

# 2014

(first 2014 edition, 22 January, 2014)

# Panama City Cruisers Guide

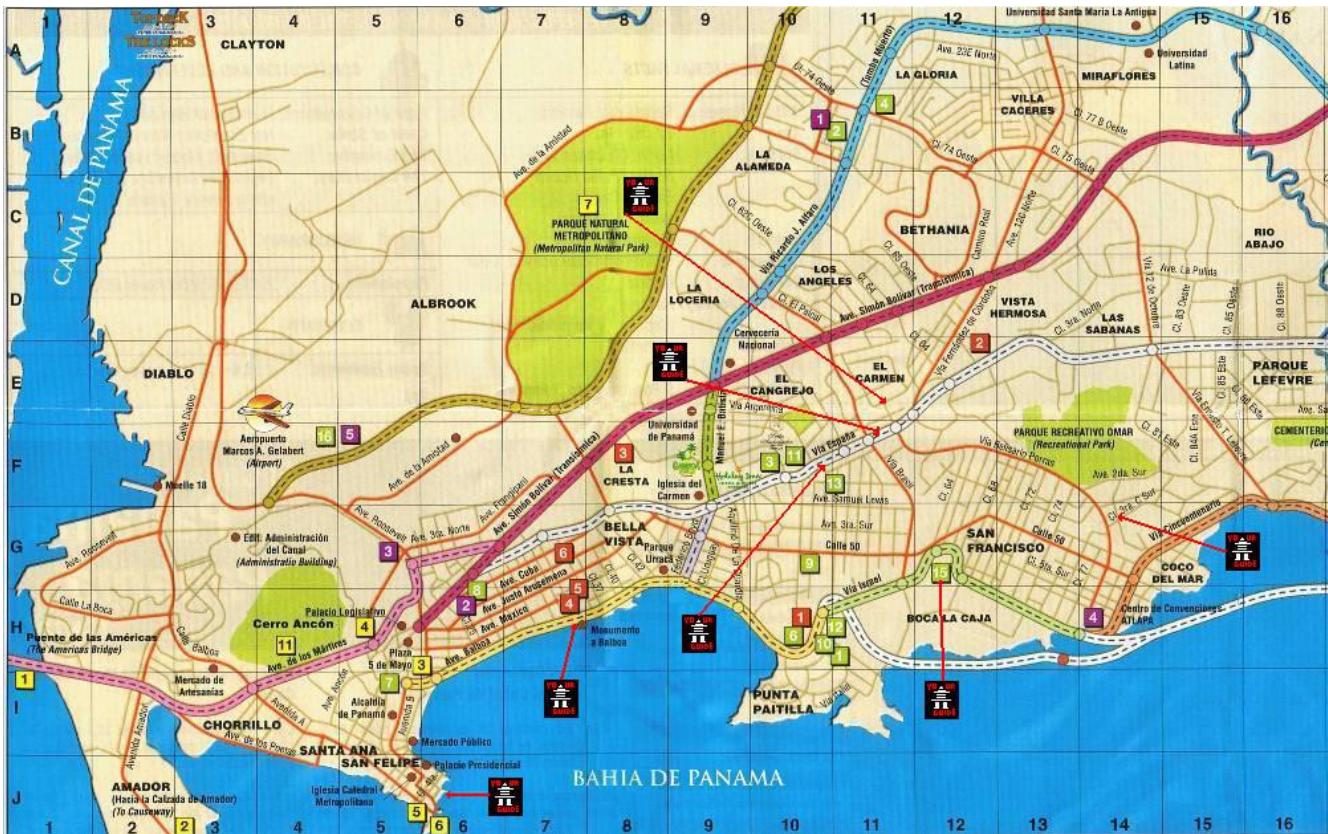
The Panama City Cruisers Guide is compiled from information gleaned from the morning VHF cruiser's net and those who have taken the time to submit additions. THANK YOU to all who have contributed.

This guide is divided into five sections:

1. Maps (pages 2 - 5)
2. Overview of Listing Content (page 6)
3. Detailed Listings and Entries (pages 7-37)
4. Panama Sights (Things to do and see in and around Panama City that are free or not too expensive) – written by Margaret on S/V Wadda, April 2011 (page 38-42)

Please send updates, additions, corrections, deletions, to:  
[pccguide@yahoo.com](mailto:pccguide@yahoo.com)

You can download this guide, free of charge, from:  
[www.groups.yahoo.com](http://www.groups.yahoo.com)  
You must join either the  
“Southbound” or the “Cruiser’s Network” group.  
The guide is located in the “Files” section of each group.



The map above gives a general orientation to the City of Panama. *See also the “Maps” entry in this guide for more information on interactive maps and printed maps for purchase.*

There are two major transportation hubs:

1. **Plaza Cinco de Mayo** (H5, above)
2. **Terminal** at Albrook Mall (D6, above)

See the entries for “Buses” and “Taxis” for more information on these two locations.

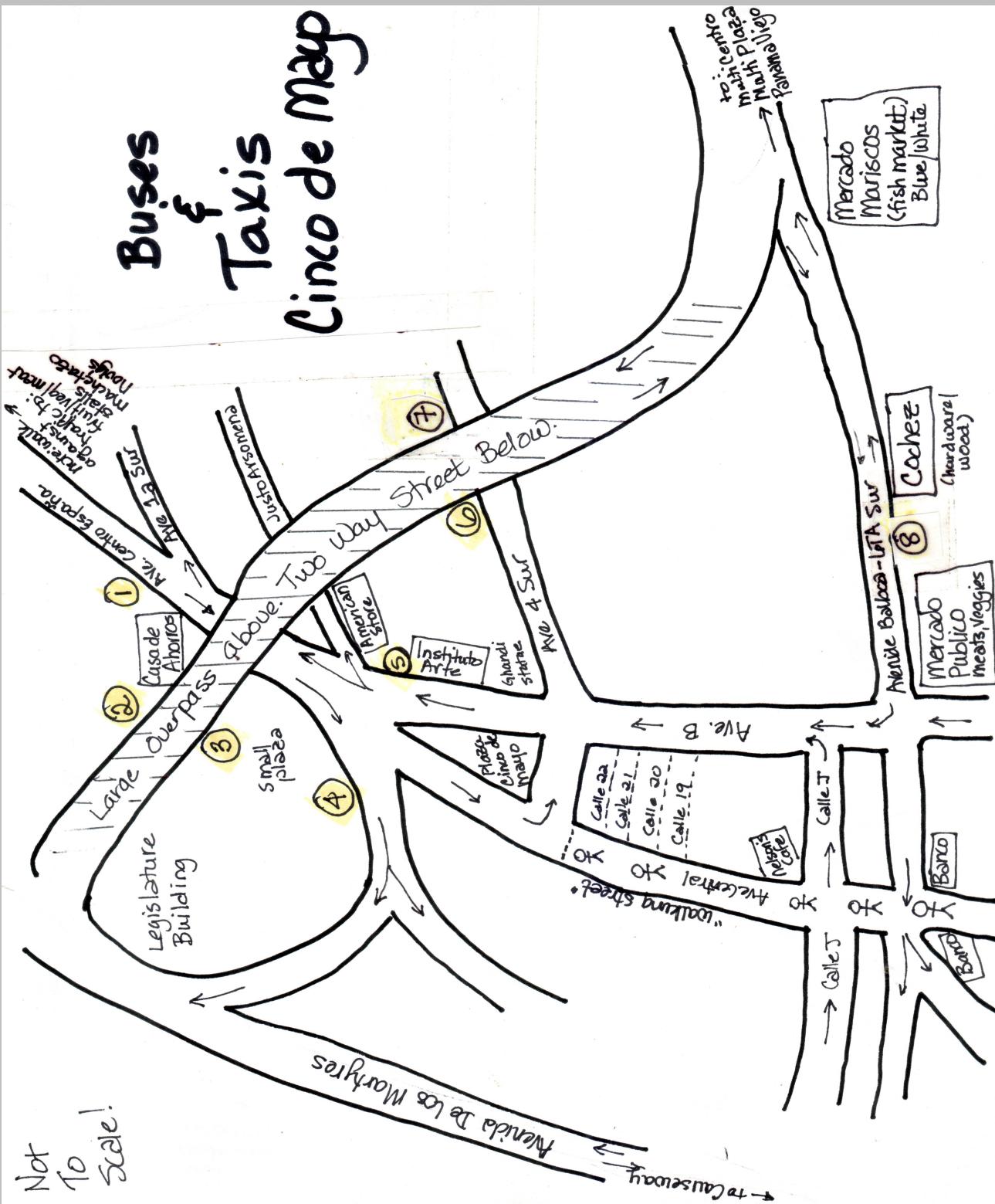
The city is divided into numerous neighborhoods. The map above identifies some of them; such as Bella Vista (G8), Los Angeles (D10), and Punta Paitilla (I10). You will see these neighborhood designations printed on buses and in the detailed entries of this guide. Having a general idea of these neighborhoods will help you figure out taxi fares, read the signs on buses and figure out where shops and services are located.

Panama City has five major (mostly east-west) roads. The majority of buses will follow one of these five roads, so if you can identify them here, you will be able to figure out what bus to take to get to a location. From north to south they are:

1. **Tumba Muerto** (official name Via Ricardo Alfaro, but known to all as Tumba Muerto), begins at E9 in the map above, by the national brewery (Cerveceria Nacional)
2. **Avenida Nacional** (G5) which becomes the **Transístmica** at about G6/G7 (again, there are two names: Avenida Simon Bolivar and Transístmica; Transístmica being the one in common usage)
3. **Via Espana/Avenida Central**. At the eastern end (F16), Via Espana is a two way road. At Via Porras (F11) traffic becomes one way only, east to west (right to left above). It stays one way until Plaza Cinco de Mayo (H5) where it becomes Avenida Central. At its eastern end, Avenida Central is closed to traffic and commonly known as, “**the walking street**”. After the shopping area of the walking street, Avenida Central opens to cars again and continues to Casco Viejo, J5
4. **Calle 50** (for English speakers, pronounced “seen-cuen-tah”) (traffic is one way, west to east, G8 to G14)
5. **Avenida Balboa / Cinta Costera**, the southernmost road, follows the ocean front (I5 to H10) where it continues as **Via Isreal** (H10 to H14) finally turning into **Via Cincuentenario** (H14) at Panama Viejo.

## **BUS & TAXI STOPS IN THE CINCO DE MAYO AREA.**

The circled numbers below show drop off & pickup points, described on the next page



**From the Causeway, use a \$Taxi or Collectivo bus to get to Cinco de Mayo  
(See “*Buses*” and “*Taxis*” in this guide for complete details.)**

**FARES:** Metro buses (white with orange stripe) NO CASH! Require plastic metro card used like a debit card. 25 cents UNLESS the route says Corredor (Norte or Sur) which increases the fare to \$1.25. Diablo Rojo buses (old school buses) 25 cents cash paid on exiting.

The following numbers refer to the numbers in the map on the previous page.

**1 Albrook Mall/Terminal Buses**

Albrook Mall is next to the Terminal. The mall has a movie theater, Super 99 (groceries), internet sites, pharmacies, clothing, hardware, computer stores, etc. Some stores (Novey's, for example) are separate buildings in the parking lot. Via Espana, Tumba Muerto and Transistmica buses stopping at stop number 1 are on their way to the terminal. From the terminal, they will return to Cinco de Mayo at the Instituto de Arte (number 5 on the map) before continuing on to Via Espana, Tumba Muerto, etc.

**2 Pick-up \$1 taxi or bus to return to the causeway**

**3 Drop-off \$1 taxi from causeway**

**4 Diablo Buses**

Albrook Plaza (NOT Albrook Mall), Rey's (groceries). After Rey's, the bus crosses railroad tracks. The first road to the right after the tracks is Avenida Arnulfo Arias Madrid on which can be found the Inflatables doctor (dinghy repairs), Bahsa (hydraulics), Cristobal Marine Repair (propeller and shaft repair) and Mesoliju (aluminum fabrication and welding). Up the hill and to the right at the next intersection is Diablo Immigration, Dr. Vallerino (GP), Dr. Rodriguez (Dentist).

**5 Tumba Muerto Buses**

Going down Tumba Muerto from Cinco de Mayo you will pass a large Super 99 (groceries, but includes hardware at this location) on the right, Novey's (hardware) on the right, Yoytec Computers (computer repair) on the left, El Dorado Shopping Mall on the left (look for big Rey's sign, the mall has a Gran Morrison department store, a Saks department store and a large Chinese grocery store [in the far back left corner, upper level]. Behind the mall are several Chinese restaurants and small Chinese grocery stores). Shortly after the mall, on the left will be a MultiMax (computers) and DHL office. About  $\frac{1}{4}$  mile further on the left will be PriceSmart (membership, big box) next to an Office Depot. Discovery Center (hardware) is a few miles past that on the left.

**5 Transistmica Buses**

See map on next page.

**6 Panama Viejo Buses** Note that there are TWO Panama Viejo bus routes: Route 1: Leaves the Terminal (Albrook), goes down Avenida de Los Martyres and turns into Chorillo (a red zone district), down Avenida A, then Avenida B (close to the public market, Mercado Publico) and stops at the Instituto Arte (see number 5 on the map). Then turns onto Justo Arosemena (passing close to Hospital Nacional), down Calle 50, and turns left onto Via Brazil. Turns right at the PriceSmart and continues on Via Porras and then past the Atlapa Convention Center and Panama Viejo (the old ruins). Returns to Cinco de Mayo area by way of Via Espana, stopping next to the Caja de Ahorros (see 1 on the map).

**Route 2:** Goes down Avenida Balboa, passing the statue of Balboa (on your left), Multi Centro Mall (look for the large Panasonic lighted sign on the left). Get off here for Deli K (groceries), Super Hindu (groceries), Bal Harbour Plaza (groceries), Paitilla Hospital. The bus continues on to Via Isreal where it passes the Multi Plaza Mall on your right (upscale mall, includes theaters, Riba Smith [groceries], Do-It Center [hardware]). Continues past the Atlapa Convention Center and past the old ruins (Panama Viejo). Goes as far as the Super 99 and then returns to Cinco de Mayo, Albrook Terminal and then back to Cinco de Mayo.

**7 Panama Viejo drop off for Route 2** (returning from Multi Centro, Multi Plaza, etc.)

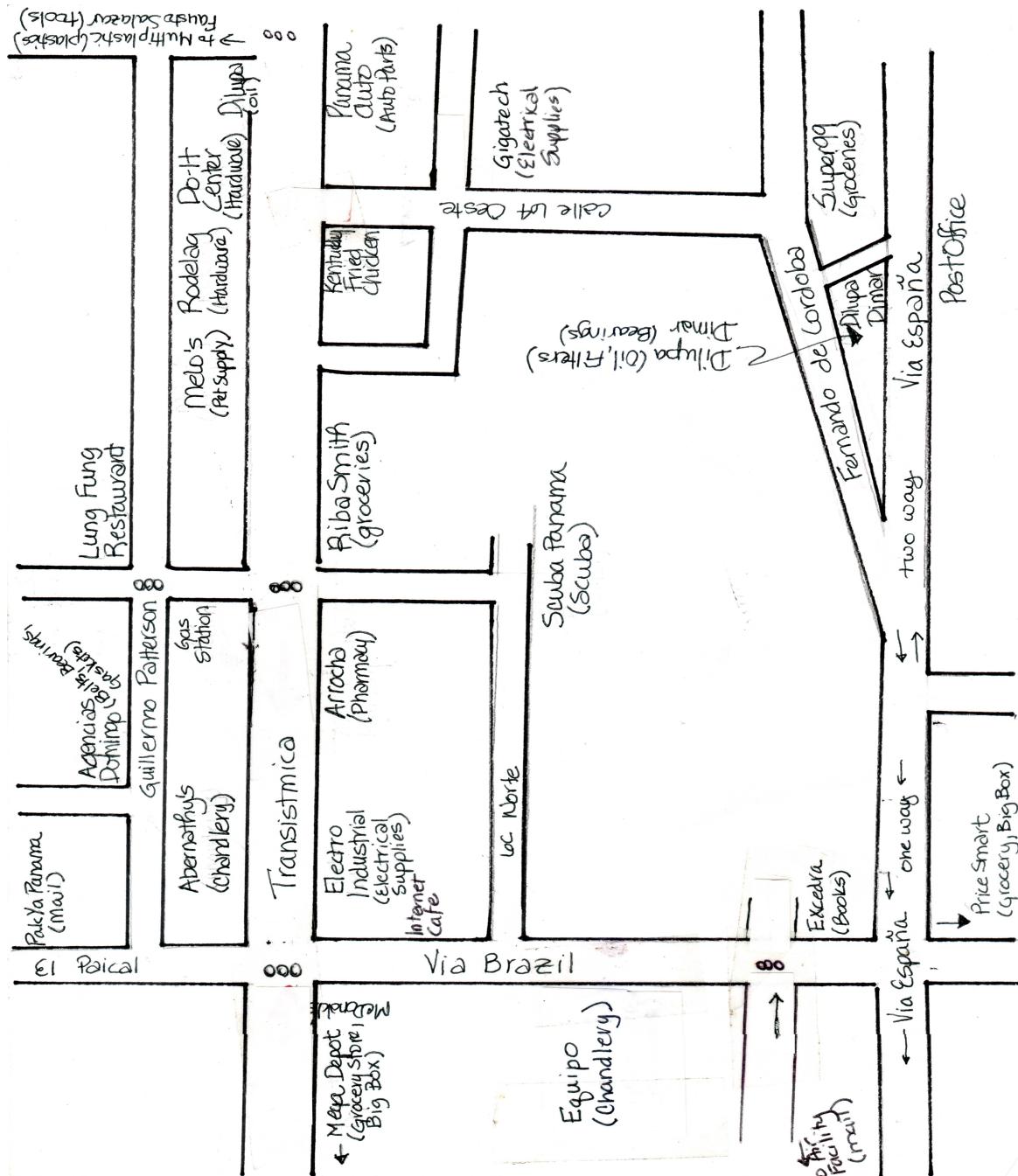
**8 Panama Viejo Buses** (diablo rojo buses) see number 6 above – This was the stop off point for the diablo rojo buses which have been discontinued in Panama City. We are not sure which buses stop here now. Any reports back would be appreciated!

**Within the city, any “Calidonia” or “Cinco De Mayo” bus  
will return you to the Cinco de Mayo area, shown on page 3.  
From the Causeway, use a \$Taxi or Collectivo bus to get to Cinco de Mayo  
(see “Buses” and “Taxis” in this guide for more info on these.**

## TRANSISTMICA AREA

One area of the city with many stores useful to cruisers, all within walking distance, is drawn below. A popular time to come here would be Tuesday morning to start the day with a 9:00am dim sum breakfast at Restaurant Lung Fung. Dim sum has been a Panama City cruiser tradition for many years. The cruisers share a large round table (sometimes two), select dim sum dishes from rolling carts, and divide the bill at the end. (Typical cost \$6 to \$8 per person.) Taxi fare should be about \$7-8 for 4 people. By bus, you would take the Transistmica bus from Plaza Cinco de Mayo (stop number 5 on the page 3 map), debarking at the stop in front of the Riba Smith grocery store.

The map below IS NOT TO SCALE but everything shown is within easy walking distance. The parenthesis after the location name shows the category to look under in this guide for a description of the place. Example: Abernathy's (Chandler) – look under “*Chandlers*” in this guide for description.



For a quick overview, below is a list of the categories included in the following pages:

ACR	Dry Cleaning (see Laundry)	LEDs	Stainless Steel – Fabrication and Welding
Acupuncture	Ecoturism	Lettering for Boats	Stainless Steel – Nuts and Bolts
Agents	Eggs (extra fresh, long lasting)	Lexan/Plastics	Starboard
Air Lines / Airports	Electric Motors	Life Raft Certification	Starter Motors
Airplane (Private)	Electrical Supplies	Line	Strata Glass
AIS Conversion	Electrician (12V/24V)	Line Handlers	Sunbrella
Alcohol (for Alcohol Stoves)	Electronics (Marine)	Lowrance	Surveyor
Alternator & Starter Repairs	Emergencies	Machine Shops	Taxis
Aluminum (Fabrication, Bending, Welding)	EPIRB - Battery	Mail/Freight	Teak
Anchorages	Fabrics, Sewing Supplies	Makita Tools	Telephone/Modem-Unblocking
Anchors	Fiberglass, Resins, Gelcoat	Maps & Yellow Pages	Thread
Apple Computers	Filters (Motor)	Marinas & Anchorages	Tools
Attorneys	Filters (Water)	Marine Suppliers	Travel Agent
Auto Parts & Supplies	Fire Extinguisher, Certification	Mastervolt	Turbo Chargers
Batteries	Flags	McMurdo	Veterinarian
Battery Water	Flares	Morse Cables	Volvo-Penta
Bearings, Belts, Seals	Foam	Navico	Watch Repair
Beauty Salon	Fuel Injectors / Injector Pumps (diesel)	Nets (Radio)	Water Pump
Blinds	Fumigation	NuTeak	Watermaker
Book Binding	Furuno	Nuts, Bolts, Screws, Fasteners	Webbing
Books, English	Glasses (Prescription)	Oil & Oil Filters	Welding
Bottom Cleaning	Graphics	Oil Recycling	West System
Brass Fittings & Copper Tubing	Groceries, Local Style	Oil, Synthetic	Windlass Repair
Buses	Grocery Store, Big Box	Outboard – New	Wood
Camera Repair / Camera Battery Replacement	Grocery Store, General	Outboard – Repairs and Parts	Wood Workers
Canal Transits	Grocery Store, Specialty	Paint	Xantrax
Canon	Grommets/Fasteners	Passport Photos	Yanmar/Yamaha Parts
Canvas Sewing	GT15 Wire (SSB Antenna)	Perkins Parts	Yeast (fresh)
Chain	Hardware Stores	Pet Boarding	Yellow Fever shots
Chandlers	Haulout	Pet Supplies	Zippers
Charts / Cruising Guides	Heat Exchanger Repairs	Pharmacy	
Check-In / Check-Out	Honda Generator	Plastics	
Chinese Medicines/Herbs	Hoses	Propane	
Chrome-Replating	Hospitals	Propeller & Shaft Repair	
Compass Adjustment	Hotels / Hostels	PVC – Pipe, Supplies, Fittings	
Computer Repairs/Services	Hydraulics	Racor Filters	
Construction Materials	Ice	Radar Repairs	
Consumer Protection	Icom	Radio	
Copies	Impellers	Railroad	
Copper Foil	Injector	Raymarine	
Copper Tubing	International Health Certificate (Pets)	Refrigeration – Repairs	
Courtesy Flags	Internet	Refrigeration – Supplies	
Dentist / Dental Surgeon	Inverters	Rennet	
Diesel/Gas	Iridium	Resins (Epoxy and Gelcoat)	
Diesel Mechanic	Jabsco	Rigger	
Diesel Parts	Jerry Jugs	Rigging Wire & Supplies	
Dinghy, New	Jubilado Discount	Sails	
Dinghy, Repair	Lagoon Yachts (repairs)	Satellite Phone	
Doctor, General	Lasik Surgery	Scuba	
Doctor, Specialist	Laundry	Sewing Machine: New, Repairs	
	Leather	Sewing Services	
		Shoe Repair	
		Simrad	
		Solar Panels	

