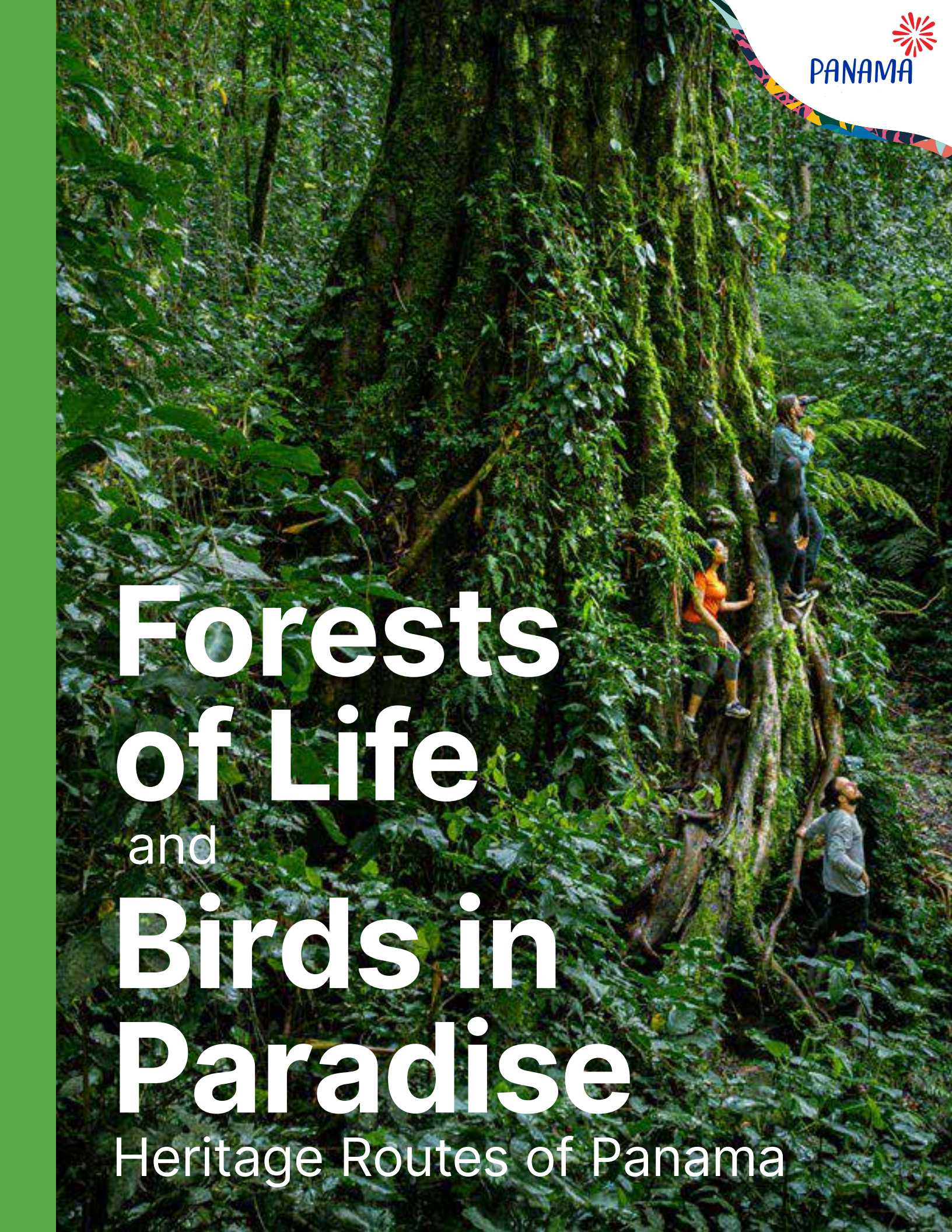




PANAMA



Forests of Life and Birds in Paradise

Heritage Routes of Panama



Two thirds of Panama are covered in forest.

Darien National Park

Forests of Life and Birds in Paradise

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Panamá, a green paradise

Parque Natural Metropolitano

Panama's extraordinary biodiversity has fascinated naturalists and explorers for centuries, who have made these tropical forests the best studied in the world. Unique species live here, and this bridge of biodiversity is the ideal place to observe birds and wildlife.

