

Panama Map



Introduction



Panama, often referred to as the "Bridge of the World," has become one of Central America's most desired travel destinations. Its metropolitan capital, Panama City, rivals both the stunning blue coastline of Miami and the shimmering skyscrapers of Hong Kong. Beyond the city limits, you will find a diversity of flora and fauna unique only to this region of the world. Panama's slim landmass offers visitors easy access to both Caribbean tranquilities and Pacific ecstasies. Most notably, it contains the renowned canal that connects the Atlantic and Pacific oceans in an impressive display of human capacity. Recent expansion efforts offer Panama a unique position as a major hub of international transit. Moreover, this small Central American nation offers an astonishing variety of landscapes, both natural and cosmopolitan, leaving many to consider it paradise.

This detailed country guide was crafted with the intention of exposing all that Panama has to offer. In it, you will find fundamental information about Panama's geography, history, culture, and cuisine, as well as a comprehensive list of tips and suggestions regarding health, safety, and travel to and within Panama. Furthermore, the basics of capitalizing on Panama's favorable investment climate are detailed in this handbook. Finally, a presentation will be given of Gran Islotes, Azuero Peninsula Beachfront Community - a truly unique opportunity to live and retire in one of the most sought after destinations in the hemisphere.



Welcome to Panama

Geography

Panama is located in Central America, bordering Costa Rica and Colombia between the Caribbean and Pacific Oceans. Panama has long since been considered the bridge between North and South America, and this can be seen in its wide diversity of wildlife from both continents.

Despite its smaller size, Panama is home to a variety of terrains including volcanic mountain ranges like the Central Mountains, the San Blas, Talamanca, and Tabasará; forested lowlands and valleys; rainforests, swamps, and thick jungle such as the Darién Gap; sandy beach coastlines along both the Caribbean and Pacific; as well as a plethora of tropical islands such as the Bocas del Toro and San Blas Archipelagos in the north, and the Pearl Islands, Taboga, Cebaco, and Coiba in the south. Throughout the country are hundreds of rivers and waterways including the Charges, Chepo, Chucunaque, San Pablo, Santa María and Tuira. Panama is as well home to the Panama Canal, an impressive engineering achievement constructed in 1904, connecting the Pacific and Atlantic Oceans.

A whopping 70% of Panama is made up of warm lowlands, of which the majority of Panama's population resides. These lowlands are made up of the Southern Plains, the Central Isthmian Hills and Plains, the Eastern Depressions, and the Northern Plains and Lowlands. The remaining 30% of Panama's territory is comprised of highlands including the Central Mountain Range, the Northeastern and Southeastern Arches, the Southern Massif, and the Barú Volcano (Panama's highest peak). Additionally, more than 25% of Panamanian territory is protected by one of its many national parks and nature reserves.

Provinces



The Republic of Panama is divided into ten governing provinces: Bocas del Toro, Coclé, Colón, Chiriquí, Darién, Herrera, Los Santos, Panamá, Veraguas, Panamá Oeste. Additionally, there are three provincial-level indigenous territories called comarcas. A comarca indígena is a territory of substantial indigenous population that has been granted equivalency to the Panamanian provinces. Beginning in 1972, the government of Panama was mandated to establish comarcas as equal entities to national provinces. Comarcas maintain rights of their land, administrative power,