ACR	See <b>Overseas Electronics</b> , under “ <i>Electronics (Marine)</i> ”. Carries batteries and new units.
Acupuncture	Various. Go to El Dorado district (Tumba Muerto bus, get off at the large sign for Rey. Cross the street and walk back to the circular building decorated with pictures of cakes and sweets. Turn right and continue to the next intersection, passing a casino/gentleman's club. Look for pain centers here and around the corner.) See also “ <i>Chinese Medicines/Herbs</i> ”. The proprietor there can offer referrals.
Agents (see also “ <i>Canal Transits</i> ”)	You do not need an agent to transit the canal, although common consensus among cruisers has been that it is a good idea to obtain an agent if you are traveling from Colon to Panama City. The following agents, can provide assistance with canal transits, cruising permits, zarpes, etc.  <b>Eric Galvez</b> 6676-1376 (prefers to provide full package of services, not just transit assists, works both sides but prefers the Pacific Side. Listed in the Raines cruising guide “Cruising Ports: Florida to California via Panama”)  <b>Tina McBride</b> 6637-2999 <a href="mailto:tinamcbride@hotmail.com">tinamcbride@hotmail.com</a> <a href="http://www.PanamaCanalTransits.com">www.PanamaCanalTransits.com</a> (Tina’s webpage also gives helpful info about making a canal transit.)  <b>Enrique Plummer</b> – 228-5794 or 674-3086 <a href="mailto:eplummer10@hotmail.com">eplummer10@hotmail.com</a> <a href="mailto:info@panamacanalyacht.com">info@panamacanalyacht.com</a> (Enrique is based out of Balboa on the Panama City side of the canal.)  <b>Peter Stevens</b> , Delfino Maritimo, 261-3977 or 261-1931 or 6735-7356 <a href="mailto:delfinomaritime@hotmail.com">delfinomaritime@hotmail.com</a> (Usually handles boats 65 feet or longer.)  <b>Roger (Rogelio)</b> 6717-6745 Former dock master at the Panama Canal Yacht Club, taxi driver since the demise and destruction of PCYC; can also help with canal transits. (Roger is also listed in this guide under “Taxis”)  <b>Stanley Scott</b> 447-0065 or 6680-7971 Stanley provides many services including immigration, cruising permits, zarpes, canal transits, and taxi service to/from the International Airport (Tocumen PTY) in Panama City. He works on both sides of the canal and also in Portobello and Linton.  <u>For Lines, Line Handlers or Tires only:</u>  <b>Tito</b> (Colon) 6463-5009 The Colon Tito is a taxi driver located on the Colon side. He can help obtain lines, line handlers, etc. for canal transits. During cruising season 2011, some cruisers had issues with this Tito providing promised paperwork.  <b>Tito</b> (Balboa Yacht Club) 6499-2054 The Tito at BYC handles the workshop and rails at the Balboa Yacht Club. He can provide lines and line handlers for a canal transit.  <b>Crew 4U</b> Les & Lea, 6798 0588 email: <a href="mailto:panchites@yahoo.com">panchites@yahoo.com</a> See also <b>Gente de Mar</b> under “ <i>Chandlers</i> ” and <b>Taxi Tony</b> under “ <i>Taxis</i> ” See also <a href="http://www.panlinehandler.com">www.panlinehandler.com</a>
Air Lines / Airports	Panama City has two airports: Tocumen ( <b>PTY</b> ) on the eastern side of town for international flights and Albrook or Aeropuerto Marcos A. Gelabert ( <b>PAC</b> ) on the western side of town) for domestic flights (including flights to the Las Perlas and San Blas). The domestic airlines are also often used to transport merchandise from one location to another.  <u>DOMESTIC AIRLINES</u> <b>Air Panama</b> 316-9000 Note: Aeroperlas stopped operating November, 2012. As of this writing, they remain non-operational.  <u>INTERNATIONAL AIRLINES</u> <b>Copa Airlines</b> 227-0116 (Panama’s international airline a partner with Continental Airlines) Several other airlines fly out of Tocumen International Airport, including American Airlines, Spirit, etc. You can verify which airlines are servicing this airport by going to <a href="http://www.tocumenpanama.aero/">www.tocumenpanama.aero/</a>
Airplane (private)	<b>Doriano Bizzoni</b> 6634-8725 <a href="mailto:dorianobs@hotmail.com">dorianobs@hotmail.com</a>
AIS Conversion	To convert a VHF radio to an AIS receiver, see: <a href="http://navigatrix.net/viewtopic.php?f=4&amp;t=13">http://navigatrix.net/viewtopic.php?f=4&amp;t=13</a>
Alcohol (Fuel for Alcohol Stoves)	For small quantities, see <b>El Machetazo</b> , under “ <i>Grocery Store, General</i> ” Gallon bottles were seen at <b>Almacen 88</b> in the Santa Ana district. (From Cinco de Mayo, do down the walking street (see page 3 map) until you see a long row of shacks with tin roofs on your left. This is known as “Sal si Puede” (Leave if you can) or “Thieves Market”. Walk down to the end of the shacks. The store will be on your

	<p>left at the end.</p> <p>Alcohol for the stove is called Alcohol Ehilico Desnaturalizado in Panama. To obtain larger quantities takes two steps (<b>See also note below for 2013 update</b>):</p> <ol style="list-style-type: none"> <li>1. Go to the “Comisión Nacional para el Estudio y la Prevención de los Delitos Relacionados con Drogas, Unidad de Control de Quimicos” on Via España, next to the El Rey grocery store, on the same side of the street. Take your passport, boat-certification and crew list. You might also take a photo of the kitchen-stove and have the model name and number. You need to tell them where you will buy the alcohol (see next step for one option). They will give you permission to buy a fixed quantity (one cruiser was granted permission to buy 30 gallons).</li> <li>2. <b>Nacional Quimica S.A.</b> (217-3777) sells large quantities. One pack with 4 plastic bottles of 1 gallon each was priced at \$25.25 plus tax in 2011.</li> </ol> <p><b>2013 UPDATE:</b></p> <p>One cruiser reported he called Nacional Quimica (listed above, ask to speak with someone who speaks English, if needed) and because he told them he was on a boat they waived the requirement for a license. The alcohol was delivered to him at the anchorage and he paid the driver directly. He bought 16 gallons at a price of \$9.81 per gallon. All purchases must be made in multiples of 4 gallons which is packaged in four 1 gallon bottles placed in a box.</p>
Alternator & Starter Repairs	<p><b>AUSEEL</b> – Auto Servicios Electronico – 274-0055 **            Located at the corner of San Miguelito and Via Guadalupe.            Alternator and starters, big selection of parts in stock. Can repair while you wait.            (Take Rio Abajo bus from Cinco de Mayo.)</p> <p><b>Auto Parts Electronica</b> 224-6049</p> <p><b>El Alternador</b> 220-2514            Entrada de Pedregal. Avenida Jose Maria Torrijos, by the Tocumen airport/Conception</p> <p><b>Electro Mecanica</b> 220-2514            Via Principal. Repairs and purchases</p> <p><b>Electro Servicio</b> 6649-3737            On Calle 11. Alternator repairs.</p> <p><b>Internacional de Partes Electro Mecánica</b> (Roberto) 221-3022 or 221-8464 **            Repairs alternators and starters. In Centro Commercial Dos Mundo, located on Via Espana, in the Las Sabanas area, next to Pepsi Cola and to the southwest of Ernesto T. Levre street. Roberto is also a <b>good source</b> for referrals for other repairs. (Take Rio Abajo bus from Cinco de May, [see page 3])</p> <p><b>Motores Electrico</b> Maximo Martin 262-1762 or 262-0665, cell 6616-8870            Calle 27 Final Curundu</p> <p><b>Servicios Nacho</b> (Jose Ignacio Orozco) 6578-5081 or 227-9580 **            Starter motor and alternator rebuilds. Also heat exchanger repair and cleaning            On Avenida Frangipani, across from the gas station. (This is on the one way road that runs parallel to Avenida Nacional which carries traffic in the other direction, just a few blocks away from Centro Marino and Tuercos y Tornillos. Not a good area of town, best to take a taxi at least for the first time.)</p> <p><b>Taller Miguel AgUILA</b> 6539-9849, 6545-9217, 6570-2018, 6078-8690 <a href="mailto:miguel.aguila-2026@hotmail.com">miguel.aguila-2026@hotmail.com</a>            Ave. Frangipani, in front of the Texaco station. Specializes in the shipping and aeronautic industries.</p>
Aluminum (Fabrication, Bending, Welding)	<p><b>ALPAN</b> (Alumina de Panama) 231-0366            On Transistmica, Milla 8 (across from Rey Grocery Store). Aluminum extrusion factory.</p> <p><b>Alumicentro de Panama</b> 221-6467            Located in the Rio Abajo area near Calle 13 &amp; Via Espana</p> <p><b>Mesoliju, SA</b> 232-6897 Ronnie 6611-7203, speaks English            In Diablo. See description for Diablo bus on page 4. The building is at the end of the long line of buildings, on the left.) Aluminum fabrication, bending, and welding. Aluminum sheet metal/structural metal shop: ship building and repair.</p>
Anchorages	See “ <i>Marinas and Anchorages</i> ”
Anchors	See “ <i>Chandleries</i> ”. In particular, try <b>Abernathy’s and Pesqueros</b> <p><b>Marine Scene</b> Richard Zaleski 6470-6302 or Mike Barker 6727-6722            Sell Rocna Anchors, as well as Harken products. Mike is also a rigger and can do rigging inspections.</p>
Apple Computer	See “ <i>Computer Repairs/services</i> ”

Attorneys	<p><b>Marisel Jurado</b> 6613-4549 (cell), 340-6324 (office)          Jurado, Escobar, Della, Tonga, Icaza and Jurado          On Aquillo de la Guardia and Calle 47. Oceana Business Plaza, 10<sup>th</sup> floor, Ste 1003. She speaks English but her staff does not.</p> <p><b>Flor de Montserrat Claramunt</b> 263-2121          Immigration (residency visa) and real estate. Located in Edificio 120, Antiguo Bco Continental on Via Espana, 2nd floor. Flor speaks excellent English. Her assistants and office staff speak Spanish only.</p>
Auto Parts & Supplies	<p><b>Panama Auto</b> 278-8300          Two locations (same phone number for each):          1. Transistmica, on same side of street as Riba Smith, one block away, across from Do-It Center.          2. Rio Abajo          Good selection of copper tubing and fittings for fuel lines. Carry engine belts, replacement bulbs for spreader lights, spark plugs for generators and outboards, tools, can make hoses while you wait</p>
Batteries	<p><b>Battery Giant</b>          In or close to New York Plaza. New listing, mentioned on the local cruiser net but no other details given except that they can special order EPIRB batteries. Anyone getting further details, please sent to the email listed on the first page of this guide.</p> <p><b>Casey de Las Baterias</b> 800-6666 (general number) 264-0904 (Via Espana location) <a href="http://www.casabat.com">www.casabat.com</a>          They have several locations, including the one on Via Espana close to PriceSmart.          Carry deep cycle batteries, including Trojan brand and, sometimes, AGMs. Also carry water for batteries.</p> <p><b>Interstate Batteries</b> Omar or David 315-1656          Carry deep cycle batteries equivalent to Trojan T-105s and T-145s. Will take old batteries as trade ins. Can also waive sales tax if you show them your boat papers. Interstate batteries were favorably reviewed by Practical sailor. David speaks excellent English. See map under "Check-In/Check-Out" for location.</p> <p><b>Tasco</b> 228-0555          Batteries made in Panama. Not deep cycle.</p> <p><b>PriceSmart</b>          Carries deep cycle 6V golf cart batteries. Note that both PriceSmart locations carry 12V batteries but only the Tumba Muerto location has the deep cycle 6V batteries. Some cruisers have reported the deep cycle batteries not long lasting. See "Grocery Store, Big Box"</p> <p>See also <b>Marine Warehouse</b>, under "Chandleries" to bring specialty batteries from the U.S.</p> <p>For Iridium Phone batteries, see "Satellite Phones"</p> <p>For EPIRB batteries, see "EPIRB"</p>
Battery Water	<p>See <b>Casa de Las Baterias</b>, above</p> <p>The <b>Pesqueros</b> outlet on the causeway will also often carry battery water from Casa de Las Baterias. See <b>Pesqueros</b> under "Chandlers".</p> <p>Battery water can also be obtained at <b>Arrocha</b> Pharmacies (there is one in Albrook Mall). Ask for "Agua Distilada" at the pharmacy counter. It will be much more expensive at Arrochas.</p>
Bearings, Belts, Seals	<p><b>Agencias Domingo</b>          Carry Gates green stripe belts as well as a large selection of other types of belts, bearings, seals, gasket materials and automotive products. On the road parallel to Transmisticica behind Abernathy's. See map, page 5. (Enter Abernathy's on the Transmistica entrance, exit on the back side of the store and turn right. The shop will be on the corner across the street.)</p> <p><b>Dimar</b> 229-1444 <a href="http://www.dimarsa.com">www.dimarsa.com</a>          Edificio La Balindera in Vista Hermosa. Ask for Vielka Madrid, she speaks English and is at the furthest desk to the right behind the sales counter. In addition to bearings, carries impellers, Morse Cables, tools. Distributor for Jabsco. The back side of the building faces onto Via Espana. You can take a Via Espana or Rio Abajo bus from Cinco de Mayo. Also within walking distance of the RibaSmith on Transmisticica. See map on page 5.</p> <p><b>Quickly Seal Panama</b> 323-1966 6450-5521 6422-4209 Via Principal Chanis, Casa A 15 Esquina con Calle V  <a href="mailto:julio.cesar.canon@hotmail.com">julio.cesar.canon@hotmail.com</a>  <a href="mailto:quicklyseal@qspanama.com">quicklyseal@qspanama.com</a>  <a href="http://www.qspanama.com">www.qspanama.com</a>          Fabricates seals, gaskets.</p>

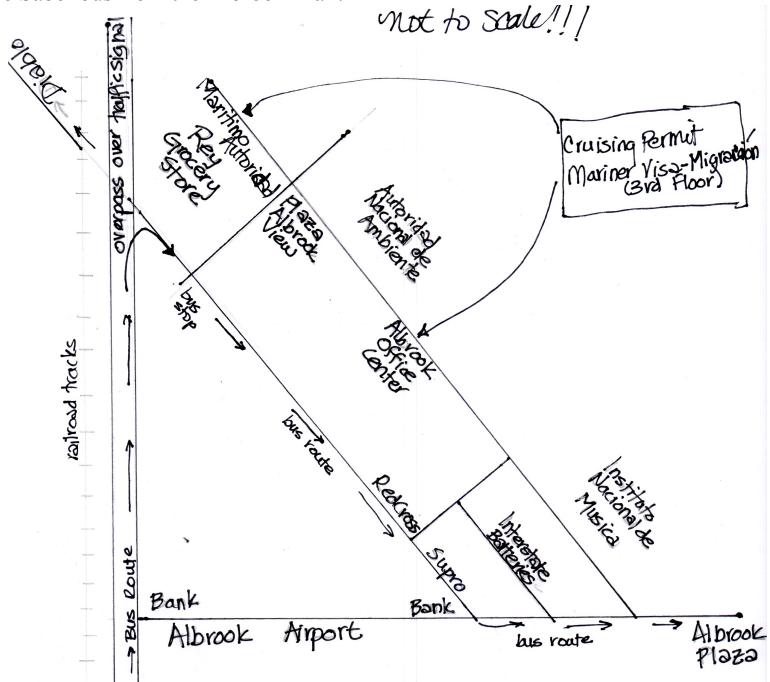
Beauty Salon	<p>For English speaking:</p> <p><b>A Cut Above</b> 315-1597 (ask for Nixa) Located in Albrook Plaza. (NOT Albrook Mall. Albrook Plaza is the little strip mall a short distance past the local Albrook Airport.) \$25 for a cut and blow dry as of 2011.</p> <p>There are also several places in Albrook Mall and places in and around Avenida Central (aka “the walking street”). These are mostly Spanish speaking. Haircuts at the mall can range from \$10-\$15. Haircuts at local beauty parlor establishments range \$3-\$8. Barber shops for men can be found around Plaza Cinco de Mayo. Expect a cut to cost \$3 to \$5.</p>
Belts (Alternator, Fan)	See “ <i>Bearings, Belts, Seals</i> ”
Blinds	<p><b>Vertimax</b> 236-0234 or 6618-3173 (Jack Harrouche) Located on Paical/Brazil Street (across from PakYa Panama, around the corner from Abernathy’s Transistmica store). They can custom make or copy your existing blinds at a very reasonable cost.</p>
Book Binding	<p><b>Imprenta Don Bosco</b> Elvia Estheer Castro Calle H y Avenida Central, Edificio San Lazaro. Open Monday through Friday. A small single front shop, with Don Bosco on the front door. Spanish speaking. Show them the book, they will ask what color you’d like. Will rebind hard cover or soft cover books, choice of colors, and gold lettering. Takes about a week. The shop is a small single front store with a life size portrait of Don Bosco on the door. Ring the bell for admittance.</p>
Books, In English	<p><b>Excedra Books</b> On corner of Via Espana and Via Brasil. See map, page 5.</p> <p><b>Gran Morrison</b> Department store with several locations throughout the city. There is one in the El Dorado Mall, behind the Rey grocery store. Their book department has a large selection of paperbacks in English. (Take Tumba Muerto bus to the large Rey sign on the left.)</p> <p><b>Hombre de La Mancha</b> Located in both Albrook and Multiplaza Malls. Mostly books in Spanish but does carry some in English.</p>
Bottom Cleaning	<p>In Las Brisas, Ira on the sailboat Papagayo does bottom cleaning. 6852-1037. Does not monitor VHF consistently. You can also try calling Manolo 6021-6261 but he is not always reliable. Also, Alejandro 6781-5070</p> <p>Several of the launcheros (water taxi drivers) at the Balboa Yacht Club clean bottoms. They may come to Las Brisas or La Playita for a few extra bucks. They speak Spanish, but if you see them in person they can understand what you are asking for. Go to the end of the muelle (pier) at the Balboa Yacht Club. Prices are negotiable but expect appx. \$40-\$50 for a 40 foot boat.</p> <p>Yoni 6001-7078 (Pronounced “Johnny”, uses scuba)</p> <p>Eduardo (aka Chilibre) 6802-2628 (free dives)</p> <p>Do-It-Yourselfers should take their boat to Taboga Island, Isla Bona or one of the Las Perlas islands for cleaner water.</p>
Brass Fittings & Copper Tubing	<p><b>Hidroca</b> 304-0300 <a href="http://www.hidroca.com">www.hidroca.com</a> Tools and hydraulics. Carries some odd and/or unusual brass hose fittings which Panama Auto does not carry. Located in Parque Lefevre, Calle 2a</p> <p>See also <b>Panama Auto</b> under “<i>Auto Parts &amp; Supplies</i>” they are centrally located on Transistmica and have a good selection. Hidroca is probably best for odd shapes and sizes. Try Panama Auto first.</p>
Buses	<p><b>SEE ALSO PAGES 2 and 3 of this guide for maps</b></p> <p><b>Within Panama City</b> Panama City has many bus routes. None printed. You must rely on what is displayed in the bus window, past experience, or asking the driver. And although drivers tend to maintain the same route with each run, do not be surprised if a bus suddenly goes down a different road because of a traffic backup or construction on the normal road. To stop the bus to get off, yell "parada" (pronounced pah-rah-dah).</p> <p>The two main hubs for catching buses are the Cinco de Mayo area and the Terminal at Albrook Mall. (See the maps on page 2 and 3.) Any bus with a destination of “Terminal”, “Albrook Terminal” or “Albrook Mall” will end up at the mall at which point you can transfer to other intra- or intercity buses or to buses bound for Costa Rica or further north. All international buses start and end in the terminal, usually on the top floor. Inner city buses are usually found on the lower level.</p>

	<p style="text-align: center;"><b>Metro Buses</b></p> <p>Metro Buses (white with orange stripe) have replaced the diablo rojo buses in the city. <b>DRIVERS CARRY NO CASH.</b> You <b>MUST</b> purchase a metro card which looks and is used like a debit card. The card costs \$2 to purchase. You must then add money to ("recargar") the card and the fare (25 cents within the city) will be deducted from the card when you ride the bus. You DO NOT need one card per person. Several people can use the same card, each person swiping and then handing the card off to someone else.</p> <p>There are various places in town where the cards may be purchased or money added to existing cards, such as a kiosk in Cinco de Mayo, at the bus terminal and at kiosks inside some Super 99 grocery stores (ask on the morning net).</p> <p>When you get on the bus, press the card against the reader and your fare will be deducted. If you plan to transfer to another bus within a short period of time, also swipe the card on exiting to avoid being charged for the transfer. Some metro bus routes originate outside of the city and, as a result will have a higher fare. Example: The "Corridor Sur-Albrook" bus will go to Albrook Mall, but because it originated a long distance outside the city the fare will be \$1.25 instead of 25 cents. Generally, any bus with either "Corridor Sur" or "Corridor Norte" will have come from outside the city. When in doubt, ask.</p> <p><b>Metro Bus Transfers</b> There is a Metrobus transfer station at Plaza Cinco de Mayo. It is called <b>Maranon</b> or <b>Zona Franca</b>. If you disembark in this area from one Metro bus you can transfer to another without paying an additional fare. Outside of this area, if you get off one metro Bus but think you will be boarding another within one hour, pass your card through the machine before you disembark ad your payment/transfer will remain on your card for one hour.</p> <p><b>Metro Buses on the Causeway</b></p> <p>These DO NOT go to Plaza Cinco de Mayo. They go from the causeway and then left into the town of La Boca. They will pass under the Bridge of Americas, go past a small park (on your right) after which will be a Timburelli's Pizza, a small pharmacy some mini-super. A short while past will be a large monument on your left and the old YMCA building on your right. Get off here and walk to the Grand Canal Cafe (across the street and to the left). Here you can catch a bus for the Albrook Mall and the terminal. The Metro bus you have just deboarded from will continue to the Chorillo neighborhood which is residential and a red zone, not safe.</p> <p style="text-align: center;"><b>Diablo Rojo &amp; Colectivo Buses</b></p> <p>Diablo Rojos (old U.S. school buses, often ingeniously decorated) are no longer allowed for routes within Panama City (as of 15 March, 2013).</p> <p>White or yellow vans that hold 12 to 25 people are known as "colectivos". There are colectivos which go between the causeway (the road by the anchorages) and Plaza Cinco de Mayo (see maps, pages 2 and 3). These cater to local workers, however, and so will be more frequent early in the morning or late in the afternoon. Look for the sign "Cinco de Mayo" or "Calidonia" in the window. Once at Cinco de Mayo, you can transfer to most any other bus in the city (see page 3 of this guide). Again, these local vans are more frequent early in the morning or late in the afternoon. For other times, it is easier to use the "dollar taxis" described in the "<i>Taxis</i>" section of this guide.</p> <p><b>THE RED "HOP ON HOP OFF" BUSES</b></p> <p>The double decker red buses are run by a private company and have a circular route with only a few stops. The stops are: Multicentro Mall, Calle 52, Parque Urraca, Albrook Mall, Miraflores Locks, Biomuseo on Causeway (still under construction), Isla Flamenco (at end of the causeway) and Casco Antiquo. Tickets for adults are \$29 and can be purchased at any bus stop. For more info, see <a href="http://www.citysightseeingpty.com">www.citysightseeingpty.com</a></p>
Camera Repair / Camera Battery Replacement	<p><b>Camara Service</b> 666-7008</p> <p>Bella Vista, on Via Espana in Plaza Concordia (opposite the Rey's supermarket on Via Espana at the footbridge). Is on the ground floor inside Plaza Concordia. Open Monday through Saturday. Prompt service, honest appraisal. Able to get battery for a Canon camera (which could not be located in the chain camera stores e.g., such as Panafoto, Audiophoto). The receptionist behind the counter spoke only Spanish, the repair technician spoke some English. (Paza Concordia is where Via Espana is a one way road, going toward Cinco de Mayo.)</p>
Canal Transits	<p>See "<i>Agents</i>" for a list of canal agents or for people who can rent you tires and lines.</p> <p>If you want to organize the canal transit yourself, you must:</p> <ol style="list-style-type: none"> <li>1. Apply for the canal transit by filling out the necessary forms</li> <li>2. Have the boat measured</li> <li>3. Pay your transit fee</li> <li>4. Obtain your transit date</li> </ol> <p>The application paperwork can be obtained in person at Building 129A on Avenida Arnulfo Arias Madrid, in Balboa. (Take the Metro bus from the causeway, debark at the YMCA building [look for large monument on your left]. You will be at a T-intersection. Turn left and walk down the road about <math>\frac{3}{4}</math> mile. Building 129A will be on your left, across the street from a large Banco Nacional.)</p> <p>You can also call: 272-4571 or 443-2293 and ask for the form to be emailed to you. Complete the form and return it in person or via email with a copy of your passport and a copy of your boat papers.</p>

