



Steph's Quick Budget Fact Sheet

Panamá - Santa Catalina

Quick Facts

- ✓ **Capital:** Ciudad de Panamá (Panama City)
- ✓ **Language:** Spanish
- ✓ **Population:** ± 350
- ✓ **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

[Documentary history Panamá Canal.](#)

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 build 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												
	dive											
Budget												

Altitude: . Climate: Mild subtropical.

Bucket List For Free

- ☺ Check out Playa Estero and the other beaches in Santa Catalina & catch a wave! Hicaco Beach / Lagartero Beach / Arrimadero Beach.
- ☺ Different scenery: La Punta & Punto Bravo.

Worth The Extra \$€¥

- 👍 Book a tour to Isla Coiba for some unforgettable [scuba diving](#) or snorkelling.
- 👍 [Grab a horse!](#)
- 👍 Expensive: Fishing trips, Santa Catalina Boat Tours.

Mama Said

- ☠ Santa Catalina doesn't have ATM's! Take enough cash from David / Soná / Santiago / Panama City.
- ☠ Bring a torch, electricity is unreliable.
- ☠ Inform about surf conditions before running into the water.
- ☠ There's no hospital, doctor or a pharmacy. Condoms are not available. Pack properly.

Knowledge I'm Taking Home

- 📖 Catch a wave: [Surfer's Paradise.](#)
- 📖 Scuba diving: [Coiba Dive Center.](#)

Free-Riding?

■ There is no public transport in Santa Catalina, so everything must be walked. Realise that during the day temperatures can get seriously hot.

■ Inform in the (only) supermarket in town when the minibus to Soná leaves, as times vary. From there you can travel onwards. The last bus from Soná to Santa Catalina leaves at about 4PM. Taxi's to Soná are expensive.

■ Santa Catalina is very bike friendly. Rent a bike at Surfer's Paradise.

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.

Next?

→ In Panamá: Boquete, Bocas del Toro, Panama City.

→ International destinations closeby: Colombia, Costa Rica.

Sleep Cheap

- ❖ Surfer's Paradise, +50767091037, no address.
- ❖ Surf Point, +50762528192, Playa Estero.
- ❖ Go [Couchsurfing](#) or [house-sitting](#)! Or check [workaway](#).

Budget Bites

- ⌘ Save cash: Buy food in Soná or the place you stay before! Santa Catalina is tiny and remote, so everything has to be imported. Supermarkets and local restaurants are expensive.
- ⌘ Buy fruit & vegetables from the daily food truck.
- ⌘ Several restaurants serve 'meals of the day'.

The Earth Becomes My Throne