



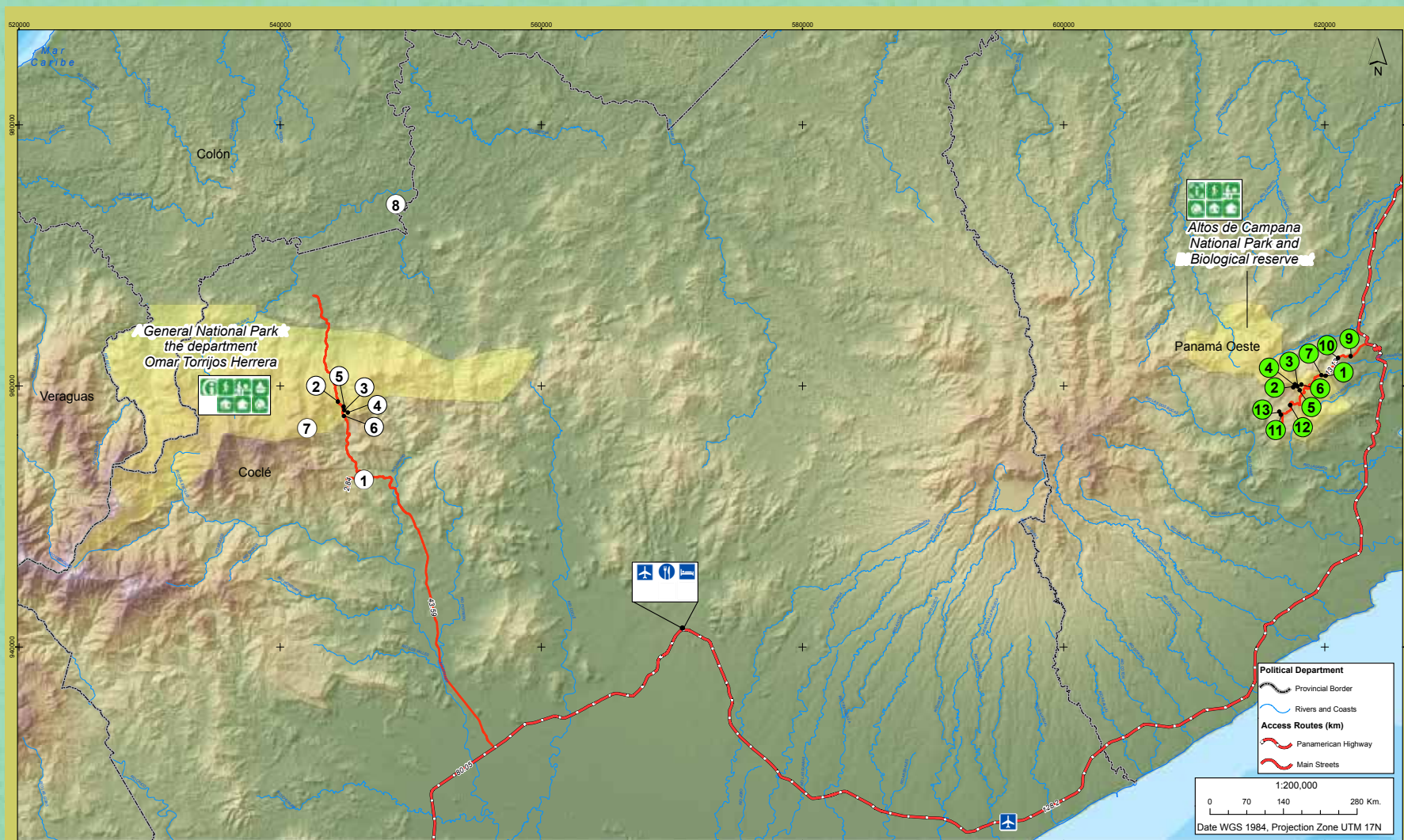
VOLCAN BARU NATIONAL PARK
LA AMISTAD INTERNATIONAL PARK
ALTOS DE CAMPANA NATIONAL PARK AND BIOLOGICAL RESERVE
GENERAL NATIONAL DIVISION PARK OMAR TORRIJOS HERRERA



Resources Identified in the Circuit 4 West: Highlands Destination



Resources Identified in the Circuit 4 East: Highlands Destination

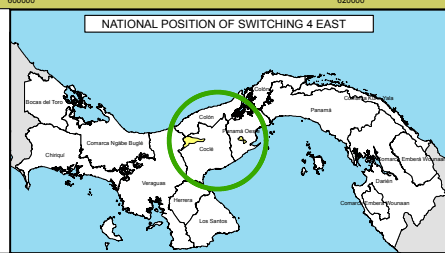


General National Park of the Department Omar Torrijos Herrera		Coordinates	
	X	Y	
1- My Environmental Administrator	546418.09	952739.92	
2- The Calvary Point of View	544412.53	958824.27	
Hiking Trails			
3- The Frog	544957.46	958185.38	
4- Peace Corps	545189.64	957930.79	
5- The Ferns	544931.35	958284.82	
6- Ranger Station	544904.32	957667.25	
7- The Misery	542059.18	956696.91	
8- Agricultural Farm Alternative Farm	548870.20	973853.22	

Altos de Campana National Park and Biological Reserve		Coordinates	
	X	Y	
1- Administration office Mi Ambiente	620028.20	960771.70	
2- Administrative office of The campsite	617846.12	959941.30	
Hiking Trails			
3- Podocarpus / Zamora	617927.61	959965.75	
4- Zamora	617751.08	960019.77	
5- Panama	618099.36	959598.00	
6- The Cross	618210.31	960072.60	
Observation Tower			
7- Mirador Caja de Agua	619835.92	960764.68	
8- Mirador de Los Mandarinos	616562.65	957967.97	

Coordinates		Coordinates	
	X	Y	
9- Finca Agroturística Hermanos Rodríguez	622015.75	962275.81	
10- Finca Agroturística el Rosal	621057.56	962138.36	
11- La Montañera bakery	616694.01	957763.41	
12- Napo restaurant corner	617378.06	958481.29	
13- Oli kindergarten	616591.64	957922.94	

Coordinates	
Archaeological Sites	
Information Point	
Visitor Center	
Bird Watching	

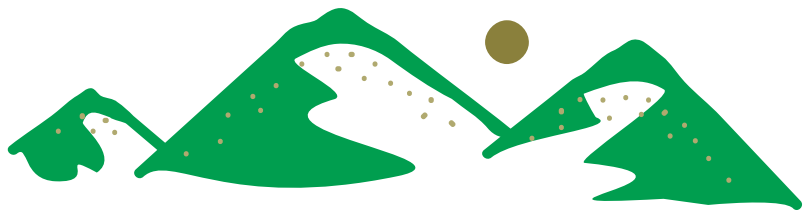


Accommodation: Panama City: 283 accommodations (122 hotels, 8 hostels, 29 accommodations units, 28 Guesthouses, 4 Cabins, 1 Bungalow, 1 Motel, 79 Family houses and 7 houses);
Restaurants: 10 accommodations;
Travel Agents: Panama City: 55;
Social economy organizations: 2 organizations in PHAC.

