



Chiriquí

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Mabelin Santos/Shutterstock.com

Escape to Chiriquí, known as the "breadbasket" of Panama, where you'll find a mix of stunning landscapes and activities. Fertile mountains and rolling hills, rocky rivers and coffee plantations — there's something for everyone. The province also boasts pristine beaches and islands with excellent sports fishing opportunities. The thriving David City is there when you're ready for a bit of urban life. Located in western Panama, Chiriquí is bordered by Bocas del Toro to the north, Costa Rica to the west, Veraguas to the east, and the Pacific Ocean to the south.

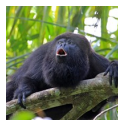
Featured



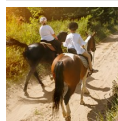
The Rock Restaurant Boquete
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Boquete Brewing Company
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Chorcha Monkey Reserve
Visit the famous Chorcha Monkey Reserve, with amazing howler monkeys in an i...



Horseback Riding
Cross rivers and small streams, encounter beautiful landscapes and admire th...

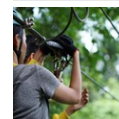


Mike's Global Grill
Mike's Global Grill prepares Asian, American and International food, pours l...

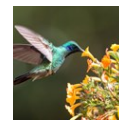
Top 5



Coffee Plantation Visit
Boquete has become one of the most important coffee growing regions in the w...



Canopy Tour (Zip Line)
The Canopy Tour takes you on a zip line of 3 kilometers in total length, div...



Bird Watching
Bird watching is one of Boquete's main attractions with over 900 species of ...



Rock Climbing
"El Gunko" is what the indigenous people of the area call the strange and ap...



The Lost Waterfalls Hike
On a half day hike up the mountains in the rainforest of Chiriqui, one can s...



BOQUETE



Mark Pitt Images/Shutterstock.com

Boquete is located in a beautiful valley with rocky mountain rivers and scenic views and has a growing expat community of people who just fell in love with the town and decided to move here. Boquete is home to multiple coffee plantations, a good selection of restaurants, and is a great place to practice outdoor activities that range from scenic tours in ATV vehicles to rock climbing, mountain biking, canopy zip-lining, horseback riding, golf, bird watching, hot springs, and much more.

Taxi services in Boquete are reliable and readily available. However, there are no taxi meters in Panama and fares may vary depending on the taxi driver. Renting a car is probably the best way to get around, in terms of convenience and price. The bus terminal is located beside the park and opposite to the fire station.

Coffee Plantation Visit



Boquete has become one of the most important coffee growing regions in the world with 1600 independent coffee producers and more than 25 companies that process coffee.

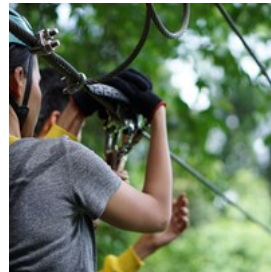
Boquete, produces the best and most expensive coffee in the world, the Arabic Geisha (Gesha).

Besides Geisha, Boquete boasts a wide variety of beans that have won international awards. Here visitors can leisurely sample tasting menus, modeled after Napa Valley wine tours, at coffee plantations.

Finca Lerida Hotel & Coffee Plantation:
Alto Quiel, Bajo Boquete
+507 720 1111

Photo: White Gold Photos/Shutterstock.com
Internet: <https://bit.ly/2PLj5oG>

Canopy Tour (Zip Line)

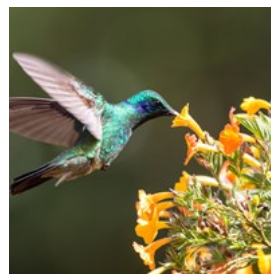


The Canopy Tour takes you on a zip line of 3 kilometers in total length, divided into 12 different zip line cables. This is a tour traversing a cloud forest of century-old trees and waterfalls, where at any time you may encounter fog and the gentle rain locals call bajareque.