	<p>You DO NOT need to have your lines on the boat when you are measured by the AdMeasurer. You only need to tell them you have rented the required lines and they will be on the boat on the date of transit.</p> <p>See also: <a href="http://www.pancanal.com/eng/">www.pancanal.com/eng/</a>  Go to "Maritime Services" and then "Customer Forms". Available for download and printing are documents such as "Procedures for Securing a Handline Transit at the Panama Canal", "Request for Transit Booking", etc.</p> <p>See also <a href="http://www.panlinehandler.com">www.panlinehandler.com</a> This web page has a spreadsheet for registering captains looking for line handlers and line handlers looking for captains.</p>
Canon	<p>Canon cameras and printers can be purchased at computer stores, OfficeDepot, PriceSmart. For repairs, go to:</p> <p><b>Canon Oficompu</b> 279-0264  Centro Comercial la Alhambra (across the street from El Dorado Rey Grocery store on Tumba Muerto). Although it doesn't look it, this is a two story complex. You can see stairs if you walk along the street level. Go up the stairs and you will be in a parking area with store fronts. The Canon shop is closer to the west end and well marked. (Take Tumba Muerto bus, get off at large Rey sign on the left.)</p>
Canvas Sewing	<p><b>Foo Foo</b> 6008-0629 ** – Does dinghy covers, dodgers, cockpit covers and repairs of same. Does not speak much English but cruisers have been able to communicate with him to get what they want done. Has been highly recommended several times. Has also started doing small sail repairs.</p> <p><b>Samudio</b> 6716-4678 (also sail repair)</p> <p><b>Omayra Aguirre Robles</b> 222-3806, 6684-2803 Sews canvas, cushions, upholstery. Also does custom sewing.</p> <p>See also <b>Pico Pico</b>, see "Fabrics" See also "Sail Repair"</p> <p><b>ABC Canvas</b> Roman 6706-9077  Located on the Atlantic side, in the Isla Grande/Linton area. Does dodgers, biminis, boat covers, awnings, sail service, sail repairs, sail covers, lazy jack bags.</p>
Chain	<p>See <b>Abernathy's, Casa Mar or Pesqueros</b> (under "Chandlery")</p> <p>Acco chain must be shipped in from the U.S. For this service, see <b>Marine Warehouse</b> or <b>Gente de Mar</b> (also under "Chandlerly")</p> <p>NOTE: There is no regalvanizing facility for chain in Panama. Some cruisers have had chain regalvanized in Ecuador.</p>
Chandlery	<p><i>Note that three of the following have outlets on the causeway (Abernathy's, Centro Marino and Pesqueros). If what you need is available in the city outlet but not in stock at the causeway location, ask if they will have the item brought in from one of their other locations. Most will do so at no extra cost.</i></p> <p><b>Abernathy's</b> Several locations in Panama City, including:</p> <ol style="list-style-type: none"> <li>1. Calzada de Amador (i.e., the Causeway) 314-1432 (at the La Playita anchorage)</li> <li>2. Transistmica 260-1222 (Near Riba Smith, other side of road), see the map on page 4</li> <li>3. Cinta Costero 227-8620 (Avenida Balboa)</li> <li>4. Tumba Muerto (across the street from Rey grocery store)</li> </ol> <p><a href="http://www.panamafishing.com.pa">www.panamafishing.com.pa</a> <a href="http://www.abernathy.com.pa">www.abernathy.com.pa</a></p> <p>Marine supplies, fishing supplies, clothing, line, carries Jabsco, BlueSea, also some scuba stuff, sometimes has West System. <b>Prices are high, ask for the cruiser discount. Should get 20% off most days, more on Wednesdays at the Causeway location.</b></p> <p><b>Captain's Store</b> -- Jeromino 236-2575 236-6235 <a href="mailto:asnauticos@cwp Panama.net">asnauticos@cwp Panama.net</a>  Commercial marine supply store. Located in the Altos de Chase area at Tumba Muerto and Ave. de la Amistad 19F. Carries Solas Flares and fire extinguishers.</p> <p><b>Casa Mar</b>  Was located close to the fish market, across from Chocez, but have moved. No details available yet as to where they have moved.</p> <p><b>Centro Marino</b> Three locations:  Ave. National (close to Tuercos y Tornillos) 225-6654  Ave. Balboa 227-3505  Calzada de Amador (i.e., the Causeway). Across from Flamenco Market. 396-1445  Note that the Ave. Nacional location is in a very dangerous area. Take a taxi and have the taxi wait for you!! Carries ICOM, Garmin, Mercury Outboards, Wellcraft, some electrical and plumbing items. The Avenida Nacional location carries Sunbrella, sewing supplies and Strataglass. New 2013, also carries rigging wire and some rigging supplies, which you can order at the causeway location for delivery the next day.</p> <p>(continued next page)</p>

	<p><b>EQUIPO (formerly Agencias Mar y Tierra)</b> 264-5470 On Via Brasil one block south of Transistmica. Authorized reps for: Marinco, Detroit Diesel, Yamaha, Rule, Teleflex, Suzuki, Jabsco, Blue Sea, Guest, Ancor among others. (See map, page 5)</p> <p><b>Gente de Mar</b> 314-0142 <a href="http://www.gentedemar.net">www.gentedemar.net</a>, Juan 6700-9133 Can also fly or ship marine parts and supplies into Panama. Check out the website or write to <a href="mailto:juan@gentedemar.net">juan@gentedemar.net</a>, in either English or Spanish. Additionally, offers the following services to cruisers: pickup laundry, propane tanks, dive tanks, jerry jugs at each marina/anchorage at the conclusion of the VHF net, pickup propane and dive tanks each marina/anchorage at the conclusion of the VHF net. Listen on the local VHF net (81A, 8:00AM local time Monday through Saturday), for schedule of services. Can also handle special requests (such as tires, line handlers and lines for canal crossing, refills of scuba tanks, trips to Duty Free Zone in Colon, life raft recertification in Colon, sail repairs, Iridium Sat phone time) Confirm services and schedules on the local VHF Net (Mon through Saturday, VHF 74 8AM, 1300 UTC)</p> <p><b>JP Marine</b> Paul 6080-3009, <a href="mailto:jnmarine@gmail.com">jnmarine@gmail.com</a>; Thomas 6480-4440 ** Do not have a storefront. But handle many items: acquisition of parts (Panama and the U.S.), freight forwarding and ordering. Also diesel mechanics, can do AC/DC electrical work, HVAC, refrigeration, referrals to other repair persons. Can help with PriceSmart shopping and taxi service.</p> <p><b>Marine Warehouse</b>, <a href="http://www.marinewarehouse.net">www.marinewarehouse.net</a> <u>Local Contact:</u> Arturo Romero, 6702-9256, 314-1768 <a href="mailto:Arturo@marinewarehouse.net">Arturo@marinewarehouse.net</a> <u>USA Contact:</u> Tom Ladue, (305) 635-0776, tom@marinewarehouse.net Local office located in Las Brisas shopping center at the western end (close to the anchorage), facing the parking lot. Although they have a few items on hand at any point in time (Honda Generators and solar panels for example), this is really an office for placing orders. This company ships in most boat items at a price similar to or less than the West Marine or internet prices. Ship by plane or boat. Boat shipments can include hazardous materials. Some cruisers have experienced problems with items arriving when expected. Other cruisers have had no problems and give glowing recommendations. Ask for printed quote. If having problems reaching Arturo, contact Tom.</p> <p><b>Pesqueros Sport</b> <a href="http://www.pesqueros.com">www.pesqueros.com</a> Two Locations: 1. Amador Causeway – near Flamenco Marina, next to Bennigan's Restaurant 314-1911 2. Parque Lefevre, Ave. Ernesto T. Lefevre 224-7777 Sport fishing store, but also have commercial sales for the fishing fleet. Carries line and chain, Racor filters, zinxs, battery water, fishing supplies, etc. You can sometimes find dinghy inflatables at the Flamenco location.</p>
Charts / Cruising Guides	<p><b>Islamorada</b> 228-4947 <a href="http://www.islamorada.com">www.islamorada.com</a> <a href="mailto:info@islamorada.com">info@islamorada.com</a> In Balboa (Ave Arnulfo Arias Madrid, 808) across from the YMCA building. Carries charts, cruising guides, nautical books and flags. (Catch the Metro bus on the Causeway. Get off at the YMCA building [look for large monument on your left]. Islamorada is across the street.) Charts can be copied, in their full size, at either <b>Happy Copy</b> (numerous locations, one is next to Nikos Café in Balboa) or Copy Red at the Albrook Mall (on the 2<sup>nd</sup> floor above the food court with the carrousel) <u>Popular cruising guides for Panama are:</u> <b>The Panama Cruising Guide</b> by Eric Bauhaus (<a href="mailto:ebauhaus@gmail.com">ebauhaus@gmail.com</a>) (available at most chandlers as well as at Islamorada) Guide of choice among cruisers. The lats/longs given for the San Blas (on the Caribbean side) are reliable. <b>The Panama Guide: A Cruising Guide to the Isthmus of Panama</b> by Nancy Schwalbe Zydler &amp; Tom Zydler (available at Amazon.com) <b>www.sailsarana.com</b> The Sarana guides cover only the western island of Panama on the Pacific Side, but they are reliable, economical and easily downloaded.</p>
Check-In / Check-Out	<p>Following are general guidelines only. Experiences vary, details are fluid. This applies to costs as well. Check on the morning VHF net for current details.</p> <p><b>NOTE: You will need both a <u>Cruising Permit</u> (aprx \$200) and a <u>Mariner Visa</u> (aprx \$100 per person, NOT the same as a regular tourist visa).</b> The Cruising Permit is issued for one year but becomes invalid if you leave the country with your boat. If you arrive by boat and then leave and return to the country by airplane, your mariner visa will be void and you will need to return to Albrook Immigration (formerly known as "Diablo Immigration") to obtain a new one before you can leave the country by boat on an international zarpe. Ask on the morning net for current costs.</p> <p>Checking In: have plenty of copies of passports for each crew member, zarpe, ships papers, etc. On arrival see either of the two "shore side" immigration officers for your 72 hour temporary visa. There is an immigration officer at Balboa Yacht Club (by the ship rails) as well as one in Flamenco (in the trailer by the Lenos y Carbon</p>

Restaurant at the end of the causeway). Next go to the Port Captain at Flamenco (second floor of the building with the duty free shop and the Alberto's Restaurant) to turn in your zarpe and receive the "Declaracion General" (cost appx \$20). Next go to the Maritimo Autoridad above the Rey Grocery store in Albrook (NOT Albrook Mall) to purchase your cruising permit (cost appx \$200). Finally, go to the Albrook Immigration office for your Mariner Visa (cost appx \$125 per person). See map below. You can either take a taxi to Albrook or catch the Albrook/Ciudad e Saber bus from the Albrook Mall.



**Check Out:** only two stops are needed for checking out: Go first to the Port Captain at Flamenco. Then to either the immigration officer at Balboa Yacht Club or the one at Flamenco (see also note below on costs). As always, have plenty of copies of everything. Note that if you arrived by boat and received your mariner visa then flew out of Panama and returned to Panama by plane your mariner visa will be void and you will now have a regular tourist visa. The immigration officer may require you to go to Diablo Immigration to check out.

During the 2012 & 2013 seasons, the universal opinion was to go to the immigration officer at the Balboa Yacht Club. Quicker and less fees. See also "*Fumigation*".

**NOTE : It has been reported that the Panamanian Government is now requesting email confirmation of all boats planning to enter Panamanian waters. If anyone has details, please forward to the email noted on the first page of this guide.**

Chinese Medicines/ Herbs (e.g., arnica, tiger balm)	<p><b>Casa Curiosidades</b> Sr Aurelio Chen, 262-7989 (speaks English) In Chinatown, Calle Carlos A. Mendoza, 13-20</p> <p>To get there: Take the walking street (Ave Central) up to Machetazo, opposite which is a Todo A Dollar store and a street which makes a T-intersection. The T-intersection street (on the left) has a double row of shacks down the centre of it (called "Thieves Market" by some and "Sal Si Puede" by others). Walk down the T-intersection street, being mindful of the corrugated iron roofs of the shacks (they are at eye level). Cross over the road at the traffic lights, then take the first left after that. Continue another 50yds to where the road forks (there is a sign "Bienvenidos Barrio China"), then take the left fork. Casa Curiosidades is immediately on your right, opposite the live chicken market (you will smell and hear the chickens). There is also a Chinese grocery store across from Casa Curiosidades, which is cheaper than the other Chinese grocery stores around town (e.g., the one across the street from Lung Fung restaurant, or at Bal Harbour). Good for dried mushrooms, ginger candy etc.</p>
Chrome-Replating	<p><b>Cromados Panama</b> 224-1056 (reported to be out of business Jan 2013, but not verified) In Parque Lefevre, Calle Quaquita</p> <p><b>NOTE: There is a company, located in Parque Lefevre, which occasionally passes out flyers advertising they regalvanize metals. They will NOT regalvanize chain, however, because they have had too many problems whenever they have attempted to do so.</b></p>

Compass Adjustment	<b>True North</b> , Iberto Osorio 6617-4557 <a href="mailto:aosorio@becainc.net">aosorio@becainc.net</a> In Diablo, Casa No 5286
Computer Repairs/Services	<p>There are computer stores at the malls where new computer equipment can be purchased, also OfficeDepot and PriceSmart. The following list is geared more to repair needs:</p> <p><b>Acer Computer Service Center: MultiMax</b> on Tumba Muerto. A short distance beyond PriceSmart The authorized repair center for Acer products but there has not been good reviews from people who have tried to have their computers repaired. (Take the Tumba Muerto bus. After passing the large Rey sign on the left, look for Multimax on the left.)</p> <p><b>Alex Neuman</b> 202-1525, 6781-9505 Located in the offices above Athens's Pizza/Pita deli in the El Dorado area. Does software/hardware repair. WiFi engineer that set up the new and improved system at Shelter Bay Marina system (2009).</p> <p><b>Apple Service Center: Mac Power</b> 302-3929 On Via Brasil, between Via Argentina and Avenida 50 in Edificio Farallon. (There are Apple stores in the Albrook Mall, the Multiplaza Mall. MacPower sells Apple products as well. But these are retail sales, not repairs.) (Take Via Espana or Panama Viejo, Route 1 bus.)</p> <p><b>David</b> on the sailing vessel La Ventossa, usually anchored at Las Brisas. 6505-7513</p> <p><b>Planet Computer</b> 260-0083 <a href="mailto:alus999@hotmail.com">alus999@hotmail.com</a>, <a href="mailto:planetcomputerstore@gmail.com">planetcomputerstore@gmail.com</a> Centro Comercial La Alhambra, Local 3 (across the street from Rey Grocery store on Tumba Muerto, in El Dorado. Good for parts and repairs. The younger girl speaks English. (Tumba Muerto bus. Get off at large Rey sign.)</p> <p><b>Toshiba Service Center: Altronics</b> 265-4500 ** On Via Espana, close to Via Argentina, next to Jenny Cafeteria. (Via Espana is one way traffic at this point. Traffic going towards Cinco de Mayo.)</p> <p><b>Yoytec Computers</b> 260-3405 260-7959 On Tumba Muerto, just to the west of the El Dorado shopping center with El Rey grocery store. Computer software, hardware, accessories and service. Repairs desk top models only. No laptops. (Tumba Muerto bus. Get off at large Rey sign.)</p> <p>See also <b>Electronica Caribe</b> under "<i>Electrical Supplies</i>"</p>
Construction Materials	<p><b>COCHEZ</b> 302-4444 Multiple locations, including:</p> <ol style="list-style-type: none"> <li>1. Santa Ana, Calle 15 Este (near the fish market, see map page 3)</li> <li>2. Parque Lefevre, Calle Diego de Almagro, Plaza Costa del Este</li> <li>3. Bethania, Ave. Ricardo J. Alfaro, Tumba Muerto</li> </ol> <p>Carry Building Supplies, Paints, Wood and PVC. Also carry copper flashing for roofs which some people use in place of copper ribbon for grounding their SSB systems/</p> <p>See also <b>Do-It Center</b> and <b>Noveys</b> under "<i>Hardware</i>". For marine plywood, see "<i>Wood</i>."</p>
Consumer Protection	<p><b>ACODECO</b> 510-1300 <a href="http://www.acodeco.gob.pa">www.acodeco.gob.pa</a> In Pueblo Nuevo, Calle Madre de Santos, Plaza Cordoba email: <a href="mailto:dsolis@acodeco.gob.pa">dsolis@acodeco.gob.pa</a>. You can download the necessary forms from the webpage.</p>
Copies	<p>There are two copy places in the Albrook Mall, second level above the food court with the carousel. Copies can also be made at the service desk of Rey and Super 99 grocery stores. There is also Happy Copy facility next to Nikko's cafe in Balboa (see Balboa Dental Clinic under "<i>Dentists</i>" for directions. There are no copy facilities on the causeway although some cruisers have been able to have a few document copies made at the office across the hall from the Port Captain's office in Flamenco.</p> <p>For copy centers that make large chart copies, see "<i>Charts</i>"</p> <p>The Happy Copy facility next to Nikko's Cafe in Balboa and one of the copy places in Albrook Mall can also bind documents, as well as laminate copies in plastic.</p>
Copper Foil	Not available in Panama as of this edition of the Cruiser's Guide. But you can go to a construction materials outlet, such as <b>Cochez</b> , buy a sheet of copper flashing and cut it to size. See " <i>Construction Materials</i> ."
Copper Tubing	See " <i>Brass Fittings &amp; Copper Tubing</i> "
Courtesy Flags	See " <i>Flags</i> "

Dentist / Dental Surgeon	<p><b>Balboa Dental Clinic</b> 228-0338 314-1019 <a href="mailto:balboadc@cwpanama.net">balboadc@cwpanama.net</a> **</p> <p>Both the doctors and the staff speak excellent English. Maria, the receptionist, is a delight! Prices are higher than Dr. Oscar Rodriguez listed below, but the service is excellent. (Catch the Metro bus at the causeway and get off at the YMCA building [look for large monument on your left]. Cross the street and walk north towards the HSBC bank. Continue walking north to the post office on your right. The dental clinic is in the small building between the post office and Nikko's Cafe.)</p> <p><b>Dr. Gabriela Eisenmann</b> 228-0314 314-1019</p> <p>Dental Hygienist. Located in Obarrio, on Calle 53E Obarrio. Also works out of the Balboa Dental Clinic.</p> <p><b>Dr. Oscar Rodríguez</b> 232-0389 6631-4575 **</p> <p>Located in Diablo, in the same building as Immigration. Extractions, filling, cleaning, whitening, surgeries, xrays, crowns, bridges, root canals. Speaks English and is always available to consult with you via his cell phone. His office is at the very left of the building with Dr. Vallerino (GP). (Take Diablo bus from Cinco de Mayo. See explanation on page 4.)</p> <p><b>Dr. Omar Rodriguez</b> 223-2689</p> <p>Located in the El Cangrejo area. Atlantica Building, 3rd floor, #4.</p> <p><b>Dr. Ida Herrera</b> 441-7141, cell 6614-9712, or <a href="mailto:appointments@caribbeandentalclinic.com">appointments@caribbeandentalclinic.com</a></p> <p>In Colon the office is located at Calle 3 Nuevo Cristobal PH Torre Esmeralda PB. She speaks perfect English. On Thursdays, she has office hours in Panama City.</p> <p><u>Dental Surgeon</u></p> <p><b>Dra. Dora Roquebert Arias</b> 225-3341 6611-9363</p> <p>Calle 34 Edificio Victoria Maria, Primer Piso 105. Can do restorative surgery and dental implants.</p>
Diesel Mechanic	<p><b>Manuel Amaya</b> 6620-2125</p> <p>Spanish speaking but trying to learn English.</p> <p><b>Kenneth Breazeale</b> 6648-7207 6664-9203 <a href="mailto:bocassolar@gmail.com">bocassolar@gmail.com</a> **</p> <p>Native English speaker. Works on all types of diesel engines. Very experienced. Consistently good reviews for reliability, knowledge, honesty and standing by his work.</p> <p><b>Jamie Davis</b> 6426-4896</p> <p>Speaks Spanish only. Busy, but good</p> <p><b>JP Marine</b> ** see contact info under "Chandlerly"</p> <p><b>Seetechmar</b>, Dinas Gusman 6694-1465, 6874-2507 <a href="mailto:infoseetechmar@gmail.com">infoseetechmar@gmail.com</a></p> <p>See also "Yanmar/Yamaha" in this guide. And also check on the morning VHF net as there are some long term cruisers who have good diesel engine experience.</p>
Diesel Parts	<p><b>Expert Diesel</b> 273-8860 (ask for Robin, one of the owners, speaks English) <a href="http://www.expertdieselpanama.com">www.expertdieselpanama.com</a> <a href="mailto:expert@cwpanama.net">expert@cwpanama.net</a></p> <p>Location is difficult. Use a taxi and have the taxi driver call for directions. Will take 30 to 40 minutes depending on traffic. Carry parts for Perkins engines and Stamford generators at reasonable prices.</p>
Diesel/Gas	<p><b>In all cases, check in advance. These sources many times have no stock to sell to transients.</b></p> <p><b>Balboa Yacht Club (BYC)</b> – Call VHF 6 or call the Marina office at 228-2313, ext. 3. When obtaining diesel, you can also fill up your water tanks at no additional charge. Does not carry gasoline. No service charge.</p> <p><b>Flamenco Marina</b> -- Call VHF 10 to make appointment. Carry diesel, gas and water. At times, have charged a fee to be at the dock, but no fee to fill your water tanks. Confirm in advance. (Note: if you are tied to the Flamenco dock you may be asked by a govt official to show a fumigation certificate – see "Fumigation")</p> <p><b>La Playita</b> – Call VHF 9. You may be required to pay an extra fee to bring your boat to the dock. Water is available for a fee. A diesel surcharge may be applied for diesel purchases less than a set amount. Check with them first.</p> <p>See also <b>Gente de Mar</b> under "Chandlers". They pick up, fill and return jerry cans for gas and diesel.</p> <p>The closest service station is in La Boca. Catch a Metro bus at the Causeway and get off at the YMCA building (across from the large monument). Walk to the road on the other side of the monument, turn left and continue west about ½ mile. They have refused to fill "non-standard" jerry cans.</p> <p>In Las Perlas, diesel and gasoline are available on Contadora Island and Isla del Rey at the north end.</p> <p>In the western islands diesel is available from a barge at Isla Cebaco. There is a fuel dock in Pedregal, the port of David, but it is a 25-mile trip up the estuary from Boca Chica (the only safe entrance of the three) and has to be done with the tides, requiring two days for a sailboat.</p>

Dinghy, New	<b>Suzuki Water Sports</b> Caribe Dinghys, located on Tumba Muerto  See also: <b>Marine Warehouse</b> or <b>Gente de Mar</b> (to bring one in from the U.S.). <b>Pesqueros</b> (see "Chandlers") sometimes carries new dinghies.
Dinghy, Repair	<b>Inflatables Doctor</b> 232-0538, 6617-0928 <a href="mailto:info@inflatablesdoctor.com">info@inflatablesdoctor.com</a> <a href="http://www.inflatablesdoctor.com">www.inflatablesdoctor.com</a> Repair shop specializing in all brands on dinghies, hypalon and PVC. Can also see you patches for do-it-yourself. Located in Via Diablo, Calle Barth, Edificio 42F. (Diablo bus. Get off at the railroad tracks and walk to the buildings on your right. The shop will be on your left.) This business has received mixed reviews.  <b>Repallantas Tip-Top</b> James (former cruiser, cell 6673-3850) 224-8315 or 224-6566 In Rio Abajo, in the Centro Commercial, Via España and Calle 96 West (take the Rio Abajo Bus from Cinco de Mayo.) Will do repairs, also sells Tip Top Glue  For DYIers, <b>Centro Marino</b> (see "Chandlers") also sells Tip Top glue
Doctor, General	For medical check-ups and non-urgent or specialized issues, the following speak English. They can also provide referrals to specialists.  <b>Clinica Albrook</b> 315-0773 Located in Albrook Plaza (NOT Albrook Mall. Albrook Plaza is the little strip center past the Albrook airport) open Mon-Sat 7AM to 9:30PM Walk in clinic for general problems like colds.  <b>Dr. Joaquin Vallarino</b> 6611-9039, 232-0225 ** Excellent English. Office located in Diablo Heights, in the same building as Diablo Immigration office. Call on his cell to make an appointment. His office is at the very left of the building with Dr. Rodriguez, a dentist. (Take Diablo bus, see explanation on page 4.) NOTE: in 2013 has begun charging \$80 for an office visit which is about double the standard rate in Panama City. Suggest trying Clinica Albrook first.  <b>Dra. Saskia Maria Bermudez Richard</b> 227-0481, 6615-6764 In the Centro Medico Nacional building on Ave Justo Arosemena and Calle 38 (across from Hospital Nacional)
Doctor, Specialist	See also the list of medical providers and hospitals published by the American Embassy at <a href="http://panama.usembassy.gov/list_of_medical_providers.html">http://panama.usembassy.gov/list_of_medical_providers.html</a>  <i>Note also that many of the following doctors work out of multiple offices. Always be sure to confirm the location when you call to make an appointment!</i>  <u>Cardiologist</u> 1. <b>Dr. Norberto Javier Calzada</b> , 6616-7159, <a href="mailto:nocalzada@psi.net.pa">nocalzada@psi.net.pa</a> . Has office in Punta Pacifica (204-8395) and Patilla (269-0566/5222) (269-3483) 2. <b>Dr. Quiroz Solonilla</b> (269-5222)  <u>Chiropractor</u> 1. <b>Dr. Marco Antonio Belizaire</b> 6639-0635, <a href="mailto:drbelizairedc@aol.com">drbelizairedc@aol.com</a> Agape Chiropractic & Wellness, Centro Medico, Ave Peru in Bella Vista. He is on Panama's Olympic Medical Team. ** 2. <b>Clinica Quiropрактика Orillac (Dr. Alfredo Orillac, Jr)</b> 225-1345, 223-3403, 225-6461. Trained at Palmer Institute in Ohio. In Edificio Torres Bella Vista, Ave Justo Arosemena y Calle 43 (going NE, it is on the left side before reaching Calle 43. \$40 for treatment.) 3. <b>Dr. Michael Joseph</b> <a href="http://www.AltaVitaSpa.com">www.AltaVitaSpa.com</a> 390-9919. Calle 68, San Francisco. (American, see web page) Chirogenics Therapy: Initial exam \$125, follow-up treatments \$50. Postural Alignment Therapy: \$150 initial exam, \$75 follow-up  <u>Dermatologist</u> 1. <b>Dr. Ricardo Bullen</b> 6676-6830, 223-9697. Across from Hospital Patilla in the Marbella area and at Hospital San Fernando Clinic. Also a Mohs surgeon. 2. <b>Dr. Constantino</b> , 204-8300. In Pta Pacifica ** 3. <b>Dra. Anastasia Drahom</b> , 204-8526. The Skin Clinic in Hospital Pta Pacifica 4. <b>Dr. Gioconda Gaudiano</b> 6596-4956, 269-7243. Located in the medical building across from Patilla Hospital. 5. <b>Dr. Charles McKeever</b> 204-8466, Hospital Punta Pacifica 5-12  <u>Eye Surgeon/Lasik Surgery (see also Ophthalmologist, below)</u> 1. <b>Dr. Roberto Vasquez</b> , 6673-1001, 263-7977 in Consultorios Medicos Paitilla, Calle 53 & Ave. Balboa 2. <b>Dr. Raul A. Chanis</b> 269-6260. Canis Optical, in Centro Medico Paitilla (Pl 6, ground floor with an outside entry). English speaking and U.S. trained. Lasik surgery \$2,500-\$3,000 all inclusive  <u>GYN</u> 1. <b>Dr. Teodore Mendez</b> , 6612-2018, 305-6408. In the Clinic at San Fernando Hospital, is also a good contact for other doctors. 2. <b>Dra. Britania Rodaniche</b> , 6615-7565, 264-4893. In Consultorio Medicos Paitilla**

