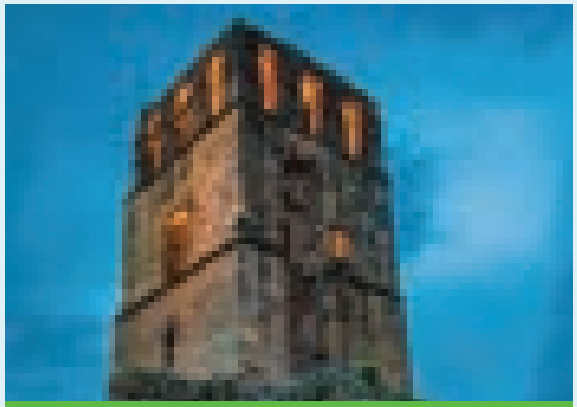
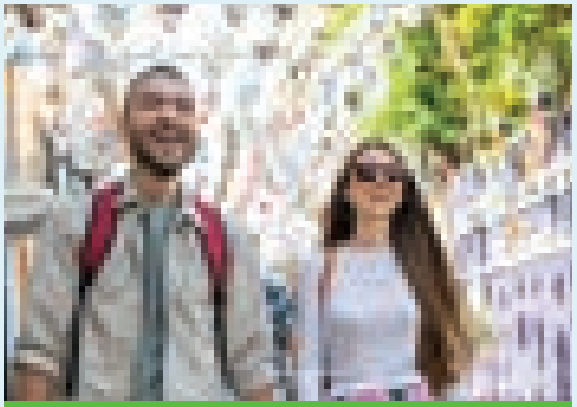
SITES DESIGNATED AS
UNESCO World Heritage Sites

Fortifications along the Caribbean coast of Portobelo and San Lorenzo

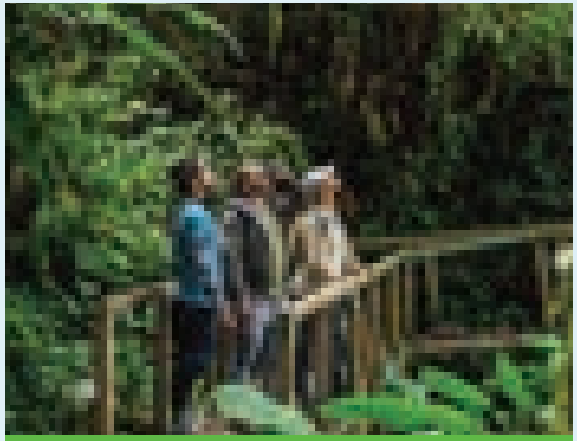


Panama Viejo Archaeological Site

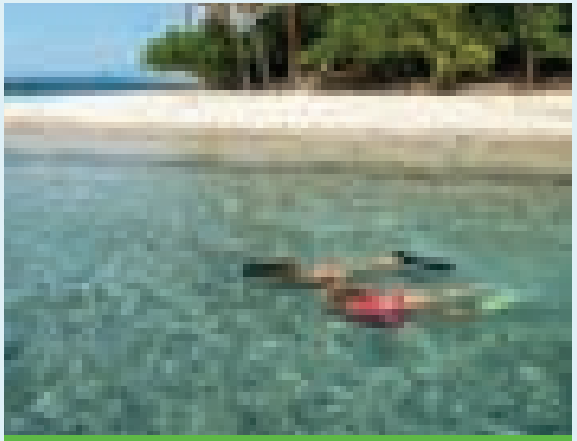


Old Town, Panama City

Darien National Park



La Amistad International Park



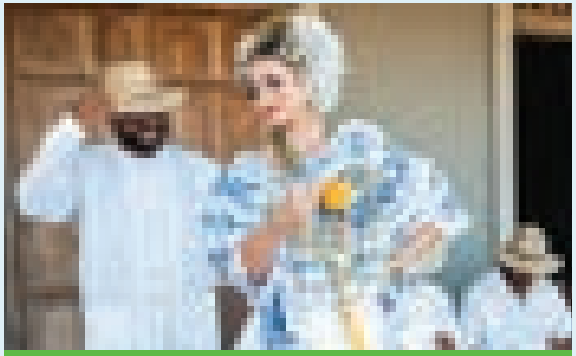
Coiba National Park

Other places you can visit in
PANAMA

The Pacific Riviera in Panama is a coastal strip located along the Pacific Ocean. It is known for its beaches, tourism and residential developments, as well as its proximity to Panama City, which makes it a very accessible destination.

