



Steph's Quick Budget Fact Sheet

Panamá - Panamá City

Quick Facts

- ✓ **Capital:** Ciudad de Panamá (Panama City)
- ✓ **Language:** Spanish
- ✓ **Population:** ± 880,700
- ✓ **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				peak							peak	peak
Budget												

Altitude: 2m. Climate: Humid & hot → tropical.

Bucket List For Free

- ☺ Unavoidable: The Panamá Canal. Take a public bus to the Pedro Miguel look-out, it's free (Miraflores: \$15).
- ☺ Free museums & art: [Museo de Arte Contemporaneo](#) (free Sun 10AM-12PM), [Dgriss Gallery](#).
- ☺ Free work-out at Av. Balboa: Fitness, tennis, jogging, basketball. Wed/Fri: Zumba (6-8h), Sun: Ciclovía (bike).
- ☺ People-watching at Plaza Herera, Plaza Bolívar, Plaza Francia and Calzada de Amador (by bike?)
- ☺ Check-out Panamá la Vieja, Casco Viejo, Iglesia de San Jose, the [Bahai Temple](#) and Puente de las Américas.

Worth The Extra \$€¥

- 👍 Worth every \$ → San Blas islands! Book for example at [Panama Travel Unlimited](#).
- 👍 Museums: [Museo del Canal Interoceano](#), [Bio Museo](#) (expensive!)
- 👍 Go hiking: [Metropolitano Natural Park](#) (take bus to University or \$2-3 taxi) & Soberanía National Park & Altas de Campana National Park.
- 👍 [Punta Culebra Nature Center](#), Laguna Gatún (Monkey Island) or Laguna de San Carlos.

Tourist Trap Alert

⊗ Unless you are disabled or over 70 years old, you can't be in the tourist bus without losing your dignity.

⊗ Get out of the Casco Viejo area for a more diverse experience of Panamá.

Budget Bites

⌘ Streetfood is dirt cheap and can be found in all backstreets and non-touristy places like Cinta Costera & Mercado Publico. Tasty: Perro caliente (hot dog), fresh coconuts & batidas (fruit juices), skewers, ceviche (fish cocktail), carimañolas (yucca balls with meat), fried fish

⌘ Don't miss the Fish Market (Mercado de Mariscos / Av. Balboa) for a cheap, fresh catch of the day.

⌘ Arepa Pela: Stuffed arepa's from heaven. Calle 38 Este de Bella Vista.

Festivals

⚙ Panama Jazz Festival: Music, Jan.

⚙ Carnaval: Culture, Feb-Mar.

⚙ Festival Internacional de Cine: Cinema, Apr.

Mama Said

☠ Watch your bag, buy a lock. Smartphones are popular. Pickpockets work tourist areas like Casco Viejo.

☠ Although everyone seems to use it, drugs are illegal in Panamá and prison penalties are high.

☠ Be careful with taxi's. →

☠ Sketchy areas: El Chorrillo, Curundu, El Marañon, at night: areas around Casco Viejo.

Next?

→ In Panamá: Playa Venao, Colon, Costa Abajo, Santa Catalina.

→ International destinations closeby: Colombia, Costa Rica.

Sleep Cheap

❖ El Machico Hostel, +5072039430, Calle 47 Este (Casa 2).

❖ Hostel Babel, +5073939756, Calle 64 Este.

❖ Go [Couchsurfing](#) or [house-sitting](#)! Or check [workaway](#).

Nights Best Spent

◆ [Teatro Amador](#), Avenida Central / Edificio 1160 (Casco Viejo)

◆ Habana Panama, Calle Eloy Alfaro # Calle 12 Este.

◆ [Panama Pub Crawl](#).

... Seated Down

◆ [Teatro Nacional](#), Avenida 8 (Casco Viejo).

◆ Teatro La Quadra, El Cangrejo.

◆ [Teatro Guild of Ancon](#), Avenida Gaillard.

Knowledge I'm Taking Home

📖 Hable español: [Casco Spanish](#).

📖 Salsa: Casino in Multicentro (Tue/Thu).

Free-Riding?

■ Separate areas are walkable, but to get from area to area alternative transport is recommendable.

■ Buy a public transport pass for \$2 and put some credit on it. Every bus or metro ride costs \$0,30 and links the entire city & surroundings. 1 metro line is in use, the other 2 are opening soon. Allbrook Station is the transport hub. There are also colourful privately owned buses with their own fares.

■ Panamá is quite bike friendly. Don't miss the Sunday Ciclovía at Avenida Balboa.

■ 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.

The Earth Becomes My Throne