



Steph's Quick Budget Fact Sheet

Panamá - Costa Abajo (Nuevo Chagres)

Quick Facts

- ✓ **Capital:** Ciudad de Panamá
- ✓ **Language:** Spanish
- ✓ **Population:** ± 500
- ✓ **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 (Panama+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: Panama Railway. 1880s: France failed to built Panamá Canal linking Atlantic & Pacific / Independence movement. 1903: Panama 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: 1st 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: 9m. Climate: Humid & hot.

Bucket List For Free

- ☺ Visit the deserted beaches you will have completely for yourself. Go for a surf, grab a tan, meditate under the stars.
- ☺ Hike the San Lorenzo National Park. Beware of the crocs, snakes and poisonous spiders.

Sleep Cheap

- ❖ Morgan Bay Hotel, +50761158157, Nuevo Chagres.
- ❖ Go [Couchsurfing](#) or [house-sitting!](#) Or check [workaway](#).

Budget Bites

⌘ There are no supermarkets or restaurant in this deserted place. Take all groceries from Colón.

Mama Said

- ☠ Bring food, cash and anything else you might need from Colón as it's not available here.
- ☠ Although everyone seems to use it, drugs are illegal in Panamá and prison penalties are high.
- ☠ Internet doesn't generally work here.

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Free-Riding?

- All distances in the Nuevo Chagres are walkable.
- The bus to Colón comes when it comes... usually every hour. Wait next to the road to get picked up.
- Taxi's are available, but quite expensive in Panamá. 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 Panamá 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.

Next?

- In Panamá: Colón, Ciudad de Panamá.
- International destinations closeby: Colombia, Costa Rica.

The Earth Becomes My Throne