



Chiriquí · Panama

Boquete

Traveler's guide

Sunrise on Barú volcano with both oceans in sight, quetzals in the cloud forest, specialty coffee, rafting and hot springs.

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Nature

Boquete, at 1,200 m in the Chiriquí highlands, is a valley of flowers, coffee and rivers at the foot of Barú volcano (3,475 m), Panama's highest point: from its summit, with luck, you see the Pacific and the Caribbean at once. Around it, the cloud forest of La Amistad International Park, home of the quetzal, hidden waterfalls, hot springs and the world's most awarded geisha coffee.



Activities

- Night ascent of Barú volcano for sunrise (6 hours up) or by 4x4, with a guide
- Quetzal Trail and Pipeline Trail: quetzals from January to May, hummingbirds and toucans all year
- Rafting on the Chiriquí Viejo and Chiriquí rivers (class III and IV), canyoning and ziplines in the forest
- Coffee farms: harvest, roasting and geisha tasting on family farms
- Caldera hot springs, horseback riding, climbing the basalt columns of Los Ladrillos, the village market

When to go

December to April is the dry season, with clear skies for Barú and the "bajareque", the valley's typical windy drizzle. May to November brings afternoon rain, higher rivers for rafting and everything green; January is the Flower and Coffee Fair.

How to get there

Enrique Malek airport in David (DAV) is 45 minutes away, with flights from Panama City (1 hour). Buses from David every 30 minutes (1 hour); from Panama City, 7 hours by bus to David. The Barú volcano trail starts 8 km from town (4x4 taxi); coffee farms and the Quetzal trail are arranged from the centre.

Activities in this destination

Trekking · Volcano · Rafting & hydrospeed · Kayak, sailing & fishing · Hot springs · Zipline & tree climbing · Canyoning & rappelling · Paragliding · Horseback riding · Snow & snowshoeing · Mapuche culture · Nature & photography · Stargazing · Full-day excursions · Food & wine · Family & inclusive · Surfing & bodyboard · Sandboarding & dunes · Cycling & MTB · Climbing & mountaineering · Ice & glaciers · Kitesurfing & windsurfing · Diving & snorkelling

Experiences

No experiences published in Boquete yet Are you a guide here? Create your free profile and be the first to appear.

Guides

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Photo gallery

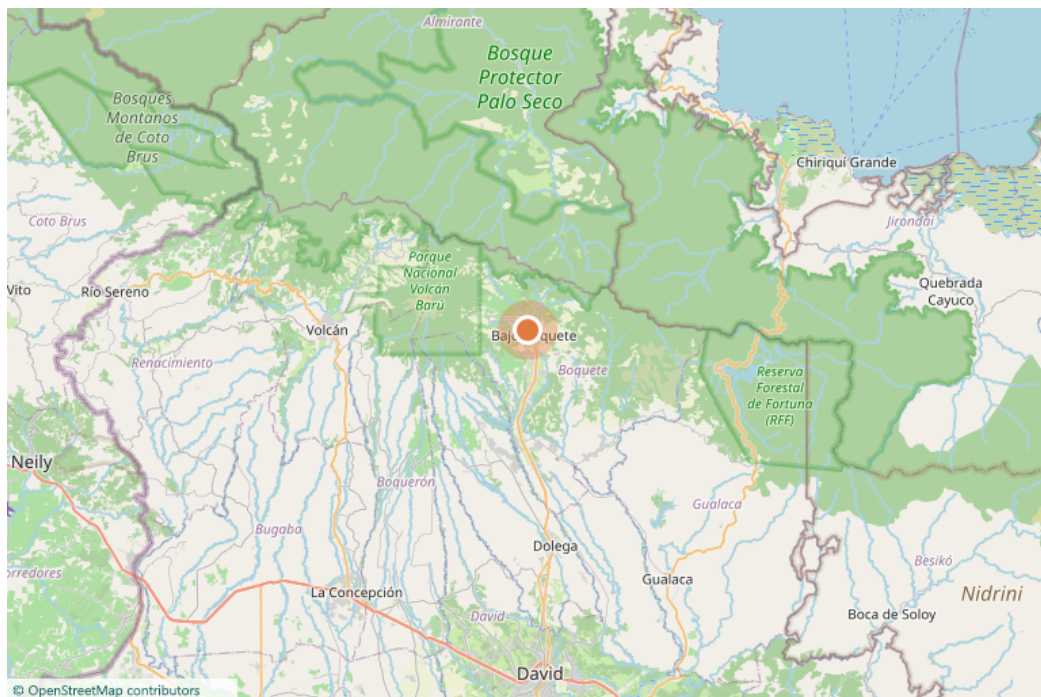


Top of Cerro Punta - panoramio · LosQuetzales · CC BY-SA 3.0 · Wikimedia Commons



Calderahotsprings · Boquete Mountain Safari · CC BY-SA 4.0 · Wikimedia Commons

Map · Boquete



8.7803, -82.4413 · [Directions in Google Maps](#)

How to book with a local guide

Choose your experience → Request your date → Experience Boquete

Send your request and the guide contacts you directly with availability and price.

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Contact platform: each guide provides the service.