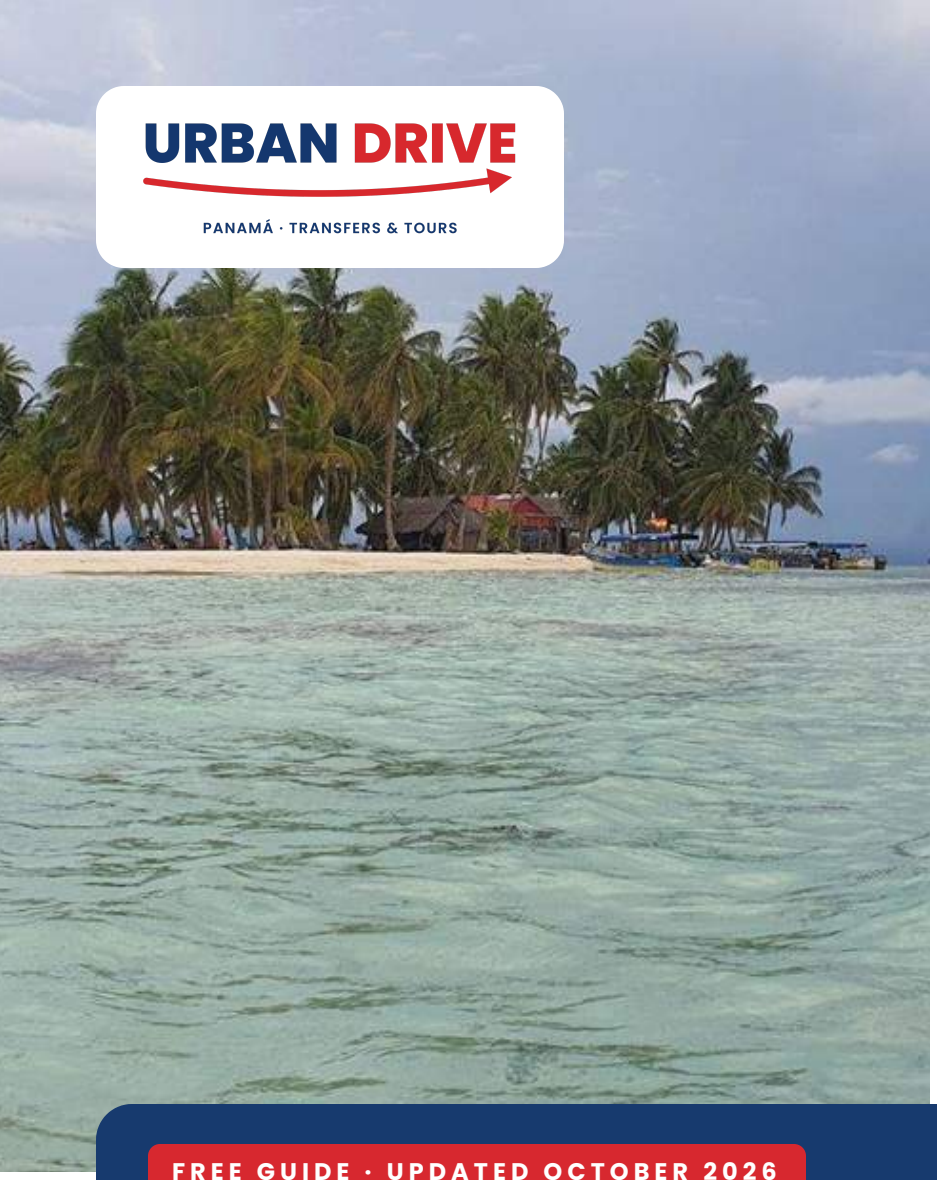
URBAN DRIVE

PANAMÁ · TRANSFERS & TOURS





2026 EDITION



FREE GUIDE · UPDATED OCTOBER 2026

Panama Travel Guide

Everything you need for your trip, from Urban Drive, the local team that shows travelers around Panama every day.

The Canal | Casco Viejo | San Blas | Food | Shopping | 10 must-dos | 4.9 ★ Google

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Scan

Welcome to Panama

This guide answers the questions every visitor asks before and during a trip to Panama: how to get in, how to move around, where to eat, what to see and what to avoid. It is written by **Urban Drive Panamá**, a local private transport and tours company rated **4.9 on Google with 100+ reviews**.

How to use it: read sections 1–6 before you fly. Use the rest as your on-the-ground reference. Every distance is measured **from Panama City**.

Prices change. Ticket prices and hours were checked in October 2026. Always confirm before you go. Restaurant hours change often, so check them on Google Maps.

Need a ride, a tour or a hand planning? Message us on WhatsApp and mention this guide: **+507 6228-1843**.

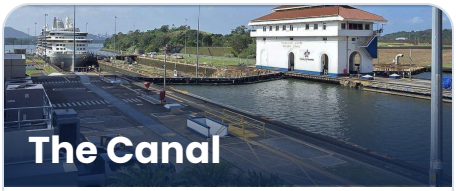
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Who wrote this guide

Urban Drive Panamá is a local private transport and tours company in Panama City. Every day we pick up visitors at Tocumen, take cruise passengers to the ports and guide private tours around the country.

- Private airport transfers (Tocumen ↔ hotels)
- Cruise port and Colón transfers
- City Tour · Monkey Island · Emberá
- Bay Tour · Colón Free Zone · San Blas
- Private driver by the day

Panama at a glance



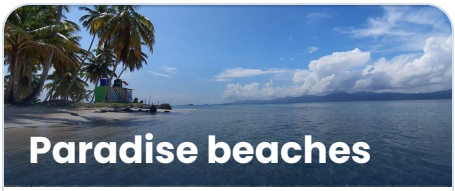
The Canal

Watch giant ships cross between two oceans at the Miraflores Locks.



History & culture

Casco Viejo, a UNESCO World Heritage Site: plazas, colonial churches and the Golden Altar.



Paradise beaches

The white-sand islands of San Blas, and Taboga Island 30 min by ferry.



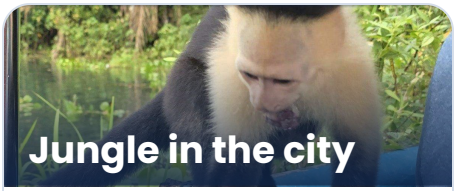
Shopping

Albrook, Multiplaza and the Colón Free Zone, one of the world's largest free trade zones.



Food

A UNESCO Creative City of Gastronomy: Panamanian, Caribbean and international food.

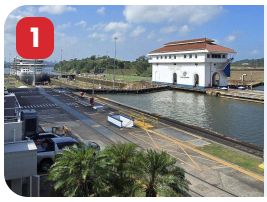


Jungle in the city

Metropolitan Natural Park: the only tropical forest inside a Latin American capital.

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10 must-dos in Panama



1

Miraflores Locks

Watch a ship rise and fall in the Canal. Go at 8:00 a.m. or after 1:30 p.m.



2

Casco Viejo

Plazas, colonial churches, the Golden Altar and the love locks.



3

Amador Causeway

The Panamá sign and the sunset facing the skyline.



4

San Blas

White-sand islands of the Guna people, in one day.



5

Monkey Island

Monkeys and sloths on the islands of Gatún Lake.

6

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Emberá community

Indigenous culture, music and a waterfall in the rainforest.



7

POIN & Museo de Ilusiones

A glass skydeck high above the city and 50+ optical illusions, in the same building.



8

The skyline at night

From the Cinta Costera, a Casco Viejo rooftop, Cielo restaurant or POIN itself.



9

Shopping at Albrook or Multiplaza

The stores, brands and prices every visitor ends up visiting.



10

Fish Market (Mercado de Mariscos)

Try its seafood: authentic Panamanian flavor.

We do most of them on our private tours.

Book on WhatsApp +507 6228-1843.

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Need a ride or a tour?

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PART 1

The essentials

Read this before you fly.

01 Before you travel

02 Arriving at Tocumen (PTY)

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05 Where to stay and staying safe

06 Health, emergencies and local rules

07 Mistakes tourists make

08 Leaving Panama



THE ESSENTIALS

01 Before you travel

Entry requirements

Panama is strict at immigration, so have these ready (printed or on your phone):

- **Passport** valid for at least **6 months** from your entry date.
- **Return or onward ticket** out of Panama. Airlines may refuse boarding without it.
- **Proof of funds**: at least **US$1,000** in cash or available credit card balance (the requirement rose from $500 in 2023).
- **Visa**: depends on your nationality. Holders of a valid, used multiple-entry visa or residency from the US, Canada, UK, EU, Australia, Japan, South Korea or Singapore can usually enter without a Panamanian visa. Check the official Migración website for your passport.
- **Length of stay**: tourists usually get up to 90 days; US and Canadian citizens up to 180.
- **Yellow fever**: required only if you arrive from Brazil.

