



Panama City, Central America

Photo: Sylwia Brataniec/Shutterstock.com



Rodrigo Cuel/Shutterstock.com



Matyas Rehak/Shutterstock.com



Rodrigo Cuel/Shutterstock.com

Panama City is an engaging and mysterious metropolis, a multifaceted place, born out of constant cultural exchanges and, at times, conflicts.

It is a place worth being discovered, a city hanging in the balance: between South and North America, tradition and innovation, luxury and poverty, overlooked by the steel of skyscrapers and surrounded by sandy beaches and green forests.

Enjoy the cosmopolitan Panama, wander through handicraft markets, large malls, local restaurants and have fun during the vibrant Panamanian nights.

QUIZ

*What Type of Traveller
Are You Based on
Your Travel IQ?*

TAKE THE QUIZ

Top 5



The Panama Canal

The Panama Canal is definitely the most important part of the country's infr...



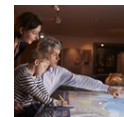
Casco Antiguo

The historic district of Panama City, keeper of the city's traditions and hi...



Panama Viejo

UNESCO World Heritage Site Panama La Vieja, commonly known as Panama Viejo, ...



The Biomuseo

Eight distinctive pavilions, eight permanent exhibitions designed to narrate...



The Fish Market

Come try the local seafood excellence at the Panama City Fish Market: lobste...



COUNTRY DESTINATIONS

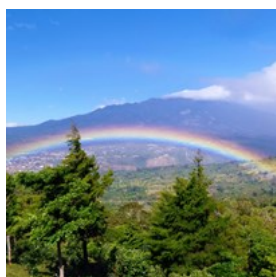


Jess Kraft/Shutterstock.com

Panama is a country fascinating in its natural wonders, teeming with splendid beaches, expansive forests and massive volcanoes. What makes this country even more special is its mixture of wild nature with modernity and comforts of the city life.

Enjoy Panama in all its nuances, hike under the hot sun, refresh yourself in the crystal-clear waters, climb the impressive Baru Volcano and party until the crack of dawn.

Boquete



Boquete is located in a beautiful valley with rocky mountain rivers and scenic views and has a growing expat community of people who just fell in love with the town and decided to move here.

Boquete is home to multiple coffee plantations, a good selection of restaurants serving different cuisines, a place to practice outdoor activities that range from scenic tours in ATV vehicles to rock climbing, mountain biking, canopy zip-lining, horseback riding, golf, bird watching, hot springs and much more.

Boquete's spring-like weather is optimal year-round and the town has been appointed one of the top retirement communities in the world offering a great quality of life.

Photo: Stika/Shutterstock.com

Address: Boquete

More Info: For more information about Boquete, check the ArrivalGuides Chiriqui.

Bocas del Toro



Of all the tourism destinations in Panama, Bocas del Toro is the place where you can have it all! During the day you can take a tour to any of the amazing islands of the archipelago, sail, sunbathe, swim, surf, snorkel, hike, ride a bicycle around town, and visit an indigenous village or a botanical garden. At night you can literally go bar hopping, participate in a talent night, go to a costume party, dance by a shipwreck and find excellent live music. The best of all this? There's no need to drive!

Bocas is constantly changing and transforming itself. There's always something new and by just walking down the streets you can already feel the energy of people coming and going, happy and lucky to be there.

Photo: Olga Kot Photo/Shutterstock.com

Address: Bocas del Toro

More Info: For more information about Bocas del Toro, check out the ArrivalGuides Exotic Islands of Panama.

Pedasi



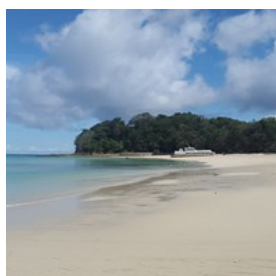
The town of Pedasi is located in the south eastern section of the province of Los Santos and it is characterized by an eclectic geography of

prairies, mountains and a vast coastline with abundant marine life. Pedasi is known for great waves and awesome sunsets. A surf & turf town, a mix of old Spaniard traditions and young people from all over the world seeking to live life to the fullest.

Photo: Gualberto Becerra/Shutterstock.com

Address: Pedasi

Contadora Island



Just a 15 minute plane ride from Panama City, Contadora Island is a great escape with white sand beaches and calm blue waters. Contadora is

also a good base for exploring the neighboring islands. Some of the activities include whale watching, snorkeling, kayaking and touring around the island by scooter.

Contadora has an interesting history. In the days of the pirates, the island was used to store and count gold (hence the name) and later, in the 1960s, it became the place for Panamanian and international holiday homes, which can still be seen today lining the shore of the island.

Photo: Joako Rodriguez/Shutterstock.com

Address: Contadora Island

More Info: For more information about Contadora, check out the ArrivalGuides Exotic Islands of Panama.

Isla Grande



Located across from the mainland town of La Guaira, Isla Grande offers crystal clear waters, coral reefs, and white sandy beaches. Despite the

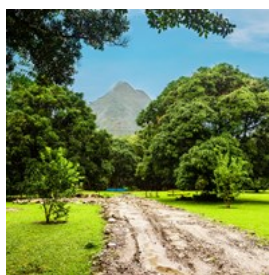
small size of the island, there are many little hotels and restaurants, catering to most budgets. The island offers great opportunities for snorkeling and practicing all kinds of water sports, like surfing at the famous surf break near the Sister Moon hotel (caution is advised as the spot requires some expertise and knowledge of the coral reef).

The Caribbean cuisine stands out due to the abundance of seafood and coconuts which creates a perfect mix of flavors. Famous Caribbean recipes are made of conch, lobster, crab, octopus, squid, shrimp, fish and many other delicious ingredients.

