

2017

(third 2017 edition, July 2017)

Panama City Cruisers Guide

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

This guide is divided into five sections:

1. **Overview of Listing Content** (page 2)
2. **Maps** (pages 3 – 6) of the most interesting areas
3. Detailed **Listings** and Entries (pages 7 and beyond) (Prices and what is in stock change quickly!)
4. Panama **Sights** (Things to do and see in and around Panama City that are free or not too expensive) – aswell other **touristic stuff**
5. **Revisionlog** (last page)

For everything which you can not find in this guide

=> ask on the VHF - **Panama-City-Cruisers-Net** at 08:00 (Mo to Sat, mostly on 72)

**Please send updates, additions, corrections,
deletions, to:**

pccguide@yahoo.com

You can download this guide, free of charge, from:

www.groups.yahoo.com

You must join either the

“[Southbound](#)” or the “[Cruiser's Network](#)” group.

The guide is located in the “Files” section of each group.

“Southbound” is generally a valuable source for infos west of Central America)

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

3D Printer ACR Acupuncture Agents => Canal Agents Air Lines / Airports Airplane (Private) Alcohol (for Alcohol Stoves) Alternator & Starter Repairs Aluminum (Fabrication, Bending, Welding) Anchorages => <i>Marinas/Anch.</i> Anchors Apple Computers => <i>Computer</i> Attorneys Auto Parts & Supplies Batteries Battery Water Bearings, Belts, Seals Beauty Salon Blinds Book Binding Books engl. -exchanges/ebooks Bottom Cleaning Brass Fittings & Copper Tubing Butangas => <i>Propanegas</i> Buses/Subway=> <i>Transportation</i> Camera Repair / Camera Battery Replacement Canal Agents Canal Line Handler Canal Transits Canon Canvas => <i>Sails => Sewing</i> Chain Chandlers Charts / Cruising Guides Check-In / Check-Out Chinese Medicines/Herbs Chrome-Replating Compass Adjustment Computer Repairs/Services Construction Materials Consumer Protection Copies Copper Foil Copper Tubing => <i>Brass Fit.</i> Courtesy Flags => <i>Flags</i> Cruisermeeting / Pizzanight Cruising Associations -Rep. Cummins => <i>Motor-Diesel Mec.</i> Danfoss => <i>RefrigerationSup.</i> Dentist / Dental Surgeon Diesel/Gasoline => <i>Fuel</i> Diesel Mechanic=> <i>Motor ...</i> Diesel Parts=> <i>Motor ...</i> Dinghy, New Dinghy, Repair Doctor, General Doctor, Specialists & Surgeons	Dry Cleaning (see Laundry) Ecotourism Eggs (extra fresh, long lasting) Electric Motors => <i>Alternator&</i> Electrical Supplies Electrician (12V/24V) Electronics (Marine) Embassies Emergencies EPIRB - Battery Fabrics => Sewing Supplies Ferry Services Fiberglass, Resins, Gelcoat Filters (Motor) Filters (Water) Fire Extinguisher, Certification Fireworks Flags Flares Foam Freight => Mail Fuel - Diesel / Gasoline Fuel Injectors / Injector Pumps (diesel) Fuelcleaning Fumigation Furuno Galley Remodelling Materials Galvanizing Gasket Fabrication Gasoline => <i>Fuel</i> Generator => <i>Diesel Mec.</i> Glasses (Prescription) Graphics => <i>Lettering for Boat</i> Groceries, Local Style Grocery Store Big Box General Kosher Organic Specialty (by location) Grocery Store Deliveries Grommets/Fasteners GT15 Wire (SSB Antenna) Hardware Stores Haulout/Beaching Heat Exchanger Repairs Honda Generator Hoses Hospitals Hotels / Hostels Hydraulics Ice Icom Immigration => <i>Check-in/-out</i> Impellers Injector => <i>Fuel Injectors</i>	Internet => <i>Telephone</i> Inverters Iridium Jabsco Jerry Jugs Jubilado Discount Lagoon Yachts => <i>repairs</i> Lasik Surgery Laundry Leather => <i>Sewing supplies</i> LEDs Lettering for Boats Lexan/Plastics Life Raft Certification Line Line Handlers => <i>Canal</i> Liquors Lowrance Machine Shops Mail/Freight Makita Tools => <i>Tools - Makita</i> Maps & Yellow Pages Marinas & Anchorages Marine Suppliers Mastervolt Mattresses McMurdo Mercury Outboards => <i>Outboards</i> Metro / Subway => <i>Buses</i> Morse Cables Motor - Diesel Mechanic Motor - Diesel Parts Motor - Yanmar/Yamaha Parts Navico Navigation and -hazards Nets => <i>Radio Nets</i> NuTeak Nuts, Bolts, Screws, Fasteners Oil & Oil Filters Oil Recycling Oil, Synthetic Organic Produce => <i>Grocery</i> Outboardmotor – New Outboardmotor – Repairs and Parts Paint Passport Photos Perkins Parts => <i>MotorDieselparts</i> Pet Boarding Pet-Doctor / Veterinarian Pets – Internat. Health Certificate Pet Supplies Pharmacy Phone => <i>Internet / Phone</i> Plastics => <i>Lexan/Plastics</i> Propanegas Propeller & Shaft Repair PVC – Pipe, Supplies, Fittings Racor Filters => <i>Filters (Motor)</i> Radar Repairs	Radio FM (english) Radio Nets Railroad Raymarine Recycling Refrigeration – Repairs Refrigeration – Supplies Rennet Resins (Epoxy and Gelcoat) Restaurants Rigging Wire & Supplies Sails Satellite Phone => <i>Telephon-Satphone</i> Scuba Sewing Supplies, Fabrics, Sewing Machine: New, Repairs Sewing Services Shoe Repair Simrad Solar Panels Stainless Steel - Fabrication and Welding Stainless Steel – Nuts and Bolts Starboard Starter Motors Storage-Compartements Strata Glass => <i>Sewing Supplies</i> Subway/Metro => <i>Transportation</i> Sunbrella => <i>Sewing Supplies</i> Surveyor Taxis/UBER=> <i>Transportation</i> Teak => <i>Wood-Teak</i> Telephone / Internet / Whatsapp Telephone/Modem-Unblocking Telephon - Satellite Phone Thread => <i>Sewing Supplies</i> Tools Tools-Makita Transportation- Buses/Subway Transportation- Taxis/UBER Travel Agent Turbo Chargers Veterinarian => <i>Pet Doctor</i> Volvo-Penta Watch Repair Water Pump Watermaker Weather - Forecast and Tides Webbing => <i>Sewing Supplies</i> Welding => <i>Stainless => Alu</i> West System WhatsApp => <i>Telephone</i> Windlass Repair Wood Wood-Teak Wood Workers Xantrax => <i>Inverters</i> Yanmar/Yamaha Parts => <i>Motor ...</i> Yeast (fresh) Yellow Fever shots Zarpe => <i>Check-in/-out</i>
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			Zippers => Sewing Supplies
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** Any entry flagged with a double asterisk consistently receives good reviews on the local VHF cruiser net



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

There are two major transportation hubs:

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

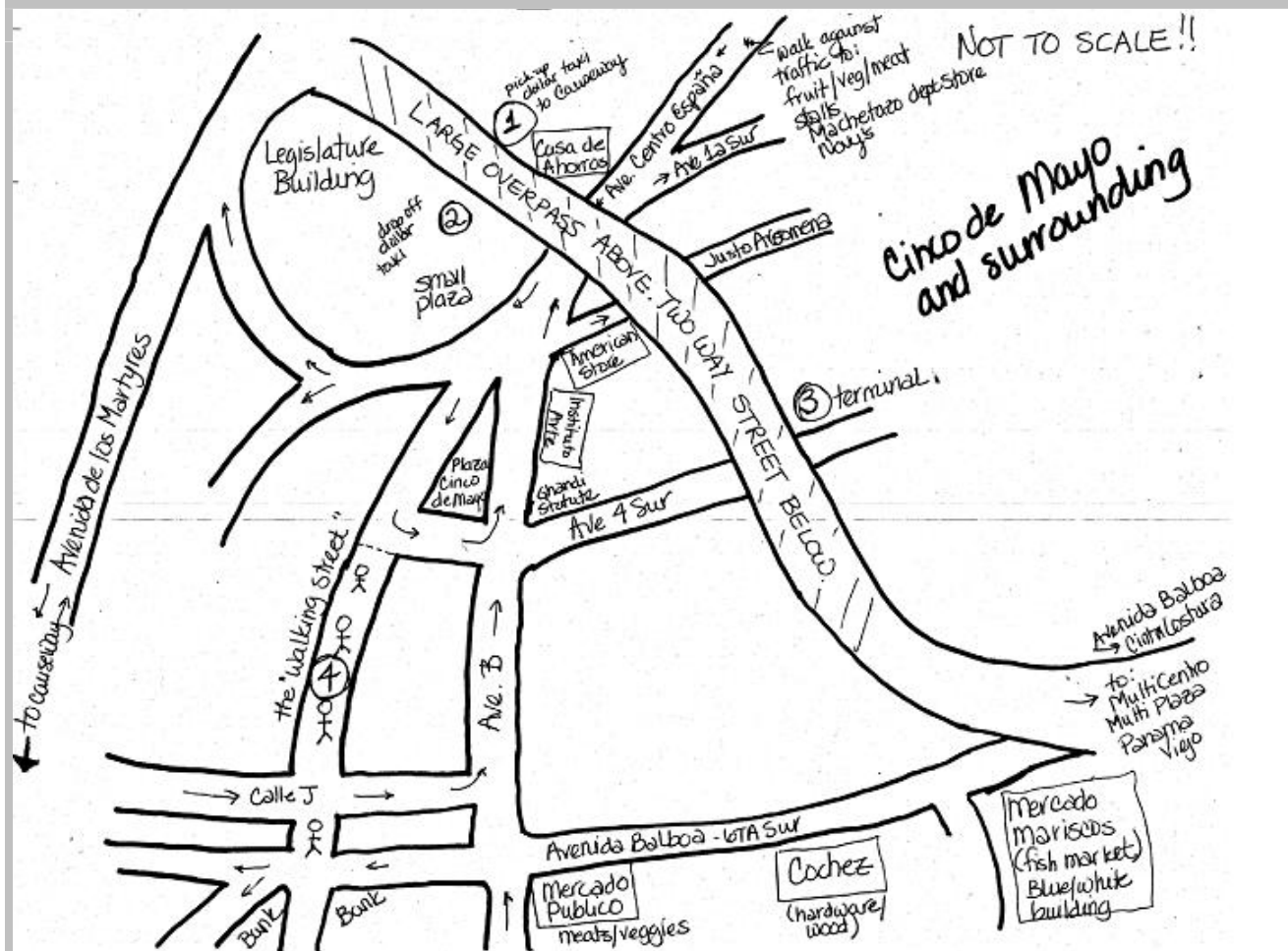
See the entries for “Buses/Subway” and “Taxis/UBER” for more information on these two locations.

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 Isreal** (H10 to H14) finally turning into **Via Cincuentenario** (H14) at Panama Viejo.

THE CINCO DE MAYO AREA



Referring to the map above:

1 & 2.

Traditionally the drop off (#1) and pick-up (#2) spots for taxis which run just between Cinco de Mayo and the Causeway. Will wait at spot #2 to get a full load. Negotiate price (historically \$1 per person). Be very cautious in this area, particularly if you are carrying musical instruments, suitcases, shopping bags. Foreigners have been robbed here.

3

Terminal Marañon (see "Buses/Subway" for more info)

4

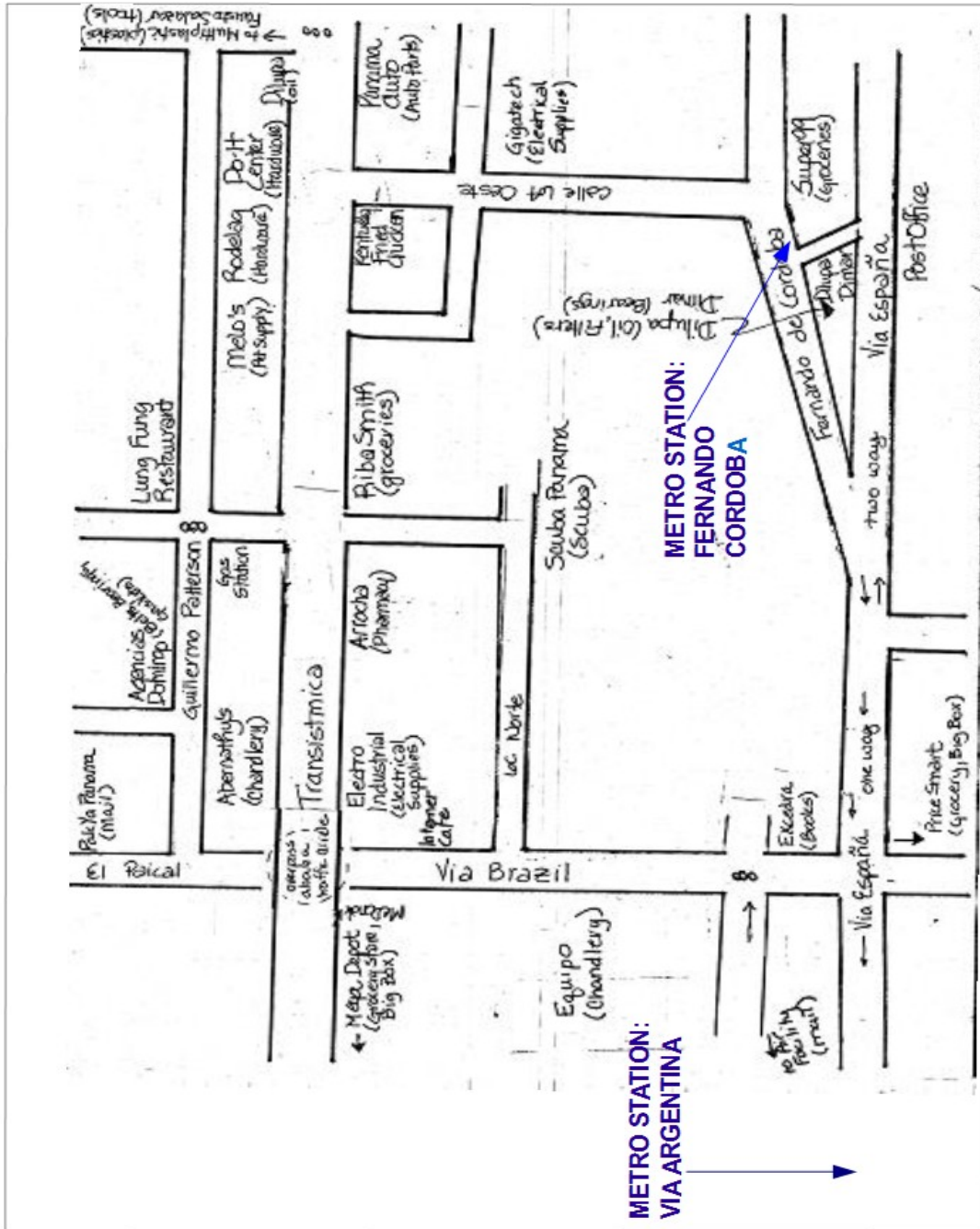
The Walking Street (street for pedestrians only, has many stores including fabric stores, clothing stores, etc)

TRANSISTMICA AREA

One area of the city with many stores useful to cruisers, all within walking distance, is drawn below.

