

# PANAMA

It's likely that you have been hearing more and more about travel to Panama as it has continued increasing in popularity as a top Latin American tourist mecca known for being very welcoming to foreigners. At Central Holidays, we are thrilled to take you to experience all that Panama has to offer, from its namesake canal, endless azure seas and beaches, to its bustling cities...from its aromatic coffee plantations, to its naturally profound cloud forests of Chiriquí, come enjoy magical moments in Panama that are all your own. Travel to Panama and delve into the country's diverse areas Panama City, San Blas Islands, plus beach and rainforest areas. Embark on a once-in-a-lifetime Panama vacation package to traverse the Panama Canal. Explore bustling Panama City from its colonial old center to its modern restaurants and cafés. Have a relaxed experience or make it as wild as you like as you enjoy all the country's treasures on your ultimate Panama travel package with Central Holidays.



AREA  
29,119 SQ MI



CURRENCY  
Balboa



LANGUAGE  
Spanish



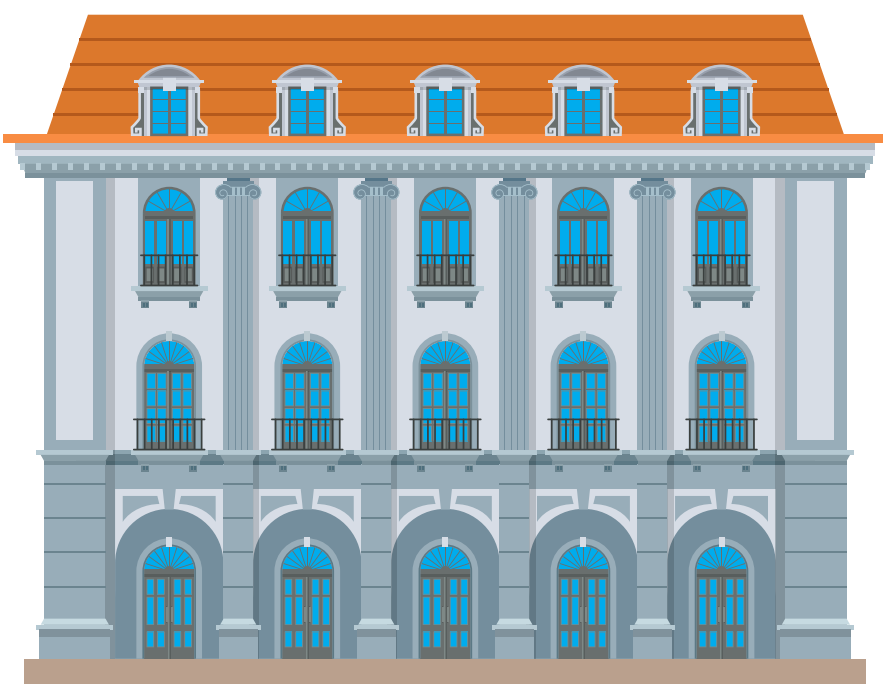
## WEATHER

Panama has a tropical maritime climate with a hot, humid, rainy season (May to December) and a short dry season (January to May).



## LAS BOVEDAS PANAMA

This trellised promenade is one of the most beautiful parts of Casco Viejo. Its vine and bougainvillea covered esplanade runs along the top of the sea wall built by the Spanish to protect the city.



## THE PANAMA CANAL MUSEUM

Is a non-profit and public museum, the museum is devoted to the history of the construction of the Panama Canal in its various stages, it is located in the city's old quarter.



