

# The Best Natural Attractions in Panama

Panama is a country luring tourists not only with remarkable cities but also fascinating wildlife and national parks.

**National Metropolitan Park:** Panama City is proud to say that it's the only city that has a tropical rainforest despite the fact that it's in an urban setting. Tourists who have more than enough time would enjoy visiting the national parks. Likewise, if you want to enjoy the scenery of a busy street with a touch of wildlife, it's ideal to hop in a cab for 10 minutes and appreciate your surroundings as you head towards your next destination.



**La Amistad International Park:** The park is a UNESCO site thanks to its biodiversity. As an international park, it's managed by Costa Rica and Panama. It has a number of virgin forests, such as the La Amistad's Talamanca Range that continues to be a home of several species of mammals and 400 species of birds. Most of them are already endangered. When it comes to accessibility, the Chiriquí Highlands is inaccessible. Though, in this location, there is a number of walking trails that would be ideal for hiking or trekking.

**Soberania National Park:** It's a park located 40 minutes away from Panama City. In here, you'll be able to enjoy the pristine rainforest of Soberania. Thankfully, this area has been protected because it keeps the canal flowing smoothly. The wild species of migratory birds coming from South and North America made this park truly unique and remarkable. Furthermore, there are several trails that connect the two coasts, known as the Camino de Cruces. Not just that, there's also the ever-famous Pipeline Road that's very popular for bird-watchers, because of the different kinds of birds that inhabit this place. Most of them are considered to be endangered already.



**Volcan Baru National Park:** Considered to be the center of attraction of the country, the Baru Volcano is 3,505m tall and it's the national park's centerpiece that's also known as a "bioclimatic island." This place is the home of a wild rainforest that's filled with towering trees, bamboo gardens, orchids, and sprouting bromeliads. Aside from those, this place emits a prehistoric ambiance to tourists. Some consider it to be eerie, but for others, it's nature's wonderful gift. Even bird-watchers love to visit Baru Volcano as they try to catch a glimpse of the resplendent Quetzal.

For hikers, passing the Quetzal Trail is always like a thrilling and exhilarating adventure, primarily because it connects the towns of Cerro Punta and Boquete. The crystalline rivers also provide a thrill of whitewater rafting. That's why, on a sunny day, it's very common to see hikers from both the ocean and near the volcano.

**Isla Coiba:** Back then, this tourist destination is best known for being a penal colony where the worst criminals of Panama were thrown away. Though, because of that, this place became an isolated paradise for nature-lovers, snorkelers, and divers. The UNESCO site protects 38 islands and marine waters. The island is often labeled as the Galapagos Islands of Panama.



**The Darien Wilderness:** It's a vast swampland and forest that's one of the untouched regions in the Americas. Therefore, a large part of this area remains inaccessible. For those who enjoy an isolated and remote location, this would be ideal for you. It's also known to be a world-class bird watching site for bird enthusiasts out there. You'll be able to see a flock of colorful macaws and other species no matter what time of day it is.

**The Kuna Yala Comarca:** A tropical paradise that houses more than 350 islets and islands ringed in white sands, mangrove swamps, and coral garden. Thankfully, because this region is not fully developed yet and intact by modernization, the scenic views remain untouched. Thus, you could appreciate its natural beauty up to now. Most tourists come to this place to enjoy the relaxing ambiance of the island of Comarca.

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