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

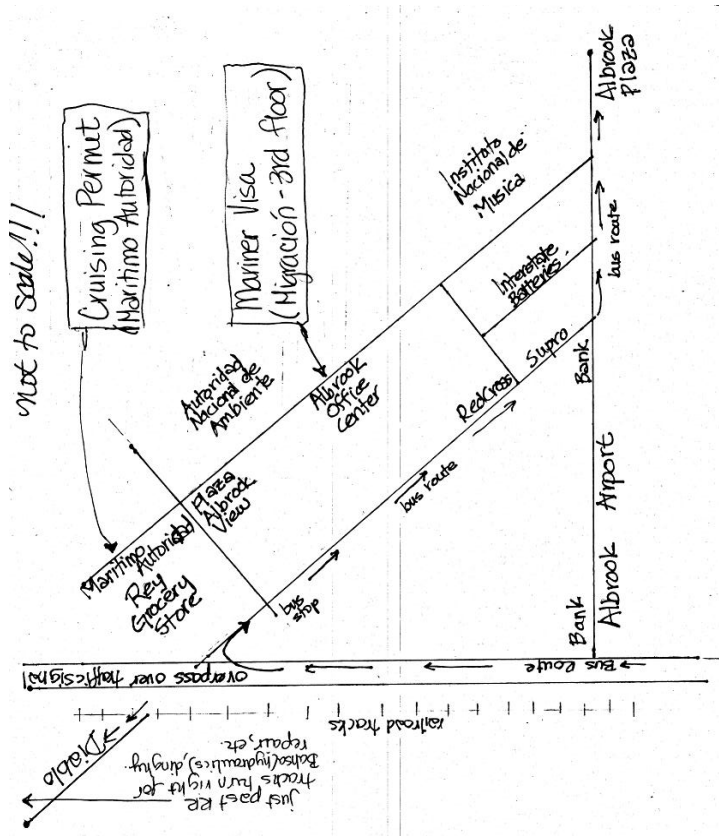
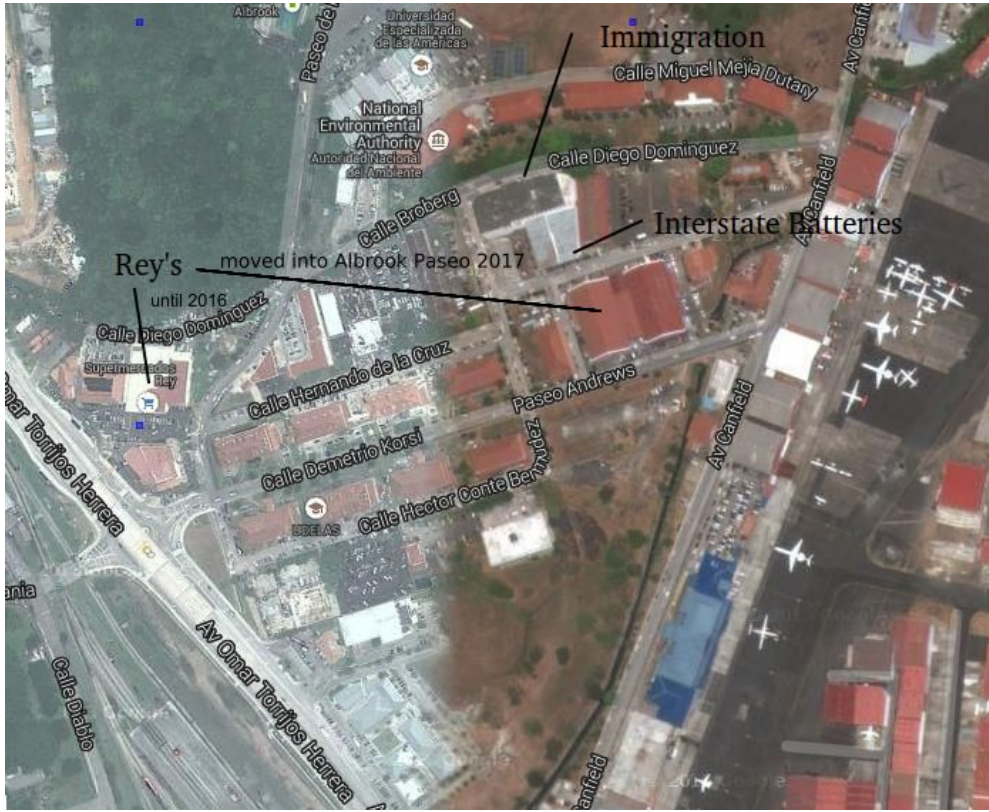
This map includes two Metro Stations: [Fernandez de Cordoba](#) and [Via Argentina](#).



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ALBROOK IMMIGRATION

(see "Check-In, Check-Out" for full details)



3D Printer	3-D-Printer 398-8121 / 398-8122 www.TheMakerz.com Centro Comerical Plaza Paitilla, #28 on Via Italia in Punta Paitilla. May be useful for fabricating small plastic parts.
ACR	See Overseas Electronics , under “ <i>Electronics (Marine)</i> ”. Carries batteries and new units.
Acupuncture	Various. Go to El Dorado district (Tumba Muerto bus, get off at the large sign for Rey. Cross the street and walk back to the circular building decorated with pictures of cakes and sweets. Turn right and continue to the next intersection, passing a casino/gentleman's club. Look for pain centers here and around the corner.) See also Centro Medico Omega under “ <i>Doctors, General</i> ” See also “ <i>Chinese Medicines/Herbs</i> ”. The proprietor there can offer referrals.
Agents	See <i>Canal-Agents</i>
Air Conditioning Repairs	See Narval Marine under “ <i>Repairs</i> ”
Air Lines / Airports	Panama City has two airports: Tocumen (PTY) on the eastern side of town for most international flights and Albrook or Aeropuerto Marcos A. Gelabert (PAC) on the western side of town for mostly domestic flights (including flights to the Las Perlas and San Blas). <u>DOMESTIC AIRLINES</u> Air Panama 316-9000 Note: Aeroperlas stopped operating November, 2012. As of this edition, they remain non-operational. <u>INTERNATIONAL AIRLINES</u> Copa Airlines 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 www.tocumenpanama.aero/
Airplane (private)	Doriano Bizzoni 6634-8725 dorianobs@hotmail.com
Alcohol (Fuel for Alcohol Stoves)	For small quantities, see El Machetazo , under “ <i>Grocery Store, General</i> ” Gallon bottles were seen at Almacen 88 in the Santa Ana district. (From Cinco de Mayo, do down the walking street (see page 3 map) until you see a long row of shacks with tin roofs on your left. This is known as “Sal si Puede” (Leave if you can) or “Thieves Market”. Walk down to the end of the shacks. The store will be on your left at the end. Alcohol for the stove is called Alcohol Ehilico Desnaturalizado in Panama. To obtain larger quantities takes two steps (See also note below for 2013 update): 1. Go to the “Comisión Nacional para el Estudio y la Prevención de los Delitos Relacionados con Drogas, Unidad de Control de Químicos” 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. Nacional Quimica S.A. (217-3777) sells large quantities. One pack with 4 plastic bottles of 1 gallon each was priced at \$25.25 plus tax in 2011. 2013 UPDATE: One cruiser reported he called Nacional Quimica (listed above, ask to speak with someone who speaks English, if needed) and because he told them he was on a boat they waived the requirement for a license. The alcohol was delivered to him at the anchorage and he paid the driver directly. He bought 16 gallons at a price of \$9.81 per gallon. All purchases must be made in multiples of 4 gallons which is packaged in four 1 gallon bottles placed in a box.
Alternator & Starter Repairs	AUSEEL – Auto Servicios Electronico – 274-0055 ** Alternator and starters, big selection of parts in stock. Can repair while you wait. Located at the corner of San Miguelito and Via Guadalupe. (Take Via Espana, Rio Abajo bus.) Austral Repair it while you wait, located in San Christobal (go round the corner to the right in a little alley and not in the main entrance to get good prices). The Taxidriver Roosevelt knows how to get to this place. (<i>3 alternatores for 24USD in 2015</i>) El Alternador 220-2514 Entrada de Pedregal. Avenida Jose Maria Torrijos, by the Tocumen airport/Conception

	<p>Electro Mecanica 220-2514 Via Principal. Repairs and purchases</p> <p>Electro Servicio 6649-3737 On Calle 11. Alternator repairs.</p> <p>Internacional de Partes Electro Mecánica (Roberto Jou) 221-3022 or 221-8464 / 221-6088, 6213-2738 ** Repairs alternators and starters. Located on Via Espana, in the Las Sabanas area 200 meters from the intersection of Via Espana and Avenida 12 de Octubre in the gray 3-story building with the large Bosch sign on front. Roberto is also a good source for referrals for other repairs.</p> <p>Motores Electrico Maximo Martin 262-1762 or 262-0665, cell 6616-8870 Calle 27 Final Curundu</p> <p>Servicios Nacho (Jose Ignacio Orozco) 6578-5081 or 227-9580 ** Starter motor and alternator rebuilds. Also heat exchanger repair and cleaning On Avenida Frangipani, across from the gas station. (This is on the one way road that runs parallel to Avenida Nacional which carries traffic in the other direction, just a few blocks away from Centro Marino and Tuercos y Tornillos. Not a good area of town, best to take a taxi at least for the first time.)</p> <p>Taller Miguel Aguila 6539-9849, 6545-9217, 6570-2018, 6078-8690 miguel.aguila-2026@hotmail.com Ave. Frangipani, in front of the Texaco station. Specializes in the shipping and aeronautic industries.</p>
Aluminum (Fabrication, Bending, Welding)	<p>ALPAN (Alumina de Panama) 231-0366 On Transistmica, Milla 8 (across from Rey Grocery Store). Aluminum extrusion factory.</p> <p>Alumicentro de Panama 221-6467 Located in the Rio Abajo area near Calle 13 & Via Espana</p> <p>Mesoliju, SA 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>Metalca boats Aluminum fabrication, bending, and welding, Aluminum sheet metal/structural metal shop: ship building and repair. Marine grade aluminium. Does stainless-steel aswell Konstantin from Austria, 64007998, speaks english and german, 830-7982, hq@metalca.biz, www.metalcaboats.com, Zona Industrial San Lorenzo, openinghours mo-fr: 07:00-16:00, sat 07:00-15:00 (Received a good review in 04/2017) see also => “Stainless Steel ...”</p>
Anchorage	See “Marinas and Anchorages”
Anchor	See “Chandlers”. In particular, try Abernathy’s and Pesqueros Marine Scene Richard Zaleski 6470-6302 and Mike Barker 6727-6722 Sell Rocna Anchors, as well as some Harken products. Mike is also a rigger. Note: Very mixed reviews on Marine Scene's services. Major complaints center around timeliness and expense. Others swear by the services offered.
Apple Computer	See “Computer Repairs/services”
Attorneys/Lawyers	<p>Marisel Jurado 6613-4549 (cell), 340-6324 (office) Jurado, Escobar, Della, Tonga, Icaza and Jurado On Aquillo de la Guardia and Calle 47. Oceana Business Plaza, 10th floor, Ste 1003. She speaks English but her staff does not.</p> <p>Mayra Lamboglia 226-2895 legal@panamalawyermayralamboglia.com www.panamalawyermayralamboglia.com</p> <p>Flor de Montserrat Claramunt 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>Idis Archangel Espinoza 6641-9210, sdpidis_bra@hotmail.com (speaks english) Immigration lawyer for solving problems or for info about residency See also “Notary”</p>
Auto Parts & Supplies	<p>Panama Auto 278-8300 Two locations (same phone number for each):</p>

	<p>1. Transistmica, on same side of street as Riba Smith, one block away, across from Do-It Center. 2. Rio Abajo Good selection of copper tubing and fittings for fuel lines. Carry engine belts, replacement bulbs for spreader lights, spark plugs for generators and outboards, tools, can make hoses while you wait</p>
Batteries	<p>Battery Giant Calle 53 Este, next to Plaza New York. Specialize in all sorts of batteries. Can special order EPIRB batteries. Also recycles old batteries.</p> <p>Casa de Las Baterias 800-6666 (general number) 264-0904 (Via Espana location) www.casabat.com Several locations, including the one on Via Espana close to PriceSmart and one close to Albrook Mall. Carry deep cycle batteries, including Trojan brand and, sometimes, AGMs. Also carry water for batteries.</p> <p>Interstate Batteries 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>Tasco 228-0555 Batteries made in Panama. Not deep cycle.</p> <p>PriceSmart Carries deep cycle 6V golf cart batteries. Note that both PriceSmart locations carry 12V batteries but only the Tumba Muerto location has the deep cycle 6V batteries. Some cruisers have reported the deep cycle batteries not long lasting. See “<i>Grocery Store, Big Box</i>”</p> <p>See also Marine Warehouse, under “<i>Chandleries</i>” to ship batteries from the U.S.</p> <p>For Iridium Phone batteries, see “<i>Satellite Phones</i>”</p> <p>For EPIRB batteries, see also “<i>EPIRB</i>”</p>
Battery Water	<p>See Casa de Las Baterias, above</p> <p>The Pesqueros outlet on the causeway will also often carry battery water from Casa de Las Baterias. See Pesqueros under “<i>Chanders</i>”.</p> <p>Gallon bottles are also usually available at Mega Depot (see “<i>Groceries, Big Box</i>”) and Discovery Center (see “<i>Hardware</i>”). Be sure to check the labeling on the bottle, battery water is sometimes sold with acid added.</p>
Bearings, Belts, Seals	<p>Agencias Domingo 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 Transmistmica behind Abernathy's. See map, page 4. (Enter Abernathy's on the Transmistmica entrance, exit on the back side of the store and turn right. The shop will be on the corner across the street.)</p> <p>Dimar 229-1444 www.dimarsa.com Edificio La Balindera in Vista Hermosa. Ask for Vielka Madrid, she speaks English and is at the furthest desk to the right behind the sales counter. In addition to bearings, carries impellers, Morse Cables, tools. Distributor for Jabsco. The back side of the building faces onto Via Espana. 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 4.</p> <p>Quickly Seal Panama 323-1966, Juli0 6450-5521 or 6422-4209 Via Principal Chanis, Casa A 15 Esquina con Calle V julio.cesar.canon@hotmail.com , quicklyseal@qspanama.com , www.qspanama.com Fabricates seals, gaskets to order.</p>
Beauty Salon / Hair / Barber	<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>A Cut Above 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.</p> <p>Nifa 6229-6137 During the cruising season (October to May) provides beauty treatments on the boat (manicures, pedicures, facials, etc.)</p>
Belts (Alternator,	<p>See “<i>Bearings, Belts, Seals</i>” Biggest selection is at Agencias Domingo</p>

