

# The Panama Cruisers Information Guide

August 12, 2009 edition

The Panama Cruisers Information Guide is meant to help cruisers get a start with basic boating needs in Panama, to include Colon, Linton, San Blas, Bocas/David and Panama City. Thank you to all who contributed to this effort. If you find a valuable service for boaters anywhere in Panama, please send the new information and/or corrections to this guide to Eddie Tuttle, M/V Tothill, [Parrothedd@ocens.net](mailto:Parrothedd@ocens.net) . Except where noted, most of the people listed in this guide speak English.

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## **1. EMERGENCY NUMBERS**

**TOURIST POLICE (English Speaking) – (211-3811)**

**POLICE – 104 (911 is in the process of being installed)**

**FIRE- 103 or Ft. Sherman (Shelter Bay Marina) Fire Station (447-1462)**

**COAST GUARD – Colon (447-1462)**

**AMBULANCE – Alerta (263-4522) EMI (236-5050) or SEMM (264-4122)**

## **2. HOSPITALS**

**Colon – Clinic near Quatro Altos (433-7532)**

**Panama City – Clinica Hospital San Fernando (278-6364) – This hospital has an international department to assist you. (305-6300) Ex 4283.**

[custrepresentative@hospitalsanfernando.com](mailto:custrepresentative@hospitalsanfernando.com)

**Centro Medico Paitilla (265-8800) Calle 53 and Ave. Balboa located near the World Trade Center in the Marbella area.**

**Punta Pacifica Hospital (204-8000) This is the newest and most advanced facility in the country and is affiliated with the John’s Hopkins Hospital of Baltimore, Maryland. Several cruisers have been helped with direct billing to insurance companies outside of Panama.**

**Hospital National (207-8100) is located at Avenida Cuba between Calle 38 & Calle 39.**

## **3. VHF CHANNELS**

**06 - Balboa Yacht Club and water taxi**

**10 - La Playita (Amador)**

**10 - Flamenco Marina**

**12 – Panama Canal Authority “Cristobal Signal” (call before entering canal areas)**

**68 – Bocas del Toro working channel & net at 8 AM**

**69 - Cruiser channel Balboa/Amador**

**72 - San Blas/Linton working channel**

**74 – Taboga Island mooring balls**

**74 - Colon Cruiser channel & Shelter Bay Marina**

**Cruisers Net 7:40 AM (only on Mon & Thurs)**

**74 - Panama City Cruisers Net 8:00AM (Mon-Sat)**

## **4. SSB Frequencies**

**7:30 AM (1230 UTC) – 8104 USB -Chris Parker Weather**

**8:00 AM (1300 UTC) - 7083 LSB - HAM only – C. American Breakfast Club**

**8:15 AM (1315 UTC) - 6209 USB - South West Caribbean Net**

**8:30 AM (1330 UTC) - 8107 USB - Panama Connection Net**

**9:00 AM (1400 UTC) - 8143 USB - Pan Pacific Net**

**9:00 AM (1400 UTC) – 6209 USB – NW Caribbean Net**

## 5. GENERAL INFORMATION

There are **two Yahoo e-mail groups** on the Internet specifically designed for cruisers to share information. For the Caribbean side it's "**Cruisers\_Network\_Online**". For the Pacific side it's mainly the "**The Southbound\_Group**". Please note that both groups use underscores in the name: i.e.: Southbound\_Group and Cruisers\_Network\_Online. Also, note that both groups have cruisers world wide.

**The Southbound Group's website:**

[http://groups.yahoo.com/group/southbound\\_group/](http://groups.yahoo.com/group/southbound_group/)

**To subscribe to The Southbound Group:**

[Southbound\\_group-subscribe@yahogroups.com](mailto:Southbound_group-subscribe@yahogroups.com)

**Cruisers Network Online's website:**

[http://groups.yahoo.com/group/Cruisers\\_Network\\_Online/](http://groups.yahoo.com/group/Cruisers_Network_Online/)

**To subscribe to Cruisers Network Online:**

[Cruisers\\_Network\\_Online-subscribe@yahogroups.com](mailto:Cruisers_Network_Online-subscribe@yahogroups.com)

To access this guide, "**The Panama Cruisers Information Guide**" and other cruising guides posted by members, **subscribe** (free) to either of the Yahoo groups above. Then go to the Yahoo Groups **home page** and click on the **Files** section to look at Cruising guides.

The Southbound Group Moderators, Frank Nitte and Shirley Duffield S/V Windsong have compiled the, **Cruisers Guide to Services in Panama City (May 2009)** which updates the previous ones and contains more detailed information for Panama City. Please send new information and corrections for **Panama City** to them as well, at [shirlduff@aol.com](mailto:shirlduff@aol.com)

Lois Peck, S/V "Spice Island Lady" based out of Bocas del Toro, has compiled a guide of services available in David, Panama, entitled, "**City of David, Panama Recommendations**"(January 14, 2009) and a **Bocas del Toro guide** for cruisers which is helpful for cruisers in the **Bocas del Toro** area. She has provided an extensive list of medical services available in David Panama. If you know of a business that provides good service or has that hard to find boat service/item for the **Bocas/David** area send an email to Lois at [Scuppers42003@yahoo.com](mailto:Scuppers42003@yahoo.com) with the new information.

It is impossible to list every taxi driver, doctor, restaurant and hotel. It is also impossible to keep current with pricing and rate each and every service. The guide attempts to provide some key people to contact in different areas of services and different parts of the country. Some of the individuals listed under services are cited because they are **good sources** for other referrals and very helpful. Keep these Guides updated by sending in the new information, deletions and corrections to the email addresses above.

**Panama-Guide.com** is an English newspaper on line which has current information and news. You can search for articles on almost anything you want to know about Panama.

## 6. Agents/Taxis/Pet Travel

Due to the geographic nature of Panama, with ports used by cruisers in many different remote areas, the services and advice provided by some of these taxi drivers can save you endless hours of frustration and expense. **Cruisers Guide to Services in Panama City** has an extensive list of taxi drivers. Panama's immigration laws seem to change frequently and recently there has been uncertainty with renewal of cruising permits. You will have less hassle if you use one of the **ships agents** listed below. If in doubt what to do, call or email one of them before making your plans. **Zarpes are required** for boat travel between ports in Panama.

**Colon – Stanley Scott** (447-0065) (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. Stanley also has a Pricemart card for the stores in Panama City. He has drivers who can assist with services on the eastern coast of Panama, such as Portobelo and Linton.

**Victor Hugo Maldonado, “Hugo Hope”** (6721-4125) (442-0248)

[vhm1471@hotmail.com](mailto:vhm1471@hotmail.com) is the former agent/bus driver at Shelter Bay Marina. He is now working on his own as a ships agent, immigration, assisting cruisers with shopping trips, tours and taxi services to and from the airport.

**Tito** (6463-5009) is an agent and taxi driver. Tito has also been using a launch to bring cruisers in from the Flats anchorage off Colon.

**Rudy** (6743-7241) is a taxi driver.

**Water Taxi Service – Antonio “Tono” Machado** (6660-6083) Provides water taxi service on the Colon flats and Shelter Bay. Has a nice launch.

Near Linton – **Panamarina – Jose** (6640-3666) provides taxi service to Panama City, including the airport for a reasonable fare.

Panama City – **Roger** (6717-6745) (6728-8057) [Mago50@hotmail.com](mailto:Mago50@hotmail.com) is the former dock master at the Panama Canal Yacht Club and is now working as a taxi driver based in Panama City with a van and a car. Roger understands the needs of cruisers and is valuable in finding marine supplies. He is available to assist cruisers throughout Panama. (Colon, San Blas). He can also be contacted to find something in Panama City and bring the marine part to you in Colon, Shelter Bay or air ship to San Blas or Bocas.

**Enrique Plummer** – (228-5794) (674-3086) VHF 69/67 [eplummer10@hotmail.com](mailto:eplummer10@hotmail.com) [info@panamacanalyacht.com](mailto:info@panamacanalyacht.com) is a yacht agent based out of Balboa. He provides many services including shipping and taxi.

**Jose Saenz** (6614-7811) [bocasfrog@yahoo.com](mailto:bocasfrog@yahoo.com) [www.goldenfrog.net](http://www.goldenfrog.net) has a taxi service, shipment, courier, tour, land/air cargo and general services for most of Panama. Handles many services such as the **Pet Travel paperwork** in and out of Panama on airplanes. Jose has been very dependable answering emails for airport pickup.

**Pete Stevens** (261-1931) (6735-7356) handles many transits and marine services. He specializes in large motor yachts.

**Carlos Chiari** – (6449-4066) has a van & does tours to Embera villages.

**Jaime** – (6601-3511) \$8 per hr., A/C, clean car & safe driver.

See Southbound Panama Services guide for list of drivers in Files.

**Hotel Milan area taxi driver** – Irenio Moreno Jr. (6622-0951) (6401-7789) (225-4425) Has a little station wagon that holds big suitcases. Can be contacted for pick up at airports. Usually is parked at Hotel Milan.

## 7. Airlines

**Aeroperlas** (315-7500) & **Air Panama** (316-9000) Domestic airlines fly all over Panama and to some of the San Blas islands. It is very reasonable to fly between domestic locations within Panama. These airlines only fly out of the Albrook airport. **Copa Airlines** is the international airline of Panama and a partner with **Continental Airlines**. The main office (304-2672) is located in the new Costa del Este Torre Norte, off of Corredor Sur on the way to the International airport Tocumen. A more convenient location is the Copa counter at Hotel Panama (217-2672) in the El Cangrejo area. Copa and Continental are both pet friendly airlines. Continental Airlines (265-0040) are located on Balboa Ave.

**American Airlines** (238-4615) main office is near the El Dorado area and on Balboa. **Delta's** (214-8118). main office is near Multiplaza Pacifica .

**Aires Airlines** (238-3596) flies to Cartagena, Aruba and Curacao as well as other destinations in Colombia. The main office is located at Calle 56 & Ave. Abel Bravo.

**Avianca** (302-3316) is located off Calle 50, Edificio Solendeg.

## 8. Airports

Panama City – **Aeropuerto Internacional de Tocumen (PTY)** (238-2700) is located in the eastern part of the city. You will get there faster if you take Corridor Sur (expressway). The tolls add up but it is extremely fast. Make sure you are clear with the taxi driver on the fee (are tolls included?) and which way you are going.

