

September 2026

Pacífico Vibes

VOL
04

Trillo Titi

Cycle, walk, and explore
10 km of nature

This is us

Marianela turned her
passion for music into
opportunities for others

Be part

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stories you'd like to see in
the next issue

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Welcome

Just like in music, a place is also built by many voices. Some are loud, others fade into the background, but they all contribute something to the final result. **And when we pay attention, we discover that there are always new voices, stories, and experiences resonating all around us.**

Sometimes we're so caught up in our daily lives that we stop noticing everything happening right around us. This issue is an invitation to do just that—to discover a story you may not have known, find new places to enjoy, and look anew with curiosity at those spaces we feel are so much a part of us.



I invite you to take a moment, browse through these pages, and enjoy the stories, experiences, and achievements we're sharing with you today.

And if you have a story worth telling, we'd love to hear it.

Marianela Aponte

*Directora de la Academia
de Música Fioritura
Residente de Woodlands*

A stylized, handwritten signature in black ink, consisting of several loops and flourishes.

This is us

A life dedicated to creating opportunities



When Marianela Aponte arrived in Panama in 2012, she brought with her a solid background in education, music, and cultural management. For years, she devoted her expertise to teaching others, until one day, as she was leaving the Lycée Français International de Panama, she thought to herself, “My goodness, I want to live here.” Shortly afterward, she and her family found a place in Panama Pacifico where they could make that dream a reality.

Her journey as an entrepreneur began almost by accident. At Christmas, she wanted to gift the community a children’s choir. About 60 children gathered, and when it was over, the question arose: “So, what’s next?” That’s how the idea was born, and, step by step, her academy, Fioritura, began to grow.



“When you find your dream, you shouldn't just visualize it, get excited about it, and be captivated by the idea. You have to roll up your sleeves, put in the effort, and work every day to make it a reality.”

Marianela Aponte, Director of the Fioritura Music Academy

The journey wasn't easy. Marianela put her experience, training, and passion to work toward her own dream: to create the first music academy in Panamá Pacífico. **Today, Fioritura has nearly 100 students and continues to grow, offering classes in piano, voice, guitar, saxophone, percussion, and ensembles.**



Throughout her journey, she has encountered something that has made all the difference: people willing to help, open doors, and place their trust in her. From those who gave her a place to start to the families who now believe in her project, **she has discovered a different way of living and relating to others, where warmth, collaboration, and support are part of everyday life.**



“Art and connecting with people through a musical instrument foster discipline and the development of skills.”

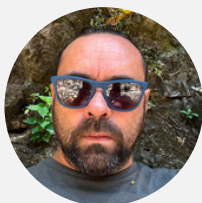
Marianela Aponte

Today, she dreams of a symphony orchestra, a recording studio, and reaching more students. **But above all, she wants to keep doing this here.** Because there are places you don't just choose to live in; they give you reasons to stay and keep growing.

Do you have a story to tell?

Share it

Community tips



Alejandro Hermann

Psychologist and
Resident of River Valley

Let's not take what's close to us for granted. **Let's go out, explore, and discover as a family** - search for the source of a howler monkey's call, be amazed by a sloth, or simply let a walk take us down a new path.

And along the way, **let's teach our children to appreciate and care for the nature we share.**

Let's never stop marveling together!



Gabriela Portillo

Interior Designer and
Resident at Nativa

When designing your home, make the most of natural light, colors, textures, and materials to **create spaces that breathe and feel in harmony with nature.**

Less clutter, more intention-let each piece of furniture serve a purpose and interact with its inhabitants and the environment it's meant to occupy.

Design in harmony with your surroundings!

Share yours

Wellness in motion

Cesar Barria Turns Challenges into Motivation

For Cesar, well-being lies in striking a balance between caring for the body, mind, and spirit—but above all, in surrounding ourselves with the right people who help us move forward.

After a major life change at age 21, he realized that we can't always choose what happens to us, but we can choose the attitude we face it with.

"To achieve our goals, we often need to step out of our comfort zone a little."

Cesar Barria



"Attitude really does make a difference"

From that moment on, his life took a new direction, and he began representing Panama internationally in sports competitions and high-performance events, proudly carrying the name of his entire country.

These experiences strengthened his resolve to continue growing and to inspire others—both during and outside of his talks—to view challenges as part of the journey toward continued growth.

[Share your story](#)

Offline is the **new luxury**

CM Soccer Academy

Soccer becomes a place to run, have fun, make friends, and learn values such as discipline and teamwork.

CM Soccer Academy **welcomes children ages 4 to 14 from 4:00 p.m. to 7:00 p.m. at Sports Park.** With professional coaching and tournaments that allow them to put what they've learned into practice, they grow both on and off the field.