Checklist before you fly

- Passport with 6+ months validity, plus a printed copy of the photo page
- Return ticket and hotel address
- Proof of funds (card or bank statement)
- eSIM installed, or plan to buy a SIM in the city
- Cash in small bills: $1, $5, $10 and $20
- Light clothes, a light sweater for the air conditioning, a compact umbrella, comfortable shoes

- Sunscreen and insect repellent
- Airport pickup booked

Money

- Panama uses the **US dollar**. The local **balboa** is the same value and exists only as coins, which you will get as change.
- Cards (Visa, Mastercard) are accepted almost everywhere. Carry about **$50 per person per day** in cash for tips, craft markets, small eateries and the Fish Market.
- **Bring small bills.** $50 and $100 notes are often refused by small shops, street vendors and small transport.
- **Don't go out with all your cash.** Always leave part of it in the hotel safe.

Weather



Miraflores Locks on a rainy-season afternoon

- **Dry season:** January to mid-April.
- **Rainy season:** mid-April to December. Rain usually comes as a strong 1–2 hour downpour, then the sun returns. Don't cancel plans because of clouds.
- It is hot and humid all year (around 30°C / 86°F) and it always feels hotter. Indoors, the air conditioning is freezing: carry a light sweater.

Holidays: when everything closes

On these days most businesses, the Free Zone and many services are closed:

Date	Holiday
January 1	New Year's Day
January 9	Martyrs' Day
Changes yearly (Feb/Mar)	Carnival (Monday and Tuesday)
Changes yearly (Mar/Apr)	Good Friday
May 1	Labour Day
November 3	Separation from Colombia
November 4	Flag Day
November 5	Colón Day
November 10	Shout of Independence (Villa de Los Santos)
November 28	Independence from Spain
December 8	Mother's Day
December 20	National Day of Mourning
December 25	Christmas

Tips for holidays:

- If a holiday falls on a Sunday, the day off moves to Monday, and that Monday is closed too. If it falls on a Saturday, it stays on Saturday.
- **November 3 and 4** have street parades. Many central streets close, so plan tours early.
- On the day before long holidays (Carnival, Holy Week) traffic out of the city is very heavy.
- December 24 and 31: many places close early.
- Book transport in advance on holidays. Demand goes up.
- **Malls on holidays:** all malls close on December 25, January 1 and Good Friday. On every other holiday they are open.

Traveling at Christmas?



Parks lit up in December (illustrative image)

In December, Panama City fills with lights and Christmas events. Exact dates change every year: confirm them before you travel.

When	Event	Where
Early December	Christmas tree lighting	Cinta Costera
Mid-December	Christmas parade: floats, marching bands and Santa	Cinta Costera
December 24 and 25	Christmas Eve and Christmas Day	On the 24th many places close early; on the 25th malls are closed
December 31	New Year's Eve fireworks at midnight	Cinta Costera, Casco Viejo and Amador Causeway

- **Parks lit up through December**, free and perfect for night photos: Parque Urracá (Bellavista), Parque Andrés Bello (Vía Argentina) and Parque Omar (San Francisco).
- **December is high season.** Book your transfers and tours in advance.



THE ESSENTIALS

02 Arriving at Tocumen (PTY)

Tocumen International Airport has **two terminals (T1 and T2)**; yours depends on your airline. After immigration and customs you exit into the arrivals hall.

- **Airport to the city:** 25–30 minutes without traffic, 45 minutes to 1 hour with traffic.
- **Rush hours** (weekday mornings and 4:00–7:30 p.m.) can double the drive.
- **Don't buy a SIM card at the airport.** It is usually much more expensive. Buy an eSIM before you fly or a SIM in the city (see Practical info).
- Keep your passport and the entry stamp handy; you may need them again later.

Arrive stress-free with Urban Drive. Your driver waits in the arrivals hall with a sign showing your name, helps with luggage and takes you straight to your hotel or Airbnb. We send you an arrival guide the day before your flight.

Landing early, but check-in is at 3:00 p.m.? Don't wait in the lobby. We pick you up, take you on a tour and drop you at your hotel when your room is ready. Message us to set it up.

PRIVATE AIRPORT PICKUP

You land. Your driver is already waiting.

Flight tracking · 2 hours free wait from landing · fixed rate, no surprises.

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THE ESSENTIALS

03 Getting around

Uber

Uber works well and is safe in Panama City. It is ideal for short trips.

- **Always pay by card in the app.** If you pay cash, a driver can mark the trip as unpaid and Uber may charge you again.
- For the airport, tours and groups, a pre-booked private driver is easier: fixed pickup, space for luggage and no connection issues on arrival.

Metro

- **Line 1** (Albrook to Villa Zaíta): $0.35 per trip. **Line 2** (San Miguelito to Nuevo Tocumen): $0.50.
- You can pay with a rechargeable Metro card or **contactless Visa/Mastercard**.
- **One card per person.** If you exit with a different card from the one you entered with, you are charged again. Don't share one card in a group.
- Albrook Mall connects directly to the Albrook Metro station and the national bus terminal.

Traffic ("tranque")

- Rush hours are weekday mornings and **4:00–7:30 p.m.**
- **Leaving the city for the interior or the beaches:** on weekdays, leave early or before 3:00 p.m. On weekends you can leave at any time.
- Friday afternoons are the worst.

THE ESSENTIALS

04 Practical info

Phone and internet

- **eSIM (easiest):** buy and install it before you fly. It works on the local network as soon as you land. Most travel eSIMs are data-only.
- **Local SIM:** the two main carriers for visitors are **+Móvil** and **Tigo**. Every new prepaid line must be registered with your **passport**, including a face photo and identity check, so bring it to the store.
- Reference price: +Móvil sells a 7-day unlimited data package for about $7. That is the package price, not the full cost of a new SIM, so ask for the total before paying.
- Wi-Fi is available in most hotels, malls, cafes and restaurants.

Plugs and power

Same plugs and voltage as the **United States** (types A/B, 110–120V).

Useful apps

- **Google Maps**: works very well for directions and opening hours.
- **PedidosYa**: to order food delivery.
- **Degusta**: to see restaurants, their menus, reviews and ratings.
- **Uber**: reliable in the city.
- **WhatsApp**: in Panama, almost everything is booked and answered by WhatsApp: restaurants, tours, shops and drivers. Have it installed.

Tipping

Tipping is **optional, never mandatory**. Restaurant bills often suggest **10%, 15% or 20%** and you decide. The same goes for drivers and guides: give what you feel the service deserves.

THE ESSENTIALS

05 Where to stay and staying safe

Recommended areas



The Twisted Tower (F&F Tower)

San Francisco, Paitilla, El Cangrejo, Vía Argentina, Bella Vista, Calle 50 and Obarrio. They are central, busy and well served by restaurants, malls and Uber.

Popular hotels with visitors

Riu Plaza, Hotel El Panamá, W Hotel, Decapolis, Megapolis, Waymore Spa & Casino, Dann Carlton Marinn Place Financial District, Courtyard Marriott Multiplaza, Marriott Albrook Mall, Golden Tower Las Américas, Hotel Ejecutivo, Ramada Plaza and Ramada Vía Argentina.

Hotels near a Metro station

Waymore Spa & Casino, Hotel El Panamá, Torres de Alba Hotel & Suites, Gran Evenia, Metro Hotel, Victoria Hotel & Suites, Novotel, Hotel Marbella, Hotel Ejecutivo, Dann Carlton Marinn Place (Financial District) and TRYP by Wyndham Panamá Centro.

Safety

- **Casco Viejo** is safe inside the historic district. At night, avoid its quiet, empty streets.
- **Avoid the neighbourhoods that surround and connect to Casco Viejo**, day and night. Use transport to get in and out of Casco.
- **Calidonia and Santa Ana:** safe during the day in the shopping area along the stores. Don't walk inside the residential areas.
- **Also avoid:** Río Abajo and high-risk areas outside the metropolitan area.
- Keep a **photo and a printed copy** of your passport photo page and entry stamp. Police may ask for proof of your legal status.
- Use small bills and don't go out with all your cash: leave part of it in the hotel safe.

DRIVER'S TIP

Going out at night in Casco Viejo? Ask your driver to wait for you at the door, or book your pickup for a set time.

THE ESSENTIALS

06 Health, emergencies and local rules

Emergencies

Call 911 for police, ambulance or fire.

Hospitals (private, recommended for visitors)

Hospital	Area	Why
Hospital Punta Pacífica	Punta Pacífica	Affiliated with Johns Hopkins; English-speaking doctors
Centro Médico Paitilla	Paitilla	English-speaking doctors
Clínica Hospital San Fernando	Vía España	International office for patients who don't speak Spanish

Hospital	Area	Why
Hospital Nacional	Near Avenida Balboa	Central location

Pharmacies and supermarkets

- **Arrocha** and **Metro** are the main pharmacy chains; many Arrocha stores open daily 7:00 a.m.–10:00 p.m.
- **Farmacia Saba on Calle 50** is open until midnight.
- For 24-hour needs: hospital pharmacies and the **Rey supermarket on Calle 50**, open 24 hours.
- Supermarkets: **Super 99, Riba Smith, Rey and Super Xtra**.