Photo: Alfredo Maiquez/Shutterstock.com

Address: Isla Grande

El Valle de Anton



This is a beautiful and exotic valley located in the crater of an extinct volcano. Temperatures are lower than Panama City, especially during

the dry season. Home to a variety of wonders, from the endemic golden frog to unusual square trees, springs, rivers and multiple bird species. This is a favorite vacation and weekend spot where wealthy Panamanians go to kick back, relax and take a break from the hustle and bustle of the city. For years, the Sunday market has been attracting visitors looking for great deals

on local handicrafts and products.

Photo: Jan Schneckenhaus/Shutterstock.com

Address: El Valle de Anton

Santa Catalina & Coiba Island



Santa Catalina, a small, laid-back town known for having one of the best surf breaks in Central America, is located 300 km northwest of Panama

City, about one hour from Santiago. The scenery and natural environment are breathtaking. World-class fishing, snorkeling and diving opportunities are found all along the coastline and around the surrounding islands. Coiba National Park can be seen from Catalina. From 1912 to 2002, Coiba Island was used as a penal colony, and Panama's worst criminals were sent here. Nowadays the prisoners have gone, but the prison remains, and makes for an interesting visit. Moreover, the recent declaration of Coiba as a UNESCO World Heritage site prohibits any development on the island, so the wildlife here is simply spectacular. The enormous island is home to a plethora of birds, mammals and reptiles. The surrounding marine park comprises 38 other smaller islands including Cebaco and Gobernadora and is the site of the second largest coral reef in the Eastern Pacific. Coiba's amazing variety of underwater life makes fishing and diving here incredible. Santa Catalina is a great base for exploring the islands and coastline. The town itself is small, with few attractions, but a surprising number of foreigners have moved to Catalina to start tourist-related businesses, creating an eclectic mix of people. Restaurants offer a good variety of food including authentic Tuscan Pizza and Argentinian style meats. Needless to say, the

seafood in this area is to die for.

Photo: Inspired By Maps/Shutterstock.com

Address: Santa Catalina

Taboga Island



The island of flowers, as it is known, is located just an hour ferry ride from Panama City, making it a perfect day tour. The island has a nice beach, a couple of hotels and restaurants and even a good hike up to a viewing point on a hill.

Photo: Dixon Hamby/Shutterstock.com

Address: Taboga Island

Portobelo



Declared by Unesco as "World Heritage Site", the town of Portobelo is known as a "historic monument collection" since you can visit several sites in the same place. Many of the fortresses, castles and buildings have been preserved almost intact along the years: examples are Fort Santiago, San Jeronimo, San Fernando, the Customs and Controller's building, and the San Juan de Dios Church famous for the Black Christ.

During the sixteenth and seventeenth century, Portobelo became one of the most important silver-exporter ports of Nueva Granada, the Spanish Colonial Jurisdiction which included today's Colombia, Panama, Ecuador and Venezuela. Portobelo also became one of the most important departure points from the "Indies". For the same reason, this town was subject to many pirate attacks from Francis Drake, William Parker, William Hiking, Henry

Morgan, Edward Vernon, and William Kingles.
This coastal town is famous for serving excellent seafood and it is close to other great Caribbean destinations.

Photo: Matyas Rehak/Shutterstock.com
Address: Portobelo

Volcan, Bambito and Cerro Punta

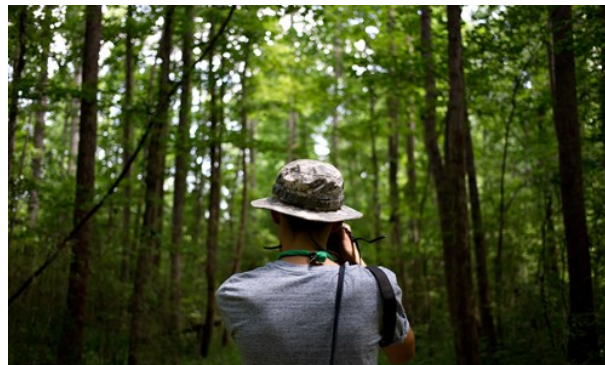


Besides being incredibly rich in fruit trees and vegetables thanks to a wonderful climate that usually ranges from 12°C to 25°C, this area offers the most scenic destinations. Explore the rocky mountain rivers, wander the great hiking trails, visit horse and orchid farms and admire the impressive Baru Volcano, Panama's tallest mountain, 3.474 meter high, from which on a sunny day you can see both the Pacific and Atlantic Ocean.

Your experience will also be made special by the interaction with the indigenous tribes who still live here, the ancient archaeological sites and if interested, the many bird watching sights. The area offers multiple cabins, hotels and hostels to suit all tastes and budgets.

Photo: Angel DiBilio/Shutterstock.com
Address: Volcan Baru National Park, Panama

TOP 5 TOURS



De Repente/Shutterstock.com

If you are visiting Panama for a short period of time, these are the tours not to be missed.

The Panama Canal



The Panama Canal is definitely the country's most important infrastructure, both from a strategic and economic point of view.

The Miraflores Visitor's Center is just a 30 minutes ride from downtown: it has a museum, gift shop, restaurant and observation deck where you can watch the massive ships pass through the locks. It truly is a modern marvel. In contrast to the more historically and socially focused Museo del Canal Interoceanico, the Miraflores Visitor's Center concentrates on science, technology and environment behind the functioning of the Canal. The center is worth an afternoon of exploration.