All transport: Panama has International Airports such as: Tocumen, Marco A. Gelandier, Altos de Campana, Pacific, Juanito Martínez de Heredia.

Certified tourist guides: Panama: 10 (8 General and 2 specialist);
 Panama City: 214 Guides (General - Guidelines 100, Specific - Panama 18, Coordinator Guides 10 and Guidelines 1);
 Panama West: 30 Guides (20 General, 6 Coordinator, 3 special and 1 Guide).





Green Tourism Destination

Highlands



Presentation



Green Tourism represents a opportunity to promote the appreciation and the value of our protected areas and to generate economic benefits to the communities, in collaboration with the private sector. It also increases revenues in protected areas so that they can be reinvested in their conservation and management, as well as in the prevention and mitigation of negative impacts that may be generated. In addition, it can be a dynamic element in the rural communities of the country, particularly benefiting young people and women. Whose mission is low impact sustainable development, that supports the conservation efforts and optimizes the socio-economic benefits to the population, assuring the tourist competitiveness under a shared and effective leadership.

Likewise, it has the vision to 2026, that Panama is a regional leader in responsible green tourism and a catalyst for the private sector and the communities surrounding the protected areas. These communities are inserted in four Green Tourism Destinations, if we omit the destination that is addressed in this catalog the other three would be: Highlands, Central Caribbean and Archipelagos.

The Highlands of Panama, with a height of more than 1,500 masl, is a mountainous system connected to the sector of Talamanca - Costa Rica, by the La Amistad International Park, touring the National



Parks: Volcán Barú, General of Division Omar Torrijos Herrera , until reaching Cerro Trinidad in the Altos de Campana National Park and Biological Reserve. His tour of the Isthmus is full of mature forests that represent 30% of the country's land. It is characterized by a temperate climate, where green forest predominates and flowers that seem to smile at the lens of the camera. These highlands have been colonized by a group of European immigrants, Americans, indigenous Ngäbe Buglé groups and peasants, whose movement from other lower lands was motivated by subsistence agriculture. In these lands are cultivated: vegetables such as: cabbage, lettuce, carrot, onion, onion, cilantro, celery, et; vegetables such as: corn, yam, otoo, beans, plantain, etc. ; futas like: strawberries, cherries, tree tomatoes, guavas, coffee of international fame, export flowers, in addition to the breeding of horses of world-famous thoroughbreds, raising cattle both milk and meat, goats, buffalo.

Its forests are home to great diversity of endemic plants such as the Espárrago Plant (*Echeandia venusta*) and yellow flower (*Senecio boquetensis*), large mammals such as the jaguar (*Panthera onca*), birds such as the ventrinegro hummingbird (*Eupherusa nigriventris*), reptiles and amphibians such as the Salamandra en Cerro Peña Blanca (*Bolitoglossa* sp).

The people who live in the area are warm, friendly, simple, supportive and hospitable to visitors.

Its gastronomy is very varied, finding typical dishes such as: Sancocho de gallina, rice with chicken, salads of potatoes and vegetables, platano en tentacion, dishes made from corn (tamales, tortillas, almojábanos, empanadas, bollo, bollo preñado), jerky, variety of cheeses (smoked, pressed, etc.), varied sweets made with natural fruits, jams, smoothies, sour milk, chicheme, cocadas, milk eggs, without neglecting all kinds of international food.

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Protected Areas that make up Highlands (General Description)

La Amistad International Park (PILA)

- With an area of 394.994.00 ha. The suggested carrying capacity for the trails in the Protected Areas varies from 10 to 15 people; however, certified guides handle groups of up to 9 people per recommendation. Group flows should be considered every 30 minutes to 1 hour, consulting with him or the Park Ranger, depending on the path.
- La Amistad International Park, created by the governments of Costa Rica and Panama to unite the Reserve of the Talamanca mountain range with this park that links two friendly countries, hence the origin of its name.
- Declared a World Heritage Site by UNESCO in 1983, and declared an International Peace Park, following the recommendation of Unesco in 1988.
- Its territory harbors 84 species of mammals, 450 species of birds, as example of endemic bird we have the Trogón Coli Rayado or Trogón Clatharatus, 25 species of reptiles and 32 species of amphibians.
- The climate varies considerably from one area to another within the protected area. The average annual temperature in its high peaks is around 5°C, while in the sedimentary plains of the Caribbean slope it can reach up to 24°C. The average annual rainfall ranges between 2,500mm and 3,400mm, making this protected area one of the most humid regions of the national territory.
- In the area is the source of major rivers such as Chiriqui, Chiriqui Viejo, in the Pacific and the Changuinola River in the Atlantic.

Access

How to get? and Transfer Times vs. Distance

Panama City: Take the 1 Inter-American Highway West to the City of David-Cruce Concepción, where you turn right to enter the District of Bugaba-Vía Volcán, being in the town turn right towards Vía Las Nubes- Cerro Punta to reach the PILA. In a route of approximately 526 kilometers or 8 hours of transfer.

Volcán Barú National Park (PNVB)

- With a territorial extension of 14,322.5 hectares. Created in the year 1976. In this park we find the highest point in the country, El Volcán Barú, with a height of 3,474 meters above sea level.
- As far as the fauna is concerned, around 250 species of birds have been recorded in this area, including the quetzal, the black and white hawk, and the ventrinegro hummingbird, as well as endemic species such as the black-tailed warbler, the zeledonia, the finch. musliamarillo and the black turkey.
- The average annual temperatures fluctuate between 20°C, in its lower parts and up to less than 10°C at the top of the volcano.
- The annual precipitations are also very variable, less intense in the lower areas, with an average, around 4,000 mm, while this exceeds 6,000 mm in the higher parts.