Water, sun and mosquitoes

- **Tap water is drinkable** in Panama City, but we recommend buying bottled water.
- The sun is strong all year: use sunscreen, wear a hat and drink plenty of water.
- Use **insect repellent**, especially at dusk and near water. Panama has seasonal dengue alerts.

Local rules

- **Vaping and smoking:** where you can't smoke, you can't vape: transport, enclosed public places and shared areas. Fines range from $10 to $100,000.
- **Drones:** all drones must be registered with the Civil Aeronautics Authority, and foreign operators need a special permit. Flying within 8 km of any airport is prohibited without authorization.
- **ID:** carry a photo and a printed copy of your passport and entry stamp.
- **Photos of people in Indigenous communities:** always ask first.

THE ESSENTIALS

07 Mistakes tourists make

Ten mistakes we see every week, and how to avoid them.

1. **Arriving at Miraflores between 9:30 a.m. and noon.**
   Instead: Almost no ships pass; afternoon ships start at 1:30 p.m. Go at 8:00 a.m. or after 1:30 p.m.

2. **Going to the Free Zone on a Saturday or holiday.**
   Instead: It is closed. It opens Monday to Friday only, and you need your original passport.

3. **Bringing $50 and $100 bills.**
   Instead: Many shops won't take them. Bring $1, $5, $10 and $20 bills.

4. **Buying a SIM at the airport.**
   Instead: It costs much more. Install an eSIM before you fly or buy one in the city.

5. **Leaving late for the airport at rush hour.**
   Instead: Between 4:00 and 7:30 p.m. traffic doubles the time. Leave 3.5–4 hours before your flight.

6. **Visiting museums on a Monday.**
   Instead: The Canal Museum, Panamá Viejo and others close that day.

7. **Walking outside the tourist area of Casco Viejo.**
   Instead: The surrounding neighborhoods are not safe. Use transport to get in and out.

8. **Forgetting your passport for San Blas, Emberá or the Free Zone.**
   Instead: They ask for it at the entrance.

9. **Photographing Guna or Emberá people without asking.**
   Instead: Always ask first. Some may charge a small fee.

10. **Waiting in the lobby when you land early.**
    Instead: Check-in is at 3:00 p.m. Do a tour meanwhile and we drop you at your hotel.

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Want to avoid them all?

Travel with us: we know the schedules, the traffic and the best times. WhatsApp +507 6228-1843.

THE ESSENTIALS

08 Leaving Panama

Traffic is the biggest risk on departure day. Leave your hotel:

Your flight	Leave your hotel
Morning	3 hours before departure
12:00–6:00 p.m.	3.5–4 hours before
7:00–9:00 p.m.	4–5 hours before (evening rush hour)

Check whether your airline uses **Terminal 1 or 2** at Tocumen.

Check-out at noon and a night flight? We pick you up at check-out, take you on a tour or to a mall and drop you at the airport.

Airport transfer at a fixed rate

We pick you up at your hotel or Airbnb and get you to Tocumen on time, even at rush hour.

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Tocumen International Airport (PTY)

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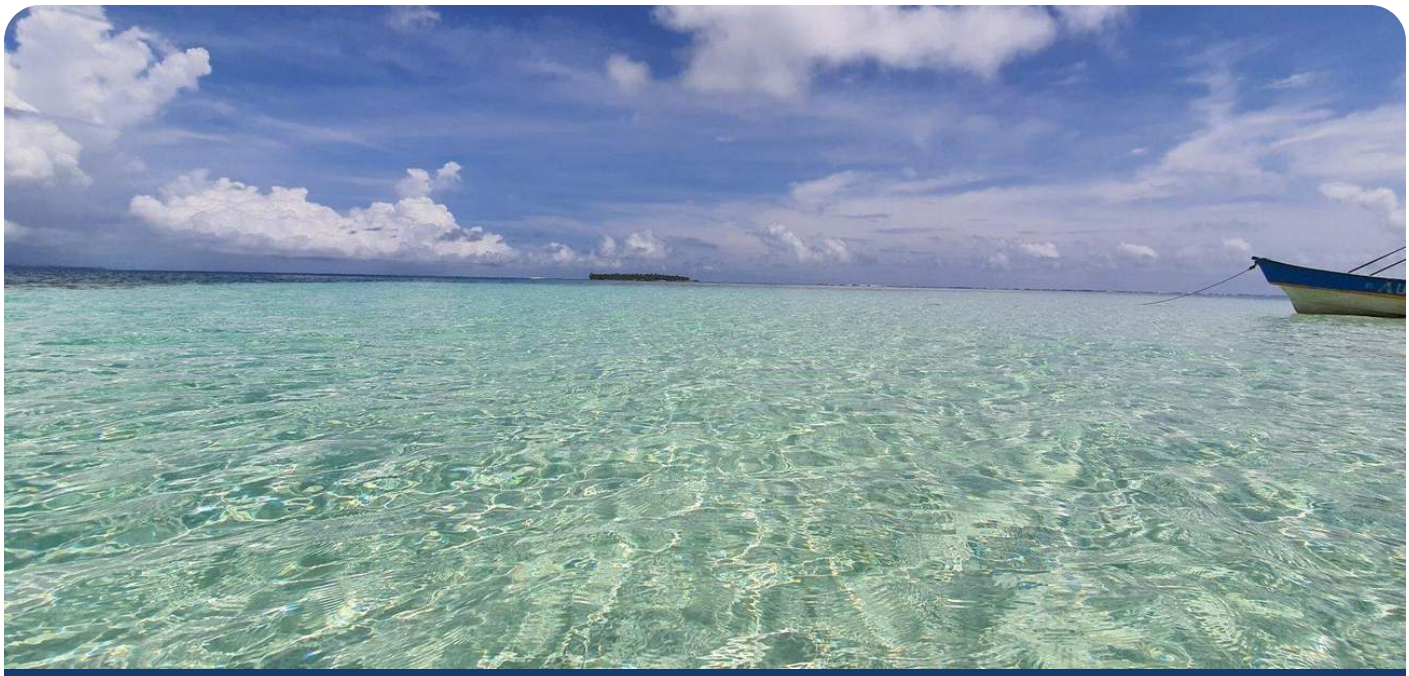
PART 2

Experiences with Urban Drive

Private tours we run every week. Book any of them with us.

09 **Our private experiences**

10 **What our clients say**



EXPERIENCES WITH URBAN DRIVE

09

Our private experiences

Every experience below is private, with pickup at your hotel or Airbnb. Message us on WhatsApp to book any of them, or to build your own day.



City Tour

4–5 hours

Miraflores Locks, Casco Viejo, the Locks Bridge, the Panamá sign, the Twisted Tower

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Monkey Island

3.5–4 hours

Monkeys and sloths on the islands of Gatún Lake

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Emberá community

Full day; 1.5 hours away

Indigenous culture, show, fruit, lunch, waterfall (weather permitting)

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San Blas (Guna Yala)

Full day; 3–4 hours each way

White-sand Caribbean islands of the Guna people

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Panama Bay boat tour

Afternoon

The skyline and the bay from the water, from Marina Flamenco

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Culture & Iconic Views

Half day

Biomuseo, Mi Pueblito, Bridge of the Americas

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Colón Shopping Day

8:00 a.m.–5:00 p.m.

Colón Free Zone + Colón 2000 Duty Free, with a driver who waits and helps

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- **Emberá:** the Chagres National Park entrance ($5 per person) is paid separately. Bring your passport.
- **San Blas:** bring your passport. Everything else is included in the tour. Overnight stays exist, but most visitors go for the day.
- **Respect the communities:** always ask before taking photos of people in Guna and Emberá communities. Some may charge a small fee. It avoids awkward moments.

EXPERIENCES WITH URBAN DRIVE

10 What our clients say

4.9 ★ on Google · 100+ reviews. Real reviews, word for word.

★★★★★

"Excellent team of drivers. Punctual. Polite. Proficient. The airport pickup was seamless for both legs. The private tour around the city was amazing! Highly recommended! Will only be using them for all future trips to PTY. If there was a 10 star option it'd be the only choice!"

Temar Christie · Airport transfer + City Tour · Google review

★★★★★

“Highly recommend this tour. The tour guide and the driver were patient, kind and went the extra mile to ensure we were comfortable and enjoying ourselves. The sights were also incredible and we received information on their history etc from the guide. Would absolutely do this again on my next visit.”