In our country, 1018 species of birds have been reported, which exceeds the combined list of the United States and Canada. In addition, Panama is an intersection point within the migratory routes between North and South America, and is crossed every year by billions of migratory birds.

Panamanian forests are very easy to visit, especially those within Panama City. Panama also has vast and remote forests, such as the largest protected area in Panama, Darien National Park, and La Amistad International Park, which we share with Costa Rica, both inscribed on the UNESCO list of Biosphere Reserves and Natural World Heritage Sites.

Come and explore the wild side of Panama.

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.

Forests of Life Heritage Route.

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.

Birds in Panama Heritage Route.

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.

Live the Heritage Routes of Panama.

Forests of Life and **Birds in Paradise** are just two of the five Heritage Routes. To continue discovering Panama, choose another route and go on an adventure.

Bridge of the World

Multicultural Panama

Ocean Wonders

The forests of Panama offer unique experiences.

Boquete

More than one third of Panama's territory is protected

Large tracts of Panama's forests are part of the Ministry of Environment's National System of Protected Areas. These areas have various categories, including National Parks, Protected Forests, Wildlife Reserves, Natural Monuments, Protected Landscapes and Multiple Use Areas.



Darien National Park



Soberanía National Park

The Panama Canal is surrounded by forests and national parks

The operation of the Panama Canal requires enormous amounts of rainwater. To secure this resource, the forest cover of its watersheds has been protected in extensive national parks, including Chagres, Soberanía, Camino de Cruces, San Lorenzo and Portobelo.

Panama's forests are very accessible

In Panama there are tropical forests within a short distance of urban centers. Within the limits of Panama City there are parks and urban forests, including the Metropolitan Natural Park and the Cerro Ancon Natural Reserve.



Cerro Ancón

Censusing migratory raptors:

Cerro Ancon is the main site in Panama where scientists and enthusiasts gather every year to study the migration of birds of prey. Between August and November, millions of migratory raptors fly over the hill, including peregrine falcons, red-headed hawks and Swainson's hawks. They all use the Isthmus of Panama to migrate between North and South America, following the seasonal changes of the two hemispheres.



Barro Colorado

The fifty-hectare plot:

This area the size of 70 soccer fields was established in 1980. Absolutely everything that grows there was recorded and catalogued, including more than 350,000 trees. For four decades, scientists have been measuring each plant, recording its growth and development with extraordinary precision.

