



CANTOURS
P A N A M A Y O U R W A Y

Panama at a Glance: 10 Regions Compared

Altitude, climate, and real travel time from Panama City for every region we take you to explore — so you can start narrowing it down before your trip.

A FREE GUIDE BY CANTOURS

THE 10 REGIONS

Panama City

Sea level • 24-32 °C year-round

Skyscrapers facing the Pacific and a 17th-century colonial quarter. The Canal twenty minutes away. Everyone who arrives in Panama lands here.

Boquete and Chiriquí

≈1,200 m above sea level • 15-25 °C • 6 h 30 from the city

Geisha coffee, Barú volcano, cloud forest. Nobody runs air conditioning up here. The country's largest foreign community settled in decades ago.

Santiago de Veraguas

≈80 m • 24-33 °C • 3 h 30 from the city

The country's exact centre. One hour away from the Santa Fe highlands, two to the surf of Santa Catalina and Coiba island.

Penonomé

≈80 m • 24-33 °C • 2 h from the city

Coclé's capital on the Pan-American highway. Painted hats, the Zaratí river, the mountains of La Pintada. Panama with nothing translated for foreigners.

El Valle de Antón

≈600 m • 20-28 °C • two hours from the city

A town inside the crater of a dormant volcano. The India Dormida ridge, hot springs, and a crafts market open every day.

Coronado

Sea level • beach • ~1 h from the city

The closest beach to the capital. Supermarkets, clinics and golf courses where twenty years ago there was nothing but sand.

Río Hato

Sea level • beach • ~1 h 45 from the city

Playa Blanca, Farallón and Buenaventura on one stretch of coast. Plus its own international airport, which no other Panamanian beach has.

Chitré

Sea level • 24-34 °C • 3 h 30 from the city

The heart of Azuero. Real hospitals, a university and commerce, and a tradition of carnivals and festivals that runs all year.

Pedasí and the Azuero peninsula

Sea level • coast • 5-6 h from the city

A fishing village half an hour from Playa Venao. Isla Iguana, humpback whales from July to October, and real silence.

Bocas del Toro

Sea level • 26-31 °C • 1h flight or 9h by road and boat

Nine Caribbean islands, houses over the water, coral reef. You get there by small plane or a full day of road and boat.

Ready to see them in person?

A guide is a starting point. The only way to know if a region is really for you is to walk it — visit the clinic, the supermarket, the neighborhood, not just the viewpoint. Tell me your days and your dream regions, and I'll build a trip around it.

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