Ingrid Ramsaroop · City Tour · Google review

★★★★★

“You absolutely must use this transportation company for your travel needs while in Panama City. We used them to for pick up and return from the Tocumen airport. We used them for a four hour highlights tour. We also had them take us on a day trip to Colon! This will be the only driving service I use every time I go back to Panama.”

DrM Prince · Airport, tour and Colón · Google review

Read all our reviews

Scan to open our Google profile.

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PART 3

Things to do

Sights, museums, day trips and more.

11 **Panama City: what to see**

12 **Museums and attractions**

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17 **Distances from Panama City at a glance**

THINGS TO DO

11 Panama City: what to see

The Panama Canal at Miraflores



Watching a cruise ship in the Miraflores Locks

The closest place to watch ships cross the Canal, about 20 minutes from the city. Four floors with terraces, a museum and an IMAX film about the Canal.

- **Best time: arrive at 8:00 a.m.** and you are guaranteed to see ships.
- Morning ships usually pass until **8:45–9:30 a.m.** Then there is a pause until about **1:30 p.m.**
- Afternoon ships start between **1:30 and 2:30 p.m.**
- The center is being renovated until the end of 2026, so lines can be longer, especially at 8:00 a.m.

Casco Viejo (Old Town)



Metropolitan Cathedral, Plaza de la Independencia



A plaza in Casco Viejo



Santo Domingo ruins and the Arco Chato



The love-lock lookout in Casco Viejo, facing the skyline

A UNESCO World Heritage colonial district of plazas, churches, rooftops and restaurants.

- **Plaza de la Independencia** and the **Metropolitan Cathedral**.
- **Iglesia de San José** and its **Golden Altar**. Legend says a priest painted it black to hide it from the pirate Henry Morgan.
- **Arco Chato** at the ruins of Santo Domingo.
- **Plaza de Francia**, its obelisk and **Las Bóvedas**.
- **Paseo Esteban Huertas**: a walkway on the old city wall with views of the Bridge of the Americas and the skyline.
- **Love locks**: next to Hotel Casco Viejo, couples leave signed padlocks as a souvenir.
- **Plaza Bolívar**, the Canal Museum and the Mola Museum.
- Some churches charge a $2 entrance.

Amador Causeway



The Panamá sign on the Amador Causeway

A road over the sea joining four islands, with views of the skyline, the Bridge of the Americas and ships waiting to enter the Canal. Home of the Biomuseo and a classic **Panamá sign** for photos.

- **Best time: 4:00–5:00 p.m.**, when the sun goes down. Rent bikes, see the sunset, go karting, and take kids to Magic Park and the playground.

Cerro Ancón

The highest point in the city (199 m). Walk or cycle up for a panoramic view of Casco Viejo, the skyline, Amador, the Bridge of the Americas and the Pacific entrance of the Canal. Panama's flag has flown at the top since October 1, 1979, when the area returned to Panama. Open daily from 8:00 a.m.; the best time is 8:00–11:00 a.m. Free. **We take you**

Metropolitan Natural Park

The only tropical forest inside a Latin American capital: 230 hectares and 7 marked trails, no guide needed. The **Mono Tití** trail climbs to the Cerro Cedro lookout with views of the city, the Canal and the Bridge of the Americas. Look for monkeys, sloths and some of its 283 bird species. **We take you**

Cinta Costera

An 8 km bay-front promenade linking downtown with Casco Viejo. Best at sunset and at night, when the skyline lights up.

POIN Panamá



POIN, the rooftop on Avenida Balboa

A skyscraper on Avenida Balboa with Central America's largest glass skydeck, more than 150 m high, and adventure activities. Open daily **10:00 a.m.–10:00 p.m.**

Package	Price	Includes
General entry "The Views"	$10	Rooftop and general areas
360° virtual tour + Light Museum + Canal Corner	$25	Calm, cultural option
1 attraction	$35	Your choice of one activity
Dual Pack	$50	Two of: Zipline, Skydeck, Climbing, Swing or The Edge
Family Pack	$60	2 adults + 2 kids aged 7–14: Glass Skydeck + Climbing with a 360° photo

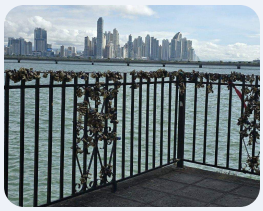
Package	Price	Includes
Full Pass	$99.99	All attractions
Sky Dinner	from $120	Dinner at the top
Sunrise Yoga	$20	One Saturday a month from 6:00 a.m.

Attractions include specialists, selfies, a signature wall and a courtesy drink. Free cancellation up to 24 hours before. Arrive 15 minutes early and sign a liability waiver. The swing is not suitable for people afraid of heights or over 350 lb (159 kg).

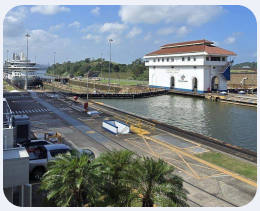
TOP 5 Must-have photos in Panama City



1 Panamá sign



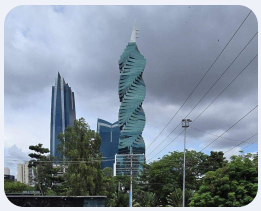
2 Love locks



3 Miraflores

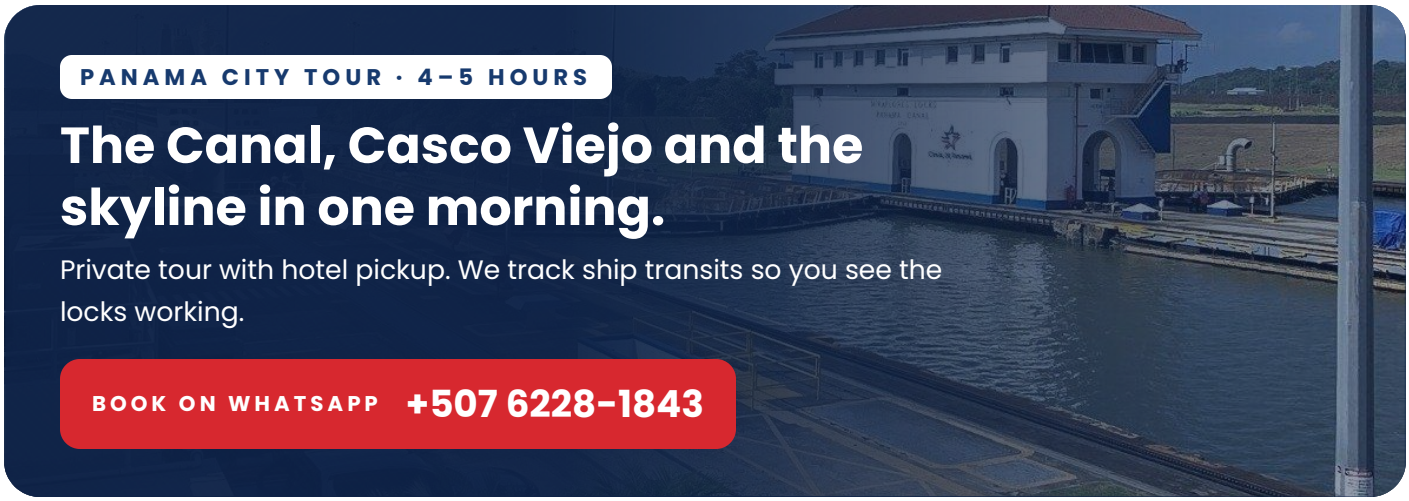


4 Skyline at night



5 Twisted Tower

We take you to all of them on our City Tour. · WhatsApp +507 6228-1843



12 THINGS TO DO

Museums and attractions

Prices are for tourists. Panamanians and residents pay different rates.

