



Panama City, Central America

Photo:



Welcome to Panama, the heart of the Americas, a country with great contrasts, kilometers of beaches on both Pacific and Atlantic Oceans, pristine islands, fertile highlands, historic landmarks, great outdoor adventures, lush nature, indigenous tribes, a thriving, vibrant, cosmopolitan city and, of course, the Panama Canal. Panama is a real treat for nature and history lovers, foodies and it is a shopping paradise.



Avenue A. Publications

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VENTURED BEFORE!

5 Off the Beaten Track
Destinations in Asia

ArrivalGuides

Foto: WhitefoxChen / Shutterstock

Top 5



ESSENTIAL INFORMATION



Tocumen International Airport

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

Official taxi services are readily available just outside the terminal on the ground floor. These taxis are the only taxi services authorized to pick up passengers at the airport, charging \$25.00 for one passenger. 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.

Address: Tocumen International Airport

Opening hours: 24 hours

Phone: +507 2382703

Internet: www.tocumenpanama.aero

Marcos A. Gelabert Airport (Albrook Airport)

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.

Address: Marcos A. Gelabert Airport

Phone: +507 5019272

Internet: www.aeronautica.gob.pa

Telephone

Country code: +507

Electricity

110 volts, 60 Hz

Standard two pin plugs

Currency

Panama's currency is the Balboa with one Balboa equal to one US dollar. Panamanian coins (one-, five-, 10-, 25-, and 50-cent pieces) circulate having the same size, shape, color and value as the US ones and are used interchangeably with them. The Panamanian B./1.00 coin has the same value as a US\$1.00 dollar.

The Tocumen International Airport offers foreign currency exchange services for traveler convenience.

Weather

Throughout of the country, the tropical climate is divided into the winter or rainy season from mid-May to December and the summer or dry season from mid-December to mid-May. Temperatures remain fairly constant throughout the year, averaging 80°F/27°C in the coastal areas and becoming cooler and less humid with spring like weather in the highlands.

Internet: www.google.com/#q=panama+weather

COUNTRY DESTINATIONS



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.

For more information about Boquete, check the Arrival Guide 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, and dance by a shipwreck, find excellent live music, and best of all, no need to drive!

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

For more information about Bocas del Toro, check out the Arrival Guide Exotic Islands of Panama.

Pedasi



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

prairies, mountains and vast coastline, including 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.

For more information about Pedasi, check out the Arrival Guide Azuero.

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, Contadora became the place for Panamanian and international holiday homes, which can still be seen today lining the shore of the island.

For more information about Contadora, check out the Arrival Guide 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 sand beaches. The island is

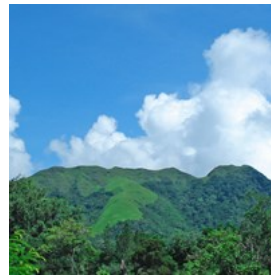
small and there is a strip of small hotels and restaurants catering to most budgets. There are great opportunities for snorkeling and practicing all kinds of water sports. There is famous surf break by Sister Moon hotel but we advise exercising caution as the spot requires some expertise and knowledge of the coral reef.

The Caribbean cuisine stands out due to the abundance of seafood and coconuts which creates a perfect fusion of flavors to serve dishes like conch, lobster, crab, octopus, squid, shrimp, fish and many other delicious preparations.

For more information about Isla Grande, check

out the Arrival Guide Colon.

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 produce.

For more information about El Valle, check out the Arrival Guide West Panama and Cocle.

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. Now, 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 and the surrounding marine park, which also 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. For more information about Santa Catalina and Coiba, check out the Arrival Guide Veraguas.

Taboga Island



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

For more information about Taboga Island, check out the Arrival Guide Exotic Islands of Panama.

Portobelo



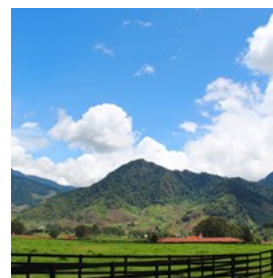
Declared by Unesco as "World Heritage", the town of Portobelo is known as a "historic monument collection" since you can visit several

sites in the same place. Many of the fortresses, castles and buildings still remain today such as 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 exportation ports of Nueva Grenada, the Spanish Colonial Jurisdiction corresponding to what is today modern 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. The coastal town is famous for serving excellent seafood and it is close to other great Caribbean destinations.

For more information about Portobelo, check out the Arrival Guide Colon.