Photo: Galina Savina/Shutterstock.com
Public Transport: You can reach the Miraflores locks by bus or taxi
Opening hours: Mon - Sun (holidays included) from 9h to 16:30h
Phone: +507 276 8325
Tickets: Nonresidents: adults \$15.00, children \$10.00, tour

operators \$12.00

Internet: www.pancanal.com

Casco Antiguo (Old Town)



The historic district of Panama City, keeper of the city's traditions and history, is characterized by charming narrow streets, colorful

buildings, exciting cultural attractions and an array of hotels, cafes, bars, nightclubs, restaurants and art galleries. No wonder people are coming from all over the world to visit this evocative little corner of the world.

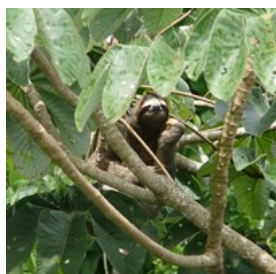
In 1673, after the sacking of Panama Viejo by Welsh privateer Henry Morgan, the current Casco Antiguo was chosen as location to rebuild Panama's capital city. The new city was surrounded by a wall to protect it from further pillaging. An eclectic blend of French, Spanish and American architecture developed as the country evolved over the years.

Photo: Matyas Rehak/Shutterstock.com

Address: Casco Antiguo, Panama City

More Info: Also known as Casco Viejo

Panama Rainforest Discovery Center



With almost 1000 birds species and a unique natural diversity, Panama is the perfect spot for bird-watching and wild nature enthusiasts. The

Soberania National Park, 30 minutes away from Panama City, offers a great opportunity for discovering the country's flora and fauna. The Panama Rainforest Discovery Center, located inside the National park, offers a 1.1 kilometer circuit of trails through the forest and a 32

meters tall observation tower, from which to observe the vast rain forest.

Take part in a unique journey, lose yourself in the lush tropical jungle, explore, discover, learn.

Photo: Nacho Such/Shutterstock.com

Address: Soberania National Park

Opening hours: Every day 6h-16h

Phone: +507 264 6266

Internet: www.pipelineroad.org

Email: reservas@avifauna.org.pa

Inter-Oceanic Canal Museum



Still undecided about which museums to visit while in Panama City? Worry no more, because you have found the one you can't miss. With 10

permanent exhibitions that trace the construction of the Panama Canal and its impact on Panamanian history and society, the museum deserves at least a couple of hours in order to appreciate and absorb the wealth of information available.

The museum highlights include the 1977 Carter-Torrijos Treaty that marked the end of the American control over the Panama Canal, as well as several interactive and engaging exhibits.

Guided tours are available in both Spanish and English to help you navigate through the abundant information.

Photo: Jjimenez0921/Wikimedia Commons (image cropped)

Address: Avenida Central, Plaza de la Independencia, San Felipe, Panama City

Opening hours: Tue-Sun 9h-17h

Phone: +507 211 1649

Internet: www.museodelcanal.com

Visit an Indigenous Tribe



Discover the fascinating, timeless lifestyle of the Embera indigenous tribe, an ethnic minority who survived the arrival of the conquistadors and

continues to exist today. Embark on a canoe trip along the Chagres river, through the lush tropical rain forest and learn about their culture, everyday life and traditions. The Embera people are famous for their basketry and woodwork, among other handicrafts. This is one of the best experiences you can have while visiting Panama City.

Photo: Cris Young/Shutterstock.com

DO & SEE



Alexis A Patano/Shutterstock.com

Panama City is a vibrant and dynamic capital, permeated by ancient indigenous traditions, surrounded by breathtaking tropical nature and buzzing with underground parties. Enjoy metropolitan living or explore the unspoiled natural environment.

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Photo: Matyas Rehak/Shutterstock.com
Address: Casco Antiguo, Panama City
More Info: Also known as Casco Viejo

Panama Viejo



UNESCO World Heritage Site Panama La Vieja, commonly known as Panama Viejo, is the site where Pedro Arias de Dávila originally founded the old Panama City, back in 1519. This was the first Spanish settlement on the Pacific coast of the Americas.

Nowadays you can visit all that remains of the ancient settlement, which was burned down in 1671, by going in the eastern side of Panama City.

Since most of the original city was made of wood, the ruins are not that extensive, but they are well-preserved and make for an interesting visit.

The Visitor Center at Panama La Vieja has a collection of archaeological findings and information about the history of this invaluable place.

Photo: Diego Grandi/shutterstock.com
Address: Vía Cincuentenario, Panama City
Internet: www.patronatopanamaviejo.org

The Biomuseo



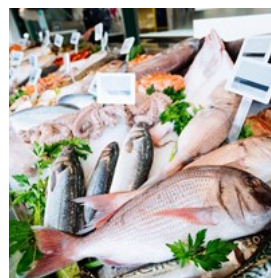
Eight distinctive pavilions, eight permanent exhibitions designed to narrate the origins of the Panamanian isthmus and its huge impact on the planet's biodiversity.

The Biomuseo is designed to lead visitors on an amazing journey of discovery and the interactive exhibits created by "Bruce Mau Design" make this museum even more astonishing. Once inside you can admire colored glass murals, giant screens, towering geological cross-sections of the isthmus, life-sized animal sculptures, multi-storied aquaria and even more!

The building itself is an architectural icon designed by Frank Gehry.

Photo: Monkey Business Images/shutterstock.com
Phone: +507 830 6700
Internet: www.biomuseopanama.org
Email: consultas@biomuseo.com

The Fish Market



Come try the local seafood excellence at the Panama City Fish Market: lobsters, king crabs, octopuses, shrimps and many other products at

excellent prices. Here you can also try different kind of ceviche (fish or seafood cooked in lime juice) together with a fresh beer, the perfect beverage to go with it.

What are you waiting for, we all know there isn't a better way to get in touch with another culture than by tasting the local dishes!