Boquete Outdoor Adventures:

Photo: Thanchanok.p/Shutterstock.com
Address: Plaza Los Establos, Ave. Central, Bajo Boquete
Phone: +507 720 2284
Internet: www.boqueteoutdooradventures.com/canopy.html

Bird Watching



Bird watching is one of Boquete's main attractions with over 900 species of birds present in the area. This is the most accessible region of Chiriquí's highlands where the beautiful Quetzal bird can be seen thanks to the conservation of the forest and the aguacatillo tree that provides the Quetzal with its favorite fruit.

Photo: Sue Bishop/Shutterstock.com

Rock Climbing



“El Gunko” is what the indigenous people of the area call the strange and appealing volcanic stone formation in Boquete. It is 13.1 meters high and,

apart from its unique beauty, offers the perfect conditions for a fast and easy climb for every nature lover. For those new to rock climbing, different routes are possible, with regard to physical abilities and age.

Boquete Rock Climbing School

Photo: vonnahmed1/Shutterstock.com
Address: Boquete District 507, Chiriqui
Phone: +507 6788 6789

The Lost Waterfalls Hike

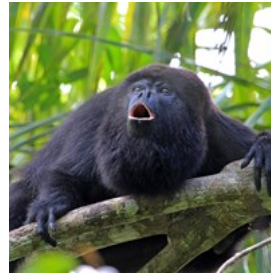


On a half day hike up the mountains in the rainforest of Chiriqui, one can see three beautiful waterfalls, as well as birds, orchids, plants,

flowers and animals that are typical of the tropical rainforest. This hike has a moderate degree of difficulty that requires the participant to be physically fit, and includes some long ascents.

Photo: Pavel Tvrdy/Shutterstock.com
Address: Los Naranjos, Panama
Internet: <http://thelostwaterfalls.com>

Chorcha Monkey Reserve

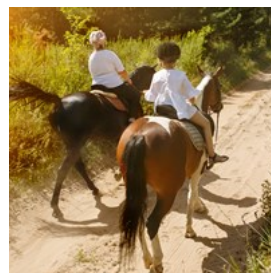


Visit the famous Chorcha Monkey Reserve, with amazing howler monkeys in an indigenous community environment. Enjoy the beauty of these

intelligent monkeys as you find yourself surrounded by nature - an unforgettable experience.

Photo: reisegraf.ch/Shutterstock.com
Phone: +507 6275 7085
Email: rooikop@fastmail.fm

Horseback Riding



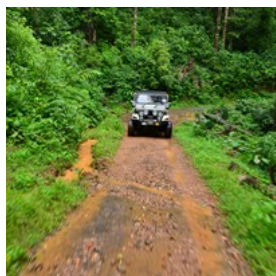
Cross rivers and small streams, encounter beautiful landscapes and admire the Baru Volcano from a very special perspective. Some guided

tours include visiting a lookout point with panoramic vistas of the surrounding mountains and serene valleys blanketed by lush rainforests. From there you will be able to see the Pacific Ocean, Chiriqui's lowlands and the Baru Volcano, all at the same time. Some say the rainforest scenery is the main attraction of a horseback riding tour in Caldera.

Multiple local companies offer organized tours, one of them is Panama Pathfinders:

Photo: victoriyasmail/Shutterstock.com
Address: Avenida Central, Bajo Boquete
Phone: +507 6442 6321
Internet: <http://panamapathfinders.com>

Cloud Forest Safari

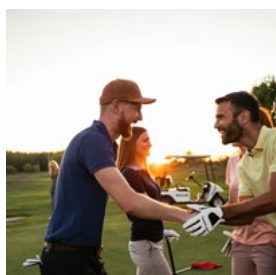


The Cloud Forest Safari is either a hiking or Jeep tour that explores the highlands surrounding Boquete. You'll see white water rivers, cascading

waterfalls, and all the exotic and beautiful foliage of the cloud forest. You may even spot the elusive Resplendent Quetzal on a short hike among the trees. Highlights may include a coffee plantation, an herb garden, and roadside stands where indigenous Panamanians sell their hand-made crafts.

Photo: AmulyaNagaraj/Shutterstock.com

Golf



A world class golf course awaits you in the Chiriqui highlands. Designed by J. Michael Poellot, this 18-hole championship course is part of Lucero Golf &

Country Club, just outside of Boquete. Bring your friends and team up for an exceptional round of golf amid stunning surroundings. Green fees vary depending on the season and include golf cart rental, and packages are available. Ask for details at your hotel reception desk.

