

# **Cruiser Resource Guide for Panama City, Panamá 2020 1st edition**

This guide is divided into six sections:

1. **Overview of Listing Content** (page 2)
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3. Detailed **Listings** and Entries (pages 9-58)
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6. **Beaching in Panama City & Las Perlas** (page 64)

For anything you can not find here: ask on the VHF **Panama City Cruisers Net** at 08:00 (Mon-Sat, mostly on VHF72, although there may be no net if there are no cruisers to host it)

**Please send updates, additions, corrections, deletions, to:**  
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“[The Southbound Group](#)” or the “[CruisersNetworkOnline](#)” group.  
The guide is located in the “Files” section of each group in a  
Panama folder

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

3D Printer	Ecotourism	Life Raft Certification	Rigger
ACR	Eggs (extra fresh, long lasting)	LEDs	Rigging Wire & Supplies
Acupuncture	Electric Motors	Lettering for Boats	Sails & Sail Repair
Agents	Electrical Supplies	Lewmar	Satellite Phone
Air Conditioning Repairs	Electrician (12V/24V)	Lexan/Plastics	Scuba
Air Lines / Airports	Electronics (Marine)	Line	Seacocks
Airplane (Private)	Embassies	Line Handlers	Seals
Alcohol (for Alcohol Stoves)	Emergencies	Liquors	Sewing Machines – New & Repairs
Alternator & Starter Repairs	EPIRB - Battery	Lofrans	Sewing Services
Aluminum (Fabrication, Bending, Welding)	Fabrics	Lowrance	Sewing Supplies & Fabrics
Anchorage	Ferry Services	Machine Shops	Shoe Repair
Anchors	Fiberglass, Resins, Gelcoat	Mail & Freight	Simrad
Apple Computer	Filters (Motor)	Makita Tools, Repair	Sodastream
Attorneys/Lawyers	Filters (Water)	Maps & Yellow Pages	Solar Panels
Auto Parts & Supplies	Fire Extinguisher, Certification	Marinas & Anchorages	Stainless Steel - Fabrication and Welding
Ball Valves	Fireworks	Marine Suppliers	Stainless Steel Nuts and Bolts
Batteries	Flags	Mastervolt	Stamford Generator
Battery Water	Flares	Mattresses	Starboard
Bearings, Belts, Seals	Foam	McMurdo	Starter Motors
Beauty Salon/Hair/Barber	Freight	Metro / Subway	Storage Compartments
Belts (Alternator, Fan)	Fuel - Diesel & Gasoline	Morse Cables	Strata Glass
Blinds	Fuel Injectors & Injector Pumps	Motor - Diesel Mechanic	Subway (Metro)
Book Binding	Fuel/Tank Cleaning	Motor - Diesel Parts	Sunbrella
Books	Fumigation	Motor – Electric, Repairs	Surveyor
Bottom Cleaning	Furuno	Navico	Taxis
Brass Fittings & Copper Tubing	Galley/Head Remodeling	Nets (Radio)	Teak
Buses & Subway	Galvanizing	Notary	Telephone, Internet, WhatsApp
Camera Repair & Battery Replacement	Gasket Fabrication	NuTeak	Telephone /Modem Unblocking
Canal Agents	Gasoline	Nuts, Bolts, Screws, Fasteners (Stainless Steel)	Thread
Canal Lines & Line Handlers	Generator Repairs	Oil & Oil Filters	Tools
Canal Transits	Glasses (Prescription)	Oil Recycling	Transportation - Buses & Subway
Canon	Graphics	Organic Groceries & Produce	Transportation - Taxis & UBER
Canvas Sewing	Groceries, Local Style	Outboard Motor – New	Travel Agent
CAT Marine	Grocery Store, Big Box	Outboard Motor – Parts & Repairs	Turbo Chargers
Chain	Grocery Store, General	Paint	Upholstery (Marine)
Chandlers	Grocery Store, Kosher	Passport Photos	Veterinarian
Charts / Cruising Guides	Grocery Store, Organic	Perkins	Volvo-Penta
Check-In / Check-Out	Grocery Store, Specialty	Pet - Boarding	Watch Repair
Chinese Medicines/Herbs	Grocery Store Deliveries	Pet - Doctor / Veterinarian	Water Maker
Chrome Re-plating	Grommets/Fasteners	Pet – International Health Certificate	Water Maker Repairs
Compass Adjustment	GTO-15 Wire	Pet - Supplies	Water Pump
Computer Repairs & Service	Hardware Stores	Pharmacy	Webbing
Computers in English	Haulout	Phone / Cell Phone	Welding
Control Cables	Heat Exchanger Repairs	Plastics	West System
Construction Materials	Honda Generator	Propane	WhatsApp
Consumer Protection	Hoses	Propeller & Shaft Repair	Wholesaler
Copies	Hospitals	PVC – Pipe, Supplies, Fittings	Windlass Repair
Copper Foil	Hotels / Hostels	Racor Filters	Wood
Copper Tubing	Hydraulics	Radar – New & Repairs	Wood Workers
Courtesy Flags	Ice	Radio FM (English)	Xantrax
Cruising Associations	Icom	Radio Nets	Yanmar/Yamaha Parts
Cummins	Immigration	Radio Repairs	Yeast (fresh)
Danfoss	Impellers	Railroad	Yellow Fever shots
Dentist / Dental Surgeon	Injectors	Raymarine	Zarpe
Diesel	Internet	Recycling	Zippers
Diesel Mechanic	Inverters	Refrigeration – Repairs	
Diesel Parts	Iridium	Refrigeration – Supplies	
Dinghy, New	Jabsco	Rennet	
Dinghy, Repairs	Jerry Jugs	Repairs	
Doctor, General	Jubilado Discount	Resins (Epoxy and Gelcoat)	
Doctor, Specialists & Surgeons	Lagoon Yachts	Restaurants	
Dry Cleaning	Lasik Surgery		
	Laundry		
	Leather		



The map above gives a general orientation to the City of Panama.

There are two major transportation hubs:

1. **Terminal** at Albrook Mall (D6, above)
2. **Plaza Cinco de Mayo** (H5, above), see also map on the next page.

See the entries for **“Transportation – Buses & Subway”** and **“Transportation—Taxis & Uber”** 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 guesstimate reasonable taxi fares, read the signs on buses and figure out where shops and services are located.

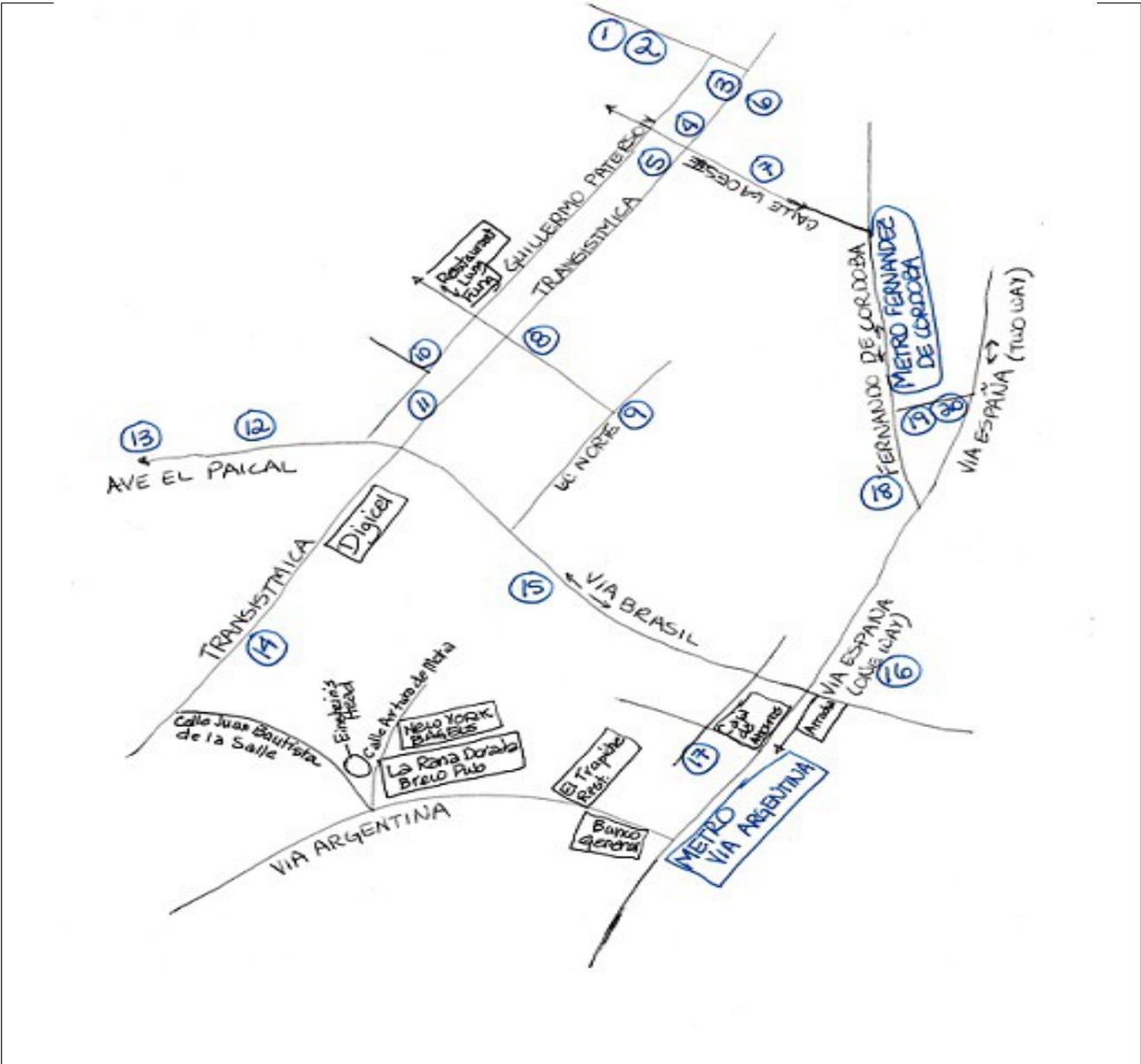
Panama City has five major (mostly east-west) roads. The majority of buses will follow one of these five roads, so if you can identify them here, you will be able to figure out what bus to take to get to a location. From north to south they are:

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 (Cervezeria Nacional)
2. **Avenida Nacional** (G5) which becomes the **Transistmica** at about G6/G7 (again, there are two names: Avenida Simon Bolivar and Transistmica; Transistmica 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 Israel** (H10 to H14) finally turning into **Via Cincuentenario** (H14) at Panama Viejo.



## TRANSISTMICA, VIA BRASIL, VIA ESPANA AREA

Abernathy (Chandler)-----	11	Mayher (Tools)-----	13
Air Facility (Mail/Freight)-----	12	Mega Depot (Grocery Store, Big Box)-----	14
Agencias Domingo (Bearings, Belts, Seals)-----	10	Melo's (Pet - Supplies)-----	5
Dilupa (Oil & Oil Filters) note 2 locations-----	3 & 19	Multi Plastic (Lexan/Plastics)-----	2
Dimar (Bearings, Belts, Seals)-----	20	Pak-Ya Panama (Mail/Freight)-----	12
Do-It Center (Hardware Stores)-----	4	Panama Auto (Auto Parts & Supplies)-----	6
Electro Inyeccion (Oil & Oil Filters)-----	18	Price Smart (Grocery Store, Big Box) Via Brasil outlet-----	16
Equipo (Chandler)-----	15	Riba Smith (Grocery Store, General)-----	8
Fausto Salazar (Tools)-----	1	Scuba Panama (Scuba)-----	9
Gigatech (Electrical Supplies)-----	7		



This map includes two Metro Stations: [Fernandez de Cordoba](#) and [Via Argentina](#).  
 The distance between the two stations is approximately 1 km.  
 The distance between Abernathy's (11) and Pricessmart (16) is approximately 1 km.



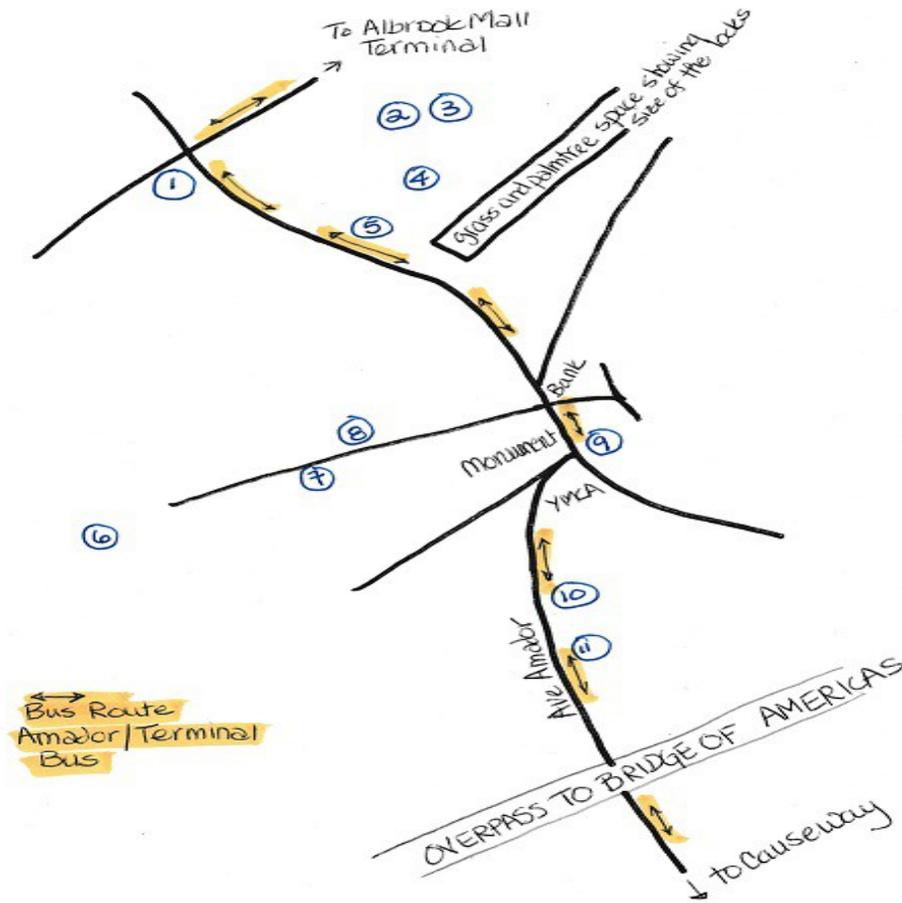
## EL DORADO AREA

Abernathy's (Chandler), a small outlet-----	7	Panama Net Buy (Mail/Freight)-----	1
Chinese Grocery Store-----	4	Planet Computer (Computer Repairs & Supplies)-----	6
Do-It Center (Hardware)-----	9	Policenter (GTO Wire)-----	2
Gran Morrison (Books), a department store-----	5	Rey (Grocery Store, General)-----	3
ICOM (Radio Repairs)-----	8	Yoytec (Computers)-----	10



## DIABLO / LA BOCA AREA

Balboa Dental Clinic-----	4	Happy Copy (Copies)-----	3
Canal Authority (Canal Transits)-----	1	Hostel Amador (Hostels/Hotels)-----	11
Citibank (to pay canal transit fee)-----	2	Islamorada (Charts)-----	9
Electronica de Anton-----	7	La Boca Gas Station-----	6
Farmacia Guadalupe (Pharmacy)-----	10	Post Office (Mail/Freight)-----	5
Freeway Laundry (Laundry)-----	8		



**The distance between the overpass for the Bridge of Americas and the Canal Authority building (number 1 on the map) is about 1.5 km**

<b>3D Printer</b>	<b>3-D-Printer</b> 398-8121 / 398-8122 <a href="http://www.TheMakerz.com">www.TheMakerz.com</a> Centro Comercial Plaza Paitilla, #28 on Via Italia in Punta Paitilla. May be useful for fabricating small plastic parts.
<b>ACR</b>	See <b>Overseas Electronics</b> , under “Electronics (Marine)”. Carries batteries and new units.
<b>Acupuncture</b>	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 map page 6.  See also <b>Centro Medico Omega</b> under “Doctors, General”  See also “Chinese Medicines/Herbs”. The proprietor there can offer referrals.
<b>Agents</b>	=> see “Canal Agents”
<b>Air Conditioning Repairs</b>	<b>Narval Marine</b> (listed under “Repairs”)
<b>Air Lines / Airports</b>	Panama City has two airports: Tocumen ( <b>PTY</b> ) on the eastern side of town for most international flights and Albrook or Aeropuerto Marcos A. Gelabert ( <b>PAC</b> ) on the western side of town for mostly domestic flights (including flights to the Las Perlas).  <u>DOMESTIC AIRLINES</u> <b>Air Panama</b> 316-9000 Note: Aeroperlas stopped operating November, 2012. As of this edition, 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>
<b>Airplane (Private)</b>	<b>Doriano Bizzoni</b> 6634-8725 <a href="mailto:dorianobs@hotmail.com">dorianobs@hotmail.com</a>
<b>Alcohol (for cooking stoves)</b>	<b>Discovery Center</b> (listed under “Hardware Stores”) sells gallon cans of Sunnyside Denatured Alcohol for Alcohol Appliances and Marine Stoves. Look in the paint section with the thinners, etc.  For small quantities, try <b>El Machetazo</b> , under “Grocery Store, General”  <b>NOTE:</b>  Alcohol for the stove is called Alcohol Ehilico Desnaturalizado in Panama. If you cannot find it anywhere in Panama (stocks often run down) you can try this two step process: 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). 2. <b>Nacional Quizzical 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.  <b>2013 UPDATE:</b> One cruiser reported he called Nacional Quizzical (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.
<b>Alternator &amp; Starter Repairs</b>	<b>AUSEEL</b> – Auto Services Electronic – 274-0055 ** Alternator and starters, big selection of parts in stock. Can repair while you wait. Located in San Miguelito, next to Plaza Verbo de Dios  <b>Austral</b> Repair it while you wait, located in San Christology (go round the corner to the right in a little alley and not in the main entrance to get good prices). Taxi driver Roosevelt knows how to get to this place.  <b>El Alternator</b> 220-2514 Estrada de Paralegal. Avenida Jose Maria Torridness, by the Tocumen airport/Conception  <i>(more on next page)</i>

	<p><i>Alternator &amp; Starter Repairs, continued from previous page</i></p> <p><b>Electro Mechanical</b> 220-2514 Via Principal. Repairs and purchases</p> <p><b>Electro Service</b> 6649-3737 On Calle 11. Alternator repairs.</p> <p><b>International de Partes Electro Mechanical</b> (Roberto Joy) 221-3022 or 221-8464 / 221-6088, 6213-2738 ** Repairs alternators and starters. Located on Via Espana, in the Las Cabanas area 200 meters from the intersection of Via Espana and Avenida 12 de October in the gray 3-story building with the large Bosch sign on front. Roberto is also a <b>good source</b> for referrals for other repairs. From Albrook Terminal, you can take the V560/V520 bus “Via Espana-Calidonia-Albrook” bus or the V201 “Automotor-Via Espana-Albrook-Directo” bus.</p> <p><b>Motored Electric Maxim</b> Martin 262-1762 or 262-0665, cell 6616-8870 Calle 27 Final Corundum</p> <p><b>Services Nacho</b> (Jose Ignacio Morocco) 6578-5081 or 227-9580 ** Starter motor and alternator rebuilds. Also heat exchange repair and cleaning On Avenida Frangible, 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 Marion and Costumer 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>
<b>Aluminum (Fabrication, Bending, Welding)</b>	<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> Ronnie 6611-7203, speaks English Aluminum fabrication, bending, and welding. Aluminum sheet metal/structural metal shop: ship building and repair. Was located in Diablo, has moved closer to Vacamonte ship yard.</p> <p><b>Metalca Boats</b> ** +507 830-7982 6400-7998 <a href="http://www.metalcaboats.com">www.metalcaboats.com</a>, Austrian, speaks English and German Aluminum fabrication, bending, and welding, Aluminum sheet metal/structural metal shop: ship building and repair. Marine grade aluminum. Does stainless-steel as well. Zona Industrial San Lorenzo</p>
<b>Anchorage</b>	=> see “Marinas and Anchorages”
<b>Anchor</b>	<p>See “Chandlers.” In particular, try <b>Abernathy’s</b> and <b>Pesqueros</b>. However, stock is generally limited to lighter weight anchors and you may need to consider shipping in a heavier weight anchor from <b>Marine Warehouse</b>.</p> <p><b>Marine Scene</b> Richard Zaleski 6470-6302 and Mike Barker 6727-6722 Sell Rocna anchors, as well as some Harken products. Mike is also a rigger.</p>
<b>Apple Computer</b>	=> see “Computer Repairs & Service”
<b>Attorneys/Lawyers</b>	<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>Mayra Lamboglia</b> 226-2895 <a href="mailto:legal@panamalawyeramayralamboglia.com">legal@panamalawyeramayralamboglia.com</a> <a href="http://www.panamalawyeramayralamboglia.com">www.panamalawyeramayralamboglia.com</a></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> <p><b>Idis Archangel Espinoza</b> 6641-9210, <a href="mailto:sdpidis_bra@hotmail.com">sdpidis_bra@hotmail.com</a> (speaks English) Immigration lawyer for solving problems or for info about residency</p> <p>See also “Notary”</p>

<b>Auto Parts &amp; Supplies</b>	<p><b>Panama Auto</b> 278-8300 Two locations (same phone number for each):</p> <ol style="list-style-type: none"> <li>1. Transistmica, on same side of street as Riba Smith, one block away, across from Do-It Center. (see map on page 5)</li> <li>2. Rio Abajo</li> </ol> <p>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>
<b>Ball Valves</b>	<p><b>Suimport</b> <a href="http://www.suimportpanama.com">www.suimportpanama.com</a> Located in Rio Abajo Calle 9na The local chandleries (Abernathy's, Centro Marino, etc. See "Chandlers") have varying stock. Suimport reportedly has a consistent stock that includes stainless steel and bronze at good prices.</p>
<b>Batteries</b>	<p><b>Battery Giant</b> +507 264-1111 <a href="http://www.batterygiantpty.com">www.batterygiantpty.com</a> Moises Benzion speaks excellent English Via Fernandez de Cordoba, Local #1. Across from Super 99. Easy walking distance from the Fernandez de Cordoba metro station. Specialize in all sorts of batteries. Can special order EPIRB batteries. Also recycles old batteries.</p> <p><b>Casa de Las Baterias</b> 800-6666 (general number) 264-0904 (Via Espana location) <a href="http://www.casabat.com">www.casabat.com</a> Several locations, including the one on Via Espana close to PriceSmart and one close to Albroom Mall. 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. Call to verify location, reported to be moving end 2016.</p> <p><b>Tasco</b> 228-0555 Batteries made in Panama. Not deep cycle.</p> <p><b>PriceSmart</b> (see "Grocery Store, Big Box") 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.</p> <p><b>Marine Warehouse</b> (listed under "Chandlers") can ship batteries from the U.S. For Iridium Phone batteries, =&gt; see "Satellite Phones" For EPIRB batteries, =&gt; see "EPIRB"</p>
<b>Battery Water</b>	<p><b>Casa de Las Baterias</b>, (see listing above, under "Batteries")</p> <p><b>Discovery Center</b> (listed under "Hardware Stores") sells gallon bottles. Be sure to check the label, though, as the battery water sold there may have acid included.</p> <p><b>Mega Depot</b> (listed in "Grocery Store, Big Box") sells gallon bottles. Be sure to check the label, though, as the battery water sold there may have acid included.</p> <p><b>Pesqueros</b> (listed under "Chandlers") The outlet on the causeway will also often carry gallon bottles of battery water from Casa de Las Baterias.</p>
<b>Bearings, Belts, Seals</b>	<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 Transistmica behind Abernathy's. See map, page 5. (Enter Abernathy's on the Transistmica 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 Jabasco. The back side of the building faces onto Via Espana. Most direct route is to take the subway to the Fernandez de Cordoba stop. Also within walking distance of the RibaSmith on Transistmica. See map, page 5.</p> <p><b>Quickly Seal Panama</b> 323-1966, Juli0 6450-5521 or 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 to order.</p>