	<p>3. <b>Dr. Juan Antonio Carbone</b>, 214-7263, 269-5222. <a href="mailto:carbone@cwp Panama.net">carbone@cwp Panama.net</a> Located in the Hospital Punta Pacifica medical offices.</p> <p><u>Gastro</u></p> <p>1. <b>Dr. Oscar Bulgim</b>, 6615-5238, 264-5238. In Consultorios Medicos Paitilla</p> <p><u>Internal Medicine</u></p> <p>1. <b>Dr. Frank Ferro</b> 6673-2168 (cell), 227-4733, ext 190 or 191 (office, Spanish speaking only) Call office for appointments. Email: fferro52@yahoo.com</p> <p>2. <b>Dr. Jose Mendez</b> 265-5155, 226-4821. Centro Medico Paitilla. Does colonoscopies.</p> <p><u>Internist</u></p> <p>1. <b>Dr. Eric Ulloa</b>, 6676-7503, 278-6000. Clinics at both San Fernando Hospital and National Hospital</p> <p>2. <b>Dr. Jorge Paz Rodriguez</b>, 6678-2354, 269-1785</p> <p><u>Mammogram/Ultrasound</u></p> <p>Clinica Dr. Anibal E. Urrutia 6671-5481 (cell), 261-0610 (office, Spanish speaking only) On Via Espana just down the street from Clinica San Fernando and above the Rally Laboratory. (If going by taxi. Have the driver call the office for specific directions.)</p> <p><u>Neurologist</u></p> <p>1. <b>Dr. Arango</b>, 263-7977, 263-7977. Consultorio Centro Medico Paitilla.</p> <p><u>Neurosurgeon</u></p> <p>1. <b>Dr. Carlos E. Bricenos</b> 269-5222, ext 2420. Consultorios Medicos Paitilla. <a href="mailto:cbriceno@cmpaitilla.net">cbriceno@cmpaitilla.net</a></p> <p><u>Ophthalmologist</u></p> <p>1. <b>Clinica de Ojos Orillac-Calvo</b>, Dr. Ruben Orillac 269-7475. On Avenida Balboa, Balboa Plaza #201-202-203. Can do Yag lasar. The doctor and the office staff speak English. Dr. Calvo, the junior partner, has also received great recommendations. Speaks excellent English. Has a shorter waiting time for appointments.</p> <p>2. <b>Centro Especializado de Ojos y Glaucoma</b> Dr Rocco G. Melillo, San Fernando Hospital. Telephone direct: 229-6769 or email roccomel@cwp Panama.net</p> <p><u>Orthopedic Surgeon</u></p> <p>1. <b>Dr. Luis Fernando Amando</b> 6675-5180 (cell, he does not mind if you call him directly), 306-3382/83 (office). Email: <a href="mailto:amandolf131@gmail.com">amandolf131@gmail.com</a> Located in Centro Medico Nacional (building next to Hospital Nacional), ground floor.</p> <p>2. <b>Dr. Salomon Dayan</b>, 204-8444, 204-8445. Clinica Orthopedica Dayan, Hospital Punta Pacifica Medical Center</p> <p><u>Rheumatologist</u></p> <p>1. <b>Dr. Antonio Cachafeiro</b>, 6611-5519, 206-2438. Medicina Internal Reumatologia, Consultorios Medicos Paitilla</p> <p><u>Ultrasound</u></p> <p>See "Mammogram/Ultrasound" above.</p> <p><u>Urologist</u></p> <p>1. <b>Dr. Armando Byer</b> 6615-1307 (cell), 227-5444 ext 117 (Spanish speaking only) <a href="mailto:armandobyer@hotmail.com">armandobyer@hotmail.com</a> Located in Centro Medico Nacional, next to Hospital Nacional</p>
Ecoturism	<p><b>Michel Puech</b> <a href="mailto:elisabpu@cwp Panama.net">elisabpu@cwp Panama.net</a> For excursions into the Darien Forest and Embera Villages</p> <p><b>Miguel</b> 6628-8629 <a href="mailto:miguelyan2000@yahoo.com">miguelyan2000@yahoo.com</a> From Portobello, ecotourism in the forest</p>
Eggs, Extra Fresh, Long Lasting	<p><b>Melo's</b> in Rio Abajo: Melo's is just a pet store in many locations (such as the Albrook Mall). At the Rio Abajo location, it is also a feed, grain &amp; garden store. Where you can purchase very fresh eggs, wrapped for long term storage. Available only in flats of 30 eggs. Ask for them at the check out stand. If you turn them regularly and do not refrigerate them, the eggs will last several months.</p> <p><b>Abastos</b> (see "Groceries, Local Style") also has providers of fresh, unrefrigerated and date stamped eggs.</p>
Electric Motor	See "Alternator & Starter Repairs"
Electrical Supplies	<p><b>Casa de Telefonos</b> 264-6438 On Via Brazil, across the street from the gas station by PriceSmart. Was formerly Radio Shack.</p> <p>Continued on next page . . .</p>

	<p><b>Electroindustrial</b> 229-9000 <a href="mailto:grodriuez@pistar.com.pa">grodriuez@pistar.com.pa</a>  On Transistmica, across the street from Abernathy's (see map page 5). Supplier of commercial and house electrical supplies.</p> <p><b>Electro China</b>  Near PriceSmart on Via Brazil. Electrical components, such as resistors, etc.</p> <p><b>Electronica Caribe</b> 223-0205 <a href="http://www.electronicacaribe.com">www.electronicacaribe.com</a>  On Via España close to Via Argentina. Carries electrical components, shrink tubing, does laptop repairs</p> <p><b>Electronica Japonesa</b> 264-6384, 264-1186  Located on Via Brazil across from PriceSmart. Can also do general electronic repairs</p> <p><b>Gigatech</b>  LED lights, switches, connectors. Looks like a music shop. Speak English. Around the corner from Panama Auto, see map page 5 for location.</p> <p>See also <b>Mayher, Discovery Center, Noveys and Do-It Center</b> under "Hardware"</p>
Electrician (12V/24V)	<p><b>Miguel</b> 6589-8998, speaks some English</p> <p>Best advice is to ask on the local VHF net (see "Nets"). There are usually one or two experienced electricians among the fleet, who are available for consultations.</p>
Electronics (Marine)	<p><b>Electromar Services</b>, SA, Dino 228-9983  Located in La Boca Anton area, electronics and hydraulics, EPIRB Battery Replacement (note: reported to have charged \$400 for an 18 month battery in 2011. See also Overseas Electronics &amp; Beyond, below)</p> <p><b>Electronica de Antón</b>, Rolando "Rolo" Tomilson, 6487-3818, 314-0812, 314-1634 <a href="mailto:electroancon@cwp.net.pa">electroancon@cwp.net.pa</a>  Located in Balboa Business Center (across from Freeway Laundry). Does electronic and ICOM repairs. (Take Metro bus from causeway to YMCA building [look for large monument on your left]. Walk across the large monument to the next street and turn left.)</p> <p><b>Falcon Electronics</b>, Javier Parra 6781-1544, 314-1034 <a href="mailto:falcon@cwp Panama.net">falcon@cwp Panama.net</a> <a href="http://www.ifalcon.net">www.ifalcon.net</a>  KVH technician and other electronics. Is also a good source for referrals to other technicians</p> <p><b>Navstar Marine Electronics</b> 228-0399, 6617-2591 <a href="http://www.navstarmarine.com">www.navstarmarine.com</a>  Furuno and Iridium Dealer. Located in La Boca, near Freeway Laundry. Osvaldo Flores</p> <p><b>Nautimar</b> 6688-7369 <a href="mailto:nautimar1073@hotmail.com">nautimar1073@hotmail.com</a>  Has marine hardware/electronics</p> <p><b>Overseas Electronics &amp; Beyond.</b> Julio C Romero 6615-1879, 209-2586, 209-2588 **  ACR, Argus Radar, Cassens &amp; Plath, Kannad Marine, Nauticast, Navico, Northstar, Lowrance, McMurdo, MXMarine, Simrad, Thrane &amp; Thrane. EBIRB battery replacement, electronics, repair radar etc. 5 Year replacement ACT EPIRB battery was \$280 in 2011.</p> <p><b>Protecsa</b> 227-3533 6612-9366 <a href="mailto:info@protecsa.com.pa">info@protecsa.com.pa</a> <a href="http://www.protecsa.com.pa">www.protecsa.com.pa</a>  Sales and service for C-Plath, Decca, JRC, Leica, Newmar, Raymarine, Robertson, Sea, Seatel, Simrad, Sitex, Sperry, Sailor, Tokimec. Located on Via Simon Bolivar, less than a mile past Centro Marino on the right. Also does hydraulics. Rebuilds hydraulic pumps. Carries hydraulic fittings and oils. Located on Via Simon Bolivar, less than a mile past Tuercos y Tornillos and Centro Marino. Is on the right side of the road.</p>
Emergencies	<p><b>Panama Coast Guard – Servicio Marino Nacional</b> -- VHF 16  211-6014 or 211-6013; On VHF or SSB, they will also respond to: "Sierra Mike November"  In the Las Perlas region, the Coast Guard has a station on Isla Chapira. They can be hailed there on VHF 16 or, 6901-4804 or 316-1712</p> <p><b>Flamenco Signal</b> – VHF 12  Monitor traffic on the Pacific side of the canal. In the Panama City area, they can be hailed as "Flamenco Signal" or "Panama Signal Station"</p> <p><b>Medical Emergencies: CSS</b> 503-6000, 503-2532</p> <p><b>Tourist Police</b> in Panama City (English Speaking) 211-3811</p> <p><b>Police Emergency:</b> Dial 104 on your phone</p> <p><b>Fire Emergency:</b> Dial 103 on your phone</p> <p><b>Highway (Roadway) Emergency:</b> Dial 088. (From any cell phones and at no cost to the user. You can report accidents, injuries, emergencies on highways, kidnappings, alleged contrabanding, highway assaults, etc.)</p>

EPIRB - Battery	<b>DIMSA/Overseas and Beyond</b> Julio Romero 6720-9733 Carries McMurdo EPIRDS. On Calle 50, Global Bank Plaza. Call for directions. See also <b>Overseas Electronics and Beyond</b> in "Electronics, Marine" See also <b>Battery Giant</b> under "Batteries"
Fabrics, Sewing Supplies	<p><b>Pico Pico</b>, 262-1274, 262-5225 <a href="mailto:picopico24@hotmail.com">picopico24@hotmail.com</a>  On the walking street (Avenida Central #118, see map on page 3 for walking street). Carry all types of fabrics, including Sunbrella, also large foam sheets of various thicknesses. They can sew cushions and have made dodgers and biminis when provided with the original to use as a pattern and sample. See Mr. Ezra Hafeitz ("Sury") for sewing services. Pick up and delivery is available. (Note: There are also other Pico Pico locations, such as the Pico Pico in El Dorado, but the outlet on the walking street is the only one used for sewing services.)</p> <p><b>El Tapiz</b>, 262-2334  On Calle H and Ave Ancon. Sells Sunbrella, (both seconds and firsts, so check before you buy), upholstery fabrics, mesh, clear plastic, YKK zippers. Also carries Strataglass (40ml clear), but sells by the entire roll only.</p> <p><b>Casa de la Cuerina</b> (formerly Todo de Cuero), two locations:  1. Santa Ana, Calle I 262-4862 – located on the road that runs from the causeway to Cinco de Mayo. Look for the big yellow sign on your right, about where the underpass is.  2. Parque Lefevre, on Via España and Calle 87, 221-5050  Carries leather, sunbrella-type treated canvas, plastics, YKK zippers, stainless steel fittings (snaps and common sense fittings), webbing, glue, etc. The Santa Ana location also repairs shoes, purses and backpacks. The Parque Lefevre location (on Via Espana) has a good selection of different weight plastics for use as dodger windows.</p> <p><b>Decoraciones Modernas</b> 228-0740 228-0706 211-0158  Avenida Ancon and Calle H (just across the street from El Tapiz) sells Sunbrella and foam.</p> <p><b>Textiles Mundiales</b> 262-9555 or 262-9802  Good quality fabrics, including first quality Sunbrella. Also sewing supplies. Two shops. One very close to Peatonal Road (Turn left beside the store "Orange"; you can see the sign on the shop). The second store is located on Tumba Muerto (the Metrobus for Tumba Meurto passes in front of it)</p> <p>See also <b>Centro Marino</b> (under "Chandlers"). The store on Avenida Nacional carries strataglass, UV thread, sunbrella and other marine sewing supplies.</p> <p>Fabrics used by the Embera and San Blas indigenous Indians can be found in two stores on the Walking Street, close to <b>Pico Pico</b>. They can be identified by a piece of the cloth hanging in front of the door.</p>
Fiberglass, Resins, Gelcoat	<p><b>Fibropinturas</b>, SA. 221-2012, 221-2032 Manager: Gustavo Silva 6550-6259 <a href="mailto:fibropinturas@cwpanama.net">fibropinturas@cwpanama.net</a>  <a href="http://www.fibropinturas.com">www.fibropinturas.com</a>  In Rio Abajo, Calle 5ta, Edificio No. 2469. Paint, fiberglass, gel coat and resins. (Take Rio Abajo bus.)</p> <p>At times, resins and supplies can be found at <b>Abernathy's</b> and <b>Centro Marino</b> see "Chandlers".  See also <b>SUR</b> under "Paints"</p> <p><b>LABOR</b></p> <p><b>Sandino Guerra</b> 6552-1103  Skilled labor in fiberglass and woodwork. Recommended but very busy. Usually works at Balboa Yacht Club</p> <p><b>Tito</b> (Balboa Yacht Club) 6499-2054.  Tito runs the taller and rails at the club. Skilled in both fiberglass, gelcoat repairs and woodwork.</p>
Filters (Motor)	<p><b>DiLupa</b> 229-8766  Next door to Dimar on Via Fernandez de Cordoba, Edificio DiLupa (see map on page 5)  Filtration, almost any filtration mended. Baldwin filters, Repsol lubricants. A smaller outlet is also located on Transistmica across the street from Panama Auto (see map page 5).</p> <p><b>Electro Inyeccion Diesel Chu, S.A.</b> 261-0212  Located on Via Fernandez de Cordoba, No. 41-39. Diesel engines, pumps, Racor housings and Racor filters</p> <p><b>Filtros Carossi</b> 261-7507  Dealers for Luberfiner and others. On Calle 1 Era and Calle Victoria, Barriada Miraflores, NE of Tumba Muerto</p> <p>Racor filters can also be found at <b>Pesqueros</b> (see "Chandlers") Standard oil filters can also be found at <b>Panama Auto</b>, see <i>Auto Parts &amp; Supplies</i>"</p>

Filters (Water)	See <b>Do-It Center, Noveys and Discovery Center</b> under "Hardware" See <b>Hydromundo</b> under "Watermaker"
Fire Extinguisher, Certification	<b>Abrasil</b> 260-9061, Walter Espinosa 6591-8854 (Cahrges \$8-\$10 to refill a small sized extinguisher on 2013. <b>Firemaster de Panama</b> 236-0880 firemast@franpan.com In Bethania, Calle 87 Harry Heno
Flags	<p>See <b>Islamorada</b>, under "Charts" See also <b>Centro Marino, Abernathy's, and Pesquero's</b> under "Chandlers" (limited range) The Balboa Yacht Club Mooring Office (see "Marinas/Anchorage") carries Panama Flags.</p> <p>Some people have found low cost Panama flags upstairs at <b>El Machetazo</b> (see "Groceries") which they have adapted for use as a courtesy flag during their stay in Panama. The flags are located upstairs close to the office supplies and usually cost \$3 to \$5 dollars. Courtesy flags can be ordered on the internet from <b>Rollysails</b></p> <p><b>Simonetta</b> on the sailboat <b>Dream</b> <a href="mailto:sydream@hotmail.com">sydream@hotmail.com</a> or <a href="mailto:simopiero@gmailcom">simopiero@gmailcom</a> 6507-6872 6063-2399 Has been making good quality flags for 20 years. New flags for Caribbean, Pacific, Indian Ocean, Central and South America. Also Panamanian flags in Sunbrella. Usually has the most important and requested flags ready in size 30x45cm (40x60cm for nationality flags). Can make arrangements for flags to be delivered to you.</p> <p><b>Note:</b> The courtesy flags for Columbia and Ecuador have the same design. They differ only in their aspect ratios: Columbia (1:2) and Ecuador (3:5). But from a distance would probably look the same. Ecuador's courtesy flag does not need to show the "escudo" (coat of arms)</p>
Flares	<p>See <b>Captain's Store</b> under "Chandlers."</p> <p>At times, flares can also be found at one or more of the chandlers on the causeway, see "Chandlers"</p>
Foam	<p>Foam sheets (not closed cell quality) can be found at <b>El Tapiz</b> and <b>Pico Pico</b> (listed under "Fabrics") At times <b>Mega Depot</b> (see "Grocery Store, Big Box") carries floor mats made of closed cell foam.</p> <p>Closed cell foam is not available in Panama as of the writing of this guide. To special order closed cell foam, see <b>Marine Warehouse</b> or <b>Gente de Mar</b> or <b>JP Marine</b> under "Chandlers"</p>
Fuel Injectors / Injector Pumps (diesel)	<p><b>Agencias Diesel Rivas y Picanas (ADIRPSA)</b> 229-3141, 261-4111 ** In Vista Hermosa, Calle Francisco Filos #30-32 Will inspect, clean, recondition and verify fuel injectors. Highly recommended. Clean shop, new equipment, skilled workers, honest and reliable. (NOTE: They advise that spare injectors be stored in a mixture 50% diesel and 50% oil.)</p> <p><b>Ital Dieselec, S.A.</b> Giovanni Innocenti 260-0666 or 260-3371</p>
Fumigation	<p><b>24 Hour Fumigation Svcs</b> 6464-1089</p> <p>NOTE: Fumigation requirements, if any, for boats entering Panama are a moving target. Fumigation has, historically, not been required of cruising boats entering Panama. But it should be noted that fumigation of boats for mosquitoes is the law depending on your last port of call. It has been reported that if your boat "touches land" (as in enters a marina or ties to a fuel dock) a fumigation certificate may be required. In 2011-2012, boats at the Flamenco Marina fuel dock were asked to provide or obtain a fumigation certificate. Boats at the Balboa Yacht Club fuel dock were not. A fumigation certificate may be required for boats staying in the Galapagos. Check current regulations before proceeding. In 2011, several boats used a fumigation certificate obtained in Panama to meet the fumigation requirements in the Galapagos.</p>
Furuno	See <b>Navstar Marine Electronics</b> under "Electronics (Marine)"
Glasses, Prescription	<p>There are several chains in Panama offer prescription glasses. <b>Optica Lopez, Optical Sosa and Optical Chevalier</b> are popular ones. Each has an office in the Albrook Mall. Standard practice is to offer the eye exam for free to confirm your prescription. Most special orders take 5-7 working days to fill. Prices are significantly less than in the U.S.</p> <p>There is an <b>Optica Lopez</b> office across the street from Rey grocery store in El Dorado on Tumba Muerto. Some cruisers have reported their prices are less than the prices charged at the Albrook Mall.</p>
Graphics	See "Lettering for Boats"
Groceries, Local Style	<b>Abastos</b> – Outdoor fruit and vegetable market, located on Avenida de Los Martyres. (From Plaza Cinco de Mayo, take any bus to "Terminal". Look for the green warehouse on your right after the overpass for Avenida Nacional. The overpass footbridge is a good landmark.) Cheapest place for fresh, locally grown, unrefrigerated fruits and vegetables. It is many acres. You can hire a local person (price negotiable) with a cart to show you the areas and collect your purchases, then get them out to a taxi. For 25 cents, you can take a taxi into the market and drive through the stalls. <b>Roderick Quill</b> (6673-1748) will shop for you (give him, a list) and deliver.

	<p><b>Calidonia Open Air Market.</b> – From the \$Taxi drop-off at Plaza Cinco de Mayo (see map, page 3), walk under the overpass and down Via Espana (the one way road with traffic going towards Cinco de Mayo). Look for the flower lady on the right. Down that alleyway behind her will be fruits and vegetable stalls with produce obtained from Abastos. Turn left towards the end and you will find a meat vender area.</p> <p><b>Mercado de Mariscos (Fish Market)</b> – Avenida Balboa and Eloy Alfara (at the western end of Avenida Balboa). White building with a blue roof. Fresh fish, shrimp, etc. There is also a restaurant upstairs which overlooks the market stalls. (see page 3 of this guide) NOTE: There are colectivo taxis which run between the fish market and Multi Centro Paza (Paitilla). Cost is \$1 per person, maximum 4 persons.</p> <p><b>Mercado Publico</b> – Meats, vegetables, etc. At the beginning of Avenida Balboa (the western end). (see page 3 of this guide)</p>
Grocery Store, Big Box	<p><b>Mega Depot</b> 261-2114  In Bella Vista, Ave Simon Bolivar/Ave Transistmica. (Just a short distance after the University of Panama about where Ave Simon Bolivar turns into Ave Transistmica. About a half mile before Abernathy's and Riba Smith on the Transistmica.)  Warehouse grocery/hardware/small appliances. No membership required. Carries liquor (lowest prices for wines and hard liquor), frozen meats and goods, canned meats (turkey, chicken, tuna), cleaning products. Very limited selection of fresh fruits and vegetables. Carries the BJ's home brand of products. Large packs (&gt;1kg/2#) of dried fruit (raisins, cranberries, dates, apricots) and nuts (pistachios, almonds, walnuts, pecans, peanuts in shell). 2.5gallon ziploc bags, 40oz peanut butter, 1qt/1L honey, 24oz/~1.5kg Parmesan cheese, New Zealand Anchor butter (un/salted) in 500g blocks, New Zealand Anchor 3#/1.2kg bricks cream cheese, chorizo sausage vacuum sealed (i.e., non-refridgerated), jerry jugs for gasoline (petrol), diesel, and water, battery charger, LED lights/ flashlights(torches) and rechargeable batteries. As with most other stores, supply is erratic. Advertise that for purchases over a given dollar amount they will deliver to you. Talk with them before making a large purchase to make sure of the details. Also be sure to have a contact phone number on both sides!</p> <p><b>Price Smart</b> 217-8100 <a href="http://www.pricesmart.com">www.pricesmart.com</a>  Two locations in Panama City:  1. Intersection of Via Espana and Ave Brazil  2. Tumba Muerto, a mile or so past the El Dorado shopping center.  Central American version of the Costco store in the U.S. (carrying some of Costco's "Kirkland" brand products), meats, vegetables (refrigerated), cheese, canned goods, etc. Requires a membership card for entry and purchases. You can use someone else's card but must pay in CASH. You can use a credit card for your purchases only if you are using your own membership card. There are two ATM machines near the entrance. Some taxi drivers carry PriceSmart cards. See "<i>Taxis</i>"</p>
Grocery Store, General	<p><b>El Machetazo</b>  Several locations, including one on Via Espana in Calidonia and one at the top of the walking street. Both of these are within walking distance of plaza Cinco de Mayo (see map on page 3). Really a department store with the grocery store on the ground floor. Best prices for canned and packaged food. Caution with flour, pastas, dried beans and grains; store carefully for fear of bugs. On the upper floors, carry clothing, fabrics and sewing supplies, pharmacy, office supplies, etc.</p> <p><b>Rey</b>  American style supermarket with several locations (Diablo, Via Espana, El Dorado). The El Dorado location (on Tumba Muerto) is the largest and has the biggest selection of vegetables and fruits.</p> <p><b>Riba Smith</b> <a href="http://www.ribasmith.com">www.ribasmith.com</a>  Several locations (Transistmica, Multi Plaza Mall, Bella Vista, Costa del Este. See the map on page 5 for the Transistmica location.) American Style grocery store with a large inventory of items (sauces, oils, cereals), many brands from the U.S. Each store has a bakery with fresh bread, good selection and quality for fruits and vegetables, except their fruits and vegetables are usually refrigerated and come prepackaged in styro containers. On the higher end price-wise, but has the best overall selection. <b><i>The Transistmica store will take special orders for meats to be vacuum sealed and frozen to your specifications for pick up the next or a subsequent day.</i></b>  <b><i>It is also possible to order and pay online. If you are in San Blas, you can order online and make a deal with a taxi driver to pick up your order and deliver it to Carti.</i></b></p> <p><b>Super 99</b>  Several locations (Albrook Mall, Calidonia) American Style grocery store for canned goods, paper products, detergents, sodas, etc. Not good for fresh fruits or veggies. Exceptions: (1) There is a large Super 99 located in Paitilla neighborhood which has more variety and is generally more high cost than the other outlets. (2) The Super 99 on Tumba Muerto is larger, has more variety. Also includes a large selection of common hardware items and a Metro Bus kiosk for purchasing Metro cards and recharging them.</p>
Grocery Store, Specialty	<p><b>Bal Harbor Plaza: Foodies, Fruteria</b>  Bal Harbor Plaza on Avenida Italia in Punta Paitilla (across from MultiCentro Mall) has two specialty stores: (1) Foodies, 6612-0688, 269-9701, 263-4385, 263-6412 <a href="http://www.foodiepa.com">www.foodiepa.com</a></p>

