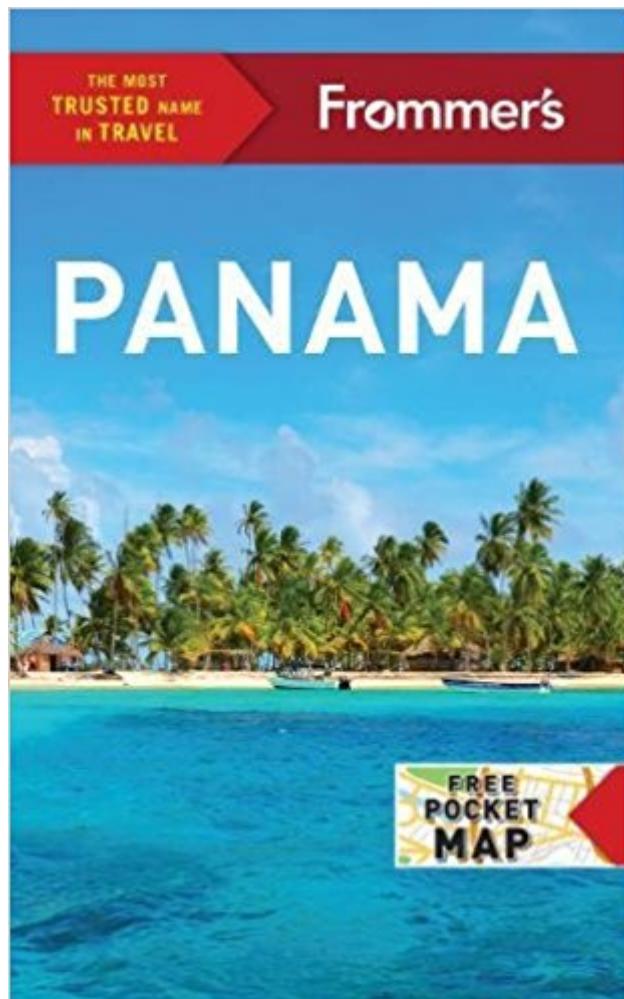


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# Frommer's Panama (Complete Guide)



## Synopsis

Frommer's books aren't written by committee, or by travel writers who simply pop in briefly to a destination and then consider the job done. We use seasoned journalists like Nicholas Gill who has been covering Panama for over a decade and has strong opinions on what travelers should do in country; and what they can skip without regret. He's also understands that not all travelers have the same needs or budgets and so has created a guide that is extremely helpful whether you're a honeymooner, a backpacker or are traveling with kids. The book covers Panama's top ecolodges, beach stays and wilderness resorts (for luxury travelers or those on a budget). It features the best beaches, bird-watching and other outdoor activities, with fastidiously researched information on the best outfitters for adventuring. It also offers an in-depth look at Panama's history and culture, from pre-Columbian times, through the building of the Canal, to the 21st century's issues and debates, as well as an overview of the ecosystems and native flora and fauna. With doable, smartly conceived itineraries for one or two weeks, for families, and for adventurers it also includes savvy, sometimes sneaky, tips for saving money in ALL price ranges.

## Book Information

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## Customer Reviews

Writer and photographer Nicholas Gill is based in Lima, Peru and Brooklyn, New York. He travels extensively throughout Latin America and his work appears in publications such as the New York Times, Wall Street Journal, Bon Appétit, Draft, Saveur, New York Magazine, and Roads & Kingdoms.

We were on a group tour with Caravan. The book covers the entire country whereas we were mostly in the canal zone. This book would have been much more useful to me had we been on our own rather than a group tour.

I have worn lots of different tennis elbow supports. This is by far the most comfortable and it does the job. Just ordered another one

This book makes it easy to plan the perfect holiday.

little disappointed.

Just returned from Panama and this book really helped us see the country in a smart, fun way. LOVED the suggested itineraries (they were invaluable in helping us organize our time). And the book was extremely up-to-date with GREAT suggestions on nature lodges and restaurants. Can't say enough good things about this book. (And I researched on the internet, too, and found the info here to be much more helpful and current).

In Panama now. This book has been our go to guide. Current information leading us to wonderful adventures. Highly recommend for travelers to Panama.

Good input for itineraries and Local transportation systems

not quite complete

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