<p><b>Beauty Salon / Hair / Barber</b></p>	<p>There are 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 usually 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> <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.) Call for an appointment and current prices. See map on page 6.</p> <p><b>Nifa</b> 6229-6137          During the cruising season (October to May) provides beauty treatments on the boat (manicures, pedicures, facials, etc.)</p>
<p><b>Belts (Alternator, Fan)</b></p>	<p>See “Bearings, Belts, Seals” Biggest selection is at <b>Agencias Domingo</b></p>
<p><b>Blinds</b></p>	<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>
<p><b>Book Binding</b></p>	<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>
<p><b>Books</b></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 (see map on page 7). 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> <p>There are also book cases at the Balboa Yacht Club, La Playita Marina and the Shopette (in Las Brisas, on the causeway) for <b>book exchanges</b> or bring them to pizza night.</p> <p><b>E-books:</b> Classics for free downloading: <a href="http://www.gutenberg.org">www.gutenberg.org</a> (English) / <a href="http://www.gutenberg.de">www.gutenberg.de</a> (German) (04/2017)</p>
<p><b>Bottom Cleaning</b></p>	<p>Bottom cleaners come and go. Best is to ask on the morning VHF net (see “Radio Nets”). If you do hire someone, advice to check their cleaning tools and maybe just provide your own for their use. Do-It-Yourselfers should take their boat to Taboga Island, Isla Bona or one of the Las Perlas islands for cleaner water.</p> <p><b>Alcie</b>, 6024-2993 (in La Playita area)</p> <p><b>Emiliano</b>, 6202 6369, panamaoceantrip.com, can do under water-video before and after (04/2017)</p> <p><b>John</b> 6715 1807 (0/2018) Does not speak much English. Charges \$1 per foot.</p> <p><b>Louis</b> 6729 9250 (04/2017)</p> <p><b>Manolo</b>, 6021-6261 Not always reliable. Also, Alejandro 6781-5070</p> <p><b>Marvin</b>, 6637-3533. Speaks English and Spanish. Has a dive tank. Mixed reviews, has done a great job for some, others have needed him to come back. Negotiate price. Was asking \$3 per foot, but accepting \$1 per foot.</p> <p><b>Neldo</b> 6885 7239 (04/2017)</p> <p><b>Solis (aka Popocho)</b> 6765-2320. Speaks Spanish only. Reliable. Former diver for Aero Naval. Will work at BYC, La Playita or Brisas. Best if you can provide a hookah system for him. If you cannot, specify this when you call him.</p> <p><b>Spencer</b>, 6384-9063 (in the La Playita area)</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</p>

	negotiable but expect appx. \$50-\$60 for a 40 foot boat. Ask for Yoni (pronounced “Johnny”) or Eduardo. Their phone numbers are not listed in the guide any longer as they change too frequently.
<b>Brass Fittings &amp; Copper Tubing</b>	Start first at <b>Panama Auto</b> (listed under “Auto Parts & Supplies”) They are centrally located on Transistmica and have a good selection (see map page 5). If they do not have what you want, try:  <b>Hidroica</b> 304-0300 <a href="http://www.hidroica.com">www.hidroica.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. (There is also a Hidroica outlet in Colon at the Millenium Plaza).
<b>Buses &amp; Subway</b>	=> see “Transportation - Buses & Subway”
<b>Camera Repair &amp; Battery Replacement</b>	<b>Camara Service</b> 666-7008 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. Carry batteries for Canon cameras (which cannot be located in the chain camera stores such as Panafoto, Audiophoto). (Plaza Concordia is where Via Espana is a one way road, going toward Cinco de Mayo. Take the subway to the Iglesia del Carmen stop, walk west)
<b>Canal Agents</b>	You do not need an agent to transit the canal, although common consensus is 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. If you prefer to arrange the transit on your own, see “ <i>Canal Transits</i> ” below.  <b>Canal Transit Agency</b> 6717-6745 ( <b>Rogelio, AKA Roger</b> ) Roger/Rogelio, formerly of the Panama Canal Yacht Club is also listed under “ <i>Transportation – Taxis / UBER</i> ”. Extremely reliable. Highly respected. Speaks English fluently. Always gets great reviews. Is also the local representative for SSCS (Seven Seas Cruising Association and Trans-Ocean).  <b>Enrique Plummer</b> – 228-5794 or 674-3086 <a href="mailto:eplummer10@hotmail.com">eplummer10@hotmail.com</a> <a href="mailto:info@panamacanal-yacht.com">info@panamacanal-yacht.com</a> (Enrique is based out of Balboa on the Panama City side of the canal.)  <b>Erick Galvez</b> 6676-1376 <a href="mailto:info@centenarioconsulting.com">info@centenarioconsulting.com</a> (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>Oliver Yacht Services</b> , Oliver 6602-0498 <a href="mailto:info@oliveryachtservices.com">info@oliveryachtservices.com</a> , <a href="mailto:donolivn@gmail.com">donolivn@gmail.com</a> Oliver is a multilingual (including English) Belgian yacht agent. Can provide lines, fenders (not tires). During the cruising season (October to May) can also assist with spare parts sourcing, ship and receive packages, obtain gas, fuel, coordinate laundry. Has a website <a href="http://oliveryachtservices.com">oliveryachtservices.com</a> but would like cruisers to know to not let the web page scare them off as he is more than happy to work with cruisers as well as the big ships.  <b>Peter Stevens</b> , Regretfully, Pete passed in 2017. He will be missed by all.  <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 Tocumen Airport in Panama City. Works on both sides of the canal, Portobello and Linton.  <b>Tina McBride</b> 6637-2999 <a href="mailto:tinamebride@hotmail.com">tinamebride@hotmail.com</a> <a href="http://www.PanamaCanalTransits.com">www.PanamaCanalTransits.com</a> (Tina’s web page also gives helpful info about making a canal transit.)
<b>Canal Lines &amp; Line Handlers</b>	If you hire an agent for the canal transit you can hire line handlers through the agent. Another very good option is to <b>ask on the morning VHF net</b> (see “Radio Nets”) or to look / advertise on any of the bulletin boards located in Balboa Yacht Club or the anchorages. The web site: <a href="http://www.panlinehandler.com">www.panlinehandler.com</a> has a spread sheet function to match captains looking for line handlers and line handlers looking for boats. <b>Before doing your own crossing, try to volunteer as an line handler on another boat. The experience is invaluable.</b>  <u>For Lines, Line Handlers or Tires only:</u>  <b>Luis</b> “The Blue Pearl” Taxi – see contact info under “Transportation - Taxis/UBER”  <b>Roger / Rogelio</b> (see entry above under “Canal Agents” as well as under “Transportation – Taxis & Tuber”)  <b>Tito</b> (Colon) 6463-5009 The Colon Tito is a taxi driver located on the Atlantic side. He can help obtain lines, line handlers, etc. for canal transits. Some cruisers have reported issues with Colon Tito providing promised paperwork.  <i>(continued on next page)</i>

	<p><i>Canal Lines &amp; Line Handlers, continued from previous page</i></p> <p><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.</p> <p><b>Crew 4U</b> Les &amp; Lea, 6798 0588 email: <a href="mailto:panchites@yahoo.com">panchites@yahoo.com</a></p> <p><b>Note: It is always good to have at least one (better two – one on the bow and one on the stern) experienced line handler on the boat, especially at the stern as this is the most important task.</b></p>
<b>Canal Transits</b>	<p>See also “Canal Agents” and “Canal Lines &amp; Line Handlers”.</p> <p>If you want to organize the canal transit yourself (easy), you must:</p> <ol style="list-style-type: none"> <li>1. Apply for the canal transit by filling out the necessary forms (see below)</li> <li>2. Have the boat measured</li> <li>3. Pay your transit fee</li> <li>4. Obtain your transit date</li> <li>5. Obtain National Zarpe from Port Captain (\$1.40 as of October 2016)</li> </ol> <p>See map on Page 8: 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, get off at the the SECOND stop after the Banistmo Bank. Walk in same direction the bus was going. Building 129A will be up ahead a short ways across from Banco Nacional. On your right hand will be a shopping area with Niko's Cafe – great for the photos – a Citibank where you can pay your transit fee and a Happy Copy where you can have charts copied. Balboa Dental Clinic and the Balboa Post Office are also in this area.)</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 <b>lines</b> 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 (Make sure they are on board then!).</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>
<b>Canon</b>	<p>Canon cameras &amp; printers can be purchased at OfficeDepot, PriceSmart, PanaPhoto, etc. For repairs, go to:</p> <p><b>Canon Oficompu</b> 279-0264 Centro Comerical 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>
<b>Canvas Sewing</b>	=> see “Sewing Services” and “Sails & Sail Repair”
<b>CAT Marine</b>	<b>Narval Marine</b> (listed under “Repairs”)
<b>Chain</b>	<p><b>Abernathy's, Casa Mar</b> or <b>Pesqueros</b> (listed under “Chandlers” below)</p> <p>Acco or any high-test chain must be shipped in from the U.S. For this service, see <b>Marine Warehouse</b> (listed under “Chandlers” below).</p>
<b>Chandlers</b>	<p><b>Note that three of the following have multiple outlets: 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 can bring the item in from one of their other locations. Most will do so at no extra cost.</b></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 La Playita) – Open MonFri 8:00-17:00, Sat 7:00-15:00</li> <li>2. Transistmica 260-1222 (Near Riba Smith, other side of road), see the map on page 5.</li> <li>3. Cinta Costera 227-8620 (Avenida Balboa)</li> <li>4. Tumba Muerto (across the street from Rey grocery store) (see map on page 7)</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> 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, maybe more on Wednesdays at the Causeway location.</b></p> <p style="text-align: right;"><i>(more on next page)</i></p>

	<p><i>Chandlers, continued from previous page</i></p> <p><b>Agencias Mar y Tierra</b> +507 387 6694 (6450 1818, Abed Soleiman) On the causeway between Narval and Beitur Restaurant</p> <p><b>Captain's Store</b> -- Jeromino 236-2575 236-6235 <a href="mailto:asnauticos@cwpanama.net">asnauticos@cwpanama.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>Centro Marino</b> Three locations: Ave. Nacional (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</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, Teletext, Suzuki, Jabsco, Blue Sea, Guest, Rancor among others. (See map, page 5)</p> <p><b>Global Marine</b> +507 232 0149, 6396-0818 <a href="http://www.globalmarine.com.pa">www.globalmarine.com.pa</a> Carries oil and diesel additives. Racor filters. In Flamenco at the end of the Causeway, next to Pesqueros inside the building "Casa Club."</p> <p><b>GPS Marine</b> 397-5490, (6315-4686 Claude, speaks English) <a href="http://www.gpsmarinepanama.com">www.gpsmarinepanama.com</a> Carries International Paint, Cummins Onan, Victron Energy, Sherwood, Dometic, Lumitec, Cat Marine Power, SGP Propulsion. In Flamenco at the end of the Causeway, next to Pesqueros inside the building "Casa Club."</p> <p><b>Marine Warehouse</b> <a href="http://www.marinewarehouse.net">www.marinewarehouse.net</a> <a href="mailto:panama@marinewarehouse.net">panama@marinewarehouse.net</a> Although they have very few items on hand at any point in time (Honda Generators, filters and solar panels sometimes), this is really an office for placing orders. The 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. <u>Local Contact for Deliveries: Arturo Romero, 6702-9256, 314-1768</u> (Arturo prefers WhatsApp and text messaging over email or phone calls) Local office is in Las Brisas shopping center at the western end (close to the anchorage), facing the parking lot.</p> <p><b>Narval Marine</b> – (Causeway, Las Brisas) see listing under "Repairs"</p> <p><b>Oliver Yacht Services</b> . See entry under "Canal Agents" for full details.</p> <p><b>Pesqueros Sport</b> upperclasswomen (In Colon, is called "Max Industrial") Two Locations: 1. Amador Causeway – near Flamenco Marina 314-1911, 6982-7372, <a href="mailto:amadorventas@pesqueros.com">amadorventas@pesqueros.com</a> 2. Parque Lefevre, Ave. Ernesto T. Lefevre 224-7777 Sport fishing store, but also do commercial sales for the fishing fleet. Carries line and chain, Racor filters, zincs, battery water, fishing supplies, etc. You can sometimes find dinghy inflatables at the Flamenco location. Francisco Frias (head of shop), speaks English. Some items are eligible for a "cruiser discount" so be sure to ask. Open Mon-Fri 8AM-5PM, Sat 8AM-3PM</p>
<p><b>Charts / Cruising Guides</b></p>	<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. (see map page 8) Carries charts, cruising guides, nautical books and flags. (Catch the Metro bus on the Causeway. Islamorada is across the street from the big monument in Balboa, get off the stop just after the Banistmo Bank and walk back.) Charts can be copied, in their full size, at <b>Happy Copy</b> (numerous locations, one is next to Nikos Café in Balboa, see map page 8). <u>Popular cruising guides for Panama are:</u> <b>The Panama Cruising Guide</b> by <b>Eric Bauhaus</b> (<a href="mailto:ebauhaus@gmail.com">ebauhaus@gmail.com</a>) (available at most chandlers as well as at Islamorada) Guide of choice among cruisers. (Note: There are some reefs in Las Perlas (e.g., Viveros Beach, south, stoneneedle at San Telmo) that are not listed in the 2015 guide book.) <b>The Panama Guide: A Cruising Guide to the Isthmus of Panama</b> by <b>Nancy Schwalbe Zydler &amp; Tom Zydler</b> (available at Amazon.com) <a href="http://www.sailsarana.com">www.sailsarana.com</a> The Sarana guides cover only the western island of Panama on the Pacific side, but they are reliable, economical and easily downloaded.</p>

**Check for the latest information [www.noonsite.com](http://www.noonsite.com)  
If you have new info/experiences please send the details to  
this guide and to [noonsite.com](http://noonsite.com)**

Dress appropriately, be polite and respectful and the officials will work with you; be rude or belligerent and they will not. Following are general guidelines only and apply only to the Pacific side of Panama. Experiences vary, details are fluid. Check on the morning VHF net for current details. (See "Radio Nets")

**2018 Visa Update**

In February 2018, the National Immigration Service issued Executive Decree number 11 of February 7, 2018, revoking previous fees for visas of passenger and crew of yachts or sailboats for the purposes of recreation and tourism. Any person who applies for this type of visa must: (1) enter through an officially authorized maritime post, (2) present their passport and entry visa (if required), (3) must be accessible to be interviewed as well as documents and luggage inspected, (4) must have economic solvency, (5) keep a return ticket to their country.

The above is the executive decree, but different offices might apply it in different ways (for example, you will probably not be asked to present a return ticket to your home country, as you will have the means to exit on your boat. Ask on the morning net (see "Radio, Nets") for any current first hand experiences.

**For the Maritime (Cruiser) Immigration Office (Albrook Immigration), see map on page 6.**

**Get your 72-hour visa and cruising permit first. See details below.**

**You will need both a Cruising Permit (appx \$120) and a Mariner Visa (not the same as a regular tourist visa). 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 may need to return to Albrook Immigration office to obtain a new Mariner visa before you can leave the country by boat on an international zarpe. Ask on the morning net for current practices.**

*NOTE: It has been reported that the Panamanian Government is 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.*

*NOTE: On the Atlantic side, you can check in at Bocas del Toro, Colon or Shelter Bay. Bu BE SURE to always get a receipt for any money paid. You may need to show that receipt on the Pacific side to verify you are legal even if you have a stamp in your passport. 2016 Update: Due to conflict between the Panamanian government and the Guna Yala it is not currently possible to check in /out at Porvenir.*

**Official Website: [www.migracion.gob.pa](http://www.migracion.gob.pa)**

**International Check In Procedure:**

Have plenty of copies of passports for each crew member, your original zarpe from previous country, ship's 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 on the upper level of the Duty Free building at the end of the causeway.

Next go to the Port Captain at Flamenco (on the upper level of the Duty Free building to turn in your zarpe and receive the "Declaracion General" (cost appx \$20) and to apply for your cruising permit (cost appx \$100).

When you have the cruising permit, make a few copies of it and go to the Albrook Immigration office for your Mariner Visa. See map on page 6. You can either take a taxi to Albrook or catch the Ciudad de Saber bus from the bus terminal at Albrook Mall.

**Renewal of Cruising Permit & Mariner Visa:** The **cruising permit** will be issued for one year OR until your vessel documentation expires, whichever comes first. It can officially be renewed twice. (04/2017).

**Visa Extension:** Source: Albrook Immigration (07/2017)

The Mariner Visa is only issued when you check into the country by boat. If you have a Mariner visa and you leave the country by plane or bus your Mariner Visa will be canceled automatically. Entering again you will get a tourist visa that will be good for 180 days, after the 180 days you will need to leave the country for 30 days.

*(more on next pag)*

	<p><i>Check In/Check Out, continued from previous page</i></p> <p><b>Overstaying Your Visa:</b> If you stay longer than your allotted time, you will have to pay a fine before you are allowed to leave the country. This applies no matter how you are leaving. If you are flying out, be sure to arrive at the airport an extra hour early of your flight time for the fine assessment and payment process. Different fines have been reported. For some it has been a flat fee of \$200. For others a fee of \$60 per month.</p> <p><b>Checking Out:</b> only two stops are needed for checking out. Total cost about \$5 USD: Go first to the Port Captain on Flamenco Island (above the Duty Free Shop) to get an international zarpe. Then to either the immigration officer at Balboa Yacht Club or the one at Flamenco. As always, have plenty of copies of everything and your cruising permit. 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 the Albrook Immigration office to check out.</p> <p>=&gt; See also “Fumigation”</p>
<p><b>Chinese Medicines/ Herbs (e.g., arnica, tiger balm)</b></p>	<p><b>Casa Curiosidades</b> Sr Aurelio Chen, 262-7989 (speaks English) In Chinatown, Calle Carlos A. Mendoza, 13-20. Take the walking street 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 center of it (called “Thieves Market” or “Sal Si Puede”). Walk down the T-intersection street, being mindful of the eye-level corrugated iron roofs of the shacks. 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>
<p><b>Chrome Replating</b></p>	<p><b>Cromados Panama</b> 224-1056 (reported to be out of business Jan 2013, but not verified) In Parque Lefevre, Calle Quaquita =&gt; see also “Galvanizing”</p>
<p><b>Compass Adjustment</b></p>	<p><b>True North</b>, Iberto Osorio 6617-4557 aosorio@becainc.net In Diablo, Casa No 5286</p>
<p><b>Computer Repairs &amp; Services</b></p>	<p>There are many electronic and computer stores at the malls where new computer equipment can be purchased, also OfficeDepot (next to each PriceSmart) and PriceSmart (listed under “Grocery, Big Box”). The following list is geared more to repair or special needs. See also the entry for “Computers in English”, below.</p> <p><b>Acer Computer Service Center: Multi Max</b> on Tumba Muerto. The authorized repair center for Amer 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 Multi Max on the left. See map page 7.)</p> <p><b>Alex Newman</b> 202-1525, 6781-9505 Located in the offices above Athens’s Pizza/Pita deli in the El Dorado area. Does software/hardware repair. WI-Fi engineer that set up the new and improved system at Shelter Bay Marina.</p> <p><b>Apple Service Center: Mac Power</b> 302-3929 On Via Brasil, between Via Argentina and Avenida 50 in Edificio Fallopian. (There are Apple stores in the Albrook Mall, the Multiplaza Mall. Mac Power 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 trimaran “La Ventosa”, usually anchored at Las Brisas. 6505-7513. Speaks English and German.</p> <p><b>Electronica Carib</b> (listed under “Electrical Supplies”)</p> <p><b>Laptop Service</b> Acer, Toshiba, HP, Compact, Dell, As's, Leno. Three locations: 1. Via Espana, Plaza Concordia, Space 149 – 269-0232, 269-1921 2. El Dorado, Edificio Colonial, Local 19-A – 260-3401, 260-3402 3. Via Brasil, Edificio 42, Local 2 (In front of Ida an) – 214-9448, 214-3112</p> <p style="text-align: right;"><i>(more on next page)</i></p>

	<p><i>Computer Repairs &amp; Services, continued from previous page</i></p> <p><b>Planet Computer</b> 260-0083 <a href="mailto:alus999@hotmail.com">alus999@hotmail.com</a>, computerization Centro Commercial 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. (Map page 7)</p> <p><b>Toshiba Service Center: Electronics</b> 265-4500 ** On Via España, 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 <a href="http://www.yoytec.com.pa">www.yoytec.com.pa</a> 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 the Plaza Mirage stop. Arrocha pharmacy will be on your right. Cross the street.) Yoytec also offers computers with English operating systems. (see map page 7)</p>
<b>Computers in English</b>	<p><b>Sonar's Computer Shop</b> 303-6710 email:<a href="mailto:sonams1@carrier.net">sonams1@carrier.net</a> Located in Albrook Mall, sells laptops with English operating systems and English keyboards.</p> <p><b>Yoytec</b> (details above).</p>
<b>Construction Materials</b>	<p>Note: For marine plywood, see “Wood.”</p> <p><b>COCHEZ</b> 302-4444 Multiple locations, including: 1. Santa Ana, Calle 15 Este (near the fish market, see map page 4) 2. Parque Lefevre, Calle Diego de Allegro, Plaza Coats del Este 3. Bethany, Ave. Ricardo J. Alfaro, Tumba Muerto 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><b>Discovery Center, Do-It Center and Novey's</b> (detailed under “Hardware”)</p>
<b>Consumer Protection</b>	<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 web page.</p>
<b>Control Cables</b>	<p><b>Dimar</b> (under “Bearings, Belts, Seals”)</p> <p><b>Flexo Cable</b>, +507 261-7160, WhatsApp 6456-5337, <a href="http://www.flexocable.com">www.flexocable.com</a> <a href="mailto:ventas@flexocable.com">ventas@flexocable.com</a> Open 8AM-5PM Via Fernandez de Cordoba, Plaza Comercial Mary Anne, Local #2A close to the Metro Station.</p> <p><b>Panama Auto</b> (under “Auto Parts &amp; Supplies”)</p> <p><b>Protecsa</b> (under “Electronics (Marine)”)</p>
<b>Copies</b>	<p>There are two copy places in the Albrook Mall, on the second level above the food court with the carousel. Copies can also be made at the customer service desk of Rey and Super 99 grocery stores. 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 “Charts”</p> <p><b>Happy Copy</b> <a href="http://www.happycopy.com">www.happycopy.com</a>, Balboa 211-1277 Several locations in town. Can copy full size charts as well as bind documents, and laminate copies in plastic. Can copy charts. For the Balboa location, take the Albrook/Amador bus and exit at Theater Balboa. (See map page 8)</p>
<b>Copper Foil</b>	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> , (listed under “Construction Materials”) buy a sheet of copper flashing and cut it to size.
<b>Copper Tubing</b>	=> see “Brass Fittings & Copper Tubing”
<b>Courtesy Flags</b>	=> see “Flags”
<b>Cruising Associations</b>	<p>SSCA – Seven Seas Cruising Association (USA), <a href="http://www.SSCA.org">www.SSCA.org</a> Trans-Ocean (Germany), <a href="http://www.trans-ocean.org">www.trans-ocean.org</a></p> <p>for both: Rogelio (Roger) de Hoyos, <a href="mailto:mago50@hotmail.com">mago50@hotmail.com</a>, 6717-6745 (He is also listed under “Canal Agents” and “Transportation – Taxis &amp; Uber”)</p>
<b>Cummins</b>	=> see “Motor - Diesel Mechanic”.
<b>Danfoss</b>	=> see “Refrigeration – Supplies”

<b>Dentist / Dental Surgeon</b>	<p><b>Balboa Dental Clinic</b> 228-0338 314-1019 <a href="mailto:balboadc@cwpanama.net">balboadc@cwpanama.net</a> ** 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 Balboa Theater stop. Walk back the way you came till you see a small monument on your left. The post office will be next to the monument. The dental clinic is in the small building between the post office and Nikko's Cafe. See map page 8)</p> <p><b>Dr. Gabriela Eisenmann</b> 228-0314 314-1019 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 ** Located in Diablo. 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). (Received one bad review in 2016)</p> <p><b>Dr. Omar Rodriguez</b> 223-2689 Located in the El Cangrejo area. Atlantica Building, 3rd floor, #4.</p> <p><b>Dr. Ida Herrera</b> 441-7141, cell 6614-9712 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><b>Dental Surgeon</b> <b>Dra. Dora Roquebert Arias</b> 225-3341 6611-9363 Calle 34 Edificio Victoria Maria, Primer Piso 105. Can do restorative surgery and dental implants.</p>
<b>Diesel</b>	=> see "Fuel – Diesel & Gasoline"
<b>Diesel Mechanic</b>	=> see "Motor – Diesel Mechanic"
<b>Diesel Parts</b>	=> see "Motor – Diesel Parts"
<b>Dinghy, New</b>	<p><b>SukiMotor</b> 390-3232, Carlos Osorio 6675-1225, 6554-4697 <a href="mailto:carlos@suz.com.pa">carlos@suz.com.pa</a> <a href="http://www.sukimotor.com.pa">www.sukimotor.com.pa</a> Calle A Quizado y Avenida Nacional Have Caribe Dinghys in stock at the Colon Free Zone. These can be delivered to Panama City within 3 days.</p> <p><b>Marine Warehouse</b> (details under "Chandlers") to ship one in from the U.S.</p> <p><b>Pesqueros</b> (listed under "Chandlers") sometimes carries new dinghies.</p>
<b>Dinghy, Repairs</b>	<p><b>Inflatable Doctor</b> 232-0538, 6617-0928 <a href="mailto:info@inflatabledoctor.com">info@inflatabledoctor.com</a> <a href="http://www.inflatabledoctor.com">www.inflatabledoctor.com</a> Repair shop specializing in all brands of dinghies, hypalon and PVC. Also sells patches for do-it-yourselfers. Located in Via Diablo, Calle Barth, Edificio 42F. This business has received mixed reviews. (see map page 6)</p> <p><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</p> <p>For DYers, <b>Centro Marino</b> (listed under "Chandlers") sells Tip Top glue</p>
<b>Doctor, General</b>	<p>For medical check-ups and non-urgent or specialized issues. Can provide referrals to specialists. Remember to bring your passport.</p> <p><b>Clinica Albrook</b> 315-0773, <a href="mailto:clinicaalbrook@aol.com">clinicaalbrook@aol.com</a> Located in Albrook Plaza 8 (NOT Albrook Mall. Albrook Plaza is the little strip center, past the Albrook airport, with an Arrocha Pharmacy as well) open Mon-Sat 07:00 to 21:00 (sat to 20:00). Small walk in clinic for general problems like colds. Low cost. (See map page 6)</p> <p><b>Dr. Joaquin Vallarino</b> 6611-9039, 232-0225 ** Excellent English. Office located in Diablo Heights. Call on his cell to make an appointment. His office is at the very left of the building with Dr. Rodriguez, a dentist. 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.</p> <p><b>Dra. Saskia Maria Bermudez Richard</b> 227-0481, 6615-6764 English speaking. In the Centro Medico Nacional building on Ave Justo Arosemena and Calle 38 (across from Hospital Nacional)</p>

**Doctor,  
Specialists &  
Surgeons**

See also the list of medical providers and hospitals published by the American Embassy at <http://panama.usembassy.gov/listofmedicalproviders.html>

*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!*

Cardiologist

1. **Dr. Norberto Javier Calzada**, 6616-7159, [ncalzada@psi.net.pa](mailto:ncalzada@psi.net.pa). Has office in Punta Pacifica (204-8395) and Patilla (269-0566/5222) (269-3483)
2. **Dr. Ouiroz Solonilla** (269-5222)

Chiropractor

1. **Dr. Marco Antonio Belizaire** 6639-0635, [drbelizaire@aol.com](mailto:drbelizaire@aol.com) Agape Chiropractic & Wellness, Centro Medico, Ave Peru in Bella Vista. He is on Panama's Olympic Medical Team. \*\*
2. **Clinica Quiropractica Orillac (Dr. Alfredo Orillac, Jr)** 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. **Dr. Michael Joseph** [www.AltavitaSpa.com](http://www.AltavitaSpa.com) 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

Dermatologist

1. **Dr. Ricardo Bullen** 6676-6830, 223-9697. Across from Hospital Patilla in the Marbella area and at Hospital San Fernando Clinic. Also a Mohs surgeon. Good review in 04/2017.
2. **Dr. Constantino Costarangos**, 204-8300. In Pta Pacifica \*\*
3. **Dra. Anastasia Droham**, 204-8526. The Skin Clinic in Hospital Pta Pacifica
4. **Dr. Gioconda Gaudiano** 6596-4956, 269-7243. Located in the medical building across from Patilla Hospital.
5. **Dr. Charles McKeever** 204-8466, Hospital Punta Pacifica 5-12

Nose-Ear-Throat

1. **Francisco Tagira**, 6618 1977, Consultation Medico Patilla (near Multicentro), 5th floor, 509 (04/2017)

Eye Surgeon/Lasik Surgery (see also Ophthalmologist, below)

1. **Dr. Roberto Vasquez**, 6673-1001, 263-7977 in Consultorios Medicos Paitilla, Calle 53 & Ave. Balboa
2. **Dr. Raul A. Chanis** 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

GYN

1. **Dr. Teodore Mendez**, 6612-2018, 305-6408. In the Clinic at San Fernando Hospital, is also a good contact for other doctors.
2. **Dra. Britania Rodaniche**, 6615-7565, 264-4893. In Consultorio Medicos Paitilla\*\*
3. **Dr. Juan Antonio Carbone**, 214-7263, 269-5222. [carbone@cwpanama.net](mailto:carbone@cwpanama.net) Located in the Hospital Punta Pacifica medical offices.

