



## BOCAS DEL TORO

Bocas is one of Panama's top tourist attractions. Where else can you relax on beautiful beaches with scarcely a soul in sight and hike through rainforests so fine Lonely Planet Guide calls them "a biologist's fantasy".

Bocas is part of an archipelago with islands of aqua blue waters on palm lined white sand beaches set against nature-dense rainforests.

Most hotels are located in Bocas town on Colon Island. The town of Bocas is fun and laid back with a surprising selection of good restaurants and nightlife spots. Many locals speak English.

Bocas is perfect for close-to-nature experiences, ecotourism, romantic getaways and families who want to have quality fun and experience in pristine nature.

The most popular activities are boat tours to islands for beaching, snorkeling, diving, dolphin observation, rainforest treks, bat caves and indigenous tribe villages. Bocas is also considered sort of a Mecca for surfers—there are a variety of venues that cater to surfers and enough surf spots to please even the most adventurous surfer.



## BOUQUETE

Boquete is Panama's premier mountain destination and rated as one of the best places in the world for a second homes and retirement. Located close to the Costa Rica border, the center piece is the Baru Volcano, a 11,400 ft. inactive volcano which towers over the area with majestic views and a rich volcanic soil that makes for lush flora and fauna. Attractions include spectacular mountain views, world-class rafting and kayaking, golf, coffee farm tours, bird-watching, hiking, horseback riding and a thrilling zipline canopy tour.



The small town of Boquete is nestled in a picturesque valley with a river rush through it. Here you'll find a variety of lodging choices from resorts to hostels, tour operators, services, restaurants, a 9 hole golf course, souvenir stores, springlike weather and a friendly populace.

Boquete used to be a "best kept secret". All that changed in when the American Association for Retired Persons chose Boquete as one of the 5 top places in the world to retire, a rating based on safety, beauty, climate and cost-of-living. Fortune magazine's Retirement Guide selected Boquete as one of the 5 best places in the world to retire.

## THE PANAMA CANAL

The Panama Canal is a unique experience which can't be reproduced anywhere else in the world. See 5,000,000-ton vessels rise and drop more than 50 feet as they make their way over Panama from one ocean to another, and learn about the history and future of this marvel of modern engineering.

A Panama City "must-do" is a visit to the new Miraflores Visitors Center at the Panama Canal. The state-of-art visitor center has 4 exhibition halls: Canal History, Water the Source of Life, The Canal in Action and the Canal of the World. The exhibitions include historical objects of Canal operations, interactive modules, video presentations, and models of the Panama Canal. There is also a snack bar and a restaurant with stunning Canal-side views.



## PEARL ISLANDS

From Panama City, a fifteen minute plane ride (Aeroperlas) or a two hour ferry ride to Contadora takes you into the land of pirates and pearls where over 90 islands and 130 islets make up the Archipiélago de las Perlas, named by Balboa in 1513. Buccaneers hid out here to attack Spanish Armadas laden with treasure. Oysters and their pearls are still found in these aqua colored waters. Over the centuries, pearls harvested here have adorned kings and queens of Europe, they include the 400 year old, 31-carat famous "La Peregrina" pearl now owned by Elizabeth Taylor. The calm waters are great for fishing sailing and snorkeling. Only a few of the islands are inhabited.



The largest islands are "Isla del Rey" and "San José".

As a consequence of their natural wealth, the Smithsonian Tropical Research Institute (STRI) has focused its scientific researches on this area to study coastal, marine and terrestrial ecosystems. As a result of these researches, now it is known that 15 endemic species of birds live there (only existing in this area) and it has been discovered at least 37 beaches where turtles make their nesting period.