Miraflores Visitor Center

Canal

Daily 8:00–5:00

ADULT	CHILD
$17.22	$7.22 (6–12); under 6 free

Panamá Viejo + Plaza Mayor Museum

Panamá Viejo

Tue–Sun 8:30–5:30 (tickets until 4:30)

ADULT	CHILD
$17	$5; under 6 free

Canal Museum

Casco Viejo

Tue–Sun 9:00–6:00 (tickets until 5:30)

ADULT	CHILD
$15	$7.50 (6–12)

Biomuseo

Amador

Wed–Fri 10:00–3:00; Sat–Sun 11:00–4:00

ADULT	CHILD
$20	$12 (5–17); under 5 free

Mola Museum

Casco Viejo

Tue–Fri 10:00–4:30; Sat–Sun 10:00–5:00

ADULT	CHILD
Free	Free

BEC Museum

Casco Viejo

Daily 10:00–7:00

ADULT
$15 self-guided; $25 guided; $40 with tasting

Casa Coronel (cacao and chocolate)

Casco Viejo

Daily 9:00–7:00

ADULT
$15 entry; $40 tasting of 6 chocolates; $60 make your own bar

Museum of Freedom

Amador

Tue–Fri 9:00–4:00; Sat–Sun 10:00–6:00

ADULT	CHILD
$12	$9 (also seniors and people with disabilities)

Museum of Contemporary Art (MAC)

Ancón

Tue–Sun 10:00–5:00; Thu until 8:00

ADULT
About $2.50–$10

Mi Pueblito

Near Amador

Daily 8:00–4:00

ADULT
$3

Museo de Ilusiones

Avenida Balboa

Check before going

ADULT
$25

Metropolitan Natural Park

City

Daily 7:00–4:30

ADULT	CHILD
$5	$3 (under 17)

Cerro Ancón

City

Daily from 8:00

ADULT	CHILD
Free	Free

SPOTLIGHT

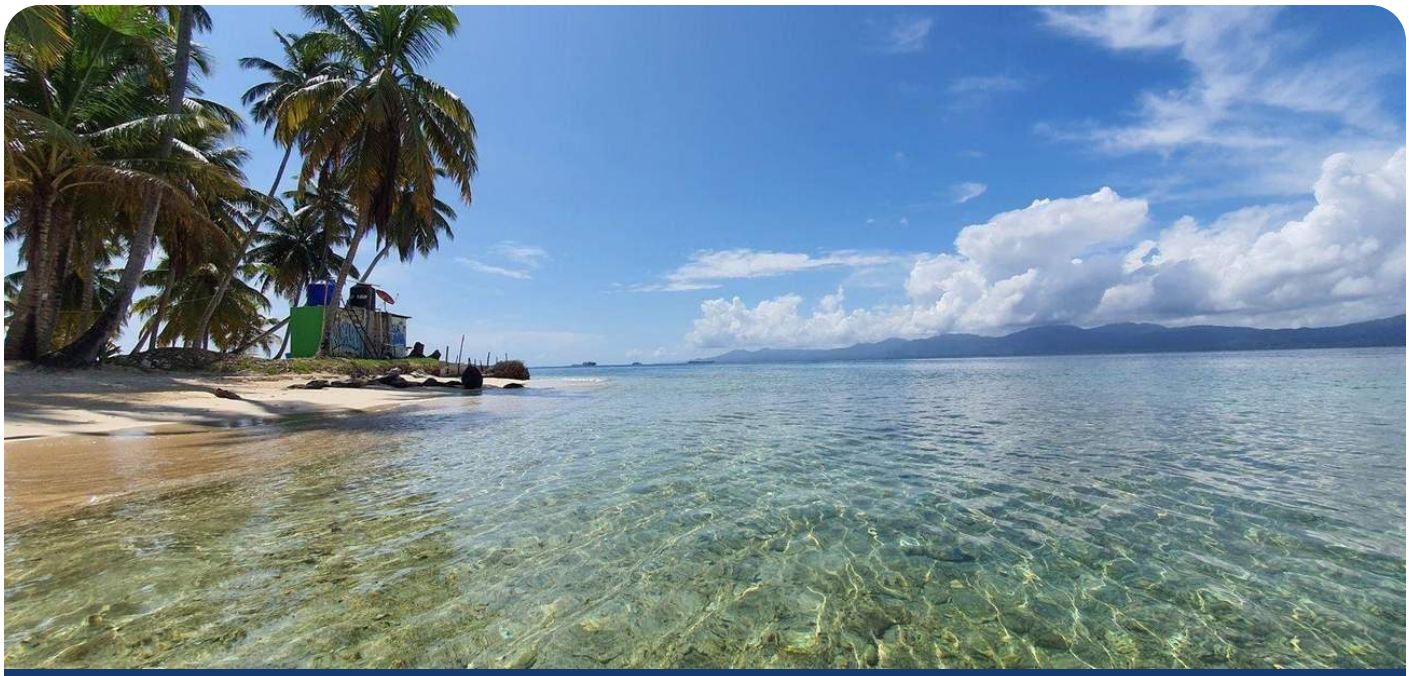
Museo de Ilusiones

In the same building as POIN (PH The Sands, Avenida Balboa). More than 50 interactive optical illusions; the visit takes about 1.5 hours. **$25 per person.** Combine it with POIN for a perfect afternoon.

Biomuseo tip for Copa stopover passengers: with the code **BIOMUSEOCOPA**, adults pay $12 and children $10.

Closed on Mondays: Canal Museum, Panamá Viejo, Magic Park and Panama Karting. The Biomuseo opens Wednesday to Sunday.

Want to see it all without worrying about transport? Our **City Tour** (4–5 hours) covers the Canal at Miraflores, Casco Viejo, the Locks Bridge, the Panamá sign and more. We recommend starting at 7:30 a.m. to catch the ships.



THINGS TO DO

13 Day trips and beaches

Every distance below is from Panama City.

Isla Taboga

- **From Panama City:** 30 minutes by ferry from the Amador Causeway.
- **Getting there:** Taboga Express leaves **Marina Flamenco** at **9:30 a.m.** and returns at **4:30 p.m.** Arrive 45–60 minutes early, more on weekends and holidays.
- **Round-trip fares from November 1, 2026:** tourist adult $30, children 1–12 $16. Island fee $1 (children under 12 and seniors exempt). Pets $10.
- **What you'll see:** "the island of flowers", the closest beach to the city, a colourful village and hillside trails.
- Slower alternatives: Calypso (from La Playita, near Mi Ranchito) and La Roka Ferry (Balboa Yacht Club). Confirm their times before you go.
- **We take you** to the marina for the 9:30 departure and pick you up when you return.

Gamboa (rainforest and Canal)

- **From Panama City:** about 45 minutes.
- **What you'll see:** Pipeline Road, a 17 km forest trail and one of Panama's best birdwatching spots (toucans included).

- **Tours at Gamboa Rainforest Reserve:** Gamboa Duo Express (2.5 hours, from $70): aerial tram through the forest canopy + observation tower with views of the Canal, the Chagres River and Soberanía National Park + sloth sanctuary. Gamboa Triple Express (4 hours, from $90): the same plus a boat trip on the Panama Canal.
- No ATMs in Gamboa: bring cash. **We take you**

Agua Clara Visitor Center + Gatún Lookout (the Caribbean side of the Canal)

- **From Panama City:** about 1 hour 15 minutes, near Colón.
- **Hours:** daily 8:00 a.m.–4:00 p.m. (tickets until 3:30). **Tourists:** adult $10, children 6–12 $5, under 6 free.
- **What you'll see:** the **new expanded locks**, where the world's largest ships (Neopanamax) cross; terraces over Gatún Lake; a short forest trail with sloths, howler monkeys and toucans. The same ticket includes the **Gatún Lookout** over the historic locks (8:30 a.m.–4:30 p.m., 16 km away, transport from Agua Clara).
- **We take you**

Summit Municipal Park

- **From Panama City:** 40 minutes by car, on the road to Gamboa.
- **What you'll see:** 250 hectares with a 55-hectare botanical garden and a zoo of about 300 rescued animals that cannot return to the wild: jaguars, ocelots, pumas, tapirs, sloths, monkeys, anteaters, caimans and birds. The star is the **harpy eagle**, Panama's national bird.
- **Fun fact:** it began in 1923 as the Canal's experimental farm; teak entered the Americas through here.
- **Hours:** Tuesday to Thursday 9:00 a.m.–3:30 p.m.; Saturday and Sunday 8:00 a.m.–5:00 p.m. **Closed on Mondays.**
- **Entrance:** foreigners $5; under 5 free. No pets.
- **Tip:** combine it with Gamboa or Monkey Island, on the same road. **We take you**

Fort San Lorenzo

- **From Panama City:** just under 2 hours; 30 minutes from Colón city.
- **Getting there:** car or private transfer only. Combine it with Agua Clara, which is on the way. Entrance about $6.
- **What you'll see:** a UNESCO World Heritage fort (since 1980) on a cliff over the mouth of the Chagres River, with its moat, cannons and vaulted rooms.

- We take you

Portobelo

- **From Panama City:** about 1 hour 30 minutes (105 km).
- **What you'll see:** Spanish colonial forts, a UNESCO World Heritage Site since 1980, and the **Black Christ** at the Church of San Felipe. Every October 21, more than 160,000 pilgrims arrive for its festival.

Isla Grande

- **From Panama City:** about 2 hours to La Guaira pier, then a 15–20 minute boat ($6 each way). Parking at La Guaira: $6 a day.
- **By bus:** Albrook terminal to Sabanitas, then a bus to La Guaira.
- **What you'll see:** an Afro-Caribbean island with no roads, reefs for snorkelling, surf in season, coconut and seafood dishes, a lighthouse said to be designed by Eiffel, and a Black Christ statue that seems to float on the water.

Isla Mamey

- **From Panama City:** about 2 hours by road to Puerto Lindo, then a speedboat.
- **What you'll see:** monkeys at Isla Linton, a natural pool, the mangrove **Tunnel of Love** and about 4 hours on Mamey's white-sand beach. Usually combined with Portobelo.