Gastro

1. **Dr. Oscar Bulgim**, 6615-5238, 264-5238. In Consultorios Medicos Paitilla

Internal Medicine

1. **Dr. Frank Ferro** 6673-2168 (cell), 227-4733, ext 190 or 191 (office, Spanish speaking only) Call office for appointments. Email: [fferro52@yahoo.com](mailto:fferro52@yahoo.com)
2. **Dr. Jose Mendez** 265-5155, 226-4821. Centro Medico Paitilla. Does colonoscopies.

Internist

1. **Dr. Eric Ulloa**, 6676-7503, 278-6000. Clinics at both San Fernando Hospital and National Hospital
2. **Dr. Jorge Paz Rodriguez**, 6678-2354, 269-1785

Mammogram/Ultrasound

**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.)

Neurologist

1. **Dr. Arango**, 263-7977, 263-7977. Consultorio Centro Medico Paitilla.

Neurosurgeon

1. **Dr. Carlos E. Bricenos** 269-5222, ext2420. Consultorios Medicos Paitilla. [cbriceno@cmpaitilla.net](mailto:cbriceno@cmpaitilla.net)

*(continued on next page)*

	<p><i>Doctor, Specialists &amp; Surgeons, continued from previous page</i></p> <p><u>Ophthalmologist</u></p> <ol style="list-style-type: none"> <li>1. <b>Dr. Augusto R. Arosemena</b> 261-6695, 206-2424, 261, 8868. Two clinics (San Fernando in the morning and Centro Medico Paitilla in the afternoon). Speaks good English. Was trained in the U.S.</li> <li>2. <b>Clinica de Ojos Orillac-Calvo</b>, Dr. Ruben Orillac 269-7475. On Avenida Balboa, Balboa Plaza #201-202-203. Can do Yag laser. 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.</li> </ol> <p>2. <b>Centro Especializado de Ojos y Glaucoma</b> Dr Rocco G. Melillo, San Fernando Hospital. Telephone direct: 229-6769 or email <a href="mailto:roccomel@cwpanama.net">roccomel@cwpanama.net</a></p> <p><u>Orthopedic Surgeon</u></p> <ol style="list-style-type: none"> <li>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:amandofl31@gmail.com">amandofl31@gmail.com</a> Located in Centro Medico Nacional (building next to Hospital Nacional), ground floor.</li> <li>2. <b>Dr. Salomon Dayan</b>, 204-8444, 204-8445. Clinica Orthopedica Dayan, Hospital Punta Pacifica Medical Center</li> </ol> <p><u>Plastic Surgeon</u></p> <ol style="list-style-type: none"> <li>1. <b>Dr. Setton</b>, Pta Pacific, 2<sup>nd</sup> Floor. Excellent English. Referral from Dermatologist Dr. Constantino Costarangs for removal of moles.</li> </ol> <p><u>Rheumatologist</u></p> <ol style="list-style-type: none"> <li>1. <b>Dr. Antonio Cachafeiro</b>, 6611-5519, 206-2438. Medicina Internal Reumatologia, Consultorios Medicos Paitilla</li> </ol> <p><u>Surgeon, Trauma &amp; Critical Care</u></p> <p><b>Dra. Martha Quidettis</b> 278-6609 <a href="mailto:traumahst@gmail.com">traumahst@gmail.com</a> Speaks English. Trained in the U.S. Reasonable prices. Can treat you at Hospital Nacional, San Fernando and Centro Medical Paitilla.</p> <p><u>Ultrasound</u></p> <p>See “Mammogram/Ultrasound” above.</p> <p><u>Urologist</u></p> <ol style="list-style-type: none"> <li>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</li> </ol>
<b>Ecotourism</b>	<p><b>Michel Puech</b> <a href="mailto:elisabpu@cwpanama.net">elisabpu@cwpanama.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>
<b>Eggs, Extra Fresh, Long Lasting</b>	<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>Merca Panama</b> (detailed under “Groceries, Local Style”) also has providers of fresh, unrefrigerated and date stamped eggs, in the market close to the pineapple section. Sell eggs by the flat.</p>
<b>Electric Motors</b>	=> see “Alternator & Starter Repairs” or “Motors – Electric, Repairs”
<b>Electrical Supplies</b>	<p><b>Casa de Telefonos</b> 264-6438 On Via Brazil, across the street from the gas station by the PriceSmart on Via Brazil.</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 Japon</b> 264-2400, <a href="http://www.electronicajapon.com">www.electronicajapon.com</a>, <a href="mailto:rafael@electronicajapon.com">rafael@electronicajapon.com</a> Located on Via Espana Brazil between Ray and near Iglesia del Carmen, besides Panaderia/Dulceria Symphony. Rafael Lam speaks English. Carries LEDs (G4 etc), cables, connectors, electronic components, aswell Inverters</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 (map page 5)</p> <p>See also <b>Mayher, Discovery Center, Noveys</b> and <b>Do-It Center</b> under “Hardware”</p>

<p><b>Electrician (12V/24V)</b></p>	<p><b>Tom Valentin</b>, German electric-engineer, very good English, works both coasts, 6666 2598; <a href="mailto:th.valentin@gmail.com">th.valentin@gmail.com</a>, received good reviews (04/2017)</p> <p><b>Miguel</b> 6589-8998, speaks some English</p> <p><b>Narval Marine</b> – See listing under “Repairs”</p> <p>Best advice is to ask on the local VHF net (see “Radio Nets”). There are usually experienced electricians among the fleet, who are available for consultation.</p>
<p><b>Electronics (Marine)</b></p>	<p><b>Electromar Services</b>, SA, Dino 228-9983 Located in La Boca 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@cwpanama.net.pa">electroancon@cwpanama.net.pa</a> Located in Balboa Business Center (across from Freeway Laundry). Does electronic and ICOM repairs. (see map page 7)</p> <p><b>Falcon Electronics</b>, Javier Parra 6781-1544, 314-1034 <a href="mailto:falcon@cwpanama.net">falcon@cwpanama.net</a> www.ifalcon.net KVH technician and other electronics. Is also a good source for referrals to other technicians.</p> <p><b>Narval Marine</b> – See listing under “Repairs”</p> <p><b>Navstar Marine Electronics</b> 228-0399, 6617-2591 www.navstarmarine.com Furuno and Iridium Dealer. Located in La Boca, near Freeway Laundry. Osvaldo Flores</p> <p><b>Nautimar</b> 6688-7369 nautimar1073@hotmail.com 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. Also does hydraulics. Rebuilds hydraulic pumps. Carries hydraulic fittings and oils. An authorized repair facility but there are often issues with quality of work and promptness in completion of work. Located on Via Simon Bolivar, less than a mile past Tuercos y Tornillos and Centro Marino on the right side of the road (Do not walk here!). Open Monday-Friday 8:00-16:30, Saturday 8:00-12:00</p>
<p><b>Embassies</b></p>	<p><b>American Embassy</b> – <a href="http://panama.usembassy.gov">panama.usembassy.gov</a> Located in the Clayton area on Demetrio Basilio Lakas Avenue. Accessible by the “Ciudad de Saber” bus C820 from the Albrook Terminal. No walk-ins. You must make an appointment online</p> <p><b>French Embassy</b> – 211-6200 www.ambafrance-pa.org Located in Casco Antiguo, on Plaza de Francia. At the end of the point.</p>
<p><b>Emergencies</b></p>	<p style="text-align: center;"><b><u>MARINE EMERGENCIES</u></b></p> <p><b>Flamenco Signal Station</b> – VHF 12, Tel. 6151 3884 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>Panama Coast Guard – Servicio Marino Nacional</b> -- VHF 16 <a href="mailto:SARPanama@gmail.com">SARPanama@gmail.com</a> 211-6014 or 211-6013; 211-6012; 6140-6803; 0n VHF or SSB, respond to: “Sierra Mike November”</p> <p>In the <b>Las Perlas</b> 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>In a mayday-situation you can contact your Home-MRCC in your native language to coordinate with the locals, for example:</b> Germany: Bremen Rescue +49 (0) 421 / 536 87 0, (SSB 2187,5 kHz (DSC)) United States: USCG Alameda +1 510-437-3701 (Pacific SR Coordinator)</p> <p><b>NOTE:</b> See also “Radio Nets”. When at sea or a remote anchorage, any of the SSB nets can help coordinate rescue and provide expert advice and assistance</p> <p style="text-align: center;"><b><u>LAND EMERGENCIES</u></b></p> <p><b>Medical Emergencies:</b> CSS 503-6000, 503-2532</p> <p><b>Tourist Police</b> in Panama City (English Speaking) 211-3811</p> <p style="text-align: right;"><i>(continued on next page)</i></p>

	<p><i>Emergencies, continued from previous page</i></p> <p><b>Aeronaval:</b> 108</p> <p><b>Police Emergency:</b> Dial 104 on your phone</p> <p><b>Police Balboa</b> 5119528</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>
<b>EPIRB - Battery</b>	<p><b>Battery Giant</b> (listed under “Batteries”)</p> <p><b>DIMS/Overseas and Beyond</b> Julio Romero 6720-9733 On Calle 50, Global Bank Plaza. Call for directions.</p> <p><b>Panama Tek</b> Lina Serracin +507 389-0786 (land) +507 6949-0709 (mobile) <a href="mailto:service@panamatek.com">service@panamatek.com</a></p>
<b>Fabrics</b>	=> see “Sewing Fabrics & Supplies”
<b>Ferry Services</b>	<p>Ferry services provide travel between Panama City and Taboga Island, as well as between Panama City and some of the Las Perlas Islands. The following is for general reference only. Prices and times change frequently due to season and demand. Be sure to confirm there have been no schedule or pricing changes!</p> <p><b>Taboga Express Ferry</b> 6234-8989, <a href="http://www.tabogaexpress.com">www.tabogaexpress.com</a> Operates daily (Monday through Sunday) from Isla Perico on the Causeway (next to Las Brisas). \$10US one way. See web page for current schedule.</p> <p><b>Calypso-Ferry</b> 314-1730 / 390-2403 Departs from the La Playita dock. \$14US adults. Be at the pier one hour before departure. Check the schedule at the office as it changes frequently depending on the season.</p> <p>Water Taxi on Taboga Island: <b>Chombo</b> 6585 5957 (04/2017)</p>
<b>Fiberglass, Resins, Gelcoat</b>	<p style="text-align: center;"><b><u>SUPPLIES</u></b></p> <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> Foam core, Nydacore, marine plywood, fiberglass, gel coat and resins (poly and epoxy). In Rio Abajo, Calle 5ta, Edificio No. 2469. (Down Via Espana, first left just after the Discovery Center, will be on the left about two blocks up. From Albrook Terminal, you can take the V560/V520 bus “Via Espana-Calidonia-Albrook” bus or the V201 “Automotor-Via Espana-Albrook-Directo” bus.)</p> <p><b>Abernathy’s and Centro Marino</b> (listed under “Chandlers”) at times carry West System.</p> <p><b>SUR</b> (listed under “Paints”).</p> <p style="text-align: center;"><b><u>FIBERGLASS REPAIRS</u></b></p> <p><b>Mar &amp; Botes</b> 6745-2286 In Rio Abajo, a short distance past Fibropinturas (see above) Fabrication and repairs of fiberglass items, polyurethane paint and gelcoat application.</p> <p><b>Narval Marine</b> – See listing under “Repairs”</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, gel coat repairs and woodwork. (This is a different Tito than the Canal-Agent working out of Colon.)</p>
<b>Filters (Motor)</b>	=> see “Oil & Oil Filters”
<b>Filters (Water)</b>	<p><b>Premier Universe</b> 300-0838 Home appliance store located next to the Elephant entrance in Albrook Mall. Carries 5 micron-filters on the second floor</p> <p><b>Do-It Center, Discovery Center</b> and <b>Noveys</b> (listed under “Hardware”)</p> <p><b>Hydromundo</b> (listed under “Watermaker”)</p>

<b>Fire Extinguisher, Certification</b>	<p><b>Abrasil</b> 236-5644, 236-5648, 260-9061 <a href="http://www.abrasilsa.com">www.abrasilsa.com</a> <a href="mailto:abrasil20@cwpanama.net">abrasil20@cwpanama.net</a> Walter Espinosa 6591-8854 (2019: charged \$47 to fill and certify 5 extinguishers from their mobile van at Balboa Yacht Club)</p> <p><b>Firemaster de Panama</b> 236-0880 <a href="mailto:firemast@franpan.com">firemast@franpan.com</a> In Bethania, Calle 87 Harry Heno</p>
<b>Fireworks</b>	<p><b>Panama-Fireworks</b> 222-4105, 6672-7348 <a href="mailto:panamafuegos@cwpanama.net">panamafuegos@cwpanama.net</a> Located on Via Espana. Exact address not known. Call for directions.</p>
<b>Flags</b>	<p><b>Abernathy's, Centro Marino, and Pesquero's</b> (listed under “Chandlers”) (limited range)</p> <p><b>Grabados Amerika</b> 225-1430 Mon-Fri 8:00-4:00, Sat 8:00-1:00</p> <p><b>Islamorada</b> (listed under “Charts”)</p> <p style="text-align: center;">NOTES:</p> <p>Some people have found low cost Panama flags upstairs at <b>El Machetazo</b> (listed under “Groceries, General”) 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@gmail.com">simopiero@gmail.com</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: 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)</b></p>
<b>Flares</b>	<p><b>Marine Safety</b>, Calle 2da Perejil, casa2, Mrs. Roxana 62265429, <a href="mailto:alarmasyextintores11@hotmail.com">alarmasyextintores11@hotmail.com</a> carries safety-equipment and fire extinguishers (2017: 1kg-\$14, 2kg-\$25 / Parachute flare \$45, Smoke pot \$45, Hand flare \$20, no CO2-gas cylinders - some prices are better at <b>Pesqueros</b> (listed under “Chandlers”), but check the manufacture due dates!)</p> <p><b>Captain’s Store, Centro Marino and Pesqueros</b> (listed under “Chandlers”)</p>
<b>Foam</b>	<p><b>NOTE: For foam core used in boat building, see “Fiberglass, Resins, Gelcoat”</b></p> <p><b>NOTE: Closed cell foam is not available in Panama. To special order closed cell foam, see Marine Warehouse under “Chandlers”</b></p> <p><b>NOTE: For fast dry foam shipped in from the U.S., see Casa D La Vela, listed under”Sails &amp; Sail Repair”</b></p> <p><b>FibroPinturas</b> (see “Fiberglass, Resins, Gelcoat”) higher grade than the sewing supply locations, but not closed cell.</p> <p><b>Pico Pico and El Tapiz</b> (see “Sewing Supplies &amp; Fabric) carry foam sheets, but not closed cell quality).</p> <p><b>Mega Depot</b> (see “Grocery Store, Big Box”) some times carries floor mats made of closed cell foam.</p>
<b>Freight</b>	<p>=&gt; see “Mail &amp; Freight”</p>
<b>Fuel - Diesel &amp; Gasoline</b>	<p><i>In all cases, <b>check in advance to verify availability and costs!</b> These sources many times have no stock to sell to transients.</i></p> <p><b>Balboa Yacht Club (BYC)</b> – Call VHF 6 or call the Marina office at (+507) 228-2313, ext. 3. When obtaining <b>diesel</b>, you can also fill up your <b>water</b> tanks at no additional charge. Does not carry gasoline. No service charge. But there is a charge if you are at the dock longer than ½ hour.</p> <p><b>Flamenco Marina</b> -- Call VHF 10 or 341-0665 to make appointment. Carry <b>diesel and gasoline (both ethanol free) and water</b>. At times, have charged a fee to be at the dock. At times have charged \$0.05 per gallon for water. Confirm in advance. The diesel tends to be slightly cheaper at Flamenco than in La Playita Marina. The Fuel dock is very low, dip your fenders onto the water. Do NOT expect the staff to know how to tie up a boat or help with lines and beware of surge in the harbor.</p>

*(continued on next page)*

	<p><i>Fuel - Diesel &amp; Gasoline, continued from previous page</i></p> <p><b>La Boca Gas Station</b> - the closest service station is in La Boca. (See map page 8.) They have refused to fill “non-standard” jerry cans. Alternatively, take the Metro Bus all the way to the terminal. There is a gas station next to the terminal. You will need to take a taxi to return to the Amador causeway; filled jerry jugs are not allowed on the bus.</p> <p><b>La Playita</b> – Call VHF 9 or 314-1730. You may be required to pay an extra fee of \$20USD to bring your boat to the dock. <b>Water</b> is available at no cost. A <b>diesel</b> surcharge may be applied (\$30) for diesel purchases less than a set amount (typically 200 gallons). There is also a surcharge for credit card payments. Gasoline is NOT available. Before bringing your boat in, check with them first on availability and current fees.</p> <p><b>Oliver Yacht Services</b> (under “Canal Agents”) will pick up jerry jugs, have them filled and deliver them back same or next day.</p> <p style="text-align: center;"><b>LAS PERLAS &amp; WESTERN ISLANDS</b></p> <p>Diesel and gasoline are available on Contadora Island and Isla del Rey. In the <b>western islands</b> diesel is available from a barge at <b>Isla Cebaco</b>. There is a fuel dock in <b>Pedregal</b>, 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. Diesel is available from a barge typically located at Isla Cebaco in the Western Islands.</p>
<b>Fuel Injectors / Injector Pumps (Diesel)</b>	<p><b>Electro Inyeccion Diesel Chu, S.A. 261-0212</b>          Located on Via Fernandez de Cordoba, No. 41-39. Diesel engines, pumps, Racor housings and Racor filters. At the Fernandez de Cordoba stop on the Metro Subway. Across the street from the Furniture City. Look for sign on the street, you will need to walk back through a passageway to the actual store. (Map, page 5)</p> <p><b>“Rivas &amp; Picans” – full name “Agencias Diesel Rivas y Picans (ADIRPSA)” 229-3141, 261-4111 **</b>          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>
<b>Fuel/Tank Cleaning</b>	<p><b>Servicios Maurice</b>          Contact Alejandro Lopez 60708168</p> <p><b>Happy Tank</b> <a href="http://www.happytankpanama.com">www.happytankpanama.com</a>; <a href="mailto:info@narvalmarine.com">info@narvalmarine.com</a>; 6980-5554; 3910348          Narvalmarine, Causeway, Isla Perico</p>
<b>Fumigation</b>	<p><b>24 Hour Fumigation Svcs</b> 6464-1089</p> <p>NOTE: Enforcement of fumigation requirements for boats entering Panama is lax. 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.</p>
<b>Furuno</b>	<b>Navstar Marine Electronics</b> (listed under “Electronics (Marine)”)
<b>Galley/Head Remodeling</b>	<p>Acrylic solid counter top and laminate counter top supplies are available at both:</p> <p><b>Formica Distribution Center</b> 260-55503 Urb Ind Los Angeles Cl 85 Final</p> <p><b>Tandor Cocina Design Center</b> <a href="http://www.tucocinapanama.com">www.tucocinapanama.com</a> 230-1311, 230-1312          Tumba Muerrta, Via Centenario, Plaza Centenial, Local #28</p>
<b>Galvanizing</b>	<p>This info was provided to me in 2015, but there has been no feedback from cruisers on whether it is accurate.</p> <p><b>Galvanicadora Civelmec</b>, Carlos 227-6422          Close to the main Centro Marino (the one on Ave Nacional). Possibly around the corner? Minimum weight 100lbs. Note that this is a red zone. Take a taxi!</p>
<b>Gasket Fabrication</b>	<p><b>Hnos. Rodriguez</b>, Dinorah Rodriguez 6979-8284, Office 221-8594          Fabricate head gaskets, gaskets for industrial equipments, etc.          Located in Parque Lefevre. (Spanish Directions: Pasando frente al colegio, Jose Dolores Moscote gire a la derecha, antes de la tienda del chino.)</p> <p><a href="http://www.happyseals.com">www.happyseals.com</a></p>
<b>Gasoline</b>	=> see “Fuel – Diesel & Gasoline”
<b>Generator Repairs</b>	=> see “Motor - Diesel Mechanic” or “Honda Generator”

<p><b>Glasses (Prescription)</b></p>	<p>Several chains in Panama offer prescription glasses. <b>Optica Lopez, Optica Sosa</b> and <b>Optica Chevalier</b> are popular ones. Each has an office in the Albrook Mall. Standard practice is to provide a free eye exam to confirm your prescription. Most special orders take 5-7 working days to fill. Prices are significantly less than in the U.S. There is an <b>Optica Lopez</b> office across the street from Rey grocery store in El Dorado (see map page 7). Some cruisers have reported their prices are lower than the prices charged at the Albrook Mall.</p>
<p><b>Graphics</b></p>	<p>=&gt; see “Lettering for Boats”</p>
<p><b>Groceries, Local Style</b></p>	<p><b>Abastos</b> – Closed. Has been renamed <b>Merca Panama</b> and moved to a new location. See below.</p> <p><b>Calidonia Open Air Market.</b> – From the Metro station walk down Avenida Central/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 the meat vendor area.</p> <p><b>Merca Panama</b> <a href="http://www.cadenadefrio.com.pa/">www.cadenadefrio.com.pa/</a> +507 524-1948 Open 0300 – 1500 (3AM to 3PM) Daily Merca Panama is Panama City's fruit and vegetable market. Cheapest place for fresh, locally grown, <b>unrefrigerated</b> fruits and vegetables. It is many acres and several buildings. You can hire a local person (price negotiable) with a hand cart to show you the areas and collect your purchases Cruisers often use <b>Roger/Rogelio</b> and his van to make a scheduled trip to Merca Panama and then the Fish Market. Any cruiser wishing to organize this can call <b>Rogelio/Roger</b> (listed under “Transportation – Taxis &amp; UBER”) and find out what day he is available and how many people he can take. Announce on the morning VHF net (see “Radio Nets”). By Bus, take the C970 bus from Albrook Terminal. The stop is “Mercapanama Interna”(see “Transportation – Buses &amp; Subway”)</p> <p><b>Mercado de Mariscos (Fish Market)</b> – Avenida Balboa and Eloy Alfara (at the western end of Avenida Balboa, see map page 4). White building with a blue roof. Fresh fish, shrimp, etc. There is also a restaurant upstairs which overlooks the market stalls. There are colectivo taxis which run between the fish market and Multi Centro Plaza (Paitilla). Cost is \$1 per person, maximum 4 persons. <b>NOTE: Closed the first Monday of each month for fumigation and cleaning.</b></p> <p><b>Mercado Publico – Meats, vegetables, etc. At the beginning of Avenida Balboa (the western end).</b> (see map page 4)</p> <p><b>Rio Abajo</b> - Small Veggie and Fruit-Market, about 12 stalls (one with fish and eggs), on Via Espana, going towards Tocumen, on the right hand side a short distance beyond the original Discovery Center, next to Casa de Plastica (Take the Metro-Bus "Super99, Rio Abajo".)</p>
<p><b>Grocery Store, Big Box</b></p>	<p><b>Mega Depot</b> 261-2114 Ave Simon Bolivar/Transistmica. (see map page 5) Warehouse grocery/house goods/limited 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. Limited selection fresh fruits and vegetables. Carries the BJ's home brand of products. Large packs (1kg/2pound bags) of dried fruits (raisins, cranberries, dates, apricots) and nuts (pistachios, almonds, walnuts, pecans, peanuts in shell). 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 and be sure to have a contact phone number on both sides!</p> <p><b>Price Smart</b> 214-7011 <a href="http://www.pricessmart.com">www.pricessmart.com</a> Two locations in Panama City: 1. Intersection of Via España and Ave Brazil (see map page 5) 2. Tumba Muerto, a mile or two past the El Dorado shopping center (see map page 6) Open Monday-Saturday 10:00-20:30, Sunday 10:00-20:00 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 “Transportation – Taxis &amp; Uber”</p>
<p><b>Grocery Store, General</b></p>	<p><b>El Machetazo</b> Several locations, including one on Via España in Calidonia and one at the top of the walking street. Both of these are within walking distance of plaza Cinco de Mayo Metro station (see map on page 4). Really a department store with the grocery store on the ground floor. Low prices for canned and packaged food. Caution with flour, pastas, dried beans and grains; store carefully for fear of bugs. The upper floors, carry clothing, fabrics and sewing supplies, a pharmacy, office supplies, toys, musical equipment, a large bicycle department, etc.</p>

	<p><i>Grocery Store, General, continued from previous page</i></p> <p><b>Rey</b> American style supermarket with several locations. The El Dorado location (on Tumba Muerto, see map page 7) is the largest and has the biggest selection of vegetables and fruits. There is also one close to the Immigration office in Albrook (see map page 6)</p> <p><b>Riba Smith</b> <a href="http://www.ribasmith.com">www.ribasmith.com</a> f.gonzalez@rimith.com 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. 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. It is also possible to order and pay online.</p> <p><b>Super Extra</b> Several locations, including one in Albrook Mall at the opposite end from Super 99.</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>
<p><b>Grocery Store, Kosher</b></p>	<p>See <b>Deli K</b> and <b>Super Kosher</b>, listed under “Grocery Store, Specialty, By Location – Paitilla”</p>
<p><b>Grocery Store, Organic</b></p>	<p>The following places specifically offer organic items. You can also find limited organic items at <b>Riba Smith</b> and <b>Rey</b> grocery stores. See “Grocery Store, General” above.</p> <p>See also the “Grocery Stores, Specialty, By Location”, particularly the <b>Paitilla (MultiCentro Mall)</b> area</p> <p><b>Chris Burillo</b> “Panama Food Box” 6241-4222 <a href="http://www.chrisburillo.com/">www.chrisburillo.com/</a>; <a href="mailto:Chris.burillo@gmail.com">Chris.burillo@gmail.com</a> You can order organic produce via his website and/or send him an email, and he will add you to his email-list, so you will receive a list of what is available each week. Meat is delivered frozen, in a cooling box. Ordering is until Wednesday midnight. Delivery is on Fridays. Pay cash on delivery.</p> <p><b>Finca Santa Marta</b> <a href="http://www.fincasantamarta.biz">www.fincasantamarta.biz</a> Organic vegetables and herbs, free range chickens and eggs, goat milk products, sprouting seeds, etc., shipped in from Boquete. You must first register on the website. Orders are placed via their web page for delivery to Panama.</p> <p><b>New Earth Panama</b> <a href="http://www.newearthpanama.com">www.newearthpanama.com</a> Order groceries and more online to be delivered the next day. Reasonable prices.</p> <p><b>Panama Food Box</b> <i>see Chris Burillo, above</i></p>
<p><b>Grocery Store, Specialty – by neighborhood</b></p>	<p style="text-align: center;"><b>Albrook Mall</b></p> <p><b>Chocolatisima</b> 314-6914; <a href="http://www.myChocolatisimo.com">www.myChocolatisimo.com</a> Baking and cooking-supplies (nuts, marzipan, pine-kernels, toppings, flour) and sweets Between the info-booth and the cinema</p> <p style="text-align: center;"><b>Calle 50</b></p> <p><b>DeGourmet Store</b>, 226-0844 Via Cincuentenario 28A y Calle 50 Final Mon-Fri 8:30am-5:00pm; Saturday 8:30am – 1pm Specialty European breads: Batard Bread, French Sourdough, Danish Rye, Cereal Bread.</p> <p><b>Grand Deli Gourmet</b> Quality cold cuts and hard to find food. In addition to the location on Calle 50, are other locations: (1) Albrook (when taking the Ciudad de Saber bus from the mall, see map page 6) (2) Costa del Este; 300-1350/300-1351 (3) Obarrio; 300-2062/300-2063 (4) El Dorado (near Do It Center and across the street from Scotiabank) 300-2066/300-2067, 300-2068/300-2069</p> <p style="text-align: right;"><i>(continued on next page)</i></p>

*Grocery Store, Specialty – by neighborhood, continued from previous page*

**Kings Food** 223-3280, 6676-8620, [kamleshtulsi@hotmail.com](mailto:kamleshtulsi@hotmail.com)  
Calle 50 y Avenida Venezuela; next to Clinica Boyd, Local N 14  
Indian food, including basmati rice, lentils, sauces, breads, etc.

