



Here in Panama you can find many unique hideaways- places only the locals know about. But who would guess that right in plain view, beside a main road, a well-known establishment holds a charming secret? About halfway up the mountain between Las Uvas and El Espino on the road to El Valle sits Restaurant Bar Paraiso where you can stop in for a beer, grab a quick bite, or enjoy a delicious meal of fresh fish, pasta, or the chef's special . The selection varies, depending on what is available daily, but everything is prepared and served fresh in a casual, unassuming atmosphere. Friday night salsa lessons, rock bands, and many other entertainments keep guests happy and coming back for more.

The cocktail area is intimate, but large enough to accommodate small groups. Outside dining for large parties is provided under a thatched roof, with a huge dance floor and plenty of room to let loose.

When the party is over, you can stroll down the path to your own private hideaway – a cabin in the woods!

Each of the five cabins represents an endangered species – the Golden Frog, tropical birds, iguanas, etc. so all are decorated with paintings and carvings of the various birds and animals on the outside.

On the inside, natural wood and tile provide a warm, comfortable temporary home. Included is an eat-in kitchen with cooking supplies, a very large walk-in tiled shower with hot water, and the most comfortable bed you can imagine.

With glimpses of fireflies blinking on and off, the sound of night birds calling, the twinkling of stars through the mango tree leaves, you drift off into a deep, peaceful sleep.

This completes another beautiful day in paradise.

Tropical Hideaway on Panama's Pacific Coast

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Website:

www.restaurantbarparaiso.com

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<http://panamacabins.net>

For further information on rates, reservations, etc. Contact Rose: (507) 6613-0513.