Fan)	
Blinds	Vertimax 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.
Book Binding	Imprenta Don Bosco 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.
Books, In English / bookexchange / e-books	Gran Morrison Department store with several locations throughout the city. There is one in the El Dorado Mall, behind the Rey grocery store. Their book department has a large selection of paperbacks in English. (Take Tumba Muerto bus to the large Rey sign on the left.) Hombre de La Mancha Located in both Albrook and Multiplaza Malls. Mostly books in Spanish but does carry some in English. There are also book cases at the Balboa Yacht Club, La Playita Marina and the Shopette (in Las Brisas, on the causeway) for book exchanges or bring them to Pizzanight. E-books: Classics for free downloading: www.gutenberg.org (english) / www.gutenberg.de (german) (04/2017)
Bottom Cleaning	Bottom cleaners come and go. Best is to ask on the morning VHF net (see "Radio Nets") aswell to provide non-rusty-tools. Do-It-Yourselfers should take their boat to Taboga Island, Isla Bona or one of the Las Perlas islands for cleaner water. Alcie , 6024-2993 (in La Playita area) David 6433 9751 (a bit english understanding) (04/2017) Emiliano , 6202 6369, panamaoceantrip.com, can do UW-video before and after (04/2017) Louis 6729 9250 (04/2017) Manolo , 6021-6261 Not always reliable. Also, Alejandro 6781-5070 Marvin , 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. Neldo 6885 7239 (04/2017) Solis (aka Popocho) 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 hooka system for him. If you cannot, specify this when you call him. Spencer , 6384-9063 (in the La Plyaita area) Several of the launcheros (water taxi drivers) at the Balboa Yacht Club clean bottoms. They may come to Las Brisas or La Playita for a few extra bucks. They speak Spanish, but if you see them in person they can understand what you are asking for. Go to the end of the muelle (pier) at the Balboa Yacht Club. Prices are negotiable but expect appx. \$40-\$50 for a 40 foot boat. Ask for Yoni (pronounced "Johnny") or Eduardo. Their phone numbers are not listed in the guide any longer as they change too frequently.
Brass Fittings & Copper Tubing	Start first at Panama Auto (listed under "Auto Parts & Supplies") they are centrally located on Transistmica and have a good selection. If they do not have what you want, try: Hidroca 304-0300 www.hidroca.com Tools and hydraulics. Carries some odd and/or unusual brass hose fittings which Panama Auto does not carry. Located in Parque Lefevre, Calle 2a
Buses & The Subway / Metro	<i>See Transportation Buses / Subway</i>
Camera Repair / Camera Battery Replacement	Camara Service 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 e.g., such as Panafoto, Audiophoto). (Paza Concordia is where Via Espana is a one way road, going toward Cinco de Mayo. Take the subway to the Iglesia del Carmen stop)

<p>Canal-Agents (see also “<i>Canal Transits</i>”)</p>	<p>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.</p> <p>Canal Transit Agency 6717-6745 (Rogelio) or 6153-2089 (Deb) canaltransit@gmail.com www.panamacruiserconnection.com Deb, of Deb's Place (Cruiser Casa) and cruiser's trusted friend Rogelio (Roger) de Hoyos have joined forces and combined services to handle everything needed while in Panama. Their full service Transit Agency covers everything needed for a successful transit. (Roger, the former dock master at the Panama Canal Yacht Club is also listed under “<i>Taxis</i>” and “<i>Cruising Association Representative</i>”. Extremely reliable. Speaks English fluently. Always gets great reviews.)</p> <p>Enrique Plummer – 228-5794 or 674-3086 eplummer10@hotmail.com info@panamacanallyacht.com (Enrique is based out of Balboa on the Panama City side of the canal.)</p> <p>Eric Galvez 6676-1376 (prefers to provide full package of services, not just transit assists, works both sides but prefers the Pacific Side. Listed in the Raines cruising guide “<i>Cruising Ports: Florida to California via Panama</i>”)</p> <p>Oliver Yacht Services, Oliver 6602-0498 info@oliveryachtservices.com, donolivn@gmail.com Oliver is a multilingual (including English) Belgian yacht agent. Can provide lines, fenders (not tires), etc., for a canal crossing. 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 oliveryachtservices.com 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.</p> <p>Peter Stevens, Delfino Maritimo, 261-3977 or 261-1931 or 6735-7356 delfinomaritime@hotmail.com Long time agent, with vast experience. Well respected by the canal authorities.</p> <p>Stanley Scott 447-0065 or 6680-7971 Stanley provides many services including immigration, cruising permits, zarpes, canal transits, and taxi service to/from the International Airport (Tocumen PTY) in Panama City. He works on both sides of the canal and also in Portobello and Linton.</p> <p>Tina McBride 6637-2999 tinamcbride@hotmail.com www.PanamaCanalTransits.com (Tina’s webpage also gives helpful info about making a canal transit.)</p> <p>For Lines, Line Handlers or Tires only:</p> <p>Canal Transit Agency (contact info listed above) – Deb keeps a list of cruisers in the area interested in serving as line handlers. Rogelio (Roger) (see above) can also source professional linehandlers.</p> <p>Luis “The Blue Pearl” Taxi – see contact info under Taxis/UBER</p> <p>Tito (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.</p> <p>Tito (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>Crew 4U Les & Lea, 6798 0588 email: panchites@yahoo.com</p>
<p>Canal-Line Handlers</p>	<p>A very good option is to ask on the morning VHF net (see “<i>Nets</i>”) or to look / advertise on any of the bulletin boards located in Balboa Yacht Club or the anchorages.</p> <p>The web site: www.panlinehandler.com has a spread sheet function to match captains looking for line handlers and line handlers looking for boats.</p> <p>=> see also <i>Canal Agents</i></p> <p>Note: It is always good to have at least one (better two) experienced line handler on the boat, especially at the stern as this is the most important task. Before you do your own transit, try to do a transit as a line handler on another boat !!!</p>
<p>Canal Transits</p>	<p>See “<i>Canal-Agents</i>” for a list of canal agents or for people who can rent you tires and lines.</p> <p>If you want to organize the canal transit yourself (easy), you must:</p> <ol style="list-style-type: none"> 1. Apply for the canal transit by filling out the necessary forms (see below) 2. Have the boat measured

	<p>3. Pay your transit fee 4. Obtain your transit date 5. Obtain National Zarpe from Port Captain (\$1.40 as of October 2016)</p> <p>You can 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>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, disembark 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 Nikko'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 DO NOT need to have your lines on the boat when you are measured by the AdMeasurer. You only need to tell them you have rented the required lines and they will be on the boat on the date of transit (Make shure they are onboard then!).</p> <p>See also: www.pancanal.com/eng/ 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>
Canon	<p>Canon cameras & printers can be purchased at OfficeDepot, PriceSmart, PanaPhoto, etc. For repairs, go to: Canon Oficompu 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>
Canvas Sewing	See “ <i>Sail Repair</i> ” and “ <i>Sewing ...</i> ”
CAT Marine	Narval Marine – See listing under “ <i>Repairs</i> ”
Chain	<p>Abernathy's, Casa Mar or Pesqueros (see “<i>Chandlers</i>” below) Acco chain must be shipped in from the U.S. For this service, see Marine Warehouse (under “<i>Chandlers</i>”)</p>
Chandlers	<p><i>Note that three of the following have outlets on the causeway (Abernathy's, Centro Marino and Pesqueros). If what you need is available in the city outlet but not in stock at the causeway location, ask if they can bring the item in from one of their other locations. Most will do so at no extra cost.</i></p> <p>Abernathy's Several locations in Panama City, including: 1. Calzada de Amador (i.e., the Causeway) 314-1432 (at La Playita) – Open MonFri 8:00-17:00, Sat 7:00-15:00 2. Transistmica 260-1222 (Near Riba Smith, other side of road), see the map on page 4 – John William (Head of shop) speaks English 3. Cinta Costera 227-8620 (Avenida Balboa) 4. Tumba Muerto (across the street from Rey grocery store) www.panamafishing.com.pa www.abernathy.com.pa Marine supplies, fishing supplies, clothing, line, carries Jabsco, BlueSea, also some scuba stuff, sometimes has West System. Prices are high, ask for the cruiser discount. Should get 20% off most days, maybe more on Wednesdays at the Causeway location.</p> <p>Captain's Store -- Jeromino 236-2575 236-6235 asnauticos@cwpanama.net 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>Centro Marino Three locations: Ave. National (close to Tuercos y Tornillos) 225-6654 Ave. Balboa 227-3505 Calzada de Amador (i.e., the Causeway). Across from Flamenco Market. 396-1445 Note that the Ave. Nacional location is in a very dangerous area. Take a taxi and have the taxi wait for you!! Carries ICOM, Garmin, Mercury Outboards, Wellcraft, some electrical and plumbing items. The Avenida Nacional location carries Sunbrella, sewing supplies and Strataglass.</p> <p>EQUIPO (formerly Agencias Mar y Tierra) 264-5470 On Via Brasil one block south of Transistmica. Authorized reps for: Marinco, Detroit Diesel, Yamaha, Rule, Teleflex, Suzuki, Jabsco, Blue Sea, Guest, Ancor among others. (See map, page 4)</p> <p>Marine Warehouse, www.marinewarehouse.net Although they have very few items on hand at any point in time (Honda Generators, filters and solar panels</p>

	<p>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. USA Contact for Ordering: Albert, (305) 635-0776, albert@marinewarehouse.net, Local Contact for Deliverys: Arturo Romero, 6702-9256, 314-1768 Arturo@marinewarehouse.net (Arturo prefers 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. Narval Marine – (Causeway, Las Brisas) see listing under “Repairs” Oliver Yacht Services See entry under “Canal-Agents” for full details. Pesqueros Sport www.pesqueros.com Two Locations: 1. Amador Causeway – near Flamenco Marina, next to Bennigan's Restaurant 314-1911, 6982-7372, amadorventas@pesqueros.com 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 TMS Total Marine Supply Cesar Diaz 6674-5073 (cell), 261-7160 / 261-4231 (speaks English) cesardiaz@totalmarinesupply.net www.totalmarinesupply.net Carries AB-Dinghys, lines, etc. Panama City location is a double wide container in the parking lot behind Dimar. Can bring items from Colon into Panama City. (Take the subway to the Fernando de Cordoba station, enter Dimar at front and exit at the back. See map on page 4.)</p>
<p>Charts / Cruising Guides</p>	<p>Islamorada 228-4947 www.islamorada.com info@islamorada.com In Balboa (Ave Arnulfo Arias Madrid, 808) across from the YMCA building. Carries charts, cruising guides, nautical books and flags. (Catch the Metro bus on the Causeway. 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 Happy Copy (numerous locations, one is next to Nikos Café in Balboa). Popular cruising guides for Panama are: The Panama Cruising Guide by Eric Bauhaus (ebauhaus@gmail.com) (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.) The Panama Guide: A Cruising Guide to the Isthmus of Panama by Nancy Schwalbe Zydler & Tom Zydler (available at Amazon.com) www.sailsarana.com The Sarana guides cover only the western island of Panama on the Pacific side, but they are reliable, economical and easily downloaded.</p>
<p>Check-In / Check-Out</p>	<p>Check for the latest information www.noonsite.com! If you have new infos / experiences please send noonsite.com the details!!! Dress appropriately, be polite and respectful and they 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. This applies to costs as well. Check on the morning VHF net for current details. (See “Radio Nets”) For Cruiser Immigration Office (Albrook Immigration), see maps on page 5. Get your 72-hour visa and cruising permit first. See details below. You will need both a <u>Cruising Permit</u> (appx \$200) and a <u>Mariner Visa</u> (appx \$100 per person, 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 will need to return to Albrook Immigration (formerly known as “Diablo Immigration”) to obtain a new one before you can leave the country by boat on an international zarpe. Ask on the morning net for current costs.</p>

	<p>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.</p> <p>NOTE: On the Atlantic side, you can check in at Bocas del Toro, Colon or Shelter Bay. 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.</p> <p>Official Website: http://www.migracion.gob.pa</p> <p>International Check In: have plenty of copies of passports for each crew member, your original zarpe from previous country, ships papers, etc. On arrival see either of the two “shore side” immigration officers for your 72 hour temporary visa. There is an immigration officer at Balboa Yacht Club (by the ship rails) as well as one on the upper level of the Duty Free building at the end of the causeway. Next go to the Port Captain at Flamenco (Tel. 314-1640; Yazmin 60607272) (also 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 (\$200 appx). When you have the cruising permit, make a few copies of it and go to the Albrook Immigration office for your Mariner Visa (cost appx \$105 per person). See map on page 5. You can either take a taxi to Albrook or catch the Albrook/Ciudad de Saber bus from the Albrook Mall-Busstation.</p> <p>NOTE: 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). The Mariner Visa will be issued for as long as the cruising permit is valid. The officials recognize that this may put American boat owners in a bind as American boats are issued a documentation paper for only one year at a time.</p> <p>Visaextension: Source: Albrook Immigration / Rogelio (07/2017) The mariner-visa is only issued, when you check into the country by boat – it can not be extended. If you have a Mariner visa and you leave the country (e.g. by plane or bus) your mariner-visa will be cancelled 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, the 30 days law is applied to every nationality. If you stay longer than 180 days, you will have to pay a fine of \$50.00 per month.</p> <p>Checking Out: only two stops are needed for checking out, around 5 USD: Go first to the Port Captain on Flamenco Island (above the Duty Free Shop) to get the international zarpe. Then to either the immigration officer at Balboa Yacht Club or the one at Flamenco (see also note below on costs). As always, have plenty of copies of everything 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. See also “Fumigation”.</p>
<p>Chinese Medicines/ Herbs (e.g., arnica, tiger balm)</p>	<p>Casa Curiosidades 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 centre 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>Chrome-Replating</p>	<p>Cromados Panama 224-1056 (reported to be out of business Jan 2013, but not verified) In Parque Lefevre, Calle Quaquita See also “Galvanizing”</p>