**Pretelt Fine Meats** 264-8454, 6238-4352 [info@preteltmeats.com](mailto:info@preteltmeats.com)  
Butcher with high-end meats (e.g., Kobe-Beef). Calle 50; next door to Indian “Kings Food.”

### **Causeway**

**Felipe Motta** [felipemotta.com/](http://felipemotta.com/)

Wine and spirits, cheese, sausages, meat, bread, goodies  
The causeway location carries local craft beer as well as imported beers (German beers like Erdinger Weißbier, Krombacher etc.) At the entrance of Flamenco Marina (several other locations in PC)  
Open hours: Tue-Wed 8AM-5PM, Thur-Sat 8AM-8PM; Sun 8AM-5PM (closed Mondays)

### **Chinatown**

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. In these areas, you will find 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.

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.

For fresh, unrefrigerated Oriental vegetables (such as bak choy), go to the Merca Panama farmer's market (see “Groceries, Local Style”)

### **El Congrejo (around Via Argentina Metro Station)**

**Corina Mia** Cooking Supplies and customer-made cake bakery for to be ordered treats. Calle 58 Obario Plaza Econoprecios Local9, frente a Barons's 264-6506, [ipretto@CocinaMiaPanama.com](mailto:ipretto@CocinaMiaPanama.com) (07/2017)

**New York Bagels** 390-6051 [www.newyorkbagelcafe.com](http://www.newyorkbagelcafe.com)

Fresh authentic bagels baked daily without chemical processing or preservatives. Bagels are available for take out, along with a variety of cream cheeses. Also a café for great breakfasts and lunch. Free wifi. Take the Metro bus to the Via Argentina station, walk toward the Iglesia del Carmen (or MetroX pharmacy), turn right onto Via Argentina. Walk up 4 blocks and turn right onto Plaza Einstein (you will see a large statue of Einstein's head.) Open Mon-Fri 7AM-8PM, Sat 8AM-8PM, Sun 8AM-3PM

**Panaderia La Baguette**

On Via Espana, at the Metrostation Via Argentina, on the southern side of the street.  
Nice bakery / cafe / snack bar for a break or takeaway. (04/2017)

**Panaderia/Dulceria Symphony**

On Via Espana, near Metrostation Iglesia del Carmen, on the southern side of the street, besides Electronica Japon. Nice bakery / cafe / snack bar for a break or takeaway. (04/2017)

**Pastas Frescas**

Homemade Fresh Pasta and sauces (fresh, frozen, dried or (during the week) ready to eat as a takeaway)  
Tel. 223-6868, 66740475; Open: Mon-Fri 8AM-6PM; Sat 8AM-4PM

### **Paitilla** (in or close to the Multicentro Mall)

**Bal Harbor Plaza:**

Bal Harbor Plaza on Avenida Italia in Punta Paitilla (across from MultiCentro Mall) has two specialty stores. They each carry Chinese condiments, limited selection of Thai items, powdered Coconut Milk, some dried fruits, good fresh (but typically refrigerated) fruits and vegetables. Sometimes available for Fresh Lychees and fresh Horseradish (Wasabi). Popular items here include the powdered Coconut Milk, Thai curry mixes and spices. Foodies carries wine and fine food also. (Take the Panama Viejo bus, route 2. Get off at the large electronic sign on the left [Multi Centro mall]. Walk east, away from the mall and turn right. Look for Bal Harbor Plaza on your left.

(1) **Foodies**, 6612-0688, 269-9701, 263-4385, 263-6412 [www.foodiespa.com](http://www.foodiespa.com)  
email: [albertomock@foodiepa.com](mailto:albertomock@foodiepa.com) (Alberto Mock, Presidente) Website is still under construction, look for “Foodies Market” on Facebook to ask about current products.

(2) **Fruteria Minimax**, 223-6964.

*(continued on next page)*

	<p><i>Grocery Store, Specialty – by neighborhood, continued from previous page</i></p> <p><b>Deli K</b> 208-2817, 208-2818          Located in the underground parking lot of Multi Centro Mall. An all Kosher Supermarket. Carries Eastern Mediterranean, Central Asian, 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. Open Mon-Thurs 9AM-9PM, Fri 8AM-4:30PM, Sun 9AM-8PM. Closed Saturday. (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>Organica</b> 390-2001 <a href="http://www.organicastore.com">www.organicastore.com</a>          Organic food and drug store, on Calle Ramon H. Juradop. Near Multicentro.</p> <p><b>Petit Paris</b> <a href="http://www.petitparispanama.com">www.petitparispanama.com</a>          Bakery near Multicentro with nice baguette and fine treats to take away or eat in the cafe.</p> <p><b>Super Kosher</b>          Similar range to Deli K. Just down the street from <b>Bal Harbor Plaza</b> (see above) on Calle San Sevastian. Carries Indian food also. Closes early on Friday afternoon. Closed on Saturday. Can be found under “Super Kosher, Panama” on Facebook</p> <p style="text-align: center;"><b><u>Parque Industrial (Costa del Este):</u></b></p> <p><b>Casa de Jamon</b> 271-0044, <a href="http://www.hermanosgago.com/casa_del_jamon.html">www.hermanosgago.com/casa_del_jamon.html</a>          Calle 2 da. Final, # 150. Hams from Spain; cheeses from Italy; meats from the U.S. Spain, Argentina, Australia; special varieties of olive oil and vinegar.</p> <p><b>Meats / Metzgerei Walter Maier y Diseno; Goldeck S.A.</b> 226-8066 <a href="http://www.waltermaierbbq.com">www.waltermaierbbq.com</a>  <a href="mailto:info@waltermaierbbq.com">info@waltermaierbbq.com</a>          German and Austrian Sausages / Frozen vacuum sealed (many different types), No canned meat like Leberwurst.. Located in the area: Llano Bonito (towards Tocumen).          Metrobus-directions: Via España, San Pedro. Juan Diaz Taxi-directions: Llano bonito, Avenida Jose Agustin Arango, frente a la fabrica de velas la Devocion, Lokal N°5          Driving-directions: Corredor Sur, in the direction of the airport turn right to Llano Bonito. After one km turn right on the traffic lights into Via España. Go further: Comasa, Casa del Ebanista....on the right hand side between a garage and a driving school you will find Local No 5, Telefon: 2265146; 66141571, Call for directions! (04/2017)</p>
<p><b>Grocery Store Deliveries</b></p>	<p>=&gt; see also the listings under “Grocery Store, Organic”</p> <p><b>MegaDepot</b> (under “Grocery Store, Big Box”)</p> <p><b>Riba Smith</b> (under “Grocery Store, General”)</p>
<p><b>Grommets/ Fasteners</b></p>	<p><b>Centro Marino</b> (under “Chandlers”), the Avenida Nacional location.</p> <p><b>Casa de la Cuerina (AKA Todo de Cuero)</b> under “Sewing Supplies &amp; Fabrics”</p>
<p><b>GTO-15 Wire</b></p>	<p>Used for wire run between the isolators on the rigging and the antenna tuner for SSB/Ham radios. Ask for “cable neon” (pronounced caw-blai knee-on).</p> <p><b>Multiplastico</b> (listed under “Lexan/Plastics”).</p> <p><b>Policenter Signs</b> 260-9127          Located in Plaza Dorado, across the parking lot from the El Dorado Rey Grocery store. (see map page 7)</p>
<p><b>Hardware Store</b></p>	<p><b>Casa Fina</b> 211-2559 <a href="mailto:casafina188@gmail.com">casafina188@gmail.com</a>          Ferreteria, tool center, plumbing, paints, electrical, kitchen. Little shop which carries many things which the bigger stores (Do-It, Novey's, etc.) do not carry (such as nylon fittings for hoses, big hoses). Directions: Via Espana, Las Sabana (Calle George Westerman), next to Friomax, on the left hand side coming from Pricemart to the Discovery Center.</p> <p><b>Discovery Center</b> 221-7948, 221-7877, 224-5764, 222-2611          Two locations:          (1) Tumba Muerto, a few miles past the PriceSmart store (see map page 7) This is the newer and larger store. There are many buses that go here. Use the MiBus App or <a href="http://www.mibus.com">www.mibus.com</a> and search for the stop named “Condado del Rey”          (2) Via España and Calle 4ta in Rio Abajo. Again, several bus options. Search for bus stop “Calle 5ta Rio-Abajo”          Discovery Center is a True Value hardware store. Carries, oils, long shaft combination locks, Makita LED</p>

	<p>flashlights, jerry jugs, tools, kitchen gadgets, canning jars, standard plumbing supplies, paints, caulks, stainless steel nuts and bolts (including metric sizes), etc. The Tumba Muerto outlet is about 4 times the size of the Rio Abajo location and has a much larger selection of goods. (A bus-journey from Playita, changing in Albrook into a bus "Tumba Muerto, Directo" takes about 1 hour; a taxi needs approx. 20 min (easy double the times at rush hour)</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 (see map page 7), Transistmica (across from Panama Auto, see map page 5), Multiplaza Mall. Open Hours: Transistmica Mon-Sun 0800-1900 / Albrook Mall Mon-Sun 1000-1900.</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's</b> 300-9200 (express line) <a href="http://www.novey.com.pa">www.novey.com.pa</a> Multiple locations, the original and biggest is on Via España in Calidonia. Also at the Albrook Mall (in the south west corner of the parking lot).</p> <p>=&gt; see also "Construction Materials", "Tools" and "Wood"</p>
<p><b>Haulout</b></p>	<p><b>Balboa Yacht Club</b> =&gt; see "Marinas and Anchorages" Cruisers hauled out at Balboa Yacht Club can stay on their boat, or stay at the Hostel Amador Familiar or Canal Inn in Balboa (listed under "Hotels/Hostels"). The Canal Inn accepts pets.</p> <p><b>Flamenco Marina</b> =&gt; see "Marinas and Anchorages"</p> <p style="text-align: center;">Outside of Panama-City:</p> <p><b>Astillero Bayano</b> in Rio Chepo Yard with a marine railway for up to 47m length, 16m beam, 2.7m draft. Coquirá Port in Chepo, east of Panama-City; 09° 07.494' N / 079° 03.853' W. <a href="http://www.astilleroBayano.com">http://www.astilleroBayano.com</a>; <a href="mailto:info@astilleroBayano.com">info@astilleroBayano.com</a>; (+507) 296-8237 / 296-8141. If you have first hand experiences please let us know!</p> <p><b>Vista Mar</b> see "Marinas and Anchorages"</p> <p><b>Vacamonte (Puerto Pescero de Vacamonte)</b>, This is the fishing fleet boatyard located in Vacamonte (west of Panama-City) 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 are available on site. Best to check first or bring what you need with you. Alejandro Gerbaud, 251-1455, 251-1636. For an English speaker, ask for Reginald.</p> <p><i>For information on beaching, see the write-up by sailing yacht Taitonga at the end of this guide.</i></p>
<p><b>Heat Exchanger Repairs</b></p>	<p><b>Enfriadoras Alaska</b> Located near Cochez or Casa de Materiales on Via Espana. Recommended by Kenny Brezeale, the diesel mechanic. NOTE: This may be the same as Radiadores Alaska, the next listing. Looking for someone to confirm this!</p> <p><b>Radiadores Alaska</b> 224-8526 or 221-1351 On Via Espana near the Language Institute</p> <p><b>Servicios Nacho</b> (listed under "Alternators/Starter Motors")</p>
<p><b>Honda Generator</b></p>	<p><u>Purchase</u>: <b>Marine Warehouse</b> (listed under "Chandlers") <b>Airco</b> (see below) also carries them but prices are significantly higher than Marine Warehouse.</p> <p><u>Repair</u>: <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>
<p><b>Hoses</b></p>	<p><b>Mangueras Panama</b> Off Transistmica on Avenida Principal del Ingenio, about ¼ mile past Panama Auto and next to the Caja de Ahorros de Transistmica. Can make hydraulic hoses. Carry a good range of industrial hoses.</p> <p><b>Panama Auto</b> (listed under "Auto Parts and Supplies")</p> <p><b>Dimar</b> (listed under "Bearings, Belts and Seals")</p> <p>Thread reinforced hoses for fresh and salt water house systems can be found at <b>Tuercos y Tornillos</b> (listed under "Nuts, Bolts, Screws, Fasteners") and also at <b>Novey's</b> (listed under "Hardware Stores")</p>

<p><b>Hospitals</b></p>	<p><b>Always be sure to take your passport!</b></p> <p><b>Centro Medico Paitilla</b> 265-8800 San Francisco, Calle 53a Este, Calle San Jose (by Ave Balboa). Will charge \$500 upfront and then, after your visit, calculate the bill and refund the overage.</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.hospitalpuntapacificacom">www.hospitalpuntapacificacom</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>
<p><b>Hotels / Hostels</b></p>	<p>NOTE -- Two listings below allow <b>pets</b>: <b>Canal Inn</b> and <b>Hotel Costa Inn</b></p> <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>Amador Ocean View Hotel</b> 314-3310 Located at Las Brisas. Used to give a special deal for cruisers who stay more than 3 nights in the hotel, and also provided showers and laundry service. Have raised the prices significantly. Price of showers went from \$5 to \$25; laundry prices went from \$10 per load to \$32. Owner has also refused cruisers use of the bathroom and will not let them sit on the chairs outside to use the internet.</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.</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. Castellero, Casa # 7. European style B&amp;B run by Franz. Very comfortable. (see map page 8) <b>Allows pets</b>.</p> <p><b>Hostel Amador Familiar</b> 314-1251, 314-1721, 6747-6229 <a href="http://www.hostelamadorfamiliar.com">www.hostelamadorfamiliar.com</a> <a href="mailto:reservations@hostelamadorfamiliar.com">reservations@hostelamadorfamiliar.com</a> 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. (see map, page 8)</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. <b>Allows pets</b></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. Very popular with cruisers.</p> <p><b>Hotel Milan</b> 263-6130 <a href="mailto:hotelmilan@cwpanama.net">hotelmilan@cwpanama.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 Principe</b> <a href="http://www.principehotelandsuites.com/en/">www.principehotelandsuites.com/en/</a> Near Via Espana/Via Argentina intersection. (Within walking distance to several electronic shops and Pricemart). Opened 2013. Good Japanese restaurant (Tsugoi) onsite. Rooms from \$59 USD (2015)</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 MultiCentro Mall, near Hospital Paitilla). An old Holiday Inn. Ask for a room overlooking the water. They have dramatic floor to ceiling windows.</p>

<b>Hydraulics</b>	<p><b><u>FITTINGS</u></b>  <b>Hidroca</b> (listed under “Brass Hose Fittings &amp; Copper Tubing”)  <b>Panama Auto</b> (listed under “Auto Parts &amp; Supplies”) (suggest to try Panama Auto first)</p> <p><b><u>HOSES</u></b>  <b>Bahsa 232-0292</b>  Located on Via Diablo in Diablo, Edificio 42F (See map on page 6)</p> <p><b>Mangueras Panama</b> (listed under “Hoses”)  <b>Panama Auto</b> (listed under “Auto Parts &amp; Supplies”)</p> <p><b><u>PUMP REBUILDS:</u></b>  <b>Proteca</b> (listed under “Electronics (Marine)”)</p> <p><b><u>REPAIRS:</u></b>  <b>Narval Marine</b> (listed under “Repairs”)</p>
<b>Ice</b>	<p>In the Las Brisas anchorage, you can purchase ice in the small grocery store <b>Shopette</b>.</p> <p>In the La Playita anchorage, ice is sold in the small grocery store next to the marina office.</p> <p>Large (five pound) bags of ice can also be purchased at the <b>Balboa Yacht Club</b> on the muelle.</p>
<b>Icom</b>	<p><b>Electronica de Anton</b> (listed under “Electronics (Marine)”)  =&gt; see also “Radio Repair”</p>
<b>Immigration</b>	<p>=&gt; see “Check-In, Check-Out”</p>
<b>Impellers</b>	<p><b>Dimar</b> (listed under “Bearings, Belts and Seals”)  <b>Abernathy's</b> (listed under “Chandlers”)</p>
<b>Injectors</b>	<p>=&gt; see “Fuel Injectors &amp; Injector Pumps (Diesel)”</p>
<b>Internet</b>	<p>=&gt; see “Telephone, Internet, WhatsApp”</p>
<b>Inverters</b>	<p>12v-110V Inverters can be purchased at most of the electronic stores (such as Electronica Caribe, listed under “Electrical Supplies”)</p> <p>12V-220V / 150W ( \$26 04/2017) <b>Discovery Center</b>, Tumba Muerto location (see Hardware)  12V-220V / 2000W (\$320 04/2017) <b>Electronica Japon</b> (see Electrical supplies)</p> <p><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.</p>
<b>Iridium</b>	<p><b>Navstar Marine Electronics</b> (listed under “Electronics (Marine)”)  <b>Tesacom</b> (listed under “Satellite Phone”)</p>
<b>Jabsco</b>	<p><b>Dimar</b> (listed under “Bearings, Belts, Seals”) is an authorized distributor for Jabsco  <b>Abernathy's</b> (see “Chandlers”) also carries many common Jabsco fittings and pumps.</p>
<b>Jerry Jugs</b>	<p>Jerry jugs can be purchased at:</p> <ol style="list-style-type: none"> <li>1. <b>Abernathy's</b> (under “Chandlers”) They will be expensive, but durable.</li> <li>2. <b>Discovery Center</b> (under “Hardware”)</li> <li>3. <b>Mega Depot</b> (under “Grocery Store, Big Box”), will be the cheapest in price and also quality</li> </ol> <p>Five gallon jugs previously used for cooking oil or coke syrup can be purchased near the <b>Fish Market at Muelle Fiscal</b> (by Chochez, see map page 4). Prices range from \$2 to \$5 per jug. Must be cleaned before use but are serviceable for a long passage.</p>
<b>Jubilado Discount</b>	<p>Panama law provides a discount on services and some purchases for resident retirees age 55 and over for women or 62 and over for men. Called “Jubilados”. 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 ask for the discount and you <b>may</b> receive it. (NOTE: Jubilado is pronounced “who-be-law-doe”)</p>
<b>Lagoon Yachts</b>	<p>=&gt; see “Repairs”</p>

<b>Lasik Surgery</b>	<b>Dr. Raul Chanis</b> (listed under “Doctors, Specialists”) **
<b>Laundry</b>	<p><u>Self Serve:</u></p> <p><b>Balboa Yacht Club</b> (under “Anchorages and Marinas”). Facilities are for guests and members only. Has three washing machines and three dryers. Requires quarters which can be obtained at the office.</p> <p><b>Condos by Las Brisas Anchorage.</b> At the far end of the parking lot. \$2 per wash for the washing machine. which has to be watched and maybe adjusted while the water flows in the barrel! (a little fun and adventure:-). No functioning dryer, as of 2016. All Quarters. Be sure to ask on the morning VHF net if the machines are working. As of 04/2017: The machine still exists, but it now looks so ruined that nobody ever tried it again. R.I.P.</p> <p><b>Freeway Laundry</b> on Calle la Boca in La Boca. 228-6592 This is the nearest facility for laundry and dry cleaning, but they also have limited self-serve machines. Catch the Metro bus at the causeway (See “Transportation – Buses &amp; Subway” for more info, see also map on page 8.) They can do your laundry for appx. \$6.50 per load (wash, dry, fold) [Sometimes the volume of a load differs sometimes a lot] Delivery of cleaned goods can be arranged, price can be negotiated. The self-service machines take about 30 minutes for \$2; the dryer is increments of 10 minutes for \$0.25. Open: Monday-Saturday 8AM-8PM, Sunday 11AM-2PM</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 4 for location of walking street.)</p> <p style="text-align: center;"><u>Non-Self Serve:</u></p> <p><b>Amador Ocean View Hotel</b> in Las Brisas. <a href="mailto:info@amadoroceanview.com">info@amadoroceanview.com</a>, (+507) 314-3310. Senora Fermina will do a load wash-dry-fold with good quality, but prices have risen from \$10 USD to \$30 USD (plus tax) per load.</p> <p><b>Freeway Laundry</b> in La Boca, see above. Verify price in advance. They may charge by the piece and price can go quite high as a result.</p> <p><b>Moises Jiang</b> +507 228-6592, cell: +507 6481-2611 <a href="mailto:jiang2286592free@gmail.com">jiang2286592free@gmail.com</a> Will pick up and deliver. \$7 per load, all included. Conflicting reports as to whether or not he speaks English, but some good reviews.</p> <p><b>Oliver Yacht Services</b> (see “Canal Agents”) Will pick up laundry from the boat and deliver it back. Charges \$15 per bag.</p> <p>Many other possibilities in town, if you do shopping runs with a taxi, you could take your washing with you.</p>
<b>Leather</b>	<b>Casa de la Cuerina</b> (AKA <b>Todo de Cuero, El Palacio de Vinil</b> ) (listed under “Sewing Supplies & Fabrics”)
<b>LEDs</b>	<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>Electronica Atlantico</b> carries a good Selection of LED’s for different sockets (e.g., Mooring light-size with bay15D). Take the Metro to Via Argentina, go south into the street parallel to Via España, on the left hand side towards PriceSmart</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.latinledlights.com">www.latinledlights.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> (under “Hardware Stores”), <b>El Machetazo</b> (under “Grocery Store, General”), and <b>Mega Depot</b> (under “Grocery Store, Big Box”). MagLite conversion kits (i.e., swap out standard bulb to LED) are at times available at <b>Rodelag</b> and <b>Discovery Center</b>.</p> <p>There is also an LED shop next to Plaza New York, close to Multi-Centro Mall. No further details at this time.</p>
<b>Lettering for Boats</b>	<p><b>Be sure to verify that what you buy is UV-resistant !!!</b></p> <p><b>Digital Art</b> 302-7981, 302-7982 Located in the Albrook Business Park (see map page 6). 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> <p><b>Eterna Plaque</b> <a href="http://www.eternaplaque.com">www.eternaplaque.com</a>, <a href="mailto:jonathan@eternaplaque.com">jonathan@eternaplaque.com</a>. Jonathan speaks English. Via Espana, exit Metro at Via Argentina and walk against the traffic (towards PriceSmart). Take the next left (at Caja de Ahorros) then the first left again.</p>