Volcan, Bambito and Cerro Punta



Besides being the fruit and vegetable basket of Panama, this area offers the most scenic destinations, a wonderful climate that ranges from 12°C to 25°C in temperature, rocky mountain rivers, indigenous tribes, great hiking trails, horse farms, orchid farms, ancient archeological sites, great bird watching and most impressive of all, the Baru Volcano, Panama's tallest mountain at 11,398 feet, from which on a sunny day you can see both the Pacific and Atlantic Ocean. The area offers multiple cabins, hotels and hostels to suit all tastes and budgets. For more information about Volcan, Bambito and Cerro Punta, check out the Arrival Guide

Chiriqui.

TOP 5 TOURS



If you are visiting Panama for a short period of time, these are the tours you can't miss!

The Panama Canal



If you do nothing else in Panama, go see the Canal, you won't be sorry. Just 30 minutes from downtown, the Visitor's Center at the Miraflores

locks has a museum, gift shop, restaurant and observation deck where you can watch the behemoth 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 the science, technology and environment behind the functioning of the Canal. The center is worth an afternoon of exploration.

Public Transport: You can reach the Miraflores locks by bus or taxi
 Opening hours: Mon - Sun (holidays included) from 9 a.m. to 5 p.m.
 Phone: +507 272 1111
 Tickets: nonresidents: adults \$15.00, children \$10.00, tour operators \$12.00
 Internet: www.visitcanaldepanama.com

Casco Antiguo



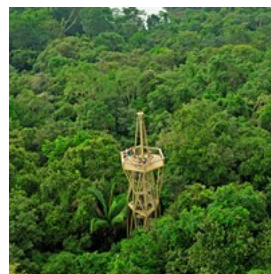
Charming narrow streets, colorful buildings mirroring the multicultural Panamanian history, exciting cultural attractions and an array of hotels, cafes, bars, nightclubs, restaurants and art galleries are luring people from all over to this little corner of the world.

In 1673, after the sacking of Panama Viejo by Welsh privateer Henry Morgan, what is now the Casco Antiguo became the setting for Panama's second 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.

Photo: Avenue A Publications

Internet: www.cascoantiguo.gob.pa/Inicio.aspx

Panama Rainforest Discovery Center



With almost 1000 species of birds, Panama is the perfect spot for bird-watching enthusiasts. The canopy stretches in all directions as far as the eye can see from 100 feet above the jungle floor at the top of the Rainforest Discovery Center's observation tower in Soberania National Park, just 30 minutes outside of Panama City.

This treetop world is usually but not exclusively reserved for biologists with scientific equipment and a considerable degree of courage. Visitors are invited to take part in a unique eco-tourism and educational experience at the Panama Rainforest Discovery Center.

Situated on 50 acres within the national park at the entrance to the Pipeline Road, the Rainforest

Discovery Center offers nature lovers an extensive network of guided trails within a lush tropical jungle.

Opening hours: From 6:00 a.m. to 6:00 p.m.

Phone: +507 3141140

Internet: www.pipelineroad.org

Email: reservas@avifauna.org.pa

Inter-Oceanic Canal Museum



If you are going to visit only one museum in Panama, this is the one. 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.

Museum highlights include the 1977

Carter-Torrijos treaty by which the US turned over control of the Canal Zone areas to Panama; several multimedia and interactive exhibits that can keep even the most hyper of museum-goers busy; and dioramas of everyday life throughout the history of the Canal.

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

Opening hours: From 9:00 a.m. to 5:00 p.m.

Phone: +507 2111649

Internet: www.museodelcanal.com

Visit an Indigenous Tribe



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

continues to exist today. Embark on a journey by canoe along the Chagres river and through the lush tropical rainforest and learn about their culture, everyday life and traditions. The Embera are famous for their basketry and woodwork among other handicrafts. This is one of the top recommended tours while visiting Panama City.

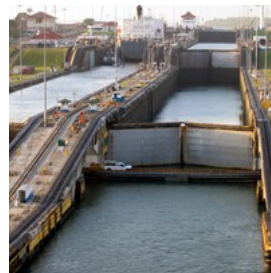
Internet: www.visitpanama.com/component/k2/item/1590-ember%C3%A1-wounaan.html?lang=en&format=html

PANAMA CITY DO & SEE



Panama City has a lot to offer from great shopping and a vibrant nightlife to fascinating tours just minutes away from downtown Panama City.