**Aeropuerto Marcos A. Gelabert (PAC)** is also known as **Albrook airport** as it is located in the western part of the city, known as Albrook. There are daily flights to all parts of Panama, including the San Blas, David, Bocas, Conatadora and other locations. These airlines also have a great economical courier service to remote areas of the country. If you have extra suitcases you can air ship them cheaper than checking them with your flight. Just go to the domestic shipping end of the Albrook airport and ship your heavy stuff. The trip between airports by taxi will take at least 45minutes or longer depending on traffic (allow 1 ½ hours).

## 9. Alternator/ Windlass Service

David – **Auto Partes Electromecanicas** – Nelson Mojica, (774-4515) [autoelectrochiri@hotmail.com](mailto:autoelectrochiri@hotmail.com) located on Calle Primera Oeste y B Norte, Edificio Don Jesus, Local 5. Good selection of OEM alternators and starters.

Panama City – **International de Partes Electromenchanicas** - Roberto Jou (221-3022) (221-8464), 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. You have to bring the alternator into his shop. Robert is a **good source** for referrals for other repairs. Next door are two good hardware/stainless fastener shops.

**Electro Mechanical** – (220-2514) located on Via Principal. Great repair & purchases.

**Electro Servicio** – Dorito (6649-3737) Calle 11, electrical & alternator repair.

**Windless Repairs - Corporation de Electricidad S.A.** can repair electric Windless motors, etc. Ave. 12 de Octubre, Edificio Don Gil, (261-5904) (261-6912)

## 10. Stainless Fasteners

Panama City - **Aceros y Herramientas Ahersa**, (229-1026/1027) on Via Espana across from San Fernando Medical Clinic

**Casa de Tornillos** is located on Via Espana next to Tornillos y Tornillos.

**Central de Tornillos** located on Ave. Nacional

**Tornillo y Tornillo** – (221-4785) located on Via Espana Cl 79 Oeste in Las Sabanas

## 11. Anchors/Chain & Line

Panama City - **Rocna Anchors** – Mike Barker & Richard Zaleski (6727-6722) (6470-6302), **Marine Scene**, [marinescenemarina@gmail.com](mailto:marinescenemarina@gmail.com) [www.marinescene.co.nz](http://www.marinescene.co.nz) -has inventory of Rocna's & Harken products.

**Chain & Line** – **Casamar** – is located near Fish Market west end of Balboa Ave.

**Pesqueros** also carries chain and line of various sizes (see marine stores).

## 12. Attorneys

Panama City - **Morgan & Morgan** (265-7777) located across from the World Trade Center in Marbella area is one of the large firms. One of the many lawyers in the firm is Raul Castro (6674-3024) [rcaastro@morimor.com](mailto:rcaastro@morimor.com) Several cruisers have used this firm for real estate business.

**Gray & Co.** (264-5630/31) [www.lawyers-abogados.net](http://www.lawyers-abogados.net) located in El Cangrejo, Calle Eusebio A. Morales, between Hotel Las Vegas and Hotel Milan. Cruisers have used this large firm for Pensionado Resident Visa paperwork with good results.

## 13. Auto Insurance

Panama City - **Seguros SA** Manuel Cabarcos, (6614-0280)

**AIG-National Union Fire Insurance Co.** – **Auto** (301-5034) El Paical at Ave Ricardo Alfaro and also located on Calle 50.

## 14. Auto Repair/Parts

Panama City -**Auto K**, El Ingenio area on La Paz, (229-0846) (261-8747) (6678-3388) Alicia the owner is very friendly, knowledgeable and can help with other (boat parts repair) recommendations and vendors.

**Marcos Electronics**, (390-9332) (6673-1842) is located in the same area near La Paz. He can fix anything electric or electronic on autos. His shop also does window tinting. He is helpful with recommendations for other services.

**Panama-Zone.com/ PTY GPS, S.A.** (832-7967) (US number 866-978-6029) developed digitized road maps for Panama and sells Garmin GPS units, Steve Magaric (230-6734) (6678-2464). Essential for a car trying to navigate in Panama. These units can be rented when renting a car at Hertz, Avis etc. Go to the “Tools” section to change the language from Spanish, English, Dutch or French.

**Panama Auto** – Raul Bernal - located on, (the same side as Riba Smith) has brass fittings for fresh water or fuel and heavy duty coolant.

## 15. Batteries

**La Casa de Baterias** – has at least 11 locations around Panama including Colon (445-3476). They carry many brands of 6 and 12 volt batteries, battery cable, and terminals. In Panama City, Juan Diaz (264-0904) is located at the Via Espana store for excellent service. [commercial@casabat.com](mailto:commercial@casabat.com) or [ventas@casabat.com](mailto:ventas@casabat.com)

## 16. Boat Blinds

Panama City -**Vertimax**, (236-0234) Jack Harrouche (6618-3173) located on Paical/Brazil Street. They will custom make or copy your old blinds at a very reasonable cost. It is across from Pak Ya Shipping and around the corner from Abernathy's Transismica store.

## 17. Boat Graphics

Colon – **World Graphics**, Kathy, Ave Del Frente, does transfer lettering and graphics. Used by all the cabs but also good for boats.

Panama City – **Digital Art** at Albrook Business Center (302-7981) (302-7982) Does boat lettering, design, signs and graphics.

**Line & Arts Digital Letters** in Albrook Business Park, Gabriela Murillo (232-7000) (6616-2464) [gabriela@lineandarts.com](mailto:gabriela@lineandarts.com) does graphics & digital lettering for boats.

## 18. Buses

Panama City - The **Gran Terminal de Transportes** is located adjacent to the Albrook Mall. Bus travel is very economical with numerous and frequent bus service between cities. Within Panama City taxis are better and very economical. Find out the rate before you hire a taxi as like everywhere there are sometimes higher prices for tourists.

## 19. Camera Repair

Panama City – **Canon** – located in El Dorado above ICOM. Repairs on printers also.

**Fotoser** – Ruben Aranda (261-0436) [rearanda@rocketmail.com](mailto:rearanda@rocketmail.com) Located off Transismica between Abernathy's & Reba Smith grocery. Email him for a map. Rapid service.

## 20. Canvas Work & Sail Repair

Bocas – **Cindy Mangnus** (757-9564) does sail repair and canvas work.

Colon - **Manuel Pretelt**, Flag & Sail maker (441-2389) (6624-4844) is located on Calle 8 ½, Ave Santa Isabel, down an alley behind the Monk Laundry. Take a cab. Does sail repair and canvas work.

Linton - **ABC CANVAS** (6706-9077) Bob & Crystal and Roman travel to Shelter Bay Marina doing canvas projects, dinghy covers, lazy bags, upholstery and all sail repair. They have a working loft in Linton with professional heavy duty equipment, UV thread and real Sunbrella materials. Roman does perfect dinghy covers. Bob has a background in upholstery.

**Jim & Heather** (6665-0008) (6735-0598) S/V Charmer in Linton, do canvas work.

Panamarina – **Herve & Alan** (6783-9319) (6005-8879 Tuesday-Saturday) (6687-7747 Sunday-Monday) [canvas.p@hotmail.com](mailto:canvas.p@hotmail.com) run a canvas and sail loft.

Panama City – **Samudio** (6716-4678) does canvas & sail repair for big boats at BYC. **Omayra Aguirre Robles** (6684-2803) (222-3806) [textimuebles@hotmail.com](mailto:textimuebles@hotmail.com) does canvas, cushions, Upholstery and custom sewing.

## 21. Carpenters

Bocas – **Agustin Morales** (6601-2134) does excellent work.

## 22. Carpet Cleaning

Panama City – **Mr. Vapor**, (261-1001) (261-6776) (6612-8332) is located in the Bethania area. He has cleaned rugs at his house/shop at a very reasonable price.

## 23. Charts/Cruising Guides/Flags

Panama City – **Islamorada** (228-4947) is located across the street from the YMCA in the Balboa area. [www.islamorada.com](http://www.islamorada.com) [info@islamorada.com](mailto:info@islamorada.com)

**The Panama Cruising Guide by Eric Bauhaus** is in the 3<sup>rd</sup> edition with the 4<sup>th</sup> to come out in 2009. Bauhaus encourages cruisers to contact him with corrections or recommendations for his guide at [ebauhaus@gmail.com](mailto:ebauhaus@gmail.com)

**The Panama Guide by Nancy Schwalbe Zydler & Tom Zydler** is another guide.

## 24. Chrome Plating

Panama City – **Cromados Panama** – (224-1056) is located near Industrial Center at entrance of Costa del Este.

## 25. Compass

Panama City – **True North** – **Iberto W. Osorio S.**, (6617-4557) [aosorio@becainc.net](mailto:aosorio@becainc.net) is located in Diablo, Ancon area, Casa No 5286. Does adjustments.

## 26. Computer Services

Bocas – **Tony** (6616-4029)

Panama City - **Alex Neuman** (202-1525) (6781-9505) is located in the offices above the Athens's Pizza/Pita deli in the El Dorado area. Does software/hardware repair.

**David Kirtschig** (6505-7513) S/V Ventosa at La Playita, [david.kirtschig@gmail.com](mailto:david.kirtschig@gmail.com)  
Does custom services at \$30/hr.

## 27. Dentists

Bocas – **Dr. Wongs** – (6625-0060) located near the bank. Clean & modern office.

Colon- **Dr. Ida Herrera**, Calle 3, Nuevo Cristobal (441-7141) (6614-9712) is a very good dentist. Will bring other specialists to her office when needed.



**Dr. Monica Shedden, Peridontist**, (204-8318) (204-8368) was referred by Dr. Herrera and will come to Colon to see you in Dr. Herrera's office. Office in Panama City is at Punta Pacifica Hospital Medical Center.

Panama City – **Dr. Omar Rodriguez**, (223-2689) is located in the El Cangrejo area. Atlantica Building, 3<sup>rd</sup> floor, #4.

**Dr. Gabriela Eisenmann** (228-0314) (314-1019) is located on Calle 53E Obarrio Samuel Lewis, behind Toisa. Specializes in periodontal disease and implants. Goes to Balboa Clinic a couple days a week.