Compass Adjustment	True North , Iberto Osorio 6617-4557 aosorio@becainc.net In Diablo, Casa No 5286
Computer Repairs /-Services,	<p>There are computer stores at the malls where new computer equipment can be purchased, also OfficeDepot and PriceSmart. The following list is geared more to repair needs:</p> <p>Acer Computer Service Center: MultiMax on Tumba Muerto. The authorized repair center for Acer products but there has not been good reviews from people who have tried to have their computers repaired. (Take the Tumba Muerto bus. After passing the large Rey sign on the left, look for MultiMax on the left.)</p> <p>Alex Neuman 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 system (2009).</p> <p>Apple Service Center: Mac Power 302-3929 On Via Brasil, between Via Argentina and Avenida 50 in Edificio Farallon. (There are Apple stores in the Albrook Mall, the Multiplaza Mall. MacPower sells Apple products as well. But these are retail sales, not repairs.) (Take Via Espana or Panama Viejo, Route 1 bus.)</p> <p>David on the sailing vessel "La Ventossa", usually anchored at Las Brisas. 6505-7513</p> <p>Laptop Service info@lspanama.net Acer, Toshiba, HP, Compac, Dell, Asus, Lenovo. 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 Idaan) – 214-9448, 214-3112</p> <p>Planet Computer 260-0083 alus999@hotmail.com, planetcomputerstore@gmail.com Centro Comercial La Alhambra, Local 3 (across the street from Rey Grocery store on Tumba Muerto, in El Dorado. Good for parts and repairs. The younger girl speaks English. (Tumba Muerto bus. Get off at large Rey sign.)</p> <p>Toshiba Service Center: Altronics 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>Yoytec Computers 260-3405 260-7959 www.yoytec.com.pa 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 Paza Mirage stop. Novey's and Arrocha pharmacy will be on your right. Cross the street.) Yoytec also offers computers with English operating systems.</p> <p>See also Electronica Caribe under "<i>Electrical Supplies</i>"</p>
Computers in English	Sonam's Computer Shop 303-6710 email: sonams1@carrier.net Located in Albrook Mall, sells laptops with English operating systems and English keyboards. See also Yoytec , above.
Construction Materials	COCHEZ 302-4444 Multiple locations, including: 1. Santa Ana, Calle 15 Este (near the fish market, see map page 3) 2. Parque Lefevre, Calle Diego de Almagro, Plaza Costa del Este 3. Bethania, 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/ See also Do-It Center and Noveys under " <i>Hardware</i> ". For marine plywood, see " <i>Wood</i> ."
Consumer Protection	ACODECO 510-1300 www.acodeco.gob.pa In Pueblo Nuevo, Calle Madre de Santos, Plaza Cordoba email: dsolis@acodeco.gob.pa . You can download the necessary forms from the webpage.
Copies	<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 service desk of Rey and Super 99 grocery stores.</p> <p>There are no copy facilities on the causeway although some cruisers have been able to have a few document copies made at the office across the hall from the Port Captain's office in Flamenco.</p> <p>For copy centers that make large chart copies, see "<i>Charts</i>"</p> <p>Happy Copy Next to Nikko's Cafe in Balboa and one of the copy places in Albrook Mall can also bind documents, as well as laminate copies in plastic. Can copy charts of the size of e.g. Bellinghams for ca. 1US p.c. (2016); Several shops</p>

	in town, www.happycopy.com , Balboa 211-1277, exit the Causeway-Albrook-Bus at the Theatre Balboa (turn right and immediate left)
Copper Foil	Not available in Panama as of this edition of the Cruiser's Guide. But you can go to a construction materials outlet, such as Cochez , buy a sheet of copper flashing and cut it to size. See " <i>Construction Materials</i> ."
Copper Tubing	See " <i>Brass Fittings & Copper Tubing</i> "
Courtesy Flags	See " <i>Flags</i> "
Cruisermeeeting / Pizzanight	Some cruisers meet Thursdays, from 17:00 at the Pizzeria "La Eskenita", discounted beers and woodfired pizzas. 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) (during low-season you might be the only one, during high-season often there are more than 60 persons participating) (04/2017)
Cruising Association Representatives	SSCA – Seven Seas Cruising Association (USA), www.SSCA.org Trans-Ocean (Germany), www.trans-ocean.org for both: Rogelio de Hoyos, mago50@hotmail.com , 6717 6745 (see also <i>Taxi / Canalagents</i>)
Cummins	See " <i>Diesel Mechanic</i> ".
Danfoss-compressors	See " <i>Refrigeration – Supplies</i> "
Dentist / Dental Surgeon	<p>Balboa Dental Clinic 228-0338 314-1019 balboadc@cwpanama.net ** Both the doctors and the staff speak excellent English. Maria, the receptionist, is a delight! Prices are higher than Dr. Oscar Rodríguez 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.)</p> <p>Dr. Gabriela Eisenmann 228-0314 314-1019 Dental Hygienist. Located in Obarrio, on Calle 53E Obarrio. Also works out of the Balboa Dental Clinic.</p> <p>Dr. Oscar Rodríguez 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). (Recieved one bad review in 2016)</p> <p>Dr. Omar Rodríguez 223-2689 Located in the El Cangrejo area. Atlantica Building, 3rd floor, #4.</p> <p>Dr. Ida Herrera 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><u>Dental Surgeon</u> Dra. Dora Roquebert Arias 225-3341 6611-9363 Calle 34 Edificio Victoria Maria, Primer Piso 105. Can do restorative surgery and dental implants.</p>
Dinghy, New	<p>SukiMotor 390-3232, Carlos Osorio 6675-1225, 6554-4697 carlos@suz.com.pa www.sukimotor.com.pa 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>See also: TMS Total Marine Supply, under "<i>Chandlers</i>". Carry AB Dinghys.</p> <p>See also: Marine Warehouse (to bring one in from the U.S.).</p> <p>Pesqueros (see "<i>Chandlers</i>") sometimes carries new dinghies.</p>
Dinghy, Repairs	<p>Inflatable Doctor 232-0538, 6617-0928 info@inflatabledoctor.com www.inflatabledoctor.com Repair shop specializing in all brands on dinghies, hypalon and PVC. Can also see you patches for do-it-yourself. Located in Via Diablo, Calle Barth, Edificio 42F. (Diablo bus. Get off at the railroad tracks and walk to the buildings on your right. The shop will be on your left.) This business has received mixed reviews.</p> <p>Repallantas Tip-Top 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 DYIers, Centro Marino (see "<i>Chandlers</i>") sells Tip Top glue</p>

<p>Doctor, General</p>	<p>For medical check-ups and non-urgent or specialized issues, the following speak English. They can also provide referrals to specialists.</p> <p>Clinica Albrook 315-0773, clinaalbrook@aol.com Located in Albrook Plaza 8 (NOT Albrook Mall. Albrook Plaza is the little strip center, past the Albrook airport, with an Arrocha Pharmacy aswell) open Mon-Sat 07:00 to 21:00 (sat to 20:00). Small walk in clinic for general problems like colds. The waitingarea (last row has best seats) is with AC – bring a jacket and some time. Priceexample: 10-15min checkup - virusinfection ended with prescription of 3 drugs (examination 15USD / drugs ca. 30 USD) 07/2017) One good review - virusinfection / one bad review - dermatologic problem in 07/2017.</p> <p>Dr. Joaquin Vallarino 6611-9039, 232-0225 ** Excellent English. Office located in Diablo Heights, in the same building as the old Diablo Immigration office. Call on his cell to make an appointment. His office is at the very left of the building with Dr. Rodriguez, a dentist. 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>Dra. Saskia Maria Bermudez Richard 227-0481, 6615-6764 In the Centro Medico Nacional building on Ave Justo Arosemena and Calle 38 (across from Hospital Nacional)</p>
<p>Doctor, Specialists & Surgeons</p>	<p>See also the list of medical providers and hospitals published by the American Embassy at http://panama.usembassy.gov/list_of_medical_providers.html</p> <p><i>Note also that many of the following doctors work out of multiple offices. Always be sure to confirm the location when you call to make an appointment!</i></p> <p><u>Cardiologist</u></p> <ol style="list-style-type: none"> 1. Dr. Norberto Javier Calzada, 6616-7159, ncazada@psi.net.pa. Has office in Punta Pacifica (204-8395) and Patilla (269-0566/5222) (269-3483) 2. Dr. Ouiroz Solonilla (269-5222) <p><u>Chiropractor</u></p> <ol style="list-style-type: none"> 1. Dr. Marco Antonio Belizaire 6639-0635, 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 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 <p><u>Dermatologist</u></p> <ol style="list-style-type: none"> 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 <p><u>Nose-Ear-Throat</u></p> <ol style="list-style-type: none"> 1. Francisco Tagira, 6618 1977, Consultation Medico Patilla (near Multicentro), 5th floor, 509 (04/2017) <p><u>Eye Surgeon/Lasik Surgery (see also Ophthamologist, below)</u></p> <ol style="list-style-type: none"> 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 <p><u>GYN</u></p> <ol style="list-style-type: none"> 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 Located in the Hospital Punta Pacifica medical offices. <p><u>Gastro</u></p> <ol style="list-style-type: none"> 1. Dr. Oscar Bulgim, 6615-5238, 264-5238. In Consultorios Medicos Paitilla <p><u>Internal Medicine</u></p> <ol style="list-style-type: none"> 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

	<p>2. Dr. Jose Mendez 265-5155, 226-4821. Centro Medico Paitilla. Does colonoscopies.</p> <p><u>Internist</u></p> <p>1. Dr. Eric Ulloa, 6676-7503, 278-6000. Clinics at both San Fernando Hospital and National Hospital</p> <p>2. Dr. Jorge Paz Rodriguez, 6678-2354, 269-1785</p> <p><u>Mammogram/Ultrasound</u></p> <p>Clinica Dr. Anibal E. Urrutia 6671-5481 (cell), 261-0610 (office, Spanish speaking only) On Via Espana just down the street from Clinica San Fernando and above the Rally Laboratory. (If going by taxi. Have the driver call the office for specific directions.)</p> <p><u>Neurologist</u></p> <p>1. Dr. Arango, 263-7977, 263-7977. Consultorio Centro Medico Paitilla.</p> <p><u>Neurosurgeon</u></p> <p>1. Dr. Carlos E. Bricenos 269-5222, ext2420. Consultorios Medicos Paitilla. cbriceno@cmpaitilla.net</p> <p><u>Ophthalmologist</u></p> <p>1. Dr. Augusto R. Arosemena 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.</p> <p>2. Clinica de Ojos Orillac-Calvo, 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.</p> <p>2. Centro Especializado de Ojos y Glaucoma Dr Rocco G. Melillo, San Fernando Hospital. Telephone direct: 229-6769 or email roccomel@cwpanama.net</p> <p><u>Orthopedic Surgeon</u></p> <p>1. Dr. Luis Fernando Amando 6675-5180 (cell, he does not mind if you call him directly), 306-3382/83 (office). Email: amandolf131@gmail.com Located in Centro Medico Nacional (building next to Hospital Nacional), ground floor.</p> <p>2. Dr. Salomon Dayan, 204-8444, 204-8445. Clinica Ortopedica Dayan, Hospital Punta Pacifica Medical Center</p> <p><u>Plastic Surgeon</u></p> <p>1. Dr. Setton, Pta Pacific, 2nd Floor. Excellent English. Referral from Dermatologist Dr. Constantino Costarangos for removal of moles.</p> <p><u>Rheumatologist</u></p> <p>1. Dr. Antonio Cachafeiro, 6611-5519, 206-2438. Medicina Internal Reumatologia, Consultorios Medicos Paitilla</p> <p><u>Surgeon, Trauma & Critical Care</u></p> <p>Dra. Martha Quidettis 278-6609 traumahst@gmail.com 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> <p>1. Dr. Armando Byer 6615-1307 (cell), 227-5444 ext 117 (Spanish speaking only) armandobyer@hotmail.com Located in Centro Medico Nacional, next to Hospital Nacional</p>
Ecotourism	<p>Michel Puech elisabpu@cwpanama.net For excursions into the Darien Forest and Embera Villages</p> <p>Miguel 6628-8629 miguelyan2000@yahoo.com From Portobello, ecotourism in the forest</p> <p>For more things to do see the last pages of this guide</p>
Eggs, Extra Fresh, Long Lasting	<p>Melo's 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 & 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>Abastos (see "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>
Electric Motor	See "Alternator & Starter Repairs"
Electrical	Casa de Telefonos 264-6438

<p>Supplies</p>	<p>On Via Brazil, across the street from the gas station by PriceSmart (Was formerly Radio Shack).</p> <p>Electroindustrial 229-9000 grodriguez@pistar.com.pa On Transistmica, across the street from Abernathy's (see map page 4). Supplier of commercial and house electrical supplies.</p> <p>Electro China Near PriceSmart on Via Espana. Electrical components, such as resistors, etc.</p> <p>Electronica Caribe 223-0205 www.electronicacaribe.com On Via España close to Via Argentina. Carries electrical components, shrink tubing, does laptop repairs</p> <p>Electronica Japon 264-2400, www.electronicajapon.com, rafael@electronicajapon.com, (04/2017). 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>Electronica Japonesa 264-6384, 264-1186) Located on Via Brazil across from PriceSmart. Can also do general electronic repairs.</p> <p>Gigatech LED lights, switches, connectors. Looks like a music shop. Speak English. Around the corner from Panama Auto, see map page 4 for location.</p> <p>See also Mayher, Discovery Center, Noveys and Do-It Center under “Hardware”</p>
<p>Electrician (12V/24V)</p>	<p>Tom Valentin, german electric-engineer, very good english, works boths coasts, 6666 2598; th.valentin@gmail.com, received good reviews (04/2017)</p> <p>Miguel 6589-8998, speaks some English</p> <p>Narval Marine – 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>Electronics (Marine)</p>	<p>Electromar Services, SA, Dino 228-9983 Located in La Boca Anton area, electronics and hydraulics, EPIRB Battery Replacement (note: reported to have charged \$400 for an 18 month battery in 2011. See also Overseas Electronics & Beyond, below)</p> <p>Electronica de Antón, Rolando “Rolo” Tomilson, 6487-3818, 314-0812, 314-1634 electroancon@cwpanama.net.pa Located in Balboa Business Center (across from Freeway Laundry). Does electronic and ICOM repairs. (For directions, see Freeway Laundry under “Laundry”)</p> <p>Falcon Electronics, Javier Parra 6781-1544, 314-1034 falcon@cwpanama.net www.ifalcon.net KVH technician and other electronics. Is also a good source for referrals to other technicians</p> <p>Narval Marine – See listing under “Repairs”</p> <p>Navstar Marine Electronics 228-0399, 6617-2591 www.navstarmarine.com Furuno and Iridium Dealer. Located in La Boca, near Freeway Laundry. Osvaldo Flores</p> <p>Nautimar 6688-7369 nautimar1073@hotmail.com Has marine hardware/electronics</p> <p>Overseas Electronics & Beyond. Julio C Romero 6615-1879, 209-2586, 209-2588 ** ACR, Argus Radar, Cassens & Plath, Kannad Marine, Nauticast, Navico, Northstar, Lowrance, McMurdo, MXMarine, Simrad, Thrane & Thrane. EBIRB battery replacement, electronics, repair radar etc. 5 Year replacement ACT EPIRB battery was \$280 in 2011.</p> <p>Protecsa 227-3533 6612-9366 info@protecsa.com.pa www.protecsa.com.pa 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>Embassies</p>	<p>American Embassy – panama.usembassy.gov Located in the Clayton area on Demetrio Basilio Lakas Avenue. Accessible by bus (the Ciudad del Saber bus) from the Albrook Terminal. No walk-ins. You must go online to make an appointment.</p> <p>French Embassy – 211-6200 www.ambafrance-pa.org Located in Casco Antiguo, on Plaza de Francia. At the end of the point.</p>