Run, play, and grow as part of a community!



 [Contact](#)

Trails



There's always a trail waiting for you to explore, breathe, and unwind

- **Explora Trail:** Also known as Bunker Hill, it offers 820 meters of trails for walking, running, biking, and connecting with nature.
- **Telegraph Hill:** a hike that lets you immerse yourself in nature, get some exercise outdoors, and enjoy the tranquility and the ultimate reward of a bird's-eye view of the area.

P42 Runners y P43 Triclub



After becoming a mom for the second time, Andrea faced the challenge of getting back into running. Driven by that frustration, she posted, “Who’s with me?” Fifteen people responded, and that’s how P42 Runners **was born—a running club that started one Sunday at Panama Pacifico and now brings together more than 150 athletes of different skill levels and ages.**

Andrea, a nutritionist with a master’s degree in exercise physiology and trained as a running coach, built a community where training is centered on health, injury prevention, and the needs of each runner. **This also gave rise to P43 Triclub, the triathlon branch, which trains every Saturday at Panama Pacifico with swimming, cycling, and running.**

“When I train, it’s as if my eyes are more open. Everything looks better; everything is clearer.”

Andrea Rivas



For P42 and P43, this has become a key setting for some of their training sessions, because it offers them the routes, safety, and space that allow them to tailor each run.

 [p42runners](#)

Working out means clearing your mind, taking care of your body, and connecting!

What activity would you like to share?

Share it

Pet club

It all started with a meow

While walking through Panamá Pacífico, Tanee heard some soft meows she couldn't ignore. When she followed the sounds, she found three newborn kittens in an abandoned house.

That's how Panza, Peluche, and Flakis came into her life.

Through them, Tanee discovered that every pet has its own personality, needs, and unique way of communicating. That care and love also lead her to look after stray cats on a daily basis, feeding them and making sure they receive veterinary care when they need it.



In addition, all that learning led to the creation of **Tani Pet Care, a project that helps families care for their pets so they can enjoy a happier life together.**

"If you have pets, get to know them and give them their own space. Watch how they communicate, what they like, and what they need, and set up a little corner just for them. When they have a place of their own, they feel like part of the family, and life together runs more smoothly."

Tanee Espinoza , the cats' owner

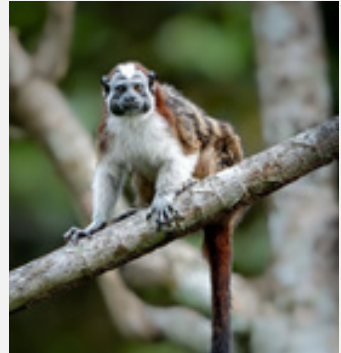
Does your pet have a story to tell?

Share it

Coliving

Biocorridors: Pathways for Life

Panama is much more than a link between two continents; it is a bridge for life. Its forests, rivers, and natural areas allow different species to move about, reproduce, and maintain the diversity of their ecosystems. That is why, when a region is developed, it is also important to consider the pathways that already exist for wildlife.



“A biological corridor isn’t just a forest; there are also species that need open areas, water, or specific spaces to move around.”

Reinaldo Perez, a wildlife ranger, explains

Here, this coexistence is reflected in small details that can make a big difference. For example, some fences have openings at the bottom that allow animals to pass through, while wildlife crossings connect different parts of the area.



Because sharing a space also means learning to coexist with those who already lived there. A sloth crossing the path, an iguana finding its way, or a seed that ends up somewhere else are all part of the processes that keep the ecosystem alive.



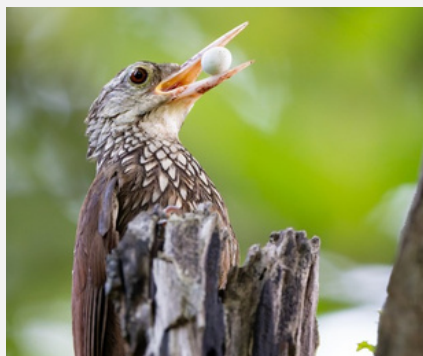
"If we cut off those pathways, we're also cutting off important natural processes."

Reinaldo Perez, wildlife ranger

Nature finds a way to carry on, but we can make that path easier so that plants and animals can continue their life cycle.

If you encounter an animal:

- Watch it from a distance.
- Do not try to move or capture it.
- Report it to the CSI:
+507 316 3636



Living in harmony with nature means learning to preserve and respect its natural course, so remember:

- Keep your distance
- Slow down
- Avoid direct contact

We are part of a living system

What would you like to know about our wildlife?

