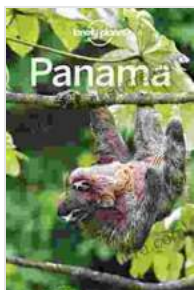


# Lonely Planet Panama Travel Guide: An Extensive Guide to Panama's Hidden Gems and Unforgettable Experiences



## Lonely Planet Panama (Travel Guide) by Lonely Planet

★ ★ ★ ★ ☆	4.5 out of 5
Language	: English
File size	: 39472 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 746 pages



Panama, a narrow strip of land connecting Central and South America, is a melting pot of cultures, landscapes, and experiences. From the cosmopolitan capital of Panama City to the pristine beaches of Bocas del Toro and the untamed rainforests of Darién, Panama offers a wealth of destinations that cater to every traveler's desire.

Lonely Planet's Panama Travel Guide is the ultimate companion for anyone planning a trip to this captivating country. This comprehensive guide provides in-depth information on everything from Panama's history and culture to its food, nightlife, and transportation system.

## What's Inside the Lonely Planet Panama Travel Guide?

The Lonely Planet Panama Travel Guide is divided into six main sections:

- **Planning Your Trip:** This section provides an overview of Panama, including visa requirements, getting there, getting around, and health and safety considerations.
- **Panama City:** This section covers Panama City's bustling metropolis, including its history, culture, attractions, and nightlife.
- **The Pacific Coast:** This section explores the Pacific coast of Panama, including the beaches of Santa Catalina, the colonial city of Portobelo, and the Coiba National Park.
- **The Caribbean Coast:** This section covers the Caribbean coast of Panama, including the San Blas Islands, the Bocas del Toro archipelago, and the Guna Yala region.
- **The Highlands:** This section explores the highlands of Panama, including the Boquete coffee region, the Chiriquí Highlands, and the Darién National Park.
- **The Canal:** This section covers the Panama Canal, its history, construction, and its impact on Panama.

Each section is packed with detailed information and practical advice. The guide also includes maps, photographs, and sidebars on topics such as Panama's indigenous cultures, its wildlife, and its traditional cuisine.

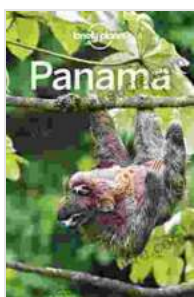
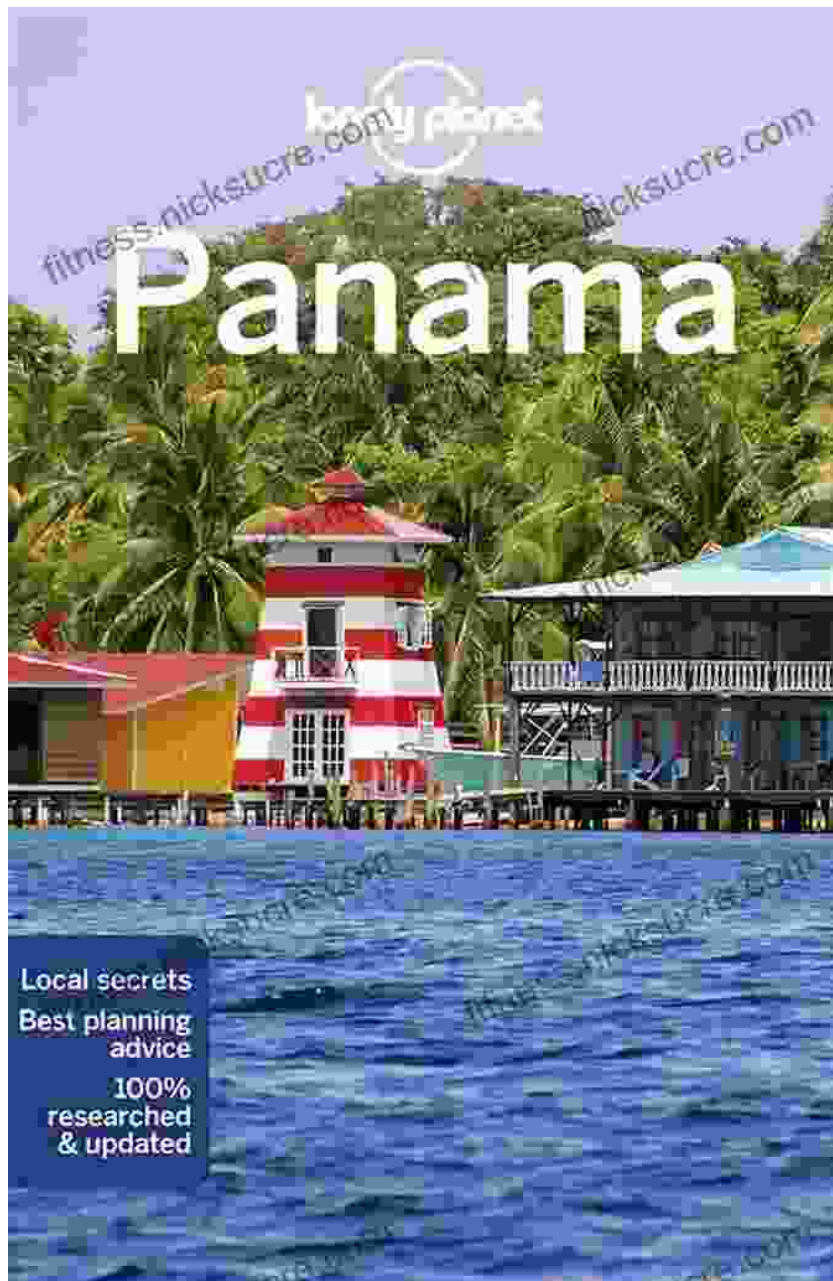
### **What Makes the Lonely Planet Panama Travel Guide Unique?**

There are several reasons why the Lonely Planet Panama Travel Guide is the best choice for travelers planning a trip to Panama.

- **Comprehensive:** The guide provides in-depth information on everything from Panama's history and culture to its food, nightlife, and transportation system.
- **Up-to-date:** The guide is regularly updated to ensure that the information is accurate and current.
- **Written by experts:** The guide is written by local experts who have extensive knowledge of Panama.
- **Easy to use:** The guide is well-organized and easy to navigate.
- **Affordable:** The guide is affordable, making it a great value for travelers.

If you're planning a trip to Panama, the Lonely Planet Panama Travel Guide is the essential companion. This comprehensive guide will help you plan your trip, get around, and make the most of your time in this beautiful country.

Order your copy of the Lonely Planet Panama Travel Guide today!



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