<p>Emergencies</p>	<p style="text-align: center;"><u>MARINE EMERGENCIES</u></p> <p>Flamenco Signal Station – 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>Panama Coast Guard – Servicio Marino Nacional -- VHF 16 SARPanama@gmail.com 211-6014 or 211-6013; 211-6012; 6140-6803; On VHF or SSB, they will also respond to: “Sierra Mike November”</p> <p>In the Las Perlas region, the Coast Guard has a station on Isla Chapira. They can be hailed there on VHF 16 or, 6901-4804 or 316-1712</p> <p>In a mayday-situation you can contact your Home-MRCC in your native language to coordinate with the locals, for example: 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>NOTE: See also “Radio Nets”. When at sea or a remote anchorage, any of the SSB nets listed below can help coordinate rescue and provide expert advice and assistance</p> <p style="text-align: center;"><u>LAND EMERGENCIES</u></p> <p>Medical Emergencies: CSS 503-6000, 503-2532</p> <p>Tourist Police in Panama City (English Speaking) 211-3811</p> <p>Aeronaval: 108</p> <p>Police Emergency: Dial 104 on your phone</p> <p>Police Balboa 5119528</p> <p>Fire Emergency: Dial 103 on your phone</p> <p>Highway (Roadway) Emergency: 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>
<p>EPIRB - Battery</p>	<p>DIMSIA/Overseas and Beyond Julio Romero 6720-9733 Carries McMurdo EPIRBS. On Calle 50, Global Bank Plaza. Call for directions.</p> <p>Also Battery Giant (listed under “Batteries”) see also <i>McMurdo</i></p>
<p>Fabrics, Sewing Supplies</p>	<p>See “Sewing Supplies...”</p>
<p>Ferry Services</p>	<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 current (as of 2016) for service between Taboga Island and Panama City. Be sure to confirm there have been no schedule or pricing changes!</p> <p>Tabogaexpress Ferry 6234-8989, www.tabogaexpress.com Operates daily (Monday through Sunday) from the Balboa Yacht Club. \$10US one way Departs Balboa Yacht Club, 8AM, 9AM, 11AM, 3PM, 4:30PM Departs Taboga 8:45AM, 10:14AM, 2:30AM, 4PM, 5PM</p> <p>Calypso-Ferry 314-1730 / 390-2403 \$14US adults. Be at the pier one hour before departure. Check the schedule as it changes frequently depending on the season. Mon and Fri: Departs La Playita: 8:30AM & 3PM / Departs Taboga: 9:30AM, & 4PM or 4:30PM Tue, Wed and Thu: Departs La Playita 08:30 AM / Departs Taboga 4:30PM Sat and Sun: Departs La Playita 08AM, 10:30AM, 4PM / Departs Taboga 9AM, 3PM, 5PM</p> <p>Watertaxi Taboga: Chambo 6585 5957 (04/2017)</p>
<p>Fiberglass, Resins, Gelcoat</p>	<p style="text-align: center;"><u>SUPPLIES</u></p> <p>Fibropinturas, SA. 221-2012, 221-2032 Manager: Gustavo Silva 6550-6259 fibropinturas@cwpanama.net www.fibropinturas.com</p>

	<p>In Rio Abajo, Calle 5ta, Edificio No. 2469. Paint, fiberglass, gel coat and resins. (Take Rio Abajo bus.)</p> <p>At times, resins and supplies can be found at Abernathy's and Centro Marino see "<i>Chandlers</i>". See also SUR under "<i>Paints</i>"</p> <p style="text-align: center;"><u>FIBERGLASS REPAIRS</u></p> <p>Narval Marine – See listing under "<i>Repairs</i>"</p> <p>Sandino Guerra 6552-1103 Skilled labor in fiberglass and woodwork. Recommended but very busy. Usually works at Balboa Yacht Club</p> <p>Tito (Balboa Yacht Club) 6499-2054. Tito runs the taller and rails at the club. Skilled in both fiberglass, gelcoat repairs and woodwork. (This is a different Tito than the Canal-Agent working out of Colon.)</p>
Filters (Motor)	<p>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.</p> <p>DiLupa 229-8766, 229-8767 info@dilupa.com Next door to Dimar on Via Fernandez de Cordoba, Edificio DiLupa (Fernando Cordova Metro station, see map on page 4). Filtration, almost any filtration mended. 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 (See map on page 4 of this guide.).</p> <p>Electro Inyeccion Diesel Chu, S.A. 261-0212 Located on Via Fernandez de Cordoba, No. 41-39. Diesel engines, pumps, Racor housings and Racor filters. At the Fernancez de Cordoba top 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.</p> <p>Filtros Carossi 261-7507 Dealers for Luberfiner and others. On Calle 1 Era and Calle Victoria, Barriada Miraflores, NE of Tumba Muerto</p> <p>Racor filters can also be found at Pesqueros and Abernathy (see "<i>Chandlers</i>") Standard oil filters can also be found at Panama Auto, see <i>Auto Parts & Supplies</i>"</p>
Filters (Water)	<p>Premier Universe 300-0838 Home appliances store located next to the Elephant entrance in Albrook Mall. Carries 5 micron-filters on the second floor</p> <p>Also Do-It Center, Noveys and Discovey Center (listed under "<i>Hardware</i>")</p> <p>Also Hydromundo (listed under "<i>Watermaker</i>")</p> <p><i>Also check the chandleries</i></p>
Fire Extinguisher, Certification	<p>Abrasil 260-9061, Walter Espinosa 6591-8854 (Charges \$8-\$10 to refill a small sized extinguisher on 2013).</p> <p>Firemaster de Panama 236-0880 firemast@franpan.com In Bethania, Calle 87 Harry Heno</p>
Fireworks	<p>Panama-Fireworks 222-4105, 6672-7348 panamafuegos@cwpanama.net Located on Via Espana. Exact address not known. Call for directions.</p>
Flags	<p>Grabados Amerika 225-1430 Mon-Fri 8:00-4:00, Sat 8:00-1:00</p> <p>Also Islamorada (listed under "<i>Charts</i>")</p> <p>Also Centro Marino, Abernathy's, and Pesquero's (listed under "<i>Chandlers</i>") (limited range) The Balboa Yacht Club Mooring Office (see "<i>Marinas/Anchorages</i>") carries Panama Flags.</p> <p>Some people have found low cost Panama flags upstairs at El Machetazo (see "<i>Groceries</i>") 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 Rollysails</p> <p>Simonetta on the sailboat Dream sydream@hotmail.com or simopiero@gmail.com 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>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)</p>

<p>Flares</p>	<p>Marine Safety, Calle 2da Perejil, casa2, Mrs. Roxana 62265429, alarmasyextintores11@hotmail.com carries safty-equipment also carries fireextinguisher (2017: 1kg-14\$, 2kg-25\$ / Parachuteflare 45\$, smokepot-45\$, Handflare-20\$, no co2-gascylinders - some prices are better at Pesqueros, but check the manufacture due dates! (04/2017))</p> <p>Also see Captain’s Store under “Chandlers.”</p> <p>At times, flares can also be found at one or more of the chandlers on the causeway, see “Chandlers”</p>
<p>Foam</p>	<p>Foam sheets (not closed cell quality) can be found at El Tapiz and Pico Pico (listed under “Sewing Supplies”)</p> <p>At times Mega Depot (see “Grocery Store, Big Box”) carries floor mats made of closed cell foam.</p> <p>Higher grade foam sheets can be purchased at FibroPinturas (see “Fiberglass, Resins, Gelcoat”)</p> <p>One cruiser reported using a special foam supplied for horses by Todo de Cuero (see “Sewing Supplies”)</p> <p>Closed cell foam is not available in Panama as of the writing of this guide. To special order closed cell foam, see Marine Warehouse or JP Marine under “Chandlers”</p>
<p>Fuel - Diesel / Gasoline</p>	<p><i>In all cases, check in advance to verify availability and costs! These sources many times have no stock to sell to transients.</i></p> <p>Balboa Yacht Club (BYC) – Call VHF 6 or call the Marina office at (+507) 228-2313, ext. 3. When obtaining diesel, you can also fill up your water tanks at no additional charge. Does not carry gasoline. No service charge.</p> <p>Flamenco Marina -- Call VHF 10 or 341-0665 to make appointment. Carry diesel, gasoline (both ethanolfree) and water. At times, have charged a fee to be at the dock. At times have charged \$0.05 per gallon to water. Confirm in advance. The diesel tends to be slightly cheaper at Flamenco than in La Playita Marina (2016). 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, if there is big surge in the harbor. (Note: if you are tied to the Flamenco dock you may be asked by a govt official to show a fumigation certificate – see “Fumigation”)</p> <p>La Playita – Call VHF 9 or 314-1730. You may be required to pay an extra fee of \$20USD to bring your boat to the dock. Water is available at no cost. A diesel 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>See also Oliver Yacht Services under “Canal-Agents”. Will pick up fuel jerry jugs, have then filled and deliver them back same or next day.</p> <p>In the city the closest service station is in La Boca. Catch a Metro bus at the Causeway and get off at the first stop after the Banistmo Bank. Walk back to the Banistmo bank and cross the street towards the road that runs behind the large monumet. Continue west about ½ mile. 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>In Las Perlas, diesel and gasoline are available on Contadora Island and Isla del Rey at the north end.</p> <p>=> see also <i>Marinas / Anchorages</i></p> <p>In the western islands diesel is available from a barge at Isla Cebaco. There is a fuel dock in Pedregal, the port of David, but it is a 25-mile trip up the estuary from Boca Chica (the only safe entrance of the three) and has to be done with the tides, requiring two days for a sailboat.</p>
<p>Fuel Injectors / Injector Pumps (Diesel)</p>	<p>Agencias Diesel Rivas y Picans (ADIRPSA) 229-3141, 261-4111 ** In Vista Hermosa, Calle Francisco Filos #30-32 Will inspect, clean, recondition and verify fuel injectors. Highly recommended. Clean shop, new equipment, skilled workers, honest and reliable. (NOTE: They advise that spare injectors be stored in a mixture 50% diesel and 50% oil.)</p> <p>Ital Deselec, S.A. Giovanni Innocenti 260-0666 or 260-3371</p>
<p>Fuel Cleaning / Tank Cleaning</p>	<p>Servicios Maurice Contact Alejandro Lopez 60708168</p> <p>Happy Tank www.happytankpanama.com; info@narvalmarine.com; 6980-5554; 3910348 Narvalmarine, Causeway, Isla Perico</p>
<p>Fumigation</p>	<p>24 Hour Fumigation Svcs 6464-1089</p> <p>NOTE: Fumigation requirements, if any, for boats entering Panama are a moving target. Fumigation has,</p>

	historically, not been required of cruising boats entering Panama. But it should be noted that fumigation of boats for mosquitoes is the law depending on your last port of call. It has been reported that if your boat “touches land” (as in enters a marina or ties to a fuel dock) a fumigation certificate may be required. In 2011-2012, boats at the Flamenco Marina fuel dock were asked to provide or obtain a fumigation certificate. Boats at the Balboa Yacht Club fuel dock were not.
Furuno	See Navstar Marine Electronics under “ <i>Electronics (Marine)</i> ”
Galley Remodelling Materials	Acrylic solid counter top and laminate counter top supplies are available at both: Formica Distribution Center 260-55503 Urb Ind Los Angeles CI 85 Final Tandor Cocina Design Center www.tucocinapanama.com 230-1311, 230-1312 Tumba Muerrta, Via Centenario, Plaza Centenial, Local #28
Galvanizing	New, 2015. This info was provided to me, but there has been no feedback from cruisers on whether it is accurate. Galvanicadora Civelmec , 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! NOTE: There is a company, located in Parque Lefevre, which occasionally passes out flyers advertising they regalanize metals but they DO NOT regalanize chain.
Gasket Fabrication	Hnos. Rodriguez , 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.) www.happyseals.com
Gasoline	See “ <i>Diesel/Gas</i> ”
Generator Repairs	See “ <i>Diesel Mechanic</i> ”
Glasses, Prescription	There are several chains in Panama offer prescription glasses. Optica Lopez , Optical Sosa and Optical Chevalier are popular ones. Each has an office in the Albroom Mall. Standard practice is to offer the eye exam for free to confirm your prescription. Most special orders take 5-7 working days to fill. Prices are significantly less than in the U.S. There is an Optica Lopez office across the street from Rey grocery store in El Dorado on Tumba Muerto. Some cruisers have reported their prices are less than the prices charged at the Albroom Mall.
Graphics	See “ <i>Lettering for Boats</i> ”
Groceries, Local Style	Abastos – Outdoor fruit and vegetable market, located on Avenida de Los Martyres. (From Plaza Cinco de Mayo, take any bus to “Terminal”. Look for the green warehouse on your right after the overpass for Avenida Nacional. The overpass footbridge is a good landmark.) Cheapest place for fresh, locally grown, unrefrigerated fruits and vegetables. It is many acres. You can hire a local person (price negotiable) with a cart to show you the areas and collect your purchases, then get them out to a taxi. For 25 cents, you can take a taxi into the market and drive through the stalls. Roderick Quill (6673-1748) will shop for you (give him, a list) and deliver. Cruisers often use Rogelio and his van to make a weekly trip to Abastos and then the Fish Market. Any cruiser wishing to organize this can call Rogelio/Roger (listed under taxis) and find out what day he is available and how many people he can take. Announce on the morning VHF net (see “ <i>Nets</i> ”). Rio Abajo - Small Veggie and Fruit-Market, ca. 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".) Calidonia Open Air Market . – From the \$Taxi drop-off at Plaza Cinco de Mayo (see map, page 3), walk under the overpass and down Via Espana (the one way road with traffic going towards Cinco de Mayo). Look for the flower lady on the right. Down that alleyway behind her will be fruits and vegetable stalls with produce obtained from Abastos. Turn left towards the end and you will find a meat vender area. Mercado de Mariscos (Fish Market) – Avenida Balboa and Eloy Alfara (at the western end of Avenida Balboa). White building with a blue roof. Fresh fish, shrimp, etc. There is also a restaurant upstairs which overlooks the market stalls. (see page 3 of this guide) NOTE: There are colectivo taxis which run between the