	<p>email: <a href="mailto:albertomock@foodiepa.com">albertomock@foodiepa.com</a> (Alberto Mock, Presidente)  (2) Fruteria, 223-6964.</p> <p>They each carry Chinese condiments, limited selection of Thai items, powdered Coconut Milk, some dried fruits, good fresh (but typically refrigerated) fruits and vegetables. Popular items here include the powdered Coconut Milk, Thai curry mixes and spices. For fresh, unrefrigerated Oriental vegetables (such as Bak Choy), go to Abastos outdoor market (see "Groceries, Local Style") (Panama Viejo bus, route 2. Get off at the large electronic sign on the left [Multi Centro mall]. Walk away from the mall, towards the bay.)</p> <p><b>Berard Meats</b> 229-1492, 229-6260</p> <p>In Vista Hermosa on Calle 2ds, Francisco Filos (across the street from <b>Agencia Diesel Rivas and Picans</b>). Freeze packed meats that can last 3 months without refrigeration. (NOTE: Reported in 2013 to no longer be there. No further updates as of this writing.)</p> <p>(continued next page)</p> <p><b>Casa de Jamon</b> 271-0044</p> <p>In Costa del Este, Parque Industrial, Calle 2 da. Final, # 150 <a href="http://www.hermanosgago.com/casa_del_jamon.html">www.hermanosgago.com/casa_del_jamon.html</a></p> <p>Hams from Spain; cheeses from Italy; meats from the U.S. Spain, Argentina, Australia; special varieties of olive oil and vinegar.</p> <p><b>Chinatown</b></p> <p>There are two "Chinatown" areas in Panama City for groceries: one next to the Fish Market and the other in El Dorado behind the Rey and Super 99 Grocery Stores. These are small stores that carry oriental products, fruits and vegetables. The stores at El Dorado offer Peking Duck hanging in their front windows. There is a large Chinese grocery store in the El Dorado Mall itself, to the back left of the building (NW corner), upstairs. Carries dried mushrooms, canned Chinese vegetables, many types of teas, etc.</p> <p>There is also a smallish Chinese grocery store across the street from Lung Fung Restaurant (see map page 5 of this guide) Avenida B is also a Chinatown district. This one specializes in cheap party goods, toys, etc.</p> <p><b>Deli K</b></p> <p>Located in the underground parking lot of Multi Centro Mall. Carries Eastern Mediterranean, Central Asian foods. Kosher Lebanese, Indian, etc. Sell large quantities of couscous, multiple varieties of Tahini, broad selection of dried fruit and nuts, several varieties Bulgur, herbs and spices. In general, more expensive than other grocery stores but good bargains can be found. (See directions for <b>Bal Harbor Plaza</b>, above, except when you get off the bus cross the street to the Multi Centro Mall.)</p> <p><b>Grand Deli Gourmet</b></p> <p>A good place for quality cold cuts and hard to find food. Great sandwiches. Multiple locations:</p> <ol style="list-style-type: none"> <li>(1) Calle 50, 300-2071/300-2072</li> <li>(2) Costa del Este; 300-1350/300-1351</li> <li>(3) Obarrio; 300-2062/300-2063</li> <li>(4) El Dorado (near Do It Center and across the street from Scotiabank) 300-2066/300-2067, 300-2068/300-2069.</li> <li>(5) Albrook (on Ave Omar Torrijos, between the airport and the Rey grocery store)</li> </ol> <p><b>Organica</b> 390-2001 <a href="http://www.organicastore.com/es/tiendas">www.organicastore.com/es/tiendas</a></p> <p>Organic food and drug store, on Calle Ramon H. Juradop. Very close to The Bread Company (see below).</p> <p><b>Super Hindu</b></p> <p>In the underground parking lot of Multi Centro shopping mall (Avenida Balboa). Inside the entrance to Deli K. Carries extra hot mango chutney, ghee, many Indian spices, all your favorite Indian condiments. Closes early on Friday afternoon. Closed on Saturday. (See also <b>Deli K</b>, above.)</p> <p><b>Super Kosher</b></p> <p>In Paitilla. Similar range to Deli K. Just down the street from <b>Bal Harbor Plaza</b> (see above).</p> <p><b>The Bread Company</b> 399-4901 (or George 6526-0477) <a href="mailto:info@just-bread.com">info@just-bread.com</a></p> <p>In Plaza Paitilla #37, on Via Italia across the street from the MultiCentro Mall. Very close to <b>Bal Harbor</b>, listed above. Handmade German bread and savory, Rye and wheat breads, German cakes and cookies.</p>
Grommets/ Fasteners	<p>See <b>Centro Marino</b> under "Chandlers" (Ave. Nacional location)</p> <p>See <b>Casa de la Cuerina</b> (formerly <b>Todo de Cuero</b>) under "Fabrics"</p>
GTO15 Wire	Used for wire run between the isolators on the rigging and the antenna tuner for SSB/Ham radios. Is available at <b>Multiplastico</b> (listed under "'Lexan/Plastics"). Ask for "cable neon" (pronounced cawb-lay knee-on)
Hardware Stores	<p><b>Discovery Center</b> 221-7948, 221-7877, 224-5764, 222-2611</p> <p>Two locations: (1) Tumba Muerto, a few miles past the PriceSmart store, this is the newer and larger store, (2) Via España and Calle 4ta in Rio Abajo</p> <p>Discovery Center is a True Value hardware store. Carries long shaft combination locks, Makita LED flashlights,</p>

	<p>jerry jugs, tools, kitchen gadgets, canning jars, standard plumbing supplies, paints, caucks, etc. The Tumba Huerta outlet is about 4 times the size of the Rio Abajo location and has a much larger selection of goods. (Take Tumba Muerto bus, see page 4)</p> <p><b>Do-It Center</b> 800-3648 (Hotline) <a href="http://www.doitcenter.com.pa">www.doitcenter.com.pa</a> Multiple locations including, Albrook Mall, El Dorado (on Blvd El Dorado), Transistmica (at Calle 64 Oeste, across from Panama Auto and close to Lung Fung Restaurant, see map on page 5), Multiplaza Mall.</p> <p><b>Mayher</b> 260-7540 236-6095 Ave El. Paical, around the corner from Abernathy's on Transistmica (a few buildings away from PakYa Panama towards Tumba Muerto, see the map on page 5 of this guide). Also on Urb Industrial, Calle 65. Tools and industrial supplies. Electrical supplies. Excellent selection of light and heavy duty construction and machining parts and equipment</p> <p><b>Novey</b> 300-9200 (express line) <a href="http://www.novey.com.pa">www.novey.com.pa</a> Multiple locations, the biggest is on Via España in Calidonia. Also at the Albrook Mall (in the south west corner of the parking lot) and on Tumba Muerto close to El Dorado</p> <p>See also "Construction Materials", "Tools" and "Wood"</p>
Haulout	<p>See "Marinas and Anchorages" <b>Balboa Yacht Club and Flamenco Marina</b></p> <p><b>Vacamonte (Puerto Pescero de Vacamonte)</b>, Alejandro Gerbaud, 251-1455, 251-1636. For an English speaker, ask for Reginald. This is the fishing fleet boatyard located in Vacamonte where catamarans can be hauled. The workers are used to working on commercial boats where finesse is not called for, so a close eye on work being commissioned is advisable. Some supplies and materials at available on site. Best to check first or bring what you need with you.</p>
Heat Exchanger Repairs	<p><b>Radiadores Alaska</b> 224-8526 or 221-1351 On Via Espana near the Language Institute</p> <p>See also <b>Servicios Nacho</b> under "Alternators/Starter Motors"</p>
Honda Generator	<p>Purchase: See <b>Marine Warehouse</b> or <b>Gente de Mar</b> under "Chandlers". <b>Airco</b> (see below) also carried them but prices are significantly higher than either Marine Warehouse or Gente de Mar.</p> <p>Repair: <b>Airco</b> 271-5337 <a href="mailto:taller1@aircopanama.com">taller1@aircopanama.com</a> ** Sells industrial equipment and generators. Located in Costa del Este. Ask for Raul Martinez, who speaks English. They are open 8-5 Monday through Friday and 8-12 on Saturday.</p>
Hoses	<p><b>Mangueras Panama</b> Off Transistmica on Avenida Principal del Ingenio, about ¼ mile past Panama Auto and next to the CaCaja de Ahorros de Transistmica. Can make hydraulic hoses. Carry a good range of industrial hoses.</p> <p>See also <b>Panama Auto</b> under "Auto Parts and Supplies" and <b>Dimar</b> under "Bearings"</p> <p>Thread reinforced hoses for fresh and salt water house systems can be found at <b>Tuercos y Tornillos</b> see "Nuts, Bolts, Screws, Fasteners" and also at <b>Noveys</b> see "Hardware Stores" I</p> <p>Wire reinforced exhaust hose has, historically, not been available in Panama City. However, a cruiser recently (November, 2013) purchased 4 feet of 4" wire reinforced hose for \$80 at <b>Dimar</b>, listed under "Bearings"</p>
Hospitals	<p><b>Centro Medico Paitilla</b> 265-8800 San Francisco, Calle 53a Este, Calle San Jose (by Ave Balboa)</p> <p><b>Hospital del Niño</b> 512-9801 Calidonia, Calle 34 Este</p> <p><b>Hospital Punta Pacifica</b> 204-8000 <a href="http://www.hospitalpuntapacifica.com">www.hospitalpuntapacifica.com</a> San Francisco, Punta Pacifica, Blvd. Punta Pacifica and Via Punta Darien. Affiliated with Johns Hopkins Medicine International</p> <p><b>Hospital Santa Fe</b> 227-4733 <a href="http://www.hsantafe.com">www.hsantafe.com</a> Via Simon Bolivar and Ave. Frangipani</p> <p><b>Hospital Nacional</b> 207-8100 <a href="http://www.hospitalnacional.com">www.hospitalnacional.com</a> At Avenida Cuba between Calle 38 and Calle 39</p> <p><b>San Fernando – Clinica Hospital</b> 305-6300 In Pueblo Nuevo, on Via España</p>

Hotels / Hostels	<p><b>Albrook Inn Hotel</b> 315-1789 <a href="http://www.albrookinn.com">www.albrookinn.com</a>  In Ancon (close to Albrook Airport), Calle Las Magnolias. From \$100 to \$250 (as of 2012)</p> <p><b>Balboa Inn</b> 314-520, 6618-4414 <a href="http://www.thebalboainn.com">www.thebalboainn.com</a>  The Balboa Inn is a small Bed &amp; Breakfast at the foot of Ancon Hill (Cerro Ancón) in Balboa and around the corner from the Panama Canal Administration building. Run by a former KLM flight attendant. Internet rates \$75-\$95 (2012).</p> <p><b>Canal Inn</b> 314-0112 <a href="http://www.canal-inn.com">www.canal-inn.com</a>  Located in La Boca, at Calle Ernesto J. Castillero, Casa # 7. European style B&amp;B run by Franz. Very comfortable. <i>Allows pets</i>.</p> <p><b>Cruiser's Casa</b> 6153-2089 <a href="http://www.bedsboatsandbeyond.com">www.bedsboatsandbeyond.com</a> <a href="mailto:deb.pccc@gmail.com">deb.pccc@gmail.com</a>  Set up by an ex-cruiser caters to cruisers and their guests. Located on Calle 47 just off the Cinta Costera, convenient to restaurants, malls, hospitals, grocery stores, and more. Look on the web page for current pictures, rates, services and map.</p> <p><b>Hostel Amador Familiar</b> 314-1251, 314-1721, 6747-6229 <a href="http://www.hostalamadorfamiliar.com">www.hostalamadorfamiliar.com</a>  reservations@hostalamadorfamiliar.com  Within walking distance of Balboa Yacht Club and very reasonably priced. Try to get second floor room in the back where it will be quieter.</p> <p><b>Hotel California</b> 263-7736 <a href="http://www.hotelcaliforniapanama.net">www.hotelcaliforniapanama.net</a>  Located on Via Espana &amp; Calle 43. 60 rooms each with air conditioning and cable TV. Clean, economical and friendly service but not close to anything.</p> <p><b>Hotel Costa Inn,</b> (227-1522 <a href="http://www.hotelcostainn.com">www.hotelcostainn.com</a>  Located on Ave. Peru &amp; Calle 39 in a not so good neighborhood. Provides free transportation to and from Tocumen Airport. <i>Allows pets</i></p> <p><b>Hotel Marparaiso</b> 227-6767 <a href="http://www.marparaisopa.com">www.marparaisopa.com</a>  Calle 34 and Ave Justo Arosemena. Singles, doubles and larger. Clean. Air conditioned. Offers transportation to and from both airports.</p> <p><b>Hotel Milan</b> 263-6130 <a href="mailto:hotelmilan@cwp Panama.net">hotelmilan@cwp Panama.net</a>  In Bella Vista on Calle Eusebio A. Morales. Close to El Congrejo and within walking distance of many restaurants, shopping and businesses. The Milan is known to have clean rooms, Wi-Fi, a secure garage, ice on every floor and hot showers. There are 3 different room sizes: <b>economica</b> (no safe or couch), <b>standard</b> (safe, couch and bigger) and <b>suite</b> (includes a huge bath tub). Cash rates from \$49.40 (economica) to \$74.25 (suite). Almost always booked, but if you call after 2PM you may get a room because of cancellations or other reasons.</p> <p><b>Hotel Residencial Cibeles</b> 227-2717 <a href="http://www.hcibeles.com">www.hcibeles.com</a> <a href="mailto:rcibeles@gmail.com">rcibeles@gmail.com</a> or <a href="mailto:reservas@hcibeles.com">reservas@hcibeles.com</a>  Offer economic rooms (from \$30 to \$45). Free transportation to and from Tocumen Airport.</p> <p><b>Plaza Paitilla Inn</b> 208-0600  Located in the residential community of Punta Paitilla (across from the MultiCentro Mall, near Hospital Paitilla). It is an old Holiday Inn high rise with rooms that have dramatic floor to ceiling windows overlooking the water so ask for one of them.</p>
Hydraulics	<p><b>Fittings:</b>  See <b>Hidroca</b> under “Brass Hose Fittings &amp; Copper Tubing”  See <b>Panama Auto</b> under “Auto Parts &amp; Supplies” (suggest to try Panama Auto first)</p> <p><b>Hoses:</b>  <b>Bahsa</b> 232-0292  Located on Via Diablo in Diablo, Edificio 42F (Diablo bus. See pages 4 and 5 for explanation.)</p> <p>See also <b>Panama Auto</b> under “Auto Parts &amp; Supplies” and <b>Mangueras Panama</b> under “Hoses.”</p> <p><b>Pump Rebuilds:</b>  See <b>Protecsa</b> under “Electronics (Marine)”</p>
Ice	In the Las Brisas anchorage, you can purchase ice at the <b>Barko's Restaurant</b> . The earlier you buy it the more likely they will have ice on hand. Large bags of ice can also be purchased at the <b>Balboa Yacht Club</b> on the muelle.
Icom Repairs	See <b>Electronica de Anton</b> under “Electronics (Marine)” See also “Radio Repair”

Impellers	See <b>Dimar</b> under “Bearings, Belts and Seals” See <b>Abernathys</b> under “Chandlers”
Injectors	See “Fuel Injectors”
International Health Certificate (Pets)	Pets leaving Panama via Tocumen Airport, must have an international health certificate and an export permit. You can obtain these yourself, although it will take several days and you will need to visit several different government offices. If you wish to do it yourself, first contact either <b>Dra. Nora Lapenta</b> or <b>Dra. Guily Asti</b> , both listed under “Veterinarians” for the Certificate. They can direct you through the subsequent steps. Note that the airline requires the certificate to be no older than 10 days, and the process will take several days, so start on day 10 and work fast! Taxi Tony (see “Taxis”) has worked with cruisers to obtain the necessary paperwork. If you wish to use an agent, contact: <b>Jose Saenz</b> 6614-7811 bocasfrog@yahoo.com www.goldenfrog.net
Internet	<p>Free wifi is available at the <b>Balboa Yacht Club Restaurant</b> (see “Anchorage and Marinas”) and at the <b>Shopette</b> in Las Brisas and the <b>Mi Ranchito</b> restaurant close to La Playita. NOTE: Be sure to patronize any facility by making a purchase or they will have no incentive to continue providing free wifi to you at their expense!</p> <p>There is free government wifi (“Internet Para Todos”) available at the Las Brisas anchorage, depending where you are. For repairs or problems with the free govt internet, call 305-7777.</p> <p>Internet computers are available at <b>Copy Red</b> in the Albrook Mall (upstairs above the food court with the carrousel) and on Via Brazil close to the Transmistica (see map on page 5). There are also numerous internet cafes around Plaza Cinco de Mayo.</p> <p>Many cruisers purchase a modem stick at Abrook Mall (look for either a dedicated Digicel or Claro store). These work in Las Brisas, La Playita, Taboga Island, Balboa Yacht Club and some locations in Las Perlas. There is also some coverage in San Blas on the Caribbean side. General consensus is Digicel is better for Pacific side and Claro for the Caribbean side. (See also “Telephone/Modem-Unblocking”)</p>
Inverters	Inverters can be purchased at most of the electronic stores (such as Electronica Caribe, see “Electrical Supplies”) <b>Electrysol S.A.</b> Victor Saldano 618-4146 vsaldane@electrysol.com Authorized Xantrax Inverter repair in Panama. HOWEVER, Zantrax has separated their home and marine inverter businesses and he can no longer get marine inverter parts.
Iridium	See <b>Navstar Marine Electronics</b> under “Electronics, Marine” See also, <b>Gente de Mar</b> under “Chandlers”
Jabsco	See <b>Dimar</b> under “Bearings, Belts, Seals” (an authorized distributor for Jabsco) <b>Abernathy’s</b> (see “Chandlers”) also carries many common Jabsco fittings and pumps.
Jerry Jugs	<p>Jerry jugs can be purchased at:</p> <ol style="list-style-type: none"> <li>1. <b>Abernathy’s</b> (see “Chandlers”) They will be expensive, but durable.</li> <li>2. <b>Discovery Center</b> (see “Hardware”)</li> <li>3. <b>Mega Depot</b> (see “Grocery Store, Big Box”), will be the cheapest in price and also quality</li> </ol> <p>Five gallon jugs which were previously used for oil, coke syrup or other purposes, can be purchased near the <b>Fish Market at Muelle Fiscal</b> (by Chochez). Prices have ranged from \$2 to \$5 per jug. They must be cleaned before use but are serviceable for a long passage. The same type of jugs can also be found at <b>Abastos</b> (see “Groceries, Local style”)</p>
Jubilado Discount	Panama law provides a discount on services and some purchases for “Jubilados” (resident retirees age 55 and over for women or 62 and over for men). The discount covers medicines, restaurant food (except alcohol), entertainment, accommodations. The law specifies the discount is only available to legal residents, but many places (particularly pharmacies and movie theaters) will give the discount automatically or on request. Politely <b>ask for the discount</b> and you may receive it. (NOTE: Jubilado is pronounced “who-be-law-doe”)
Lagoon Yachts	<b>Andromeda Yachts PMA</b> <a href="http://www.andromedayachtspma.com">www.andromedayachtspma.com</a> info@andromedayachtspma.com 394-9522 Located at Flameco Marina (between Bennigans and Beirut Restaurant, facing the marina) Is a full service Lagoon dealership. Handles repairs on Lagoons, but also work on other sailing and power catamarans. Owner is Roberto Bracco (Italian) who speaks English, French and Spanish. Recommendation comes from On Delay which was hit by lightning 2013. Andromeda worked on the vessels electronics, electrical, fiberglass, hullwork (hull-deck joint repaired), exterior cleaning, hull and topsides waxing.
Lasik Surgery	See <b>Dr. Raul Chanis</b> under “Doctors, Specialists” **

Laundry	<p><u>Self Serve:</u></p> <p><b>Balboa Yacht Club</b> (see “<i>Anchorages and Marinas</i>”). Facilities are for guests and members only. Has three washing machines and three dryers. Requires quarters.</p> <p><b>Condos by Las Brisas Anchorage.</b> At the far end of the parking lot. There are 2 washers, although as of 2013 only 1 works (the one furthest in is the one that doesn’t work). \$2 per wash for the working machine. Dryer \$1.25 All Quarters.</p> <p><b>Freeway Laundry</b> in La Boca. This is a commercial facility for laundry and dry cleaning, but they also have limited self-serve machines. (Catch the Metro bus at the causeway [note, no cash you need a Metro card, see “<i>Buses</i>” for more info]. Get off at the YMCA building, across from the large monument. Walk to the road on the other side of the monument and turn left. Freeway Laundry will be about <math>\frac{1}{4}</math> mile down on your right.)</p> <p><b>Calidonia.</b> In the Calidonia neighborhood, parallel to the walking street between the walking street and Avenida de Los Martyres are several self-serve laundry facilities. (Washes are typically 75 cents cold wash, \$1 hot wash; dryers are \$1 half hour \$1.50 45 minutes.) (See map on page 3 for location of walking street.)</p> <p><u>Non-Self Serve:</u></p> <p>See <b>Gente de Mar</b> under “<i>Chandlers</i>”</p> <p><b>Freeway Laundry</b> in La Boca (there is also a Freeway Laundry next to Rey grocery store in Diablo). Verify price in advance. They may charge by the piece and price can go quite high as a result.</p>
Leather	Leather pieces, leather sewing services, See <b>Casa de la Cuerina</b> (formerly <b>Todo de Cuero</b> ) under “ <i>Fabrics</i> ”
LEDs	<p><b>Eco Green</b> 395-6642 <a href="mailto:contacto@ecogreen.com.pa">contacto@ecogreen.com.pa</a> Calle 50, next to Panafoto</p> <p><b>LED Lighting Store</b> Julio Leon Chan 260-4067 6616-9472 <a href="mailto:julioleonchan@yahoo.com">julioleonchan@yahoo.com</a> <a href="http://www.latimedlights.com">www.latimedlights.com</a> On Tumba Muerto, a short distance past the PriceSmart. Next to the PUMA gas station and across the street from the large Immigration building. The owner speaks English and says he is willing to bring in items cruisers need if they let him know what to stock.</p> <p>LED Flashlights (torches) and battery operated lights are available <b>Rodelag, Discovery Center</b> (see “<i>Hardware Stores</i>”), <b>El Machetazo</b> (see “<i>Grocery Store (General)</i>”), and <b>Mega Depot</b> (see “<i>Grocery, Big Box Stores</i>”).</p> <p>MagLite conversion kits (i.e., swap out standard bulb to LED) are available at <b>Rodelag</b> and <b>Discovery Center</b>.</p>
Lettering for Boats	<p><b>Digital Art</b> 302-7981, 302-7982 Located in the Albrook Business Park. Signs, graphics, boat lettering and design.</p> <p><b>Line &amp; Arts Digital Letters</b> Gabriella Murillo 232-7000, 6616-2464 <a href="mailto:gabriella@lineandarts.com">gabriella@lineandarts.com</a></p>
Lexan/Plastics	<p>Neither <b>Lexan</b> nor any other treated polycarbonate is available in Panama City.</p> <p><b>Multi Plastic, SA (La Casa de Acrilico)</b> 279-0441 <a href="mailto:multiplastic@cableonda.net">multiplastic@cableonda.net</a> Sells Starboard sheet and plastics, including polycarbonate plastic. But their polycarbonate is NOT treated for UV. Located in URB Industrial Los Angeles on a side street behind Rodelag. Leaving Lung Fung restaurant, turn left and walk down the road past Rodelag. Turn left at the T-intersection. It will be on the left a few doors up, just past <b>Fausto Salizar</b> (“<i>Tools</i>”). (See map on page 5)</p>
Life Raft Certification	<p><b>Ocean Safety</b>, Ruben Villarreal, 430-3804, <a href="mailto:safety@sinfo.net">safety@sinfo.net</a> Located in the Colon Free Zone. Certified for many brands, including Switlik.</p> <p><b>Panama Marine</b>, Roger Salgado 430-5233, 6677-2587 Located in the Colon Free Zone. Certified for Viking, among other brands.</p> <p>See also <b>Gente de Mar</b> under “<i>Chandlers</i>”. They can coordinate the transportation and scheduling of life raft certifications. They prefer to work with multiple boats at one time so as to help reduce costs.</p>
Line	<p>See <b>Abernathy’s, Casa Mar, or Centro Marino</b> under “<i>Chandlers</i>”. The Abernathy’s on Transmistica typically has the largest selection.</p> <p>See “<i>Agents</i>” for information on renting lines for canal transits.</p>
Line Handlers	<p>The web site: <a href="http://www.panlinehandler.com">www.panlinehandler.com</a> has a spread sheet function to match captains looking for line hndlers and line handlers looking for boats.</p> <p>Another option is to ask on the morning VHF net or to look on any of the bulletin boards located in Balboa Yacht Club or the anchorages. See also “<i>Agents</i>”.</p>