Photo: bbernard/Shutterstock.com

Address: Carr La Estrella, Jaramillo

Phone: +507 730 8101

Internet: www.luceroountryclub.com

The Boquete Flower and Coffee Festival



The event is a fantastic opportunity for visitors from abroad and from Panama to truly appreciate the agricultural importance

of Chiriqui. Last year, over 35,000 flowers were displayed at the fair, including orchids from Australia, Japan, the United States, Costa Rica and, of course, Panama.

While flowers are the main attraction at the fair, local agricultural produce is also showcased, including potatoes, strawberries, cabbage, and lettuce. The most important of all the produce is the coffee, which is "cupped" or tasted here by local experts.

Without a doubt, the Boquete Flower Festival is one of Panama's most popular rural events, receiving around 100,000 visitors during its ten days, and with the income generated from the fair hovering around the \$2 million mark, it is extremely important to the area from an economical point of view.

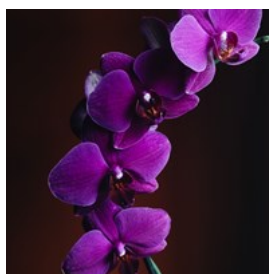
Photo: leandrodcz/Shutterstock.com

Phone: +507 730 9466

Internet: www.feriadeboquete.com

Email: feriadeboquete@gmail.com

The Orchid Expo



The Orchid Expo is an annual event in Boquete that takes place at the Flower and Coffee Fairgrounds around Easter time. Orchid

lovers around the world have formed associations and clubs to collect and cultivate these exquisite flowers, which exist in thousands of varieties. More than just a chance to show off their beauty, the expo raises awareness of the

threat to orchid plants by excessive logging. Plant exhibits, local handicrafts, conferences and cultural presentations are all part of the Expo.

Photo: Rita Ox/Unsplash.com

Opening hours: The Expo takes place in March or April

Boquete Brewing Company



This hipster fixture is an unlikely, yet pleasantly surprising find in Boquete. Six varieties of beer brewed in-house are complemented by

international additions, and there is even a food truck on site. The microbrewery also offers guided tours, and you can sample the beers before deciding on a specific one.

Photo: David Prah/ Shutterstock.com

Address: Avenida Central, Bajo Boquete

Opening hours: Tue-Wed 3-10pm, Thu-Sat 3pm-12am, Sun 3-10pm

Phone: +507 6674 4246

Internet: www.boquetebrewingcompany.com

Email: boquetebrewingcompany@gmail.com

The Rock Restaurant Boquete



The little town of Boquete offers a good selection of restaurants catering to all tastes and budgets. Since Boquete is an agricultural town, chefs have access

to the freshest organic vegetables and herbs.

One praiseworthy local restaurant, The Rock, is located on the banks of the Palo Alto River, just outside of central Boquete. The large windows allow for fantastic views up the valley, and the fireplace seating area is a cosy spot at night. "Food without pretences" is their motto, and the menu focuses on locally available produce and

meats. Steaks and ribs are cooked to perfection and may be accompanied by artisan beers made exclusively for the restaurant or the perfect wine. Thursday is All-You-Can-Eat Rib Night. If you are in Boquete, a meal at The Rock is a must.

Photo: Rawpixel.com/Shutterstock.com

Address: Avenida 11 de Abril, Boquete, Chiriqui

Opening hours: Daily 7am-9pm

Phone: +507 720 2516

Internet: www.therockboquete.com

Email: reservations@therockboquete.com

Mike's Global Grill



Mike's Global Grill prepares Asian, American and International food, pours local and imported beers, and features American football on

big-screen TVs. Gaining popularity with locals, expats, and tourists alike, Mike's has the right international mix. It hosts live music performances every week, and they occasionally have "open mic" night on Fridays.