Photo: Beer5020/shutterstock.com

Address: Ciclovía Cinta Costera, Panama City

Opening hours: Every day 06h-17h; closed the 3rd Monday of every month

Jungle Land Panama



Eco Tours and Overnight Adventures: Discover the most unique and complete all-inclusive experience at the only floating lodge in Panama City! Explore the Canal from within and live the real Jungle Experience.

Photo: Rock and Wasp/shutterstock.com

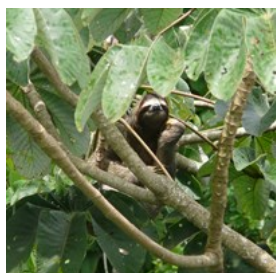
Address: Gamboa Public Ramp to Acces Jungle Land, Gamboa

Phone: +507 213 1173

Internet: www.junglelandpanama.com

Email: info@junglelandpanama.com

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Take part in a unique journey, lose yourself in the lush tropical jungle, explore, discover, learn.

Photo: Nacho Such/Shutterstock.com

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Photo: Jjimenez0921/Wikimedia Commons (image cropped)

Address: Avenida Central, Plaza de la Independencia, San Felipe, Panama City

Opening hours: Tue - Sun 9h-17h

Phone: +507 211 1649

Internet: www.museodelcanal.com

Museo Antropologico Reina Torres De Arauz



Its collection of 15,000 pre-Columbian ceramic, sandstone and ethnographic pieces is by far the largest grouping of anthropocentric

historical artifacts in Panama City. The M.A.R.T.A. is one of the most important museum in the country, keeper of its most ancient history and traditions. Come visit to admire pre-Columbian treasures and indigenous

artifacts, as well as household items and farm tools demonstrating modern Panamanian life and culture.

Photo: Javier Crespo/shutterstock.com
Address: Llanos de Curundú, Panama City
Opening hours: Mon - Fri 08h-16h
Phone: +507 501 4150

Visit an Indigenous Tribe

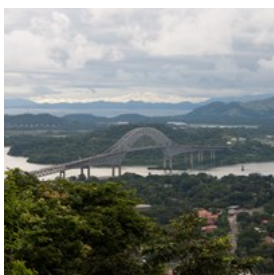


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Photo: Cris Young/Shutterstock.com

Ancon Hill



A scenic overlook in Panama City, 654 feet above sea level. Enjoy a pleasant hike to the top of the hill, along a paved road and escorted by

exotic birds and wildlife. You can also reach the top by car and take amazing shots of the Panama Canal, the modern city and the Casco Antiguo. The Panamanian flag sits at the top of the hill as a symbol of pride and sovereignty: before 1977 Ancon Hill was under US jurisdiction and Panamanians did not have access to it. At the bottom of the hill resides a site called “Mi

Pueblito” (my little town), a small colorful museum-like installation depicting the culture, traditions and architecture of Panama as well as its Hispanic, indigenous and Afro-Antillean heritage.

Photo: Brian Gratwicke/www.flickr.com (image cropped)
Address: Avenida de Los Martires, Panama City
Opening hours: Tue - Sun 09h-21h
Phone: +507 506 5730

Amador Causeway



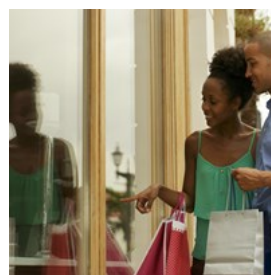
The causeway is a long stretch of land uniting the mainland with four small islands. It was created using the materials removed during the

construction of the canal.

The Amador Causeway is now developing into a great tourist spot, both during the day and the night, thanks to a lively scene of street cafes, restaurants and bars. There are excellent views of the city skyline and the Casco Viejo. A firm favorite with families, the causeway’s wide sidewalks are great for walking, jogging and cycling. The Smithsonian Research Institute is also on the Causeway and is well worth a visit.

Photo: Jan Schneckenhauß/shutterstock.com
Address: Amador Causeway, Panama City

Shopping



Panama is a paradise for shopping lovers, home to the largest malls in Central America. The smallest of them is the MultiPlaza Pacifica,

located in Punta Pacifica: it is home to many chic designer stores as well as facilities such as banks, making this a convenient one-stop

shopping location.

MultiCentro mall on Avenida Balboa is also a high-end shopping destination.

The largest of all is Albrook Mall, located next to the domestic airport. Albrook is home to some of the least expensive shops in Panama, as well as the main international chains and high-end stores.

All these malls have movie theaters and food courts.

Aside from the malls, a good selection of stores can be found on Via España, close to the banking district. Whereas if you are looking for a true bargain, Avenida Central in Calidonia provides quite an intense shopping experience, particularly for household goods and appliances.

Photo: Diego Cervo/shutterstock.com

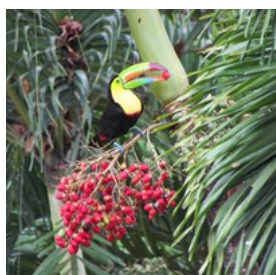
Nightlife



Panama City has everything you are looking for when it comes to nightlife. Whether you are here on business, for leisure, with the family, or just exploring the city by yourself, you can't miss out on Panama's nightlife. You will find everything from dress-down breweries to stylish nightclubs in the heart of the city and a rooftop bar with spectacular views.

Photo: oneinchpunch/shutterstock.com

Bird Watching



Panama City is one of the few modern cities in the world that lie less than 30 minutes away from the tropical virgin jungle. The Pipeline Road has earned the Audubon Society's World Record for most

bird species spotted in 24 hours! Among the species, you can see Passerini's Tanager and Resplendent Quetzals, as well as South American species such as the Flame-rumped Tanager and Golden-headed Quetzal.

