

ECOTOURISTIC LEISURE

CANOEES (CAYUCOS) RACE

Cayucos are wood canoes. For the ones that want to enjoy a true spectacle, a week before the Holy Week, the canoes race from ocean to ocean takes place.



Contendores en las esclusas / Cayucos races at canal locks.

RIVER RAFTING

Rivers which cross the thicker Panamanian jungle areas are another important feature of the country's geography, and you can have fun by several ways. For instance, in Chiriqui Province you can enjoy the safe practice of River Rafting during the whole year, which has been considered as class 4 by its rapids, and provides a challenging opportunity from April to December.



BIRDWATCHING

Panama is considered for many people as the No. 1 destiny in the world for birdwatching. In fact, every year the Panama Audubon Society carries out a Christmas count of birds, keeping the record of greater number of birds observed by several years.



SPORTS FISHING

170 World Records of fishing have been broken in the Panamanian Pacific Ocean. Pifias Bay is a Panamanian site that is a well-known tourist spot for sports fishing. Within an area of 32 Km², in this bay you can find a resort specialized in fishing. However, besides Pifias Bay, Alajuela Lake and Gatun Lake, there are many other locations famous for marine sports such as fishing, water skiing, jet ski, windsurf and swimming.



WHALES WATCHING

Humpback whales or "Yubartas" reproduce in the hot and crystalline water nearby Coliba Island National Park, which is approximately 19.2 Km. from the Pacific coasts of Veraguas Province. When they become adults, the enormous female humpbacks whales can reach 15 to 17 meters-long, while the males grow around 14 to 15 meters-long, and the width range of both of them are 3.5 to 3.65 m. Normally, each one weights between 40 and 50 tons or more. The best season to watch whales is between July and August.

NATURAL RESOURCES

The rich biodiversity of Panama is attributed to its singular geographical configuration and its position. At a short distance from the coast in Bocas Del Toro archipelago, there are hundreds of islands and thousands of coral reefs protected. The beautiful beaches provide the opportunity to practice marine sports such as snorkeling, scuba diving and swimming.



Barro Colorado Natural Monument is a wildlife refuge used as natural laboratory by the Smithsonian Tropical Research Institute. Barro Colorado has 5,346 ha. of tropical rainforest deeply studied in the planet, and it is located in the heart of the Panama Canal watershed.



The great variety and accessibility to ecotouristic attractions has made Panama to become a seminal destiny for nature fans. Tourists go on expeditions to witness the infinite biodiversity and beauty of Panamanian fauna and flora, as well as to experience a lot of excitement with other tourist attractions.



"The Interamerican Development Bank promotes ecotourism"

Interamerican Development Bank - Office in Japan
Fukoku Seimei Bldg. 16 F, 2-2-2 Uchisaiwaicho, Chiyoda-ku, Tokyo 100-0011

Tel.: 03-3599-0461 Fax: 03-3591-0641

URL: <http://www.iadb.org/japan/>

Edited and published by the Embassy of Panama in Japan, 2005
Rm. 902, No. 38, Kowa Bldg., 12-24, Nishi-Azabu 4-chome,
Minato-ku, Tokyo 106-0031

Tel: 03-3499-3741; Fax: 03-5485-3548

E-MAIL: panaemb@jgoi.com

<http://www.embassyofpanamainjapan.org> (ENGLISH & JAPANESE)

Consulate of Panama in Tokyo

Tel: 03-3499-3661; Fax: 03-3499-3666

E-mail: tpacoff@mb.newweb.ne.jp (General Issues)

Consulate of Panama in Kobe

Tel: 078-392-3361; Fax: 078-392-7208

E-MAIL: panacos-hj@ma.newweb.ne.jp

Panamanian Institute of Tourism (IPAT) www.ipat.gob.pa (SPANISH)

www.visitpanama.com (ENGLISH & SPANISH)

PANAMA

Crucial of the World



The origin of the word "Panama" is Pre-Columbine and means "abundance of fish, butterflies, and birds".

The biodiversity is amazing and is accessible to the visitors. In different zones of the country, it can be enjoyed vegetation and unique and endemic fauna in the region, which creates an Isthmus of convergence in the Americas for thousands of species of flora and fauna.

Ecotourism: Discovering the Nature

Since Mother Nature chose Panama as an encounter point for her creatures, serving like a bridge of natural land that unites North and Central America with South America, wild species from the whole Continent inhabit in Panama.