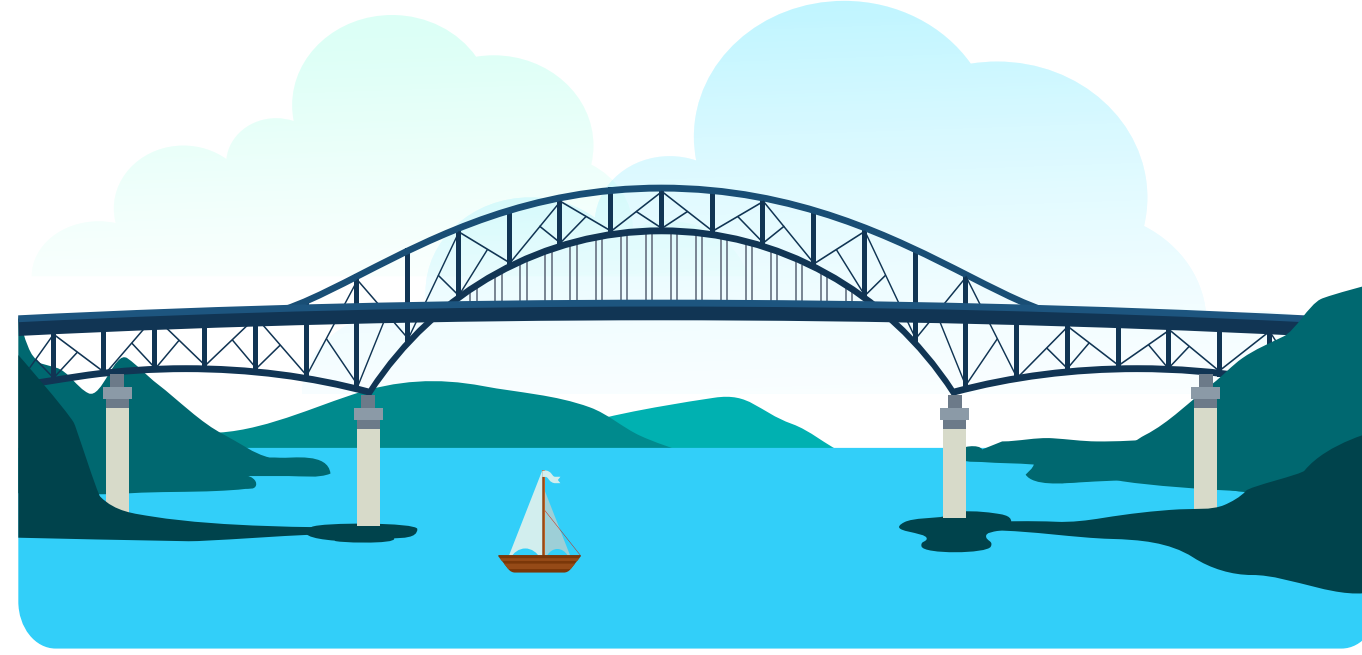
## PANAMA COFFEE

Panama is famous for its Geisha coffee, which is the most expensive in the world. It is arguably magic, indeed. Made from hand-picked coffee cherries that were harvested in the tallest mountain in Panama, Volcán Barú.



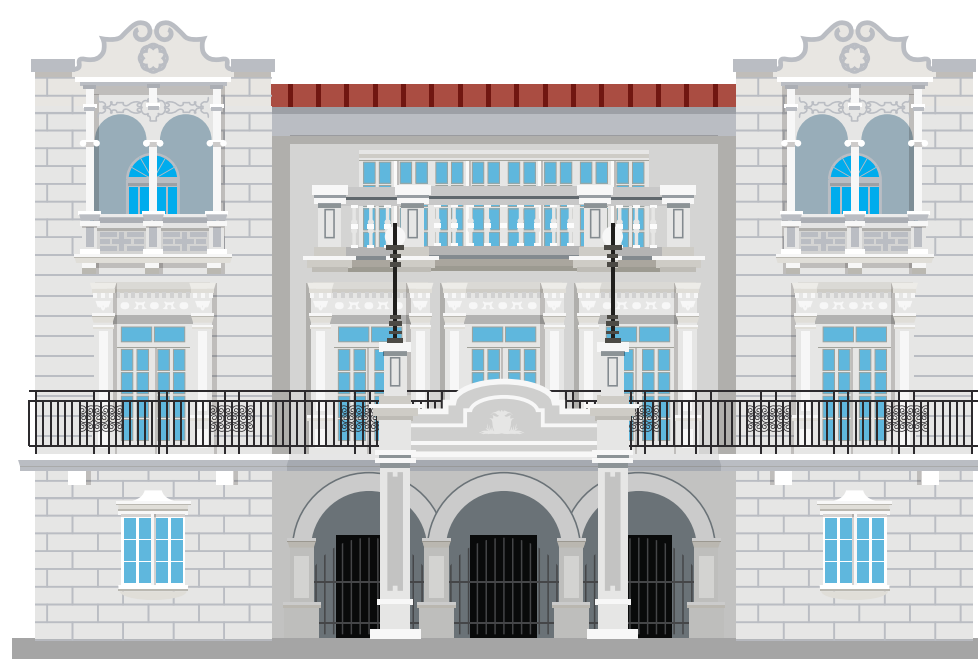
## TYPICAL DANCE

Traditional dance in Panama is lively, colorful, and closely tied to the country's history and cultural identity. Most dances blend Indigenous, Spanish, and African influences, reflecting Panama's diverse heritage. One of the most well-known dances is Tamborito, considered Panama's national dance. It is performed in groups, with women dancing elegantly in a circle while clapping and singing, and men dancing with sharper, rhythmic steps. The dance celebrates community, storytelling, and tradition.