Playa Escondida (Colón)

- **From Panama City:** about 1 hour, 20 km before Portobelo.
- **Important:** there is **no day pass**. You must rent an apartment or villa in the resort, from about **$395–$475 per night** for 2–3 bedrooms (up to 8 guests).
- **What you'll see:** a private Caribbean beach, pools, a lagoon, a water park, kids' play areas, barbecue huts and a restaurant.
- We take you

Playa Bonita (resorts closest to the city)

- **From Panama City:** 30 minutes without traffic, about 1 hour with traffic, across the Bridge of the Americas.
- **Westin Playa Bonita all-inclusive day pass:** adults 13+ from $100, children 6–12 from $50, under 5 free; 11:00 a.m.–4:30 p.m. Includes three infinity pools, beach loungers, lunch buffet,

snacks and unlimited local drinks. Dreams Playa Bonita also sells day passes.

- **We take you**

Contadora (Pearl Islands)

- **From Panama City:** 1 hour 30 minutes by ferry.
- **Ferry:** from Fuerte Amador Resort & Marina at **7:30 a.m.**, returning at **3:30 p.m.** Check in at 6:45 a.m. About $66.50 per adult each way; children 5–11 about $55.50; under 5 free.
- **What you'll see:** white-sand Pacific beaches and clear water. Humpback whales from July to October.
- **Book with us:** we get your ferry ticket and take you to the marina.

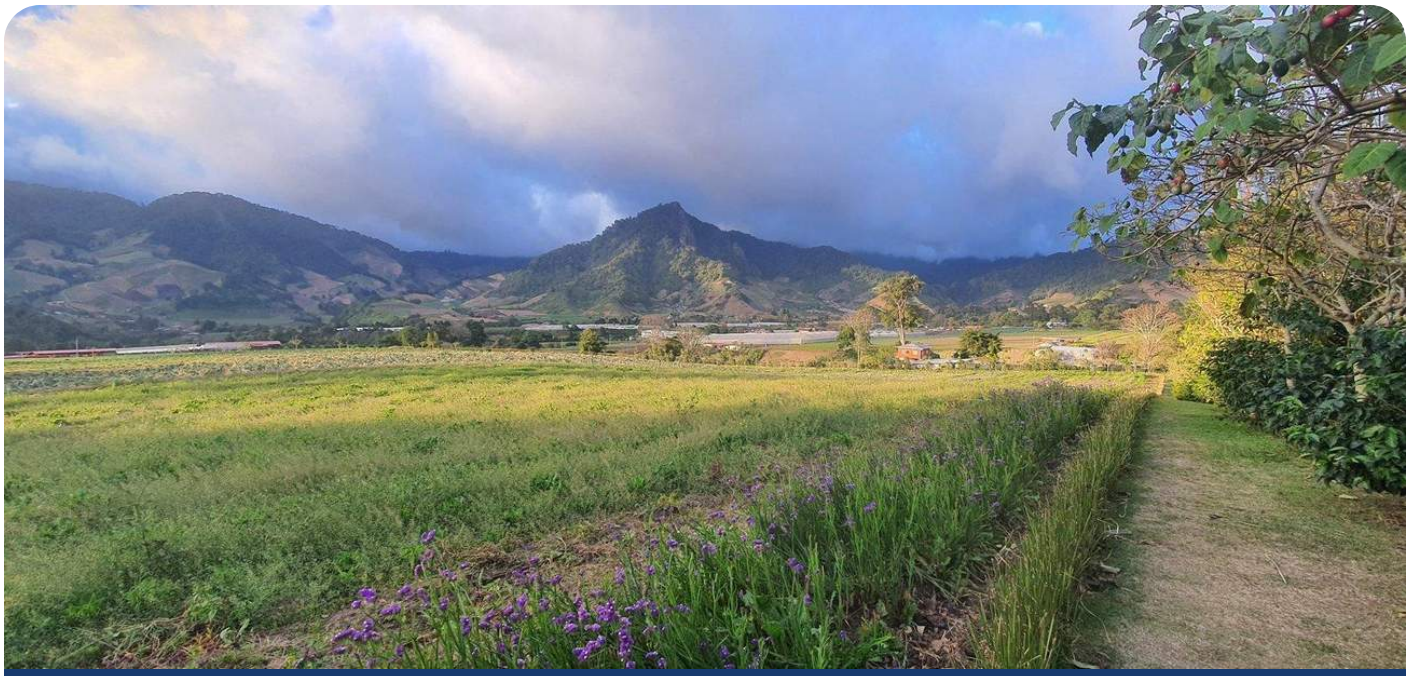
El Valle de Antón

- **From Panama City:** about 2 hours.
- **What you'll see:** a mountain town inside an extinct volcano crater, cool weather all year (20–27°C), El Chorro El Macho waterfall with a hanging bridge and zipline, La India Dormida hike, butterflies, petroglyphs, hot springs, the golden frog conservation center and 300+ bird species. Sunday craft and flower market. Named a UN Best Tourism Village in 2024.
- **Interested? Message us and we'll build the trip for you.**

★★★★★

"The drivers were all friendly, helpful and kind. They made the tours come alive by sharing the history of the places that were visited."

Ray Amjad · Google review



THINGS TO DO

14 Beyond the city

These destinations need at least one night. Every distance is from Panama City.

When to leave? On weekdays, leave early or before 3:00 p.m. to beat the traffic. On weekends you can leave at any time.

Bocas del Toro (Caribbean archipelago)

- **By plane (fastest):** Air Panama flies in about 1 hour from **Albrook airport (PAC)**, not from Tocumen. One way usually costs $80–$200, depending on how early you book.
- **By bus (cheapest):** overnight bus of about 10 hours from Albrook bus terminal to Almirante ($28–$35), then a $6 water taxi to the islands.
- **By car:** about 8.5 hours to Almirante; leave the car there and take the boat.
- **What you'll see:**
- **Playa Estrella (Starfish Beach)**: shallow, clear water with starfish.
- **Red Frog Beach** on Isla Bastimentos, with tiny red frogs in the jungle.
- **Cayo Zapatilla tour**: Dolphin Bay, snorkelling at Cayo Coral and untouched beaches in the marine national park (park fee $5–$10, cash).
- Surfing and Afro-Caribbean food.

Chiriquí and Boquete (highlands)



Cerro Punta, Chiriquí


A mountain lodge in the Chiriquí highlands

- **Distance:** about 440 km to David, plus about 40 km up to Boquete.
- **By plane:** fly to **David** from Tocumen or Albrook, then about 50 minutes by taxi to Boquete.
- **By bus:** Albrook to David in 6–7 hours ($15–$18), then a local bus to Boquete in 45–55 minutes ($1.75).
- **By car:** about 6 hours to David, plus 1 hour to Boquete.
- **What you'll see:** coffee farms (including Geisha), Volcán Barú, the Caldera hot springs, cool mountain weather, farm-to-table food in Jaramillo, and the islands of the Gulf of Chiriquí on the coast.

Santa Catalina and Coiba (Pacific)

- **Distance:** about 350 km; 6–7 hours by car via Soná.
- **By bus:** Albrook to Soná (5–6 hours), then a local bus to Santa Catalina (1.5 hours). Few departures from Soná, so leave early.
- **What you'll see:** the gateway to **Coiba National Park**, one of Panama's best spots for snorkelling, diving and whale watching, plus world-class surf.
- Very few ATMs: get cash in Santiago or Panama City.

Pedasí and Isla Iguana (Azuero Peninsula)

- **Distance:** about 5 hours by car.
- **By bus:** to Chitré (about 4.5 hours), then Las Tablas, then Pedasí. Flights of about 35 minutes also exist.
- **What you'll see: humpback whales** from late June to October (September is the best month), and **Isla Iguana**, 7 km offshore, with white sand and a coral reef. In the rainy season, sea turtles nest at Isla Cañas, 30 minutes away. Swimming with whales is not allowed.

Beach resorts: Coronado and Playa Blanca (Pacific)

- **Distance:** Coronado about 80 km; Playa Blanca (Farallón / Río Hato) about 2 hours.
- **All-inclusive resorts:** Riu Playa Blanca, Playa Blanca Beach Resort, Grand Decameron Panamá.
- **Getting there:** car or private transfer along the Pan-American Highway; frequent buses from Albrook; Río Hato's Scarlett Martínez airport is nearby.
- **We take you** from the airport or your city hotel straight to your resort.

Flights to Bocas or David?

Domestic flights leave from **Albrook airport**, not Tocumen. **We take you** to Albrook airport or the bus terminal.