Stretches of old transisthmian roads survive in these forests

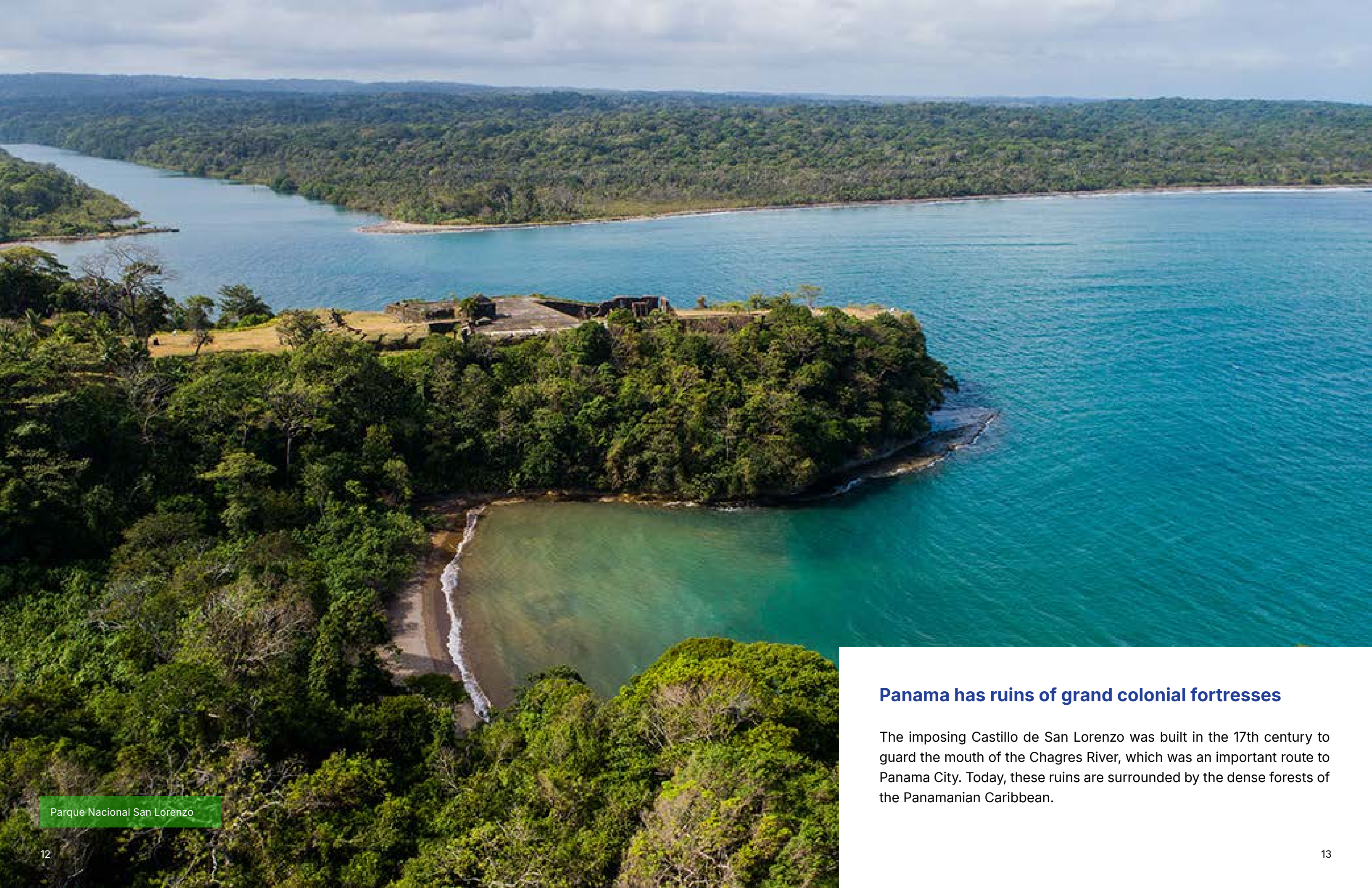
The Camino Real and the Camino de Cruces were the main communication routes between the Atlantic and the Pacific in the 16th and 18th centuries. Thousands of travelers traveled along them, along with mule caravans loaded with gold and silver plundered from South America.



Camino de Cruces

Panama has the best-studied tropical forest in the world

In the study of tropical biodiversity, there is no place in the world more important than Barro Colorado Natural Monument. For more than a century, this island in the middle of the Canal has received thousands of scientists from all over the planet, attracted by the wealth of species that live here and by its isolation from human intervention.



Parque Nacional San Lorenzo

Panama has ruins of grand colonial fortresses

The imposing Castillo de San Lorenzo was built in the 17th century to guard the mouth of the Chagres River, which was an important route to Panama City. Today, these ruins are surrounded by the dense forests of the Panamanian Caribbean.



Blue cotinga
Cotinga nattererii



Panama Rainforest Discovery Center

Panama is an ideal destination for birdwatchers

Here you can find more than a thousand different birds, including resident and migratory species. From its mountains to its seas, Panama is a paradise full of birds. Bring your binoculars and try to see as many as you can.



Mamoní Valley Reserve

Eastern Panama has broad expanses of primary forest

In eastern Panama there are about 1.7 million hectares of tropical forests. This is also where the so-called “Darién Gap” is located, which is the only place where the Pan-American Highway from Alaska to Tierra del Fuego is interrupted.

The forests of the Darién are crossed by broad rivers

Rivers such as the Tuira, the Chucunaque and the Balsa are the gateway to the exuberant and legendary jungle of the Darién. They are also the water highways used by the Emberá and Wounaan Indians to reach their communities in the middle of the forest.



Bosque Protector Alto Darién



The forests of Panama host an important population of harpy eagles

The world's most powerful bird of prey nests in giant trees in the middle of the forest. With patience and luck, you will see the chick or one of the adults. Admire its vigor and its size and you will understand why we Panamanians chose it as our national bird.

