



PANAMA

WHERE OCEANS MEET AND CULTURES CONNECT



Panama is a vibrant crossroads of the Americas, where modern cities, tropical rainforests, pristine beaches, and rich cultural heritage come together in one dynamic destination. Bridging North and South America, Panama offers a unique blend of influences shaped by its history as a global trade hub. Its tropical climate provides warm weather year-round, with lush green landscapes during the rainy season and sunny skies perfect for coastal escapes during the dry months.

From the engineering marvel of the Panama Canal to untouched islands and dense jungles teeming with wildlife, Panama delivers both adventure and relaxation. Visitors experience a seamless mix of cosmopolitan energy and natural beauty, where skyscrapers rise beside rainforest and tradition lives alongside innovation.



CAPITAL

Panama City



AREA

29,119 SQ MI



CURRENCY

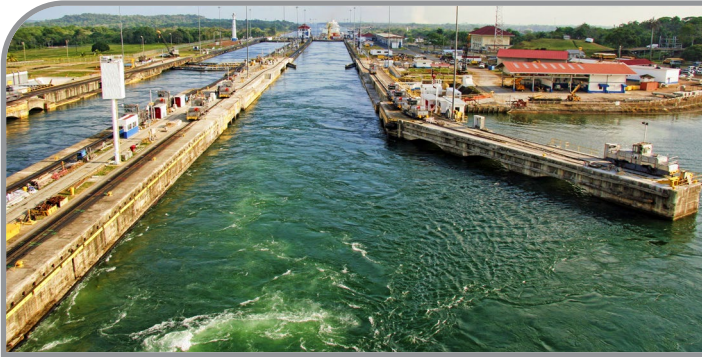
Balboa



LANGUAGE

Spanish

ICONIC PANAMA LANDMARKS



PANAMA CANAL

One of the greatest engineering achievements in history, the Panama Canal connects the Atlantic and Pacific Oceans through a series of locks that lift and lower massive ships across the isthmus. Watching vessels pass through the Miraflores Locks offers a fascinating glimpse into this complex system that transformed global trade. Interactive museums and observation decks provide insight into the canal's history, construction, and ongoing importance to the world economy. Beyond its technical significance, the canal is a symbol of Panama's global identity.

CASCO VIEJO

The historic heart of Panama City, Casco Viejo is a beautifully restored colonial district filled with cobblestone streets, colorful buildings, and centuries-old architecture. Designated a UNESCO World Heritage Site, this charming neighborhood blends Spanish colonial, French, and Caribbean influences. Churches, plazas, and historic landmarks tell the story of Panama's past, while boutique hotels, cafés, and rooftop restaurants bring a lively modern energy. Walking through Casco Viejo feels like stepping back in time while still enjoying contemporary comforts. Street music, artisan shops, and local cuisine create an inviting atmosphere where history and culture are always present.



SAN BLAS ISLANDS

Scattered across the Caribbean Sea, the San Blas Islands are a collection of over 300 tropical islands known for their crystal-clear waters, white sand beaches, and untouched beauty. Managed by the Indigenous Guna people, these islands offer a unique cultural experience alongside stunning natural scenery. Simple accommodations and a slower pace of life allow visitors to fully disconnect and enjoy the serenity of the surroundings. The San Blas experience is defined by authenticity and connection to nature. Snorkeling vibrant coral reefs, sailing between islands, and learning about Guna traditions create a deeply immersive escape.

BOCAS DEL TORO

Located on Panama's Caribbean coast, Bocas del Toro is a lively archipelago known for its colorful towns, laid-back atmosphere, and diverse marine life. Overwater bungalows, palm-lined beaches, and turquoise waters create a picture-perfect tropical setting. Activities such as snorkeling, surfing, and island hopping offer endless ways to explore the region's natural beauty. Bocas del Toro also has a vibrant cultural mix influenced by Afro-Caribbean heritage, adding music, flavor, and rhythm to the experience. Whether relaxing on secluded beaches or enjoying the lively energy of Bocas Town, visitors find a perfect balance of adventure and relaxation.



MORE TO KNOW ABOUT PANAMA

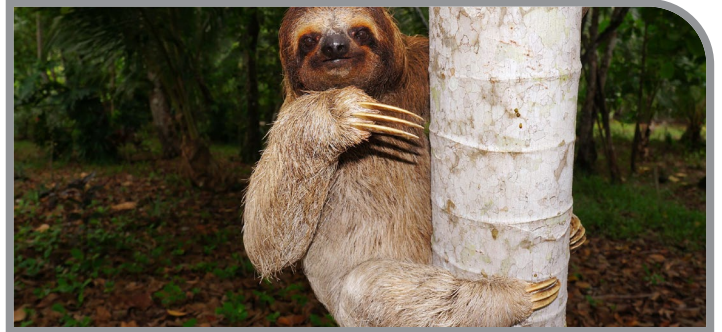


CULTURE & HERITAGE

Panama's culture is a rich blend of Indigenous, Spanish, African, and Caribbean influences. This diversity is reflected in its music, festivals, cuisine, and traditions. From colorful folkloric dances to vibrant celebrations, cultural expression is an essential part of everyday life. Visitors can explore traditional villages, local markets, and historic sites that showcase the country's heritage. This cultural diversity creates a welcoming and dynamic atmosphere that enhances every travel experience.