THINGS TO DO

15 Family fun

For kids

Place	Where	What	Hours
Chuck E. Cheese	Multiplaza, 3rd level	Games and pizza; reloadable game card ($2.50)	Mon–Sat 10:00–8:00; Sun 11:00–7:00
Planet Air Sports	Albrook Mall, 2nd floor, by the cinemas	Trampolines, obstacle course, bumper cars, indoor zipline, maze for little ones	Mall hours
Space Playworld	Albrook Mall	Arcade for small kids and teens	Mon–Sat 10:00–8:00; Sun 11:00–7:00
Crazy Park	Altaplaza Mall, level 2	Arcades, jungle gym, dodgeball (about $6 per 15 min)	Mall hours
Magic Park	Isla Perico, Amador Causeway	Panama's only permanent ride park: carousel, bumper cars, mini roller coaster	Tue–Fri 6:00–10:00 p.m.; Sat–Sun 5:00–11:00 p.m.

At Magic Park, children under the minimum height enter free on weekdays; on weekends and holidays everyone pays entry. Outside food and drinks are not allowed.

Go-karts

Track	Where	Prices	Hours
Panama Karting (outdoor)	Isla Perico, Amador Causeway	Adults: 8 min $19, 2 races $35, 3 races $50. Mini-karts for ages 4–12: 6 min $12, 12 min $20. 2-for-1 on Wednesdays	Evenings about 5:00–10:00 p.m.; closed Mondays
Kart21 (indoor, electric)	Town Center, Costa del Este, level M3	From $24 per race (about 12 laps); arcade from $1	Mon–Fri 12:00–9:00; Sat 12:00–10:00; Sun 12:00–9:00
SuperKarts	Altaplaza Mall, ground floor	Check on site	Check on site

At Kart21, minimum height is 1.20 m for junior karts and 1.47 m for adult karts. At Panama Karting, kids must be taller than 1.50 m for adult karts and need adult supervision.

Bowling

Bowling alley	Where	Price	Hours
Albrook Bowling	Albrook Mall, 3rd level, Kangaroo entrance	Shoe rental $3 + tax; 24 lanes + 10 VIP lanes	Tue–Fri 2:00–11:00 p.m.; Sat–Sun 1:00–11:00 p.m.
Jungla Bowling	Pacific Center, 2nd floor (San Francisco/Paitilla)	Boutique bowling, pet friendly	Sun–Wed 11:00 a.m.–10:00 p.m.; Thu until midnight; Fri–Sat until 1:30 a.m.
Bowland	Altaplaza Mall and Town Center Costa del Este	$40 + tax per lane per hour, up to 6 people; bar, pool tables, live music	Sun–Thu 12:00–11:00 p.m.; Fri–Sat until midnight
Bowling Planet	Av. El Paical, Los Ángeles (F Corp building)	$30 per hour Mon–Thu	Mon–Fri 4:00–11:00 p.m.; Sat–Sun 3:00–10:00 p.m.

Slingshot tour (The Trikers)

Drive a Polaris Slingshot along the Amador Causeway and around the city for 1.5 hours.

- **$95 per person** booking direct (online platforms charge $116–$165). Departures at 11:00 a.m., 1:00, 3:00 and 5:00 p.m.
- Price is per person and **two people share each Slingshot**. Solo travellers are paired with another guest or the guide.

- The **driver must carry the original passport**. Passengers must be at least 6 years old.
- Not recommended during pregnancy or with spine or heart conditions. Contact: +507 6150-1455.

Family evening in Amador

Magic Park, Panama Karting and the playground are all on Isla Perico and open when the sun goes down. **We take you** at 5:00 p.m. and pick you up when the kids are tired.

16 THINGS TO DO Ready-made itineraries

Copa stopover (same day, layover of at least 8 hours)

Daytime layover

1. Pickup at Tocumen airport
2. City Tour: the Canal, Casco Viejo, the Panamá sign
3. Lunch on the Amador Causeway
4. Back to the airport

Afternoon or evening layover

1. The lit-up skyline along the Cinta Costera
2. Casco Viejo
3. Amador Causeway
4. Dinner if time allows, then back to the airport

1 day in Panama City

Option A

1. Morning: City Tour
2. Afternoon: a shopping mall
3. Evening: dinner at a rooftop

Option B

1. Morning: City Tour
2. Afternoon: POIN and Museo de Ilusiones

3. Evening: dinner at a rooftop

2 days

- **Day 1:** City Tour in the morning, then a mall, then dinner.
- **Day 2:** Monkey Island, then Museo de Ilusiones and POIN, then dinner.

3 days

- **Days 1 and 2:** as above.
- **Day 3, pick one:**
- **San Blas**: white-sand Caribbean islands of the Guna people (full day)
- **Isla Taboga**: the closest beach island to the city (full day)
- **Emberá community**: culture, food and nature with an Indigenous community (full day)
- **Colón Free Zone**: shopping day (Monday to Friday only)

Arriving early or flying out late?

- **Landing early, check-in at 3:00 p.m.:** we pick you up, you do the City Tour while your room gets ready, and we drop you at the hotel.
- **Check-out at 12:00 p.m., flight at night:** we pick you up at check-out, take you on a tour or to a mall, and drop you at the airport.

Before you plan: on **Mondays** the Canal Museum, Panamá Viejo, Magic Park and Panama Karting are closed; the Biomuseo opens Wednesday to Sunday; the Free Zone is closed on weekends and holidays.

Build your itinerary with us

Tell us your dates and what you like. We put together a private day with driver and guide.

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THINGS TO DO

17 Distances from Panama City at a glance

Destination	Time from Panama City	Type of visit
Cerro Ancón	15 min by car	Half day
Metropolitan Natural Park	20 min by car	Half day
Playa Bonita resorts	30 min (about 1 hour with traffic)	Day trip
Isla Taboga	30 min by ferry from Amador	Day trip
Monkey Island	Tour of 3.5–4 hours	Half day
Summit Municipal Park	40 min	Half day
Gamboa	45 min	Day trip
Playa Escondida	1 hour	Overnight (no day pass)
Agua Clara + Gatún Lookout	1 h 15 min	Day trip
Colón Free Zone	1 h 15 min	Day trip (Mon–Fri)
Colón 2000 Duty Free Mall	1 h 20 min	Day trip (daily)
Emberá community	1 h 30 min	Day trip
Portobelo	1 h 30 min	Day trip
Contadora	1 h 30 min by ferry	Day trip or overnight
Fort San Lorenzo	Just under 2 hours	Day trip
Isla Grande / Isla Mamey	About 2 hours + boat	Day trip or overnight
El Valle de Antón	About 2 hours	Day trip or overnight
Playa Blanca resorts	About 2 hours	Overnight
San Blas	3–4 hours each way	Day trip (overnight possible)
Pedasí / Isla Iguana	About 5 hours	Overnight
Santa Catalina / Coiba	6–7 hours	Overnight

Destination	Time from Panama City	Type of visit
Boquete (Chiriquí)	1 h flight + 50 min, or 7–8 h by road	Overnight
Bocas del Toro	1 h flight, or about 10 h by road	Overnight

We take you to any of these destinations

Private transfer door to door, with a local bilingual driver.

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The Bridge of the Americas

URBAN DRIVE

PANAMÁ · TRANSFERS & TOURS



PART 4

Food, nightlife & shopping

Where to eat, where to go out and what to take home.

18 **Restaurants and food**

19 **Nightlife**

20 **Shopping and souvenirs**

21 **Talk like a Panamanian**

FOOD, NIGHTLIFE & SHOPPING

18 Restaurants and food

Panama City is a UNESCO Creative City of Gastronomy, and you can eat food from almost anywhere. Check each restaurant's hours on Google Maps before you go.

What to try



Fish in sauce with patacones

- **Lunch at a "fonda":** arroz con guandú, ripe plantain (tajadas), potato and beet salad, stewed meat or fried chicken. It is what Panamanians eat every day.
- **Ceviche at the Fish Market** (Mercado de Mariscos), with a touch of **ají chombo** if you like it spicy, patacones and a cold local beer (Balboa, Atlas or Panamá).
- **Geisha coffee**: one of the finest and most expensive coffees in the world, grown in Chiriquí. Order it filtered at a specialty café in Casco Viejo or Vía Argentina.