Access

How to get? and Transfer Times vs. Distance

Panama City: Take Route 1 Interamericana Oeste until David-Cruce Vía Boquete on the right. It is a journey of 492 kilometers or 7 hours of transfer.

General National Division Park Omar Torrijos Herrera (PNGDOH).

It was created on July 31, 1986 and has an area of 25,275.00 hectares. The park is located in the province of Coclé, District of La Pintada, Corregimiento of El Harino, north of the town of Copé.

Among the highest points is Cerro Peña Blanca with 1,314 meters above sea level and Cerro Tigreiro with 1,300 meters above sea level. As well as Cerro Marta with an elevation of 1,046 meters, which crashed in 1981, the plane that transported Major General Omar Torrijos Herrera, hence the origin of the name of this park.

Among the species of mammals in danger of extinction can still be found in the park, all the felines that live in Panama, including the Jaguar (*Panthera Onca*), the Puma (*Puma Concolor*), the Manigordo (*Leopardus Pardalis*), the Tigrillo (*Leopardus Weidii*) and the Tigrillo Congo (*Puma Jagouarundi*).

In the area there are the sources of the Grande, Nombre de Dios and Belencillo rivers in the Pacific sector and the Belén, San Juan and Guabal rivers in the Caribbean slope.

The average temperature ranges between 25 ° C in the lower parts and 20 ° C in the highest points and in the continental watershed. There is a notable difference between the rainfall that falls on the Pacific slope, the drier, around 2,000 mm annually and the Caribbean sector, around 4,000 mm.

Access

How to get? and Transfer Times vs. Distance

Panama City: Take Inter-American Highway 1 West to the City of Penonomé - El Copé Crossing, turning right to the Barrigón Community where the PNGDOH is 124 kilometers away or 3 hours transfer.

Altos de Campana National Park and Biological Reserve (PNRBAC)

- First National Park created in the Republic of Panama, in 1966, with 4,925 ha. It is located on the western slope of the Panama Canal, forming part of its basin. Located very close to the coast of Chame and its alluvial plains, the protected area rises from 400 meters above sea level at its lowest point to 1030 meters above sea level.
- From El Cerro "La Cruz" at 900 meters above sea level there are not only spectacular views of the Canal basin, but also some extraordinary panoramic views of the Chame Bay, delimited by Punta Chame, with its impressive mangroves that cover the mouth of the river same name.
- Mammals are represented by 39 species and 267 species of birds are currently recorded, the forests of the Altos de Campana also serve as a refuge for other birds whose populations are threatened in the rest of the continent, such as the Puntzlanco Sickle (*Eutoxeres aquila*), the Ventrivioleta Hummingbird (*Damophila julie panamensis*), the Red-footed Calzonario (*Chalybura urochrysa*).
- The herpetological wealth of the park is exceptional with 62 species of amphibians and 86 species of reptiles, being the most important of all the central area of the country.
- The temperatures oscillate around the 24 ° C, whereas the precipitations exceed the 2,500 mm each year. In this Park there are the sources of important rivers such as the Chame, Perequeté and Caimito rivers, in the Pacific. In its Atlantic slope that belongs to the Canal basin, the Trinidad River and several of its main tributaries originate.

Access

How to get? and Transfer Times vs. Distance

Panama City: Take the Inter-American West Route 1 until you reach the District of Capiá - Cruce Community El Limón, where you turn right to the community of Chicá, is 52 kilometers away or 1.5 hours transfer.



General Regulation of Behavior in Protected Areas

General recommendations.

- The schedule for visitors will be from 08:00 to 16:00 hours (Bell from 06:00 to 18:00).
- The visitor must comply with the instructions they receive from the guides.
- Visitors should use biodegradable sunscreens to carry out activities.
- Any action that violates the natural condition of the site is prohibited.
- It will not be possible to collect or extract natural resources
- It is prohibited to light fires.
- It is forbidden to use radios or generate noise that could disturb the environment and scare away wildlife.
- It is prohibited to touch, manipulate or feed the wildlife.
- Littering is prohibited.
- The entry and consumption of alcoholic beverages and drugs is prohibited.

Establishments with sustainability certification

The Certification Program in Tourism Sustainability of Panama, is a voluntary process in terms of participation that evaluates and ensures that a company implements or achieves the established standard. In addition, a certification program typically highlights these achievements with a distinction, logo or seal that is recognized and promoted.

The concept of Sustainable Tourism cites that they are "Those respectful tourist activities with the natural, cultural and social environment, and with values of a community, which allows you to enjoy of a positive exchange of experiences between residents and visitors, where the relationship between the tourist and the community is fair and benefits of the activity is distributed in a fair, and where visitors have a truly participatory attitude in their travel experience. "






Nº	Name of the Company	Category	Province	Phone Number	Email and Address
1	Hacienda Agro Turística El Edén	Tour Operador	Pesé, Herrera	+507 6298-2297	http://www.haciendaeleden.com/contacto-html info@haciendaeleden.com
2	Azuero Panamá Tours	Tour Operador	Chitré, Herrera	+507 970-0239	azueroanamatum@gmail.com @AzueroPtyTours
3	Crater Valley	Alojamiento	El Valle, Coclé	+ 507 983.6942	info@crater-valley.com http://www.crater-valley.com
4	Hotel Los Mandarinos	Alojamiento	El Valle, Coclé	+507 6808 2743	info@losmandarinos.com http://www.losmandarinos.com
5	Tree Trek	Tour Operador Especializado	Boquete, Chiriquí	+507 720-1635	reservas@boquetetreetrek.com http://boquetetreetrek.com
6	Hotel Los Molinos	Alojamiento	Boquete, Chiriquí	+507 730-8313	reservas@losmolinoshotel.com http://losmolinoshotel.com
7	Plinio Montenegro	Guía Independiente	Boquete, Chiriquí	+ 507 6770-5551	Pmseaman1@hotmail.com
8	Tropic Tours	Tour Operador	Cidade de Panamá	+507 264-4703	http://www.tropictourspanama.net lbenuzzi@tropictourspanama.net



Accommodation

 Cerro Punta: 7 accommodations.

Volcan: 5 accommodations.

Boquete: 61 accommodations (9 hotels, 3 pensions, 33 hostels, 1 bungalow, 3 apart hotels and 12 cabins)


Penonomé: 10 accommodations

Panama City: 269 accommodations (112 hotels, 8 apart hotels, 29 residential, 29 pensions, 4 cabins, 1 bungalow, 1 motel, 78 family hostels and 7 hostels).