## THE PANAMA CANAL

It is a major feat of engineering and design, an artificial waterway that connects the Atlantic and Pacific Oceans by cutting across the narrow Isthmus of Panama, dramatically shortening global shipping routes while showcasing the critical role of civil engineering, infrastructure design, and technological innovation in enabling international trade and strategic naval movement.



## THE PALACIO DE LAS GARZAS

Or Herons' Palace, is the official office and residence of the President of Panama, located in Panama City. It is named for the herons that roam freely in its courtyard.



## ANIMALS

Panama is a great place to see sloths, which are native to the country's tropical forests and can be spotted in various locations, including city parks and cloud forests. There are multiple sloth species in Panama.



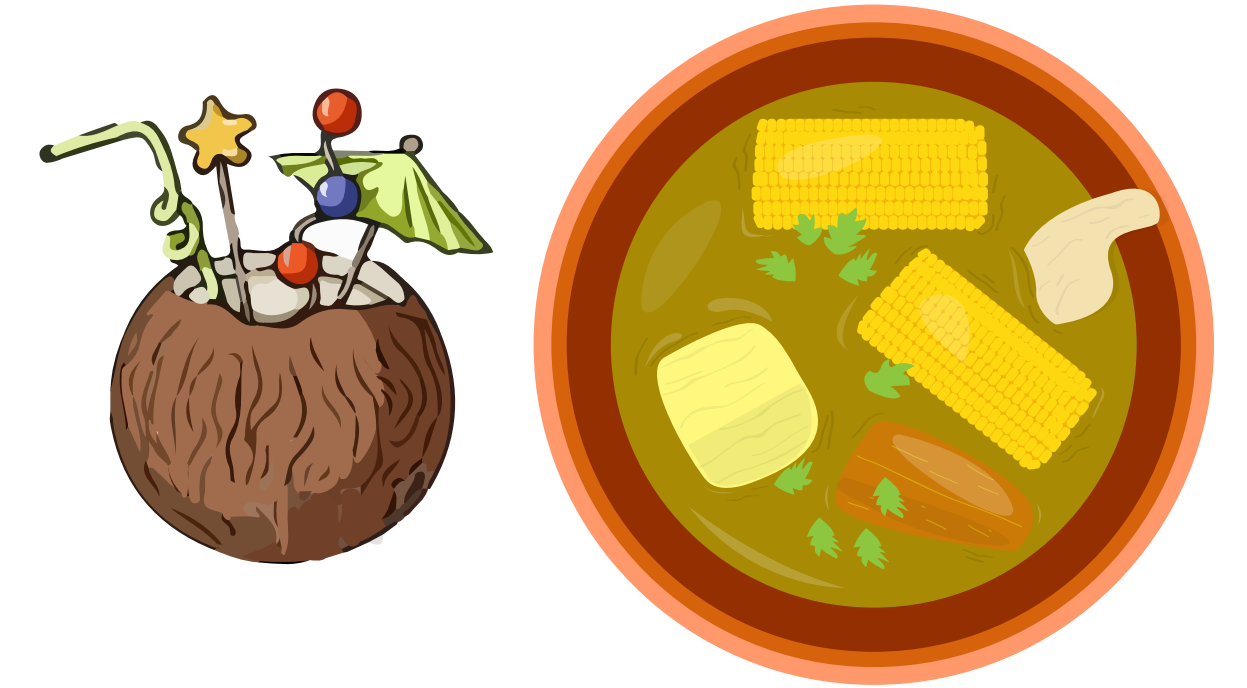
## PANAMA CITY

Panama's capital is Panama City, a large metropolitan area located at the Pacific entrance of the Panama Canal. It is the country's political and financial hub, with a vibrant mix of historic sites like the UNESCO-listed Casco Viejo, a modern cityscape, and natural areas.



## THE SACRED HEART CATHEDRAL

Is a Catholic church located in the old town and it is the episcopal see of the Archdiocese of Panama, The Metropolitan Cathedral of Panama is heir to the Cathedral erected by Pope Adrian VI in the great house of the Cacique Cémaco.



## TYPICAL FOOD

Chicken soup (sancocho) this is a hearty chicken and vegetable soup and is one of the most typical dishes in Panama.

## THE SAN BLAS ISLANDS

Officially known as Guna Yala, are a pristine archipelago off Panama's Caribbean coast, famous for their stunning natural beauty and unique indigenous culture. The islands are a destination for those seeking an authentic, sustainable, and traditional experience in harmony with untouched white-sand beaches and turquoise waters.