Where to eat

Panamanian

- Mercado de Mariscos
- Mi Ranchito
- Sabroso Panamá
- Costa Azul
- El Trapiche
- Las Pencas

Caribbean

- La Tapa del Coco
- Yahh Man Jamaican Restaurant
- Island Escape Restaurant & Lounge
- El Caribe (Vía Argentina)

Brunch

- Michael's Restaurant

Mid-range

- Fenicia
- P.F. Chang's
- Mystic India
- Cielo

Fine dining

- Zielo
- Salvaje
- Kanibal
- Filomena
- Azahar
- Popino
- Primavera
- Maito

Rooftops

- Kanibal
- Primavera
- Luna Rooftop
- Casa Casco

International food

Peruvian

- Nazca 21 (Bella Vista, Costa del Este, Casco Antiguo)
- Segundo Muelle (San Francisco)

Indian

- Mystic India (Punta Pacífica)
- The Raj (Vía Argentina)

Sushi and Japanese

- Nación Sushi (many branches)
- Sugoi (Caribbean-style sushi)
- Makoto
- Tokyo Station

Italian

- Pizza Verace (ranked #56 in The Best Pizza Awards 2026)
- Ricōminciare (Punta Pacífica)
- Madre (Casco Viejo)
- Luca Trattoria
- Restaurante Napoli
- Filomena

Lebanese (with hookah)

- Fenicia
- Albasha

Mexican

- Tacos La Neta

Thai

- Avantika (San Francisco)

Korean

- Soban (Bella Vista)
- SuRaKan

Cuban

- **Calle Dragones**

Spanish

- **Espeziak**

Chinese

- **Saga by Ricardo Lee**
- **P.F. Chang's**

Hookah is available only in the areas each venue allows.

Halal food

For travelers looking for halal food. Confirm with the restaurant before you go.

HALAL

Shawarmix (Lebanese: shawarma, falafel, bowls)

Multiplaza Mall, Punta Pacífica

HALAL

Café Barú

Albrook Mall, Pasillo de la Cebra (restaurant outside)

HALAL

Guri's Café (Indian and Panamanian, no alcohol)

Vista Hermosa, Av. 3A Norte

HALAL

Tandoori & Burger

Betania

Tip: ask for "halal" or "sin cerdo" (no pork) when you order.

Celebrating something?

- **Birthdays** (festive, groups, photos): Salvaje, Tántalo, Cielo, Azahar.
- **Anniversaries** (romantic, fine dining, views): Zielo, Salvaje, Filomena, Popino, Primavera, Maito, Azahar.

Going out to celebrate? We drive you there and pick you up when you are done, so nobody has to drive.

Cakes for celebrations

Bakeries

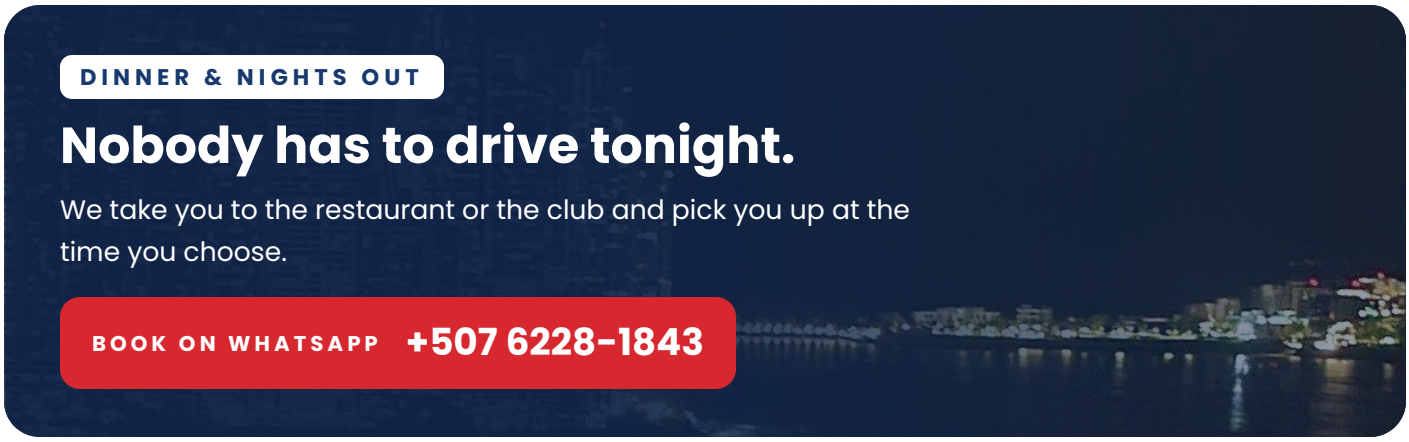
- **La Dolcería**
- **Charlie's Cream**
- **Pastelería Venecia**

Flower arrangements

Florists

- **El Príncipe Azul**
- **Floristería Rosalinda**

Want to surprise someone? Message us and we'll arrange the flowers for you.



FOOD, NIGHTLIFE & SHOPPING

19 Nightlife

Dancing

- **Chupitos 507**
- **Despecho Panamá**
- **Selina Rooftop**

Relaxed drinks

- **Despecho Panamá**
- **Lazotea**
- **Tántalo**
- **La Rana Dorada**

Upscale

- **Noa Nikkei**
- **La Casa del Dragón**

Rooftops with views

- **Kanibal**
- **Primavera**
- **Luna Rooftop**
- **Casa Casco**

- The best sunset view of the skyline: walk or cycle the **Amador Causeway**, or go up to a **rooftop in Casco Viejo** and watch the buildings light up over the bay.
- In Casco Viejo at night, stay on busy, lit streets and use transport to get in and out.

Night out with friends? **We take you** to the venue and pick you up at the time you choose.



FOOD, NIGHTLIFE & SHOPPING

20 Shopping and souvenirs

Malls

Most malls open about **10:00 a.m.–8:00 p.m.** Monday to Saturday and **11:00 a.m.–7:00 p.m.** on Sunday. Hours change on holidays. All malls close on December 25, January 1 and Good Friday; on other holidays they are open.

Mall	Best for	From the center
Albrook Mall	Huge, every budget, clothes and electronics; next to the Metro and bus terminal	In the city
Multiplaza	Premium and luxury brands, relaxed shopping	In the city
Altaplaza Mall	Family entertainment, cinema, bowling	20–30 min
Metromall	Big-box shopping	About 30 min

Albrook and Multiplaza are the two we recommend most.

Colón Free Zone



A store in the Colón Free Zone

One of the world's largest free trade zones, about 1 hour 15 minutes from the city.

- **Open Monday to Friday only.** Closed weekends and holidays.
- Bring your **original passport** with the entry stamp.
- Many stores (not all) sell retail; others sell wholesale.
- **Our Colón Shopping Day:** 8:00 a.m. to 5:00 p.m., or until you are done. Your driver waits for you, helps with your bags and guides you.

Colón 2000 Duty Free Mall

- **From Panama City:** 1 hour 20 minutes.
- **Open every day.**
- **What it is:** the tax-free mall at the Colón 2000 cruise terminal: duty-free brand stores (fashion, watches, jewelry and perfume), local crafts, a bar-café and a supermarket.
- **Included in our Colón Shopping Day:** the Free Zone and Colón 2000 Duty Free on the same day. **We take you**

What to take home



A souvenir shop in Casco Viejo

- **Panama hat**
- **Geisha coffee**
- **Molas**: the colourful hand-sewn textiles of the Guna people

You'll find them mainly in the souvenir shops of **Casco Viejo**.

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FOOD, NIGHTLIFE & SHOPPING

Talk like a Panamanian

Word	Meaning
¿Qué xopá? (say "keh soh-PAH")	What's up? / How are you?
Ofi	OK, sure
¡Chuleta!	Wow! / Darn! (surprise or frustration)
¡Ayala!	No way!

Word	Meaning
Me vale	I don't care
Hablar paja	To talk nonsense
Fren	Friend
Mopri	Cousin or close friend
Pelao / pelaíta	Kid, young guy / young girl
Buay	Boy, guy
Yeye	Posh person or fancy place
Palo	Dollar ("cinco palos" = $5)
Cuara	25 cents (from "quarter")
Real	5 cents
Chen chen	Money
Estar pelado	To be broke
Vaina	Thing, stuff
Chécheres	Random things, clutter
Chantin	Home, house
Parkear	To hang out and relax
Buco	A lot ("hay buco tranque" = there's a lot of traffic)
Tranque	Traffic jam
Bochinche	Gossip
Juega vivo	A sly person who takes advantage
Pinta	Beer
Guaro	Liquor
Raspao	Shaved ice with syrup and condensed milk

Sources

Prices and hours were checked in October 2026 on these pages:

- Visit Panamá: museums in Panama City
- Visit Canal de Panamá: Miraflores Visitor Center · Agua Clara Visitor Center
- Patronato Panamá Viejo: FAQ
- Biomuseo
- Museo del Canal: tickets
- POIN Panamá: plans
- The Trikers: Slingshot tour
- Visit Panamá: Metropolitan Natural Park
- Gamboa Rainforest Reserve: tours
- Taboga Express ferry (Pa'hoy) · Taboga FAQ
- Aero Albrook: Contadora ferry
- Westin Playa Bonita day pass (ResortPass)
- Kart21 · Panama Karting · Albrook Bowling · Bowland · Bowling Planet
- Roafly: Panama SIM cards 2026
- EY: Panama entry requirements · Lonely Planet: visa requirements
- La Prensa: vaping law
- Global Bank: 2026 holiday calendar

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