Photo: George Rudy/Shutterstock.com

Address: Avenida Central, Boquete

Opening hours: Mon-Tue 11am-6pm, Wed-Sat 11am-8pm

Phone: +507 730 9360

Internet: www.mikesglobalgrill.com

Email: info@mikesglobalgrill.com

VOLCAN, BAMBITO & CERRO PUNTA



Mark52/Shutterstock.com

Besides being the fruit and vegetable basket of Panama, this area offers the most scenic destinations, a wonderful climate that ranges from 12°C to 25°C in temperature, rocky mountain rivers, indigenous tribes, great hiking trails, horse farms, orchid farms, fresh produce (strawberries especially), ancient archaeological sites, great bird watching, and most impressive of all, the Baru Volcano, Panama's tallest mountain at 11,398 feet, from which on a sunny day you can see both the Pacific and the Atlantic Ocean. The area offers multiple cabins, hotels, and hostels to suit all tastes and budgets.

Baru Volcano Hiking



At 3,475 meters (11,400 feet), the Baru Volcano is Panama's highest point. The trek to the top of this volcano is for the fit and adventurous only. You

will encounter 4 different types of forest, and if the weather permits, you will be able to see both the Pacific Ocean and the Caribbean Sea from the peak of this volcano.

If you hike back and forth the same day, it will take 12 hours. It is advisable to camp overnight to lessen the intensity of the hike. At the summit, the temperature can drop below zero.

Tips:

1. Take a minimum of 2 liters of water per person.
2. Take food that is light and easy to digest. Good foods to take are cookies, pre-prepared sandwiches, fresh fruit, energy bars, chocolates, etc. Canned food and anything that adds unnecessary weight is not recommended; remember you have to carry everything on your back.
3. Wear light and comfortable clothes, temperature regulating clothes (if possible), as they are lighter to carry in your backpack and will protect you from the very cold weather and strong winds at the summit. Wear a pair of comfortable sneakers or preferably a pair of hiking boots.
4. Trekking poles are a good idea to take if you have any. They will help support your weight during the descent.
5. Between April and December, there is a chance of rain, so if you go during this time, take a waterproof jacket to keep dry.

Multiple organized hiking tours are offered by local companies.

Photo: Chanwit Ohm/Shutterstock.com

Finca Dracula



Finca Dracula is located 2000m above sea level in the lush little charming town of Guadalupe, Cerro Punta, and is dedicated to the promotion of education, research and the conservation of orchids and other tropical ornamental species. The farm was originally owned by Swiss German

settlers in the 1920s and acquired by Andrew Maduro in 1969, who engaged in land reforestation.

Today, Finca Dracula is considered to be one of the largest orchid collections of the Americas, being home to 2,700 exotic orchid species, of which you can spot at least 124 Dracula genre. Approximately 150 species of orchids unknown to the scientific world have been discovered here.

Photo: Joe Pilié/Unsplash.com

Address: Calle Principal, subiendo a los Quetzales, Cerro Punta

Opening hours: Open seasonally (starting January)

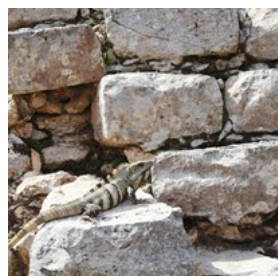
Phone: +507 771 2070

Internet: www.fincadracula.com

Email: dracula@madurotropical.com

More Info: Guided tours are available by appointment.

Sitio Barriles



The Sitio Barriles site is located on a private farm, Finca Landau, just outside of Volcan. It is one of Panama's most famous archaeological

sites, where Pre-Columbian Indian artifacts and petroglyphs are preserved. The family that owns and lives on the farm provides tours of the property, which has some unique and odd features. This is an interesting and enlightening way to learn about the history of the area and the art and culture of the original inhabitants of the region.

Visits are free; guided tours are inexpensive and well worth it.

Photo: francesco de marco/Shutterstock.com

Janson Coffee Farm



The Janson Coffee Farm is a marquee destination of Western Chiriqui.

Whether visiting for the exceptional vistas of Volcan Baru from the

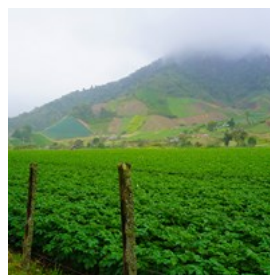
Coffee Shop, coming for the world class birding, or touring with Lagunas Adventures, you are sure to enjoy your experience.