Lowrance	See <b>Overseas Electronics</b> under "Electronics (Marine)"
Machine Shops	<p><b>Taller Alfredo: Alfredo Luma Young</b>, 236-5577 In El Dorado, Calle E no. 9M Behind the Coca Cola plant. Immaculate.</p> <p><b>Taller Quisanch: Ramon Valdez</b>, 6699-6197 Avenida Eloy Alfaro, Calle 15.</p> <p><b>Taller Tito Torres</b> 225-0714 ** Apdo 55-1386, Zona 9, Panama. In Calidonia near Avenida Nacional. Bad section of town but excellent work. Recommend taxi at least the first time you go there. Tito speaks English and is an excellent machinist. Works closely with Kenny Brezeale (see "Diesel Mechanic")</p> <p><b>Troqueles de Panama: Miguel Patino</b> 221-2114, 221-5653, 6616-4605 troquelesdepanama@cableonda.net In Parque Lefevre, on Via Jose Agustin Arango.</p>
Mail/Freight	<p><b>Unless you are using an experienced ship's agent such as Gente de Mar or Marine Warehouse, be aware that it is often significantly cheaper to pay the minor customs duty on a boat part rather than the considerable expenses involved with using someone not accustomed to "boat in transit" regulations. Do comparison shopping before you order! AVOID Mail Box type businesses for anything except mail!</b></p> <p><b>SHIPMENTS INTO PANAMA:</b> To bring in mail from the U.S., it is best to use PakYa Panama or Air Facility (see below). They each have addresses in Miami (or the Miami vicinity). You send your item to that address and they will forward it to Panama and take care of customs clearance. For parts and marine supplies brought in under "Yacht in Transit" you will need to use a service which can do your custom clearance (such as <b>Marine Warehouse</b> or <b>Gente de Mar</b>, listed under "Chandlers").</p> <p><b>Air Facility</b> 294-0300 Located on the road behind the Caja de Ahorro main office which is on Via Espana. Very economical, but you must first set up an account with them. Spanish speaking only. As of 2013, charge \$2.65 per pound plus 5% (minimum \$5) of the value of the goods shipped in. (See map on page 5. From Transistmica, walk down Via Brazil to the road just before Via Espana. Turn right at the building named "Bemajo" which is across the street from "Black Tie". You will be walking against traffic on a one way road. Go two blocks. It will be on your left.)</p> <p><b>PakYa Panama</b>, 236-1728 <a href="http://www.pakyapanama.com">www.pakyapanama.com</a> You do not need to set up an account first. But do contact them to confirm the correct address. Prices can be high. You cannot guesstimate in advance because they calculate fees based on both weight and box dimensions. If you get a quote, get it in writing or via email. Even then, the quote may not stand. <b>PakYa charges an additional \$50 for packages labeled "Yacht/Boat in Transit" and they will automatically add this fee if your boat name appears before your name on the package label.</b> (See map, page 5, for location.)</p> <p><b>Panama Net Buy</b> 260-7810 <a href="http://www.panamanetbuy.com">www.panamanetbuy.com</a> On Tumba Muerto, Plaza Aventura, Edificio Neptuno (kitty corner from the El Dorado Mall). No sign up fee. A facility for you to order goods on the internet for shipment to Panama.</p> <p><b>Panama Postal Service.</b> There is no door-to-door delivery in Panama. The Balboa Yacht Club has a PO Box which you can use if you are staying at the yacht club or you can ship goods to general delivery. There is a post office in Balboa, close to the Balboa Dental Clinic (see "Dentists" for directions to get there). Check with them for instructions on General Delivery. <i>But in-coming mail service is not reliable.</i></p> <p>See also <b>Marine Warehouse</b> and <b>Gente de Mar</b> (under "Chandlers") for other options for bringing in boat parts.</p> <p><b>NOTE:</b> There is a Panamanian Post Office in the back of the El Dorado shopping mall, by the food court. All packages that enter Panama through the mail system and do not go to a specific post office or post office box are sent to General Delivery at this location. There is a Panamanian Aduana officer there to help with clearance of packages. Having a tracking number for your package would help significantly in locating it.</p> <p><b>Transexpress</b> For full details, go to <a href="http://www.transexpress.com/usa">www.transexpress.com/usa</a>. Have been used for bringing good to Ecuador and also Panama.</p> <p><b>SHIPMENTS OUT OF OR WITHIN PANAMA:</b> DHL and FedEx services are available at Aerocastilles across from Rey Grocery store in Diablo and at any of the Mail Boxes, etc. stations in Panama City. There is a DHL office on Tumba Muerto just a short distance past the El Dorado shopping mall, two doors down from a large MultiMax. (Take Tumba Muerto bus, after the large Rey sign on your left, look for MultiMax, also on your left.)</p>

	<p>Panama Postal Services can be used to send letters and packages to the U.S. and overseas very economically and safely. No problems have been reported. You can use the “Registrado” service for an additional 50 cents or so for greater security. There is a post office located in Balboa near Niko’s Café and Balboa Dental Clinic (see “Dentists” for directions). There is another facility located in the El Dorado Mall, one in Calidonia close to Machetazo and one on Via Espana across the street from Dimar’s (see the map on page 5 of this guide). Office hours are typically 7:00-4:45PM Monday through Friday and 8:00 to 2:45 on Saturday.</p> <p>To send a package outside of Panama, bring with you a copy of your passport. DO NOT seal the package as it will need to be inspected first. Bring supplies to seal the package up after it has been inspected.</p> <p>There is no home delivery of mail within Panama. Packages sent between Panama City, and any location serviced by one of the local airlines (e.g., Isla Contadora, the San Blas, etc.) can be taken to Albrook Airport and shipped by plane for a very low cost.</p>
Makita Tools	<p><b>Makita Service Center</b> <a href="http://www.makita.com">www.makita.com</a> Located on bottom floor of Albrook Office Center, the same building where Albrook Immigration office is. (See map with “Check-In/Check-Out”)</p>
Maps & Yellow Pages	<p>Hardcopy street maps of Panama City (and favorite tourist locations elsewhere in the country) can be purchased at the Shopette in Las Brisas (in the shopping center by the Las Brisas anchorage) and at any Arrocha Pharmacy in the city. (There is an Arrocha in the east end of the Albrook Mall and one across the street from the RibaSmith grocery store on Transistmica).</p> <p>Online, you can use the interactive Yellow Pages: <a href="http://www.sigpanama.com">www.sigpanama.com</a> These are updated every 90 days. The program is downloaded onto your computer.</p>
Marinas & Anchorages	<p><b>NOTE: Cruiser’s monitor VHF 81a (a U.S. frequency) and hold a local net at 8am (1300 UTC) Monday through Saturday. When switching to another frequency for conversations please do not use:</b></p> <p><b>VHF 6 (working frequency for Balboa Yacht club muelle),</b>  <b>VHF 9 (working frequency for La Playita Marina),</b>  <b>VHF 10 (working frequency for Flamenco Marina), or</b>  <b>VHF 12 (working frequency for Flemenco Signal Station)</b></p> <p><b>Balboa Yacht Club</b> 228-5794 (Mooring and Rail Office is ext 3), VHF 6 for the muelle (dock) Located at buoy 14½ in the Panama Canal channel. There is a sand bar immediately to the south of the mooring field, do not cut across! No slips, only mooring balls. To obtain a mooring, reserve diesel or a haul out on the rail, best is to go to the office in person. Alternative is to call the mooring &amp; rail office. You can email them at <a href="mailto:bycbilling@cwpanama.net">bycbilling@cwpanama.net</a> (the office staff speak and write excellent English) but you may not get a response back. Facilities include restaurant and bar with free wifi (open to the public). Secure wifi is also available on boats close to the marina office. Showers and laundry facilities are reserved for BYC members and mooring holders. Launcha service is provided to bring you from your boat to the muelle (dock). Call the muelle on VHF 6 to request a launcha (water taxi). (Cruiser guides have reported a \$25 fee to join the yacht club but this is no longer required.) Also do haulouts on a railway system. You must make advance reservation for haulout and time available may be limited due to tides and boat draft.</p> <p><b>Flamenco Marina</b> VHF 10, 314-0665 <a href="mailto:marina@fuerteamador.com">marina@fuerteamador.com</a>, <a href="http://www.fuerteamador.com">www.fuerteamador.com</a> Located at the end of the causeway, extremely pricey. Has diesel and gas services at times. Call in advance to verify availability and costs. In April 2012, The Flamenco shipyard was taken over by Quality Yachts Panama (also the owners of Marina Americo Vespucio and its shipyard located in Puerto la Cruz, Venezuela). Have a 250 ton marine travel-lift. They offer full services (bottom painting, general painting, osmosis treatment, polishing, shaft and propeller repairs, etc.). Contact Victor Marten for full details and prices. 6866-6609, 314-0183 (speaks English).</p> <p><b>La Playita VHF 9</b> Both an anchorage and a marina. La Playita is located on Punta Culebra and is the one which faces the canal channel and Taboga Island. Dinghy dock available on a weekly basis for those at anchor (\$35 per week as of this edition of the guide). Diesel service available at times, but you must check with them in advance to verify. Snack bar. Water typically available for a fee.</p> <p><b>Las Brisas</b> Anchorage with a semi-functional dinghy dock. Las Brisas is the one that faces the city. As of 2010, the facility was impounded by the government due to the owner's failure to obtain permits or pay taxes. As a result, the facilities that used to be here (showers, toilets) are no longer available. Anchoring is free. There are no facilities (such as water or showers) available here. Trash cans are located by the building which used to hold the showers. Due to lack of maintenance, the ramp from the dinghy dock to shore collapsed. To get to shore you must tie your dinghy at the dinghy dock and use a small fiberglass boat on a circular line to pull yourself to shore. This system was set up by the cruising community. Each week users of the facility contribute a small amount (\$3 per week) to keep the system running. Check on local net (VHF 74, 8AM Mon-Sat) for updated</p>

	<p>info. <b>NOTE: sunken sailboat at N 08 55.309 and W 079 32.107</b></p> <p><b>Taboga Island Moorings</b> 6442-5712 <a href="mailto:tabogaislandmoorings@gmail.com">tabogaislandmoorings@gmail.com</a> VHF 74 Run by former cruisers Susan and Chuy of S/V Libre. On Taboga Island, a quick ferry ride from Panama City.</p>
Marine Suppliers	See "Chandlers"
Mastervolt	<b>Radio Holland – IMTECH Marine</b> Jorge Salgado, 316-0152 and 315-0153 <a href="mailto:service.panama@imtechmarine.com">service.panama@imtechmarine.com</a> Goodman St, Building 394 in Howard.
McMurdo	See <b>Overseas Electronics</b> under "Electronics (Marine)"
Morse Cables	See <b>Dimar</b> under "Bearings, Belts, Deals" See <b>Panama Auto</b> under "Auto Parts & Supplies"
Navico	See <b>Overseas Electronics</b> under "Electronics (Marine)"
Nets (Radio)	<p><b>Cruisers monitor VHF 81A (a USA frequency) and hold a local net at 8am (1300 UTC) Monday through Saturday.</b></p> <p><b>When switching to another frequency for conversations please do not use:</b></p> <p><b>VHF 6 (working frequency for Balboa Yacht club muelle),</b>  <b>VHF 9 (working frequency for La Playita Marina),</b>  <b>VHF 10 (working frequency for Flamenco Marina), or</b>  <b>VHF 12 (working frequency for Flemenco Signal Station)</b></p> <p><b>SSB NETS:</b></p> <p><b>Pan Pacific Net</b>, 9:15AM local, 1415 UTC, 8143 USB (everyday)</p> <p><b>Central American Breakfast Club</b>, 1300 UTC, 7083 LSB (ham)</p> <p><b>California Hawaii Net</b>, 1600 UTC, 14340 USB (ham net, Monday through Saturday)</p> <p><b>Galapagos Net</b>, 1330 UTC, 8155 USB (everyday, during the annual puddle jump, if someone is there to host it)</p> <p><b>German Net</b>, 1200 UTC, 441355 (was run by Gunter on Contadora Island, now run by someone in Costa Rica)</p> <p><b>Pacific Puddle Jump Net</b> 1300 and 2300 UTC, 8143 USB (every day)</p> <p><b>Pacific Seafarer Net</b>, 0300 UTC (warm up), 0330 UTC (check-ins), 14300USB (ham net)</p> <p><b>Off Shore High Sea Net:</b> 0430 UTC: 18089, 4426, 8764 1030 UTC: 18089, 4426, 8764 1330 UTC: 8107 1630 UTC: 17413, 8764, 13089 2230 UTC: 17314, 8764, 13089</p>
Notary	<p>Americans who need a notarization that will be legal in the United States, must make an appointment online and go to the American Embassy. See <a href="http://panama.usembassy.gov/">panama.usembassy.gov/</a> For other countries, see your local embassy.</p> <p>For a Panamanian notary, there are numerous notaries on Calle Samuel Lewis. One cruiser used Notary #2 Comasa Building, lower level on Calle Samuel Lewis. Phone: 213-2200. (Notary #1, #8 and #10 are all within two blocks of notary #2.)</p>
NuTeak	<b>Nuteak Central America</b> Ruben Tribaldos 6677-0161 <a href="mailto:ruben@tribaldos.net">ruben@tribaldos.net</a> Calle 39 and Ave Balboa
Nuts, Bolts, Screws, Fasteners (stainless steel)	<p><b>Aceros y Herramientas, AHERSA</b> 229-1026 229-1027 On Via Espana, across from the San Fernando Medical Clinic.</p> <p><b>Casa de Tornillos</b> In Rio Abajo, on Via Espana, next to Tornillos y Tornillos in Rio Abajo (see below)</p> <p><b>Centro de Tuercos y Tornillos</b>, 227-0423 227-0435 ** On Avenida Nacional, #29 close to Centro Marino. Large selection. (In a designated "red zone". Recommend you take a taxi and have it wait for you.)</p> <p><b>Tornillos y Tornillos</b> 221-4685 ** On Via Espana CL79 Oeste Las Sabanas, next to Casa de Tornillo (see above). (Take Rio Abajo bus.)</p> <p><b>Abernathy's</b> on the causeway has a selection of stainless steel hardware, but it will be pricey. (See "Chandlers".)</p>

	Note: at times you can find stainless steel bolts and nuts at <b>Novey, Discovery Center or Do-It Center</b> (see "Hardware"), but bring a magnet to verify because they are often mislabeled.
Oil & Oil Filters	<p><b>DiLupa</b> 229-8766 229-8767 <a href="mailto:info@dilupa.com">info@dilupa.com</a> on Via Fernandez de Cordoba, edificio DiLupa (next to Dimar). There is also an outlet on Transistmica across the street from Panama Auto. (See map on page 5 of this guide.)</p> <p><b>Rodolfo Moreno y Cia</b> 261-7011 On Via Fernandez de Cordoba close to DiLupa. It has been reported they will deliver a case to your boat.</p> <p>See also <b>Panama Auto</b>, under "Auto Parts &amp; Supplies"</p> <p>Shell Rotella oil in gallons can be found at the <b>Do-It Center</b> and <b>Discovery Center</b> (see "Hardware"). Shell Rimulex oil can be found at the gas station in La Boca and the gas station behind the Rey grocery store in Diablo. The Super99 grocery store carries many oils in quart sizes.</p>
Oil, Synthetic	<p><b>Repuestos Mundiales</b> 224-7011, 224-7342 Carrasquilla Via Espana, in front of IPA. Carry fully synthetic gear oil as specified for Volvo saildrives.</p> <p>Some synthetic oils can also be found at the <b>Do-It Center</b> and <b>Discovery Center</b> (see "Hardware") and <b>Dimar</b> (see "Bearings, Seals")</p>
Oil, Recycling	<p>Used oil can be taken to two locations for recycling:</p> <p>Balboa Yacht Club: There is a large drum, lying horizontally, on the small hill next to the guard shack at the entrance to the pier. Pour the used oil into the spout at the top of the drum. There is no fee.</p> <p>La Playita Marina: Behind the marina office is a site for old oil. Ask at the marina office. There may or may not be a fee for depositing old oil.</p>
Outboard – New	<p><b>Motoborda</b> 262-3279 Located near the Fish Market on Avenida Balboa (west end). Has outboard engines and Yamaha parts.</p> <p><b>Motomar, Tohatsu Panama</b> 270-7908/09 6780-2021 (English/Spanish) <a href="http://www.motomaronline.com">www.motomaronline.com</a> Carry Tohatsu engines and parts. Can repair any outboard brand.</p> <p><b>Suzuki Water Sports</b> Located on Tumba Muerto</p> <p><b>Tesa</b> Two locations:  1. On the Causeway, next to Flamenio Yacht Club 314-0791  2. Bethania, Ave Ricardo J. Alfaro on Tumba Muerto 279-5300  Carries Yamaha outboards (and parts). NOTE: Multiple cruisers have had problems with special ordering parts which they must pay for in advance but that never arrive. Good if the part you need is in stock. And if a part is in stock in the Tumba Muerto location they will gladly deliver it to the causeway location. But do use caution with special orders. Many cruisers also report problems with mechanical jobs completed by Tesa. They have a high turnover of mechanical staff and as a result their mechanics are not always very qualified.</p> <p><b>Yamaha Sports</b> On the corner of Via Brazil and Avenida 50  Sometimes the local chandlers carry outboards (like <b>Pesqueros</b> on the Causeway). <b>Centro Marino</b> is a distributor for Mariner and Mercury outboards.</p> <p>See <b>Marine Warehouse</b> or <b>Gente de Mar</b> under "Chandlers" for shipping an outboard in from the U.S.</p>
Outboard – Repairs and Parts	<p><b>The area near the fish market has quite a few outboard motor repair and parts places.</b></p> <p><b>Catalino Atencio</b> 6622-4759, 6612-2442 Johnson, Yamaha, Mariner, Evinrude, Suzuki and Mercury</p> <p><b>Motores Marinos, S.A.</b> 262-6442 ** Near the Fish Market, west end of Avenida Balboa. Tohatsu.</p> <p><b>Taller Brisas del Mar</b> Medardo Perea 6864-4585 San Felipe, Ave Eloy Alfaro, Calle 11 Este. Behind the fishmarket (see map on page 3). Go down 3 blocks, then cross the street from the park and you will see a one lane street. First door on the left.</p> <p>See also <b>Motoborda</b> and <b>Motomar</b>, above. See also "Yanmar/Yamaha"</p>
Paint	<p><b>Central Am</b> 317-6200, Eric (speaks English) 6617-7130 <a href="mailto:mail@centralalam.net">mail@centralalam.net</a> A large scale supplier for the cruise ships. But they will sell Hempel bottom paint, ablative (in 5 gallon cans only) to cruisers. Located in Diablo, in the industrial area. Color selection may be limited so if you need a particular color, call in advance. Price for 5 gallons in 2013 is appx \$525.</p>

	<p><b>Color Box</b> Alejandro Oehoa 314-0728, 314-0408, 6781-5070 <a href="http://www.colorboxsa.com">www.colorboxsa.com</a> <a href="mailto:aehoa@colorboxsa.com">aehoa@colorboxsa.com</a>          (Also have a United States Number: 001-561-839-9898)          Located close to Flamenco Marina's work yard; next to the MarketPlace cafe.          Carry Interlux, Awlgrip, International, Alex Seal, Epiphanes, Pettit and 3M  <b>NOTE: REPORTED CLOSED IN 2013. Send confirmation or additional info to the email on first page of this guide.</b></p> <p><b>Comex</b> Many locations in Panama, including:          1. Bella Vista, Ave 1a Sur 264-5666          2. Calidonia, Calle 34 Oeste, Calle V 225-3944          3. Parque Lefevre, Ave. Jose Arango, Plaza Carolina I, 233-6384          Carries Almaron Antifouling</p> <p><b>International Paints</b> Josh (M/V Tropic Isle) 6955-0405</p> <p><b>PEPSA (Importadora FarKam)</b> 222-3377, 222-3305          In Parque Lefevre, Via España, Centro Comercial Santa Elena Plaza Mil          Carries auto enamels and body paint. Has two-part polyurethane paint and Duretan.</p> <p><b>Sigma Paints</b> Diego 317-6553          Antifouling, has Sigma brand only.</p> <p><b>SUR Color, SA</b> 217-6970          Juan Diaz, Calle Industrial, (Near Tocumen)          Paint, resins and gel coat.          Note: There are other SUR Color locations, but not verified if they carry resins and gel coats.</p>
Passport Photos	<p><b>Arrocha</b> pharmacy (there is one in the Albrook Mall).</p> <p>Rey grocery store in El Dorado (There is a private photographer upstairs, go up the circular staircase and turn left.) This photographer can do different photo types in different types, including Biometric photos.</p>
Perkins Parts	See <b>Expert Diesel</b> under "Diesel parts"
Pet Boarding	<p><b>VIP Kennels</b> <a href="http://www.vipvacationkennels.com">www.vipvacationkennels.com</a>          Located at the base of Cerro Azul, near Tocumen Airport. Full info included on their website.</p> <p><b>Hotel de Perros Panama (Albrook Kennel &amp; Grooming)</b> <a href="http://www.hotelperrospanama.com">www.hotelperrospanama.com</a> 393-9055          Located behind Rey grocery store in Albrook. They take both dogs and cats.</p>
Pet Supplies	<p><b>Melo Pet Stores</b> have locations throughout Panama City (including Albrook Mall and one across from Riba Smith Grocery Store on Transistmica, see the map on page 5). Carry many brands of pet foods and supplies. They also carry Hills Prescription Diet foods. There is a big store across from MultiCentro Mall on Balboa Ave. Also one on Transistmica across the street from Riba Smith.</p> <p>See also <b>Dra. Guily Asti</b> under "Veterinarian". Her office also carries special pet food brands and pet products.</p>
Pharmacy	<p>There are several Pharmaceutical chains, each with various locations in the city. Most famous is <b>Arrocha</b> with locations in Albrook Mall, Albrook Plaza, on Transistmica, etc. The <b>Rey</b>, <b>Riba Smith</b>, <b>Super 99</b> and <b>Machetazo</b> grocery stores also have pharmacies (see "Grocery Store, General").</p> <p>It is possible to purchase most items (including antibiotics) without a prescription. If a store asks for a written prescription (typically, Arrocha pharmacies are most picky about requiring prescriptions), try another. Every pharmacy will have a cross reference catalog where, if you give them the name of a medicine they do not recognize, they can look it up to find the name of the local brand. If you ask for it, many, if not most, pharmacies will also give you the Jubilado discount without proof of residency although they may ask to see your passport to prove your age (see "Jubilado Discount").</p> <p>NOTE: The pharmacy close to Timburelli Pizza in Balboa is used to working with cruisers and will often provide most medicines, without a prescription, if you alert them that you are a cruiser. It is advisable to carry a sample of any medicine you are trying to refill. Show your boat papers listing you as captain of a ship and you may find it easier to obtain medicines without a prescription.</p>
Plastics	See "Lexan/Plastics"
Propane	<p>Propane tanks can not be filled within Panama City. They must be taken to either the town of Chilibre (between Panama City and Colon) or in La Chorrera (across the Bridge of the Americas). Propane is sold by two companies in Panama: Tropigas and Panagas.</p> <p>There is a Tropigas location in Panama City (at the intersection of Transistmica and Tumba Muerto across from the national brewery) where you can purchase new tanks /propane supplies or swap your existing standard tank for a refilled tank.</p>