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Photo: Avenue A Publications
 Internet: www.cascoantiguo.gob.pa/Inicio.aspx

Panama La Vieja



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

Located on the far eastern side of the current city, these ruins are all that remains of the original city which was burned down by Welsh Buccaneer Henry Morgan in 1671. Since much of the original city was made of wood, the ruins are not that extensive, although they are well-maintained and make for an interesting visit.

The visitor center at Panama La Vieja has a collection of the archaeological finds and information about the history of the site.

Internet: www.panamaviejo.org

The Biomuseo



8 permanent exhibitions tell a story of the epic emergence of the isthmus and the consequent transformation of the planet that occurred a

mere three million years ago. It's designed to lead visitors on a journey of discovery that will transform their understanding of biodiversity. The museum's layout loops through eight distinctive pavilions with interactive exhibits created by Bruce Mau Design that progressively deliver both the solid science of Panama's story and "the magnitude of life". The visitor's adventure includes colored glass murals; a Panamarama with head-to-toe giant screens that immerse you in a profusion of tropical life; towering geological cross-sections of the isthmus in tectonic upheaval; runs of life sized animal sculptures celebrating the biotic interchange over the narrow land bridge of the Americas; multi-storied aquaria that vividly portray the separation of the world's two greatest oceans and finally, the pavilion with the punch line: Panama is the museum.

The building itself is an architectural icon

designed by Frank Gehry.

Photo: ©Victoria Murillo/Istmophoto.com

Phone: +507 8306700

Internet: www.biomuseopanama.org/en

The Fish Market



Here beds of ice are covered with lobsters, king crab, soft shell crab, octopus, shrimp, tuna fish, sea bass, red snapper, clams, calamari,

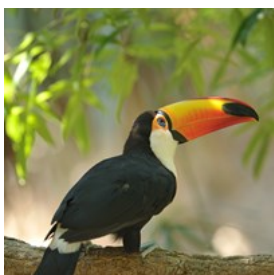
sardines, scallops and so much more and everything at excellent prices. This is a fun spot to visit not only in a food sense but also as a cultural experience. Try the different ceviche (fish or seafood cooked in lime juice) preparations from the strip of vendors outside in the parking lot. Most of the ceviche vendors offer a sitting area and refreshments including beer which is the perfect beverage to go with ceviche.

Address: At the end of Cinta Costera and the entrance to Casco Antiguo

Opening hours: Every day from 6:00 a.m. to 5:00 p.m. /

Closed the 3rd Monday of every month

Jungle Land Panama



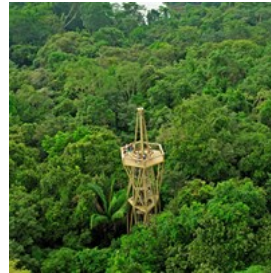
Panama Eco Tours and Overnight Adventures: Discover the most unique and complete all inclusive experience at the only floating lodge in the

Panama Canal! Explore the Canal from within and live the real Jungle Experience.

Phone: +507 2131172

Internet: www.junglelandpanama.com

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as far as the eye can see from 100 feet above the jungle floor at the top of the Rainforest Discovery Center's observation tower in Soberania National Park, just 30 minutes outside of Panama City.

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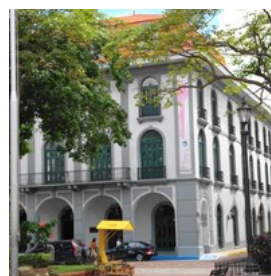
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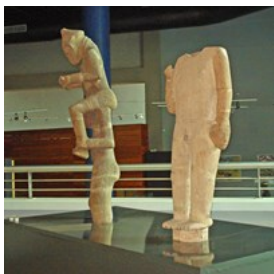
Guided tours are available in both Spanish and English to help navigate the abundant information.

Opening hours: From 9:00 a.m. to 5:00 p.m.

Phone: +507 2111649

Internet: www.museodelcanal.com

MUSEO ANTROPOLOGICO REINA TORRES DE ARAÚZ



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 museum tour begins in the hall dedicated to Torres de Arauz and moves to the Hall of Gold which houses an interesting collection of Huacas, the small ceremonial pre-Columbian treasures found in indigenous graves. Also featured are objects from the Barriles tribe, Panama's earliest residents who inhabited the isthmus until 700 B.C. The museum also has exhibits of household items and farm tools demonstrating modern Panamanian life and culture.

Address: Ave. Juan Pablo II, Llanos de Curundú.