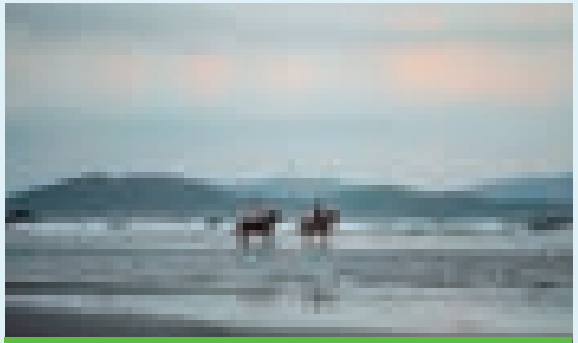
El Valle de Antón is a picturesque mountain town located within the crater of an extinct volcano, surrounded by lush nature and a cool climate. It is known for its biodiversity, scenic trails, waterfalls, and its famous artisan market.

Taboga Island, known as the Island of Flowers, is renowned for its tranquil beaches, picturesque village steeped in colonial history, and laid-back atmosphere. It's the perfect place to escape the city, enjoy the ocean, stroll along its trails, and connect with the authentic spirit of Panama's Pacific coast.



Las Tablas is a town known for its rich culture, deep-rooted traditions, and strong folkloric identity. It preserves customs, crafts, and cultural expressions that make it a place where visitors can authentically experience Panamanian history and tradition.

Volcán Barú is the highest point in Panama, and on clear days it is possible to see both the Pacific Ocean and the Caribbean Sea, offering a truly unique experience in the region.



Santa Catalina is a peaceful coastal town known for its surf waves. It is ideal for enjoying nature, the sea, and a relaxed atmosphere.

HOME OF THE TURTLES

Panama is home to 5 of the world's 7 species of sea turtles, which find refuge on more than 200 nesting beaches along its coastline.

In addition, Panama is home to two of the world's 14 most significant beaches where the natural phenomenon known as the "arribada" occurs: La Marinera Beach and Cañas Island, where up to 9,000 turtles can come ashore to nest in a single day.

PANAMA A NATURAL HEAVEN FOR WHALES

Twice a year, thousands of humpback whales migrate to Panama's warm waters, making it a premier destination for whale watching. September offers a spectacular opportunity to witness their breaching displays and mating rituals up close.

A CULINARY CAPITAL RENOWNED THROUGHOUT THE REGION

Panama City holds a unique distinction as the only capital in Latin America recognized by UNESCO as a Creative City of Gastronomy. This prestigious designation places the country on the global culinary stage and recognizes its culinary offerings as a cultural expression of great value and international significance. Currently, Panama has six restaurants included on the Latin America's 50 Best Restaurants 2025 list, a reflection of the passion, creativity, and strength of its culinary identity.

THE WORLD'S HIGHEST-RATED COFFEE ORIGINATED IN

Panama Geisha coffee is recognized as the most valuable in the world. At the most recent Best of Panama international auction, a Geisha lot from Hacienda La Esmeralda set a new world record by fetching a price of $30,204 per kilogram. This variety, considered one of the most prestigious internationally, has found its primary origin in Panama thanks to exceptional geographical and climatic conditions.

Explore Tierras Altas and Boquete, meet the producers, and experience their rich culture.

PARADISE AWAITS YOU, THE BEST BEACHES AND ISLANDS

It offers an extraordinary variety of beaches and islands in both the Pacific Ocean and the Caribbean Sea, with a warm climate year-round and waters with an average temperature of 25 °C. With more than 2,800 kilometers of coastline, over 1,400 islands and cays, and five archipelagos, the country offers a wide variety of landscapes, ecosystems, and tourist experiences, positioning itself as a true paradise for lovers of the sea.

PANAMA | ICCA