	<p>fish market and Multi Centro Paza (Paitilla). Cost is \$1 per person, maximum 4 persons. NOTE: Closed the first Monday of each month for fumigation and cleaning.</p> <p>Mercado Publico – Meats, vegetables, etc. At the beginning of Avenida Balboa (the western end). (see page 3 of this guide)</p> <p>See also Oliver Yacht Services under “<i>Canal-Agents</i>”. Can assist with all levels of provisioning.</p>
Grocery Store, Big Box	<p>Mega Depot 261-2114 In Bella Vista, Ave Simon Bolivar/Ave Transistmica. (Just a short distance after the University of Panama about where Ave Simon Bolivar turns into Ave Transistmica. About a half mile before Abernathy’s and Riba Smith on the Transistmica.) Warehouse grocery/hardware/small appliances. No membership required. Carries liquor (lowest prices for wines and hard liquor), frozen meats and goods, canned meats (turkey, chicken, tuna), cleaning products. Limited selection fresh fruits and vegetables. Carries the BJ’s home brand of products. Large packs (>1kg/2#) of dried fruit (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>Price Smart 214-7011 www.pricesmart.com Two locations in Panama City: 1. Intersection of Via España and Ave Brazil 2. Tumba Muerto, a mile or so past the El Dorado shopping center. 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 “<i>Taxis</i>”</p>
Grocery Store, General	<p>El Machetazo 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 (see map on page 3). Really a department store with the grocery store on the ground floor. Best prices for canned and packaged food. Caution with flour, pastas, dried beans and grains; store carefully for fear of bugs. On the upper floors, carry clothing, fabrics and sewing supplies, pharmacy, office supplies, etc.</p> <p>Rey American style supermarket with several locations (Diablo, Via Espana, El Dorado). The El Dorado location (on Tumba Muerto) is the largest and has the biggest selection of vegetables and fruits.</p> <p>Riba Smith www.ribasmith.com f.gonzalez@rimith.com Several locations (Transistmica, Multi Plaza Mall, Bella Vista, Costa del Este. See the map on page 4 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. If you are in San Blas, you can order online and make a deal with a taxi driver to pick up your order and deliver it to Carti.</p> <p>Super 99 Several locations (Albrook Mall, Calidonia) American Style grocery store for canned goods, paper products, detergents, sodas, etc. Not good for fresh fruits or veggies. Exceptions: (1) There is a large Super 99 located in Paitilla neighborhood which has more variety and is generally more high cost than the other outlets. (2) The Super 99 on Tumba Muerto is larger, has more variety. Also includes a large selection of common hardware items and a Metro Bus kiosk for purchasing Metro cards and recharging them.</p>
Grocery Store, Kosher	See Deli K and Super Kosher , listed under “ <i>Grocery Store, Specialty, By Location – Paitilla</i> ”
Grocery Store, Organic	<p>The following places specifically offer organic items. You can also find organic items at Riba Smith and Rey grocery stores. See “<i>Grocery Store, General</i>” above.</p> <p>See also the listings for Paitilla (MultiCentro Mall) under “<i>Grocery Stores, Specialty, By Location</i>”</p> <p>Finca Santa Marta www.fincasantamarta.biz 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>New Earth Panama www.newearthpanama.com Order groceries and more online to be delivered the next day. Reasonable prices.</p> <p>Organic Produce Chris Burillo 6241-4222 www.chrisburillo.com/; Chris.burillo@gmail.com You can order 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>Grocery Store, Specialty by Location</p>	<p style="text-align: center;">Albrook Mall</p> <p>Chocolatisima 314-6914; www.myChocolatisimo.com 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;">Calle 50</p> <p>DeGourmet Store, 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>Grand Deli Gourmet A good place for quality cold cuts and hard to find food. Great sandwiches. In addition to the location on Calle 50, are other locations: (1) Calle 50, 300-2071/300-2072 (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. (5) Albrook (on Ave Omar Torrijos, between the airport and the Rey grocery store)</p> <p>Kings Food 223-3280, 6676-8620, kamleshtulsi@hotmail.com Calle 50 y Avenida Venezuela; next to Clinica Boyd, Local N 14 Indian food, including basmati rice, lentils, sauces, breads, etc.</p> <p>Pretelt Fine Meats 264-8454, 6238-4352 info@preteltmeats.com Butcher with high-end meats (e.g., Kobe-Beef). Calle 50; next door to Indian “Kings Food.”</p> <p style="text-align: center;">Causeway</p> <p>Felipe Motta felipemotta.com/ Wine and spirits, cheese, sausages, meat, bread, goodies The causewaylocation carries german beer, like Erdinger Weißbier, Krombacher etc. At the entrance of Flamenco Marina (several other locations in PC) Openinghours: Tue-Wed 8AM-5PM, Thur-Sat 8AM-8PM; Sun 8AM-5PM (closed Mondays)</p> <p style="text-align: center;">Chinatown</p> <p>There are two “Chinatown” areas in Panama City for groceries: one next to the Fish Market and the other in El Dorado behind the Rey and Super 99 Grocery Stores. 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 4 of this guide) Avenida B is also a Chinatown district. This one specializes in cheap party goods, toys, etc.</p> <p>For fresh, <u>unrefrigerated</u> Oriental vegetables (such as Pak Choy), go to the Abastos outdoor market (see “Groceries, Local Style”)</p> <p style="text-align: center;">El Cangrejo (around Via Argentina)</p> <p>Cocina Mia Cooking Supplies and bakery for to be ordered treats (e.g. custom-made cake). Calle 58 Obario Plaza Econoprecios Local9, frente a Barons’s 264-6506, ipretto@CocinaMiaPanama.com (07/2017)</p> <p>New York Bagels 390-6051 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 cafe 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</p> <p>Panaderia La Baguette</p>

	<p>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)</p> <p>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)</p> <p>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</p> <p style="text-align: center;"><u>Paitilla</u> (in or close to the Multicentro Mall)</p> <p>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. (The 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 email: 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.</p> <p>Deli K 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 Bal Harbor Plaza, above, except when you get off the bus cross the street to the Multi Centro Mall.)</p> <p>Organica 390-2001 www.organicastore.com Organic food and drug store, on Calle Ramon H. Juradop. Near Multicentro.</p> <p>Petit Paris www.petitparispanama.com Bakery near Multicentro with nice baguette and fine treats to take away or eat in the cafe.</p> <p>Super Kosher Similar range to Deli K. Just down the street from Bal Harbor Plaza (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;"><u>Parque Industrial (Costa del Este):</u></p> <p>Casa de Jamon 271-0044, www.hermanosgago.com/casa_del_jamon.html 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>Meats / Metzgeri Walter Maier y Diseno; Goldeck S.A. 226-8066 www.waltermaierbbq.com info@waltermaierbbq.com German and Austrian Sausages / Frozen vakuumsealed (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, Aveninda 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 traficlights into Via España. Go further: Comasa, Casa del Ebanista....on the righthandside between a garage and a drivingschool you will find Local No 5, Telefon: 2265146; 66141571, Call for directions! (04/2017)</p>
<p>Grocery Store Deliveries</p>	<p>See the listings under "<i>Grocery Store, Organic</i>"</p> <p>See also MegaDepot ("<i>Grocery Store, Big Box</i>") and Riba Smith ("<i>Grocery Store, General</i>")</p>
<p>Grommets/ Fasteners</p>	<p>See Centro Marino under "<i>Chandlers</i>" (Ave. Nacional location)</p> <p>See Casa de la Cuerina (AKA Todo de Cuero) under "<i>Sewing supplies</i>"</p>

<p>GTO15 Wire</p>	<p>Used for wire run between the isolators on the rigging and the antenna tuner for SSB/Ham radios.</p> <p>Is available at Multiplastico (listed under “<i>Lexan/Plastics</i>”). Ask for “cable neon” (pronounced cawb-lay knee-on). Also at:</p> <p>Policenter Signs 260-9127 Located in Plaza Dorado, across the parking lot from the El Dorado Rey Grocery store. Next to Poppy's.</p>
<p>Hardware Stores</p>	<p>Casa Fina 211-2559 casafina188@gmail.com Ferreteria, tool center, plymbing, paints, electrical, kitchen. Little shop which carries many things which the bigger stores (Do-It, Novy'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 Pricesmart to the Discovery Center.</p> <p>Discovery Center 221-7948, 221-7877, 224-5764, 222-2611 Two locations: (1) Tumba Muerto, a few miles past the PriceSmart store, this is the newer and larger store, (2) Via España and Calle 4ta in Rio Abajo. Discovery Center is a True Value hardware store. Carries, oils, long shaft combination locks, Makita LED flashlights, jerry jugs, tools, kitchen gadgets, canning jars, standard plumbing supplies, paints, caucks, etc. The Tumba Muerta 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 rushhour).</p> <p>Do-It Center 800-3648 (Hotline) www.doitcenter.com.pa Multiple locations including, Albrook Mall, El Dorado (on Blvd El Dorado), Transistmica (at Calle 64 Oeste, across from Panama Auto and close to Lung Fung Restaurant, see map on page 4), Multiplaza Mall. Open Hours: Transistmica Mon-Sun 0800-1900 / Albrook Mall Mon-Sun 1000-1900.</p> <p>Mayher 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 4 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>Novy 300-9200 (express line) www.novey.com.pa Multiple locations, the biggest is on Via España in Calidonia. Also at the Albrook Mall (in the south west corner of the parking lot) and on Tumba Muerto close to El Dorado</p> <p>See also “<i>Construction Materials</i>”, “<i>Tools</i>” and “<i>Wood</i>”</p>
<p>Haulout / Beaching</p>	<p>HAULOUT: Balboa Yacht Club => see “<i>Marinas and Anchorages</i>” (Cruisers hauled out at Balboa Yacht Club can stay on their boat, or stay at the Hostel Amador Familiar in Balboa.) Flamenco Marina => see “<i>Marinas and Anchorages</i>”</p> <p>Outside of Panama-City:</p> <p>Astillero Bayano in Rio Chepo Yard with a marine railway for up to 47m length, 16m beam, 2,7m draft. Coquira Port in Chepo, east of Panama-City ca. 20 minutes from Tocumen Airport; 09deg07.494'N / 079deg03.853'W. http://www.astillerobayano.com; info@astillerobayano.com; (507)296-8237 / 296-8141. If you have first hand experiences please let us know!</p> <p>Vacamonte (Puerto Pescero de Vacamonte), 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 at 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 style="text-align: center;">Beaching with a Centerboard Yacht or Catamaran in the Las Perlas (Source: SY Taitonga, Alubat Ovni395)</p> <p>Conditions of the beach and currents will change very much with the season of the year, aswell with nipptide or springtide! 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 Highwater for your desired beaching-location AND at Lowwater for placing the sternanchor aswell the walking distance to the water at low tide if you need water for your works.</p>

	<p>PANAMA-CITY: <u>La Playita-side:</u> Some boats have beached <u>near the bridge of the Americas</u> on the east side, where the workingboats and big boats are slower, so swell is reduced, but still exists! Feedbacks are mixed! It is prohibited. <u>Las Brisas-side:</u> It looks like there is a good location for beaching a bit north of the <u>Biomuseum</u>, protected against northerly winds. (04/2017)</p> <p>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 sandbottom; 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 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 aswell - check first.</p> <p>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 shellfragements (good for sanding the bottom) aswell a plateau with finesand. At lowwater there are plenty of stones, so pick your place carefully. The sternanchor might have to be replaced due to the stones. No current.</p> <p>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 sternanchor can be a problem if you throw it to early, because the sand beach has a reefbottom at lowtide. No current.</p> <p>Bayonetta Two sheltered beaches on the southern side of the chanel, dividing the two islands. Sand on both with some stones. Good holding for the sternanchor. We preferred the westbeach. If you come from the south / east beware of the reef!</p> <p>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 sandspit, 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!</p>
<p>Heat Exchanger Repairs</p>	<p>Enfriadoras Alaska 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>Radiadores Alaska 224-8526 or 221-1351 On Via Espana near the Language Institute</p> <p>See also Servicios Nacho under “<i>Alternators/Starter Motors</i>”</p>
<p>Honda Generator</p>	<p>Purchase: See Marine Warehouse under “<i>Chandlers</i>”. Airco (see below) also carried them but prices are significantly higher than either Marine Warehouse.</p> <p>Repair: Airco 271-5337 taller1@aircopanama.com ** 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>Hoses</p>	<p>Mangueras Panama Off Transistmica on Avenida Principal del Ingenio, about ¼ mile past Panama Auto and next to the CaCaja de Ahorros de Transistmica. Can make hydraulic hoses. Carry a good range of industrial hoses.</p> <p>See also Panama Auto under “<i>Auto Parts and Supplies</i>” and Dimar under “<i>Bearings, Belts and Seals</i>”</p> <p>Thread reinforced hoses for fresh and salt water house systems can be found at Tuercos y Tornillos (see “<i>Nuts,</i></p>

	<p><i>Bolts, Screws, Fasteners</i>”) and also at Noveys see (“<i>Hardware Stores</i>”)</p> <p>Wire reinforced exhaust hose has, historically, not been available in Panama City. However, a cruiser recently (November, 2013) purchased 4 feet of 4” wire reinforced hose for \$80 at Dimar, listed under “<i>Bearings, Belts and Seals</i>”</p>
Hospitals	<p>Always be sure to take your passport!</p> <p>Centro Medico Paitilla 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>Hospital del Niño 512-9801 Calidonia, Calle 34 Este</p> <p>Hospital Punta Pacifica 204-8000 www.hospitalpuntapacifica.com San Francisco, Punta Pacifica, Blvd. Punta Pacifica and Via Punta Darien. Affiliated with Johns Hopkins Medicine International</p> <p>Hospital Santa Fe 227-4733 www.hsantafe.com Via Simon Bolivar and Ave. Frangipani</p> <p>Hospital Nacional 207-8100 www.hospitalnacional.com At Avenida Cuba between Calle 38 and Calle 39</p> <p>San Fernando – Clinica Hospital 305-6300 In Pueblo Nuevo, on Via España</p>
Hotels / Hostels	<p>Albrook Inn Hotel 315-1789 www.albrookinn.com In Ancon (close to Albrook Airport), Calle Las Magnolias. From \$100 to \$250 (as of 2012)</p> <p>Amador Ocean View Hotel 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>Balboa Inn 314-520, 6618-4414 www.thebalboainn.com The Balboa Inn is a small Bed & Breakfast at the foot of Ancon Hill (Cerro Ancón) in Balboa and around the corner from the Panama Canal Administration building. Run by a former KLM flight attendant. Internet rates \$75-\$95 (2012).</p> <p>Canal Inn 314-0112 www.canal-inn.com Located in La Boca, at Calle Ernesto J. Castellero, Casa # 7. European style B&B run by Franz. Very comfortable. <i>Allows pets</i>.</p> <p>Cruiser's Casa 6153-2089 www.panamacruiserconnection.com deb.pcc@gmail.com Set up by an ex-cruiser, Debs Place is more like a “cruisers club”. A large penthouse apartment in the heart of the city. Safe, clean, convenient, and dedicated to cruisers Fully equipped with WiFi, full kitchen, including freezers, storage, mail services, and more. On the door step of all the city has to offer. Located on Calle 47 just off the Cinta Costera, convenient to restaurants, malls, hospitals, grocery stores, and more. Look on the web page for current pictures, rates, services and map. Also handles mail freight (see entry under “<i>Mail/Freight</i>”) and with Rogelio (Roger) operates Canal Transit Agency (see entry under “<i>Canal-Agents</i>”).</p> <p>Hostel Amador Familiar 314-1251, 314-1721, 6747-6229 www.hostelamadorfamiliar.com reservations@hostelamadorfamiliar.com Within walking distance of Balboa Yacht Club and very reasonably priced. Try to get second floor room in the back where it will be quieter.</p> <p>Hotel California 263-7736 www.hotelcaliforniapanama.net Located on Via Espana & Calle 43. 60 rooms each with air conditioning and cable TV. Clean, economical and friendly service but not close to anything.</p> <p>Hotel Costa Inn, (227-1522 www.hotelcostainn.com Located on Ave. Peru & Calle 39 in a not so good neighborhood. Provides free transportation to and from Tocumen Airport. <i>Allows pets</i></p> <p>Hotel Marparaiso 227-6767 www.marparaisopa.com Calle 34 and Ave Justo Arosemena. Singles, doubles and larger. Clean. Air conditioned. Offers transportation to and from both airports.</p> <p>Hotel Milan 263-6130 hotelmilan@cwpanama.net In Bella Vista on Calle Eusebio A. Morales. Close to El Congrejo and within walking distance of many</p>