Photo: Michael J Wallace/Shutterstock.com

DINING



VGstockstudio/shutterstock.com

Safe to say that Panama City's food scene is an attraction on its own.

The city's heterogeneous culinary offer will cater to your every whim!

Wander around Casco Viejo for traditional local food or explore the city to find delicious Italian restaurants, vegetarian recipes or cosmopolitan, breathtaking rooftop bars.

Super Gourmet



A landmark in Casco Viejo offering freshly prepared deli foods for all budgets. Super Gourmet serves gourmet products from around the world and is also the home of the Caribbean Chocolate Company. Here you can find a wide selection of meats, cheeses, fresh fruits and vegetables, wines and liquors, desserts, snacks, organic cacao and chocolate, coconut oils and more.

Photo: chillsheva/Shutterstock.com

Address: Avenue A between Calle 6 & 7, Casco Antiguo,
Panama City

Opening hours: Mon - Sat 08h-17h; Sun 10h-16h

Phone: +507 212 3487

Internet: www.supergourmetcascoviejo.com

Napoli Ristorante & Pizzeria



A family owned traditional Italian restaurant serving Panamanians for more than 28 years.

Consistency, good food

and fast service have created great loyalty amongst their ever-increasing clientele. The restaurant is known for its extensive and traditional menu offering up dishes such as lasagna, cannelloni, ravioli, parmigiana steak, and their antipasto selection of clams, octopus, jumbo shrimp, eggplant and ceviche.

Photo: Bea Rue/Shutterstock.com

Address: Calle I 24 y Calle Estudiante, Panama City

Opening hours: Sun - Mon 11:30h-21:30h

Phone: +507 262 2446

Internet: www.napoliobarrio.com

Email: info@napoliobarrio.com

El Trapiche



Opened in 1983, El Trapiche is one of the most acclaimed traditional restaurants in Panama City, famous for its wide choice of dishes,

its authenticity, its relaxed and laid back atmosphere, but most importantly for its commitment to supporting the local farmers who provide fresh ingredients to the establishment.

Photo: Yui Yuize/shutterstock.com

Address: Via Argentina 707, Panama City

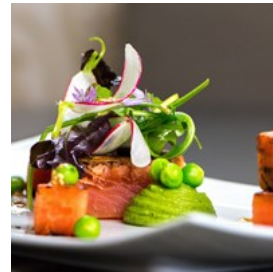
Opening hours: Sun - Thu 07h-23h; Fri - Sat 07h-00h

Phone: +507 269 4353

Internet: www.eltrapicherestaurante.com

Email: info@eltrapicherestaurante.com

Riesen



Experimentation, innovation and perfectionism blend with the most ancient Panamanian culinary tradition in this

family-run restaurant located right on the ground floor of the family's mansion.

Photo: shadefree/shutterstock.com

Address: Calle D, El Cangrejo, in front of Hotel Toscana Inn,
Panama City

Opening hours: Wed - Mon 18h-23h

Phone: +507 264 0473

Internet: www.riesenrestaurante.com

Email: info@riesenrestaurante.com

Restaurante Tinajas



Just like teachers strive to make a subject more appealing to their students, the Restaurante Tinajas will do its best to make you passionate

about Panama and its culture. Not only will visitors taste classic Panamanian dishes, but they will also enjoy after-dinner shows portraying local folklore through music and dancing.

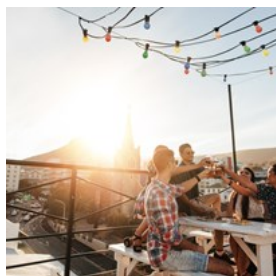
Photo: Ricardo Canino/Shutterstock.com

Address: Calle 51 Este, Panama City

Opening hours: Mon - Sat 12h-22:30h

Phone: +507 263 7890

Tantalo Kitchen



Have you ever wondered how it feels to overtop a city, its bay, and observe the conflict between the ocean's still waters and the streets' chaotic

motion from above?

No need to wonder longer. The Tantalo Hotel's rooftop offers that and much more, where "more" stands for delicious cocktails, tapas style menus and a unique cosmopolitan vibe.

Photo: Jacob Lund/Shutterstock.com

Address: Calle 8 y Avenida B, Panama City

Opening hours: Breakfast: Mon - Sat 07h-11h; Late

Breakfast: Sun 07h-13h; Lunch Menu: Mon - Fri 11h-15h;

Regular Lunch/Dinner: Everyday 11h-22:30h

Phone: +507 262 4030

Internet: www.tantalohotel.com

La Negra Tomasa



If the idealistic conception of Italy's delicious food and warm hospitality could materialize, the result would be this cute, tiny

Italian restaurant. La Negra Tomasa is, indeed, known for its tasty homemade pasta and for its ability to make guests feel at home, as if they were the restaurant's only clients.

Photo: Hans Geel/shutterstock.com

Address: Calle Eric del Valle, Panama City

Opening hours: Mon - Sat 11h-23h; Sun 12h-22h

Phone: +507 203 3547

Internet: www.lanegratomasapanama.com

Mi Ranchito



Family owned restaurant offering various Panamanians dishes with a focus on seafood. Mi Ranchito succeeds in delivering a high-quality

culinary experience while preserving its informal, chilled out, fun atmosphere. The restaurant is set in a prime location: the Amador Causeway, a lively promenade linking Panama city with four islands.

Photo: wideonet/shutterstock.com

Address: Isla Naos, Amador Causeway, Panama City

Opening hours: Mon - Thu 8:30h-22h; Fri - Sat 8:30h-23h;

Sun 8:30h-22h

Phone: +507 228 4909

Internet: www.restaurantemiranchito.com

Email: rmiranchito@yahoo.com

El Caribe



Located in the multicultural neighborhood of El Cangrejo, this restaurant offers a broad selection of authentic Caribbean and

Costeñan food.