Share

Growing here

Rely on Panama for Growth

Three years ago, IE Grupo, a Colombian company with 37 years of experience, chose Panama as its first international expansion destination and Panama Pacifico as its strategic operational hub. **From here, the company connects with manufacturers and markets throughout the region, taking advantage of the country's location, logistics, and opportunities.**

Since then, their expertise in electrical and telecommunications solutions has led them to participate in projects that directly impact the country, ranging from the Hospital del Niño and new healthcare facilities in Meteti to projects related to the Panama Canal. Their work is based on understanding the needs of each project and providing solutions that optimize resources and ensure safer infrastructure.



"The idea is to grow alongside the country and do our part,"
says **Liliana Trilla, Country Manager of**
IE Grupo Panama.

With Panama serving as a platform for its regional expansion, IE Grupo continues to consolidate its operations and contribute its expertise to projects that are part of the country's development.

**When you choose the right environment,
everything grows with you**

[Explore opportunities](#)

Building Spaces for the Future



New warehouse facilities are beginning to be built as part of an expansion aimed at accommodating the arrival of increasingly larger companies and operations. Currently, construction has begun on 60,000 m², with the goal of reaching 140,000 m² over the next three years. To put this in perspective, over the 22 years of **Panama Pacífico's development, approximately 300,000 m² have been built; now, in just three years, the plan is to add an area equivalent to nearly half of everything built to date.**

More than just providing a new space, this development strengthens the country's ability to attract multinational companies and consolidate its position as a regional logistics hub. **The new facilities, designed for larger-scale operations, will enable companies in sectors such as logistics and pharmaceuticals to centralize their operations and distribution to various markets from Panama.**

"Every new space opens the door for more companies to choose Panama as a place to grow."

Gabriel Cheng
Sales Consultant - LRP

This infrastructure meets a real need and paves the way for what lies ahead: more companies, more connections, and new opportunities for Panama to continue growing as a strategic hub in the region.

Connect to transform

FUPADEINA

Preserving our environment starts with understanding it. That's why FUPADEINA promotes conservation and environmental education, inculcating knowledge and awareness in future generations about **caring for nature, reforestation, and the importance of protecting our environment.**



At Panama Pacifico, we want to raise awareness of this initiative because we believe that environmental education can bring about lasting change. When children learn to care for the environment, they also learn to appreciate the place they live in.



Are you part of a school?

FUPADEINA invites your school to learn about its programs and to incorporate environmental education into its curriculum so that students can learn, participate, and share this commitment with others.

 [Join the change](#)

Do you have a story to tell?

[**Share it**](#)

Best place to live

What does it mean to live in a **carbon-negative country**?



There is something extraordinary about living in a country where nature has the capacity to absorb more carbon than is generated. **Panama is officially recognized under the COP26 framework as one of only three countries in the world that are carbon-negative, along with Bhutan and Suriname.** In simple terms, the ecosystem absorbs more CO₂ than is emitted. But maintaining that status is now the real challenge.

Every forest we preserve is an opportunity to continue living in harmony with our environment.

Sources: Panama's Ministry of the Environment (Mi Ambiente), the United Nations Development Program (UNDP), and the International Monetary Fund (IMF).

Being carbon-negative is much more than just a number. It's the result of a unique relationship between a country and its ecosystems, as well as a commitment to preserving it. The trees we see, the forests we protect, and the natural areas we conserve play a role that goes far beyond the landscape: they help maintain that balance.



And this is precisely where living in Panama Pacífico takes on a whole new dimension. Its master plan integrates development with nature: 1,400 hectares of natural spaces, 600 of which are set aside for conservation, and more than 25 kilometers of trails and bike paths. Here, nature wasn't left out of the development; it's part of how the community was envisioned.



Perhaps that's why living here can feel like being in a place where sustainability is part of everyday life—surrounded by trees, trails, wildlife, and open spaces to breathe. Because choosing a place that preserves nature and integrates it into daily life is also a choice about how we want to live.

**When you choose the right environment,
everything grows with you**

Explore opportunities

Stay tuned

Trillo Tití: Ride, walk, and explore.



El Trillo features approximately 10 kilometers of mountain trails for biking or hiking. Each trail has its own character and offers a unique way to immerse yourself in nature. Choose your path, follow the signs, and discover a place where you can disconnect from your daily routine. Open daily from 6:00 a.m. to 6:30 p.m.

Looking for a different kind of experience? Every Thursday at 7:00 p.m., the community gets together for night rides. With your bike and lights on, you can explore the trails in a new way—always in a group and having already scouted the route during the day.

Take it at your own pace. Come alone, with friends, or with family, and enjoy a space designed for you to move around, explore, and connect with nature. Bring water, insect repellent, and a helmet, and get ready to enjoy a unique experience in the heart of nature, just a few steps from home.



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Thank you for being part of our community.

See you in the next edition!