Panama Oeste: 53 accommodations (10 hotels, 11 residential, 4 pensions, 5 bungalows, 16 family hostels, 2 hostels and 1 camping site)



Restaurants

 Cerro Punta: 6 restaurants.

Volcán: 5 restaurants.

Boquete: 39 restaurants.

Penonomé: 115 restaurants.

Panama city and Panamá Oeste: 265 y 35 restaurants.



VII. Tour Operators

(http://www.comercioexterior.ub.edu/fpais/panama/paginas/agencias_viajes.)

 David: 21 travel agencies.

Panama city: 56 travel agencies



Air transport

In Panama, there are International Airports such as: Tocumén; Marcos A. Gelabert - Albrook ;, Panama Pacifico, Scarlett Martínez-Río Hato and Enrique Malek in David.



Certified Tourist Guides

David: 35 (25 general and 10 specialized).

Penonome: 10 (8 general and 2 specialized).

Panama City: 134 guides (General guidelines 105, Specialized guides 18, Coordinating guides 10 and Site guide 1).

Panama Oeste: 30 guides (20 general, 6 coordinators, 3 specialized and 1 site guide).



Social Economy Organizations

In the PILA, 5 organizations are identified and related to sustainable tourism development.

In the PNVB - Sector Volcano there is a Community Based Organization in the OBC Highlands Biotourism conformation (in process of formation), in the PNVB - Sector Boquete, is the First Community Based Organization of Panama called OBC Panama Bioguides.

In the General National Park of Division Omar Torrijos Herrera, no organization of the social economy is registered.

And in PNYRB Altos de Campana there are two Agro Turísticas farms: El Rosal and Hermanos Rodríguez, who are in the process of creating their own OBC.

Hiking



These 4 Protected Areas have all in their offer of visitation with trails, in addition to offering in some cases activities of Adventure and Contact with Local Cultures.

Adventure and Contact with Local Cultures.

La Amistad International Park

Green Panama Trail and Administrative Headquarters of PILA

- **Pacific:** This trail, which is short, has a length of 400 meters in a micro circuit, which lasts 20 minutes, was built thanks to the contribution of young Panamanians, hence its name, with a vocation of Environmental Education and is for all public, being right next to the administrative headquarters with an altitude of 2200 meters above sea level, immersed in a cloud forest, with a lot of precipitation, this being the home of birds like the Harpy Eagle, the Quetzal, Pava Black and Bell Bird. It is the entry point to the Paths, Green Panama, La Cascada, El Retoño and El Picacho.

Volcán Baru National Park, Volcán Sector.

Control Post The Los Quetzales Respingo and Trail: This trail is in good condition and is well marked, so it can be self-guided. It rises from 1950 to 2505 meters above sea level (686 meters) from Cerro Punta-Boquete. It has a length of 6.6 km to go to Boquete, it is recommended to walk the entire path that coordinates with someone who waits for you on the side of Boquete and continue the journey in this other place, its route is in descent so the level of physical exertion is high. It is not recommended to visit it for winter due to the difficulty of mobilization (mud-slippery) and to do it at this time of the year you should use boots. Ideal for the observation of Quetzals in the middle of a cloud forest, with a great diversity of plants and animals, such as: black guans, tapirs, squirrels, as well as the birth of the Caldera River, which accompanies the visitor, in several journeys of its travel.

Los Llanos Trail (Wide Pass): A path of high physical effort level, is not recommended for all types of people, in its route it is crossed by Cloud Forests, thick vegetation, begins with an ascent of 1900 meters until reaching at 3478 meters above sea level, on top of Volcán Barú (highest point in Panama). The complete route is 13.5 km, and much of the trail was originated by lavas flows. At the top you can see the two oceans.

Volcán Barú National Park, Boquete Sector.

Panama City: Take the 1 Pan-American Highway towards the City of David - Crossing the Boquete road, turning right, about 492 Kilometers or 7 hours of transfer.

Los Quetzales Trail and Alto Chiquero Control Post: This trail is in good condition and is well marked, so it can be self-guided. If you go from Boquete to Cerro Punta, the trail starts at an altitude of 1800 at 2505 meters (686 meters), has 6.6 km in length, its first 3 kilometers, are suitable to be visited by any kind of person, because it requires a low level of physical effort, the rest of the route requires a high level of physical effort, because it is on the rise. It is not recommended to visit it for winter due to the difficulty of mobilization (mud-slippery) and to do it at this time of the year you should use boots. Ideal for the observation of Quetzals in the middle of a cloud forest, with a great diversity of plants and animals, such as: black guans, tapirs, squirrels, as well as the birth of the Caldera River, which accompanies the visitor, in several journeys of its travel.

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General National Division Park Omar Torrijos Herrera

La Rana Trail: It is a 2 km path, with an almost flat relief, little wavy, its journey takes 1 hour. It is called like this to conserve the amphibians of that species. The level of physical effort is low. Recommended for families. Maintenance is required

Los Helechos Trail: It is a path of 800mts, duration of 45 minutes, and its height is 784 meters above sea level. Surrounded by cloud forests, streams, plants and fauna. It is not advisable to travel during the rainy season. The level of physical effort is low. Maintenance is required It can be recommended for families.

El Calvario Trail / Viewpoint: This trail begins at 695 meters above sea level and climbs up to 908 meters above sea level, its route is 3.68 km, it is done in two and a half hours, both oceans can be observed, provided the clouds they allow it (cloud forest), the ascent is short, but a high level of physical effort is required. You can see a dense vegetation, little signaled, wildlife like the jaguar, with luck and birds. It is not recommended for all types of people.

Altos de Campana National Park and Biological Reserve

SPath of the Cross: Path ascending from 825 to 945 msnm (120 mts), of 1.3 Km in length, requires an hour in average to be able to ascend, counts on spectacular scenic views of the Bay of Chame, Island Tamborcillo, Ensenada Island, Otoque Island, El Peñón de Espavé, Sajalices and river mouth of the Chame Bay. Preferably travel in dry season and very careful.

Podocarpus Trail: 500-meter trail, it is covered in 30 minutes, ideal for family groups of students and campers interested in environments conducive to environmental education, bird watching and flora and fauna observation. Its main attraction are the mountain pines, typical of the Low Montane Cloud forest. It is in good condition and requires low physical effort.