Photo: PANDECH/Shutterstock.com

Address: Janson Coffee Farm, Las Lagunas, Cafetales Baru, Volcan, Chiriqui

Internet: www.jansoncoffeefarm.com

Cerro Punta



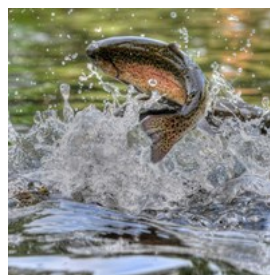
The Cerro Punta area of Chiriqui is the

breadbasket, or rather the vegetable basket of Panama. This area is where ninety percent of

all the fresh produce in Panama comes from. Strawberries, lettuce, tomatoes, cabbage, potato, oranges and flowers are abundant here. Cerro Punta and Bambito are quiet and colorful with breathtaking views of the mountains and rocky gurgling rivers. It is common to see the local indigenous people walking in their traditional costumes.

Photo: Inspired By Maps/Shutterstock.com

Fishing

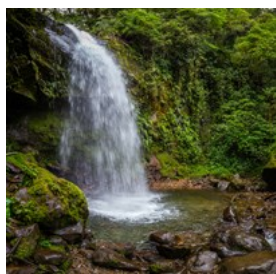


Bambito is perfect for sitting by a river with a fishing pole. Sit back and relax while catching dinner or visit Truchas de Bambito trout farm where

you can catch or buy rainbow trout.

Photo: Paul Winterman/Shutterstock.com

La Amistad International Park



La Amistad International Park is a 207,000 hectare cloud forest park which straddles the border shared by Panama and Costa Rica, and the Cordillera Central (the Continental Divide mountain range). The park is a UNESCO World Heritage Site due to the diversity of plant and animal life here, and the headwaters of several major rivers can be found here. Numerous rare species inhabit the park, such as the harpy eagle and crested eagle, the quetzal, tapirs, five species of cats, several monkeys, and indigenous frogs and reptiles. The park is open to the public and accessible by road. The Visitor's Center is located at Las Nubes, Cerro Punta, along with a camping area and trailheads.

Photo: Pavel Tvrdy/Shutterstock.com

Haras Cerro Punta



Haras Cerro Punta is a thoroughbred horse breeding farm and stable located between Cerro Punta and Guadalupe. The paddocks are set in the alpine hills, thick with lush greenery and spectacular vistas of the countryside. This stable is famous for breeding, nurturing and training racehorses for Panama and other countries. The 100 hectare farm is home to more than 200 animals and the trainers have produced many champion horses. The family-owned stable is well known for their annual thoroughbred auction and community sponsorship. Tours of the farm can be arranged and guides are on site.

Photo: OLEH SLEPCHENKO/Shutterstock.com

Address: Vía Guadalupe, Cerro Punta, Bugaba, Chiriquí
Phone: +507 7712057
Internet: www.harasceropunta.com
Email: info@harasceropunta.com

Cerro Brujo Gourmet



A highlight of any visit to the province, Cerro Brujo Gourmet is a rustic restaurant run by talented chef Patricia, who welcomes diners in person and is a prominent figure in the local community. She lays emphasis on fresh, organic ingredients, and changes the menu up seasonally, continuously offering up pleasant surprises.

Photo: Andrei_R/Shutterstock.com

Address: Brisas del Norte, Volcan
Phone: +507 66699196
Email: cerrobrujogourmet@gmail.com

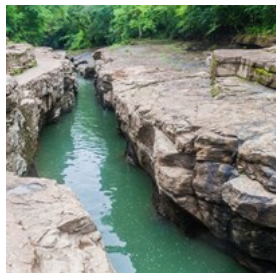
DAVID



Moto-gundy/Wikimedia Commons (image cropped)

The capital of the province of Chiriquí, David is an expanding rural city with a commercial and banking area, hospitals and malls. It is conveniently located 5 minutes away from the province's local and international airport, and best of all, it is a short drive from Chiriquí's most coveted mountain and beach destinations.