**Balboa Dental Clinic** – (228-0338) (314-1019) [balboadc@cwpanama.net](mailto:balboadc@cwpanama.net) is located across the parking lot from Niko's café.

## 28. Diesel Engine & Generator Parts & Service

Bocas – **Diesel Mechanic -Saylpal** – Call **Jeff** on S/V Walden (VHF 68) (6465-3805) Located in Bocas Yacht Club marina.

**Electrical/outboard/diesel** – Call **Sonny on Anomaly** (VHF 68) Located in anchorage off Bocas Yacht Club Marina.

Chilabre (between Panama City & Colon) – **Northern Lights -Inrepsa** is the **Northern Lights** rep and carries some parts. Contact Joshlyn (320-1144) (6673-0915) (6677-1146) or Carlos Chavez [inrepsa@anchorpanama.com](mailto:inrepsa@anchorpanama.com) [www.anchorpanama.com](http://www.anchorpanama.com)

Colon/Panama City - **Cristobal Marine Repair**, Walter "Ski" Kosiarski, Balboa office, (232-6575), (6614-8167) Colon office, Robert Heavel (6766-9100) Salizar (6480-0192) is the hydraulic guy in Colon.

Colon – **Mechanic Engineer - Andy** Anderson works on most all diesel engines. Cell number 6739-2306. E-mail: [andersonanat@hotmail.com](mailto:andersonanat@hotmail.com)

Panama City – **Cardoze & Lindo Caterpillar** (274-9300) are the main CAT service, repairs and parts for Panama. They do engine oil sampling for any type of engine.

**Honda Generator – Airco** – Erasmo (271-5337) [taller1@aircopanama.com](mailto:taller1@aircopanama.com) located at Ave. A. Urbanizacion. Sells industrial equipment & generators and has big repair shop.

**Injectors – Adirpsa-Agencias Diesel, Rivas y Picans-** (229-3141) Rebuilds injectors, pumps, and filtration. Located one block of Ave. de Cordoza (Miro?)

**Perkins/Westerbeake Parts/Service – Expert Diesel** – (273-8860) [expert@finfo.net](mailto:expert@finfo.net)

They are the importer and do not do direct sales. They will refer you to Nat.Parts S.A. Fernando (6617-9567) Make sure they can get the part from Expert Diesel. Located in the Monte Oscuro area.

**Volvo Penta** – Gilberto or Roberto (390-4667) (390-8686) [eduservicios@cwpanama.net](mailto:eduservicios@cwpanama.net) is located on Av. Juan Pablo II, Local #4, Edf. Portisol, Penta Baja . Will ship to Bocas.

**Kenneth Brezeale** – (6648-7202) [bocassolar@gmail.com](mailto:bocassolar@gmail.com) diesel mechanic.

**For more listings see list of mechanics in the Southbound Group” Cruisers Guide to Services in Panama City - Files Section.**

**29. Dinghy Repair** – **Centro Marine** (see Marine Stores) sells a product called Tip Top glue, a two part product which can supposedly repair hypalon.

Panama City - **Repallantas Tip Top** – (224-8315) (224-6566) is located near Parque Lefevre, Centro Commercial Rio, Local 15, 16, 17, 1010. Call first to see if they are still repairing dinks.

Panamarina – Jean Paul (6005-8879 Tuesday- Saturday) (6687-7747 Sunday-Monday) now has a dinghy repair shop.

**30. Directions/Addresses** - When asking for directions, Panamanians refer to **neighborhoods** or landmarks, such as, the Marbella, El Cangrejo, El Carmen or near Hotel Panama, near the World Trade Center, near the Kentucky Fried Chicken on Calle Espana. Buy a **good map of Panama City like the Mapi Map** and learn the neighborhoods, landmarks and some key streets, bearing in mind that streets have multiple names and most do not have signs. You will get more done in one day if you plan your trip to Panama City with a map in hand. It is big city with congested traffic. If you have limited time for shopping it is best to **plan your route** with one of the taxi drivers listed above who knows how to find these boat service locations. The good taxi drivers recommended by other cruisers can save you much time. If you are planning to return to the San Blas, Linton or the Colon area an overnight stay in Panama City is recommended to accomplish your needs in an organized and safe way.

**31. Discounts** - Except for grocery, politely **ask for a discount** on goods, restaurants and services. Some places will not give a discount unless you have a Resident Jubilado or Pensionado card but many will give the discounts just for asking no matter age etc. The discounts for retired residents are regulated by law “6ta” but businesses frequently give to discounts to anyone who asks. Jubilados and Pensionados can call 510-1300 for questions concerning the law.

## **32. Doctors**

**Many doctors in Panama City have multiple offices located in medical buildings near the major hospitals and move from one office to the other through out the week. That is the reason for all the phone numbers. Check to see if one location may be more convenient than another.**

Bocas – **Dr. Jose “Joe” A. Anderson Jaramillo-** (6616-6000) (757-9800) located on Calle 5ta, Isla Colon.

Colon – **Dermatologist** – Dr. Lidia Dorderis (6613-9083) is in Colon on Wed.

David – Check the guide, **City of David, Panama recommendations from cruisers** (1/14/09) by Lois Peck, (S/V Spice Island Lady) posted on the Cruisers Network On Line and the Southbound Group – Files section of Yahoo Groups)

Panama City – **Cardiologist** – Dr. Norberto Javier Calzada (6616-7159) ncalzada@psi.net.pa Punta Pacifica 204-8395) Patilla (269-0566/5222) (269-3483)

**Cardiologist** – Dr. Ouiruz Solonilla (269-5222)

**Cardiac & Endovascular Surgery** – Dr. Felix Pitty practices at Punta Pacifica Hospital.

**Chiropractor** – Dr. Marco Antonio Belizaire (227-3444) (6639-0635) [drbelizairedc@aol.com](mailto:drbelizairedc@aol.com) Agape Chiropractic & Wellness, Centro Medico, Ave Peru in Bella Vista. Dr. Marco is on Panama's Olympic Medical Team.

**Chiropractor** – Dr. Alfredo Orillac Jr.(225-6461) (223-3403) Edificio Torres Bella Vista, Ave. Justo Arosemena, between Calle 42 & 43 in Bella Vista. Trained at Palmer Institute in Ohio.

**Clinica Albrook** – (315-0773) located in Albrook Plaza (not the mall – it is the little strip center past the Albrook airport) open Mon-Sat 7AM to 9:30PM Walk in clinic for general problems like colds.

**General Practice** – John's Hopkins- Dr. Gerardo Castrellon (6617-6990).

**Dermatologist**, Dr. Ricardo Bullen, is located across from Hospital Patilla in the Marbella area (223-9697) (6676-6830) and at Hospital San Fernando Clinic. He is at these offices on different days so call for schedule. He is also a Mohs surgeon.

**Dermatologist**, Dr. Gioconda Gaudiano, (269-7243) (6596-4956) She is located in the medical building across from Patilla Hospital.

**Eye Surgeon** – Dr. Roberto Vasquez, Consultorios Medicos Paitilla, Calle 53 & Ave. Balboa, (263-7977) (269-5222) (6673-1001)

**GYN** - Dr. Teodore Mendez, (305-6408) (6612-2018) is located at the Clinic at San Fernando Hospital and is the chairman of the International Relations Dept. He is a good contact for other doctors.

**GYN** – Dr. Britania Rodaniche ,Consultorio Medicos Paitilla, (264-4893) (6615-7565)

**GYN** – Dr. Juan Antonio Carbone, (214-7263) (269-5222) [carbone@cwpanama.net](mailto:carbone@cwpanama.net) located at Hospital Punta Pacifica medical offices.

**Gastro** – Dr. Oscar Bulgim, Consultorios Medicos Paitilla, 5<sup>th</sup> floor #510, (264-5238/3218) (6615-5238) Dr. also sees patients in Colon.

**Internal Medicine** – Dr. Jose Mendez (265-5155) (226-4821) Centro Medico Paitilla. Dr. does many colonoscopies.

**Internist** – Dr. Eric Ulloa, (278-6000) (6676-7503) Clinic at San Fernando Hospital and National Hospital.

**Internist** – Dr. Jorge Paz Rodriguez, Wellness Clinic (6678-2354) (269-1785)

**Neurologist** – Dr. Arango (263-7977) (263-7977) Consultorio Centro Medico Paitilla.

**Neurosurgeon** – Dr. Carlos E. Bricenos – (269-5222) Ex2420 Consultorios Medicos Paitilla, 4<sup>th</sup> floor North #411 [cbriceno@cmpaitilla.net](mailto:cbriceno@cmpaitilla.net)

**Orthopedic Surgeon** – Dr. Salomon Dayan Clinica Orthopedica Dayan, Hospital Punta Pacifica Medical Center (204-8444) (204-8445) (269-2109) has a staff of doctors and physical therapists.

**Primary Care**- Dr. Jose Teran Sitton, (278-6605/278-6600) [teranjm@sinfo.net](mailto:teranjm@sinfo.net) is located in the Clinic at San Fernando Hospital.

**Rheumatologist** – Dr. Antonio Cachafeiro, Medicina Internal Reumatologia, Consultorios Medicos Paitilla, 2<sup>nd</sup> floor, North #207, (206-2438), Apts.(206-2595)(6611-5519)

-Check US Consulate Medical List (227-1777)

-Check Southbound Yahoo Group, Cruisers Guide to Services in Panama City (May 2009) for more doctors recommended by cruisers.

**33. Dress** – Especially in Panama City and any government office, please respect the local custom of wearing long pants, shirts with sleeves, and shoes (not sandals). Recently a cruiser thought he had all the bases covered by having life jackets in a prominent spot in his dinghy while passing by the Panama Guardia Costa. He was stopped and told to put a shirt on.

### **34. Electronics/EBRIB**

Bocas – **Kayving** (6566-5506)

Colon – **Joaquin** (6675-7433) has an electronics repair shop in the same building as the Port Captain. He is good with radars, radios and other electronics.

Panama City - **EPRIB battery replacement**

**Electromar Services, SA** – (228-9983) Dino- located in La Boca Anton area, EPRIB battery replacement, electronics and hydraulics.

