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*# 1 best-selling guide to Panama\**

**Lonely Planet Panama** is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Sip coconuts on a Caribbean beach; lay eyes on the awe-inspiring Panama Canal; or hike through sublime cloud forests; all with your trusted travel companion. Get to the heart of Panama and begin your journey now!

**Inside *Lonely Planet Panama*:**

- **Color** maps and images throughout
- **Highlights and itineraries** help you tailor your trip to your personal needs and interests
- **Insider tips** to save time and money and get around like a local, avoiding crowds and trouble spots
- **Essential info at your fingertips** - hours of operation, phone numbers, websites, transit tips, prices
- **Honest reviews for all budgets** - eating, sleeping, sight-seeing, going out, shopping, hidden gems that most guidebooks miss
- **Cultural insights** give you a richer, more rewarding travel experience - land & wildlife, music, cuisine, arts, politics, history
- **Over 46 maps**
- **Covers** Panama City, Panama Province, Cocolé Province, Península de Azuero, Veraguas Province, Chiriquí Province, Bocas del Toro Province, Colón Province, Comarca de Kuna Yala, Darién Province and more

**The Perfect Choice:** *Lonely Planet Panama*, our most comprehensive guide to Panama, is perfect for both exploring top sights and taking roads less traveled.

- Looking for more extensive coverage? Check out *Lonely Planet Central America on a Shoestring*.

**Authors:** Written and researched by Lonely Planet.

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*\*Best-selling guide to Panama. Source: Nielsen BookScan. Australia, UK and USA*

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