Opening hours: Tue - Sun from 10:00 a. m. to 4:00 p. m.

Phone: +507 5014761

Visit an Indigenous Tribe



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

continues to exist today. Embark on a journey by canoe along the Chagres river and through the lush tropical rainforest and learn about their culture, everyday life and traditions. The Embera are famous for their basketry and woodwork among other handicrafts. This is one of the top recommended tours while visiting Panama City.

Ancon Hill



The best panoramic view of Panama City can be seen from the top of Ancon Hill which is 654 feet above sea level.

Ancon Hill is a great hike along a paved road where you can see an abundance of birds and wildlife on your way up. You can also reach the top by car and take fabulous photos of the Panama Canal, the modern city and the Casco Antiguo. The Panamanian flag sits at the top as a symbol of sovereignty since previous to 1977 Ancon Hill was under US jurisdiction and Panamanians did not have access to it.

At the bottom of the hill, there is a site called "Mi Pueblito", my little town, a small colorful museum-like installation depicting the culture, traditions and architecture of Panama and its hispanic, indigenous and Afro-Antillean heritage.

Address: Ancon

Opening hours: Mon - Sun: 9:00 a.m. - 7:00 p.m.

Phone: +507 5065730

Amador Causeway



The causeway is a long stretch of land uniting terra firma with four small islands which was created from earth removed during the construction of the canal. The causeway is now developing into a great spot to spend the day or night, with 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.

Shopping



Panama is home to the largest malls in Central America and shoppers will not be disappointed with everything available. The smartest mall, MultiPlaza Pacifica located in Punta Pacifica 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 main transport terminal, just across from the domestic airport. Albrook is home to some of the least expensive shops in Panama as well as the main chain and high end stores thereby offering intensive retail therapy at very reasonable prices. All 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 and, for a true bargain, Avenida Central in Calidonia provides quite an intense shopping

experience particularly for household goods and appliances.

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.

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.

RESTAURANTS



Rincon Aleman Gasthaus



Rincon Aleman Gasthaus serves authentic and delicious German food in a relaxed atmosphere. Stop in and sample over 45 types of beer from

around the world. They are primarily German, of course, but there is a nice selection of Dutch, Belgian and Czech brews as well as a number of beers on tap.

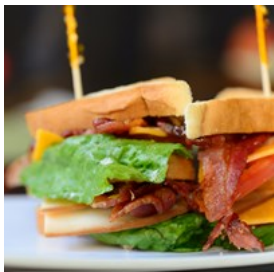
Address: 51st Street, Bella Vista

Opening hours: Mon - Sat: From 11:30 a.m. to 11:45 p.m.

Phone: +507 2642590

Email: rincon-aleman@hotmail.com

Super Gourmet Casco Viejo



A landmark in Casco Viejo offering freshly prepared deli foods for all budgets. Super Gourmet has select gourmet products from around the

world and is the home of the Caribbean Chocolate Company. A wide selection of meats, cheeses, fresh fruits and vegetables, wines and liquors, desserts, snacks, organic cacao and chocolate, coconut oils and more is available.

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

Opening hours: Mon - Sat from 8:00 a.m. to 5:00 p.m. / Sun from 10:00 a.m. to 4:00 p.m.

Phone: +507 2123487

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 always increasing clientele. The restaurant is known for their extensive and traditional menu serving up dishes such as lasagna, cannelloni, ravioli, parmigiana steak, and their antipasto selection of clams, octopus, jumbo shrimp, eggplant and ceviche.

Address: Obarrio, 57 Street

Opening hours: Tue - Sun from 11:00 a.m. to 11:15 p.m.

Phone: +507 2680088

Internet: www.napoliobarrio.com

Email: info@napoliobarrio.com

SHOPPING



Travel Shop



Travel shop opened 10 years ago to fulfill the desire for high end Mola Art. We are located in the lobby shops at The Sheraton Hotel and

Convention Center in Panama City. We support local artists such as Yolanda Lam who designs for both men and women, Susie Davila with her amazing hats and fedoras, the exclusive swimwear Nakar Designs brand, Solangel shoes and we also represent international brands such as Vince Camuto, Oxette, Kenneth Cole and other renowned designers. Come and meet us and find out what originality is all about.