Cajón de Agua Viewpoint: It is the most visited site of the PNyRBAC, for its easy access from the city of Panama, with beautiful scenic views, to the Chame Bay and Wetlands, Cerro

Chame, Cerro Peñón, Cerro Campana to the area where you visit It has access ramp and parking. It is in good condition.

Take into account the following regulations for the realization of this activity:

- a) Only the tour is allowed in the company of accredited local guides, specialized in the biodiversity of the area.
- b) People will not be allowed to enter on their own or to separate from the groups.
- c) The visitor must keep in mind that he is entering a protected area of great ecological value and that he must respect minimum standards for the preservation of the environment.
- d) Only authorized trails for that purpose may be covered. It is forbidden to leave the path.
- e) It is forbidden to scratch the trunks of trees or rocks in any area of the area of public use.
- f) The visitor must comply with the instructions received from the guides.
- g) Any action that violates the natural condition of the site is prohibited.
- h) The entry and consumption of alcoholic beverages and drugs is prohibited.
- i) Smoking is prohibited.
- j) It will not be possible to collect or extract natural resources.
- k) It is forbidden to use radios or generate noise that could disturb the environment and scare away wildlife.
- l) It is prohibited to touch, manipulate or feed the wildlife.
- m) Caring for facilities for public use such as signs, benches, gazebos and others.
- n) Littering is prohibited. The one produced by each visitor must be deposited in places arranged for that purpose.



Visit to Historical and Archaeological Sites



Volcán Barú National Park, Volcán Sector.

Finca Agro Turística and Parque Temático / Archaeological Site Barriles: This place is a window open to the past, located in the highlands of Volcán where, during the last hundred years, archaeological pieces have been discovered that try to unveil the mystery of the ancient civilizations that populated the foothills of the Barú Volcano. Only 6 kilometers from Volcán, this place is a thematic garden where interesting petroglyphs or stone engravings are made by ancient inhabitants of the region, invaluable vestiges that tell us about the past of humanity.

At all times, visitors are required to respect the rules of site visitation.

Contact with Local Culture:

La Amistad International Park

The visit to La Amistad International Park, takes place through communities of local agricultural producers and descendants of European migrants, with whom one can establish valuable contact in places such as Clouds, New Switzerland, Bambito, Paso Ancho, Bugaba, Cerro Punta, among others. It is important to keep in mind that during the visit to contact is established with customs and traditions that must be respected at all times, conditioning to bear in mind a pattern of behavior that guarantees a better experience. The following are important cultural contact patterns to keep in mind during the visit.

Volcán Barú National Park - Volcán Sector.

In Volcán there is an evident presence of Ngäbe Bugle, one of the ethnic groups with presence in Panama, they work in

tourist establishments, sell their handicrafts in the market and live harmoniously with locals and visitors. Do not miss the opportunity to learn more about their customs and traditions, keeping in mind the recommendations below.

Volcán Barú National Park - Boquete Sector

Boquete is a cosmopolitan town, where in addition to having a large population of people of different nationalities who have chosen this place to live, you can have the opportunity to interact with living Ngäbe Bugle cultures that interact with visitors and to which it is important also keep in mind to behave respectfully.

General National Division Park Omar Torrijos Herrera



In the surroundings of the PNGDOTH, the corregimiento El Copé is located, which belongs to the district of La Pintada and has a population of 1,425 inhabitants. This is a small picturesque town of hardworking people, nice and fresh weather, which you have to pass on the way to the Protected Area. This town has electricity services, fixed and mobile telephony, potable water, paved streets, selective and collective or public transportation of internal routes and provinces.

After this town, you will pass by the Community of Barrigón where the access is a bit more difficult for vehicles without double traction, which is why a couple of kilometers are required at the end of the asphalt road. leave the vehicle parked next to some property in the street of ballast / macadam and walk a couple of kilometers on foot until you reach the entrance to the park. Throughout this journey the possibility of getting in touch with local people whose customs and traditions is always important to respect.

Altos de Campana National Park and Biological Reserve

Descendants of subsistence farmers, the inhabitants of this paradisiacal place have the habit of working the land, which is manifested in a large number of nurseries that can be seen along the street between the communities of El Limón and Chicá. The contact is inevitably established with humble, struggling, authentic people who give the visitor what they have to offer. For this reason, empathic relations are established with great ease between local people and those who visit them.

At all times it is recommended to attend contact behaviors such as the ones mentioned below.

Take into account the following regulations for the realization of this activity:

- a) Consult before the visit to the Community about local customs and traditions.
- b) Prior to the visit find out about the existence of holidays, traditions, anniversaries among others, in which you can participate.
- c) Attend the guidelines of the guide on how to behave.
- d) Perform consultations before and during the visit on standards

of behavior and permissible situations and not permissible to perform by visitors.