Whether you prefer meat, fish or vegetables, the chef will know how to please your palate with tasty traditional specialties.

Photo: Rohit Seth/shutterstock.com

Address: Via Argentina, Proximo a Esquina Com Avenida 2B Norte, Panama City

Opening hours: Sun - Thu 11h-00h; Fri 11h-04h

Phone: +507 214 6207

Internet: www.elcaribepty.com

Email: reservations@elcaribepty.com

Mahalo



In the heart of Casco Viejo, concealed by exotic plants, the intimate and cosy Mahalo awaits you. This laid back restaurant, founded and managed by two Canadian sisters, stands out for the fresh, healthy, local food it offers.

Explore a culinary world made of colors, try vegan and vegetarian recipes, taste the pressed juices and have fun playing board games with your friends.

Photo: petereleven/shutterstock

Address: Avenida A con Calle 5, Casco Viejo, Panama City

Opening hours: Mon - Sun 09h-22h

Phone: +507 399 3432

Internet: www.mahalopanama.com

Email: emma@mahalopanama.com

SHOPPING



Bobex-73/shutterstock.com

Choose your suitcase carefully, for Panama City is ready to fill it.

Colorful handicraft markets, fascinating jewelry workshops and massive shopping centers beckon.

Casa Latina



Casa Latina is not just a boutique, or even a museum. It is a place where a passion for heritage, art, culture and a vision of preservation and promotion collide to result in something incredibly meaningful.

Here you can admire colorful, high quality items from Panama and the Andean region, learn about Latin American folk art and experience the beauty of traditional handicrafts such as Embera masks, molas or Wounaan baskets.

Photo: Gualberto Becerra/shutterstock.com

Address: Av. A & Calle 5 Casco Viejo, Panama City

Opening hours: Everyday, 10h-19h

Phone: +507 228 9828

Email: info@casalatinapanama.com

El Hombre de la Mancha



Looking for holiday reading while in Panama City? "El Hombre de la Mancha" is the place for you, whether you prefer to read in Spanish or English. This well-stocked bookstore chain has 12 branches around the city, and is an oasis for young and older readers alike.

Some of the branches can be found in:

- Albrook Mall
- Altaplaza Mall
- Casco Antiguo
- San Francisco
- Boulevard de Santiago
- Ciudad del Saber

Photo: Don Pablo/shutterstock.com

Address: Multiplaza Pacific Mall, Vía Israel, Panama City
Opening hours: Mon - Thurs, 10h-20h; Sat 10h-21h, Sun 11h-20h
Phone: + 507 302 3761
Internet: www.hombredelamancha.com

Reprosa - Treasures of Panama



"Treasure of Panama" is a company of noble intent that faithfully reproduces ancient jewels and indigenous artifacts with the aim of preserving and promoting Panama's history, culture and traditions.

During interesting guided tours you will see how jewels are/were made, have a hands-on experience of the crafting process and finally have the chance to buy a precious relic of the past.

Stores can be found in:

- Casco Viejo
- Multiplaza
- Costa del Este

Photo: James Wagstaff/shutterstock.com
Address: Avenida A y Calle 4ta, Panama City
Opening hours: Mon - Sat 09h-17:30h
Phone: +507 228 4913
Internet: www.treasuresofpanama.com
Email: info@reprosa.com

Panama City's Malls



Albrook Mall, the city's biggest shopping center, houses a wide variety of businesses and activities: from cinemas to restaurants, from bowling alleys to 4-star hotels or even a church.

Address: Avenida Roosevelt y Avenida de la

Amistad, Panama City
Phone: +507 303 6255

Multiplaza Mall features mainly high-end brands such as Armani, Louis Vuitton, Calvin Klein, Gucci and many others.

Address: Calle Isaac Hanono Missri, Panama City
Phone: +507 302 5380

Altaplaza Mall is a modern and large shopping center on the edge of the city, home to many international brands and a renowned cinema.
Address: Vía Centenario, Panama City
Phone: +507 830 7080

Soho Mall is the fanciest shopping center in town, featuring only luxury brands. As a result, you will often find it half empty and extremely quiet.

Address: Calle 50, Entrance Calle 54 and 56, Panama City
Phone: +507 200 7476

Photo: Sonpichit Salangsing/shutterstock.com
Address: Avenida Roosevelt y Avenida de la Amistad, Panama City
Opening hours: Mon - Thu 10h-20h; Fri - Sat 10h-21h; Sun 10:30h-19h
Phone: +507 303 6255
Internet: www.albrookmall.com

The National Handicraft Market



The National Handicraft Market is located next to the ruins of the ancient settlement of Panama Viejo. Inside, you can take a look at the many stands displaying authentic Panamanian crafts, observe the artisans at work, chat with them and buy products straight from the makers' hands.

Photo: Chrispictures/shutterstock.com

Address: Via Cincuentenario, Centro de Visitantes, Panama City

Opening hours: Mon - Sat 9h-16h; Sun 9h-13h

Mercado De Artesanias Balboa



This market offers a wide variety of Panama's handicrafts in a small and quiet setting. It is the perfect place to look for traditional souvenirs at a reasonable price.

As a plus, the sellers speak English and are open to price negotiations.