Cangilones Canyon Swimming



The beautiful natural canyon within easy reach from the city of David is a popular attraction in the area. Its tempting blue waters are excellent for swimming, and it's a thrill to jump in from a nearby rock (exercise caution). Rocks surrounding the canyon are also excellent for bouldering.

Photo: Matyas Rehak/Shutterstock.com

Address: Gualaca District

Public Transport: Bus to Gualaca, plus 1km walk

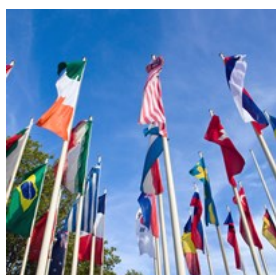
La Barqueta Beach



This beautiful sandy beach lies only a short 30-minute drive away from downtown David. There is some infrastructure around the beach, with restaurants and other facilities. The beach is also where marine turtles come to nest, which is the reason a Wildlife Refuge was first established here.

Photo: Ayaita/Shutterstock.com(image cropped)

David International Fair



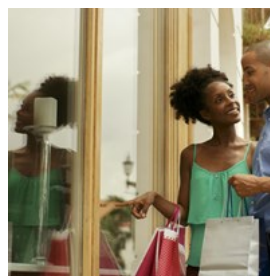
The David International Fair draws exhibitors, participants and visitors from all over the country for ten days each year. Agricultural displays, vendors and livestock auctions dominate this country fair during the daytime. All types of retailers set up booths for the fair selling cars, electronics, clothing and shoes, furniture and housewares, and many hand-made items. At

night, the fairgrounds transform into an enormous outdoor discotheque sponsored by the beer, seco and rum distributors with booming music provided by DJs. The fair is always held in March.

Photo: elxeneize/Shutterstock.com

Opening hours: March

Shopping



David is home to the best shopping in Chiriquí, offering a variety of department stores, hardware and electronic stores, boutique liquor stores, pharmacies and large supermarket chains. Travelers and residents from Boquete, Volcan, the beaches and even the neighboring province of Bocas del Toro travel to David to acquire their preferred brands.

There are also plenty of street vendors and small markets selling fresh produce all over the downtown area.

Plaza el Terronal Mall

Photo: Diego Cervo/Shutterstock.com

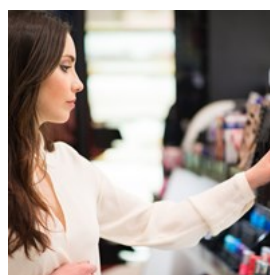
Address: Vía Panamericana con Avenida Francisco Clark, David

Opening hours: 8am-10pm

Phone: +507 6666 0000

Internet: www.plazaeltorrional.com

Farmacias Arrocha



This franchise combines a department store with a pharmacy in an elegant, upscale design. Each store has individual counters for cosmetic giants such as Estée Lauder, Clinique, Lancôme

and L'Occitane. Housewares, school supplies, home décor, toys, baby care items and toiletries fill up the shelves. They have dozens of stores all over the country and the one in David is in Plaza Terronal Shopping Center.

Photo: Minerva Studio/Shutterstock.com
Address: El Terronal, David
Phone: +507 774 8929
Internet: <http://arrocha.com>

El Fogón



This reliable local favourite has been serving up meat, pasta, and many other Panamanian and international dishes for years. It's a casual spot set smack in the heart of David's downtown.

Photo: Juan Gomez/Unsplash.com
Address: Av. 2a Oeste, David
Opening hours: Daily 12-10:30pm
Phone: +507 775 7091

Terra Ristorante & Pizzeria



One of the latest additions to the local dining scene became a near-instant favourite with local families and Italian cuisine aficionados. Terra serves up excellent pizza, pasta, meat, and seafood out on a buzzing terrace, opening for lunch and dinner.

Photo: Vitchakorn Koonyosying/Unsplash.com
Address: Calle U Norte, David
Opening hours: Mon-Sat 12-3:30pm, 6:30-10:30pm
Phone: +507 788 8081
Email: terrarestaurant1@gmail.com

Getting Around



highway.

You can fly Air Panama from Albrook Airport directly to David, or take a 6 to 6.5 hour drive from Panama City along the PanAmerican

Very affordable buses run here from the Albrook Bus Terminal, but the most convenient way to get around is by rental car or taxi, which is reliable in David.