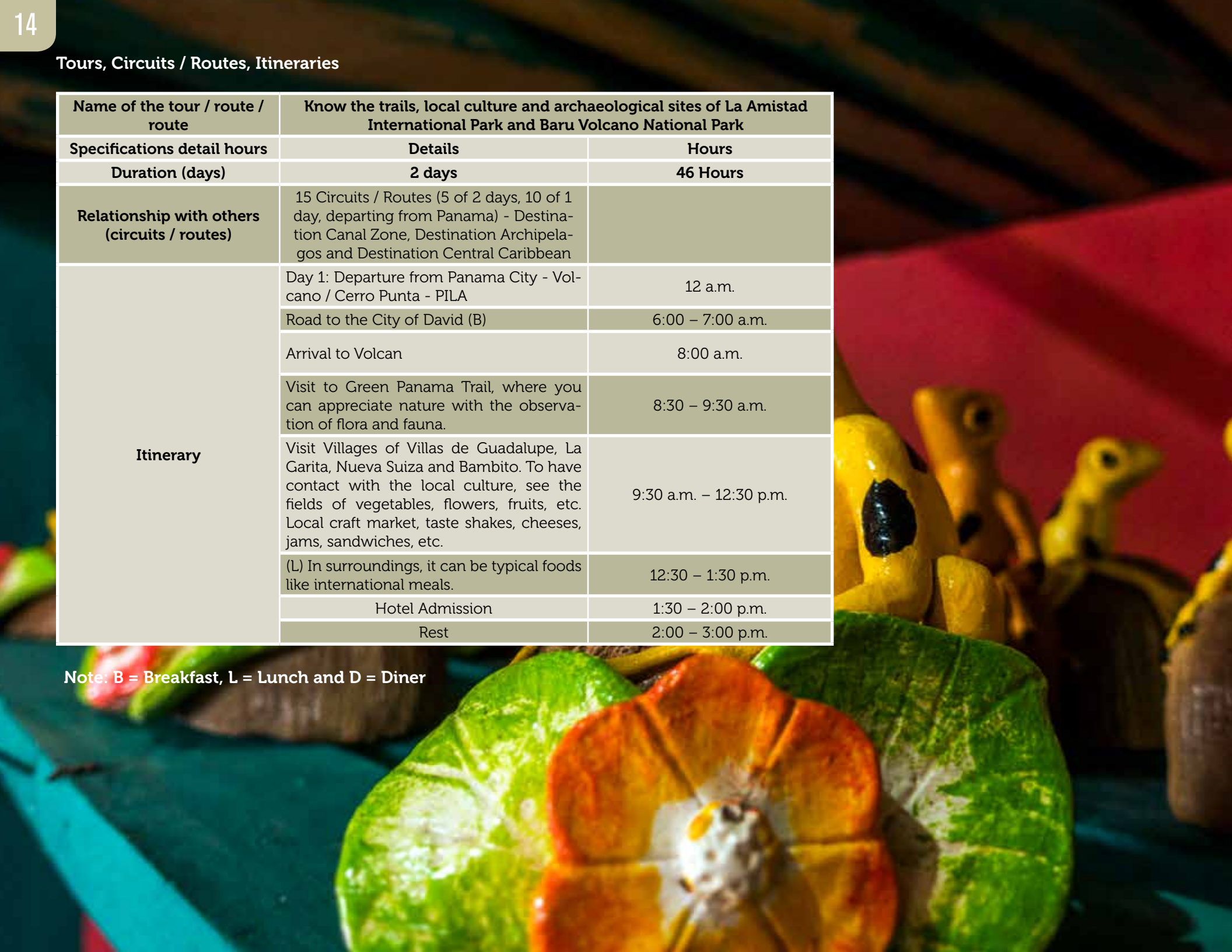
- e) Attend the guidelines that the guide can provide on behaviors to adopt during the visit.
- f) Maintain an attitude of respect for local customs and traditions
- g) Interact in community media with a positive attitude and a good smile.
- h) Attend behavior guidelines indicated in specific information transfer media such as labels.
- i) Before any situation of ignorance better consult if an act can be considered as disrespectful.
- j) Maintain a respectful participant observer attitude, without making value judgments or criticisms about situations whose worldview is unknown.
- k) At all times respect and protect all those cultural attributes that make these destinations unique places, with their cultural expressions of nature: religious, musical, artistic, architectural and gastronomic.
- l) Request consent to take photographs in general.



Tours, Circuits / Routes, Itineraries

Name of the tour / route / route	Know the trails, local culture and archaeological sites of La Amistad International Park and Baru Volcano National Park	
Specifications detail hours	Details	Hours
Duration (days)	2 days	46 Hours
Relationship with others (circuits / routes)	15 Circuits / Routes (5 of 2 days, 10 of 1 day, departing from Panama) - Destination Canal Zone, Destination Archipelagos and Destination Central Caribbean	
Itinerary	Day 1: Departure from Panama City - Volcano / Cerro Punta - PILA	12 a.m.
	Road to the City of David (B)	6:00 – 7:00 a.m.
	Arrival to Volcan	8:00 a.m.
	Visit to Green Panama Trail, where you can appreciate nature with the observation of flora and fauna.	8:30 – 9:30 a.m.
	Visit Villages of Villas de Guadalupe, La Garita, Nueva Suiza and Bambito. To have contact with the local culture, see the fields of vegetables, flowers, fruits, etc. Local craft market, taste shakes, cheeses, jams, sandwiches, etc.	9:30 a.m. – 12:30 p.m.
	(L) In surroundings, it can be typical foods like international meals.	12:30 – 1:30 p.m.
	Hotel Admission	1:30 – 2:00 p.m.
Rest	2:00 – 3:00 p.m.	

Note: B = Breakfast, L = Lunch and D = Diner



	Visit to Archaeological Site Barriles. Thematic garden where interesting petroglyphs or stone engravings are made by ancient inhabitants of the region.	3:00 – 5:00 p.m.
	Transfer to Volcan	5:00 – 6:00 p.m.
	(D) in Volcan. In surroundings, it can be typical foods like international meals.	6:00 – 7:00 p.m.
	Rest and end of day (Free)	7:00 p.m. en adelante
	Day 2: (B). Hotel of the locality.	7:00 – 8:00 a.m.
	Visit to Los Quetzales and Los Llanos Path with partial routes. Contact with Nature, where you can appreciate the flora and fauna.	8:00 a.m. – 12:00 p.m.
	(L) In Volcan, it can be typical meals like international meals.	12:00 – 1:00 p.m.
	Departure to Panama City	1:00 p.m.
	(D) in Camino	7:30 – 8:30 p.m.
	Arrival to Panama City	10:00 p.m.
Identification of the National Park and attributes	Visit to Trails, Contact with Local Culture and Visit to Archaeological and Historical Sites.	
Number of people (including guide)	10	
Include	Guide, B (2), L (2 - Restaurant and 1 Lunch Box), 2 D, Land Transport and Night of Lodging in Hotel in Volcán. Level of Physical Effort Low - Medium	

Note: B = Breakfast, L = Lunch and D = Diner

Name of the Tour / Circuit / Route	Know the Trails and Local Culture of the General National Park of Division Omar Torrijos Herrera	
Specifications	Details	Hours
Duration (days)	2 days	47.5 Hours
Linking with others (Circuits / Routes)	15 Circuits / Routes (5 of 2 days, 9 of 1 day, departing from Panama) - Destination Canal Zone, Destination Archipelagos and Destination Central Caribbean	
Itinerary	Departure from Panama.	5:00 a.m.
	(B) in Penonomé. Variety of typical and international meals.	6:00 – 7:00 a.m.
	Transfer Penonomé - El Copé	7:00 - 8:00 a.m.
	Arrival at the park	9:00 a.m.
	Visit to Visitor Center	9:00 – 10:00 a.m.
	Route of the Frog Trail. We appreciate nature, in the diversity of flora and fauna.	10:00 – 12:00 a.m.
	(L) on site. Lunch box.	12:00 – 1:00 p.m.
	Trail of Los Helechos Trail. You can appreciate nature with the diversity of flora and fauna.	1 p.m. – 3 p.m.
	Departure from the park, Visit to El Cope Village	3:00 – 4:00 p.m.
	Departure from El Copé to Panama City	4:00 p.m.
	(D) Crowned. Variety of Typical and International foods.	6:00 – 7 p.m.
Arrival in Panama	8:00 p.m.	
Identification of the National Park and attributes	Visit to Trails and Contact with Local Culture.	
Number of people (including guide)	10	
Include	Guide, B (1), L (1 Lunch Box), D (1) Entrance to the Park and Land Transport.	