**Overseas Electronics & Beyond** – Julio C Romero M. (6615-1879) (209-2586) (209-2588) EBIRB battery replacement, electronics, repair radar etc.

**Electronica Japonesa** – (264-6384) (264-1186) Jose Chan [jchan110@hotmail.com](mailto:jchan110@hotmail.com) located on Brazil across from Pricemart. Good for general electronic repair.

**Electronica de Anton** – Rolando “Rolo” Tomilson, (6487-3818) (314-0812) (314-1634) [electroancon@cwpanama.net](mailto:electroancon@cwpanama.net) located in Balboa business center (across from Freeway Laundry) electronic and ICOM repairs.

**Falcon Electronics** - Javier Parra (314-1034) (6781-1544) [falcon@cwpanama.net](mailto:falcon@cwpanama.net) [www.ifalcon.net](http://www.ifalcon.net) is located in the Balboa area near the theater. He is a KVH authorized technician. His company repairs and installs almost all electronics. Javier also does electronic work on Naiad stabilizers. Javier is a good source for referrals to other technicians and products. Highly recommended.

**ICOM Guibor**, Alberto Nevah (260-7144) [www.guibor.com](http://www.guibor.com) is located in the El Dorado area across from the El Dorado mall on Tumba Muerto does ICOM repair

**Nautimar** – (6688-7369) [nautimar1073@hotmail.com](mailto:nautimar1073@hotmail.com) has marine hardware/electronics.

**Navstar Marine Electronics**, Rigoberto Gonzalez (228-9331) (228-0907) (6615-1915) or Osvaldo Flores (228-0399) (6617-2591) [Navstar@sinfo.net](mailto:Navstar@sinfo.net) [Navstar@cwpanama.net](mailto:Navstar@cwpanama.net) is located in La Boca Anton area, near the Freeway Laundry. Furuno dealer and repair Furuno radars etc

**Protecsa** – (227-3533) Edgardo Batista, [info@protecsa.com.pa](mailto:info@protecsa.com.pa) [www.protecsa.com.pa](http://www.protecsa.com.pa) is located on Ave. National, not too far from Centro Marine. Authorized sales and service for **Simrad, Raymarine, Sea Tel, JRC, Sitex, Newmar, C-Map, Navionics chips** and many others. Has electronics, cables, hydraulics and wire rope.

**Radio Shack/La Casa del Telephone** – Herman (263-4511) (263-4119) is located on Via Espana, Plaza Concordia has a big supply of electronic supplies similar to the U. S.

### **35. Embassies**

Canada – World Trade Center, Marbella area (263-8083)

France – Casco Viejo area, (211-6200)

Germany – World Trade Center, (263-7733)

Great Britain – Swiss Bank tower, #4, in front of World Trade Center (269-0866)

Italy – Banco Exterior Building, 25<sup>th</sup> floor, Balboa Ave (225-8948)

United States – **new** embassy is now in the Clayton area (207-7000) Not Balboa Ave.

### **36. Fabric Shops**

Panama City – **El Tapiz**, David or Elias Tuvachi (262-2334) (212-0632) is located on Calle H & Ave Ancon. Has Sunbrella, zippers and snaps. Check the fabric to see if it is a “second”

**Almacen Todo de Cuero** – is located on main road to Cinco de Mayo, Ave Julio de 4. Store has fabric, leather, snaps, grommets, zippers, webbing, closed cell foam etc.

**Pico Pico** - located on Cinco de Mayo. Large selection of Sunbrella upstairs.

### **37. Filters**

David – **Filtros Carossi SA** (774-5468) located at Ci 2 B Sur Diagonal Edif Don Chago Panama City - **DiLupa** – (229-8766) is located in Vista Hermosa area near Dimar. It has almost any filter and Baldwin Housings.

**Electro Inyeccion Diesel Chu, S.A.**– (261-0212) located on Via Fernandez de Cordoba No. 41-39, Diesel engines, pumps, Racor Housings and many Racor filters.

**Filtros Carossi SA** – (261-7505) (229-5909) (229-5343) is located on Calle Ira & Calle Victoria in Miraflores area NE of Tumbo Muertos – filters & dealer for Luberfiner filters

### **38. Fire Extinguishers**

Panama City - **Abrasil** – (260-9061) does fire extinguisher certifications.

**Firemaster de Panama, S.A.** – (236-0880) (260-4691) (6674-9497) is located Urbanizacion Industrial Calle Harry Eno, Apartado 4263, does certifications.

### **39. Fuel**

Bocas/Almirante – **Texaco** at the commercial dock has diesel and gasoline. Cement dock, depth good, and short fuel hose.

Bocas – **Bocas Yacht Club Marina** – (757-9800) Diesel only.

Colon – **Shelter Bay Marina** – The fuel barge (diesel) is located to port as you enter the marina channel. Call VHF 74 for SB Marina for instructions. No gasoline is available.

Panama City – **Flamenco Marina** has a fuel dock.

**Balboa Yacht Club** – You can get diesel at the dock but call ahead. If you purchase fuel you can usually fill your water tanks at no additional charge.

**La Playita** has diesel but you may have to pay an extra fee to bring your boat to the dock.

**Linton & San Blas** – See Linton & San Blas services below.

### **40. Grocery/Liquor**

Panama has almost anything you could want in terms of groceries and supplies. It is the logistics of getting it that requires some planning and patience. Many items are available in Colon at Rey, Super 99 and Mega Depot. Different stores within the same chain will have different things so keep looking; There is really no consistency in supplies or pricing. Some items are more expensive at one store but others in the same store are more economical. If you see it and you need it buy it. Backtracking in Panama City is difficult. In Bocas del Toro, there are small stores but large supplies come from David, Panama via

various transports. The major shopping is Panama City. It is best to stock up in Panama City on what you need here before heading elsewhere. Panama has many imports and products not found in other countries at great prices. For example, in Colombia, wine and liquor are expensive so stock up in Panama.

**Bocas – Meat Distributor** – Enrique J. Olmas (6626-3988) Does not speak English. Order by Tuesday for delivery on Friday. All meats come in bulk packages.

**Super Gourmet** – Lorelei Kusin (former cruiser) (757-9357) (6671-5347) ([labocaloca@cwpanama.net](mailto:labocaloca@cwpanama.net)) Calle 3, Isla Colon. Has two locations in Panama, providing gourmet groceries and delicatessen. The Bocas store is the original and provides cash discounts and special orders to the cruising community. Hours 9 AM-7PM (not Sun.)

**Personal Shopper in David – Tony Braxton** (6617-8629) Lola Braxton (6607-9423) Will do personal shopping for you and transport to Bocas at reasonable rates. .

**Colon – Rey** at Quatro Altos Shopping Center is well stocked with many imports and meats. Will freeze and deliver big orders. Shelter Bay Marina Bus makes two trips a day to this center. Customer Service (270-5535) Rey is found throughout Panama.

**Super 99** at Colon 2000 Shopping Center also is well stocked with many different products. Super 99 is found throughout Panama.

**Mega Depot** in Colon is smaller than the one in **Panama City** (Winston Martinelli, manager (261-2114) (6617-2889) [sabrogo@super99.com](mailto:sabrogo@super99.com)) and does not have as many refrigerated items but has many products such as canned turkey and chicken. The Colon store will deliver to Shelter Bay or elsewhere with orders over \$200. The Panama City store will also do free pick up and deliver for groups. You will find Wall Mart type items.

**Panama City – Riba Smith** has at least 5 locations and is considered the best for hard to find items and U.S. imports.

**Pricemart** has 3 locations in PC and one in David. Is a Cosco type store. Excellent meat, salmon and other deli products. Sometimes has the best veggies. Good prices on wine and liquor. Pricemart no longer gives day passes. You will need to use a taxi driver that has a pass or buy a yearly pass for \$35.

**Bal Harbor Plaza** in Punta Patilla area has a number of specialty stores in the area. This area is across Balboa, from MultiCentro Mall. **Fruteria Mini Max** is in Bal Harbor Plaza on Via Italia Centro Comercial, Enrizue Chong (223-6964) is oriental market with good vegetables. Foodies (269-9702) is another oriental market with veggies. **Pita-Pan**

**Kosher & Deli Shalom Kosher** and **Super Kosher** (groceries) located one street north of the Bal Harbor shopping center. They have such things as wasabi and pickled herring.

**Berard Meats** – (229-7005) (229-1492) Calle Francisco Filos & Vista Hermosa, on Calle 2a (Segunda) Vacuum Packages of beef & pork. Good sausages.

**Cheese, Cheese** – Luc Desrosiers (264-6211) [cheesecheesepanama@hotmail.com](mailto:cheesecheesepanama@hotmail.com) imported cheeses.

**Deli Gourmet** – is next to the Do It Center in El Dorado and also on Calle 50. Has specialty items like anchovy paste, infused oils, good deli and sandwiches.

**Felipe Motta Wine & Cheese Store** – (302-6633) located in Marbella area on Calle 53, across from Dunkin Donuts, near Patilla Hospital. Nice selection of wine, liquors, specialty items and deli. Also, in El Dorado (300-2269) and Costa Del Este (302-2025).

**Petit Paris** on Argentina for croissants, brioche, multi-grains and French bread.

**Meats Gourmet** – located in Bella Vista is suppose to have the best cuts of meat.

**Mercado de Abastos** – is located on the main road between Calidonia and Albrook airport. It is a massive fruits and vegetable market. **Roderick Quill** (6673-1748) (212-0860) will shop with a list and deliver.

**Mercado de Mariscos** is located at the end of Balboa Ave. and the top place in town to find fresh caught seafood.

## 41. Guns/Self Defense Products

Panama City – **Panama Contactors**, Carlos Leon, (225-8411) (6670-2893)

[carlos@panamacontactos.com.pa](mailto:carlos@panamacontactos.com.pa) is located on Calle 44, Bella Vista Edif. Jasat, several blocks from the Costa Inn Hotel. Sells guns, stun guns, and police pepper spray.

## 42. Haircuts & Spa

Colon – **Vita Bela Spa**, Plaza Millennium, (446-1022) (6759-0357).

**Jorge Rodriquez** (6769-1562) (447-1913) [jorgewilsonr@hotmail.com](mailto:jorgewilsonr@hotmail.com) is now located at 8518 Calle Campana in Margarita. Jorge is very experienced in all salon services having done the Miss Universe pageants for years. He is formerly from Chicago and splits his time now between Colombia and Panama.