	<p><b>TANK REFILLS</b></p> <p>To refill and keep your existing tank, you have several options:</p> <ol style="list-style-type: none"> <li>1. Take a taxi to Chilibre. There is both a Tropigas and a Panagas outlet in the town of Chilibre. Be sure to dress appropriately, as there is a dress code to enter the facility. You <b>must</b> wear long pants, closed toed shoes and a shirt with sleeves. Any other attire and you will not be allowed into the facility. Expect the taxi trip to be about \$30 to \$35 round trip. It will cost about \$12 to fill a 20lb tank.</li> <li>2. Contact taxi driver <b>Diose</b> who will pick up your tank late in the afternoon (like after 4PM) and return it to you the next morning at 8AM. Diose takes the tanks to a refill station near his home. (See his contact information under "Taxi")</li> <li>3. Give your tank to <b>Gente de Mar</b> after the local morning VHF net (see <b>Gente de Mar</b> under "Chandlers"). They will pick up and return the tank filled.</li> <li>4. Leave your tank at the Panama City Tropigas location for them to take to Chilibre for filling (will take 2-4 days before your tank is available for pickup)</li> </ol> <p><b>NEW TANKS:</b></p> <p>New tanks are available at <b>Tropigas</b> (downtown), <b>Novey's</b> (see "Hardware") and <b>Pricesmart</b> (see "Grocery, Big Box Stores"). These are typically 20 lb. steel, painted tanks although you might be able to find an aluminum tank at the Tropigas location.</p> <p>Local tanks are aluminum but come with a fitting not typically used by boaters. See Juan of <b>Gente de Mar</b> ("Chandlers") for change outs of American fittings onto Panamanian aluminum tanks.</p> <p><b>NOTE ON PANAMA PROPANE:</b> Propane purchased in Panama will burn dirty because it is a propane/butane mix but it is OK to use and will not damage your system. The pressure will be lower through the whole range of temperatures due to the propane/butane mix. The "fullness" of the tank is done by weight or volume using an OPD (overfill protection device). The "fullness" should be determined by weight, but frequently is done by volume using the OPD as the guide</p> <p><b>NOTE ON TANK FITTINGS:</b> There are 3 types of compression fittings that attach to a propane tank (1) U.S., (2) European and (3) The one that's neither of the above. The U.S. ones use a POL (Prest-O-Lite) / bullnosed fitting that has left handed threads (i.e., screw left to fasten). If you need to change fittings: purchase a local fitting with a hose barb, cut off the old end, stick the new fitting on the hose and clamp it, then do a soap test under pressure.</p>
Propeller & Shaft Repair	<p><b>Cristobal Marine Repair</b> 232-6575 <a href="http://www.cmrepair.com">www.cmrepair.com</a> Have a propeller and shaft shop. <b>MIXED REVIEWS, high cost</b>. Previously located in Diablo (Ancon), scheduled to move January 2014 to the area close to Albrook Immigration. Check their web page for new address.</p> <p><b>SUGGESTED ALTERNATIVES:</b> There is a highly respected propeller shop in the Vacamonte Shipyard (recommended by James Laine, ship builder). Also a shaft and prop shop located close to the fish market across the street from the Chinese sign. Phone number for the place close to the fish market is: 6699-6917 (name "Alfaro"?)</p>
PVC – Pipe, Supplies, Fittings	<p>See <b>Cochez</b> under "Building Supplies".</p> <p>See also <b>Discovery Center, Do-It Center, Rodelag</b>, or <b>Noveys</b> under "Hardware"</p>
Racor Filters	<p><b>Pesquero's</b> and <b>Abernathy's</b> carry these. (See "Chandlers")</p>
Radar Repairs	<p>See <b>Overseas Electronics and Beyond</b> under "Electronics (Marine)"</p>
Radio Repairs	<p><b>Codesa Communications 390-9123/24</b> Elio ** Calle 1 Perejil. Specializes in Motorola but has been able to repair Icoms and other brands. \$35 flat fee.</p> <p><b>ICOM Guibor/Radiocom</b>, Alberto Neval, 260-7144 <a href="http://www.guibor.com">www.guibor.com</a> Located on Tumba Muerto in the El Dorado area across from the Rey grocery store. Has Icom radios, mikes, support. Will only work on Icom. Has received bad reviews for lack of customer service and high cost.</p> <p>See also <b>Electronica de Ancon</b> under "Electronics (Marine)"</p> <p><b>Standard Horizon, Iridium:</b></p> <p>See <b>Marine Satellite Services</b> under "Electronics (Marine)"</p> <p>See also "Chandlers"</p>

Railroad	<b>Panama Canal Railway</b> A 47.6-mile transcontinental railroad operating parallel to (but not always in direct sight of) the Panama Canal. Provides passenger service between Panama City and Colon, Monday - Friday. The train departs Panama City from Corozal early in the morning and returns from Colon late afternoon. There are only these two runs, Monday through Friday. Seats cannot be reserved, so if you want to be in the tourist car (raised with large observation windows) arrive early. (See also section 5 of this guide: Panama Sights")
Raymarine	See <b>Protecsa</b> under "Electronics (Marine)"
Refrigeration – Repairs	<p><b>Evans Refrigeration</b> 6670-1535 Located in Diablo, Hanger 33, Ancon. (Take Diablo bus and get off at the railroad tracks after Rey grocery store. Walk up the road. Will be on the left.) (NOTE: Have received mixed reviews.)</p> <p><b>Fresno Clima</b> 6617-6366 223-2941 (George &amp; Juan) In Perejil, Ira Calle, alter Hotel Bella Vista.</p> <p><b>FRIOMAX</b> 221-0588 In Carrasquilla. Sell compressors for auto air conditioners. Some of these are the same as models used for boat refrigeration systems.</p> <p><b>Frios Sistema de Venezuela</b> 6981-6968 ** In Flamenco, near Flamenco Marina (hard to find, you may need to ask for directions)</p>
Refrigeration – Supplies	<p><b>Friolin, SA</b> 264-6572 269-6079 Avenida Juan el Carmen, about 1 block off Via Espana on a parallel street. Carry refrigerant in cans, hoses, gauges, adapters</p> <p><b>Friolin Segundo</b> 264-657, 269-6079 <a href="http://www.grupofriolin.com">www.grupofriolin.com</a> In Obarrio, C1 Abel Bravo Urb</p>
Rennet	Available <b>Melo's</b> at the Rio Abajo location. Rennet is called "cuajo" in Spanish and is used for making cheeses. (See "Pet Supplies")
Repairs	<p><u>For general boat repairs see:</u>  <b>JP Marine</b> (under :Chandlers")  <b>Andromeda Yacht</b> (under "Lagoon Yacht")  <b>Balboa Yacht Club &amp; Flamenco</b> (under "Marinas &amp; Anchorages")</p> <p><u>For Specialized Repairs, look for the entries under the specific item to be repaired, such as:</u>  <i>Alternator &amp; Starter Repairs</i>  <i>Computer Repairs</i>  <i>Diesel Mechanic</i>  <i>Dinghy Repairs</i>  <i>Fiberglass</i>  <i>Honda Generator</i>  <i>Machine Shops</i>  <i>Outboard Repairs</i></p>
Resins (Epoxy and Gelcoat)	See "Fiberglass, Resins, Gelcoat" At times, West System can be purchased at <b>Abernathy's</b> see "Chandlers"
Rigger	See <b>Marine Scene</b> under "Anchors"
Rigging Wire & Supplies	New 2013: Available at <b>Pesqueros</b> . Go to the location on the causeway and specify what it is you need. If they have it in the main store, it will be delivered to the causeway outlet the next day.
Sails	<p><u>Sail Loft</u> There is only one sail loft in Panama:</p> <p><b>Atlantico Canvas (formerly Portobello Canvas)</b> Alain 6552-8081 Proper sail loft, located on Isla Grande by Portobello. Will come to Panama City to pick up and deliver jobs.</p> <p><b>Casavela</b> 6507-4112, 6227-9738 Located in Portobelo Bay (on the Atlantic side). Also do canvas work.</p> <p><b>Doyle Sails</b> <a href="http://www.doylesails.com">www.doylesails.com</a> Robert Phillips (managing director) bob@doylecaribbean.com Has a sail loft in the BVI. They have often worked with cruisers in Panama and can ship sails to Panama City at a very reasonable cost.</p> <p><b>Shelter Bay Marina</b> In 2013 it was reported a proper sail loft is being set up at Shelter Bay Marina. We have no details on this yet. Anyone getting information on this, please alert us by sending an email to the address noted on the first page of</p>

	<p>this guide.</p> <p><b>Sail Repair</b> The following are experienced canvas workers. They can do sail repairs but will not have supplies such as sail cloth or thread.</p> <p><b>Foo Foo</b> 6008-0629</p> <p><b>Herbert</b> 6798-1905 Reported (in May 2013) to be opening a shop in Las Brisas (the shops next to Las Brisas anchorage), close to Marine Warehouse. Confirmations or further details, please send to email listed on page one of this guide.</p> <p><b>Odilio</b> 6534-4907</p> <p><b>Ronaldo</b> (green boat, Las Brisas anchorage) 6241-8887</p> <p><b>Victor</b> 6647-2345</p>
Satellite Phone	<p>Iridium card and air time can be purchased from <b>Gente de Mar</b> see “<i>Chandlers</i>”</p> <p>For new phone purchase see <b>Marine Satellite Services</b> under “<i>Electronics (Marine)</i>”</p>
Scuba	<p><b>Scuba Panama</b> 261-3841 261-4064 <a href="http://www.scubapanama.com">www.scubapanama.com</a> Bella Vista, Ave 6<sup>a</sup> C Norte (one block off Transistmica near Abernathy's and Riba Smith, see map page 5). Tank refills, scuba supplies.</p> <p>See also <b>Gente De Mar</b> under “<i>Chandlers</i>”. They will pick up empty tanks and return them filled.</p> <p><b>Abernathy's</b> (see “<i>Chandlers</i>”) often carries dive fins, masks, wet suits, etc.</p>
Seals	<p>See “<i>Bearings, Belts, Seals</i>”</p> <p>See <b>Centro de Industrial</b> under “<i>Tools</i>”</p>
Sewing Machine: New, Repairs	<p><b>Mundocostura</b> 391-2673 391-1603 On Via Espana and Via Porras, across from Glidden. Can do quick repairs.</p> <p><b>Singer-Pacosa</b>, 213-1357 213-1356 Calle Columbia in Bella Vista off Via Espana Sell only Singer machines, but can service and repair Sail Rite or any other type of machine. Carry sewing machine needles. Can sharpen scissors.</p>
Sewing Services	<p>See <b>Freeway Laundry</b> under “<i>Laundry</i>”. The Freeway Laundry in Balboa has a seamstress with commercial sewing machine who can do repairs. They have also replicated bed linens for boaters when provided with new fabric and the old sample.</p> <p>See <b>Pico Pico</b> under “<i>Fabrics</i>”.</p> <p>See <b>El Tapiz</b> under “<i>Fabrics</i>” (It has been reported they will handle sewing services only if you purchase their fabrics.)</p> <p><b>Foo Foo</b> 6008-0629 – Has done several large canvas jobs for cruisers and been highly recommended in the 2013 cruising season.</p> <p><b>Javier</b> 6093-2185, 6686-7359 – Has a shop by Cinco de Mayo, across the street from Hotel Economico. Can do upholstery work, canvas work, cushions and can do sail repairs with supervision (totally restitched a large main sail, with the boat owners assistance to move the sail through the machine)</p> <p>See also <b>Zapateria Abrigo Del Altisimo</b> under “<i>Shoe Repair</i>”</p>
Shoe Repair	<p>In the YMCA Building in Balboa. On the left side of the building, as you face the front entrance. There are two shops. Both speak English. Repair Tivas. 228-9758 or in #4 Jonathan Shoe Repair 6595-8110. The entire building is scheduled to be renovated in 2013. When it is, the shoe shops will be moved. Location TBD.</p> <p><b>Zapateria Abrigo Del Altisimo</b> 6646-6936, 212-3704, 212 4003 Calle 17 Oeste y Calle Estudiante - 15-55, Local 89 (double fronted, fire engine red shop covered in biblical quotations – inside and out).</p> <p>See also <b>Casa de la Cuerina (formerly Todo de Cuero)</b> under “<i>Fabrics</i>”</p>
Simrad	See <b>Overseas Electronics</b> under “ <i>Electronics (Marine)</i> .”

Solar Panels	<p><b>Mita Kyocera / Omicron</b> 270-0955            On Via Isreal and Calle 68 (across the street and to the east of Multi Plaza Mall). Kyocera Dealer. Carry panels and regulators. Cristo or Luis Hernandez speak English. (Take Panama Viejo, Route Two bus. Get off at the Multiplaza Mall and continue walking east about <math>\frac{1}{4}</math> mile. Look for multi-story white building across the street.)</p> <p><b>Pass, SA</b> 302-2640 263-8635            Ave Belisario Porras in Bella Vista. Close to the PriceSmart on Avenida Brazil            Panels and regulators.</p> <p><b>SUN</b> 6502-8666, 836-5414            Located in Amador. Advertise solar panels made by SUN in Germany.</p> <p><b>Visualcom</b> 223-0086, 223-1875            Ave Belisario Porras in Bella Vista.</p>
Stainless Steel – Fabrication and Welding	<p><b>Acereo Decorativo</b> 236-1450            In Curundu, Ave Ricardo J. Alfaro, Tumba Muerto. Custom fabrication.</p> <p><b>Aceros Inoxiodables</b>            On Via Nacional. Custom fabrication.</p> <p><b>Edwin</b> 6930-3051</p> <p><b>Hojateria Pinox</b> 390-3288            Off Tumba Muerto, turn north at the Edison Plaza intersection. Custom Fabrication in stainless and aluminum.</p> <p><b>Metalica Perez</b> 227-1352, 227-0846, ask for Juan Ibanez            On Via Corozal, Edificio Savana #7-165 in Calidonia. Excellent quality but not cheap. Stainless steel and anodized aluminum.</p> <p><b>Ollie on SV Genesis</b> 6685-0858            Usually in the Las Brisas anchorage. Can work on your boat.</p>
Stainless Steel – Nuts and Bolts	See “ <i>Nuts, Bolts, Screws, Fasteners</i> ”
Starboard	<p>See <b>Multi Plastic, S.A.</b> under “<i>Lexan/Plastics</i>”</p> <p>Small pieces of starboard are available as cutting boards in <b>Noveys</b> (see “<i>Hardware</i>”), <b>El Machetazo</b> (see “<i>Grocery Store, General</i>”) and many of the lower end department stores, such as Saks and El Costco.</p> <p>Larger cutting boards made of starboard, some quite thick, can be found at <b>Almacen 88</b> in the Santa Ana district. (See “<i>Alcohol, Fuel for Alcohol Stoves</i>” for directions.)</p>
Starter Motors	see “ <i>Alternator/Starter Repairs</i> ”
Strata Glass	See <b>El Tapiz</b> under “ <i>Fabrics</i> ” and <b>Centro Marino</b> (the main location on Ave Nacional) under “ <i>Chandlers</i> . See <b>Casa de la Cuerina</b> (formerly <b>Todo de Cuero</b> ) in Rio Abajo (see “ <i>Fabrics</i> ”) carries various weights of plastic that can be used for dodgers.
Sunbrella	See “ <i>Fabrics</i> ”
Surveyor	<p><b>Global Marine Survey</b> 314-0896, 6450-3851</p> <p><b>IME (International Marine Experts)</b> 314-1756 <a href="http://www.ime.com.pa">www.ime.com.pa</a> <a href="mailto:emerick@ime.com.pa">emerick@ime.com.pa</a>            Building 0750-D Williamson Place, La Boca.</p> <p><b>James Laing</b> 268-1147, 6655-4026            Master shipwright. Specialist in building wooden boats. Can survey any type of cruising boat.</p>
Taxis	<p>Taxis in Panama do not have meters. Instead they have a <b>Taxi Zone Chart</b>, which is basically a map of the city and surrounding areas marked up into zones and sub-zones. Your fare is <b>supposed</b> to depend on how many zones/sub-zones you travel through to get to your destination and how many passengers are in the taxi. The cab driver is required by law to carry a copy of the Taxi Zone Chart and show it to you if you ask. (<b>NOTE: There is talk of instituting meters on a trial basis but as of the writing of this cruising guide the Taxi Zone Chart rules.</b>)</p> <p>To see the currently published Taxi rates, go to: <a href="http://www.transito.gob.pa/">http://www.transito.gob.pa/</a> Scroll down and to the right click on: Tarifas de Taxis. But note that no taxi driver appears to follow the published and legal rates and even the government recommends you negotiate the rate in advance, so read the following carefully.</p> <p>The basic plan is that you pay one flat fee for one person to get into the taxi, and an additional smaller flat fee for every additional passenger and then a rate for each zone or sub-zone you pass through. The 2013 fare for the</p>

first person to get in the taxi is \$1.20 and the fare for each additional person is \$0.50. An additional flat fee of \$0.50 is added if you arranged the taxi to meet you and an additional fee of \$0.30 if the trip is after 10PM.

The website mentioned above includes a “fare calculator” where you can enter your starting point and your destination. It will provide what it calls the “appx fare” because (as noted above) the fare would be higher for additional people and also higher for late at night or on a Sunday and an additional surcharge if you arrange to have a taxi meet your someplace to pick you up. Another popular, but unpublished, surcharge is added if you look like a tourist or foreigner. But you can get an idea of the basic fare for one person. We looked up the following official fares on the website:

La Calzada de Amador (the Causeway) to	<u>Official Fare (1 person)</u>	<u>Reality (1 person)</u>
1. Albrook	\$1.70	\$3 to \$5
2. Bella Vista	\$2.05	\$3 or \$4
3. Paitilla	\$2.05	\$3 or \$4
4. Punta Pacifica	\$2.40	\$4 or \$5
4. Los Angeles (Lung Fung Restaurant)	\$2.40	\$3 to \$5

**The government recommends you confirm and negotiate the fare BEFORE you get in the taxi. On the other hand, cruisers who have been here for a long time and have a feel for what the appropriate fare should be, recommend that you not ask the fare in advance, just pay the appropriate fare at the end of the ride and exit the taxi. A third strategy is to specify what you are willing to pay and then let the taxista decide to accept your offer or not.**

Included below are taxi drivers familiar with cruiser needs (such as where the stores we typically use are located). Many of them speak English as well as Spanish and can act as a translator for you. **For each of these reasons, it should be acceptable to pay more for their services than for a taxi one just picks out at random on the street.** Each of the following taxi drivers will also negotiate an hourly rate which may, in the long run, prove to be more cost effective than jumping from one taxi to another during a long shopping and/or provisioning day. Some taxi drivers have a PriceSmart card which will enable you access for shopping. Taxi drivers with a card are noted below. (For more info on PriceSmart, see “Groceries, Big Box Stores”) Typical hourly rate is \$10 to \$12.

If you wish to just catch the first taxi you see, you will get a better fare if you walk a small distance away from a major hub. (For example, walk down the causeway a small distance rather than standing in front of one of the anchorage dinghy docks.) **If you use a taxi driver you do not know, never leave anything in the taxi for even a short moment (such as a run into an ATM machine). It is also a good idea, to make a note of the taxi number in case there are issues.**

#### **\$\$ Taxis**

“Dollar Taxis” which pick up multiple people and make runs from the Causeway to Plaza Cinco de Mayo (or vice versa) for \$1 per person. If you are hailing a taxi on the Causeway to go to Cinco de Mayo (or vice versa) look for taxi drivers who hold up one finger, or (in turn) you can raise one finger as the local sign for looking for or offering a “dollar taxi” ride. CONFIRM THE \$1 FARE BEFORE GETTING IN. See also the map on page 3 of this guide. (Note for 2013: some of these taxis are trying to institute a two-tier system: \$1 for locals and \$2 for obvious tourists. Try to hold out for the \$1 taxis.)

#### **Recommended Taxis**

**Carlos** 6449-4066 Has a small tour bus. Good for provisioning. Speaks English.

**Christina Delgado** 6096-2409 Has a van which can hold 11 people. Does not speak English, but her daughter does. Has been reliable. Will negotiate and hourly rate.

**Diose** 6778-6399, 6492-6807 English comprehension good. Spoken English not so good. Has a PriceSmart card. Knows his way around. Can get propane tanks filled overnight. See “*Propane*” \*\*

**Fernando** 6640-1838 Has a pick-up truck.

**Isreal** 6688-3579 Very reliable. Clean and well maintained vehicle. Good English comprehension, is shy about speaking English. Has worked with cruisers for well over a decade.

**Juan** 6735-7742

**Roosevelt** 6513-6949 Speaks English. Has PriceSmart card. Has worked with cruisers for years.

**Roger (Rogelio)** 6717-6745 Has van and car. Speaks excellent English. Has a PriceSmart card. Can help with canal crossing (see “*Agents*”). In great demand. \*\*

**Taxi Tony** 6520-0272 Excellent English. Has worked with cruisers for many years. His vehicles are not always in the best of shape. Can help with tires and lines for canal crossing (see “*Agents*”).

\*\* Any entry flagged with a double asterisk consistently receives good reviews on the local VHF cruiser net

Teak	<b>LUISCANSIX Corp, S.A.</b> <a href="mailto:luiscansix2008@hotmail.com">luiscansix2008@hotmail.com</a> 6532-8567 6773-9647 Calle 9, Pueblo Nuevo see also "Wood"
Telephone/ Modem- Unlocking	Contact Jose Luo via phone (6747-3388) or email ( <a href="mailto:jsluo025@gmail.com">jsluo025@gmail.com</a> ) and give him the make and model of the unit to be unblocked. Jose is fluent in both English and Spanish. Cost will be \$15 or more, depending on the model. Jose's shop is located on the walking street, close to Calle 18 (see map on page 3). His shop is between "Muebleria Bhana" and "Casa Mayorista Lucky" almost across from Restaurant Nelson and almost kitty corner from the McDonald's.
Thread	<b>Centro Marino</b> on Avenida Nacional (see "Chandlers") is the only place offering polyester UVR thread for canvas, but only in 16 ounce cones.  Canvas thread also available at <b>El Tapiz</b> and <b>Casa de la Cuerina (formerly Todo de Cuero)</b> (see "Fabrics").  Regular sewing thread and notions are available at <b>El Machitazo</b> (see "Groceries") and <b>Pico Pico</b> (see "Fabrics")
Tools	<b>Centro de Industrial</b> 224-2233 On Via Cincuentenario 79-10 perico calle 50. Also carry pump seals.  <b>Dewalt</b> Reported 2013: Authorized repair shop is located on Via Espana about 1-1/2 blocks past Casa de Las Baterias. Anyone getting details or more info – send to email on first page of this guide.  <b>Fausto Salazar</b> <a href="http://www.faustosalazar.com">www.faustosalazar.com</a> . Two locations: 1. Bethania, calle 87, Harry Heno 260-4014 2. Juan Diaz, Ave Domingo Diaz 290-1482 (Next to Multipastics, see map on page 5, upper right corner.)  <b>Grainger</b> , Rina Rhenals, 366-0423, <a href="mailto:rina.rhenals@grainger.com">rina.rhenals@grainger.com</a> In Bethania, Calle Dr. Juan Antonio Henriquez (on Transistmica where it intersects with Domingo Diaz or Ernesto de Lefevre). Grainger has a huge catalog supply.  <b>Mayher S.A.</b> 236-6095; Ana Martinez 6724-8384 Located in Urb. Industrial Los Angeles, Calle 65. Close to the Abernathy's on Transistmica Has tools, industrial supplies, electrical supplies, excellent selection of light & heavy duty construction, machining parts and equipment. (See map on page 5, upper left corner. Mayher is just a short distance past PakYa Panama, walking away from Transistmica.)  See also <b>Discovery Center, Do-It Center, Novey's, Rodelag</b> under "Hardware"
Travel Agent	<b>Louis</b> or <b>Yolanda</b> , 613-1102. Speak English.
Turbo Chargers	<b>Turbo Master</b> In Diablo. (Diablo bus.)
Upholstery (Marine)	<b>Herb Wright</b> 6798-1905 Unit 58, Del Area de Hangares de Diablo (Diablo bus. Pass Rey grocery store. Get off after the railroad tracks and walk north toward the businesses.)
Veterinarian	<b>NOTE: Taxi Tony</b> (see "Taxis" for Tony's number) will take pets in his taxi. Dra. Guily Asti also has a taxi driver who will carry pets.  <b>Dra. Guily ("Julie") Asti</b> 6948-7411 <a href="mailto:giulyasti@yahoo.com">giulyasti@yahoo.com</a> Excellent English. Office located on Parque Lefevre in the same building as Dra. Carmen Solis (see next entry) although she operates separately. She can do the paperwork for airline travel and has also made visits to boats when the pet cannot come to her. Call for an appointment.  <b>Dr. Carmen Solis</b> 6612-9015, <a href="mailto:carmendesolis@cwp Panama.net">carmendesolis@cwp Panama.net</a> and <b>Dr. Sandra Rios</b> 6613-5895 Located on Ave. Ernesto T. Lefevre across from the new Pesqueros Marine Store. Dr. Carmen does some pet boarding (bare cages, see also "Pet Boarding" for other options) and pet paperwork for airline travel. She also has pet supplies and is near the Hills Prescription Diet distribution center so she can take big orders easily.  <b>Dr. Jorge Barriga</b> , 270-2101, 270-2969 <a href="mailto:jbarriga@cwp Panama.net">jbarriga@cwp Panama.net</a> (Emergency Clinic – Dial 811) In San Francisco, Calle 74. Also has an office in Coronado. He generally is in the PC office for surgeries but has several Vets on staff. They also have 24 hour emergency hospital and dog grooming.  <b>Dr. Nora Lapenta</b> 236-0549, 6515-5908 Located in El Dorado. Familiar with Pet travel requirements, shots. Excellent Vet. Speaks good English.  <b>Hospital Veterinario Corozal</b> 317-6494 The teaching vet clinic affiliated with the University of Panama. Open Monday through Friday 8AM to 5PM