Note: B = Breakfast, L = Lunch and D = Diner

Name of the Tour / Circuit / Route	Conozco los Senderos y Cultura Local del Parque Nacional y Reserva Biológica Altos de Campana	
Specifications	Details	Hours
Duration (days)	2 day	475 Hours
Linking with others (Circuits / Routes)	15 Circuits / Routes (5 of 2 days, 9 of 1 day, departing from Panama) - Destination Canal Zone, Destination Archipelagos and Destination Central Caribbean	
Itinerary	Departure from Panama	6:00 a.m.
	(B) in Capira. Variety of typical and international foods.	7:00 – 8:00 a.m.
	Visit to Finca Agro de Los Hermanos Rodríguez, with Canopy, trails, nurseries, sale of handicrafts and shakes of natural mushrooms, with a spectacular view of the Bay of Chame wetlands and surroundings.	8:30 – 9:30 a.m.
	Visit to Mirador Caja de Agua. Spectacular view of the Chame Bay and its surroundings.	10:00 – 10:30 a.m.
	Visit to Podocarpus Trail. They will appreciate the contact with nature, with the diversity of its flora and fauna.	10:30 a.m. – 12:00 p.m.
	(L) in local restaurant. Typical meals.	12:00 a 1:00 p.m.
	Visit to Los Mandarinos Viewpoint (500 meters above sea level, with a beautiful view towards Buena Vista and Altos del María) and Doña Oti Nursery and Bakery of Chicá	1:00 – 3:00 p.m.
	Visit to Finca Agro Turística El Rosal. It has nurseries mainly roses, natural pool, tilapia culture, 1.2 km bicycle track, paintball, horseback riding, camping area, petroglyphs, restaurant area with bathrooms.	3:00 p.m. – 5:00 p.m.
	Departure to Panama city	3:00 – 4:00 p.m.

	(D) in Capiras. Variety of typical and international dishes.	18:00 - 19:00
Identification of the national park and attributes	Visit of trails and contact with the local culture.	
Duration (days)	1 day	47.5 hours
Number of people (including travel guide)	10	
Number of people (including travel guide)	10	
Tour name / route / route specifications	Discover the trails and local culture of Baru Volcano National Park	
Duration (days)	2 days	47.5 hours
Connect with others (circuits / routes)	15 Cruises / Routes (5 of 2 days, 10 of 1 day, starting from Panama) - Destination Channel Zone, Destination Archipelago and Caribbean Center	
Itinerary	Day 1: Transfer to Panama - Boquete (Departure)	12:00 o'clock
	(B) Breakfast instead of the way (David)	6:00 - 7:00
	Arrival in CEFATI / Mirador de Boquete. One can observe the city of Boquete between green forests and the crossing of the river Caldera.	8:00 clock
	Visit the Piedra Basáltica (one of the four worldwide), the San Ramón Waterfall and the Los Quetzales Trail (3 km inland), where you can observe the fauna and flora of the place.	8:30 - 12:30
	Visit the Piedra Basáltica (one of the four worldwide), the San Ramón Waterfall and the Los Quetzales Trail (3 km inland), where you can observe the fauna and flora of the place.	8:30 - 12:30
	Path of the path of La Rana. You can appreciate nature in its diversity of flora and fauna.	10:00 - 12:00
	(L) In place. Lunchbox.	12:00 - 13:00
	Path of the Way Los Helechos. You can appreciate nature in its diversity of flora and fauna.	13:00 - 15:00

Note: B = Breakfast, L = Lunch and D = Diner

	Tour through the city of Boquete. To get in contact with the local culture, you will see the plantations of vegetables, flowers, fruits, etc., local craft market, juices, cheese, jellies, snacks, etc.	15:30 - 17:30
	Back to the hotel and (D) in a local restaurant.	18:00 - 19:00
	Day 2: Breakfast (B)	7:00 - 8:00
	Coffee Tour: Here you can enjoy different varieties and learn how the taste changes due to the roasting process and the mixture of fruits and flowers.	8:00 - 12:00
	(L) in a local restaurant. Wide selection of typical and international dishes.	12:00 - 13:00
	Suspended bridges. It is located in the private reserve of Rio Cristal and has 8 bridges of 4.5 km in length, from which you can enjoy the lush flora and fauna.	13:00 - 16:00
	Departure to C. Panama	4:00 pm
	(D) in Caminho, in the city of Santiago. Typical or international dishes.	19:30 - 20:30
	Arrival in Panama City	20:30 - 23:30
Identification of the national park and attributes	Visit the trails and contact with the local culture.	
Number of people (including travel guide)	10	
Contains	Contains guide, B (2), L (2), D (1), entrance to the park, Other entrances and ground transportation, entrance to the parks.	
	Visit the Piedra Basáltica (one of the four worldwide), the San Ramón Waterfall and the Los Quetzales Trail (3 km inland), where you can observe the fauna and flora of the place.	