Panama City – **A Cut Above** – Nixa (315-1597) is located in Albrook Plaza. Does good haircuts and color in upscale salon.

## 43. Hardware Stores

Colon - **Novey** has stores throughout Panama. In Colon ask for “Shelter Bay Marina discount” Colon (447-1033) Novey is similar to a Home Depot and carries such items as acetone, paint thinners, Jerry jugs, etc.

**Garcia’s** located next to the Texaco on Ave. Central, has a wide range of hardware and can make hydraulic hoses.

Panama City - **Do It Centers** are also throughout Panama, including El Dorado, Albrook, Mall Multi Plaza Pacific Mall and are a cross between a Home Depot and Wal-Mart. They have **Shell Rotella-T 15W-40 oil in gallons.**

**Fausto Salazar** – is located behind Rodelag off of Transismica. Tools.

**Ferreteria** – is located on Via Fernandez de Cordoba, near Super 99 Hardware, plumbing **Grainger**, Rina Rhenals, 366-0423, [rina.rhenals@grainger.com](mailto:rina.rhenals@grainger.com), is located on Transismica where it intersects with Domingo Diaz or Ernesto de Lefevre Grainger has a huge catalog supply.

**Mayher S.A.** – Ana Martinez (6724-8384) is located in Urb. Industrial Los Angeles, Calle 65 (near Fausto Salazar) has tools, industrial supplies, electrical, excellent selection of light & heavy duty construction, machining parts and equipment.

**Rodelag** – (302-2333) Transismica near Abernathy’s and across from Riba Smith’s. These stores are located all over Panama.

**Centro de Industrial** – (224-2233) is located on Via Cincuentenario 79-10 and has pumps, seals and tools.

## 44. Hoses & Hydraulic fittings

Panama City - **Dimar**, Mr. Diaz or Veilka Madrid, (229-1444)

[dimarventas@dimarsa.com](mailto:dimarventas@dimarsa.com) [www.dimarsa.com](http://www.dimarsa.com) in Vista Hermosa, off of Via Espana and near San Fernando hospital, has a large supply of bearings, belts, hydraulic hoses, industrial, marine and automotive hardware.

**45. Hotels** - Hotel rooms in Panama City are booked for weeks ahead. The key is making a reservation first and then make your shopping/appointment plans around the reservation. Many places do not request a credit card for a reservation. Ask for a discount - for corporate rate, for paying in cash, for the day of the week, or for any reason you can think up. Hotels are less from Monday thru Thursday. Prices vary depending on many factors including the Resident Jubilado or Pensionado cards. Some hotels will not even ask for the card. There is an example of how Panama hotel rates vary depending on the day of the week, whether you pay in cash and other factors under Hotel Milan.

Most of the midrange/high end hotels are located in or around El Cangrejo/Bella Vista/Marbella areas which is the center of Panama City. The streets immediately north and south of the heart of Via Espana or the area surrounding Hotel Panama have the highest concentration of these hotels. These areas are central for shopping, walking and restaurants.

Most of the budget hotels are in and around the Calidonia/La Expocision areas concentrated in a 10 block area between Avenida Peru and Avenida Cuba. In this area it is best to take a taxi at night. If you book ahead and ask for discounts there are inexpensive hotels available in better neighborhoods at the same prices.

**Tocumen International Airport – Riande “Airport” Hotel** (290-3333) A hotel shuttle takes guests from the airport to the hotel (5 minutes away). It is a good choice if you come in real late or have to leave early. There are no other hotels near this airport. Ask for a room on the first floor in the building where the front desk is located.

Panama City – **Hotel Milan** (263-6130) is on Eusebio A. Morales calle, in the **El Cangrejo** or Hotel Panama area, which is centrally located within walking distance of many restaurants, shopping and businesses. The Milan has sparkling clean rooms, Wi-Fi (6<sup>th</sup> & 7<sup>th</sup> floor plug ins), a very secure garage, ice on every floor and hot showers. There are 3 different size rooms: **economica** (no safe or couch), **the standard** (safe, couch and bigger) and **the suite** (safe, refrigerator/freezer & huge bath tub). There are 4 rates for each of these rooms which are fairly standard type rates for Panama. The **regular rate** (all include 10%tourism tax) for economica \$66; for standard \$77 & for suite \$99. The **cash rate** is \$49.50, \$57.75 & \$74.25. **The Pensionado Rate** (card is necessary) from **Mon. thru Thurs.** is \$33, \$38.50 & \$49.50. The Pensionado Rate **on Fri., Sat. & Sun.** is \$46.20, \$53.90 & \$69.30.

Although the Milan is nearly always booked, if you call after 2PM you may get a room because of cancellations or other reasons. Anna or Francisco will answer emails at [hotelmilan@cwpanama.net](mailto:hotelmilan@cwpanama.net).

There are many other economical hotels in the **El Cangrejo** neighborhood such as **Hotel Marbella** (263-2220), [hmarbella@cableonada.net](mailto:hmarbella@cableonada.net) . There are also many Aparthotels located in this area such as the **Coral Suites** (269-3898), the **Sevilla Suites** (213-0016) and the **Torres del Alba** (300-7131).



**Albrook airport/mall area– Albrook Inn** (315-1789) has been recently renovated. The Albrook (domestic) airport is 15 min. away by taxi and the Albrook mall is a little further.

**Balboa Inn** – (314-1520) (6618-4414) [www.thebalboainn.com/cruisers](http://www.thebalboainn.com/cruisers) located in Balboa behind the HSBC bank. Run by a former KLM flight attendant.

**Hotel California** (263-7736) [info@hotel-california.ws](mailto:info@hotel-california.ws) , [www.hotel-california.ws](http://www.hotel-california.ws) is located on Via Espana & Calle 43. Clean, economical and friendly service but not close to anything. Take a taxi.

**Plaza Paitilla Inn** (208-0600) is located in the residential community of Punta Paitilla which is across from the MultiCentro Mall, near Hospital Paitilla and Marbella area. It is an old Holiday Inn hi-rise with rooms that have dramatic floor to ceiling windows overlooking the water so ask for one of them.

**La Estancia** (314-1417) is located high on the forested slope of Ancon, which is a quite refuge from PC, but there is nothing within walking distance. It is a good value “bed and breakfast” in a 1960 Canal Zone home and a place to relax.

**Pet allowed hotel – Hotel Costa Inn**, (227-1522) [costainn@cwpanama.net](mailto:costainn@cwpanama.net) [www.hotelcostainn.com](http://www.hotelcostainn.com) is located on Ave. Peru & Calle 39 in a not so good neighborhood but they do allow you to walk in with your pet. Recently they started charging \$11 for a pet. This is the only hotel known to take pets openly. Secure parking. Colon area - now has the new **Four Points Sheraton** and the new **Radisson**. The **Melia Resort** (470-1100) is nearby. **Shelter Bay Marina** also has new rooms available with air conditioning and satellite TV.

Pacific beaches – **Coronado** has a great little new hotel in the Rey shopping center called the **Corowalk Inn**, (240-1516) that is clean and very economical.

David, Panama – **Hotel Castilla** (774-5260) has economical sparkling clean rooms with hot showers but no elevator (bear this in mind if provisioning).

Isla Contadora Panama – **Perla Real Inn**, 250-4095, [www.perlareal.com](http://www.perlareal.com) is recommended by travel guides as the best value small hotel in Panama. It is new, clean and friendly. This is a good weekend getaway to beautiful beaches in the Perlas Islands.

## 46. Inverter Service

David - **Electrysol S.A.** – Victor Saldano (507-618-4146) [vsaldane@electrysol.com](mailto:vsaldane@electrysol.com) is the authorized Xantrax Inverter Repair in Panama. Cruisers have shipped inverters for repair from Panama City via local airlines to David for \$20. each way.

## 47. Lampshades

Panama City - **Custom Lamp Shades** – Roberto (6672-5686) can make any size or style. He is also helpful for referrals to other vendors.

## 48. Laundry

Panama City – **Freeway Laundry** (228-6592) is located near the YMCA. From the YMCA go left and then left again at the light. It is in a small strip mall. You can leave it or do it yourself. They deliver also.

## 49. Life Raft Inspection

Colon Free Zone- **Ocean Safety**, Ruben Villarreal, 430-3804, [safety@sinfo.net](mailto:safety@sinfo.net), 6677-0343. Ocean Safety is certified for many brands such as Switlik. They let you see it inflated and are very professional. Keep in mind their main business are the big life rafts for ships.

Colon Free Zone- **Panama Marine**, Rodriqez (430-5233) Certified for Viking as well as others.

## 50. Linton Panama services

**Fuel – Mark** (6821-3317) will deliver fuel to you. There are no gas stations in Linton or Portobelo. **Jose** near Panamarina also will deliver fuel from the Chinese Store in Portobelo.

**General Cruiser Services** – Former cruisers, **Sarah & Ann** (6806-9215) offer laundry service, taxi to Colon or the airports in Panama City, and do shopping trips.

**Guido** – S/V “Seeadler” or Hostel Wunderbar does welding, stainless and other work. Check website for Hostel Wunderbar. He is a member of Trans Ocean.

**Mechanic** – Peloto (6712-7526) (668-2382) is a mechanic and has a truck/taxi.

**Michele** (6703-4954) (448-2141) He is experienced in electrical work and also watches boats while cruisers are gone.

**Restaurant/General Services – Complex Casa X – Hans & Edina** (448-2507) (6689-6923) are former cruisers who have a waterfront restaurant/bar that is open every day for all three meals. They have a dinghy dock, apartments for rent, garbage and laundry and other services. Hans plans to offer tours and fishing trips. Hans is a good source of information.

## 51. Locksmith & Keys

Panama City - Magnolia [magnolia@sinfo.net](mailto:magnolia@sinfo.net) located on Ave. October 12 (224-9622) and on Ave. Peru (225-3224) can make most keys. 24 hour number (260-2040)

## 52. Lumberyard

**Cochez** – stores are located all over Panama and have building supplies, PVC, wood.

## 53. Machine Shops/Aluminum

Colon – **Taller Inoxidable** (6636-08350) located next to Rodalac and the diesel store west of the bus station. Can do stainless welding.

