



# Steph's Quick Budget Fact Sheet

## Panamá - Boquete

### Quick Facts

- ✓ **Capital:** Ciudad de Panamá (Panamá City)
- ✓ **Language:** Spanish
- ✓ **Population:** ± 19000
- ✓ **Currency:** Balboa & American Dollars
- ✓ **Country code:** +507
- ✓ **Visa:** Fore some countries, [check!](#)
- ✓ **Alarm codes:** 911
- ✓ **Vaccinations:** Hep-A / Hep-B / Typhoid / DTP / Yellow fever / Malaria prevention

### History Recap Over 1 Drink

1502: Columbus arrives in New World (Panamá+Honduras). 1509: Beginning slave trade. 1513: Pacific Ocean claimed by Spain (Balboa) → Spanish settlers. 1519: Ciudad de Panamá founded. 1617: Pirates (Morgan). 1810: Spanish king overthrown by Napoleon → 1821: Independent of Spain, joins Gran Colombia (Colombia/Venezuela/Peru/Ecuador/Bolivia), 1830: Part of Colombia. 1850s: Panamá Railway. 1880s: France failed to build Panamá Canal linking Atlantic & Pacific / Independence movement. 1903: Panamá independent from Colombia. US (Roosevelt) buys rights (\$40mln) to build Panamá Canal → 1913-15 done (65km). 1936: Begin Pan-American Highway project. 1940s: US government tests weapons in Panamá. 1955: President Remon assassinated. 60s: Guerilla tensions from Cuba, US backs ups Panamá. 1964: Anti-American riots → killings (mostly Panamanians). 1985: Noriega took power (bribery/murder/drugs trafficking). 1999: 1<sup>st</sup> female president Moscoso. 2006: Seat in US Security Council. 2014: Venezuela breaks ties with Panamá.

### Travel Seasons

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Dry												
Wet												
Best												
Budget												

Altitude: 2m. Climate: Cool mountain air.

### Bucket List For Free

- ☺ Hike up the Sendero Piedra de Lino (±2-3 hrs both ways / steep) for gorgeous look-outs over Boquete & David. Trail starts just before Casa Pedro hostel.
- ☺ Los Pozos de Caldera hot springs: Take a bus to Caldera and walk a few KM or book a tour.
- ☺ Creepy culture hunting: Downtown cemetery.
- ☺ Visit the Mi Jardin Es Su Jardin botanical garden.
- ☺ Grab your bike and work those legs on the Bajo Mono Loop.

👍 Rafting, horseback riding, canopy & a wide variety of tours: [Mirador Adventures](#).

### Worth The Extra \$€¥

- 👍 #1 hike: Volcán Barú. Leave at 11PM to catch sunrise. No guide necessary, entrance fee park: \$5. Rest before (difficult!) & bring 3-5 layers of clothing.
- 👍 Lost waterfalls hike (3 waterfalls; \$5). Take a *collectivo* up to Bajo Mono. Alternative: Cascada Escondida (\$3). Prepare to get seriously muddy!
- 👍 Sendero Los Quetzales (\$5): Leave in the morning from Boquete or Cerro Punta. Bus travel time Cerro Punta-Boquete: 3-4 hours!
- 👍 Coffee farms: [Finca Lerida](#) / [Dos Jefes...](#) or [a bee farm](#).

## Tourist Trap Alert

- ⊗ Before looking into tours, check which hikes you can do by yourself (most of them).
- ⊗ Not a tourist favourite, but just warning: Avoid sweltering hot and barely exciting David.

## Budget Bites

- ⌘ Cheap local restaurants: El Sabroson (2 on main road) / Jenny.
  - ⌘ Next to Romero supermarket: foodtrucks. Cross the street from Romero and go into the alley on your right for a small farmers market.
  - ⌘ Check 'Todo un Dolar' on the main road: Cheap food, beauty products and everything you might need on the road for yes: a dollar.
  - ⌘ Avoid Romero (main supermarket), it's overpriced. The Asian supermarkets up the road are cheaper.
- 'Real' bread: Sugar & Spice. Local bread: Garden.

## Festivals

- ⚙ Feria de las Flores y del Cafe: Coffee, Jan.
- ⚙ Boquete Jazz & Blues: Music, Feb.
- ⚙ Semana Santa: Religious, Apr.

## Next?

- ➔ In Panamá: Bocas del Toro, Santa Catalina.
- ➔ International destinations closeby: Colombia, Costa Rica.

## Sleep Cheap

- ❖ Hostal Nomba, +5077202864, Calle Principal, Los Naranjos.
- ❖ El Refugio del Río, +5077202088, Avenida B Oeste.
- ❖ Go [Couchsurfing](#) or [house-sitting](#)! Or check [WorkAway](#).

## Nights Best Spent

- ◆ Mike's Global Grill (live music), Avenida Central.
- ◆ Fish Bar (next to Mike's), Avenida Central.
- ◆ Barú Bar, Parque Central.

## Knowledge I'm Taking Home

- 📖 Hable español: [Habla Ya](#).

## Mama Said

- ☠ Do NOT walk Sendero El Pianista by yourself. People got lost here. Hire a guide!
- ☠ Although everyone seems to use it, drugs are illegal in Panamá and prison penalties are high.

## Free-Riding?

- Boquete is small and everything is walkable. And that's why you're here right, to go out walking?
- Big yellow school buses go to and from David from Parque Central.
- Colectivo's (\$0,40) bring you around town: Just hail them down. Route on display on front, they stop everywhere along the way, so tell them where you need to get out.
- Taxi's are pricy for South American standards... and take your precautions. Foreigner = money, which can attract robbers. Call official radio-taxi's or use [the Easy Taxi app](#).

Tip: Download the free Triposo Panama app for an offline map, offline guide & more. Load Google Maps when you have wifi and leave it open, you will still be able to use it offline.