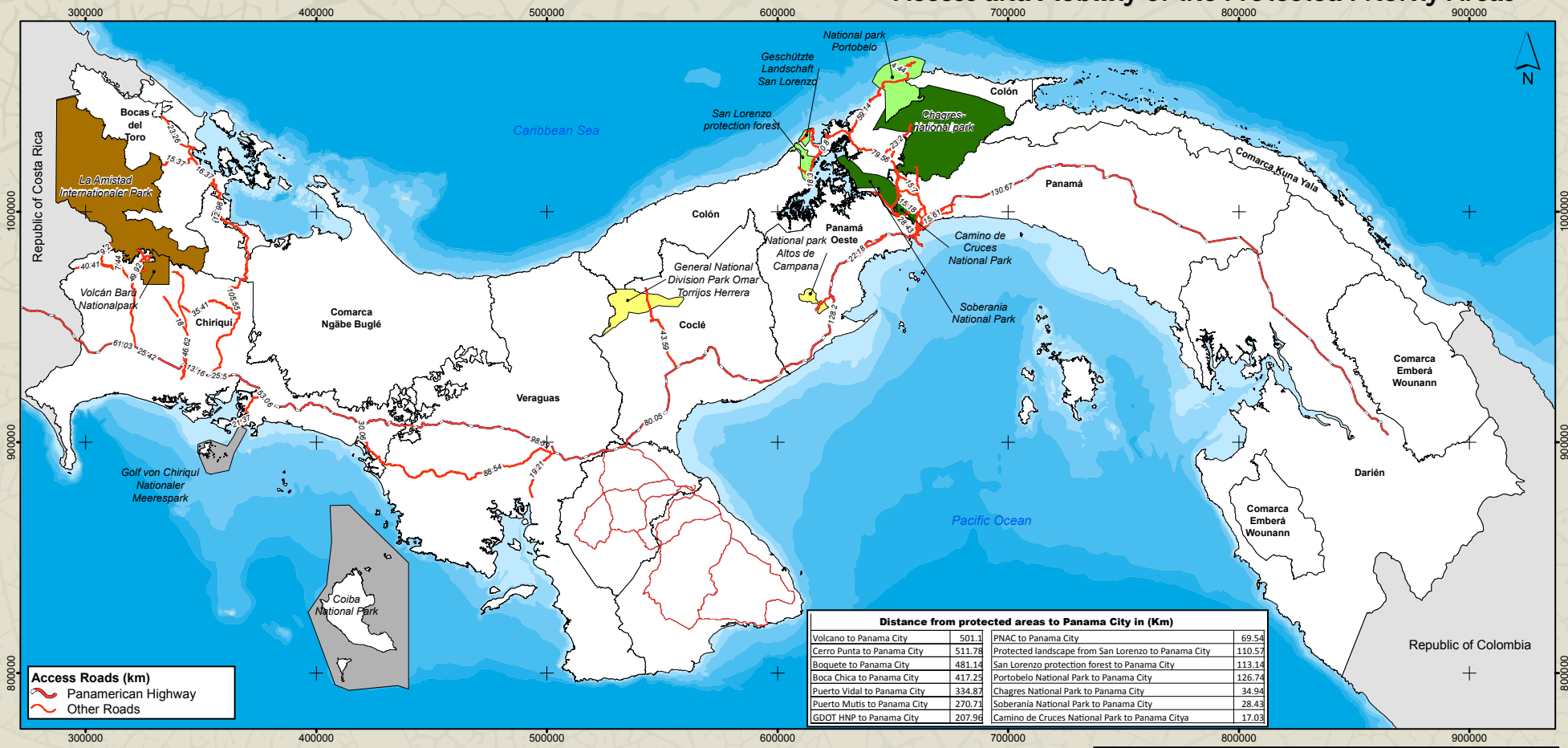
Note: B = Breakfast, L = Lunch and D = Diner

How to prepare your backpack to do ecotourism

- Tierras Altas (La Amistad International Park, Barú Volcano National Park - Volcano and Boquete Sectors, Omar Torrijos Herrera General Division National Park and Altos de Campana National Park and Biological Reserve).
- Clothing - Comfortable and light that is fresh cotton, with colors of easy (2 or 1 day as appropriate), camouflage, not to scare the animals and do not wear denim.
- Shoes - With which you feel comfortable with anti slip sole and good traction, with support to the ankle.
- Bag type Camel bag for water - it is the most comfortable and recommended for walks.
- Binoculars (optional) - Every good observer of nature must have it as an essential tool to enjoy the experience.
- Sandals, Hat and Sunglasses.
- Sunscreen and Repellent.
- Photographic Camera or of Video and Cellular.
- Sheltered to cover the cold air conditioners.
- Poncho or raincoat.
- Backpack.
- Focus - preferably of those that are put on the head.
- Medicines for personal use.



Access and Mobility of the Protected Priority Areas



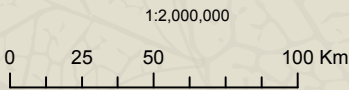
Access Roads (km)
— Panamerican Highway
— Other Roads

Volcano to Panama City	501.1	PNAC to Panama City	69.54
Cerro Punta to Panama City	511.78	Protected landscape from San Lorenzo to Panama City	110.57
Boquete to Panama City	481.14	San Lorenzo protection forest to Panama City	113.14
Boca Chica to Panama City	417.23	Portobelo National Park to Panama City	126.74
Puerto Vidal to Panama City	334.87	Chagras National Park to Panama City	34.94
Puerto Mutis to Panama City	270.71	Soberania National Park to Panama City	28.43
GDOT HNP to Panama City	207.96	Camino de Cruces National Park to Panama City	17.03

Highland catalog			
Emergency phones			
Volcano police	+507 771-5394	Red Cross	*455
Boquete police	+507 720-1222	fire Department	103
Panama West police	+507 253-3333	Sinaproc	*335 o 316-3200
Police of Penonomé	+507 997-9449	Social Safety	503-2532 o 503-6000
Krankenwagen	911		
		MIAmbiente Regional Chiriquí	+507 774-6671
		MIAmbiente Regional Penonomé	+507 500-8074
		MIAmbiente Regional Panamá Oeste (Chorrera)	+507 254-2848
		MIAmbiente Regional Panamá Oeste (Chorrera)	+507 254-2848

(Address: Municipal Office in David, Panamá), Penonomé (Address: Carr Panamericana, Penonomé, Panamá), West Panama (La Chorrera, Panama West - Corregimiento Barrio Colón, Via Interamericana, Panamá) and Panamá (Headquarters Edif. 804 Apartcón Aéreo Republic of Panama, Calle Broberg, Panamá C-0843-00793, Panamá)

Protected areas in the four (4) green tourism destinations	
Circuit 1: destination Panama Canal	Circuit 4: Eastern Highlands
- Chagras National Park	- Altos de Campana National Park and Biological reserve
- National Park Soberania	- General National Park of the Division Omar Torrijos Herrera
- National Park Camino de Cruces	
Circuit 2: Ziel-Archipel	Circuit 5: Destination Highland West
- Coliba Nationalpark	- Amistad International Park
- Meeresnationalpark des Golfs von Chiriquí	- Volcán Barú National Park
Circuit 3: Destination of the central Caribbean coast	
- Protected forest and protected Landscape of San Lorenzo	
- National Park Portobelo	



Date WGS 1984, UTM projection zone 17N