Photo: Kamira/shutterstock.com

Address: Av Arnulfo Arias Madrid, Panama City

BARS & NIGHTLIFE

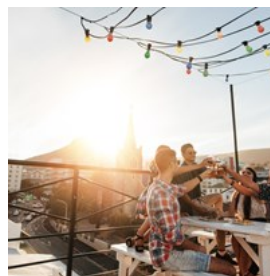


IVASHstudio/shutterstock.com

Panama City has everything you are looking for when it comes to entertainment. Whether you are here on business, for leisure, with the family, or just exploring the city by yourself, you can't miss out on Panama's nightlife.

The city has a lot to offer when the sun goes down: from casual breweries to stylish nightclubs, from underground hangouts in the heart of the city to fancy rooftop bars with spectacular views.

Tantalo Kitchen



Have you ever wondered how it feels to overtop a city, its bay, and observe the conflict between the ocean's still waters and the streets' chaotic

motion from above?

No need to wonder longer. The Tantalo Hotel's rooftop offers that and much more, where "more" stands for delicious cocktails, tapas style menus and a unique cosmopolitan vibe.

Photo: Jacob Lund/Shutterstock.com

Address: Calle 8 y Avenida B, Panama City

Opening hours: Breakfast: Mon - Sat 07h-11h; Late Breakfast: Sun 07h-13h; Lunch Menu: Mon - Fri 11h-15h; Regular Lunch/Dinner: Everyday 11h-22:30h

Phone: +507 262 4030

Internet: www.tantalohotel.com

La Rana Dorada



In the raging summer heat an English-style pub brewing its own beer may seem not unlike a hallucination, but don't hesitate: once inside, a

kind golden frog and its attentive associates will lead you down a path of refreshing beverages and edible delights.

Photo: AS Food studio/shutterstock.com

Address: Celle 9 Este con Calle Boquete, Casco Antiguo, Panama City

Opening hours: Everyday, 12h - 02h

Phone: +507 392 0660

Internet: www.laranadorada.com

't Bier Klooster



When the owners of this lovely pub decided to leave Belgium and sail away to Panama, they had the bright idea to bring the country's best products with them.

And so the "Bier Klooster" was born: a cozy, intimate pub in Casco Viejo featuring a selection of 80 varieties of Belgian beer, the typical fries and delicious meatballs.

Experience Belgium to the rhythm of rock music playing in the background.

Photo: Joshua Resnick/shutterstock.com

Address: Calle Jose de Obaldia, PH Casa Neuman, Local 6 in front of Felipe Motta, Casco Antiguo, Panama City

Opening hours: Tue - Sat 16h-00h; Sun 12h-20h

Phone: +507 386 3846

Relic Bar



Hidden in Casco Viejo's narrow streets, concealed by the overlying hostel "Luna's Castle", this eclectic place is one of the best nightclubs of the

city. In the charming atmosphere of Relic's open-air eighteenth-century garden, different worlds collide when both internationals and locals get together to chat, dance and exchange.

Photo: Jacob Lund/shutterstock.com

Address: Calle 9na, Casco Viejo, Panama City

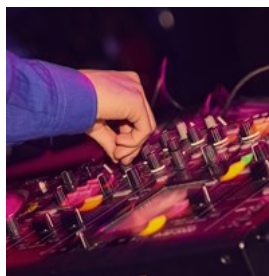
Opening hours: Mon - Tue 20h-00h; Thu - Sat 20:30h-00h; Sun 15:30h-00h

Phone: +507 262 1540

Internet: www.relicbar.com

Email: relicbar@gmail.com

Moloko Plus Bar



A true underground bar to catch the vibes of Casco Viejo. Moloko+ embodies the ideals of Panamanian hospitality by treating guests like

family, offering a high-quality music experience (it hosts both DJs and live concerts) and providing a wide choice of elaborate cocktails.

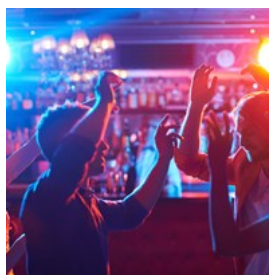
Photo: Bildagentur Zoonar GmbH/shutterstock.com

Address: Calle 12, 7B, Panama City

Opening hours: Wed 20h-03h; Thu, Fri, Sat 20h-04h; Sun 17h-00h

Phone: +507 62052392

Casa Jaguar



Casa Jaguar is one of the many nice bars and nightclubs located in Panama City's historic old quarter. It is characterized by a

vibrant, international and dynamic atmosphere that lingers after midnight: tourists and locals love to dance the night away to the rhythms of rumba and electronic music.

Photo: Pressmaster/shutterstock.com

Address: Septima Av. Central, 11-18, first floor, Panama City

Opening hours: Tue - Sat 18h-04h

Phone: +507 69558002

Internet: www.casajaguarpanama.com

Email: info@casajaguar.com

TOURIST INFORMATION



Eugenio Marongiu/Shutterstock.com

Best Time to Visit



Panama is a country of two seasons only: summer (or dry season) and winter (or wet season). The summer period runs between

January and April and it's normally considered the best time to visit Panama City. However, due to the constantly high temperatures (around 30°C) some may find comfort in the refreshing rainfalls of the wet season, during which hotel prices slightly decrease.

It is not recommended to visit Panama City in November. Apart from being subjected to incessant rain, this month is also characterized by many national holidays, leading to overcrowding and the temporary closure of many local businesses.

Photo: VectorA/Shutterstock.com

Passport / Visa



Citizens of the majority of European and American (North & South) countries, as well as a number of countries in Asia & Africa, do not

require a visa to enter Panama for up to three months, provided they hold a passport valid for at least 3 months from the date of entry.

When entering Panama by land, visitors may be asked to produce an onward ticket, as well as proof of sufficient financial resources to last their stay. One may also need to obtain a tourist card on arrival; fees may be included in the flight ticket.

Note that export of any goods made from endangered species is strictly prohibited, and punishable by law.