Address: Sheraton Hotel and Convention Center
Phone: +507 3055100

Speed Republic



Sometimes it is not WHAT you are shopping for but WHERE you are shopping that makes the difference. When it comes down to skateboarding or

longboarding NO place comes close to a local skate shop. In Panama City there is only one place:

"SPEED REPUBLIC SKATE SHOP"

A truly unique shop run by experienced longboarders , surfers and skaters who will share their knowledge pointing you in the right direction. We carry the best brands in today's market in both skateboards and longboards as well as decks, trucks, wheels, protection gear, clothing and accessories.

Your "everything under one roof shop".

Address: San Francisco, Calle Andres Mojica
Phone: +507 2263080

Email: luis@speedrepublic.net

BARS & NIGHTLIFE



Encima Rooftop Bar at Tantaló Hotel



Encima was the first rooftop bar in Panama and in its short time has become the sensation of the Casco Antiguo. It has an amazing panoramic

view of the city's skyline and it has become one of the most popular bars in Panama for both locals and tourists. Famous for its diverse crowd, inviting atmosphere, and excellent music, Encima attracts the attention of people from all around. Whether you are looking for a place to watch the sunset and enjoy one of their famous "Zen-jito" cocktails or looking to meet new people and enjoy a fun night out, Encima is a great place to go. The lantern balls that hang across the bar create a relaxed atmosphere making it the perfect place to go to chill out with friends.

Address: Avenue B & 8th Street
Phone: +507 2624030
Internet: www.tantalohotel.com

8°58' Lounge at the Bristol Hotel



Located on the fifth floor of the North Tower of the exclusive Bristol Hotel, you will find 8°58'

Lounge. A sophisticated spot with an elegant and intimate atmosphere, this lounge has the perfect ambiance for romantic dates, casual gatherings, or even business meetings.

Address: Avenida Aquilino de la Guardia, 5th floor North Tower

Phone: +507 2640000

Isabella



Panama city is known for its vibrant nightlife and nonstop beat. Isabella is the finest and most exclusive nightclub in

Panama. Located in "Las Terrazas" of Multiplaza Pacific, the most popular mall in Panama, Isabella has one of the most desirable locations in all of Panama.

Address: "Las Terrazas" of Multiplaza Pacific

Phone: +507 3916008

EVENTS



Life in Color

The "World's Largest Paint Party" is BACK and ready to transform 2014 with the release of their UNLEASH TOUR.

Opening hours: June 27th, from 4:00 p.m. to 6:00 p.m.

Franco De Vita in Concert

Venezuelan singer and song writer performs his romantic tunes with his 360° concept concert at Roberto Duran Arena.

Date: August 13th.

TRANSPORTATION



Taxis



In Panama, all licenced taxis should be yellow and their licence number should be visible on both side doors. There are no meters and fares can vary

from the same point A to the same point B depending on the taxi, the number of people, the time of day, your appearance and your driver's disposition. It is common to pool passengers but shared rides do not affect your fare. Do not be surprised if your driver picks up more than one passenger or slows to see where you are headed and is already carrying passengers. It is recommended to carry small bills as it may be challenging to get change for \$20 or \$50. Fares range from \$1.50 to \$3.00 within downtown Panama City.

Metro Bus

The Metro Bus network is a reliable and affordable way to travel within Panama City. To ride the Metro Bus you must acquire a Metro Bus card sold at grocery stores and pharmacies. The card costs \$2.00 and a recommended charge of \$5.00 should be enough if you are traveling within downtown Panama City. A ride within downtown Panama City is \$0.25 and \$1.25 for routes that include using paid highways like the Corredor Norte and the Corredor Sur. Buses stop approximately every 15 minutes and bus stops are identified by an orange Metro Bus sign. To enter, swipe your Metro Bus Card and to leave, push the red botton and the driver will stop at the next available stop.

Phone: +507 8009393

Internet: www.mibus.com.pa

Metro

Panama has a new and reliable metro system.

Metro cards are sold at the metro stations and each ride has a cost of \$0.35 cents. Relevant line stations for tourists are Albrook, Iglesia del Carmen and Via Argentina.

Phone: +507 5047200

Internet: www.elmetrodepanama.com

Population

3,661,868

Currency

United States Dollar / Balboa

Opening hours

Business from 8:00 a.m. to 5:00 p.m. Stores-shopping starting at 10:30 a.m.

Internet

www.visitpanama.com

Newspapers

La Prensa
El Panama America
La Estrella de Panama

Emergency numbers

911 for all emergencies
Police 104
Firefighters 103
SINAPROC *335 (National Civilian Protection System)

Tourist information

Autoridad de Turismo de Panama
Telephone: 311