	<p>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: economica (no safe or couch), standard (safe, couch and bigger) and suite (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>Hotel Principe www.principehotellandsuites.com/en/ Near Via Espana/Via Argentina intersection. (Within walking distance to several electronic shops and Pricesmart). Opened 2013. Good Japanese restaurant (Tsugoi) onsite. Rooms from \$59 USD (2015)</p> <p>Hotel Residencial Cibeles 227-2717 www.hcibeles.com rcibeles@gmail.com or reservas@hcibeles.com Offer economic rooms (from \$30 to \$45). Free transportation to and from Tocumen Airport.</p> <p>Plaza Paitilla Inn 208-0600 Located in the residential community of Punta Paitilla (across from the MultiCentro Mall, near Hospital Paitilla). It is an old Holiday Inn high rise with rooms that have dramatic floor to ceiling windows overlooking the water so ask for one of them.</p>
Hydraulics	<p>FITTINGS See Hidroca under “<i>Brass Hose Fittings & Copper Tubing</i>” See Panama Auto under “<i>Auto Parts & Supplies</i>” (suggest to try Panama Auto first)</p> <p>HOSES Bahsa 232-0292 Located on Via Diablo in Diablo, Edificio 42F (See map for “<i>Check-In, Check-Out.</i>”) See also Panama Auto under “<i>Auto Parts & Supplies</i>” and Mangueras Panama under “<i>Hoses.</i>”</p> <p>PUMP REBUILDS: See Proteca under “<i>Electronics (Marine)</i>”</p> <p>REPAIRS: See Narval Marine under “<i>Repairs</i>”</p>
Ice	<p>In the Las Brisas anchorage, you can purchase ice in the the Shopette.</p> <p>At the La Playita anchorage, ice is sold in the small grocery store next to the office.</p> <p>Large bags of ice can also be purchased at the Balboa Yacht Club on the muelle.</p>
Icom Repairs	<p>See Electronica de Anton under “<i>Electronics (Marine)</i>”</p> <p>See also “<i>Radio Repair</i>”</p>
Immigration	<p>See “<i>Check-In, Check-Out</i>”</p>
Impellers	<p>See Dimar under “<i>Bearings, Belts and Seals</i>”</p> <p>See Abernathys under “<i>Chandlers</i>”</p>
Injectors	<p>See “<i>Fuel Injectors</i>”</p>
Inverters	<p>12v-110V Inverters can be purchased at most of the electronic stores (such as Electronica Caribe, see “<i>Electrical Supplies</i>”</p> <p>Electrysol S.A. 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> <p>12V-220V / 150W (ca. 26\$ in (04/2017) Discovery Center, Tumba Muerto (see <i>Hardware</i>) 12V-220V / 2000W (ca. 320\$ 04/2017) Electronica Japon (see <i>Electrical supplies</i>)</p>
Iridium	<p>See Navstar Marine Electronics under “<i>Electronics, Marine</i>”</p>
Jabsco	<p>See Dimar under “<i>Bearings, Belts, Seals</i>” (an authorized distributor for Jabsco)</p> <p>Abernathy’s (see “<i>Chandlers</i>”) also carries many common Jabsco fittings and pumps.</p>
Jerry Jugs	<p>Jerry jugs can be purchased at:</p> <ol style="list-style-type: none"> 1. Abernathy’s (see “<i>Chandlers</i>”) They will be expensive, but durable. 2. Discovery Center (see “<i>Hardware</i>”) 3. Mega Depot (see “<i>Grocery Store, Big Box</i>”), will be the cheapest in price and also quality <p>Five gallon jugs previously used for cooking oil or coke syrup can be purchased near the Fish Market at Muelle Fiscal (by Chochez). Prices range from \$2 to \$5 per jug. Must be cleaned before use but are serviceable for a long passage. The same type of jugs can also be found at Abastos (see “<i>Groceries, Local style</i>”)</p>
Jubilado	<p>Panama law provides a discount on services and some purchases for “Jubilados” (resident retirees age 55 and</p>

Discount	over for women or 62 and over for men). The discount covers medicines, restaurant food (except alcohol), entertainment, accommodations. The law specifies the discount is only available to legal residents, but many places (particularly pharmacies and movie theaters) will give the discount automatically or on request. Politely ask for the discount and you may receive it. (NOTE: Jubilado is pronounced “who-be-law-doe”)
Lagoon Yachts	See “ <i>Repairs</i> ”
Lasik Surgery	See Dr. Raul Chanis under “ <i>Doctors, Specialists</i> ” **
Laundry	<p><u>Self Serve:</u></p> <p>Balboa Yacht Club (see “<i>Anchorage and Marinas</i>”). Facilities are for guests and members only. Has three washing machines and three dryers. Requires quarters.</p> <p>Condos by Las Brisas Anchorage. 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. => The machine still exists, but it now looks so ruined that nobody ever tried it again. R.I.P.(04/2017)</p> <p>Freeway Laundry 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 “<i>Buses</i>” for more info.) Get off as close to Banistmo Bank as you can. From the Banistmo Bank cross the street towards the west (the large monument will be on your left). Freeway Laundry is the first business on your right. 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 \$2US; the dryer is increments of 10 minutes for \$0.25USD. Open: Monday-Saturday 8AM-8PM, Sunday 11AM-2PM</p> <p>Calidonia. In the Calidonia neighborhood, parallel to the walking street between the walking street and Avenida de Los Martyres are several self-serve laundry facilities. (Washes are typically 75 cents cold wash, \$1 hot wash; dryers are \$1 half hour \$1.50 45 minutes.) (See map on page 3 for location of walking street.)</p> <p><u>Non-Self Serve:</u></p> <p>See Oliver Yacht Services under “<i>Canal-Agents</i>”. Will pick up laundry from the boat and deliver it back. Charges \$15 per bag.</p> <p>Freeway Laundry in La Boca, see above. (there is also a Freeway Laundry next to Rey grocery store in Diablo). Verify price in advance. They may charge by the piece and price can go quite high as a result.</p> <p>Amador Ocean View Hotel in Las Brisas. info@amadoroceanview.com, (+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>Many other possibilities in town, if you do shopping runs with a taxi, you could take your washing with you.</p>
Leather	See “ <i>Sewing supplies</i> ”
LEDs	<p>Eco Green 395-6642 contacto@ecogreen.com.pa Calle 50, next to Panafoto</p> <p>Electronica Atlantico carries a good Selection of LED’s for different sockets (eg. mooringlight-size with bay15D). Take the Metro to Via Argentina, go south into the street parallel to Via Espana, on the left hand side towards Pricesmart</p> <p>Gigatec on Tumba Muerto carries LED's</p> <p>LED Lighting Store Julio Leon Chan 260-4067 6616-9472 julioleonchan@yahoo.com www.latinledlights.com 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 Rodelag, Discovery Center (see “<i>Hardware Stores</i>”), El Machtetazo (see “<i>Grocery Store (General)</i>”), and Mega Depot (see “<i>Grocery, Big Box Stores</i>”).</p> <p>MagLite conversion kits (i.e., swap out standard bulb to LED) are available at Rodelag and Discovery Center.</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>
Lettering for Boats	<p>Be sure to verify that whatever you buy is UV-resistant !!!</p> <p>Digital Art 302-7981, 302-7982</p>

	<p>Located in the Albrook Business Park. Signs, graphics, boat lettering and design.</p> <p>Line & Arts Digital Letters Gabriella Murillo 232-7000, 6616-2464 gabriella@lineandarts.com</p> <p>Eterna Plaque www.eternaplaque.com, jonathan@eternaplaque.com. Jonathan speaks english. Via Espana, exit Metro at Via Argentina and walk towards Pricemart and take the next left then left again.</p>
Lewmar	See <i>"Diesel Mechanic"</i> and <i>"Diesel Parts"</i> . Also: Narval Marine – See listing under <i>"Repairs"</i>
Lexan/Plastics	<p>Neither Lexan nor any other treated polycarbonate is available in Panama City.</p> <p>Multi Plastic, SA (La Casa de Acrilico) 279-0441 multiplastic@cablenda.net, Head of office: Angel Batista, multiplasticacrilicos.com</p> <p>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 Fausto Salizar (<i>"Tools"</i>). (See map on page 4)</p>
Life Raft Certification	<p>Ocean Safety, Ruben Villarreal, 430-3804, 430-5233, safety@sinfo.net, panama@cwpanama.net Located in the Colon Free Zone. Certified for many brands, including Switlik.</p> <p>Panama Marine Products & Services, Roger Salcado 430-5233, 6677-2587 Located in the Colon Free Zone. Certified for Viking, among other brands.</p> <p>There is no certified maintenance place for Plastimo Liferrafts available in Panama.(04/2017)</p>
Line	<p>See Abernathy's, Casa Mar, or Centro Marino under <i>"Chandlers"</i>. The Abernathy's on Transmistica typically has the largest selection.</p> <p>Discovery Center, Tumba Muerto, carries a good selection of lines (04/2017)</p> <p>See <i>"Canal-Agents"</i> for information on renting lines for canal transits.</p>
Line Handlers	See <i>Canal-Line-Handlers</i>
Liquors	<p>Best prices and largest selection of hard liquors and wines is at Mega Depot (See <i>"Groceries, Big Box Stores"</i>)</p> <p>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. Be sure to bring your passport. (Prices do not have to be better compared to other shops!)</p> <p>Felipe Motta has several locations throughout the city. One is at the end of the Causeway close to Centro Marino. Carries more specialized products such as German beer (like Erdinger, Krombacher, etc.).</p>
Lofrans	Narval Marine – See listing under <i>"Repairs"</i>
Lowrance	See Overseas Electronics under <i>"Electronics (Marine)"</i>
Machine Shops	<p>Taller Alfredo: Alfredo Luma Young, 236-5577 In El Dorado, Calle E no. 9M Behind the Coca Cola plant. Immaculate.</p> <p>Taller Quisanch: Ramon Valdez, 6699-6197 Avenida Eloy Alfaro, Calle 15.</p> <p>Tito Torres 225-0714 ** Apdo 55-1386, Zona 9, Panama. In Calidonia near Avenida Nacional. Bad section of town but excellent work. Recommend taxi at least the first time you go there. Tito speaks English and is an excellent machinist. Works closely with Kenny Brezeale (see <i>"Diesel Mechanic"</i>)</p> <p>Troqueles de Panama: Miguel Patino 221-2114, 221-5653, 6616-4605 troquelesdepanama@cablenda.net In Parque Lefevre, on Via Jose Agustin Arango.</p>
Mail/Freight	<p>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!</p> <p>AVOID Mail Box type businesses for anything except mail or low value items!</p> <p><u>SHIPMENTS INTO PANAMA:</u></p> <p>To bring in mail from the U.S., it is best to use PakYa Panama or Air Facility (see below). They each have addresses in Miami. 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, need to have an official bill.</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 Marine Warehouse, listed under <i>"Chandlers"</i>).</p>

Customs: Packages over \$100 are subject to **import taxes**, 3% to 21% depending on the type of item, in addition to the shipping costs. **But it bears repeating: the import taxes are OFTEN significantly less than the fees associated with "Boat in Transit".**

Air Facility 294-0300, www.airfacilitypty.com; customerservice@airfacilitypty.com *

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\$ handlingfee, 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. 10 days waitingtime in the office are free. (04/2017). Located right hand side of the cornershop "Eterna Plaque".Exit on Via Espana the Metro at Via Argentina Station and walk towards Pricessmart and take the first left then left again. (See also map on page 4.)

DHL/FedEx

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!).

Shippingadress for goods directly to La Playita Marina see Marinas – they have good experiences with Fedex and DHL-Express, but not so good with UPS (04/2017)

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. 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.

Examples:

DHL-EXPRESS

A boat-in-transit package valued 1200 Euro France to Panama-City via DHL-Express (Tel: (507) 2713451) was delivered in 2016 directly to La Playita Harbour. Freightcost for less 5 kg was 150 Euro, took less then 4 days. No customs-duty, DHL only added a local handling-fee of around USD 10. Hassle free easy pickup in the marina-office.

DHL

A package valued 200 Euro Germany to Panama-City via DHL (without Express !) was delivered in 2016 not directly to La Playita Harbour. It was adressed like the parcel above (and how stated under Marinas). DHL just delivers to the boarder/airport and then the local post takes care of it, which means this parcel waited in an localpostoffice to be collected. The tracking-number changed within the country!

It took ~3 hours phonecalls to only locate the parcel and the exact postoffice (some spoke a little bit english). The postoffice where we collected the parcel is in Balboa: get of Causeway-Metrobus at the station "Balboa Theater", go back 50m and the Correo-Oficina is on the basement at the roundabout.

The business with the post itself was easy and friendly (they actually phoned us twice after requesting an info which they did not had immediately Tel: (507) 512 6245 / 63403406) and we had to only pay a 0,25 USD fee. Customs is in the same office. It took more than one hour to get the parcel with a lot of arguing about "Ship in transit" should be taxfree, aswell to understand what and how they were calculating. No english speaking staff, and at a certain stage they will loose any little english understanding (but helpful bypassers!). They transferred the value into USD, then added 14% for calculated freight (Freightcost for less 5 kg was 35 Euro in Germany) and 1% for calculated insurance to get the CIF (cost, insurance and freight) on this sum they added 15% importtax, added this to the amount and finally added 7% VAT (ITMS) on the total. The lady was not able to add numbers properly or converting EUR into USD and we ended up paying ~52 USD. The aduana-boss of this office is Gabriel Luzcando. (According to the La-Playita-Office that's the way it is ...)

Bottom-line: You might want to calculate the break-even for your carrier (money and effort:-) and make sure the parcel arrives where you want it to arrive.

Mailbox etc.

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 PTY, e.g. if you walk out of Pricessmart directly in the parallel street to via Espana: Ave. 1era Sur, Cl 57 Edif. America | t: 263-2719 - 263-5986 - f: 263-4418 mbeobarrio@gmail.com. (04/2017)

PakYa Panama, 236-1728 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 4, for location.)

