

Volcán Barú

Climb the highest point of Panama! A must for every hiker!

With an altitude of 3,475 meters (11,400 feet) Panama's only volcano 'Volcán Barú', is also its highest point. Surrounded by a national park, you will find different landscapes on your way up to the top: tropical rainforest landscapes with highlands species as well as the remains of the last blast of the volcano that happened millions of years ago.

The trail to the top of this volcano is an adventure for the fit and reckless only, as the road to the top is anything but a rocky dirty road; it is steep, muddy and relentless. The hike is strenuous but technically not difficult. Temperatures at the top are very cool, particularly during the dry season months when the cool temperatures are accompanied by high winds.

But once you reach the top and with good weather conditions you can see both oceans, the Pacific and Caribbean Sea!

It is possible to do this hike during the night or during the day. We highly recommend the night hike so that you can see the beautiful sunrise in the morning and the view is much better in the very early morning. Therefore a guide will pick you up at 11.30 pm and bring you up to km 4, where you start to hike up to the top together.

Don't forget to bring:

- rain jacket and warm clothes
- water
- snacks
- flashlight/headlamp
- hiking sticks (if necessary)