	and Saturday 9AM to 5PM. Have Xray machine. Located in Corozol off the road that goes to Miraflores locks and the City of Knowledge. Best to take a taxi and have it wait for you. The taxi driver can call for specific directions.
Volvo-Penta	<b>Comercial de Motores, SA</b> 314-0831 6930-5832 <a href="http://www.cdm.com.pa">www.cdm.com.pa</a> Isla Flamenco on the Causeway (by Flamenco Marina)  <b>Volvo-Penta</b> 390-4667, 390-8686 On Avenida Juan Pablo II, Local #4, Edificio Portisol
Water Pump	See <b>Dimar</b> (see " <i>Bearings, Belts, Seals</i> "). Jabsco dealer. Can provide parts for other brands as well.
Watch Repair	In Albrook Mall there are several stores that sell only watches. Most of them have a watchman who works out of a small cubbyhole to the side or the back of the store. (See map page 3 for buses to Albrook Mall.)  There is also a watch repair man located in the Rey grocery store in El Dorado. (See map, page 3. Take the Transistimica bus. Get off when you see the large Rey sign on the left.)
Watermaker	<b>Hydromundo Watermaker Supplies</b> , Desmond & Marta 265-4158, 6675-1362 <a href="mailto:hydromdo@cinfo.net">hydromdo@cinfo.net</a> or <a href="mailto:hydromdo@advanced.com.net">hydromdo@advanced.com.net</a> Located in El Congrejo on Via Argentina & Ci.55 Edificio Renaissance, local #3. Sea Recovery watermakers & supplies.  <b>Bombasa</b> New 2013, a cruiser reported finding a water maker store by the name of Bombasa close to Abernathy's on Transistimica. No further details provided.
Webbing	See <b>Casa de la Cuerina</b> (formerly <b>Todo de Cuero</b> ) under " <i>Fabrics</i> "
Welding	See " <i>Stainless Steel Fabrication</i> " and " <i>Aluminum</i> "
West System	At times, West System can be purchased at <b>Abernathy's</b> see " <i>Chandlers</i> ". If not available there, see " <i>Fiberglass, Resins, Gelcoat</i> " for other Resin and Gel Coat options
Wholesaler	<b>Mercantile Shipstores, S.A.</b> Nick Tee, Managing Director Wholesale Division 507-380-1400 <a href="mailto:nick@mercansa.com">nick@mercansa.com</a> Skype: nickmercansa Wholesaler for food and non-food products, such as marine safety and marine hardware.
Windlass Repair	<b>Corporation de Electricidad S.A.</b> (261-5904) (261-6912 Ave. 12 de Octubre, Edificio Don Gil, Can repair electric windless motors.
Wood	<u>Marine Plywood</u> 1. <b>Tandor Hardware</b> – Pueblo Nuevo, Calle 66 Oeste (by Dimar) Jorge A Zarak 305-5600, 305-5690 2. <b>Multiply</b> , Centro Industrial 393-6600 <u>All other building woods:</u> <b>Cochez</b> – near the Fish Market. There are also several other locations. See " <i>Building Supplies</i> " See also " <i>Wood Workers</i> " below. They often have sources of teak and other specialty woods. See also " <i>Teak</i> "
Wood Workers	<b>Sandino and Tito</b> (see " <i>Fiberglass, Resins, Gelcoat</i> ") – Can also be sources for teak and cocobolo wood. <b>Ebanisteria Enrique, SA</b> 6859-5315 or 6424-5310 In La Chorrera, Calle Las Cruces, Llano Largo, Casa 7042 Carlos Eduardo (phone above) is the son of Sr. Enrique and also the shop manager. Call for a quote.  There is also a shop in the town of Capira where you can get local hardwoods shaped and sized. Take the Punta Chame bus out of the Albrook Terminal and get off at the Capira stop. Take the local bus to the tienda in the red building with the Coca Cola logo. There is a big wood shop across the street.
Xantrax	See " <i>Inverters</i> "
Yanmar / Yamaha Parts	<b>Ocean Center</b> 323-0169 <a href="http://www.oceancenter.com.pa">www.oceancenter.com.pa</a> Located in Ancon, Corozal, Calle Barth, Edificio 42-E, Local 1-C. (This is close to Rey grocery store Albrook. On same street as the Dinghy Doctor.)  <b>Tesa</b> <a href="http://www.tesa.com.pa">www.tesa.com.pa</a> Main store is in El Dorado on Ave. Ricardo J Alfaro 279-5300 There is also an outlet in Flamenco by Flamenco Marina. Yanmar and Yamaha parts. Mixed reviews on delivery

	<p>of special orders. Good if the part you need is in stock. One cruiser recently had to contact Japan directly to obtain the needed parts after experiencing problems with Tesa staff. Use caution with special orders. Many cruisers also report problems with mechanical work completed by Tesa employees. They are reputed to have a high turnover of staff and their mechanics are not always very qualified. Recommend consulting with Kenneth Brezeales (listed under “<i>Diesel Mechanic</i>”) for Yanmar repairs.</p> <p><b>Yacht Services</b> Thomas 6480-4440 for Yanmar mechanic.</p> <p>See also “<i>Outboard Parts/Repairs</i>”</p>
Yeast (fresh)	<p><b>LEVAPAN</b> <a href="http://www.levapan.net">www.levapan.net</a> <a href="mailto:distrileva@levapan.net">distrileva@levapan.net</a> 236-1710 or 236-1714, cell 6663-2639 Located near Edison Plaza, they sometimes organize a free course in breadmaking.</p>
Yellow Fever Shots	<p><b>Ministerio de Salud</b> 512-6666 (Open 8-12 and 1-3:45 Mon through Friday) Off Avenida Omar Torrijos (the road to Miraflores Locks; from Albrook Terminal, take the Gamboa, Clayton or Paraiso bus) \$5 per shot. You will get a certificate good for 10 years. Note that Yellow Fever shots are not required (and may not be advisable) for persons over 60 years old or immuno suppressed. A letter from a doctor can be used in those cases where a Yellow Fever shot is not advisable.</p>
Zippers	<p>YKK Canvas Zippers: see <b>Centro Marino</b> (see “<i>Chandleries</i>”), <b>Casa de la Cuerina</b> (formerly <b>Todo de Cuero</b>) and <b>El Tapiz</b> (see “<i>Fabrics</i>”)</p>

## Things To Do And See In And Around Panama City That Are Free Or Not Too Expensive

by S/V Wadda

We were based in Panama City from May 2010 till March 2011. We saw and visited all of the places listed below and used public transport (sometimes a taxi if it was an early start or a late finish) to get to/from them. We purchased a Lonely Planet Guidebook which was helpful: we learned about the towns of Santa Fe and San Francisco in Veraguas through the Lonely Planet book. We had read about the mule track in a cruising guide and after a bit of digging around the Internet we finally figured out how we could get to and from the Camino de Cruces National Park without going on an organized tour.

We picked up a copy of The Visitor newspaper most weeks (it comes out on Thursday). Presently it is available at the Las Brisas hotel lobby, the Smithsonian Tropical Research Institute at Punta Culebra, Pizza Al Leno sometimes has it, and Islamorada Chart Supply has it. Sometimes we read about coming events on bill boards around town, other cruisers make announcements on the morning VHF net, and store windows in Casco Antiguo are also a source of information.

There is a heap of things to see in Panama City and beyond: the country is so much more than a canal, and we urge people to get out, see the country, meet the people before heading off to other places.

There are all sorts of ways to spend your money in Panama. There are all sorts of tours available. It is possible to see a lot of the country using public transport (which is very reasonably priced, and safe in our opinion) and self guided.

### 1. **Panama Canal Related**

- a) Transit the canal line handling on a sailboat.

In my opinion, this is the very best way to fully experience the Panama Canal. To enhance our experience, we have subsequently enjoyed the following:

- **Panama Canal / Transoceanic Museum** in Casco Antiguo/Viejo [Note, some people and books refer to Casco Viejo and others Casco Antiguo as one in the same place. The official office is called Casco Antiguo, and that is the term I use. Casco Antiguo is the site of the rebuilt town and dates from the late C17th. The original Spanish settlement is Panama Viejo, founded around 1519, and destroyed by Henry Morgan in 1671.] The Canal Museum is located in Cathedral Square, in the old French headquarters. It is a very impressive museum, beautifully laid out, however most of the explanations are in Spanish. [NOTE: You can rent tape players to give explanations in other languages.] The admission is \$2 or \$3, open Tuesday to Sunday. In addition to the permanent display, there is occasionally a special exhibition there e.g. the recent Smithsonian Centenary exhibition. It is about a 15 minute walk from Cinco de Mayo. To get there by public transport, take the causeway bus either to Cinco de Mayo and then walk up the walking street (Avenida Central) all the way to the top (past the small Machetazo) till you get to a small tree lined plaza with a rotunda in the middle and a church on your right. Cross over the road, the road splits in two, take the left fork, which is still Avenida Central, and then walk till you reach Cathedral Plaza. The Cathedral has two white towers, darkish facade. The Canal Museum is the grey building on the right side of the plaza. If you get off the bus at Todo a Cuerdo (yellow and red signage; also look for the Pizza Napoli sign), walk down that street till it intersects with the walking street, then turn right and walk up the hill etc.

- **Miraflores Locks and Visitors Centre** See ships transit the canal, another very good museum, in Spanish and English. Admission is \$8 (less for jubilados/retirees, but you need to take ID to establish your age bona fides), open every day of the year. You can take a taxi there and have the driver wait, or you can get there by public transport quite easily. Public transport: take the bus to Cinco de Mayo, then cross the road immediately to your left after you get off the bus, take a bus to Terminal (the touts at the corner will call out 'Terminal! Terminal!'. Get off the bus at Terminal, then walk through the Terminal to the 'Niko's Cafe' end. Go through the turnstyle (5c) on your right. The very last bus on your left, is the one that goes to Gamboa or Clayton. Pay 35c when you get on. Get off (call out 'Parada!' for driver to stop) at the blue signs to Miraflores Locks Welcome sign, then follow the blue road/foot path markings. It's about a 10 minute walk to the Visitor's Centre. The Gamboa bus is on a 2 hourly schedule, and leaves Terminal at 8, 10, noon etc. When you're done, go back to the road, wait at the bus stop and return to Terminal etc.

- **Old Panama Canal Administration Building** The somewhat austere/imposing building on top of the hill in Balboa. In its rotunda (not visible from the street), are 4 large murals depicting various stages of the canal construction, plus sketch drawings on the floor level. It's another way to appreciate what a monumental undertaking the construction of the canal was. Open during the week, admission is free. To get there by public

transport: take the bus from the causeway toward Cinco de Mayo and get off before it curves to the right to go into town. Walk straight ahead in general direction of Albrook Mall, go under the ramp to Bridge of the Americas, past Timberelli Pizza, past the old YMCA. Cross the road and go past Islamorada Chart store, continue past the HSBC bank. Before you get to Balboa Dental Clinic, turn right and walk up the wide avenue with the Admin Bldg on the hill in front of you. Admire the Goethals fountain, then walk up the steps. Admire the view from the top of the steps. Now go around to the back of the building (which is the operational front of the building), and enter through the doors. Tell the security guard you'd like to see the murals and they will point you ahead. When you are finished, you can walk through the Balboa neighbourhood around Ancon hill into town (say, 20-30 mins).

– **Mosaics on Building Facade on Avenida Central** Free, you just have to see them. On your way along Avenida Central walking street, amidst the various reno-botched buildings, you can see glimpses of what a desirable address Avenida Central once was. One building has three panels of mosaics/tiled scenes depicting the Spanish conquest, the canal construction, and a boat transiting a lock. Proceed along Avenida Central, it will be intersected by the road that comes down from Todo a Cuerdo. There is a bank on the corner, next to the bank is a 'Burbujas' store, it has a large tropical fish as its logo. Above the Burbujas signage are the tiled scenes, a bit faded now, but very cool when you first notice them.

– **Walk to the Midpoint of the Bridge of the Americas** You can get a good view of the ships entering and departing directly under you. You are more protected from traffic on the canal side of the bridge, as the foot path is wider. Take care, as it's a very busy road. You get a great view at night of the channel markers coming in from the Pacific, however I think this is best seen from a bus. To get there: take the bus from the causeway toward Cinco de Mayo and get off just before it curves to the right to go into town. Walk straight ahead and scramble up the ramp onto the foot path on the approach road to the bridge. About 15 mins to centre of the bridge.

– **Take the Panama Canal Railway from Panama to Colon.** At \$22 pp one way (\$35pp return) it's not cheap, but is interesting, particularly if you have been to the museums, and/or read 'The Path Between The Seas,' and can appreciate the effort involved in building not just the Canal, but the railroad before it. The train departs Panama at 7:15am and returns late in the afternoon, one trip/day unless there is a cruise ship in town. We took the bus from the causeway to Cinco de Mayo, then taxi to train station, and returned from Colon on the bus. We spent most of the train journey on the outside observation deck

## 2. Spanish Colonial History and Folklore

– **Panama Viejo**, World Heritage Site; the site of the first Spanish settlement on the Pacific coast, dates from 1519, destroyed 1671. What's left of the buildings are crumbling ruins, however there is the 4 storey Watchtower (a Panamanian icon) and part of a convent cathedral that have been partially restored. It's a nice park like setting that runs along the water front, on either side of the road. The museum, in Spanish and English, has some interesting pre-Colombian artifacts (the upper floor is the more interesting) The museum and site ~ \$5 To get there by public transport: catch the bus on the causeway toward Cinco de Mayo and either get off at Todo a Cuerdo, then walk down that street all the way to the meat market (you will cross the walking street on your way), cross road at the traffic lights and there is usually a 'Panama Viejo' bus waiting – if not, one will be along soon. Any Panama Viejo bus will get you there (I.e., a 20 seater or an old school bus) It's about a 20 – 30 min ride, you will pass MultiPlaza, Multi Centro, Atlapa Convention Centre en route. Get off the bus when you see a bunch of old ruins (a bridge), go to the Visitor's Centre to pay, see the museum, and get a site map. If you take the causeway bus into Cinco de Mayo, walk straight ahead several blocks till you get to T intersection and start of Ave Balboa/Cinto Costera. You will be approximately opposite the fish market (white building, blue roof). Turn right and walk to the traffic lights, cross at lights and turn right, proceed to bus stop and buses marked Panama Viejo.

– **Casco Antiguo**, World Heritage Site (see earlier note regarding Casco Antiguo/Casco Viejo) The rebuilt town that dates from 1670s. The office of Casco Antiguo has free guided walking tours, in English, on Friday and Saturday mornings at 10:00, 10:30, and 11:00am. Meet at Cathedral Square, or if no one shows up, go to Casco Antiguo office and ask. Casco Antiguo office is located off Avenida A a couple of blocks from Cathedral Square. The tour was great and gave a very good overview of the old town, plus guidelines on where it's safe to walk and where you want to avoid. We returned later for photos. There are events in Casco Antiguo all the time: the National Theatre has regular performances (some free), there is a flea market and cultural presentation (folk dancing) about every other Sunday afternoon in Cathedral Plaza, there are concerts in the various church ruins, there is Cine Cena (dinner and a movie) Tuesday night at Diablo Rosso gallery/bar/restaurant opposite the Jesuit

\*\* Any entry flagged with a double asterisk consistently receives good reviews on the local VHF cruiser net

ruins on Avenida A. If we go at night, we go by public transport and return by taxi.

- **Mi Pueblito** At the base of Ancon hill, 3 re-constructed villages: Spanish colonia, Afro-Caribbean, and Kuna. It is free to walk around, or you can have a guide. There are dance performances on the weekend for a few dollars – best to go during the day during the week to learn when the next performance will be, as they tend not to advertise in the Visitor magazine. We went to a dance recital with the audience the family members of the young performers: mums, dads, siblings, grannies. To get there by public transport: take the causeway bus, alight at the 'On The Run' gas station, cross the road (be careful!) and follow the blue signs
- Beyond Panama City: Portobelo on the Caribbean side, C18th forts in very good state of preservation (World Heritage Site); Fort San Lorenzo at mouth of Chagres River in Colon (you can walk from Shelter Bay Marina)
- **Further afield:** The town of Las Tablas in the Azuerro peninsula holds the Mil Pollera parade in November – well worth the 5 hour bus trip to get there. Las Tablas is also a big town for carnaval, plus various other Spanish cultural heritage events during the year (see The Visitor magazine).
- **The very small town of San Francisco**, a ½ hour out of Santiago, has a fabulous wooden altar in its church, the first to be carved in the New World. We stopped off in San Francisco on the way back to Santiago from Santa Fe, well worth it. To get to San Francisco by public transport: causeway bus to Cinco de Mayo, bus to Terminal, buy ticket for Santiago inside the Terminal. Bus to Santiago. At Santiago, change to a smaller 20 seater bus to either Santa Fe (see later) or San Francisco.

### 3. Biodiversity

- **Walk Up Ancon Hill** Take causeway bus and alight at 'On The Run' gas station. Cross the road and enter at the blue signs for Mi Pueblito and Cerro Ancon. Follow the signs up the hill to your left. You will go through a check point. A cool retreat from the city, good views from top, you may see some interesting birds, critters, and plants on the way. Free! This would be a good place to see the sunrise, however I think the road is only open sunrise to sunset. Picnic area at top.

- **Parque Natural Metropolitano** There are about 2 hours of easy walking trails, entry is \$2, opens at 6am. Best chance to see animals is to go early in the morning, and be quiet while you walk. You can get there by taxi or, take the causeway bus to Cinco de Mayo, cross road and take bus to Terminal. At Terminal get off the bus, and keep walking in that direction until the road makes a T intersection, then turn to your right and walk till you reach traffic lights, turn to your left and walk till you get to next traffic lights (the anthropological museum is on your left, set back a little). Cross over road at traffic lights to your right, where there will be a sign 'Bienvenido a Parque Natural Metropolitano.' Walk along another ~200m and you will be at the Park entrance. (all up, it's a 15min brisk walk from Terminal). The Park will offer guided night walking tours from 6-10pm on the last Saturday of the month for March, April, and May 2011. As an aside, the Anthropological Museum apparently has a wonderful collection of pre-Colombian artifacts, however in September 2010 (when we visited) they still hadn't been unpacked from their crates following the move from Cinco de Mayo. The museum has a permanent display of 'Prominent Panamanians,' (read corporate sponsors) which was OK, however quite a bit of the information was covered at the Canal Museum.

- **Parque National Soberania** You can get here by bus, however you will be limited to one site per visit (unless you like to do a lot of walking along the road!). The park office probably has maps and a place to pay, the trail heads were all unattended. Another option is to hire a car. To get there by bus: take the causeway bus to Cinco de Mayo, then bus to Terminal, inside the Terminal walk to the Niko's Cafe end. Go through the 5c turnstyle on your right. Buses for Gamboa leave from the very last bay on your left. They are usually an orange bus. It costs 65c (2010) to get to Gamboa and takes about an hour. It is useful to do some web surfing on Pipeline Road, Rainforest Discovery Center, Camino de Cruces Trail before hand.

- **Pipeline Road** is within Soberania Park, and starts a couple of miles beyond Gamboa. It is famous as a birdwatching place, but also monkey, butterflies, plants. The earlier you get there the better; take water

- **Rainforest Discovery Centre** A non-profit runs this facility. We booked online for a 20% discount, so it came to \$16pp. This included a guide for the 100ft observation tower who had binoculars and a telescope, and also accompanied us on the trails. The explanations were all in Spanish. The admin bldg has a deep shady verandah with several hummingbird feeders. We were there about 4 hours, so thought it was good value (particularly compared with some of the other tours available, and we wouldn't have seen the birds that we did without our guide) We took a causeway bus to Cinco de Mayo and then taxi to the entrance of Rainforest Discovery Centre (\$22). When we were finished, we walked back into Gamboa (20-30min) and took the bus back to Terminal and then home.

- **Summit Gardens and Zoo** If you want to see a Harpy Eagle (Panama national bird), then this is the place to go...you may see them in the wild, but good luck with that. Also tapir, jaguar, king vultures (stunning),

\*\* Any entry flagged with a double asterisk consistently receives good reviews on the local VHF cruiser net

peccaries (friendly), toucans (up close!), macaws, and monkeys. Park like setting, good place for kids to run around. Entry \$1 or \$2, Gamboa bus from Terminal about 55c.

- **Camino de Cruces Trail** Within Camino de Cruces National Park. Walk along part of the old mule trail, used to transport gold from Peru across the isthmus of Panama. The trail was established before Panama Viejo was established: it was built with riverstones over a preexisting indigenous trail through the rainforest. For me, this was the highlight of our rainforest walks - combining rainforests and history – fascinating. It was the most challenging of our walks, and we were a bit grubby at the end as the track was muddy and slippery in places, and we had to ford a shallow river. If you like walking, I would highly recommend this trail. We found a useful sketch map at the Canopy Tower web page. We took the causeway bus to Cinco de Mayo, then taxi to Camino de Cruces trail head, walked along the trail following the river stones, mule foot prints, and when that failed the bits of pink, orange, and blue ribbon tied in the trees. The trail eventually made a T intersection with the Plantation Trail which led back to the Gamboa Road. We then took the Gamboa bus back to Terminal. You can continue on the Cruces Trail till it reaches the Chagres River, then you need to get a boat to take you to Gamboa Bridge, or you can double back to the Plantation Trail. If you did the latter, I would recommend a very early start! There apparently is also a bus from Terminal to Chilibre, but I do not know its schedule.

- **Smithsonian Tropical Research Institute at Punta Culebra** Very conveniently located to boats anchored at Las Brisas or La Playita. Admission \$1- \$3. All the interpretive signs are in Spanish and English, and is very family friendly, catering in particular to school aged children. There is a short walking trail, and tanks with marine life. Check out the remnant rail track from when Punta Culebra was part of the Fort Grant complex. Recently (Jan/Feb 2011) there were documentary evenings. At the time, the staff were planning to do another series: watch the Visitor for listings. If you walk along the parking lot from La Playita beside the Smithsonian Road at sunset, look carefully in the trees as you will quite likely see sloths actively searching for food. You might see them curled up in a ball in the tree branches during the day, but if you want to see them on the move, sunset and later is the time to do it.

#### 4. Other Stuff

- **Various small art galleries in Panama City** eg Canal Gallery (not canal related), has occasional free exhibitions: check The Visitor Magazine. To get to the Canal Gallery, take a causeway bus, then Panama Viejo bus and get off at Atlapa Convention Center. Walk back towards town about 1 block to Elmec Building (It has a big E out front) The Canal Gallery is on the ground floor, on your left. Museum of Contemporary Art, \$5 changing exhibitions. Take causeway bus and alight at Todo a Cuerdo. Walk a few blocks on Avenida des Martires (ie continue along on the road the bus takes). Cross over at the traffic lights. The MCA is on your left. On its wall on the street side is some installation art 'Gringo Home Go' in faded capital letters.

- **El Valle De Anton** town in a volcanic crater about 2 ½ hrs by bus from terminal. Cool temperature, but not chilly, and not as humid as the coast. Walks in the rainforest, petroglyphs, orchids, birds, zoo with great frog display, including the golden frog (another Panamanian symbol), waterfall, and a turbid thermal pool. Quiet and relaxing, recommend a mid week visit rather than weekends.

- **Santa Fe** Smaller than El Valle, in Veraguas province, also in an extinct volcano (but not as obvious as El Valle). There is a coffee cooperative there with an interesting history. Walking, bird watching, swimming, relaxing. Chilly at night in December. To get there by public transport: take causeway bus to Cinco de Mayo, bus to Terminal, in Terminal get ticket to Santiago. Change buses in Santiago (same terminal, but around the back) for Santa Fe. The road from Santiago up to Santa Fe is very scenic as you cross rivers and climb into the mountains. On the way back from Santa Fe, a brief stop in San Francisco to look at the church is worthwhile (see earlier note in Spanish Colonial History section)

- **Boquete** Up near the border with Costa Rica, Boquete is the main coffee growing area in Panama. It is located nearby Cerro Baru, the tallest mountain in Panama, which is another old volcano. A roaring river runs through town which has become a popular place to retire for Panamanians, North Americans and Europeans. The town caters to these wealthier migrants and immigrants, however outside the town there are trails to explore of varying difficulty. You can make an overnight hike to the summit of Baru to greet the day and perhaps see both the Caribbean and Pacific coasts. You can hike the Quetzal Trail looking for the Resplendant Quetzal (the national bird of Guatemala). There are several coffee farm tours available (we went on the Cafe Ruiz tour which was very comprehensive). It is very lush countryside. We learned about local minibuses from our hotel and took these to some trail heads, then walked back into town at completion. There is a columnar basalt formation a short distance out of town. To get there by public transport: causeway bus to Cinco de Mayo, bus to Terminal, in Terminal buy ticket for David. It's approximately 6 hours to David (the bus stops in Santiago for meal break), so if you want to push on to Boquete, you need to leave early. Our experience suggests that the trip to/from

\*\* Any entry flagged with a double asterisk consistently receives good reviews on the local VHF cruiser net

David/Panama City is popular no matter what time of day or day of the week. The bus to Boquete leaves from the local terminal nearby the David/Panama City terminal. It's another  $\frac{3}{4}$  hour or so to go from David to Boquete.

5. **Shameless Advertising** We have documented all our tourist activities on our blog. We have added links to those people and places we particularly enjoyed and want to recommend to other travellers. Our Panama entries date from April 2010 (San Blas and Portobelo) through to March 2011 (Carnaval). We welcome you to stop by for a visit at <http://waddalog.wordpress.com>

Margaret and Moe on board s/v Wadda  
Panama City, Republic of Panama  
March 2011

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