Harpy eagle
Harpia harpyja

Panama's Cordillera Central is built of ancient volcanoes

The Anton Valley is the huge caldera of an extinct volcano that has a village inside. The rim is formed by hills that are climbed through an extensive network of trails. You can start with La India Dormida, one of the most recognized mountains in Panama for its peculiar shape.

The 1,000 Km de Senderos Project:

This project seeks to develop land and water trails throughout the national territory to conserve nature and diversify rural economies through the development of the outdoor recreation industry and green tourism in protected areas. La Ruta de La Caldera is a 30 km trail circuit that runs through the mountains surrounding the Anton Valley, linking several communities and the area's main natural attractions.

Anton Valley



Boquete

These mountain hide impressive waterfalls

The rivers that flow down from the central mountain range produce waterfalls of all sizes. The largest, which can exceed 35 meters in height, produce a deafening noise and cover the forest with spray. Below, they always have crystal clear pools of water perfect for a dip.

Unique birds inhabit Panamanian cloud forests

La Amistad International Park, declared a World Heritage Site, protects extensive forests that extend to the border with Costa Rica. These mountains are one of the most endemic bird areas in the world.



Boquete

Panama is one of the best places to observe the resplendent quetzal

The star species of the mountains of Chiriqui is, without a doubt, the resplendent quetzal. The best place to observe them is the aptly named Sendero Los Quetzales, which runs through 8 kilometers of cloud forest between Boquete and Cerro Punta.



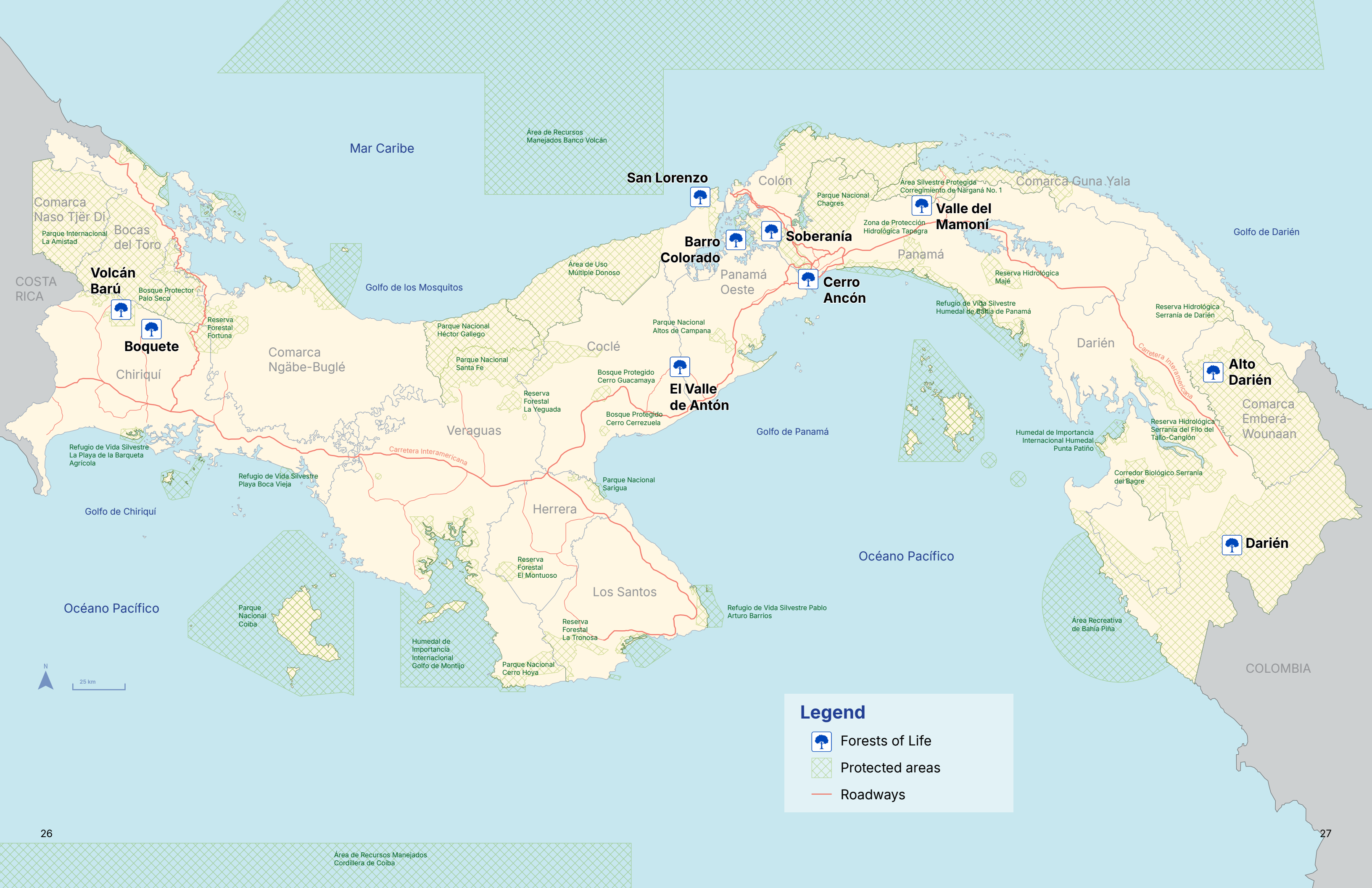
Resplendent quetzal
Pharomachrus mocinno