Immigration requirements are subject to change, so please familiarize yourself with the latest updates prior to travel.

Photo: TukTuk Design/shutterstock.com

Airport



Tocumen International Airport (IATA code: PTY) is located 24 km from downtown Panama City, approximately 20 minute by car. Official taxi

services are readily available just outside the terminal on the ground floor. These taxis are the only taxi service authorised to pick up passengers at the airport. Should you decide to share the ride, the fee will be lower depending on the number of passengers.

Several car rental companies offer their services. Many hotels offer shuttle services and you can also choose to be picked up by a tour operator or private transportation service of your choice.

Phone : +507 238-2700

Email : www.tocumenpanama.aero

Marcos A. Gelaber Airport (Albrook Airport; IATA code: PAC) is located 1.5 km west of downtown Panama City, offering daily local flights within Panama and international flights to Costa Rica and Medellin, Colombia.

Phone : +507 501 9800

Email : www.aeronautica.gob.pa

Photo: Juan Garces

Address: Avenida Domingo Díaz, Panama City

Phone: +507 238 2700

Internet: www.tocumenpanama.aero

Taxi



In Panama, all licensed taxis should be yellow and their licence number should be visible on both side doors. Taxis in Panama City are quite

cheap, but there are some things to should be aware of:

- taxis are not metered , fares are set by the authorities and change based on the area you are going to/coming from, on the number of people in the car, time of the day and more. However, fares usually range from a minimum of \$1.25 to a maximum of \$5.
- drivers tend to overcharge tourists, especially if they don't speak Spanish.
- drivers can pick other passengers up while reaching your destination.
- drivers do not expect tips.

Good to know:

Taxi fare from Tocumen International Airport to Panama City should be around \$30.00.

Taxi fare from the city center to the Amador Causeway should be around \$5 - \$10.

Photo: Taxi

Phone: +507 236 7848

Telephone

Country code: +507



Photo: Jardson Almeida

Electricity

110 volts, 60 Hz Standard two pin plugs



Photo: Stirling Tschan

Post

Three of the biggest post offices in Panama City are listed below, but you can find more of them on the official website of the country's postal



service.

Estafeta de Paitilla: +507 512 6257

Av Italia, Panama City

Mon-Fri 08h-15h; Sat 08-13h

Estafeta de Balboa Ancón: +507 512 6244 /6246
Steven's Circle, El Prado, Panama City
Mon-Fri 07h-16:30h; Sat 07h-12h

Estafeta Plaza las Americas: +507 512 6235
/6234
Centro Comercial Mercado de Las Américas, Av
Central, Panama City
Mon-Fri 07:30h-15h

Photo: Andy Fuchs
Address: Av Italia, Panama City
Opening hours: Mon-Fri 08h-15h; Sat 08-13h
Phone: +507 512 7657
Internet: www.correospanama.gob.pa

Pharmacy



FarmaValue Multicentro:
+507 215 0381 Mon-Tue,
Sun 09h-20:30; Fri
08:30-16:30h
Supermercado Deli K
Market, Multicentro,

Panama City

FarmaValue - Costa del Este: +507 271 0738
Everyday 08h-21h
Vía Cincuentenario, Panama City

Pharmacy Revilla - Parque Urraca: +507 207
1835
Mon-Sat 06:30h-21:30h; Sun 11h-19h
Avenida Federico Boyd y Avenida Balboa, Bella
Vista, Panama City

Pharmacy Revilla - 12 De Octubre: +507 207
1800
Mon-Sat 07h-22:30h; Sun 11h-19h
Av. 12 de Octubre, Panama City

Farmacia el Boticario: +507 269 7209
Mon-Fri 06:30h-18h; Sat 08h-18h

Via España, Panama City

Many El Rey Supermarkets have pharmacies
inside, which are open 24h.

Photo: Gemma Garner

Public Transport



Metrobus: The Metrobus
network is a reliable and
affordable way to travel
within Panama City. To
take the Metrobus you
must acquire the

corresponding card, sold at grocery stores and
pharmacies. Buses stop approximately every 15
minutes and bus stops are identified by an
orange Metro Bus sign. Remember to swipe your
Metrobus Card when entering and to push the
red button in order to ask the driver to stop.
Phone : +507 800 9393
Email : www.mibus.com.pa

Metro: Panama has a new and reliable metro
system, inaugurated in 2014. At present, there's
only one line but a second is on its way.
Metro cards are sold at the metro stations.
The Metro operates seven days a week and 365
days a year: Monday-Friday 05:00h-23:00h,
Saturday 05:00h-22:00h, Sunday and holidays
07:00h-22:00h.
Relevant line stations for tourists are Albrook,
Iglesia del Carmen and Via Argentina.
Phone : +507 5047200
Email : www.elmetrodepanama.com

Photo: Pierre-Luc Auclair
Phone: +507 8009393, +507 5047200
Internet: www.mibus.com.pa, www.elmetrodepanama.com

Population
3, 661, 868

Currency

United States Dollar / Balboa

Opening hours

Offices are open Mon-Fri/Sat from 08h to 12h.

Business are open Mon-Sat from 09h to 17h.

Shopping centers are open Mon-Sat from 10h to 19h.

Newspapers

La Prensa

El Panama America

La Estrella de Panama

Emergency numbers

911 for all emergencies

104: Police

103: Firefighters and Ambulance

+ 507 316 3200: SINAPROC (National Civilian Protection System)

Tourist information

Autoridad de Turismo de Panama

Avenida Balboa y Aquilino De La Guardia

Edificio BICSA Financial Center, 29th floor

Postal Code: 0816

Phone number: +507 526 7000

www.atp.gob.pa

www.visitpanama.com