

The Metropolitan Natural Park

(Lung of Panama City)

Tour Highlights:

The MNP is approx. 660 football fields, located in a tropical dry forest on the Pacific Coast, and rich in biodiversity with approx. 250 species of trees, 45 species of mammals, and 254 species of birds, reptiles and amphibians. It is the only Natural Park within the perimeter of a Capital City in Latin America, and an approx. 15 min. drive from any 5 Star Hotel in Panama City. It offers facilities for Nature interpretation, environmental education, ecological and scientific investigation, cultural activities, outdoor recreation and Sports. And the highest point in the Park is the second highest elevation in Panama City.

The Los Trinos Lookout Point is ideal for bird observation and is located in the Mono Titi Road. Here you will be able to enjoy the melody of a great variety of birds that inhabit the Park. Cedar Hill Lookout Point 66 is located 140 meters above sea level, and from here you will see the El Dorado Shopping area, the old Ft. Clayton USA Military Hospital, and the two National Parks that are connected to the MNP. Cedar Hill Lookout Point is the Park's highest point, located 150 meters above sea level. You can also observe the Pacific Ocean islands of Naos, Perico, Flamenco, Taboguilla and Taboga Island. You can also observe the Pacific Ocean entrance to the Panama Canal, the Bridge of the Americas and Ancon Hill (the highest elevation point in Panama City). Trails: the Park has 4 trails and a road that allows the observation of our rich vegetation formed by vines, bindweed, shrubs, orchids, and trees between 30 and 50 meters high.

Fauna: the Park is shelter to a great variety of species of mammals, reptiles, insects, and birds that you will be able to observe.

Includes:

- ✓ Transfer (Hotel / MN Park / Hotel)
- ✓ Entrance fee
- ✓ 2 Bottled of water per-person

What to bring:

- ✓ Comfortable clothing & shoes,
- ✓ Sun block/suntan lotion, hat & camera (fully charged and memory space)
- ✓ Cash (in small denominations) to purchase handicrafts.

Important Tour Information:

- ✓ The PBA Driver will provide the transportation logistics to and from the Hotel
- ✓ Major credit cards accepted (AMEX, Visa, & Master Card)
- ✓ Gratuity not included in tour price

PBA Holding Group

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