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## Panama: The Bradt Travel Guide

*Sarah Woods*

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**Sarah Woods : Panama: The Bradt Travel Guide** before purchasing it in order to gage whether or not it would be worth my time, and all praised Panama: The Bradt Travel Guide:

4 of 6 people found the following review helpful. Not for MenBy William O'ConnorI wanted to try a travel guide other than Lonely Planet, but after skimming this guide by Sarah Woods I went back to Lonely Planet. This book contains too much useless information and is poorly formatted. The worst is when she says that she does not include

budget hotels because she is a lone female traveler, because she fears for her safety. I can see her point, but I am a man and don't have these safety fears. This book should be titled "Panama for Women." I guess she is not going to write a travel guide for Cambodia any time soon? This is the first time, in a long time, that I feel ripped off buying a book. 5 of 5 people found the following review helpful. Worse than useless - Misleading  
By Martin Espinoza  
The Bradt guide to Panama is very highly reviewed, and so we bought it and took it to Panama. The guide is wrong at almost every turn, with not-to-scale maps which are also difficult to read, deeply incorrect prices and phone numbers, and many entries which make it clear that the author did not visit many if not most of the described attractions. This seems to be SOP for travel writers in Panama; a realtor in Santa Fe explained to me that the writer for Lonely Planet simply sat in a restaurant and asked questions of locals and other tourists, and it's clear that the same is true of this book. No copyright information is provided inside the book in what appears to be an attempt to hide the fact that this edition was obviously researched vastly ahead of the publication date of November 2009; typically a book takes about a year to come to market from the last editing date, but it's obvious that this second edition was not adequately updated from the original. You might try the Let's Go Central America guide; their writers are reputed to actually visit the places they talk about.  
0 of 0 people found the following review helpful. Too much detail for the independant traveller  
By drakie76  
I bought the Bradt guide (as opposed to the Lonely Planet I usually use on my travels) as it came highly recommended for indepth knowledge an detail on Panama. That it comes with alot of in depth knowledge on the country is 100% true, but as a backpacker I don't really need 20 pages on the type of whale, turtle an dolphins that frequent Panama's waters (which you will never see) where it doesn't even mention the actual street addresses of hotels and restaurants (only URLs or obsolete phone numbers) which comes very much in handy if a taxidriver has no idea where you want to go. Travelguides will always have information that is not up to date, old or obsolete, but striking about this guide was that it mentioned a restaurant in Isla Bastimentos (Nikka Rosa in Old Bank in Bacos) that was supposedly in hands of the Rose family since 1940. When we arrived there even the most knowlegdable local never heard of it and other tourguides and hotel owners said the exact same. It simply never existed, let alone for the last 70 years (nothing lasts that long in Panama....) This makes me think some pratical information comes from hear say, not from the author having actually visited the place. This book is great on detail when it comes to history, the flora and fauna and such information (100 pages of the 280) but sucks for maps, directions and affordable places to stay. Although the LP of 2007 is pretty obsolote too, take that one if you intend to backpack in Panama. As the owner of Tico Tom in Isla Bastimentos said, do not believe the travel bibles, the most recent information on Panama dates 2 years back (and that for Panama is an eon) Learn Spanish, it will take you much further.

With an idyllic landscape of volcanoes, rain forest, and Caribbean coasts, and a skyline ever-colorful with butterfly migrations and over 350 species of birdlife, it isn't surprising Panama has always been a popular escape for Americans. Plan the perfect getaway with this guide, which features a multitude of opportunities for watersports and hiking.

From the Back Cover  
There's more to Panama than its canal; this bridge between Central and South America is host to a fascinating mix of cultures. From the traditional Kuna in the San Blas islands to the fusion of Latino, Caribbean and Indian influences in the Bocas region, the country offers remarkable diversity. Panama is the latest ecotourism hotspot, with rainforest covering a third of its area. While twitchers delight in 350 species of bird - more than anywhere else on Earth - others can enjoy spectacular butterfly migrations. With excellent fishing, rafting and hiking, this is a haven for those with a passion for the outdoors. Discover: In-depth coverage of Bocas del Toro Where to stay, where to eat, where to go Natural history, national parks and marine conservation Stunning beaches for ultimate relaxation Watersports, trekking and adventure sports The Panama Canal - its history and contemporary role