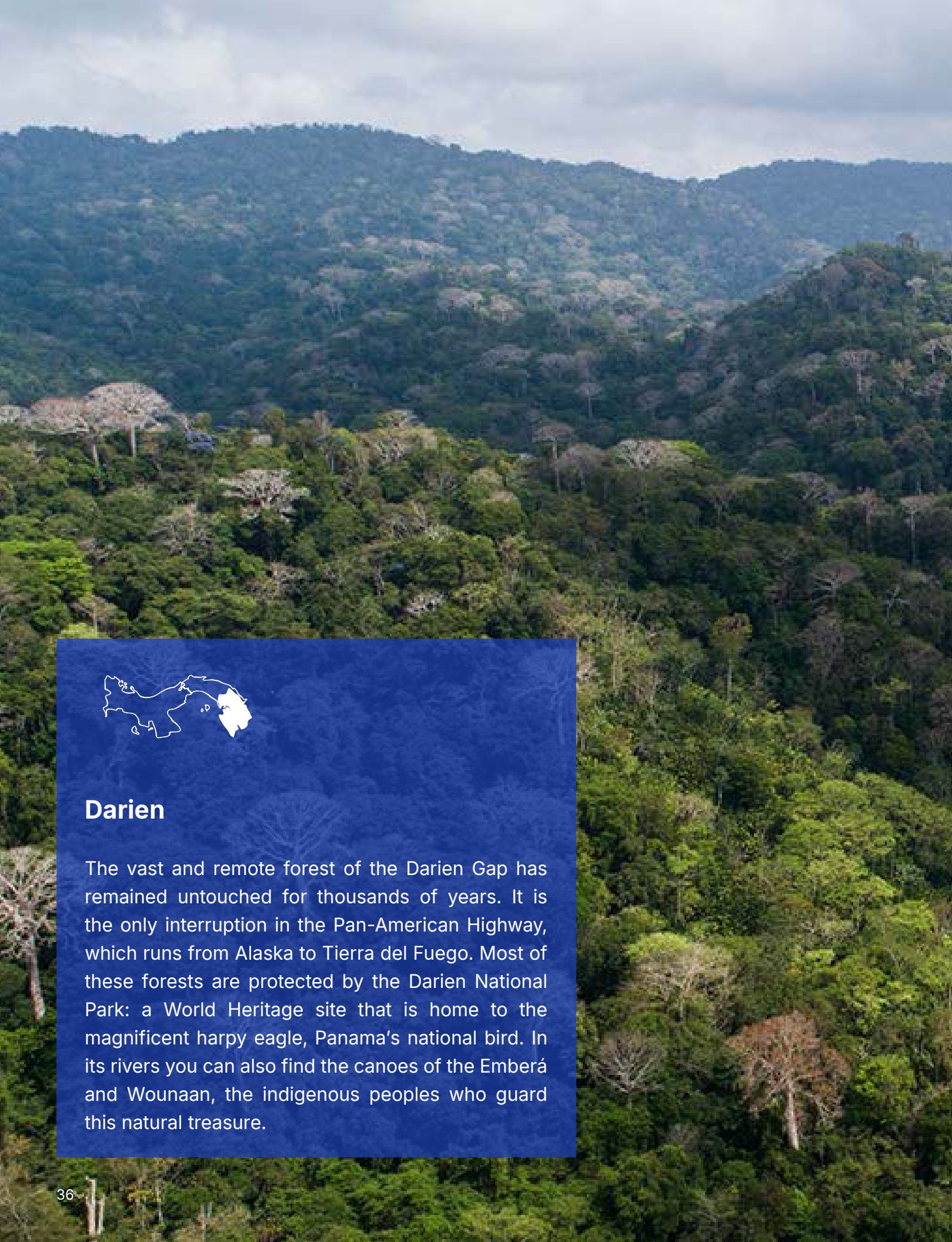
Iconic experiences in Guna Yala

Multicultural Panama:

Put on a wini bracelet in Guna Yala
Learn about the cosmovision of the Guna culture at the Museo de la Mola in Panama City

Ocean Wonders:

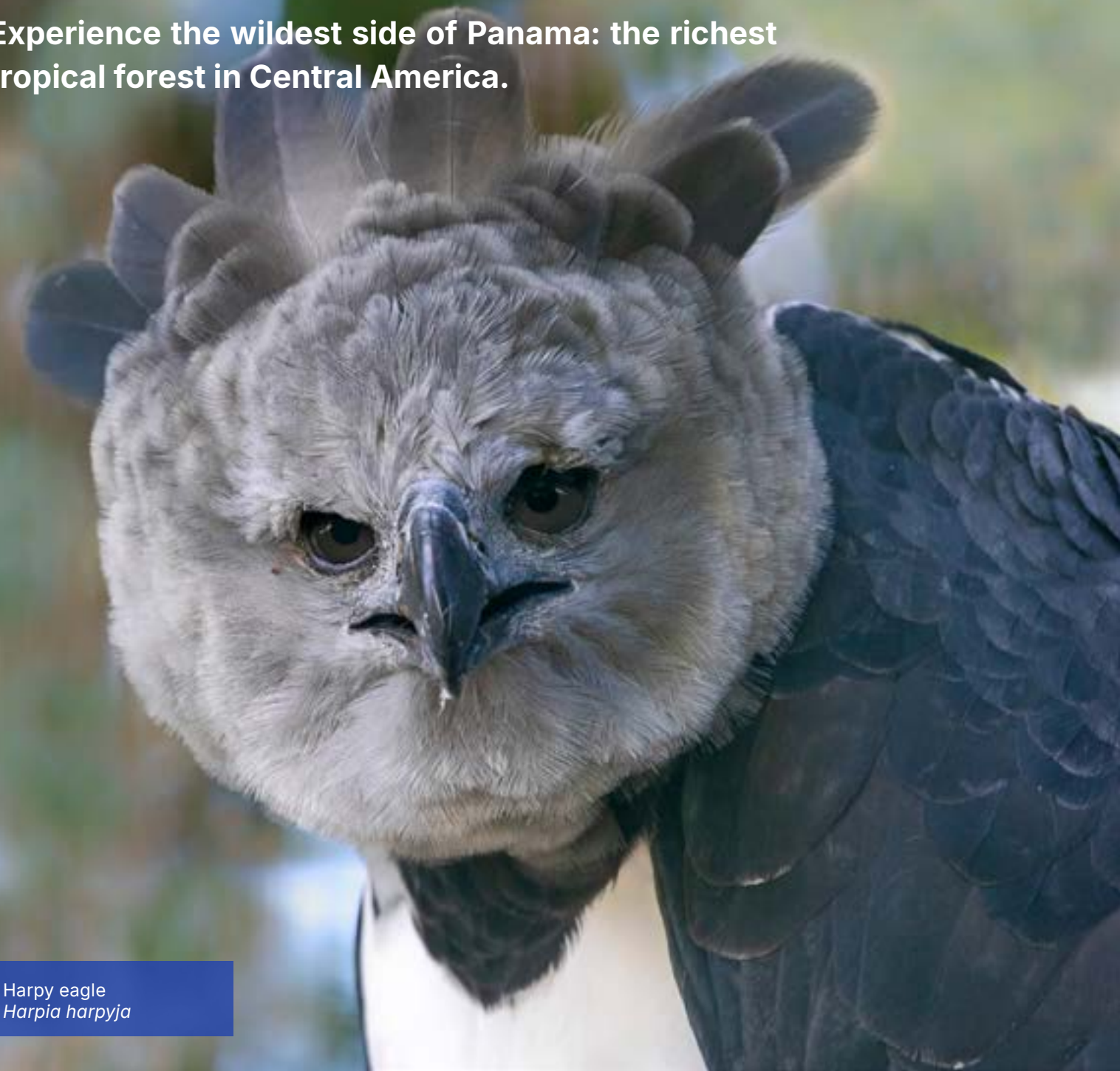
Escape to the paradise that is Gaimaudubgan (Dutch Cays)



Darien

The vast and remote forest of the Darien Gap has remained untouched for thousands of years. It is the only interruption in the Pan-American Highway, which runs from Alaska to Tierra del Fuego. Most of these forests are protected by the Darien National Park: a World Heritage site that is home to the magnificent harpy eagle, Panama's national bird. In its rivers you can also find the canoes of the Emberá and Wounaan, the indigenous peoples who guard this natural treasure.

Experience the wildest side of Panama: the richest tropical forest in Central America.



Harpy eagle
Harpia harpyja

Iconic experiences in Darién

Multicultural Panama:

Visit an indigenous community in Comarca Emberá-Wounaan

Forests of Life:

Walk into the forests of the Darien Gap

Aves en el Paraíso:

Hike to a harpy eagle nest

Ocean Wonders:

Catch and release fishing in Bahía de Piñas

Be a conscious traveler

With the decisions you make during your visit you can help us preserve Panama's Heritage Routes.

Respect wildlife:

Keep a safe distance from animals and avoid interfering with their behavior. Do not cut flowers or leaves, or collect wild plants.

Do not leave trash:

Take with you all waste and garbage generated during your activities and deposit it in the appropriate trash containers.