<b>Lewmar</b>	<b>Narval Marine</b> (see “Repairs”)
<b>Lexan/Plastics</b>	Neither <b>Lexan</b> nor any other UV treated polycarbonate is available in Panama City. <b>Multi Plastic, SA (La Casa de Acrilico)</b> 279-0441 <a href="mailto:multiplastic@cableonda.net">multiplastic@cableonda.net</a> , Head of office: Angel Batista, multiplasticacrilicos.com 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</b> Salizar (under “Tools”). (See map on page 5)
<b>Life Raft Certification</b>	<b>Panamax Oceanco Safety &amp; Supply</b> + 507 430-5233, <a href="mailto:safety@sinfo.net">safety@sinfo.net</a> , <a href="mailto:panama@cwpanama.net">panama@cwpanama.net</a> <b>Best Contact Info 2018: Rafael Ferretiz in Operations Department, +507 6677-2587</b> <a href="mailto:info@panamaxmarine.com">info@panamaxmarine.com</a> or <a href="mailto:info@oceancopanamax.com">info@oceancopanamax.com</a> Located in the Colon Free Zone. Certified for many brands, including Switlik. Did pick up and delivery of life raft to Las Brisas. <b>Panama Marine Products &amp; Services</b> , Roger Salcado 430-5233, 6677-2587 Located in the Colon Free Zone. Certified for Viking, among other brands. <b>Survitec Safety Solutions</b> Victor Sanchez +507 304-6300 <a href="mailto:victor.sanchez@survitecgroup.com">victor.sanchez@survitecgroup.com</a> International Business Park, Panama Pacifico. Authorized sales & service for Zodiac. There is no certified maintenance place for Plastimo Liferrafts available in Panama (04/2017)
<b>Line</b>	<b>Abernathy’s, Casa Mar, or Centro Marino</b> (listed under “Chandlers”). The Abernathy's on Transmistica typically has the largest selection (see map page 5). <b>Discovery Center</b> on Tumba Muerto, (listed under “Hardware”) <b>Casa De La Vela</b> in Portobelo, offers Dyneema line by Gleistein. Full contact details listed under “Sails & Sail Repair” => see “Canal Agents” and “Canal Lines & Line Handlers” for information on renting lines for canal transits.
<b>Line Handlers</b>	=> see “Canal Lines and Line Handlers”
<b>Liquors</b>	Best prices and largest selection of hard liquors and wines is at either <b>Mega Depot</b> (listed under “Groceries, Big Box Stores”) or the <b>Super 99</b> at the Albrook Mall. Cruisers on a tourist or maritime visa can buy liquors at the Duty Free shop under the Port Captain's office at the end of the Causeway. Must have passport for entry. Be warned, however: prices are typically HIGHER here than at regular stores in the city. <b>Felipe Motta</b> has several locations throughout the city. One is at the end of the Causeway close to Centro Marino. Carries more specialized products such as local craft beer, imported British and German beers.
<b>Lofrans</b>	<b>Narval Marine</b> (under “Repairs”)
<b>Lowrance</b>	<b>Overseas Electronics</b> (under “Electronics (Marine)”)
<b>Machine Shops</b>	<b>Rectificadora Tecnica</b> +507 224-1544 / 224-1555 / 224-1566 <a href="mailto:acliente.retecsa@gmail.com">acliente.retecsa@gmail.com</a> General Manager: Geovanny Mendez cellular: 6672-4588 <a href="mailto:gemendez@cwpanama.net">gemendez@cwpanama.net</a> Calle 16, Parque Lefevre (One block south of Via Espana on Calle 103 Este (near Via Cincuentenario) Machine shop for many big names in Panama (Colon Port Terminal, Manzanillo International Terminal, Panamax Marine Service, etc.) 5,000 square meter premises. Have on hand Mechanical Engineers, Electromechanical Engineers, Industrial Engineers, Welding Technicians. 30 Years in business. Their advertising brochure is in both Spanish and English. <b>Taller Alfredo: Alfredo Luma Young</b> , 236-5577 In El Dorado, Calle E no. 9M Behind the Coca Cola plant. Immaculate facility. <b>Taller Quisanch: Ramon Valdez</b> , 6699-6197 Avenida Eloy Alfaro, Calle 15. <b>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 (listed under “Motor – Diesel Mechanic”). Tito is mostly retired now, but his son is carrying on and Tito is often at the shop. Close to Tito's shop is Panama City's oldest and highest rated empanada shop.  <i>(more on next page)</i>

	<p><i>Machine Shops, continued from previous page</i></p> <p><b>Torneria Robles</b>, +507 229-0249, 229-9352, 6747-1947 torneriarobles@hotmail.com (Danni Alonso, the mechanic speaks some English 6066-2683) Work stainless and aluminum, bronze bushings. Take the Metro to 12 de Octubre station, look for restaurant “Don Carlos” (after a gas station). Turn right in front of Don Carlos onto a little street, take the first left. Will be the second door on the left side.</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>
<p><b>Mail &amp; Freight</b></p>	<p><b>Unless you are using an experienced ship's agent such as 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!</b></p> <p><b>AVOID Mail Box type businesses for anything except mail or low value items!</b></p> <p><u>SHIPMENTS INTO PANAMA:</u></p> <p>To bring in mail from the U.S., it is best to use Mail Boxes Etc., PakYa Panama or Air Facility. They each have an address in Miami. You send your item to that address and it is forwarded to Panama. They take care of customs clearance. Note that all packages entering Panama with goods, must have an official invoice or bill included.</p> <p>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>, listed under “Chandlers”).</p> <p><b>Customs:</b> Packages over \$100 are subject to <b>import taxes</b>, 3% to 21% depending on the type of item, in addition to the shipping costs. <b>But it bears repeating: the import taxes are OFTEN significantly less than the agency fees associated with “Boat in Transit”.</b></p> <p><b>Air Facility</b> 294-0300, <a href="http://www.airfacilitypty.com">www.airfacilitypty.com</a>; <a href="mailto:customerservice@airfacilitypty.com">customerservice@airfacilitypty.com</a> *</p> <p>Very economical, but you must first set up an account with them (bring your passport). Spanish speaking only. \$2.95 per pound, plus \$5.50 handling fee, plus 2% of the item’s value; there is a surcharge for items of a big volume. It takes around 4 days from Miami to PTY. Items not picked up within 10 days of arrival in Panama will be charged a storage fee.</p> <p>Take the Metro to the Via Espana station. Walk against the auto traffic (towards Caja de Ahorro/PriceSmart). Turn left at Caja de Ahorro then first left again. (See also map on page 5.)</p> <p><b>Antu Logistics</b>, Javier WhatsApp +507 6130-2069 \$3 per pound landed, includes shipping and customs. You must set up an account first. This is free and easily done using WhatsApp. Javier speaks good English. He will bring it in, you go and pick it up at his office in Panama City. For location, use Google Maps to search for “Devas” which is located in the same building.</p> <p><b>DHL/FedEx</b> There are many DHL and FedEx offices throughout Panama City. Each person bringing in a package has a different experience to relate. For some it is an easy, painless process. For others a long ordeal. Suggest in all cases that you: Locate the office you will use and speak with them directly, giving an estimate of weight and value of goods to come in. Get any estimates in writing. Get the name and phone number of the person you have spoken with. Keep a record of the tracking number (although some people have experienced a change in tracking number once it has entered Panama).</p> <p>The Balboa Yacht Club and marinas (La Playita and Flamenco) have good experience with FedEx and DHL-Express. Speak with them first for appropriate address to use. Do not use UPS or USPS.</p> <p><b>It cannot be repeated enough, for high value boat parts it is better to hire an experienced ship's agent (such as Marine Warehouse) to coordinate the shipping and handle customs clearance. For lower value items (boat parts or personal items) it is better to use an experienced, low cost shipping service such as PakYa Panama or Air Facility.</b></p> <p><b>Mailboxes, Etc.</b> <a href="http://www.mbe-ca.com">www.mbe-ca.com</a> 2017: Costs are \$13.00 per kg, with a minimum of \$5.00 for 0.38 kg. Not good for “ship in transit” high value items. Multiple offices in Panama. Check their web page, it comes in both Spanish and English versions. See map on page 6, there is an outlet in same location as Arrocha Pharmacy close to Albrook Immigration office.</p> <p><b>Marine Warehouse</b> (under “Chandlers”) can coordinate overnight air or water shipping delivery for parts you purchase through them. Reasonable fees and experienced handling “boat in transit” high ticket items. If you purchase some items through them, they may also bring in other items you purchase on your own and send to their Florida location.</p> <p><b>Oliver Yacht Services</b> (details under “Canal Agents”) have a mailbox in Miami which can be used to bring mail and/or packages into Panama. It is important that there is an official bill in the package.</p> <p style="text-align: right;"><i>(more on next page)</i></p>

*Mail & Freight, continued from previous page*

**PakYa Panama**, 236-1728 [www.pakyapanama.com](http://www.pakyapanama.com)

You do not need to set up an account first. But do contact them to confirm the correct Miami 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. **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.** (See map page 5.)

**Panama Net Buy** 260-7810 [www.panamanetbuy.com](http://www.panamanetbuy.com)

Easy and very quick, transparent online-quotes for getting things into Panama from ebay.com or amazon.com. No sign up fee. Not good for “ship in transit” high value items.

On Tumba Muerto, Plaza Aventura, Edificio Neptuno (kitty corner from the El Dorado Mall) (see map page 7)

**Panama Postal Service.** 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 map page 8). The main post office is located on the lowest level of the El Dorado Mall, close to the food court (see map, page 7). Check with them for instructions on General Delivery. *But in-coming mail service is not reliable.*

**Panlogistics** Denise Dominguez 6747-6513 [denise@panlogisticsgroup.com](mailto:denise@panlogisticsgroup.com) [www.panlogisticsgroup.com](http://www.panlogisticsgroup.com)

Freight forwarder of packages from their Miami address to Panama. Usually they can also deliver to Flamenco and La Playita and call/email you beforehand to make an appointment or you can collect your parcel in their office. They are flexible. Staff can speak and write English. You must first set up an account with them. Cost is about \$5US/kg, a \$2 handling fee is added but confirm actual costs in advance!!! For small shipments, they usually handle the package at customs as personal packages.

They can also do a “yacht in transit” when the value is \$1,000 or more. Fee for “yacht in transit” is \$150USD.

For better follow-up and tracking, send them an email when you order something.

Before arranging a delivery of your goods or going in to get them, request they email you a copy of the invoice to make sure there are no issues.

**SM Imports**, Safa Misaghian +507 6058-8308 [ventaspty@smimports.net](mailto:ventaspty@smimports.net)

Has a Miami address to which your goods are sent. Each Friday they are shipped out by sea, arriving in Panama approximately one week later. After a few days custom clearance, can be delivered to your marina or anchorage in Panama City. Cost averages out to be appx 25% to 30% the value of the items. He can also ship in by air, for a higher cost.

**Transexpress**

For full details, go to [www.transexpress.com/usa](http://www.transexpress.com/usa). Have been used for bringing goods to Ecuador and also Panama.

#### **NOTE ON LOST POSTAL SERVICE PACKAGES:**

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. (see map page 7)

#### **SHIPMENTS OUT OF OR WITHIN PANAMA:**

**DHL** and **FedEx** services are available at Aerocastillos across from the Maritime Office in Albrook (see map on page 6) at any of the **Mail Boxes, etc.** stations in Panama City (one location is at Albrook Park, see map page 6). 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. (see map page 7)

**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 map page 8). 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. Office hours are typically 7:00-4:45PM Monday through Friday and 8:00 to 2:45 on Saturday.

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.

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.

<b>Makita Tools, Repair</b>	<b>Makita Service Center</b> www.makita.com Located on bottom floor of Albrook Office Center, the same building where Albrook Immigration office is. (See map on page 6)
<b>Maps &amp; Yellow Pages</b>	Hard copy 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).
<b>Marinas &amp; Anchorages</b>	<p><b>NOTE: Cruiser's hold a local net at 8am (1300 UTC) Monday through Saturday – VHF72 (04/2017). The frequency used for the net is also the frequency used for hailing. Please note, however, that frequency changes often due to local traffic. Also try: 68, 69, 71, 72, 73, 74 or ask around. Additionally, if there are no cruisers to host the net, there will be no net.</b></p> <p>When switching to another frequency for conversations please <b>do not use</b> following working frequency:  <b>VHF 6 - Balboa Yacht Club muelle [dock],</b>  <b>VHF 9 - La Playita Marina,</b>  <b>VHF 10 - Flamenco Marina,</b>  <b>VHF 12 - Flamenco Signal Station</b></p> <p>See also <b>FUEL - DIESEL/GASOLINE</b> for more detailed information on obtaining fuel from any of the following sources</p> <p><b>SAFETY: Use minimum 50-60m (180-200ft) anchor chain and mooring lights, carry dinghy lights !!!</b></p> <p><b>SECURITY: Lift your dinghy at night out of the water and chain the motor to your boat. There have been thefts as recently as 2017. It is useful to have pictures for documentation and proof of ownership as well as engraved contact details on the motor block. If your motor is stolen, report it on the morning net and to AeroNaval.</b></p> <p>If you see some theft activity call <b>Aeronaval: Tel. 108 AND VHF16</b> (or Flamenco-Signalstation VHF 16 / 12)  =&gt; see also "Emergencies"</p> <p style="text-align: center;"><b>Balboa Yacht Club (BYC)</b></p> <p><b>VHF 6</b> for the muelle (dock), 228-5794 (Mooring and Rail Office is ext 3),          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. BYC sells <b>diesel</b> but <b>no gasoline</b>. <b>Water</b> at the dock 30min-free for paying mooring guests, otherwise \$12 per hour. =&gt; See also "Fuel - Diesel &amp; Gasoline" for more detailed information.</p> <p><b>Facilities</b> include bar with free wifi (open to restaurant/bar clients, ask for password). Free 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 (water taxi) 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.)</p> <p><b>Haul-out:</b> is possible on a railway system. You must make advance reservation for haul-out and time available may be limited due to tides and boat draft.</p> <p style="text-align: center;"><b>Flamenco Marina</b></p> <p><b>VHF 10</b>, 314-0665 <a href="mailto:marina@fuerteamador.com">marina@fuerteamador.com</a>, www.fuerteamador.com          Located at the end of the causeway. Pricely. Some English spoken in office, but dock master speaks excellent English. 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).          Has <b>diesel, gasoline and water</b> services. See also "Fuel - Diesel &amp; Gasoline" for more detailed information.</p> <p><b>Docking</b>-costs as of October, 2016 for a 39 foot monohull: \$2.25 per foot plus 7% tax. An additional \$21.40 charged for security card key.</p> <p><b>STRONGLY ADVISED:</b> Make sure to get a slip that is NOT on the outermost dock closest to the breakwater. Waves, debris and logs wash into the (barely functional) breakwater, making for very rough conditions and giant logs slamming into the boat at night. Internet may or may not be available, check in advance.          \$20/day for use of the dinghy dock.</p> <p><b>Haul-out:</b> Have a <b>250 ton marine travel-lift</b>. 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).  <i>(more on next page)</i></p>

*Marinas & Anchorages, continued from previous page*

### **La Playita Marina & Anchorage**

VHF 9, 314-1730; [laplayita@siwireless.com](mailto:laplayita@siwireless.com); Carmen Garcia de Paredes is head of the office (and daughter of the owner, they own the Calypso Ferries as well).

Both a free anchorage and a marina. La Playita is located on Punta Culebra and is the one which faces the canal channel and Taboga Island.

Provides **dinghy dock service to the anchorage users** for a fee. \$55 per week in 2017, Mon-Sun, but check in the office or ask on the morning net for current rates. Day rates can apply if you arrive after Monday.

Also available are: snack bar, ice, waste and oil disposal, **diesel (no gasoline), water**. See also "Fuel - Diesel & Gasoline" for more detailed information.

#### **Important notes for La Playita Anchorage**

1. Anchoring is **free, but** you MUST pay to use the dinghy dock. Do not cheat on their fees or they will close their services for all cruisers. This has happened before.
2. At the dinghy dock, use a **long dinghy painter/line** (2m+) to allow fellow cruisers to get to their dinghy as well! Make sure no dinghy is trapped under the structure on tides below minus, when the dock is sitting on the rocks.
3. Boats drag because they do not put out enough scope - be prepared and use an **anchor alarm** and lots of chain. Cruisers experienced at anchoring in La Playita typically have **55-65m (170-200ft) chain** in the water and test it by backing up under full power.
4. Check the tides! Calculate your **swing room!** In low winds and slack tides the anchor chains are not stretched and boats often rest above their anchor.
5. **Tides more than 6m/21ft** at spring water produce **funny currents** in different directions so boats are sometimes pointing against each other. In the high season (December - June) you might count 60+ boats, and there is still enough space for everyone (If not everyone tries to be in the first row).
6. The anchorage is **totally exposed to wakes** caused by canal traffic and the work boats coming out of the marina. Your boat might Rock n Roll extremely. Fix your pots on the stove! (No joke!)
7. A south wind at 15+ knots can cause an uncomfortable **wind swell**. If a **pacific-swell** (1-2m) develops (rare) the more sheltered places inside the anchorage turns into a washing machine (you will observe then, that the harbor evacuates the slips). Some very **weird waves**, steep and up to 1m, sometimes occurred in spring 2016 (Equador-earthquake?), always coming out of the canal, without having a visible source (definitely not caused by ships!).
8. Regarding the little bright blue **work boats**: If you want to give polite feedback on the seamanship/behavior of the captains, note the time and the name of the vessel as well as what they did good or not so good. The operating company is not under the management of the harbor nor the Calypso ferries and is named: "Two Ocean Services", tel. 308-9100. This company has a separate office in La Playita. The owners are reachable via email: Senora Maggie and Senor Gabriel, [ep@epvmarine.com](mailto:ep@epvmarine.com), [me@epvmarine.com](mailto:me@epvmarine.com) (Please remember: Cruisers are not the primary income-source around here and we are guests in their country).
9. At night please use **dinghy lights** to avoid being run down by another boat and please use **anchor lights** (and additional lights (e.g., solar-garden-lanterns) to make it easier for the working boats to maneuver as well your fellow cruisers to anchor at night (e.g. those coming through the canal, very often arrive after dark)

### **Las Brisas – Anchorage**

Las Brisas faces the city with a clear **nice view of the skyline** and, frequently, fireworks.

Holding is in mud. Be sure to put out enough chain to account for the tides and squalls and test the holding by backing up with full power. Many boats fail to follow this advice and so it is common for boats to drag during squalls. Calculate for your swing room, note that boats who have in the same spot have at least **50-65+ m (170-200+ ft) chain** in the water (simply ask your neighbor).

The "empty" space near the causeway in front of the dock (S-end of the bay) is the designated turning and waiting area for the commercial traffic - not allowed for anchoring. It might be a very bad idea to try to anchor in the middle of the mooring field, because you do not know on how many blocks or anchors the boats are moored and how the chains are running (some long term boats do have moorings without a mooring ball). (07/2017)

Strong winds from the **east** will create a choppy, dangerous **short, steep wave** very quickly.

There is traffic at night so use your **anchor light as well dinghy lights!!!**

NOTE: sunken sailboat at N 08° 55.309' and W 079° 32.107', some others are still on the causeway rocks.

New 2017: Las Brisas has a dinghy dock! Dinghies can be tied to the dock on the rocky side, where they might be close to the stones at very low tides - take care! The room is limited. The dock's fendered open side is used by commercial traffic also and can only be used to load/unload. No charge. To make this a safe place you will be

*Marinas & Anchorages, continued from previous page*

asked nicely and firmly by the officials to wear a life vest in your dinghy.

The old collapsed, very dangerous dinghy dock is still in place also. Here you must tie your dinghy at the dinghy dock and use a small fiberglass boat on a circular line to pull yourself to shore and then climb up the rocks (water taxis can be cheaper than a bone or dinghy repair!).

**Water Taxis** at Las Brisas. (\$3-5 per trip) can be a good alternative depending on the swell and the wind, even cheaper than wet ruined stuff or laundry:

**Juan** 67613284 speaks English and is willing to ferry even in the dark, after prior arrangement! \*\* (04/2017)

**Kevin** 6768 0369 (04/2017)

**Neldo** 68857239 (04/2017)

**Jesus** 66030754 (a bit English) (04/2017)

**David** 6433 9751 (04/2017)

**Aquatico** 6522-7991 (not good between 12:00-1:00 or after 6:00PM) (2014)

**Las Brisas** 6070-8168 (2014)

=> see also "Bottom Cleaning"

**Moorings:**

**Alli** the welder on **SV Genesis** – red steel boat usually in the Las Brisas anchorage, 6685-0858, speaks English and German. Builds and rents out moorings for around \$250 per month on ca. 100+ kg-Bügelanchor, about 20m big chain and 20m 3/8" chain. (07/2017)

**Neldo** 68857239 (some English) rents out 2 moorings (CAUTION! Ask details and test them. These moorings have been known to drag. 04/2017)

**Juan** 69603937 rents out moorings (ask details and test them!) (2014)

**Water** is available from a tap at the guard station. If it is denied ask for the superior person or come another day or dinghy to Flamenco Marina (04/2017).

**Garbage** is to be disposed in a designated not marked (but stinky) shack in the parking lot. There are also garbage cans in the parking lot in front of the new dock. (Ask the guards for directions: Spanish for garbage is "Basura"). A rusty landing craft in Las Brisas is used to collect garbage from bigger ships, you can ask them to take your garbage as well.

**Shopette** 3143356, located in Las Brisas strip mall, is a small supermarket with prices higher than in the city, but in easy reach; carries ice cubes and has internet. A Banistmo-ATM is located at the back (sometimes works).

**Taboga Island Moorings**

Taboga Island Moorings, run by former cruisers Susan and Chuy, **shut down** operations as of February, 2017

**Vista Mar Marina**

[www.vistamarmarina.com](http://www.vistamarmarina.com) WhatsApp/Phone: +507 6611-8528 [jacquelinepetti@grupocalpe.com.pa](mailto:jacquelinepetti@grupocalpe.com.pa)

New marina located just 42 miles south west of Panama City. Easy approach, 15 feet minimum depth. Close to major supermarkets (Rey, Riba Smith) and a short distance to PriceSmart an make this a good location for provisioning. Free internet. Daily, monthly or long-terms rates. 24 Hour Security. Chandlery. Laundry Facility. Gym, tennis court, beach volleyball, two swimming pools, two restaurants, bars. BBQ area. Diesel and Gas. Has been highly praised for quality of construction and friendliness.

**Las Perlas - Viveros**

<http://www.maranaa.com>; [marina@maranaa.com](mailto:marina@maranaa.com) (+507) 214-8841; (+507) 6715-0213

2017: The long announced marina is still under construction but does have place for about six boats on floating pontoons behind the breakwater. Test the cleats! Diesel, gasoline, water are available on request: Call the dock master Nettomar 6495-2301; 6349-9869

Viveros is a private island with a resort and restaurant. Provides access to Panama-City via 2 catamaran ferries.

Moorings price for a boat up to 40 ft= \$45 per day, up to 60 feet \$65 per day. (25% discount available for stays of 2-1/2 months or more); Ferry cost for marina clients is \$70 round trip between the marina and the Balboa Yacht Club and \$80 for round trip between marina and Trump Tower.

**Las Perlas – Pedro Gonzales**

<http://pearlilandnews.com/marina/>; [marinapeninsula@zoniro.com](mailto:marinapeninsula@zoniro.com) Jose Barzan (Manager) (+507) 6379 0114

2017: The Marina-Peninsula was build in 2015 and has place for about 40 boats on floating pontoons behind the breakwater in the NE-corner of the bay. It is connected with Panama-City by a catamaran-ferry. .

<b>Marine Suppliers</b>	=> see “Chandlers”
<b>Mastervolt</b>	<b>Radio Holland – IMTECH Marine</b> Jorge Salgado, 316-0152 and 315-0153 service.panama@imtechmarine.com Goodman St, Building 394 in Howard.
<b>Mattresses</b>	<b>Colchoneria Panama</b> , 211-4241 Can custom make foam mattresses. Exact dimensions might be off as they must cut the non 90-degree-angles/curves by hand. They do the covers as well. Different qualities of foam are available. They manufacture the mattress from your paper-patterns or maybe old mattress. Do not speak English. Directions: Located at Parque Lefevre: Leaving Discovery-Center on Via Espana to your left turn right after the Burger-King.
<b>McMurdo</b>	<b>Overseas Electronics</b> (listed under “Electronics (Marine)”)
<b>Metro / Subway</b>	=> see “Transportation – Buses & Subway”
<b>Morse Cables</b>	=> see “Control Cables”
<b>Motor - Diesel Mechanic</b>	<p><b>Kenny Breazeale</b> 6648-7202 6664-9203 <a href="mailto:panamamarinerepairs@gmail.com">panamamarinerepairs@gmail.com</a> ** 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>Manuel Amaya</b> 6620-2125 Spanish speaking but trying to learn English.</p> <p><b>Narval Marine</b> (listed under “Repairs”)</p> <p><b>Nelson</b> 6841-6035, 6880-9306, 6881-0638 <a href="mailto:namm.03@hotmail.com">namm.03@hotmail.com</a> Based on Flamenco Island (end of the Causeway where Flamenco Marina is), has 20 years experience in Venezuela. Also a sailboat owner. His son Marcello speaks perfect English.</p> <p><b>Seas Engines</b> +507-6881-0638, Marcello <a href="mailto:seasengines@gmail.com">seasengines@gmail.com</a> Family owned business (Nelson the father and Marcello the son, both speak English). Have their own machine shop.</p> <p><b>Seetechdemar</b>, Deenys Guzman 6694-1465, 6874-2507 <a href="mailto:infoseetechmar@gmail.com">infoseetechmar@gmail.com</a>; – received a very bad review 2016.</p> <p><b>Wikus / Ollie Marine Auto</b> wikusmarineauto@gmail.com For English: Wikus or Ollie +507 6026-2767 6813-4964 For Spanish: Marcela +507 6799-1400 Based in Coronado, provide mobile services anywhere within commuting range (authorized to work in Vista Mar Marina). Many excellent references.</p>
<b>Motor - Diesel Parts</b>	<p><b>Electro Inyeccion Diesel Chu</b> (unde “Fuel Injectors/Injector Pumps”)</p> <p><b>Expert Diesel S.A.</b> Tel.: (507)261-5299; (507)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>, <a href="mailto:natparts@edpsa.net">natparts@edpsa.net</a> Monte Oscuro, Panamá. 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> <p><b>Panama Auto</b> (under “Auto Parts and Supplies”) carries many standard solenoids and relays, belts, Stewart Warner gauges and sensors.</p> <p>=&gt; see also “Gasket Fabrication”</p>
<b>Motor – Electric, Repairs</b>	<b>Teisca Embobinados</b> +507 398-5554 <a href="mailto:teiscapanama1@gmail.com">teiscapanama1@gmail.com</a> (Goffredo A. Ruscino, the owner's son, speaks English. Hs cell is: +507 6930-0826) 2017: did a pick up and delivery of a large windlass motor to Las Brisas dinghy dock, with a complete motor overhaul for \$250