Volcán Barú

From Panama's tallest mountains you can see the two oceans

The Baru Volcano is the highest mountain in Panama. At the top, more than 3,400 meters above sea level, you have a panoramic view above the clouds. On clear days, you can see the Pacific Ocean and, when conditions are exceptional, you can also see the Caribbean coast.



Legend

-  Forests of Life
-  Protected areas
-  Roadways

Be a conscious traveler

With the decisions you make during your visit you can help us preserve Panama's Forests of Life.

Respect wildlife:

Keep a safe distance from animals and avoid interfering with their behavior.

Don't 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 organic sunscreens and 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 Panama's communities.

Education and awareness:

Learn about 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 terrestrial habitats.





Preserving the Forests of Life

Throughout Panama, multiple institutions and community-based organizations collaborate to study and protect the flora and fauna of our terrestrial ecosystems. These are some of them.

Asociación Nacional para la Conservación de la Naturaleza (ANCON)
<https://ancon.org/>

It is an organization dedicated to the conservation of ecosystems and important areas for birds. It carries out monitoring, habitat restoration and environmental education programs.

Panama Audubon Society
<https://www.audubonpanama.org/>

Promotes the study and conservation of birds and their habitats in Panama. Carries out monitoring, environmental education and bird tourism promotion projects throughout the country.

Ara Macao Project
https://www.proyectoara.com/de/node/32?language_content_entity=es

Conservation of the scarlet macaw in Panama: habitat protection, population monitoring and environmental education.

Fundación Avifauna Eugene Eisenman
<https://pipelineroad.org/es/avifauna-es>

Promotes the study and conservation of birds in Panama. Conducts research, population monitoring and educational programs.

Macaw Conservation Project
<https://panamawildlife.org/>

This initiative seeks to generate a baseline of knowledge, raise awareness among visitors and local communities in the buffer zone about the importance of the species in the dynamics of the protected area.

Bocas Bird Club
<https://es.tourismpanama.com/lugares-para-visitar/ciudad-de-panama/cosas-para-hacer/aire-libre-y-naturaleza/avistamiento-de-aves/>

Birdwatchers' club in Bocas del Toro, Panama. Organizes birding trips, workshops and environmental education activities.

Threatened fauna of Panama

More than 200 of Panama's terrestrial animals are in danger of extinction according to the International Union for Conservation of Nature. These are some of them.



Pygmy three-toed sloth

Bradypus pygmaeus

Critically Endangered (CR)

This sloth is an endemic species of Panama that is only found in the forests and mangroves of the small island Escudo de Veraguas.



Bare-necked umbrellabird

Cephalopterus glabricollis

Endangered (EN)

This exotic cotinga, named for the elaborate crest of the males, inhabits the humid forests of the mountains of western Panama.



Strawberry poison frog

Oophaga pumilio

Vulnerable (VU)

The populations of this small frog in the islands and mainland of Bocas del Toro have very different colors: from red and blue to yellow, purple and green.



Central American bushmaster

Lachesis stenophrys

Near Threatened (NT)

This enormous viper, which can exceed three meters in length, inhabits the humid forests of the Caribbean slope, from Bocas del Toro to Gunayala.



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

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

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