

AARP picks Panama # 3 place to retire

Written by T. Rob Brown (aka Roberto Chocolate)

Thursday, 29 July 2010 11:56 - Last Updated Thursday, 29 July 2010 11:59

AARP The Magazine Travels the Globe to Reveal the Top 5 Best Places to Retire Abroad

Experts in celebrating the next chapter in life, AARP The Magazine traveled the globe to discover the ultimate retirement destinations abroad. Factoring climate, expat community, cost of living, housing, health care, access to the U.S. and culture and leisure, AARP The Magazine reveals the top five locales in its September/October issue, available in homes and online today.

See what regions in Mexico, France, Panama, Portugal and Italy have to offer—castles, palm trees, rain forests, grilled lobster—in their unique and unparalleled retirement experiences.

1. MEXICO — Puerto Vallarta

Puerto Vallarta, Mexico is the undisputed number one destination for American retirees. With its rich Indian and Spanish culture, lavish beaches and affordable real-estate, Puerto Vallarta offers the low-cost, laid back lifestyle retirees seek to find in a community.

Some Reasons we love it:

Puerto Vallarta Real Estate

- Climate: Winters—sunny, pleasantly warm; summers—rainy, humid hot
- Expat Community: Estimated at 50,000 American retirees
- Access to the U.S.: Excellent

2. FRANCE — Languedoc-Roussillon

Once remote, the Languedoc-Roussillon region is now just three hours from the bright lights and bustling energy of Paris via high-speed train. The area is steeped in history and art. Languedoc-Roussillon is also a destination for the outdoor crowd with picturesque hills and beach along its Mediterranean seashore.

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Some Reasons we love it:

- Climate: Mediterranean—hot and dry summers; cool winters
- Cost of Living: Not cheap, but a comfortably frugal life can be had for \$30,000 a year
- Health Care: Excellent. French health care has been named the best in the world by the World Health Organization

3. PANAMA — Boquete

Panama is a smart choice for retirees who want it all. Not only does it feature attractive retiree destinations, Panama also offers an unbeatable package of retiree benefits and discounts. Boquete has a unique range of back-home amenities, from a golf course to high-end gated communities.

Some Reasons we love it:

- Expat Community: An estimated several thousand
- Housing Costs: A small house goes for \$175,000; in a gated community, \$250,000 and up. Rentals: about \$600 a month for a two bedroom house
- Culture and Leisure: Rainforest hiking, river rafting, bird watching and coffee plantation tours keep Panama a bustling location for leisure.

4. PORTUGAL — Cascais

Many wonder why Portugal has long been overlooked by American retirees. A plentitude of golf, beaches, resorts and trendy cafe life makes Portugal one of Europe's most pleasant surprises for retirees.

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Some Reasons we love it:

- Cost of Living: A comfortable life can be had on \$25,000 a year
- Health Care: Good. Nearby hospitals include the well-regarded British Hospital in Lisbon
- Access to the U.S.: Excellent. Direct flights to-and-from the U.S. fly out of Lisbon

5. ITALY — Le Marche

Le Marche, bordering the Adriatic, is beautiful region with vineyards, snow-capped mountains and beaches a plenty. It also prides itself on the best fish dishes in the country and is trendy enough to have snagged Dustin Hoffman as a tourism spokesperson!

Some Reasons we love it:

- Climate: Mostly sunny
- Expat Community: Relatively few; an international mix
- Culture and Leisure: An incomparable mix of open-air opera festivals, Renaissance painting and architecture, wine tasting and nature reserves

For more information and an extended list of AARP The Magazine's "Best Places to Retire Abroad," visit www.aarp.org.

About AARP The Magazine

With more than 35.1 million readers nationwide, AARP The Magazine is the world's largest circulation magazine and the definitive lifestyle publication for Americans 50+. Reaching over 23.5 million households, AARP The Magazine delivers comprehensive content through in-depth celebrity interviews, health and fitness features, consumer interest information and tips, book and movie reviews and financial guidance. Published bimonthly in print and continually online, AARP The Magazine was founded in 1958 and is the flagship title of AARP Publications.

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About AARP

AARP is a nonprofit, nonpartisan membership organization that helps people 50+ have independence, choice and control in ways that are beneficial and affordable to them and society as a whole. AARP does not endorse candidates for public office or make contributions to either political campaigns or candidates. We produce AARP The Magazine, the definitive voice for 50+ Americans and the world's largest-circulation magazine with over 35.1 million readers; AARP Bulletin, the go-to news source for AARP's millions of members and Americans 50+; AARP VIVA, the only bilingual U.S. publication dedicated exclusively to the 50+ Hispanic community; and our website, AARP.org. AARP Foundation is an affiliated charity that provides security, protection, and empowerment to older persons in need with support from thousands of volunteers, donors, and sponsors. We have staffed offices in all 50 states, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands.

Source AARP