<b>Navico</b>	<b>Overseas Electronics</b> (under “Electronics (Marine)”)
<b>Nets (Radio)</b>	=> see “Radio Nets”
<b>Notary</b>	Americans who need a notarization that will be legal in the United States, must make an appointment online at <a href="http://panama.usembassy.gov/">panama.usembassy.gov/</a> . See also “Embassies” for directions to the American Embassy.  For other countries, see your local embassy.  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.)
<b>NuTeak</b>	<b>Nuteak Central America</b> Ruben Tribaldos 6677-0161 <a href="mailto:ruben@tribaldos.net">ruben@tribaldos.net</a> Calle 39 and Ave Balboa
<b>Nuts, Bolts, Screws, Fasteners (stainless steel)</b>	<b>Aceros y Herramientas, AHERSA</b> 229-1026 229-1027 On Via Espana, across from the San Fernando Medical Clinic.  <b>Casa de Tornillos</b> In Rio Abajo, on Via Espana, next to Tornillos y Tornillos in Rio Abajo (see below)  <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.)  <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.)  <b>Abernathy's</b> (under “Chandler”) The causeway and Transistmica locations have a selection of stainless steel hardware, but will be pricey and selection may be limited.  Note: at times you can find stainless steel bolts and nuts at <b>Novey's, Discovery Center</b> or <b>Do-It Center</b> (see “Hardware”)
<b>Oil &amp; Oil Filters</b>	<b>Note: DiLupa and Electro Inyeccion Diesel Chu are located a short walking distance apart. If one does not have what you want, walk over to the other. See map page 5</b>  <b>DiLupa</b> 229-8766, 229-8767 <a href="mailto:info@dilupa.com">info@dilupa.com</a> Next door to Dimar on Via Fernandez de Cordoba, Edificio DiLupa (Fernando Cordova Metro station, see map on page 5). Large selection. Baldwin filters, Repsol lubricants. Take the subway to the Fernandez de Cordoba station. A smaller outlet is also located on Transistmica across the street from Panama Auto. (map page 5.)  <b>Electro Inyeccion Diesel Chu, S.A.</b> (listed under “Fuel Injectors/Injector Pumps”)  <b>Filtros Carossi</b> 261-7507 Dealers for Luberfiner and others. On Calle 1 Era and Calle Victoria, Barriada Miraflores, NE of Tumba Muerto  Racor filters can be found at <b>Global Marine, Pesqueros</b> and <b>Abernathy</b> (listed under “Chandlers”). Standard oil filters can be found at <b>Panama Auto</b> (listed under “Auto Parts & Supplies”)  <b>SYNTHETIC OILS</b>  <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.  <b>Do-It Center</b> and <b>Discovery Center</b> (listed under “Hardware”)  <b>Dimar</b> (listed under “Bearings, Belts, Seals”)
<b>Oil Recycling</b>	Used oil can be taken to either of two locations for recycling:  <b>Balboa Yacht Club:</b> 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.  <b>La Playita Marina:</b> Ask at the marina office. There may or may not be a fee for depositing old oil.
<b>Organic Groceries &amp; Produce</b>	<b>Riba Smith &amp; Rey</b> (listed under “Grocery Store - General”) have limited selection  => see also “Grocery Store – Specialty”

<p><b>Outboard Motor – New</b></p>	<p><b>Centro Marino</b> (listed under “Chandlers”) sells new <b>Mercury</b> outboards. Also carry parts and can service.</p> <p><b>Marine Warehouse</b> (listed under “Chandlers”) can ship an outboard in from the U.S.</p> <p><b>Motoborda</b> Gonzalo Forero +507 6798-4162 <a href="mailto:motoborda@cwpanama.net">motoborda@cwpanama.net</a> Carries new Yamahas. Also, parts for Yamaha, Suzuki, Teleflex and NGK spark plugs. Located close to the Fish Market (see map page 4). (Directions: from the Fish Market, walk west along the water front. Shop will be about one block down on the right, facing the water front.) Street address is Calle 15 Local G5, Corregimiento Santa Ana.</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> (listed under “Yanmar &amp; Yamaha” )</p> <p><b>Yamaha Sports</b> On the corner of Via Brazil and Avenida 50</p>
<p><b>Outboard Motor – Parts &amp; Repairs</b></p>	<p><i>The area near the fish market has quite a few outboard motor repair and parts places. See map page 4.</i></p> <p><b>Catalino Atencio</b> 6622-4759, 6612-2442 Johnson, Yamaha, Mariner, Evinrude, Suzuki and Mercury</p> <p><b>Centro Marino</b> (listed under “Chandlers”) for Mercury.</p> <p><b>Motoborda</b> (listed above)</p> <p><b>Motomar</b> (listed above)</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 fish market (see map on page 4). 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><b>Paint</b></p>	<p><b>Central Am</b> 317-6200, Eric (speaks English) 6617-7130 <a href="mailto:mail@centralam.net">mail@centralam.net</a> A large scale supplier for the cruise ships. But they will sell <b>Hempel bottom paint</b>, 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 2014 was appx \$590.</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>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> <p>Other sources to try: You can try to purchase bottom-paint in the Colon Free Zone. Colon taxi driver Luri, 6112-1329, who also works in the FreeZone can assist. You will need to take bus from Albrook terminal to Colon terminal. Luri can meet you at the bus station and take you into the Free Zone. Bring your passport for entry into the Free Zone.</p> <p><b>Josh</b>, 69550405 (English), on MV <b>Tropic Isle</b> in Las Brisas is able to source bottom paint.</p> <p><b>Charles</b> 6439-8620 (little English) may be able to organize Hempel bottom paint.</p> <p><b>Please write details to the email address on the cover page if you find another source.</b></p>

<b>Passport Photos</b>	<p><b>Arrocha</b> pharmacy (the one at the east end of the Albrook Mall).</p> <p><b>Rey Grocery</b> store in El Dorado see “Groceries – General”) 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> <p>Any business that advertises “<b>Carnet</b>” photos should be able to also do passport photos.</p> <p><b>American Embassy</b> (under “Embassies”) Has a passport photo booth (along with the needed paperwork). An appointment must be scheduled online, in advance.</p>
<b>Perkins</b>	=> see “Motor – Diesel Parts”
<b>Pet - Boarding</b>	<p><b>VIP Kennels</b> <a href="http://www.vipvacationkennels.com">www.vipvacationkennels.com</a>, Tel. 6449-4445 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 in the Albrook neighborhood behind the Maritime Authority (see map on page 8). Board dogs and cats.</p>
<b>Pet - Doctor / Veterinarian</b>	<p><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.</p> <p><b>Dra. Carmen Solis, Animalia Clinica Veterinaria</b> 6612-9015, 229-4209 <a href="mailto:carmendesolis@yahoo.com">carmendesolis@yahoo.com</a>, <a href="mailto:animaliaclinicaveterinaria@gmail.com">animaliaclinicaveterinaria@gmail.com</a> Urbanizacion Linares, Duplex 13A, El Carmen. Also carries pet supplies. Handles small animals and makes home calls.</p> <p><b>Dr. Jorge Barriga</b>, 270-2101, 270-2969 <a href="mailto:jbarriga@cwpanama.net">jbarriga@cwpanama.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.</p> <p><b>Dr. Nora Lapenta</b> 236-0549, 6515-5908 Located in El Dorado. Familiar with Pet travel requirements, shots. Excellent Vet. Speaks good English.</p> <p><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. Has an X-Ray machine. Located in Corozol off the road that goes to Miraflores locks and the Ciudad de Saber (City of Knowledge). Best to take a taxi and have it wait for you. The taxi driver can call for specific directions.</p>
<b>Pet - International Health Certificate</b>	<p>Pets leaving Panama via Tocumen Airport, must have an international health certificate and 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 “Pet Doctor/Veterinarian”, above, 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! If you wish to use an agent, contact: <b>Jose Saenz</b> 6614-7811 <a href="mailto:bocasfrog@yahoo.com">bocasfrog@yahoo.com</a> <a href="http://www.goldenfrog.net">www.goldenfrog.net</a></p>
<b>Pet - Supplies</b>	<p><b>Mega Vet</b> 399-8716 Calle 56 Este, Residencial San Gabriel #7, Calle 55 Este 7 (right under the twirly building). Carry grain free, high quality dog foods, salmon oil, NuPro supplements. English spoken.</p> <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 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>=&gt; see also “Pet - Doctor/Veterinarian”, above. Several of the vets listed carry specialty pet foods and supplies.</p>
<b>Pharmacy</b>	<p>There are several pharmacy chains. Most famous is <b>Arrocha</b> (Albrook Mall, Albrook Plaza, on Transistmica, etc.). The <b>Rey</b>, <b>Riba Smith</b>, and <b>Super 99</b> and <b>Machetazo</b> grocery stores (listed under “Grocery Store – General”) also have pharmacies. You should be able to purchase most items (including antibiotics) without a prescription. Typically, Arrocha and Riba Smith pharmacies are most picky about requiring prescriptions. Every pharmacy has 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</p> <p>If you ask for it, many, if not most, pharmacies will give you the Jubilado discount although they may ask to see your passport to prove your age (see also entry “Jubilado Discount”).</p> <p><b>Farmacia El Boticario</b> Can formulate medicines. Monday-Friday 7AM-7PM, Saturday 8:30AM-6PM Via Espana, Plaza Concordia – close to the pedestrian overpass to Rey Supermarket</p> <p><b>Farmacia Guadalupana, 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</b></p>

	<b>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. Take the Metro bus toward Albrook. Farmacia Guadalupana will be in the first series of shops on the right after passing under the bridge overpass. (see map page 8)</b>
<b>Phone / Cell Phone</b>	=> see “Telephone, Internet, WhatsApp”
<b>Plastics</b>	=> see “Lexan/Plastics”
<b>Propane</b>	<p>Propane tanks CANNOT be filled inside Panama City: They must be taken to either the town of <b>Chilibre</b> (between Panama City and Colon) or <b>La Chorrera</b> (across the Bridge of the Americas). <b>Panagas</b> and <b>Tropigas</b> are the providers. Propane purchased in Panama will burn dirty, because it is a <b>propane/butane mix</b>, 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 (overflow protection device). The “fullness” should be determined by weight, but frequently is done by volume using the OPD as the guide.</p> <p><b>TANK REFILLS</b></p> <p>With a half-full bottle you only pay for what is going in (and the transport); 1 lb / 0.45 kg costs around 50 cents (04/2017). To refill and keep your existing tank, you have several options:</p> <ol style="list-style-type: none"> <li><b>1. Cruiser Organized Propane-run:</b> Contact a trusted taxi driver to pick up your tank and return it to you. Normally a propane-run is organized via the morning VHF-net by one boat. Usually taxi driver Roosevelt (6513-6949) is hired. He picks-up the tanks at 09:30AM, takes them to Panagas in Chilibre and returns them at noon the same day to the dock. Delivery cost is \$40 for up to 8 tanks (04/2017); more than 8 tanks will be a higher handling fee because of the regulations of the propane plant. The costs are split up by the number of boats participating (or by the number of tanks). The run-organizer might want to write down the participating boat names, telephone number and numbers of tanks as well state the rules of cost sharing and communicate this to the taxi driver! The driver is normally paid after returning, because the price for the propane itself depends on how much propane is put into the tank. Put your boat name on your tank for identification purposes! If the tank appears to be rotten it will not be accepted by the propane plant for filling.</li> <li><b>2. Take a taxi</b> to Chilibre (around 1h trip). 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 (short or long 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.</li> <li><b>3. Call Oliver Yacht Services</b> (under “Canal-Agents”). Will pick up gas bottles and fuel tanks, have them filled and deliver them back same or next day.</li> <li><b>4. Options for DIY:</b> <ol style="list-style-type: none"> <li>Leave your tank at the Panama City <b>Tropigas location</b>, at the intersection of Transistmica and Tumba Muerto (bus stop nearby) across from the national brewery, for them to send to Chilibre for filling. Will take 2-4 days before your tank is available for pickup.</li> <li>Take your tank to the <b>Panagas</b> location on Via Simon Bolivar, Tel 244-0321. Take the Metro and get out at "San Miguelito", The Panagas sign is visible from the station - take the overpass to the south, walk 300m to the station to fill the tank overnight. (Be aware that filled gas tanks are not allowed on public transportation!)</li> </ol> </li> </ol> <p><b>NEW TANKS:</b></p> <p>At the <b>Tropigas</b> location (on Tumba Muerto near Transistmica) you can purchase new tanks, some propane supplies or swap your existing standard tank for a refilled tank. They sell also adapters, hoses and fiberglass-propane cylinders [check the manufacture-date!] (\$85 USD 5kg/11lb full in 04/2017). Novey's in Albrook also carries fiberglass tanks (at a higher price).</p> <p>New steel tanks are available at Novey's (under “Hardware”) and <b>Pricesmart</b> (under “Grocery Store, Big Box”). These are typically 20 lb. painted tanks although you might be able to find an aluminum tank at the Tropigas location. Local tanks are aluminum, but come with a fitting not typically used by boaters.</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) / bull nosed 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>
<b>Propeller &amp; Shaft Repair</b>	<p><b>Cristobal Marine Repair</b> 232-6575 <a href="http://www.cmrepair.com">www.cmrepair.com</a></p> <p>Propeller and shaft shop. <b>MIXED REVIEWS, high cost, lousy customer relations.</b> But they are the only facility in Panama City that can scan a prop for balance and print out a detailed report. Located in Diablo (Ancon), close to Albrook Immigration and Interstate Batteries. (See map page 8.)</p> <p><b>SUGGESTED ALTERNATIVES:</b> There is a highly respected propeller shop in the Vacamonte Shipyard</p>

	(recommended by James Laign, 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"?)
<b>PVC – Pipe, Supplies, Fittings</b>	<b>Cochez</b> (under "Building Supplies") <b>Discovery Center, Do-It Center, Rodelag</b> , or Novey's (under "Hardware")
<b>Racor Filters</b>	=> see "Filters (Motor)"
<b>Radar – New &amp; Repairs</b>	<b>Overseas Electronics and Beyond</b> (listed under "Electronics (Marine)")
<b>Radio FM (English)</b>	<b>89.3 Cool FM</b> – recommended "Jerry D Show" Monday-Friday: 0700 to 1000 with different topics and local news, after 1000 mostly easy listening (Dudel-Dudel) <b>98.9 Ultra Stereo</b> with BBC-News, music 80's-90's + beyond (Beegees, Beatles, Funk, Falco, etc.)
<b>Radio Nets</b>	<p style="text-align: center;"><b><u>VHF Nets</u></b></p> <p><b>Panama City Cruisers Net:</b> Monday through Saturday, <b>0800 local</b> (1300 UTC) VHF 74 – as of this edition of the guide. However, frequency changes often due to local traffic. Try also: 68, 69, 71, 72 or ask around. Additionally, if there are no cruisers in the area to host the net, there will be radio silence. The morning net channel is also used as the local hailing channel for cruisers, so please move conversations to another frequency. When switching to another frequency for conversations please do not use: VHF 6 (working frequency for Balboa Yacht Club muelle [dock]), VHF 9 (working frequency for La Playita Marina), VHF 10 (working frequency for Flamenco Marina), or VHF 12 (working frequency for Flamenco Signal Station)</p> <p><b>Shelter Bay (Colon):</b> Monday through Sunday at 07:30 on VHF 77. (Note: Hailing frequency and frequency for the marina is VHF 74. The daily net is held on VHF 77.)</p> <p style="text-align: center;"><b><u>SSB NETS:</u></b></p> <p>See also <a href="http://www.noonsite.com">www.noonsite.com</a></p> <p><b>Puddle Jump Net 2017;</b> <b>01:00 UTC</b> (Panama local time 20:00), starting frequency is 6227 then 8104; <b>13:30 UTC</b> (Panama local time 08:30), starting frequency is 6227 then 12356 (04/2017)</p> <p><b>Pan Pacific Net, 14:00 UTC (09:00 AM local Panama Time), 8143 USB (everyday) (alternative frequencies- 8137 and 8155);</b> <del>Covering the pacific area: south of Mexico – down to Ecuador, onto west of Galapagos ...</del> <del>Everyone is welcome! (As of 2017 not running.)</del></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>Magellan Net</b> 0200 UTC 8173 USB 0230 UTC 16537 USB 1330 UTC, 8173 USB</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>

<p><b>Radio Repairs</b></p>	<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>Electronica Cristobal, Joaquin Vizcaino</b> 6675-7433 (cell) or 441-7803 (office) 445-4104 (home) ** Located on the first floor of the Port Captain building in Cristobal (Colon). Joaquin repairs marine electronics at the component level and has done several repairs on ICOM VHF and SSB radios. Call for an appointment. Gets great reviews.</p> <p><b>Electronica de Ancon</b> (listed under “Electronics (Marine)”)</p> <p><b>ICOM Guibor/Radiocom</b>, Alberto Nevah, 260-7144 / Mr. Elio (understands English) <a href="mailto:radiocom@gmail.com">radiocom@gmail.com</a> <a href="http://www.guibor.com">www.guibor.com</a> Has Icom radios, mikes, support. Will only work on Icom. Has received bad reviews for lack of customer service and high cost. Located on Tumba Muerto in the El Dorado area across from the Rey grocery store. Open Mon-Fri 0900-1230, 1330-1730, Saturday 1400-16:00 (map page 7)</p> <p><b>Marina Satellite Services</b> (listed under “Satellite Phone”) services Standard Horizon and Iridium.</p>
<p><b>Railroad</b></p>	<p><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”)</p>
<p><b>Raymarine</b></p>	<p><b>Proteca</b> (listed under “Electronics (Marine)”)</p>
<p><b>Recycling</b></p>	<p>=&gt; see “Batteries”. If you buy large batteries from Interstate and/or Casa de Las Baterias, they will take your old batteries in trade and offer a discount on the purchase price of the new batteries.</p> <p>=&gt; see “Oil, Recycling”</p>
<p><b>Refrigeration – Repairs</b></p>	<p><b>Douglas</b> 6907-1820. Limited English. Reliable. Familiar with 12V systems on boats. Has received good reviews.</p> <p><b>Fresno Clima</b> 6617-6366 223-2941 (George &amp; Juan) In Perejil, Ira Calle, after Hotel Bella Vista.</p> <p><b>GPS Marine</b>, near Pesqueros/Flamenco Marina Boss: Victor 3975490, 62014152; craftsman Calisto received a good review in (04/2017)</p> <p><b>Jose Ramirez</b> 221-3065, Carasquilla, Calle 74E, Can do high-temperature-silver soldering in his workshop (e.g., \$25 for replacing a condenser grid on an little compressor in 2016)</p> <p><b>Narval Marine</b> (listed under “Repairs”)</p>
<p><b>Refrigeration – Supplies</b></p>	<p><b>The following are all part of the same large company called Grupo Friolin. <a href="http://www.grupofriolin.com">www.grupofriolin.com</a></b></p> <p><b>Friolin, SA</b> 264-6572 269-6079 Avenida Juan el Carmen, about 1 block off Via Espana on a parallel street. Near PriceSmart. Carry refrigerant in cans, hoses, gauges, adapters, PVC and copper pipes, insulation (boards 5x10ft pink and blue; flexible 4x6 feet black)</p> <p><b>Friolin Segundo</b> 264-657, 269-6079 In Obarrio, C1 Abel Bravo Urb</p> <p><b>Friomax</b> 221-0588 The only supplier for Danfoss parts commonly used in boat refrigeration, including the BD35F compressor, electronic control unit, expansion valves, etc. Also carries cans of refrigerant, hoses, gauges, etc. Located on Via Espana close to Rio Abajo, in Plaza Dos Mundos (one block west of Internacional de Partes Electro Mecanica, listed under “Alternator &amp; Starter Repairs.”)</p>
<p><b>Rennet</b></p>	<p>Available at <b>Melo's</b> (under “Pet – Supplies”) at the Rio Abajo location. Rennet is called “cuajo” in Spanish..</p>

<p><b>Repairs</b></p>	<p>The following handle multiple types of repairs:</p> <p><b>Andromeda Yachts PMA</b> <a href="http://www.andromedayachtspmz.com">www.andromedayachtspmz.com</a> info@andromedayachtspmz.com 394-9522          Located at Flameco Marina (close to 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.</p> <p><b>Narval Marine</b> 391-0348, <a href="http://www.narvalmarine.com">www.narvalmarine.com</a>, Las Brisas (at the end of the strip mall)          Owner/Manager: Amiram Kligman, 6980-5554, <a href="mailto:amiram@narvalmarine.com">amiram@narvalmarine.com</a>          Owner and staff speak English. Located in Flamenco, beside Pesqueros, inside the building Casa Club. Have a small fleet of mini-vans. Work at Shelter Bay as well as the Pacific side. Strong recommendations for showing up when they say they will and being proficient. Louis is in charge in the workshop (understands a bit of English). Mechanic Jakup is Danish (speaks English as well as Faroe, Danish, Norwegian, Icelandic) and has been here 5 years.          Do: A/C and refrigeration, mechanic (main engines, generators, etc.), navigation and electronics, electrical, hydraulic/pneumatic. Sells and services several brands including: CAT, Cummins Onan, Lewmar, Bennet, Fusion, Dometic, Cruiseair, MarineAir, Condaria, Sealand, FCI Watermakers, Imtra, Besenzoni, Lofrans, Muir, Mastervolt, Raritan, Prop Guard, Valvoline Cummins, Fleet Guard, Quick, Wesmar, Lumishore, and much more. They have a chandler with parts and accessories at another location next to Pesqueros in Flamenco.</p> <p><u>See Also:</u>  <b>Balboa Yacht Club &amp; Flamenco Marina</b> (under “Marinas &amp; Anchorages”)  <b>JP Marine</b> (under “Chandlers”)</p> <p><u>For Specialized Repairs, look for the entries under the specific item to be repaired, such as:</u></p> <table border="0"> <tr> <td>Alternator &amp; Starter Repairs</td> <td>Diesel Mechanic</td> </tr> <tr> <td>Dinghy Repairs</td> <td>Fiberglass</td> </tr> <tr> <td>Honda Generator Repairs</td> <td>Machine Shops</td> </tr> <tr> <td>Outboard Repairs</td> <td>Radar Repairs</td> </tr> </table>	Alternator & Starter Repairs	Diesel Mechanic	Dinghy Repairs	Fiberglass	Honda Generator Repairs	Machine Shops	Outboard Repairs	Radar Repairs
Alternator & Starter Repairs	Diesel Mechanic								
Dinghy Repairs	Fiberglass								
Honda Generator Repairs	Machine Shops								
Outboard Repairs	Radar Repairs								
<p><b>Resins (Epoxy and Gelcoat)</b></p>	<p>=&gt; see “Fiberglass, Resins, Gelcoat”</p>								
<p><b>Restaurants</b></p>	<p>See also: <a href="http://www.degustapanama.com">www.degustapanama.com</a></p> <p style="text-align: center;"><b><u>Causeway Amador</u></b></p> <p><b>Beirut</b> 314-0956 <a href="http://www.beirutpanama.com">www.beirutpanama.com</a>          Lebanese, Middle Eastern, Halal. Good food. Belly dancing with live music, normally on Friday and Saturday 20:00. Two locations. One on the Causeway by Las Brisas anchorage one on Calle 52. Pictures and reviews on TripAdvisor.</p> <p><b>Pizzeria “La Eskenita”</b>, Wood-fired brick oven pizza          from La Playita go to the causeway, turn right and it is the last restaurant on the right (80m)          from Las Brisas go to the causeway, turn right and it is the first restaurant on the left (100m)          Location for cruisers to meet up on Wednesday evenings. Special prices on the beer. Bring books and DVDs to exchange. They are on Facebook as “La Eskinita” Isla Naos.</p> <p style="text-align: center;"><b><u>Casco Antiguo Neighborhood</u></b></p> <p><b>Mahalo</b> Fusion cuisine, nice setting, Avenida A con Calle5 in and outdoor tel. 3993432, emma@mahalopanama.com</p> <p style="text-align: center;"><b><u>El Cangrejo Neighborhood (Via Argentina)</u></b></p> <p>The El Cangrejo district is known for its restaurants. The following are easy walking distance from the Via Argentina Metro station. When exiting the station, walk following the flow of traffic. Turn onto Via Argentina at the corner with the MetroX Pharmacy.</p> <p><b>El Trapiche</b> – <a href="http://www.eltrapicherestaurante.com">www.eltrapicherestaurante.com</a>          Traditional Panamanian food. First opened in 1983 on Via Argentina. There is now a second one at Albrook Mall. The Via Argentina location is open Mon-Sat 7AM-11PM, Sun 7AM-10PM          Popular for sandwiches in Panamanian fried bread, sancocho, ropa vieja.</p> <p><b>Grill and Co</b>, Owners Alberto and Enrique 203-8108          Steak, Burgers, Salads. Good lunch menu for \$8US. On Via Argentina, Edificio Basaltos, next to the little park on your right.</p>								

	<p><b>La Rana Dorada</b> 269-2989 <a href="http://www.laranadorada.com">www.laranadorada.com</a> Brew pub. Two locations: one in El Cangerjo, just off Via Argentina across from “Einstein's Head”. The other in Casco Antiguo. See their web page for beers, menu and location. (Einstein's head is a local landmark, ask anyone on the street for “cabeza de Einstein” and they will point you in the appropriate direction.)</p> <p><b>New York Bagels</b> – see “<i>Groceries, Specialty – By Location</i>” under El Cangrejo. Two doors down from La Rana Dorada.</p> <p><b>Panaderia La Baguette</b> On Via Espana, (at the Metrostation Via Argentina, on the south side of the street). Nice cafe for a break or takeaway.</p> <p><b>Panaderia/Dulceria Symphony</b> On Via Espana, near Metrostation Iglesia del Carmen, on the southern side of the street, besides Electronica Japon. Nice bakery / cafe / snack bar for a break or takeaway. (04/2017)</p> <p><b>Pan de Vida</b> 6841-8696 Wood-fired brick oven pizza Signature Dish: Mangopizza. (From the Via Argentina Metro Station, walk toward Iglesia del Carmen, turn right onto Via Argentina, about a five minute walk on the right side of the road) Open: Mon-Sat 7AM-9PM, Sun 12Noon-9PM. (04/2017)</p> <p><b>Riesen</b> – 264-0473 Calle D, Casa 16. Small, casual, farm-to-table restaurant. Opened by Chef Hernan Correa Riesen with prize money from the annual food festival “Panama Gastronomica”. Look this restaurant up on Trip Advisor for more information. From the Via Argentina Metro Station, turn onto Via Argentina, take the first left onto Cangrejo. Walk to the end of Cangrejo and cross the street at the T-junction. Turn right. Walk a short distance and turn left on Calle D, casa 16. Open Wed-Mon 6-10PM</p> <p><b>Katane Speedy Pizza</b> – owners from Sicily, great pizza. On Calle 49B Oeste (aka Calle Augusto Samuel Boyd). From the Metro Station, walk up Via Argentina until you see the building with the light sculpture made out of glass balls (appx 5 or 6 blocks). Turn left.</p> <p style="text-align: center;"><b><u>Near Multicentro Mall</u></b></p> <p><b>Petit Paris</b> - 391-8778 <a href="http://www.petitparispanama.com">www.petitparispanama.com</a> French Bakery and Restaurant, located near Multiplaza-Mall, Calle 50E este (across from Felipe Motta) Open: Mon-Sun – 7AM to 11PM</p>
<b>Rigger</b>	<p><b>Freedom Rigging</b> +507 6216-7709 <a href="mailto:freedom.rigging@gmail.com">freedom.rigging@gmail.com</a> On the Caribbean side. Advertises rigging and hardware. New listing as of 2018.</p> <p><b>Luis Perdomo Maradentro</b> +507 6695 6228 or 6377 9015, on the Caribbean side.</p> <p><b>Panamá Yachting Services S.A.</b> Tel [+507] 268-1147; Cell: [+507] 6670-1788 email: <a href="mailto:info@panama-yachting-services.com">info@panama-yachting-services.com</a>; <a href="http://www.panama-yachting-services.com">www.panama-yachting-services.com</a></p>
<b>Rigging Wire &amp; Supplies</b>	<p><b>Andromeda Yachts</b> (under “Repairs”)</p> <p><b>Dimar</b> (listed under “Bearings, Belts, Seals”) has wire (in imperial size only, not metric) and swage fittings. They will do the swaging to your specifications.</p> <p><b>Flexo Cable</b>, Mario Becera (Speaks only Spanish) 6747-2339; 261-7160</p> <p><b>Narval Marine</b> (listed under “Repairs”)</p> <p>For those items not available at Dimar, your best option is to contact <b>Sailing Services</b> in Miami, Florida and have items shipped down via <b>Marine Warehouse</b> (under “Chandlers”) or <b>PakYa Panama</b> (under “Mail &amp; Freight”). <a href="mailto:Brooks@sailingservice.com">Brooks@sailingservice.com</a> <a href="http://www.sailingservices.com">www.sailingservices.com</a>.</p>
<b>Sails &amp; Sail Repair</b>	<p><b>Atlantico Canvas (formerly Portobello Canvas)</b> Alain [+507] 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>Casa de La Vela</b> [+507] 6848-4717 <a href="http://www.casadelavela.com">www.casadelavela.com</a> Located in Portobelo Bay (on the Atlantic side). Complete sail loft, with canvas, Sunbrella and Strataglass in stock. Mainly repair sails, but also do complete canvas work (bimini, dodger, sonnenshades and upholstery inside and outside). Also offer dry fast foam from the United States and Dyneema (by Gleistein) line. Can ship from Portobelo to Panama City.</p>