Use eco-friendly products:

Opt for biodegradable and environmentally friendly products, such as personal care products without chemicals harmful to ecosystems.

Support the local economy:

Prefer local businesses and tour operators that implement sustainable practices and contribute to the economic development of communities.

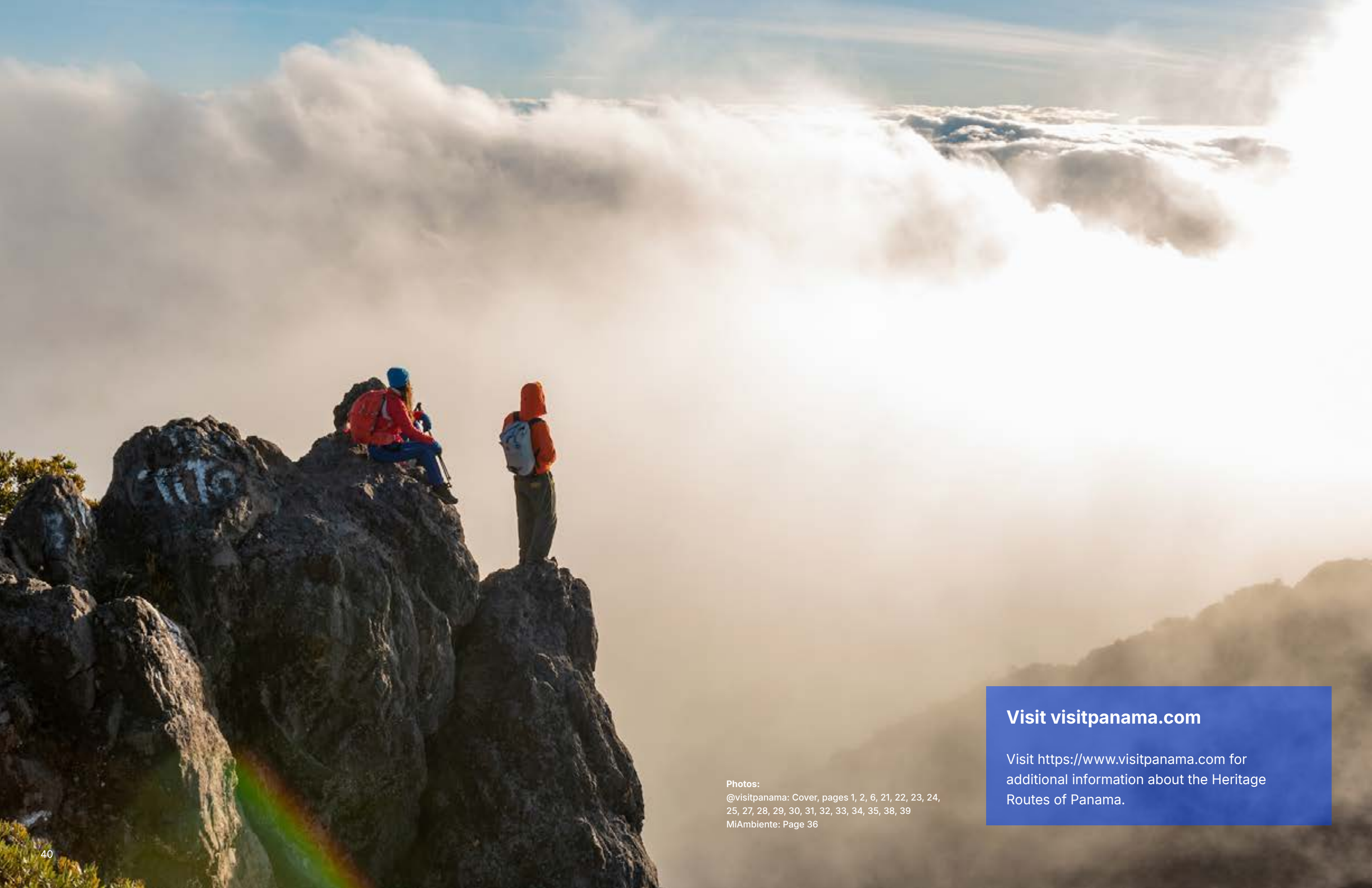
Education and awareness:

Learn about marine and terrestrial ecosystems and the importance of their conservation, and share your knowledge with other travelers to promote responsible tourism.

Support conservation:

Participate in volunteer programs or donate to organizations dedicated to the conservation of natural habitats.





Visit [visitpanama.com](https://www.visitpanama.com)

Visit <https://www.visitpanama.com> for additional information about the Heritage Routes of Panama.

Photos:

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