Panama City — **Acero Decorativo, S.A.**, Monica Siu, (236-1450) (236-1360) [acerodec@sinfo.net](mailto:acerodec@sinfo.net) is located on Tumbo Muerto near Cerveceria Nacional and **Acereos Inoxidables**, on Via National does stainless steel fabrication.

**Aluminum –Alumicentro de Panama** (221-6467) Located in Rio Abajo area Calle 13 & Via Espana

**Alpan Aluminio de Panama** – (231-0366) is located on Transistmica, Milla 8 and across from Rey Grocery store. This is an aluminum Extrusion factory.

**Metalica Perez S.A.** – Juan Ibanez (227-1352) is located on Via Corozal (Casino) in the Calidonia area not too far from the Novey. Stainless steel & anodized aluminum, custom fabrication and does excellent quality work. His prices are a little higher but worth it.

**Taller Alfredo** – Alfredo Lyma Young (236-5577) is located in the El Dorado area on Calle E, No 9-M. Shop is “immaculate” and like U.S.

**Taller Quisanch** - Roman Valdez (6699-6917) Ave. Eloy Alfaro & Calle 15

**Troqueles de Panama S.A.** – Miguel Patino- (6616-4605) (6616-4608) (221-2114) [troquelesdepanama@cableonda.net](mailto:troquelesdepanama@cableonda.net) is located Parque Lefevre, via Jose Agustin Arango. Did excellent job making replacement pulley. Specializes in making gears in all materials.

## 54. Malls

Colon – **Millennium Plaza** is a safe area to shop and includes among other stores Novey (hardware), Vida Bela Spa, Burger King, Sheraton Four Points Hotel, Cinnabon and a Food Court.

**Colon 2000** includes Super 99 grocery, Panafoto (electronics) Subway, and other shops and restaurants.

**Quatro Altos** has many stores including the Rey grocery, Titan department store and many others. Exercise more caution in this center.

Panama City- **Multi Plaza Pacific** (302-5380) is considered the highest end center with Riba Smith grocery, Do It Center, Courtyard Marriott hotel and many US type chain stores. This is close to the John’s Hopkins Hospital and the area known as Punta Pacifica.

**MultiCentro Mall** on Ave. Balboa, is not too far from Multi Plaza, which also has many high end shops. This mall is near Patilla Hospital and the area known as Marbella or Punta Patilla. There is a big pet supply store called Melo across the street.

**Albrook Mall** (303-mall) is near the domestic airport also known as Albrook. The central bus station for all busses in Panama is also adjacent to the Albrook Mall. Nearby is the Albrook Airport.

**Eldorado Mall** and the surrounding area has discount shopping.

## 55. Marinas & Moorings

Bocas del Toro – **Bocas Yacht Club & Marina** – (757-9800) (6616-6000)

[bocasyachtclub@yahoo.com](mailto:bocasyachtclub@yahoo.com) [www.bocamarina.com](http://www.bocamarina.com) is located on one of the many islands in the Bocas archipelago very near Bocas airport. The marina has 90-100 slips, diesel fuel, mechanical services, restaurant, and a cruiser friendly atmosphere.

Bocas del Toro – **Marina Carenero** (757-9242) [marcar@cwp.net](mailto:marcar@cwp.net) located on Cayo Carenero Ch 16 & 68 VHF

Colon area– **Shelter Bay Marina** (6781-6631) (433-3581) For reservations contact [info@shelterbaymarina.com](mailto:info@shelterbaymarina.com) [www.shelterbaymarina.com](http://www.shelterbaymarina.com) The marina is located on the west side of the Canal in the old Ft. Sherman Army base. For haul out contact Russ at (6613-1558). The marina has concrete floating docks, a 100 ton travelift, long term storage yard, restaurant, swimming pool, storage lockers for rent, free bus to Colon’s Quatro Altos shopping center in the AM, small hotel, fuel (no gasoline) and is surrounded by a National Park. A fire station and the Coast Guard are located on site. The marina offers a bus trip to the main marine stores and some other places in Panama City on most

Saturdays for \$25. Check the website for further information. Ask for a Shelter Bay discount at Novey in Colon. Shelter Bay Marina monitors Ch 74 VHF

Near Linton – **Panamarina**, Jean-Paul & Sylvie Orlando, (687-7747), (6680-2003), (6680-4061) [panamarina@hotmail.com](mailto:panamarina@hotmail.com), [www.panamarina@hotmail.com](http://www.panamarina@hotmail.com) **VHF CH 69**.

This facility has moorings (no docks), restaurant, security, showers and bathrooms. All facilities are closed on Sunday & Monday.

Panama City - **Balboa Yacht Club**, David Cooper (228-5794)

[BYCbilling@cwpanama.net](mailto:BYCbilling@cwpanama.net) **VHF CH 06** is located in the Amador area at the Pacific entrance to the Panama Canal on the east side of the channel. Only mooring balls are available (no marina) on a first come basis. Call ahead to check on availability. BYC has water taxi service 24 hours a day, Wi-Fi, shower and laundry room. BYC has two rails for haul out. Call **Tito for boatyard** info. The Country Inn Hotel and TGI Friday' restaurant are nearby.

**Flamenco Marina**, Ken Clark, dock master, (314-0665) (6676-3321)

[marina@fuerteamador.com](mailto:marina@fuerteamador.com) [www.fuerteamador.com](http://www.fuerteamador.com) **VHF CH 10** is located at the end of the Amador Causeway. Flamenco has a 150 ton travel lift and yard, floating docks and numerous services but is expensive by any standard. During rainy season boats anchor of Flamenco. Dinghy dock and possibly some other services are available for a fee. This area is surrounded by restaurants and small marine stores.

**La Playita anchorage**, **VHF CH 10**, is located on Punta Culebra, Naos Island, Amador area and **no longer rents mooring balls**. You can still anchor outside the mooring area for free. Dinghy dock and possibly some other services are available for a fee. **The harbor police will fine you if land your dinghy on the rocks.**

**Puerto Pescero de Vacamonte Boatyard**, Alejandro Gerbaud, (251-1455) (251-1636) is a fishing fleet boatyard located in Vacamonte where catamarans can be hauled.

Pacific side - **Taboga Island Moorings**, **VHF CH 74** – check with Chuy or Susan on S/V Libre at (6442-5712) for other services provided.

## 56. Marine Stores - General

Colon - **Ferremar**, Calle 10, Pedro Lara Jr. (447-3943) (6612-6970), [ferremar@cwpanama.net](mailto:ferremar@cwpanama.net) Mr. Lara advised that he intends to increase his inventory. Limited supplies now.

Panama City - **Abernathy's** has several locations including, Via (260-1222) and Amador (314-1432) email [info@abernathy.com.pa](mailto:info@abernathy.com.pa) [www.panamafishing.com.pa](http://www.panamafishing.com.pa) Be sure to ask for "a discount" at all of these stores. An additional 25% at Amador on Wed.

**Captain's Store** – Jeromino (236-2575) [asnauticos@cwpanama.net](mailto:asnauticos@cwpanama.net) is located in the Altos de Chase area, Tumbo Muerto & Ave.de la Amistad 19F. This is a commercial marine supply store. Has Solas flares.

**Centro Marine**, Berta Arroyo, (225-6654) [info@centromarino.com](mailto:info@centromarino.com), is located on Ave. Nacional. This is the only store that has polyester UVR thread for canvas work but only in 16 oz. It is unknown to many taxis so have the taxi call for directions. This is a dicey area so use caution when outside the store. Centro Marine also has a store in Amador (314-3344).

**Marine Warehouse**, Arturo Romero, YMCA building in Balboa, (6702-9256), (314-1768) [Arturo@marinewarehouse.net](mailto:Arturo@marinewarehouse.net), [www.marinewarehouse.net](http://www.marinewarehouse.net) Although this is not a

physical store, but really just an office with a few items usually in stock, this company ships in most boat items at a price similar or less than the West Marine or internet prices in a timely manner. There are no problems with shipping, hazardous material charges, delivery or customs. See Shipping below for more information.

**Pesqueros**, Ines Bovell, (224-7777) (6404-3433). Their new store is now located on Ave. Ernesto T. Lefevre, [sportventas@pesqueros.com](mailto:sportventas@pesqueros.com) Check out the commercial side of the store as well as the retail side. A smaller store is located near Flamenco marina in the Amador area. Carries chain & line. The store on Balboa is now closed.

## 57. Molas

**Flory's Molas**, Lynn (223-6963), (6617-5463) is located in front of the entrance to Hotel Panama in El Cangrejo area. [cmpoliti@yahoo.com](mailto:cmpoliti@yahoo.com) [www.Florymola.com](http://www.Florymola.com) This store has thousands of molas sorted by vintage, price, type and every way you can think of. The owners have collected and bought molas for years and the price is competitive with ones in the San Blas.

**Lisa Davis** (6753-2085) is from Rio Sidra but travels around to the anchorages in the San Blas. Lisa also does "river tours" on the mainland (dry season is better)

**Venancio** (6682-0626) is from Maquina and travels around the San Blas.

**Panama City YMCA** building in Balboa area has various little shops with Kuna crafts. Close by is a pavilion of numerous vendors with Panamanian crafts.

**The Panama Store** (264-1674) [abraham@mynameispanama.com](mailto:abraham@mynameispanama.com) & [www.mynameispanama.com](http://www.mynameispanama.com) is located on Via Espana near the Melos and the sporting goods store, **Jimmy**. This store has a nice collection of commercially made souvenirs and Molas shirts.

## 58. Newspapers

**Panama-Guide.com** is an English newspaper on line which has current information and news. You can search for articles on almost anything you want to know about Panama.

**The Visitors Guide** newspaper covers all the weekly events, restaurant reviews, and many tourist items.

## 59. Oil

Panama City – **Rodolfo Moreno y Cla** – (261-7011) is located on Via Fernandez de Cordoba. They will deliver cases of oil to your boat.

**Do It Centers** have **Shell Rotella-T 15W-40** oil in gallons.

## 60. Outboard Engines

Bocas – Yaneth Yacht Service, **Yamaha Outboard Dealer**, and (757-9001) located on Main St. near the Port Captain's office. Does not speak English but wife and son do.