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	<p><i>Sails &amp; Sail Repair, continued from previous page</i></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 BVIs. 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> <a href="http://www.shelterbaymarina.com">www.shelterbaymarina.com</a> Sail loft in the former American theater in Shelter Bay Marina. Contact the marina for current operation details.</p> <p><u>Sail Repair</u> The following are experienced canvas workers. They can do sail repairs but will not typically have supplies such as sail cloth or thread.</p> <p><b>Herbert</b> [+507] 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 1.</p> <p><b>Odilio</b> [+507] 6534-4907</p> <p><b>Ray</b> [+507] 6848-4717. Located in Portobello, out of the Casa de Vela Bar.</p> <p><b>Victor</b> [+507] 6647-2345</p> <p>=&gt; see also “Sewing Services”</p>
<b>Satellite Phone</b>	<p><b>Marina Satellite Services</b> Office: +507 314-1701 / 02 Mobile: +507 6030-0331 <a href="http://www.marinat.com">www.marinat.com</a> operaciones@marinasat.com Panama Pacifico, International Business Park, Edificio (Building) 3825, Local (Office) 207</p> <p><b>Tesacom Panama</b> <a href="http://www.tesacom.net">www.tesacom.net</a> Listed on the Iridium webpage as authorized Iridium dealer in Panama. No contact info given, but if you go to <a href="http://www.iridium.com/company/tesacom">www.iridium.com/company/tesacom</a> and scroll down to Tesacom (Panama) there is a link to send an email. Email address pops up as <a href="mailto:info@tesacom.net">info@tesacom.net</a> Unclear is whether this goes to the local office in Panama or the main office in Argentina.</p>
<b>Scuba</b>	<p><b>Scuba Panama</b> [+507] 261-3841 261-4064 <a href="http://www.scubapanama.com">www.scubapanama.com</a> Bella Vista, Ave 6ª C Norte (one block off Transistmica near Abernathy’s and Riba Smith, see map page 5). Tank refills, scuba supplies. Note: A PADI Diving Instructor has reported this company to PADI for bad practices. Specifically, claiming tanks require hydro testing even though they have been recently tested at another location. He requested we flag this to the attention of cruisers.</p> <p><b>Abernathy's</b> (listed under “Chandlers”) often carries dive fins, masks, wet suits, etc.</p>
<b>Seacocks</b>	See “Ball Valves”
<b>Seals</b>	=> see “Bearings, Belts, Seals” <b>Centro de Industrial</b> (listed under “Tools”)
<b>Sewing Machines – New &amp; Repairs</b>	<p><b>Mundocostura</b> [+507] 391-2673 or 391-1603 On Via Espana and Via Porras, across from Glidden. Can do quick repairs.</p> <p><b>Singer-Pacosa</b>, [+507] 213-1357 or 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>
<b>Sewing Services</b>	<p><b>ALWAYS purchase and provide the materials for the job.</b> This includes fabric, thread, etc. <b>Negotiate the price for labor and then pay for the labor when the work is completed, or in stages.</b> <b>Do not contract multiple jobs at once. If you have multiple jobs, do them one at a time.</b></p> <p><b>Canvas Sewing</b></p> <p><b>ABC Canvas Roman</b> [+507] 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> <p><b>Bahia Canvas by Junior</b> <a href="mailto:bahiacanvas@gmail.com">bahiacanvas@gmail.com</a> +507 6655 7740 (WhatsApp and phone)</p> <p><b>Eduardo</b> [+507] 6524-8283. Received a very bad review (07/2017)</p>

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	<p><i>Sewing Services, continued from previous page</i></p> <p><b>Foo Foo</b> [+507] 6008-0629 eldademoore@hotmail.com – Dinghy covers, dodgers, cockpit covers and repairs of same. Limited English. Has done several large canvas jobs for cruisers and been highly recommended in the 2013 cruising season. 2016 mixed reviews concerning time to finish and price after ordering, but good quality. Others have reported very bad experiences. (Those who have had bad experiences tended to ignore the suggestions above.)</p> <p><b>Samudio</b> [+507] 6716-4678 (also sail repair)</p> <p><b>Omayra Aguirre Robles</b> [+507] 222-3806 or 6684-2803 Sews canvas, cushions, upholstery. Also does custom sewing.</p> <p><b>Pico Pico</b> (listed below under “Sewing Supplies &amp; Fabrics”)</p> <p><b>Atlantic-Side:</b> Portobello – Ray (German) in Casa Villa (7/2017) =&gt; see also “Sail Repair”</p> <p><b>Household Sewing Services</b></p> <p><b>Freeway Laundry</b> (listed under “Laundry”) The Balboa location has a seamstress with a 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><b>Pico Pico</b> listed above.</p> <p><b>Foo Foo</b> listed above</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) =&gt; see also “Shoe Repair” and “Upholstery (Marine)”</p>
<p><b>Sewing Supplies &amp; Fabrics</b></p>	<p><b>Pico Pico</b>, [+507] 262-1274 or 262-5225 <a href="mailto:picopico24@hotmail.com">picopico24@hotmail.com</a> On the walking street (Avenida Central #118, see map on page 4 for walking street). Carry all types of fabrics, including Sunbrella (\$18 per yard in 2016), 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, but the outlet on the walking street is the only one used for sewing services.). Some staff speak English.</p> <p><b>El Tapiz</b>, [+507] 262-2334 On Calle H and Ave Ancon. Sells Sunbrella, (both seconds and firsts, so check before you buy) (\$15 per yard in 2016), upholstery fabrics, mesh, clear plastic, YKK zippers, UV-Thread. Also carries PTEF spray to waterproof old Sunbrella, as well as Strataglass (40ml clear), but sells by the entire roll only. The owner, who is usually there, speaks English.</p> <p><b>Casa de la Cuerina</b> (AKA <b>Todo de Cuero</b>, <b>El Palacio de Vinil</b>), two locations: 1. Avenida de Los Martyres (also called Ave 4 of July) [+507] 262-4862 <a href="mailto:lacasadelacuerina@hotmail.com">lacasadelacuerina@hotmail.com</a> Open Monday-Friday 8:00-17:00, Saturday 8:00-16:00 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. Also has a big “Pizzeria Napoli ” sign above it (good place to eat). This location also repairs shoes, purses and backpacks. Carries most of the same things as the second location, but is smaller so less selection. (Sunbrella \$21 per yard in 2016) 2. Parque Lefevre, on Via España and Calle 87, 221-5050 (Here it is called “El Palacio del Vinil”) Carries sunbrella-type treated canvas, plastics, YKK zippers, stainless steel fittings (snaps and common sense fittings), webbing, glue, vinyl, upholstery fabrics, knobs, buckles, shoe-equipment, etc. The Parque Lefevre location has a good selection of different weight plastics for use as dodger windows, also Chinese knock-off Sunbrella, large pieces of leather (leather sewing services).</p> <p><b>Centro Marino</b> (listed under “Chandlers”). The store on Avenida Nacional carries strata-glass, polyester UVR thread for canvas (16 ounce cones only), Sunbrella, and other marine canvas supplies.</p> <p><b>Decoraciones Modernas</b> [+507] 228-0740 or 228-0706 or 211-0158 Avenida Ancon and Calle H (just across the street from El Tapiz) sells Sunbrella from the US (\$25 per yard in 2016) and foam. Can do mattress covers/sheets in the shape you need them, if you bring them the old one as sample/pattern. Are doing sewing services. Some staff and the owners speak English.</p> <p style="text-align: right;"><i>(more on next page)</i></p>

	<p><i>Sewing Supplies &amp; Fabrics, continued from previous page</i></p> <p><b>Marine Warehouse</b> (under “Chandlers”) is a representative for SailRite and can ship in big orders.</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 Tumbo Meurta passes in front of it)</p> <p><b>Telas Invencible Perejil</b>, Calle 1, Edif Govimar, Caledonia, (near Novey's) [+507] 390-2660, carries a nice selection of African prints and other domestic fabrics (04/2017)</p> <p>Fabrics used by the <b>Embera and San Blas</b> indigenous Indians can be found in two stores on the <b>Walking Street</b>, close to <b>Pico Pico</b>. They can be identified by a piece of the cloth hanging in front of the door.</p>
<b>Shoe Repair</b>	<p><b>Zapateria Abrigo Del Altísimo</b> [+507] 6646-6936 or 212-3704 or 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>
<b>Simrad</b>	<p><b>Electromar Services</b> (listed under “Electronics (Marine)”)</p> <p><b>Overseas Electronics</b> (also listed under “Electronics (Marine)”)</p>
<b>Sodastream</b>	<p><b>Walter</b> +507 6591 8854 A private individual who can refill Sodastream bottles in Panama City. Located in a residential neighborhood, close to the old Discovery-Center in Rio Abajo. Call for exact directions and information.</p> <p><b>Aceti-Oxigeno</b> <a href="http://www.acetioxigeno.com.pa">www.acetioxigeno.com.pa</a> This entry needs to be verified. One person reported they filled his 10 liter tanks.</p>
<b>Solar Panels</b>	<p><b>Mita Kyocera / Omicron</b> [+507] 270-0955 On Via Israel 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 ¼ mile. Look for multi-story white building across the street.)</p> <p><b>Pass, SA</b> [+507] 302-2640 or 263-8635 Ave Belisario Porras in Bella Vista. Close to the PriceSmart on Avenida Brazil Panels and regulators.</p> <p><b>SUN</b> [+507] 6502-8666 or 836-5414 Located in Amador. Advertise solar panels made by SUN in Germany.</p> <p><b>Visualcom</b> [+507] 223-0086 or 223-1875 Ave Belisario Porras in Bella Vista.</p>
<b>Stainless Steel – Fabrication and Welding</b>	<p><b>Alli on SV Genesis</b> [+507] 6685-0858 Usually in the Las Brisas anchorage – red steel boat. German engineer, speaks English and German. Can work on your boat.</p> <p><b>Acereo Decorativo</b> [+507] 236-1450 In Curundu, Ave Ricardo J. Alfaro, Tumba Muerto. Custom fabrication.</p> <p><b>Aceros Inoxidables</b> On Via Nacional. Custom fabrication.</p> <p><b>Edwin</b> [+507] 6930-3051</p> <p><b>Hojateria Pinox</b> [+507] 390-3288 Off Tumba Muerto, turn north at the Edison Plaza intersection. Custom Fabrication in stainless and aluminum</p> <p><b>Metalica Perez</b> [+507] 227-1352 or 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>Metalica Boats</b> Speaks English and German. Listed under “Aluminum”</p>
<b>Stainless Steel Nuts and Bolts</b>	=> see “Nuts, Bolts, Screws, Fasteners”
<b>Stamford Generator</b>	<b>Expert Diesel</b> (see “Motor - Diesel Parts”)

<b>Starboard</b>	<p><b>Multi Plastic, S.A.</b> (see “Lexan/Plastics”)</p> <p>Small pieces of starboard are available as cutting boards in <b>Novey's</b> (listed under “Hardware”), <b>El Machetazo</b> (listed under “Grocery Store, General”) 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 Alcohol, Fuel for Alcohol Stoves for directions.)</p>
<b>Starter Motors</b>	=> see “Alternator/Starter Repairs”
<b>Storage Compartments</b>	<p><b>Mini Depositos</b>, <a href="http://www.almacenajes.net/">www.almacenajes.net/</a>, <a href="http://www.megastorage.com.pa">www.megastorage.com.pa</a> [+507] 222-8570 Calle Ruben Dario. 2017: 1m<sup>2</sup> for \$15 Open 08:00 TO 17:00</p>
<b>Strata Glass</b>	<p><b>Centro Marino</b> (see “Chandlers”) carries strata glass at the Avenida Nacional location. Must purchase the full sheet.</p> <p><b>El Tapiz</b> (see “Sewing – Supplies &amp; Fabrics”)</p> <p><b>Marine Warehouse</b> (listed under “Chandlers”) can ship in from SailRite in the U.S.</p>
<b>Subway (Metro)</b>	=> see “Transportation - Buses & Subway”
<b>Sunbrella</b>	=> see “Sewing Supplies & Fabrics”
<b>Surveyor</b>	<p><b>Global Marine Survey</b> [+507] 314-0896 or 6450-3851</p> <p><b>IME (International Marine Experts)</b> [+507] 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>
<b>Taxis</b>	=> see “Transportation – Taxis & UBER”
<b>Teak</b>	=> see “Wood”
<b>Telephone, Internet, WhatsApp</b>	<p>=&gt; see also “Satellite Phone”</p> <p><b>WHATSAPP</b> Smartphone App used by almost everyone in Panama. It is used to send text messages, voice message and make phone calls using very little data. WhatsApp can be set up on any smart phone and use any phone number (Panamanian, USA or European). In this way you can use the same WhatsApp account anywhere in the world.</p> <p><b>Internet / WiFi</b> Free wifi is available at the <b>Balboa Yacht Club Restaurant</b> (see “Anchorages and Marinas”), at the <b>Shopette</b> in the Las Brisas shopping center on the causeway, the <b>Mi Ranchito</b> restaurant close to La Playita and several of the restaurants in the Flamenno Marina area. <i>Be sure to patronize</i> 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 called <b>Internet Para Todos</b> available at the Las Brisas anchorage, depending where you are. For repairs or problems with the free govt internet, call [+507] 305-7777.</p> <p>Internet computers are available at <b>Copy Red</b> in the Albrook Mall (upstairs above the food court with the carousel) and on Via Brazil close to the Transmística (see map on page 4). There are also numerous internet cafes around Plaza Cinco de Mayo.</p> <p>Many cruisers purchase a <b>modem stick</b> or use their smartphone as a hotspot. At Albrook Mall look for either a dedicated Digicel, MasMovil, Movistar 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> <p><b>Mobile Phone Companies</b> Offer both plans and prepaid services. SIM-Cards as well as scratchcards, for uploading money, can be purchased in supermarkets, little tiendas or the phone stores. Check for the expiry-date of any card you buy. You can also top up pre-paid plans at little kiosks located throughout the city. There is a kiosk at Balboa Yacht Club as well as one in the Novey's at Albrook mall. Most companies offer an app for smartphones to top up the amount with a credit card as well.</p> <p><b>CLARO</b> Long term promotion: 6GB for \$14.99. Do not need to purchase a plan. Use <a href="http://www.portalclaro.com.pa">www.portalclaro.com.pa</a> to check usage and add/change data, minutes, texts. Can “top-up” and pay online at <a href="http://www.clarorecargas.com.pa">www.clarorecargas.com.pa</a>. Users report Claro has worked well throughout Panama City, the canal, Shelter Bay and Colon. Has consistently had LTE service.</p> <p style="text-align: right;"><i>(more on next page)</i></p>

	<p><i>Telephone, Internet, WhatsApp, continued from previous page</i></p> <p><b>DIGICEL:</b>  To use the internet with a normal tariff is expensive (\$0.01 USD per KB, as of 2014). To keep the cost down, you can buy a plan: <a href="http://celularesdepanama.com/data-digicel-panama-prepago/">celularesdepanama.com/data-digicel-panama-prepago/</a>  *111# will give you a list of internet plan options. Follow the responses on the screen to select the plan and the price (e.g., all inclusive - one month telephone and 2gb-data (or 3gb-plain-data), for \$14.95USD in 2017). You might have to wait a few minutes to hear back after each response.  If you happen to use up the allowed data before the plan expiration date you must cancel the plan. Use *111# again to select the plan you were on. When you get the option to “Activate” or “Cancel” select cancel. You can now purchase a new plan.</p> <p>*129# to check your phone number  *123# to check and set up your mailbox (can be changed from Spanish to English, following the Spanish menu options)</p> <p>Settings for dial up with an Android smartphone come automatically, so you can use it as a hotspot.  Settings for dial up with an internet stick (unlocked Huawei):  *99#  APN: web.digicelpanama.com  User: blank  PW: blank  IP</p>
<p><b>Telephone/ Modem-Unlocking</b></p>	<p>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 unlocked. 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 4). His shop is between “Muebleria Bhana” and “Casa Mayorista Lucky” almost across from Restaurant Nelson and almost kitty corner from the McDonald's. NOTE: We have found NO ONE who can unblock a Nokia brand phone.</p>
<p><b>Thread</b></p>	<p>=&gt; see “Sewing Supplies &amp; Fabrics”</p>
<p><b>Tools</b></p>	<p><b>Centro de Industrial</b> [+507] 224-2233  On Via Cincuentenario 79-10 perico calle 50. Also carry pump seals.</p> <p><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 an email to PCCG on first page of this guide.</p> <p><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.)</p> <p><b>Grainger</b>, Rina Rhenals, [+507] 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.</p> <p><b>Mayher S.A.</b> [+507] 236-6095 or 6724-8384 (Anna Martinez)  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 &amp; heavy duty construction, machining parts and equipment. (See map on page 5. Mayher is just a short distance past PakYa Panama, walking away from Transistmica.)</p> <p>=&gt; see also <b>Discovery Center, Do-It Center, Novey's’s, Rodelag</b> under “Hardware”</p>
<p><b>Transportation – Buses &amp; Subway</b></p>	<p style="text-align: center;"><b>SEE ALSO PAGES 2 - 8 of this guide for maps</b></p> <p style="text-align: center;"><b>Useful APP from the Transit Authority = MiBus Maps Panama</b></p> <p><b>Within Panama City: METRO BUSES</b> <a href="http://www.mibus.com.pa">www.mibus.com.pa</a>  There is one Metro bus route on the causeway, route <b>C850</b>. It goes from the bus stop across from the Flamenco Marina, along the causeway, into Balboa (with stops close to Niko's Cafe, Balboa Dental Clinic, Islamorada Charts, ACP office to start the paperwork for a transit and Citibank to pay the transit fee) and then continues to the terminal at Albrook Mall (see below). For all other routes, go to the web pages noted above.</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. Try to buy a “3-Way Card which can be used for both the bus and the subway. The card costs \$2 to purchase (you might have to show an</p> <p style="text-align: right;"><i>(more on next page)</i></p>

*Transportation – Buses & Subway, continued from previous page*

You then add money to (“recargar”) the card and the fare will be deducted from the card when you ride the bus. Several people can use the same card, each person swiping and then handing the card off to someone else. Ask on the VHF morning net if someone has a spare card and leave your card with someone if you leave the country and do not need it anymore.

There are various places in town where the cards may be purchased or money added to existing cards, such as the bus terminals (see below) and at kiosks inside some Super 99 grocery stores. For adding money there is a machine near the Duty Free in Flamenco and one at Balboa Yacht Club Restaurant where you can add money to your card, as well in each Metro-Subway-station.

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, also swipe the card on the reader at the exit door. This will give you 45 minutes to transfer onto another bus for free. Note that if you use one card for several people, only one person will get the transfer credit. Transfer credits only apply on the bus, there are no transfer credits between the bus and the subway.

Company policy is that you can catch the bus only at designated bus stops. Look for the orange and white Metro Bus sign. **EXCEPTION ON BUS STOPS:** On the causeway, you can try to flag the bus down (unlikely). To stop the bus to get off, press one of the buttons by the seats before the stop you want.

**FARES:** Fares are typically 25 cents. However, 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!

**There are two bus terminals cruisers commonly use:**

**Terminal at Albrook Mall**

Metro buses from the Causeway (La Calzada de Amador) go to the terminal at Albrook Mall. They are signed **Amador – Albrook** ([www.mibus.com.pa/albrook-amador](http://www.mibus.com.pa/albrook-amador)). The Metrobus is scheduled to run each 30 minutes in the morning, then hourly but timing is flexible to say the least. Allow 20-30 minutes between the causeway and the terminal. Where the bus drops you off at Albrook Mall (close to the mall’s “Tigre” exit) is where you pick it up again to return to the Causeway. They are supposed to run between 08:00 to 20:00 or even later. Fare between the Causeway and Albrook Mall is 25 cents. (Albrook Mall has pharmacies, a Super99 Grocery Store, many clothing stores, a Do-It Center in the mall and a Novey’s in the parking lot, Novey’s and Do-It Center hardware stores, also a movie theater, food courts, cell phone shops, etc.)

When arriving at the the metro bus station in Albrook Terminal the mall is on the left side, and on the right is the terminal with ticket offices and the bridge to the subway and the long distance buses (e.g. to Colon, Boquette, Costa Ricam etc.).

**Terminal Marañón**

Located close to Cinco de Mayo, near the older area of town. (In walking distance to Fish Market, the Walking Street, Casco Viejo. See map on page 4.). 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 45 minutes, pass your card through the machine before you disembark and your payment/transfer will remain on your card for 45 minutes.

**The Panama Metro**

[www.elmetropanama.com](http://www.elmetropanama.com)

**ROUTES:** [www.elmetrodepanama.com/pdf/LineaUno.pdf](http://www.elmetrodepanama.com/pdf/LineaUno.pdf)

The subway runs from the main subway terminal by Albrook Mall to the east side of the city. To use the subway you need to purchase a special “3-way” card like the Metro Bus card described above. This 3-way card can be used on BOTH the Metro Buses, the Metro Subway as well as any other public transportation area which requires a fee (e.g., the bathrooms in the terminal). These cards can be purchased at marked kiosks in the Albrook Terminal. Fares are \$0.35 per ride. Especially during rush hour it can be extremely faster to use the subway rather than a bus. There is currently only one line.