Photo: Alexis A Patano/Shutterstock.com

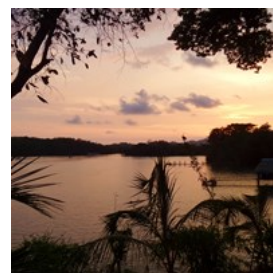
BEACHES & ISLANDS



Ayaita/Wikimedia Commons (image cropped)

Chiriqui is a province that has it all. Although famous for its cool highlands, it also has some of the most beautiful, pristine beaches and islands in Panama. The Gulf of Chiriqui is abundant in marine life and barely explored. Explore and enjoy all that Chiriqui beaches have to offer.

Boca Chica



30 miles east of David is the sleepy fishing village of Boca Chica. A rather unassuming town of few permanent residents, Boca Chica has recently

started to attract interest from investors and holidaymakers.

The Chiriqui Gulf National Marine Park is a protected area of some 15,000 hectares that includes approximately 20 islands, including the Islas Secas, Islas Paridas, Islas Ladrones and Isla Montuosa. Protected since 1994, the Chiriqui Gulf Park is home to some spectacular wildlife, both underwater and on land, including howler monkeys, anteaters, sloths, caiman, humpback whales, dolphins and several varieties of sea turtles.

Boca Chica is located about a 5-hour drive from Panama City. Approximately 40 km before David, turn left to Horconcitos and follow the road to Boca Chica. Alternatively, fly to David and then drive 40 km towards Panama and turn right at the sign that reads Horconcitos.

There are limited facilities in the area so if you are planning a day tour bring your snacks and beverages with you. There are a few small convenience stores in town and if you are planning an extended visit, your hotel will provide food and beverage services.

Photo: Stika/Shutterstock.com

Boca Brava Island at The Gulf of Chiriqui



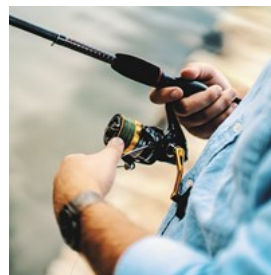
Most explorers of the area make their base on Boca Brava Island, about a 20 minute boat ride from Boca Chica.

Attractions in the area include some of the best scuba diving in the world. Thanks to the waters being virtually unexplored, divers here are likely to see all kinds of creatures from white tipped reef sharks to spotted eagle rays and guitar fish. Large pelagic species are extremely common here, attracted by the cooler, deep waters and the abundance of

smaller fish. The best dive sites are found around the Islas Secas and the Ladrones, which also have spectacular snorkeling and beaches. These islands are fairly far from Boca Chica and Boca Brava, so be sure to go on a decent boat.

Photo: Rob Tiggelman/Flickr(image cropped)

Sports Fishing

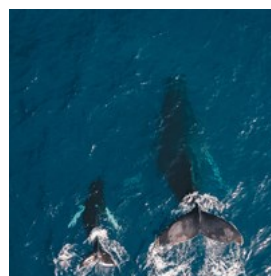


Boca Chica is home to some of the best sports fishing in the world.

Different tour operators can tailor packages that best fit your budget and your needs. The Gulf of Chiriqui is one of the richest marine life spots in the world with over 50 IGFA world records. Depending on the season, you will be able to fish marlin, sailfish, dorados, yellow fin tuna, wahoo, roosterfish and so much more.

Photo: Evan Wise/Unsplash.com

Whale Watching



One of the area's great attractions is the whale watching. Whales are usually seen here from June to October. The sight of such an

enormous creature leaping from the ocean is nothing short of spectacular and they are seen here quite regularly. Local fishermen, who also act as tour guides in the area, have an extremely keen eye when it comes to spotting whales and dolphins, so if you're looking to spot whales, you will be in good hands.

Photo: guille pozzi/Unsplash.com

Seagullcove Lodge



This is an exclusive hideaway on a bluff overlooking the water at the end of the road to Boca Chica. The five bungalow cottages are scattered along a slope and face the sea or lush gardens. Each has its own terrace, A/C and satellite TV and is decorated with a sophisticated simplicity. The restaurant is contemporary Panamanian with an emphasis on fresh seafood, and has both indoor and outdoor seating. This is truly a retreat from everyday life and an ideal spot for fishing and other water activities.