Colon – Supple Dons (441-4044) in the Free Zone, dealer for Suzuki & Carib dinghies.

Linton – **Peloto** (6712-7526) (668-2382) is a mechanic and taxi driver.

Panama City- **Motoborda** – Forero (262-3279) is located near the Fish Market on Balboa. Has outboard engines and Yamaha parts.

**Motores Marinos S.A.** – Cesar Javier Ruiz (262-6442) is located on Ave. Balboa. Has Tohatsu outboard engines.

**Suzuki Watersport** – is located on Tumbo Murto. Has motors and **Caribe** dinks.

**TESA** – (269-2766) El Dorado area. Sells **Yanmar**/parts. Some problems with orders and returns.

**See list of mechanics in the Southbound Group” Cruisers Guide to Services in Panama City - Files Section.**

## 61. Paint

Colon – Centro de Pinturas Omar, Omar Garcia (6678-6020) (445-0118)

[cpo@telice.com](mailto:cpo@telice.com) Calle 13 & Ave. Frederico Boyd has many paint supplies.

Panama City - **Centralam Panama, S. A.** - Eric or Thomas, (6678-2903) (314-0191) is located in Balboa industrial area behind Lum’s. Carries anti-fouling Hempel.

**Comex** – located all over Panama. Carries Almaron Antifouling

**Fibropinturas, SA** – (6675-2249) (221-2012) [fibropintura@cwpanama.net](mailto:fibropintura@cwpanama.net)

[www.fibropinturas.com](http://www.fibropinturas.com) is located in Rio Abajo area, Edificio #22469, Calle 5a, has paint, fiberglass, gel coat and resins.

**International Paint** – (273-0814) same parent company as Awlgrip.

**Pepsa** – (222-3377) is located in Rio Abajo area. Has two part Polyurethane paint, Duretán etc.

**Sigma Paint** – Diego (317-6553) has Antifouling and Sigma Paint.

**SUR** – (217-6970) is located near Tocumen Airport, Urban 12 de Juan Diaz, Ave 1 Norte. Has Gel Coat, Epoxy resin and paints. Call ahead to check.

## 62. Plastics

Panama City - **Multiplastic SA**, (279-0441) located in URB Industrial Los Angeles area, on a side street behind Rodelag. Sells **Starboard** Sheets and LEXAN.

## 63. Propane

**Bocas** – Panagas - Jorge Cerdas – (6658-3335) (758-8963) Tropigas (758-6568)

Colon – **Tropigas** (441-8925) (441-8766) Allow several days to get your tank back. Shelter Bay Marina will take them in for you for a fee.

Panama City – **Tropigas** – Cruisers hire Taxi Toni to take them to the refill plant which is half way between Panama City and Colon. Panama dress code applies here. See above. Panagas propane and butane is located in Chilibre area also.

Alternately, you can **purchase a 30 pound Tropigas** tank all over Panama for about \$35.00, then exchange it when it’s empty for a filled one at many convenience stores, the Tropigas shop in Colon and even in the San Blas. The price of an exchange is \$4.50. With the proper hoses and adaptors, you can fill your US style propane tank from a Tropigas tank, or plumb in the Tropigas regulator into your existing propane system.

## 64. Pumps

Panama City - **Water Pumps** – **Motores Partes** is located on Via Espana near Calle 90. Rebuilds most models of water pumps.

## 65. Refrigeration

Bocas – Julio Caeres (6690-2629)

**Panama City - Evans International** - (232-5406) Eugenio (6674-3900 or 3901) or Mr. Evans Sr. (6674-3899) [info@evansint.com](mailto:info@evansint.com) repairs marine air conditioners and refrigeration. Located in the Albrook area but provides refrigeration & air conditioner service all over Panama. (As of April 2009 Edwin is no longer working for his father) For service to Colon try to split the charge with other cruisers for the commute. Ask when they are coming for someone else.

**Fresno Clima** – George & Juan (6617-6366) (223-2941) is located in Perejil, 1ra Calle, after the Hotel Bella Vista does refrigeration repairs.

**Friolin S.A.** – (264-6572) (269-6079) is located in El Carmen area, Ave.1, one block off Via Espana – supplies of small cans of Freon, hoses, gauges, & adapters.

**Friolin Segundo** – (269-3804) (223-0371) is located in the Obarrio area, C1 Abel Bravo Urb. - has refrigeration foam insulation.

## 66. Restaurants

Panama City

**Amador area –Acqua** (314-3356) Greek, and Penca's located near the Figali Convention Center. There are many restaurants in Amador.

**Near Balboa area – Los Templarios**, (314-1169) Excellent reasonable price.

**Bella Vista area -La Posta** (269-4225) Excellent food, service and ambiance. **The Market**, **Aleman Rincon** (264-0590), **Rino's** Italian (223-1090) **Restaurante-Bar Tinajas** (263-7890) (269-3840) [tinajas82@hotmail.com](mailto:tinajas82@hotmail.com) and [www.tinajspanama.com](http://www.tinajspanama.com) Calle 51 & Frederico Boyd, has typical food and Panamanian folk dance shows Wed.-Sat. 9PM.

**Brazil** across from Pricemart - **Romanaccio** (302-2633) Italian

**Casco Viejo**(Casco Antiguo) - **Super Gourmet**, owner, Lorelei Kusin (former cruiser) (212-3487) (6675-4357) [info@supergourmetcasco.com](mailto:info@supergourmetcasco.com) located on Cas Testa.Ave.A y Calle 6, directly behind the Canal museum. Delicatessen with daily specials and gourmet groceries. Hours 8AM-7PM, everyday but Sunday. Also, **Buzios** (228-9045) (6612-0837) and **Granclement** (228-0737) for ice cream

**El Cangrejo area** (near Hotel Milan) – **Martin Fierro Argentine Steakhouse** (264-1927), **Machu Pichu Restaurant** is next door and also has a location in Boquette, **Matsuel sushi bar** (264-9547). **New York Bagel** is off Via Argentina and **Café Dulce Coffee House** is below the Subway on Argentina. **Restaurante Angel** (263-6868) (263-6411) located on Via Argentina [www.restauranteangel.com](http://www.restauranteangel.com) is an elegant Spanish restaurant. **Bar/Tasca Angel** (263-1262) is a tapas bar located behind the restaurant on Calle Alberto Navarro.

**El Dorado & Calle Miguel Brostella – TreScalini** – (260-0052) Italian.

**Los Angeles area – Lung Fung** (260-4011) (260-4640) Via Simon Bolivar/Transistmica & Calle 62C Oeste, Wed at 9 AM expats/locals get together for Dim Sum.

**Miraflores Locks Restaurant** – (232-3120) has a great buffet which overlooks the locks and canal. This is a good place to take visitors to enjoy the museum and the canal. It is not too far from Albrook area.

## **67. Rigging**

**Colon - Rigging-** Richard – (6668-9758)

Panama City – Jim Laing – (268-1147) (6655-4026) Does re-rigging and tuning. Is a Master Shipwright and specialist in wooden boats.

**68. Safety – The Tourist Police (211-3811)** all speak English and can be very helpful with problems. Panama City is generally like any big City. Be aware when you are leaving the airports, in tourist spots and out at night. There have been some express kidnappings by **taxi drivers** who are interested in your ATM card. The usual precautions apply, don't walk around with all your credit cards, big purses and loaded with flashy jewelry. Carefully check out your taxi before you get in, agree on price, make sure it is and know where you are going. "The Cruisers Guide to Services in Panama City" has much information concerning safe taxi travel. Use **ATM machines** connected to a real bank. That way, if you have a problem not getting the cash while it debits your account, it is easier to file a complaint immediately at the bank.

## **69. San Blas Services**

Panama's domestic airlines fly from Panama City, at a reasonable price, people and supplies into various locations such as Porvenir & Carti. SUV/taxi's can also be hired in Carti for land trips into Panama City. Allow an abundance of time for "unforeseen circumstances" (rising rivers) for land travel. It is a better idea to plan for an over night stay in Panama City if you want to shop all over the city. There are limited provisions in the San Blas but vegetable boats with provisions do come around to the islands and will also sometimes take orders. Cell phones change frequently.

**Immigration, Porvenir** – Ricardo (6785-6983)

**Port Captain, Porvenir** – Alexis (6531-8129)

**Clinic in Nargana** – (229-9128)

**Hotel Porvenir – Ms. "Ottie"** (6792-3542) (6702-5377) can assist with putting letters or packages on the airplane for Panama City.

**Diesel Fuel/Launch to Carti** – Alberto (6011-0069) Alberto is based out of the West Lemons and will provide various services such as diesel fuel, groceries and transport by hi-speed boat to Carti from the Lemons.

**Launch at Carti – Eulogio** – (6517-9850) He will take you from your anchored boat near Carti into the dock or airport.



**Taxi from Carti to Panama City** – Mr. Manuel (6694-7312) (6780-7310) has a nice air-conditioned SUV.

**Transport Preciado, Augusto Preciado**, (250-1957) (6784-2904) [transportpreciado@smart.com](mailto:transportpreciado@smart.com) in a nice air con SUV.

**Senior Gustavo** – (6683-2010) has a good SUV and is reliable.

**Vegetables & groceries** - Mark on **S/V Melody** (6669-9359)

[freshaircharters@yahoo.com](mailto:freshaircharters@yahoo.com) is sometimes anchored in the Swimming Pool, Eastern Holandes and will take orders for shopping at Pricemart and other places in Panama City. Be specific as to size, amount etc. when placing orders. Mark may have some fuel and propane also.

**Geraldo** – (6726-3077) provides groceries to the Lemons.

**Tienda Eidi** (Nargana) – VHF 72 – services the Hollandes.

**Nautivents** – (6718-2826) will fly via Air Panama supplies to you for a price.

## 70. Scuba Services

**Panama City - Scuba Panama** (261-3841) (261-4064) [www.scubapanama.com](http://www.scubapanama.com) is located one block off of Transismica to the south in the area of Abernathy's. This is a large store with all services.

## 71. Sewing Machines

**Panama City – Singer (Pacosa)** - Isaac Antebi (213-1356) [pacosasinger@hotmail.com](mailto:pacosasinger@hotmail.com) is located on Calle Colombia in Bella Vista, off Via Espana. Has supplies & does repairs.