NATURE & BIODIVERSITY

Despite its small size, Panama is one of the most biodiverse countries in the world. Rainforests cover much of the land, home to monkeys, sloths, toucans, and countless other species. National parks and reserves offer opportunities for hiking, birdwatching, and wildlife encounters in pristine environments. From cloud forests in the highlands to coral reefs along the coasts, Panama's ecosystems are incredibly varied. This diversity makes it a paradise for nature lovers and eco-adventurers seeking unique experiences.



PANAMANIAN CUISINE

Panamanian cuisine reflects the country's cultural diversity, blending flavors from across the world. Fresh seafood, tropical fruits, rice, and plantains form the foundation of many dishes. Local specialties like ceviche, sancocho, and patacones offer simple yet flavorful tastes of the region. Dining in Panama ranges from street food stalls to upscale restaurants, providing a wide variety of culinary experiences. Meals are often fresh, vibrant, and deeply connected to local ingredients.

ADVENTURE & EXPLORATION

Panama offers a wide range of outdoor adventures, from rainforest hikes and zip-lining to snorkeling and surfing. Its unique geography allows travelers to experience both the Caribbean and Pacific coasts within a short distance. Whether exploring jungle trails, diving into clear waters, or discovering hidden islands, Panama provides endless opportunities for adventure in a compact and accessible setting.



MODERN CITY LIFE

Panama City is one of the most modern and dynamic capitals in Latin America, featuring a skyline of towering skyscrapers, luxury hotels, and world-class dining. Yet just minutes away, visitors can find lush rainforest and historic neighborhoods, creating a unique urban experience. This blend of modern convenience and natural beauty makes Panama an ideal destination for travelers seeking both excitement and relaxation.

OUR TRAVEL IDEAS

Discover the world with Central Holidays, where travel becomes art

Choose from meticulously curated escorted tours with set departures or indulge in bespoke travel experiences crafted around your individual interests. Whether your passion lies in ancient history, serene beaches, gourmet cuisine, or vibrant cultures, our journeys are designed to inspire and delight. From celebrated landmarks to secret corners of the globe, explore with elegance, depth, and purpose.



3
DAYS

PANAMA CITY GETAWAY

PANAMA CITY

Panama City is the most beautiful & cosmopolitan capital in Central America. Founded in 1519 by the Spanish, it quickly became an important center of government and church authorities, only to be destroyed in 1671 by Welsh pirate Henry Morgan, later the governor of Jamaica. Gone forever were several beautiful churches, thousands of colonial homes and hundreds of warehouses stocked with foreign goods. Panama City today has several major attractions, among which are these popular four: Panamá Viejo on the eastern edge, whose scattered stone ruins cover a large area; “downtown” or the “new” city of Casco Viejo (Old Compound), re-built by the Spanish just a few miles southwest of the original site.

BEYOND THE CANAL

PANAMA CITY | GAMBOA | PLAYA BONITA

Travel to Panama for 8 amazing days! Beyond its namesake canal, this Panama vacation package presents exciting opportunities for experiencing its rich culture, history, cuisine, and diverse nature visiting Gamboa Rainforest and its Pacific Coast beaches. Explore bustling Panama City from its colonial old center to its modern restaurants and cafés. Witness the magnificent Miraflores Locks of the famed Panama Canal. Take in the natural beauty of Gamboa Rainforest via Aerial Tram. Enjoy days at leisure at the spectacular Westin Playa Bonita Beach Resort and its surrounding areas. Rest, relax, and bask blissfully on Playa Bonita just steps from the resort’s pool.

8
DAYS



9
DAYS

DIVERSE PANAMA

PANAMA CITY | BOCAS DEL TORO | BOQUETE

This enriching journey through Panama highlights the country’s unique blend of history, culture, and natural beauty. Begin in Panama City with visits to the charming Casco Antiguo and the world-famous Panama Canal, followed by an immersive cultural experience with the Emberá Indigenous community in the rainforest. Continue to the cool highlands of Boquete, known for its cloud forests, coffee, and wildlife, before heading to the Caribbean paradise of Bocas del Toro, where island life, turquoise waters, and dolphin encounters await. This itinerary offers a perfect balance of exploration, culture, and relaxation across Panama’s most iconic regions.