Photo: Peter Fogden/Unsplash.com

Phone: +507 851 0036

Internet: www.seagullcovelodge.com

Email: info@seagullcovelodge.com

TOURIST INFORMATION



DisobeyArt/Shutterstock.com

Passport / Visa



Citizens of the majority of European and American (North & South) countries, as well as a number of countries in Asia & Africa, do not require a visa to enter Panama for up to three

months, provided they hold a passport valid for at least 3 months from the date of entry.

When entering Panama by land, visitors may be asked to produce an onward ticket, as well as proof of sufficient financial resources to last their stay. You may also need to obtain a tourist card on arrival; fees may be included in the flight ticket.

Note that export of any goods made from endangered species is strictly prohibited, and punishable by law.

Immigration requirements are subject to change, so please familiarize yourself with the latest updates prior to travel.

Photo: TukTuk Design/Shutterstock.com

Best Time to Visit



The highlands of Chiriquí offer a year round spring-like climate with temperatures ranging between 12°C and 25°C, while its capital David and the beach areas can reach up to 33°C at its highest with an average of 31°C through the year.

Photo: VectorA/Shutterstock.com

Enrique Malek Airport



Also known as David Airport (IATA: DAV), Enrique Malek International Airport located in David with domestic flights to and from Panama City and international flights to and from San Jose, Costa Rica, recently

expanded and now has a longer runway for more international flights and a new passenger terminal.

Taxis are readily available on arrival. Buses depart to multiple destinations around the Chiriqui Province from the David bus station.

Photo: Juan Garces

Address: Pedregal, Province of Chiriqui

Phone: + 721 1072

Transportation



Take the bus through the mountains from Panama City's Albrook Bus Terminal to reach Chiriqui. Within the province, multiple bus

connections are available, the city of David being Chiriqui's primary transportation hub.

Public buses may be flagged down off the sides of the road. Renting your own car is probably the easiest and most convenient way of getting around, but taxis are normally readily available (make sure to agree on the price prior to travel). For longer journeys, there are multiple local tour operators that offer private shuttle service. Many hotels run their own transfer services.

Panama Travel Services

Photo: Pierre-Luc Auclair

Address: Ave. Central, Bajo Boquete

Phone: +507 6900 5553

Internet: www.ptspanama.com

Health



Medical care is generally easy to access in Panama, and the quality of services provided is rather high. Although no vaccinations are required to enter Panama, getting shots against hepatitis A, typhoid & yellow fever is recommended to all travelers.

Photo: Gemma Garner

Post



Correos y Telégrafos Nacionales de Panamá runs postage services in Panama. There are multiple locations across the province, and long lines are not uncommon.

For expedited shipping, use private carriers such as FedEx, DHL or Worldwide Express, all available in Panama.

Photo: Andy Fuchs

Telephone



There are no codes for individual provinces in Panama; to dial a number, enter the country code 507 followed by a 7-digit local number.

Pay-as-you-go phone cards, as well as SIM cards from local mobile operators, are readily available for purchase.

Photo: Jardson Almeida

Electricity



110 volts, 60 Hz Standard
flat two-pin plugs

Photo: Stirling Tschan

Population

462,056 (2019 official estimate)

Currency

United States Dollar / Panamanian Balboa (PAB)

The Panamanian balboa is the official currency of Panama and is pegged to the US dollar at a rate of 1:1, meaning that one balboa is equal in value to one U.S. dollar. There are no paper Balboa banknotes. Instead, US banknotes are used. Balboa (and their subunit, centésimo) do come in coin forms, though.

Opening hours

Most businesses in Panama are open Monday to Friday
8am–5pm

Internet

www.tourismpanama.com

Newspapers

La Prensa — www.prensa.com

El Siglo — elsiglo.com.pa

La Estrella de Panamá — www.laestrella.com.pa

Critica (tabloid) — www.critica.com.pa

Día a día — www.diaadia.com.pa

Panamá América — www.panamaamerica.com.pa

Emergency numbers

911