## 72. Shipping/Importing

**Panama City -Marine Warehouse, Arturo Romero**, YMCA building in Balboa, (6702-9256), (314-1768) [Arturo@marinewarehouse.net](mailto:Arturo@marinewarehouse.net), [www.marinewarehouse.net](http://www.marinewarehouse.net) can ship in most boat items at a price similar to the West Marine price and sometimes cheaper. Arturo has a good reputation and will help any way he can. (He recently delivered boat parts to a ramp on the Chagres River.) The office in Balboa is not a store but he does sometimes have extra anchors, Honda generators, or solar panels. You can also contact Alpert, “**Appi**” at the office in Miami at (305-635-0776) [Albert@marinewarehouse.net](mailto:Albert@marinewarehouse.net) for an email quote. Appi and Arturo work together.

**PakYa Panama**, Al White, (6613-5375), [alwhitepty@yahoo.com](mailto:alwhitepty@yahoo.com) and Melodye Taylor, (6448-8303), (236-1728), [melodye@pakyapanama.com](mailto:melodye@pakyapanama.com) PakYa is located behind the gray metal gates on El Paical (also known as Brazil) which is just to the north of Transistmica around the corner from the Abernathy marine store located near the intersection of Brazil and Transistmica. PakYa can air ship (\$3 per pound plus a small handling fee) and ocean freight quickly. Recently a 5 lb membrane cost \$15 for air shipping plus \$5 for handling and arrived in less than a week. Email or call Melodye for prices and then send her a “pre-alert” email telling her when, what, weight and tracking number of items you had shipped to the freight forwarder in Miami. Recently air was cheaper than ocean freight. The package should be shipped to **Your Name, Yacht In Transit “Boat Name”, 1557 N W 82<sup>nd</sup> Avenue, Suite PMA-10, Doral, Florida 33126 (305-599-8780)**

Remember when buying things and shipping directly to a freight forwarder such as **Pak Ya** in Miami, you should pay **NO SALES TAX** because it is directly shipped out of the country. The company you buy your things from just needs a receipt that it was delivered to the freight forwarder. Pak Ya in Panama City does deliver for an extra charge or you can pick up in Panama City.

**Panama Post offices** – The Correos y Telegrafos (Central P.O.)(212-7680) is located on Ave Central in front of the Mercado de Mariscos. There are also big offices in El Dorado Shopping Mall and Balboa. The Post Office in Panama has a better reputation for reliability than some other countries. It also maybe the most economical and efficient way of shipping something to another country. Be aware that there is no home delivery of mail in Panama.

**Domestic Panama Airlines Albrook airport** - It is very reasonable to airship letters/packages between Panama locations on the domestic airlines (ex: 40lb inverter PC to David \$20. or a letter Porvenir to PC \$5)

### **73. Shoe Repair**

Panama City – **Shoe Repair Shop** (228-9758) is located in the YMCA Building in Balboa area. Go to the far end of the building and down the stairs.

### **74. Solar Panels**

Panama City – Mita Kyocera – Luis Hernandez – (270-0955) is located on Via Israel & Calle 68, across from Multi Plaza Pacifico. Has many solar panels in stock, Kyocera and regulators.

**Pass S.A.** – (302-2640) located on Via Porras, close to Via Espana has solar panels, regulators.

### **75. Surveyors**

Panama City - **Global Marine Survey, Inc.** – (314-0896) (6450-3851) [gmsurvey@cwpanama.net](mailto:gmsurvey@cwpanama.net) is located in the Balboa area at the YMCA building upstairs Does marine surveys.

**James Liange**, (6655-4026) (268-1147) does marine surveys.

**76. Telephones** - Panama's country code is **507** and is used when dialing from outside of Panama into Panama. There are no area codes. Cellular phones all begin with 6 and have eight digits, such as (6448-8303). In many parts of Panama including the western San Blas you can send and receive email very cheaply via a cell phone that is Internet ready by using Cable and Wireless prepaid phone cards. Cable & Wireless (Mas Movil) and Movistar have the best coverage now. Digicel has some coverage now in the San Blas. To call out of Panama to the US, first dial 001. You cannot dial 800 numbers from Panama. For 800 numbers, substitute 800 with 880 and it becomes a pay call. Information is 102.

**77. Train -The Panama Canal Railway**, (317-6070) [www.panarail.com](http://www.panarail.com) runs one roundtrip per day between Panama City and Colon. From Panama City the train leaves at 7:15 AM from the station which is located in the Albrook area. The train leaves Colon at 5:15 PM. The train ride is about one hour, in modern coaches, air-conditioning and modeled after the railway first built in 1855.

## **78. Travel Agents**

Colon – **Viajes Olympic**, Hiru G. Malkani de Navarro or Alex located in Plaza Millemium, (near Novey and Vida Bela Spa) (441-4880) [Olympic\\_inc@cwpanama.net](mailto:Olympic_inc@cwpanama.net) (there is an underline between Olympic and inc.) Resident Pensionados receive a 25% discount on all flights originating and returning from Panama.

**Viajes Las Huacas**, Nila Victoria, (446-2718) (6662-2645) [nilavictoria@yahoo.com](mailto:nilavictoria@yahoo.com) located in Plaza Millennium.

Panama City – **Margo Tours** (264-8888) is located on Calle 50 next to Farmacias Arrocha. [www.margotours.com](http://www.margotours.com) Does travel tours and airline tickets.

**Mundo Aereo** – Mike Capriles (269-4044) (6615-6595) is located on Ave Alberto Navarro.

**Viajes Cora**, Javier Nunez, (269-4014) (6692-7082) [ventas1@viajescora.com](mailto:ventas1@viajescora.com) [www.ways2panama.com](http://www.ways2panama.com) is located on Calle Eusebio A. Morales, across from Hotel Milan.

## **79. Travel Guides**

**Frommers, Lonely Planet and the Moon Guide** are all good for comparing information. The Moon guide gives more details and a wider range of information for small as well as big cities which is useful if you are driving around the country. Since Panama is changing so rapidly the current editions for any guide are a necessity.

Panama also publishes a **Visitors Guide** newspaper which covers all the weekly events, restaurant reviews, and many tourist items.

**Panama-Guide.com** is an English newspaper on line which has many travel articles and pertinent information re travel in Panama.

## **80. Veterans in Panama**

Due to the large number of US Vets in Panama, this organization supports services to Vets in Panama. Contact numbers (261-0813) (305-735-3247) Check the insurance office at Johns Hopkins Hospital to see if they are now accepting retired U.S. military insurance.

## **81. Veterinary Services**

Bocas – **Dr. Nicolas Aguero M.** (758-8436) (6601-1134) OK for routine shots & meds. Will board your pet. Not recommended for surgery or complicated procedures.

Colon – **Dr. Omar Lorenzo**, (449-5951) (6623-3326) (6523-0603) can handle routine problems and shots.

Panama City - **Dr. Carmen Solis** (6612-9015), [carmendesolis@cwpanama.net](mailto:carmendesolis@cwpanama.net) and her partner Dr. Sandra Rios (6613-5895) are located on Ave. Ernesto T. Lefevre across from

the new Pesqueros Marine Store. Dr. Carmen does some pet boarding 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.

**Dr. Jorge Barriga**, Calle 74 San Francisco area (270-2101), (270-2969)

[jbarriga@cwpanama.net](mailto:jbarriga@cwpanama.net) (Emergency Clinic – Dial 811) He also has an office in Coronado. He generally is in the PC office for surgeries only but has several Vets on staff. They also have 24 hour emergency hospital and dog grooming.

**Dr. Nora Lapenta** – (236-0549) (6515-5908) is located in El Dorado. Familiar with Pet travel requirements, shots, and an excellent Vet.

**Melo Pet Stores** are located all over Panama City and have large supplies of all kinds of pet foods and supplies. They also carry Hills Prescription Diet foods. There is a big store across from MultiCentro Mall on Balboa Ave.

**Super Pet store** (270-3856) (270-3857) [superpet@superpetpanama.com](mailto:superpet@superpetpanama.com) is located in San Francisco area. In addition to pet supplies, they do grooming and boarding.

## 82. Water maker Supplies

**Hydromundo Watermaker Supplies** – Desmond & Marta Coates (265-4158) (223-0614)(6675-1362) [hydromdo@cinfo.net](mailto:hydromdo@cinfo.net) or [hydromdo@advanced.com.net](mailto:hydromdo@advanced.com.net) or [www.hydromundo.com](http://www.hydromundo.com) is located in El Congrejo on Via Argentina & Calle 55 Edif Renaissance, local #3 – Sea Recovery watermakers & supplies. Desmond is very knowledgeable regarding HRO systems and eager to help.

## 83. Weather

**Caribbean Weather Center**, operated by **Chris Parker**, S/V Bellamy, [www.caribwx.com](http://www.caribwx.com). Chris can be subscribed to by contacting him at [Chris@mwxc.com](mailto:Chris@mwxc.com), or by writing to Caribbean Weather Center, 5130 Medulla Road, Lakeland, FL 33811, Phone: 863-248-2702, Cell Number: 941-915-7608, or Fax 863-248-4666. Chris offers different rates for daily emails, SSB contact for sponsoring vessels and special trip forecasts. SSB users can listen to his daily forecasts on SSB at numerous times and frequencies. For example: SSB 8104 at approximately 7:30 AM.

## 84. Auto Rental

Cruisers rent cars in Colon, Panama City and David. Rental cars can not be taken across the border into Costa Rica. The new 4 lane interstate is open between Colon (Sabinitas) and Panama City. In general the roads throughout Panama are good. You can get a better rate if you reserve a car online. You can also rent a GPS with digitized road maps.

Colon – Hertz (442-3272) and Budget (441-2126) are located at Colon 2000.

Panama City – Budget (Tocumen Airport PTY - 263-8777), Hertz (PTY - 301-2611), Dollar (270-0355), Thrifty (204-9555), National (PTY – 265-2222), Avis (PTY – 278-9444), Barriga Rent A Car (PTY – 269-0056), Arrendadora Economica (Nuevo Reparto El Carmen & Calle 50 – (229-5257), and Continental Rent a Car (213-0177).