**Diablo Rojo & Colectivo Buses**

Diablo Rojos (old U.S. school buses, often ingeniously decorated) are no longer allowed for routes within Panama City (as of 15 March, 2013). There are some exceptions and when they appear in the city you can catch a bus to the Albrook Terminal. To stop the bus, yell very loud “parada” (pronounced pah-rah-dah). White or yellow vans that hold 12 to 25 people are known as “colectivos”. There are colectivos which go

*(continued on next page)*

	<p><i>Transportation – Buses &amp; Subway, continued from previous page</i></p> <p>between the causeway (the road by the anchorages) and Plaza Cinco de Mayo (see map page 4) . 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.</p> <p><b><u>THE RED “HOP ON HOP OFF” BUSES</u></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.citysightseeingty.com">www.citysightseeingty.com</a></p>
<p><b>Transportation – Taxis &amp; UBER</b></p>	<p style="text-align: center;"><b><u>UBER</u></b></p> <p><b>Uber Transportation</b> is available in Panama. The best way to avoid the “gringo” tax. Uber App will work on your smart phone, regardless of what country it was first set up in <a href="http://www.uber.com/cities/panama-city/">www.uber.com/cities/panama-city/</a></p> <p style="text-align: center;"><b><u>TAXIS</u></b></p> <p>Taxis in Panama do not have meters. Instead they have a <a href="#">Taxi Zone Chart</a>, 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 asked to do so.</p> <p><b>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. Expect most taxis to try to apply a “Gringo” or “Tourist” surcharge. Always negotiate a fare in advance. You should never have to pay more than \$5 during regular daylight hours. If you have many errands to run, hire the taxi by the hour. Again, negotiate the price – usually \$10 to \$15 per hour.</b></p> <p>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. <b><i>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.</i></b> These 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. (For more info on PriceSmart, see <i>Groceries, Big Box Stores</i>) Typical hourly rate is \$10 to \$12.</p> <p>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.) <b><i>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.</i></b> Negotiate your price before entering the taxi.</p> <p style="text-align: center;"><b><u>Common Cruiser Taxis</u></b></p> <p><b>Alfonso</b> 68009139. Normal taxi or nice little bus available. Speaks English.</p> <p><b>Carlos</b> 6449-4066 Has a small tour bus. Good for provisioning. Speaks English.</p> <p><b>Diose</b> 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 “<i>Propane</i>” **</p> <p><b>Fernando</b> 6640-1838 Has a pick-up truck.</p> <p><b>Geronimo</b> 6366-4858. Clean mid-sized car. Knows his way around the city for things cruisers need. Speaks some English. \$10 per hour, 2015.</p> <p><b>Horatio Dockins</b> 6630-3896 Has a 14 person van. Speaks English. Good for several boats to share on a provisioning run.</p> <p><b>Isreal</b> 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. Asks for higher prices.</p> <p><b>Juan</b> 6735-7742</p> <p><b>Luis</b> “The Blue Pearl” Taxi 6596-3707 Speaks some English and Japanese. \$20 for trip to and back PriceSmart. Also able to rent line and fenders for a canal crossing (\$100, 2016)</p> <p style="text-align: right;"><i>(more on next page)</i></p>

	<p><i>Transportation – Taxis &amp; UBER, continued from previous page</i></p> <p><b>Mario</b> +507 6929-0807 (phone and WhatsApp) <i>Added 2018 on very strong recommendation from s/v Ibis “he knows virtually all the places in the area where one can find anything sailboat related from hydraulics to phosphoric acid.”</i></p> <p><b>Roosevelt</b> 6513-6949 Speaks excellent English. (*15.03) Has a PriceSmart card. Has worked with cruisers for years. Does propane runs =&gt; see <i>Propane</i>. **</p> <p><b>Roger (Rogelio)</b> 6717-6745 Has van and car. Speaks excellent English. Has a PriceSmart card. Can help with canal crossing. Well <i>Canal-Agents</i>). In great demand. **</p> <p><b>Taxi Tony</b> 6520-0272 Excellent English. Has worked with cruisers for many years.</p>
<b>Travel Agent</b>	<p><b>Louis</b> or <b>Yolanda</b>, 613-1102. Speak English.</p> <p><b>Viajes Blok</b> Robert Blok [+507] 236-5522 <a href="mailto:rblok@viajesblok.travel">rblok@viajesblok.travel</a> Speaks English. Very responsive and knowledgeable.</p>
<b>Turbo Chargers</b>	<p><b>Turbo Master</b> In Diablo. (Diablo bus.)</p>
<b>Upholstery (Marine)</b>	<p><b>Herb Wright</b> 6798-1905 Unit 58, Del Area de Hangares de Diablo (From Albrook terminal, take the Diablo bus. Get off after the railroad tracks for the canal and walk north toward the businesses.)</p>
<b>Veterinarian</b>	<p>=&gt; see “Pet – Doctor /Veterinarian”</p>
<b>Volvo-Penta</b>	<p><b>Comercial de Motores, SA</b> [+507] 314-0831 or 6930-5832 <a href="http://www.cdm.com.pa">www.cdm.com.pa</a> Isla Flamenco on the Causeway (by Flamenco Marina) Reported to have good mechanics and good staff but lacking in stock repair parts. Most parts ordered from the U.S. With 15 day turnaround. Must pay in advance.</p> <p><b>Volvo-Penta</b> [+507] 390-4667 or 390-8686 On Avenida Juan Pablo II, Local #4, Edificio Portisol</p>
<b>Watch Repair</b>	<p>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.</p> <p>There is also a watch repair man located in the Rey grocery store in El Dorado.</p>
<b>Water, Drinking</b>	<p>The water anywhere along the causeway is safe to drink from the tap. For those who prefer to use bottled water <b>Luis</b> (6309 4032) offers to bring drinking water in 18 liter jugs. Initial cost is \$15 per jug. Ongoing cost is \$5 per exchanged jug.</p> <p>As a price comparison: to buy a full jug at the Super 99 grocery store is \$13. To exchange an empty jug for a full one is \$4.50</p>
<b>Water Maker</b>	<p><b>Hydromundo Watermaker Supplies</b>, Desmond &amp; Marta [+507] 265-4158 or 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 &amp; Ci.55 Edificio Renaissance, local #3 (2 Blocks from the University, near Happy Copy). Sea Recovery water makers &amp; supplies. (For Spectras: They do not carry Propylene Glycol and do not have the specific pickling solution for this brand.)</p> <p><b>Bombasa</b> New 2013, a cruiser reported finding a water maker store by the name of Bombasa close to Abernathy’s on Transistmica. No further details provided.</p> <p><b>Narval Marine</b> – See listing under <i>Repairs</i></p>
<b>Water Maker Repairs</b>	<p><b>Kenny Brazeales</b> (listed under “Motor – Diesel Mechanic”) can repair Spectra brand water makers.</p>
<b>Water Pump</b>	<p><b>Dimar</b> (listed under “Bearings, Belts, Seals”) is a Jabsco dealer. Can provide parts for other brands as well.</p> <p><b>Agencias Domingo</b> (also listed under <i>Bearings, Belts, Seals</i>) also carries many standard pump parts, including pieces in stainless steel.</p>
<b>Webbing</b>	<p><b>Casa de la Cuerina</b> (listed under “Sewing Supplies &amp; Fabrics”)</p>
<b>Welding</b>	<p>=&gt; see “Stainless Steel – Fabrication &amp; Welding” and “Aluminum (Fabrication, Bending, Welding)”</p>
<b>West System</b>	<p>At times, West System can be purchased at <b>Abernathy’s</b> (listed under “Chandlers). If not available there, see “Fiberglass, Resins, Gelcoat” for other resin and gel coat options. Another option is to have it shipped in by <b>Marine Warehouse</b> (listed under “Chandlers”)</p>

<b>WhatsApp</b>	=> see “Telephone, Internet & WhatsApp”
<b>Wholesaler</b>	<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.
<b>Windlass Repair</b>	<b>Corporation de Electricidad S.A.</b> (261-5904) (261-6912) Ave. 12 de Octubre, Edificio Don Gil, Can repair electric windless motors.
<b>Wood</b>	<b><u>Marine Plywood</u></b> <ol style="list-style-type: none"> <li><b>Fibro Pinturas</b> – listed under “Resins (Epoxy and Gelcoat)”</li> <li><b>Tandor Hardware</b> – Pueblo Nuevo, Calle 66 Oeste (by Dimar) Jorge A Zarak 305-5600, 305-5690</li> <li><b>Multiply</b>, Centro Industrial 393-6600</li> </ol> <p>2.</p> <p><b><u>Teak &amp; Cocobolo</u></b>  <b>LUISCANSIX Corp, S.A.</b> <a href="mailto:luisicansix2008@hotmail.com">luisicansix2008@hotmail.com</a> [+507] 6532-8567 or 6773-9647  Calle 9, Pueblo Nuevo</p> <p><b>Sandino</b> and <b>Tito</b> at Balboa Yacht Club and <b>Eduard Cuello</b> (see “Wood Workers” below) – Can also be sources for teak and cocobolo wood.</p> <p><b><u>All other building woods:</u></b>  <b>Cochez</b> – near the Fish Market. There are also several other locations. See “Building Supplies”  See also “Wood Workers” below. They often have sources of teak and other specialty woods.</p>
<b>Wood Workers</b>	<b>Sandino</b> (6552-1103) and <b>Tito</b> (under “Fiberglass, Resins, Gelcoat”) Work in the Balboa Yacht Club work area. You can contract them directly to do wood work. 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. <b>Eduard Cuello</b> +507 6644-7406 <a href="mailto:tallercuello@hotmail.com">tallercuello@hotmail.com</a> Located in the red house with the wood garage door, close to Pizza Napoli, Can also source teak.
<b>Xantrax</b>	=> see “Inverters”
<b>Yanmar / Yamaha Parts</b>	<b>Ocean Center</b> [+507] 323-0169, 232-0168 / 232-0169, OUT OF BUSINESS ??? Located in Ancon, Corozal, Calle Barth, Edificio 42-E, Local 1-C. On same street as the Dinghy Doctor.) <b>Tesa</b> - Yanmar and Yamaha parts as well as outboards, <a href="http://www.tesa.com.pa">www.tesa.com.pa</a> . Locations: <ol style="list-style-type: none"> <li>On the Causeway, next to Flamenco Marina 314-0791</li> <li>Bethania, Ave Ricardo J. Alfaro on Tumba Muerto 279-5300</li> </ol> Open Monday-Friday 8:30-17:00, Saturday 8:30-13:00 If a part is in stock in the Tumba Muerto location they will gladly deliver it to another location. Mixed reviews on delivery of special orders. Good if the part you need is in stock. One cruiser 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. <b>Yacht Services</b> Thomas 6480-4440 for Yanmar mechanic. => See also “Outboard Parts/Repairs” and “Motor – Diesel Parts”
<b>Yeast (fresh)</b>	<b>LEVAPAN</b> <a href="http://www.levapan.net">www.levapan.net</a> <a href="mailto:distrileva@levapan.net">distrileva@levapan.net</a> [+507] 236-1710 or 236-1714, cell 6663-2639 Located near Edison Plaza, they sometimes organize a free course in bread making.
<b>Yellow Fever Shots</b>  <b>“Fiebre Amarilla”</b>	<b>Ministerio de Salud</b> [+507] 512-6666 (Open 0730-1200; 1300-1400) Off Avenida Omar Torijos (the road to Miraflores Locks. From Albrook Terminal, take the Gamboa, Clayton or Paraiso bus and request to get off at the turnoff for the Hospital Veterinario; walk up the road to the guard gate; or take a taxi to the Ministerio de Salud in Corozol – near Hospital Veterinario. Request taxi drop you off at the guard gate.)  <i>(more important information on next page)</i>

	<p><i>Yellow Fever Shots “Fiebre Amarilla”, continued from previous page</i></p> <p>You must wear appropriate clothing (long pants or dress/skirt, shirt with at least short sleeves) and pay first (\$100 per person, CASH) at the cashier window. You will be required to show the following paperwork:  Passport  Zarpe for the country you are going to which requires the Yellow Fever Shot  Vessel paperwork</p> <p>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 age 60 or immuno suppressed. A letter from a doctor can be used in those cases where a Yellow Fever shot is not advisable.</p>
<b>Zarpe</b>	=> see “Check-In, Check-Out”
<b>Zippers</b>	=> see “Sewing Supplies & Fabric”

## Things To Do and See In and Around Panama City That Are Free or Not Too Expensive

by S/V Wadda (2011) and updated by S/V Serenity (2020)

### **The Visitor / El Visitante**

Both a printed paper and website. A very good **source to find out what's on each week** (music, theater, ballet, drama, films, events, etc.). Also contains some local news and stories. Available for free in the shop in La Playita or the shopette and the Ocean View Hotel in Las Brisas, and many other places. Available online at:

[www.thevisitorpanama.com/](http://www.thevisitorpanama.com/)

Also check out

[www.myguidepanama.com/things-to-do](http://www.myguidepanama.com/things-to-do)

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.

### **Panama Canal Related**

1. **Transit the canal line handling on a sailboat.**  
This is the very best way to fully experience the Panama Canal
2. **Panama Canal / Transoceanic Museum** [www.cascoviejo.com/canal-museum](http://www.cascoviejo.com/canal-museum) [www.museodelcanal.com](http://www.museodelcanal.com)  
The Canal Museum is located in Cathedral Square, Casco Antiguo. It is a very impressive museum, beautifully laid out. Most of the explanations are in Spanish, but you can rent tape players that give explanations in other languages. It is about a 15 minute walk from Plaza Cinco de Mayo. To get there by public transport, take the Metro to the 5 de Mayo station. Then walk up the walking street (Avenida Central, see map on page 4) 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.
3. **Miraflores Locks and Visitors Centre**  
See ships transit the canal, another very good museum, in Spanish and English. Open every day of the year. You can get there by Metro Bus C810-Albrook from the Albrook Terminal. Get off at the "Esclusas Miraflores" stop. (See "Transportation – Buses and Subway")
4. **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 and get off at the "Teatro Balboa" stop. Walk towards the post office and follow the wide avenue with the Admin Bldg on the hill in front of you. Note that the tree lined grassy area is the exact size of a canal lock. 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 neighborhood around Ancon hill into town (say, 20-30 mins)
5. **Mosaics on Building Facade on Avenida Central**  
Free, you just have to see them. On your way along Avenida Central walking street, 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 DelCue ro. 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.

6. **Panama Canal Railway (Panama City to Colon)** .[www.panarail.com](http://www.panarail.com)  
Not necessarily cheap, but 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 has one tourist car, with an observation deck at the end. The train departs Panama in the early morning and returns late in the afternoon, one trip/day unless there is a cruise ship in town. There is no bus stop convenient to the station. Best to take a taxi. If you do not want to spend the day in Colon (and it is not a tourist destination to say the least), take a taxi from the train station to the Colon bus station and bus back to Panama City. Alternatively, have a taxi take you out to see Portobello (described below).

## Spanish Colonial History and Folklore

1. **Panama Viejo**, [www.panamaviejo.org](http://www.panamaviejo.org)  
World Heritage Site; the site of the first Spanish settlement on the Pacific coast, dates from 1519, destroyed 1671 by the pirate Henry Morgan at which time the residents picked up shop and moved the entire city to a more defensible location, now called Casco Antiguo (see next entry). What's left of the buildings are crumbling ruins, however, after years of neglect, the government is making efforts to restore and preserve the area. Of particular interest is the 4 story 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. The museum, in Spanish and English, has some interesting pre-Colombian artifacts (the upper floor is the more interesting) The museum and site have a small entrance fee. To get there by public transport, catch the I202 Via Isreal-Veranillo bus at the Albrook terminal and get off at the Entrada Cincuentenario stop. This is usually a 30-45 minute ride depending on traffic. (See *Transportation-Buses and Subway*)
2. **Casco Antiguo**, [www.cascoviejo.com/official-office-of-casco-viejo](http://www.cascoviejo.com/official-office-of-casco-viejo)  
World Heritage Site The site of the town built after the pirate Henry Morgan sacked Panama Viejo. Dates from 1670s. The office of Casco Antiguo has free guided walking tours, in English. Refer to the website for specific details on times and meeting location. 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 Theater 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. If we go at night, we go by public transport and return by taxi. See the write up for the canal museum on the previous page for public transportation info.  
Another way to experience Casco Antiguo is through the Casco Antiguo Spanish School. [cascospanish.com/portfolio-items/fortaleza-ex-gang-member-tour/](http://cascospanish.com/portfolio-items/fortaleza-ex-gang-member-tour/) Led by graduates of Esperanza S.F, a gang intervention and reintegration program, this unforgettable tours takes you through what used to be the heart of gang territory in the former "Ciudad de Dios." Today, it's been converted into a tour area and open-air food court, hosting both locals and visitors from around the world.
3. **Mi Pueblito** <https://www.myguidepanama.com/things-to-do/mi-pueblito>  
At the base of Ancon hill, 3 re-constructed villages: Spanish colonial, 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. There really is no convenient way to get here by public transportation.
4. **Beyond Panama City: Portobelo**  
Located on the Caribbean side of Panama, Portobello is another World Heritage Site. It is an 18<sup>th</sup> century fort which received, stored and then forwarded on the gold stolen from the Incas in Peru. You can learn about this city by reading its entry in Wikipedia. You can see what it has to offer by reading entries in Trip Advisor. One way to see this city is to take the Canal Railroad train from Panama City to Colon and then hire a taxi to take you out to Protobello and return you to the train in time for the return trip back to Panama City. This is not a cheap option, but it is an option.
5. **Beyond Panama City: El Valle**  
Easily accessible by bus (appx 2.5 hour ride) from the Albrook Terminal, El Valle is a small village built in the base of an extinct volcano. Cool temperature, but not chilly, and not as humid as the coast. Walks in the rain forest, 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 although, on the weekends there is a rather large farmers market for locally grown plants and produce.

6. **Beyond Panama City: The town of Las Tablas**

Located in the Azuero 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 carnival, plus various other Spanish cultural heritage events during the year (see The Visitor magazine). Also look up Las Tablas on Trip Advisor. Las Tablas is accessible by bus from the Albrook Terminal (see “*Transportation-Buses and Subway*” in the guide.)

7. **Beyond Panama City: Santa Fe**

Smaller than El Valle, in the province of Veraguas. 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 the Santiago bus from the Albrook Terminal and 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.

### **Biodiversity – on the Causeway in Panama City**

1. **Biomuseo Panama** <https://www.biomuseopanama.org/>

Designed by world-renowned architect Frank Gehry, the Biomuseo is his only work in Latin America and the tropics. It is a great introduction to the bio-history of Panama.

2. **Smithsonian Tropical Research Institute at Punta Culebra** <https://stri.si.edu/>

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. 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.

### **Biodiversity – Elsewhere in Panama City**

1. **Walk Up Ancon Hill**

A cool retreat from the city, good views from the 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 the road is only open sunrise to sunset. Picnic area at top. There is no easy public transportation to this area. Take a taxi to Mi Pueblito and then hike up from there.

2. **Parque Natural Metropolitano** [www.parquemropolitano.org/](http://www.parquemropolitano.org/)

There are about 2 hours of easy walking trails, small entry fee, 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, catch the M481 Juan Pablo II-Tumba Muerto-ZP La Siesta bus from the Albrook Terminal and get off at the Casa de la Juventud stop. The park also offers guided night tours. Check their web page for activities. If it has been raining be sure to wear shoes good for mud!

### **Biodiversity – Gamboa Region**

NOTE: The Gamboa area is located close to the San Miguel locks of the canal. It is not readily accessible by public transportation but has many worthwhile places to visit. You can rent a car and explore or contact one of the following organizations and they might be able to arrange transportation or offer updated transportation information.

1. **Parque National Soberania**

Google this park and you can get lots of information. The park is located a few miles from the Gamboa Rain Forest Resort.

## 2. Pipeline Road

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

## 3. Rain forest Discovery Centre <https://www.pipelineroad.org/>

An ecotourism and environmental education project administered by the Fundación Avifauna Eugene Eisenmann, of which the objective is the conservation of birds through environmental sustainability. Check out their web page for current activities and events. Contact them for best options to visit

## 4. Summit Park (Parque Municipal Summit)

A botanical garden and a zoo of 250 hectares in total area, located at about kilometer 18 on the road leading to Gamboa. 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), peccaries (friendly), toucans (up close!), macaws, and monkeys. Park like setting, good place for kids to run around.

## 5. Camino de Cruces Trail [www.caminandopanama.org/en/11-central-y-azuelo/45-sendero-los-helechos](http://www.caminandopanama.org/en/11-central-y-azuelo/45-sendero-los-helechos)

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 to Portobello. The trail was established before Panama Viejo was established: it was built with river stones over a preexisting indigenous trail through the rain forest. For us (S/V Wadda), this was the highlight of our rain forest walks; combining rain forest and history. 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.

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## More things to do, from sv Taitonga (2017):

Day trip to an Indian **village** in the Gatun Lake, cost about \$100 USD per person (received very good feedback from 3 boats in 2016)

<http://panamatravelunlimited.com/panama-day-tours/panama-cultural-tours/embera-indian-village-tour>

Daytrip to the island **Barro Colorado** in the Gatun Lake with a nature guide from the Smithsonian Tropical Research Institute, roundabout 160 USD per person.

[http://www.stri.si.edu/english/visit\\_us/barro\\_colorado/visit.php](http://www.stri.si.edu/english/visit_us/barro_colorado/visit.php)

**Gamboa Bat Nights** from the Smithsonian Tropical Research Institute, **Free** entry. (04/2017)

Learn almost everything about bats, see them fly and be caught. Very professional presentations!

Every first Sunday of the month; 19:00 hours. Bring long sleeves and trousers, closed shoes and insect-repellent!!!!

<http://pagelab.wixsite.com/batnights> (Better to register with them 3+ days in advance)

Taxi needs approx. 45minutes for the ca. 35 km, (cost was ca. 50 USD with Roger's van)

Great fun for 4 boats (with and without kids) in march 2017!

Attend a concert in the **National Theater** in Casco Antiguo (reopening announced for 2019)

## Weather Forecasting, Tides, Navigation, Hazards from SY Taitonga (2017)

When you arrive from the Caribbean be aware of a **tidal range up to 6m/20ft** (often below mean low spring water) with the according currents!

Especially in the Darien and between the Islands of the Las Perlas the **currents** on high tidal ranges can get stronger than maybe your boat can motor!

Going from La Playita across the canal entrance south towards Taboga you are requested to contact Flamenco Signal station on VHF12 to asked **permission to cross the canal channel** (They take this very seriously!)

There are plenty of **plastic pieces and plastic bags** in the water so be prepared to un-foul your propeller and to check your water intake/-outtake. The higher the tides are running the higher is the amount of trash and logs in the water.

Neither the OpenCPN-CM93-Charts nor Navionics are precise enough to navigate safely the Las Perlas. => see Bauhaus in *Charts/Cruising Guides*

The weather forecasts below are not always very accurate for Panama-City and Las Perlas but can give you some hints to make your own guesses..

**Detailed guess for Panama-City** (both based on GFS but a bit different)

<https://www.windguru.cz/246725> (If a S-swell bigger than 1.2m is forecasted check if La Playita gets evacuated)

[https://www.windfinder.com/forecast/amador\\_isla-naos](https://www.windfinder.com/forecast/amador_isla-naos)

For forecasts for the Las Perlas use **gribfiles** e.g., via zygrib

**Big Picture** forecast 24h/28h/72h, with Tropical Waves and Monsoon Troof (small files):

[http://www.nhc.noaa.gov/tafb\\_latest/pacsfc24\\_latestBW\\_sm3.gif](http://www.nhc.noaa.gov/tafb_latest/pacsfc24_latestBW_sm3.gif)

[http://www.nhc.noaa.gov/tafb\\_latest/pacsfc48\\_latestBW\\_sm3.gif](http://www.nhc.noaa.gov/tafb_latest/pacsfc48_latestBW_sm3.gif)

[http://www.nhc.noaa.gov/tafb\\_latest/pacsfc72\\_latestBW\\_sm3.gif](http://www.nhc.noaa.gov/tafb_latest/pacsfc72_latestBW_sm3.gif)

**Raincheck Dopplerradar** - 40nm radius of PTY – realtime to check if e.g. the ride into town might get wet

<http://www.pancanal.com/eng/radar/main.html>

**Eastern North Pacific Tropical Weather Discussion** (Text) (small files)

<http://www.nhc.noaa.gov/text/MIATWDEP.shtml?text>

<http://www.nhc.noaa.gov/text/refresh/MIATWOEP+.shtml/301749.shtml?text> (Hurrican-Forecast)

**Tides Balboa**

<https://www.pancanal.com/eng/op/tide-tables.html> see also “**Navigation and -hazards**”

There are mainly two **seasons**:

**Dryseason** - from about mid-december to about end of march: hot and mostly northerly 10-20knot winds, nearly no rain and rarely clouds.

**Wetseason** – the rest of the year: very hot and humid - mainly wind from the south or north with up to around 10 knots **or** nearly no wind from all directions **or** ugly squalls with sometimes 40+ knots.

Some really nice days and some grey in grey with much rain (depending on your raincatcher it is possible to fill the tank in less than an hour). Sometimes it is hard to get power into the batteries or get the washing dry!

Bad weather is often related to Tropical Waves and the Moonson Trof (ITCZ).

The flag on Ancon-hill can be used as an indicator for wind and shifts in the vicinity of the PC-Anchorage.

It is a good idea to carry an umbrella with you in town and close the hatches while off the boat.

Squalls occur mostly in the afternoon before dark (so many run their errands in the morning!), but some really ugly ones took place at 08:00 (took 2015 half a dozen boats on the rocks) or during early dark. Some are only wind, but mostly quite some rain, so you sometimes can not see your neighbours boat (turn on the anchorlight!), sometimes accompanied with vicious lightning. They can last 20 minutes (lucky!) or a couple of hours.

Because they can come anytime from every direction, **make 100%-shure your anchor is set and you have at least 50-60m chain out** !!! The waves will build up within 10-15 minutes high and steep!

You are outside the hurrican-belt (except 2016!) - welcome to the thunder-and-lightning-belt:

Thunderstorms are normally local events with a diameter of a couple of miles (but sometimes all over Panama) and occur often at the boarder between mainland and sea. The thunder can make you deaf for a couple of minutes. Quite some boats get hit by lightningstrikes – direct or even indirect, and loose some electronics (you might want to check your insurance-policy).

## Beaching in Panama City & Las Perlas Islands

(Source: SY Taitonga, Alubat Ovni395)

Conditions of the beach and currents will change very much with the season of the year, as well with neap or spring tide. We avoid beaching during the passing of a Tropical Wave!

Check the beach and currents carefully a day before beaching: Around 1.5 hours after high water for your desired beaching-location AND at low water for placing the stern anchor as well the walking distance to the water at low tide if you need water for your work.

### PANAMA-CITY:

La Playita-side: Some boats have beached near the bridge of the Americas on the east side, where the working boats and big boats are slower, so swell is reduced, but still exists! Feedback is mixed! It is prohibited.

Las Brisas-side: It looks like there is a good location for beaching a bit north of the Bio Museum, protected against northerly winds. (04/2017) But it is prohibited.

**TABOGA** (7nm south of Flamenco) (we consider this the easiest location for beaching near Panama-City – depending on the wind/swell!!!)

The beach open to the north: The northeast-corner has a nice slowly rising sand bottom; only stones near the island, but very exposed to northerly winds and then not suitable! No officials showed up, but you might want to refrain from cleaning the bottom if there are many tourists (December to February and weekends).

The beach open to the southeast is restricted to the swimmers and kids and marked by buoys, so you can not beach here. It might be possible to beach east of the jetty as well - check first.

**LAS PERLAS (from N to S)** (there are plenty of other possible locations)

### Casaya / Ampon

Ampon has a nice, little beach on the east-side. Sand with shell fragments (good for sanding the bottom) as well as a plateau with fine sand. At low water there are plenty of stones, so pick your place carefully. The stern anchor might have to be replaced due to the stones. No current.

### Casaya South

The middle of the beach is more of a plateau, but has plenty of little stones in the sands. It looks as if there is kind of a water stream coming from the sand. Left of the center; near the reef Taitonga beached at N 08 29.697 / W 079 01.766. Hard sand. No current. The holding for the stern anchor can be a problem if you throw it too early, because the sand beach has a reef bottom at low tide. No current.

### Bayonetta

Two sheltered beaches on the southern side of the channel, dividing the two islands. Sand on both with some stones. Good holding for the stern anchor. We preferred the west beach. If you come from the southeast beware of the reef!

Espiritu Santu (eastside of Isla del Ray) (we consider No. 2. the easiest location for beaching in the Perlas)

1. 008 25.8299 N / 078 51.2768 W – On the northern part of the beach, near the stones, bow to the east. Soft sand (it sucked Taitonga about 10-15cm in the ground). No stones. Good holding for the stern anchor. Sheltered from current and wind, but because you do not know how the current will move in this little bay, you might want to use 2 stern anchors to adjust the angle of the boat towards the beach.

2. 008 25.7636 N / 078 51.2586 W – In the middle of the beach, on the sand spit, where it is possible to let the bow point N or S. Hard sand, one stony patch. Good holding for the stern anchor. Be aware of the currents!