Panama Net Buy 260-7810 www.panamanetbuy.com

	<p>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) (04/2017).</p> <p>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 “<i>Dentists</i>” for directions to get there). Check with them for instructions on General Delivery. <i>But in-coming mail service is not reliable.</i></p> <p>Panlogistics Denise Dominguez 6747-6513 denise@panlogisticsgroup.com 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 handlingfee 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 it is correct / plausible (Often it is not!) !</p> <p>Transexpress For full details, go to www.transexpress.com/usa. Have been used for bringing goods to Ecuador and also Panama. See also Marine Warehouse (under “<i>Chandlers</i>”) for other options for bringing in boat parts. See also: Debs Place (under “<i>Hotel/Hostelss</i>”). Deb has set up a Mailbox, Etc. account at the Marbella MBE and can accept mail or parcels on behalf of others. All items will incur a \$5 service charge fee in addition to any weight, freight or custom charges. Items can be collected at the DP or delivered to you for an additional charge, minimum \$10 per hour. Large items stored for longer than a week will incur storage fees of \$5 per week per item. To arrange for this, email Deb at deb.pcc@gmail.com using the subject line “MAIL”. See also Oliver Yacht Services under “<i>Canal-Agents</i>”. They 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. NOTE: There is a Panamanian Post Office in the back of the El Dorado shopping mall, by the food court. All packages that enter Panama through the mail system and do not go to a specific post office or post office box are sent to General Delivery at this location. There is a Panamanian Aduana officer there to help with clearance of packages. Having a tracking number for your package would help significantly in locating it.</p> <p><u>SHIPMENTS OUT OF OR WITHIN PANAMA:</u></p> <p>DHL and FedEx services are available at Aerocastillos across from Rey Grocery store in Diablo and at any of the Mail Boxes, etc. stations in Panama City. There is a DHL office on Tumba Muerto just a short distance past the El Dorado shopping mall, two doors down from a large MultiMax. (Take Tumba Muerto bus, after the large Rey sign on your left, look for MultiMax, also on your left.)</p> <p>Panama Postal Services can be used to send letters and packages to the U.S. and overseas very economically and safely. No problems have been reported. You can use the “Registrado” service for an additional 50 cents or so for greater security. There is a post office located in Balboa near Niko’s Café and Balboa Dental Clinic (see “<i>Dentists</i>” for directions). There is another facility located in the El Dorado Mall, one in Calidonia close to Machetazo and one on Via Espana across the street from Dimar’s (see the map on page 4 of this guide). 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.</p>
<p>Maps & Yellow Pages</p>	<p>Hardcopy street maps of Panama City (and favorite tourist locations elsewhere in the country) can be purchased at the Shopette in Las Brisas (in the shopping center by the Las Brisas anchorage) and at any Arrocha Pharmacy in the city. (There is an Arrocha in the east end of the Albrook Mall and one across the street from the RibaSmith grocery store on Transistmica).</p> <p>Online, you can use the interactive Yellow Pages: www.sigpanama.com These are updated every 90 days. The program is downloaded onto your computer.</p>

Marinas & Anchorages

NOTE: Cruiser's hold a local net at 8am (1300 UTC) Monday through Saturday – VHF72 (04/2017). Frequency changes often due to local traffic. Try: 68, 69, 71, 72, 73, 74 or ask around.

When switching to another frequency for conversations please **do not use** following working frequency:

VHF 6 - Balboa Yacht Club muelle [dock],

VHF 9 - La Playita Marina,

VHF 10 - Flamenco Marina,

VHF 12 - Flamenco Signal Station

See also “*FUEL - DIESEL/GASOLINE*” for more detailed information on obtaining fuel from any of the following sources

SAFETY: Use **min. 50-60m (180-200ft) anchorchain** and **mooringlights**, carry **dinghylights !!!**

SECURITY: Lift your **dinghy** at night out of the water and chain it with the motor to the boat! There have been thefts in 2016 and 2017 – some dinghys and some motors were recovered by the Aeronaval, most not! It is useful to have pictures for documentation and proof of ownership aswell engraved contactdetails on the motorblock.

If you see some theft activity call **aeronaval: Tel. 108 AND VHF16** (or Flamenco-Signalstation VHF 16 / 12)
=> see also *Emergencies* (04/2017)

Balboa Yacht Club (BYC)

VHF 6 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 & rail office. You can email them at bycbilling@cwpanama.net (the office staff speak and write excellent English) but you may not get a response back. BYC does sell **diesel** but **no gasoline. Water** at the dock 30min-free for paying mooringguests, otherwise 12 US p.h. (04/2017) See also “*DIESEL/GASOLINE*” for more detailed information.

Facilities include restaurant and bar with free wifi (open to the public). Secure wifi is also available on boats close to the marina office. Showers and laundry facilities are reserved for BYC members and mooring holders. Launcha service is provided to bring you from your boat to the muelle (dock). Call the muelle on VHF 6 to request a launcha (water taxi). (Cruiser guides have reported a \$25 fee to join the yacht club but this is no longer required.)

Haul-out: is possible on a railway system. You must make advance reservation for haulout and time available may be limited due to tides and boat draft.

Flamenco Marina

VHF 10, 314-0665 marina@fuerteamador.com, www.fuerteamador.com

Located at the end of the causeway. Pricey. Some English spoken in office, but dockmaster 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 **diesel, gasoline and water** services. See also “*DIESEL/GASOLINE*” for more detailed information.

Docking-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. .

STRONGLY ADVISED: 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 wacking into the boat at night. Internet may or may not be available, check in advance.
\$20/day for use of the dinghy dock.

Haul-out: Have a **250 ton marine travel-lift**. They offer full services (bottom painting, general painting, osmosis treatment, polishing, shaft and propeller repairs, etc.). Contact Victor Marten for full details and prices. 6866-6609, 314-0183 (speaks English).

La Playita Marina & Anchorage

VHF 9; 314-1730; laplayita@siwireless.com; Carmen Garcia de Paredes is head of the office (and daughter of the owner, they own the Calypso Ferrys 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, 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 “*Diesel/Gasoline*” for more details.

Postal address for parcels (which has worked with DHL-Express; customclearing is done on site):

La Playita Marina
c/o Senora "Name" (person in the office you have spoken with to confirm they will accept a package for you) for SY "Boatname"- "ship in transit"
Tel.: (+507) "your Panamenian cellphonenumber", email: "your emailadress"
Causeway Amador
Panama-City
Republic of Panama
(your local telephone number and email on the adress is essential!.) (See also "Mail/Freight")

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 not only during squalls 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 with full power.
4. Check the tides! Calculate your **swingroom!** 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 springwater 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 **windswell**.
If a **pacific-swell** (1-2m) develops (rare) the more sheltered places inside the anchorage turns into a washingmachine (you will observe then, that the harbour 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 (definetly not caused by ships!).
8. The little brightblue **workingboats**: If you want to give polite feedback on the seamanship/behaviour of the captains, you might want to 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 mangement of the harbour nor the Calypso-ferrys 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, 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 beeing run down by another boat and please use **anchorlights** (and additional lights (e.g. solar-garden-lanterns) to make it easier for the workingboats to manouver aswell your fellow cruisers to anchor at night (e.g. those coming through the canal, very often 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 and not good: Put out enough chain to account for the tides and squalls and and 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 swingroom, that boats who stayed longer here in the same spot have at least **50-65+m (170-200+ft) chain** in the water (simply ask your neighbour).

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 bad idea to try to anchor in the middle of the mooringfield, because you do not know on how many blocks or anchors the boats are moored and how the chains are running.

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

There can be some traffic at night so use your anchorlight aswell dinghylights!!!

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

A **new Dock** can be used since 06/2017! Dinghys can be tied to the dock on the rockside, where they might be

close to the stones at very low tides - take care! The docks 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 asked nicely and firmly by the officials to wear a lifevest in your dinghy (even in a panga it is the rule). (07/2017)
[The old half collapsed, very dangerous old "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 (=> watertaxis can be cheaper than a bone or dinghyrepair!).
Not recommend if you can use the new dinghydock: Dis-/embarking aswell provisionhandling can also be done at the **slippery staircase** at the end of the structure. Take care! At night a torch is a must!]

Watertaxis at Las Brisas. (ca. 3-5 US per trip)

It can be a good alternative depending on the swell and the wind, even cheaper than wet ruined stuff / 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)

Juan 69603937 (2014)

=> see also *bottom cleaning*

Moorings:

Alli on **SV Genesis** – red steel boat usually in the Las Brisas anchorage 6685-0858, speaks english and german. Rents and builds moorings for around 250 USD per month on e.g. ca. 120-kg-Bügelanchor, 3/4" 20m + 3/8" 20m chain. (07/2017)

Neldo 68857239 (some english) rents out 2 moorings (CAUTION! Ask details and test them => these moorings are known to drag!!!!) (04/2017)

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

Water is available at the guardstation from a tab, some use it with their own long hose to the dinghy. 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 halfway to the condos with the broken laundrymachine on the leftside. New: There are also garbage cans in the parkinglot in front of the new dock. (Ask the guards for directions: Spanish for garbage is "Basura").

A rusty landingcraft in Las Brisas is used to collect garbage from bigger ships, you can ask them to take your garbage aswell. (04/2017).

Shopette 3143356, located in Las Brisas Stripmall, is a small supermarket with prices higher than in the city, but in easy reach; carries icecubes and has internet. A Banistmo-ATM is located at the back (sometimes works) (04/2017)

Taboga Island Moorings

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

Las Perlas - Viveros

The long announced marina is still under construction and has place for ca. 6+ boats on floating pontons behind the breakwater. Test the cleats!

Diesel, gasoline, water are available on request: Call the dockmaster Nettomar 6495 2301; 6349 9869

Viveros is a private Island with an resort and restaurant. It is connected with Panama-City by 2 catamaran-ferrys.

"price for a boat up to 40 ft= 45\$ / up to 60 feet 65\$/day (For 2,5months we can do 25% discount); Security: we have people night and day; Transfer to Panama: ferryschedule: Monday- Wednesday- Friday- Saturday and Sunday (leave Viveros around 3 pm and arrive in Panama at 5:30 pm) - cost for our client is 70\$ two ways/ with Ferries from Balboa and 80\$ for ferry from Trump Tower (but normally schedule only Sat/Sun)" (04/2017).

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

Las Perlas – Pedro Gonzales

The Marina-Peninsula was build in 2015 and has place for ca. 40+ boats on floating pontons behind the breakwater in the NE-corner of the bay. The restaurant is announced to open mid 2017.

It is connected with Panama-City by a catamaran-ferry.

	<p>Asked price for one night for a 42ft sailboat 242.00 ! USD (04/2017). http://pearlislandnews.com/marina/; marinapeninsula@zoniro.com (No answers to emails, maybe they are not very interested in small sailboats?); Jose Barzan (Manager) (507) 6379 0114 (04/2017)</p> <p>See also <i>“Haulout/Beaching”</i></p>
Marine Suppliers	See <i>“Chandlers”</i>
Mastervolt	Radio Holland – IMTECH Marine Jorge Salgado, 316-0152 and 315-0153 service.panama@imtechmarine.com Goodman St, Building 394 in Howard.
Mattresses	Colchoneria Panama , 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 qualitys of foam are available. They manufacture the mattress from your paper-patterns or maybe old mattress. Do not speak english and it can take a while until you think they understood exactly what you want. Directions: Located at Parque Lefevre: Leaving Discovery-Center on Via Espana to your left turn right after the Burger-King, it is on the right side (The bus (e.g. direction Tocumen) stops after the Burger-King) Also check <i>“Canvas Sewing”</i>
McMurdo	See Overseas Electronics under <i>“Electronics (Marine)”</i>
Morse Cables	See Dimar under <i>“Bearings, Belts, Deals”</i> See Panama Auto under <i>“Auto Parts & Supplies”</i>
Motor - Diesel Mechanic (See also “Yanmar / Yamaha”)	Manuel Amaya 6620-2125 Spanish speaking but trying to learn English. Kenny Breazeale 6648-7202 6664-9203 panamamarinerepairs@gmail.com ** Native English speaker. Works on all types of diesel engines. Very experienced. Consistently good reviews for reliability, knowledge, honesty and standing by his work. Narval Marine – See <i>“Repairs”</i> for full information. Nelson 6841-6035, 6880-9306, 6881-0638 namm.03@hotmail.com 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. Seetechdemar , Deenys Guzman 6694-1465, 6874-2507 infoseetechmar@gmail.com ; – received a very bad review (2016) Alejandro Lopez – received a very bad review (04/2017)
Motor - Diesel Parts	Expert Diesel S.A. Tel.: (507)261-5299; (507)273-8860 (ask for Robin, one of the owners, speaks English) www.expertdieselpanama.com (expert@cwpanama.net), natparts@edpsa.net , (07/2017) 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. See also <i>“Gasket Fabrication”</i>
Motor - Yanmar / Yamaha Parts	Ocean Center 323-0169, 2320168 / 2320169, => OUT OF BUSINESS ??? Located in Ancon, Corozal, Calle Barth, Edificio 42-E, Local 1-C. (This is close to Rey grocery store Albrook. On same street as the Dinghy Doctor.) Tesa - Yanmar and Yamaha parts aswell outboards, www.tesa.com.pa . Locations: 1. On the Causeway, next to Flamenco Marina 314-0791 2. Bethania, Ave Ricardo J. Alfaro on Tumba Muerto 279-5300 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.

	<p>Recommend consulting with Kenneth Brezeales (listed under “<i>Diesel Mechanic</i>”) for Yanmar repairs.</p> <p>Yacht Services Thomas 6480-4440 for Yanmar mechanic.</p> <p>see also Marinewarehouse => “<i>Chandlers</i>”</p> <p>See also “<i>Outboard Parts/Repairs</i>”</p>
Navico	See Overseas Electronics under “ <i>Electronics (Marine)</i> ”
Navigation and -hazards	<p>When you arrive from the caribbean be aware of a tidalrange 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 tidalranges can get stronger than maybe your boat can motor!</p> <p>Going from La Playita across the canal entrance south towards Taboga you are requested to contact Flamenco-Signalstation on VHF12 to asked permission to cross the canal (They sometimes take this very serious!)</p> <p>There are plenty of Plasticpieces and plasticbags in the water so be prepared to unfoul your propellor and to check your waterintake/-outtake. The higher the tides are running the higher is the amount of trash and logs in the water.</p> <p>The OpenCPN-CM93-Charts nor Navionics are precise enough to navigate safely the Las Perlas => see Bauhaus in Charts / Cruising Guides</p> <p>Important details for anchoring => see Marinas & Anchorages</p> <p>See also “<i>Weather - Forecast and Tides</i>” (04/2017)</p>
Nets (Radio)	See “ <i>Radio Nets</i> ”
Notary	<p>Americans who need a notarization that will be legal in the United Staes, must make an appointment online and go to the American Embassy. See panama.usembassy.gov/ For other countries, see your local embassy.</p> <p>For a Panamanian notary, there are numerous notaries on Calle Samuel Lewis. One cruiser used Notary #2 Comasa Building, lower level on Calle Samuel Lewis. Phone: 213-2200. (Notary #1, #8 and #10 are all within two blocks of notary #2.)</p>
NuTeak	Nuteak Central America Ruben Tribaldos 6677-0161 ruben@tribaldos.net Calle 39 and Ave Balboa
Nuts, Bolts, Screws, Fasteners (stainless steel)	<p>Aceros y Herramientas, AHERSA 229-1026 229-1027 On Via Espana, across from the San Fernando Medical Clinic.</p> <p>Casa de Tornillos In Rio Abajo, on Via Espana, next to Tornillos y Tornillos in Rio Abajo (see below)</p> <p>Centro de Tuercos y Tornillos, 227-0423 227-0435 ** On Avenida Nacional, #29 close to Centro Marino. Large selection. (In a designated “red zone”. Recommend you take a taxi and have it wait for you.)</p> <p>Tornillos y Tornillos 221-4685 ** On Via Espana CL79 Oeste Las Sabanas, next to Casa de Tornillo (see above). (Take Rio Abajo bus.)</p> <p>Abernathy's on the causeway has a selection of stainless steel hardware, but it will be pricey. (See “<i>Chandlers</i>”).</p> <p>Note: at times you can find stainless steel bolts and nuts at Noveys, Discovery Center or Do-It Center (see “<i>Hardware</i>”), but bring a magnet to verify because they are often mislabeled.</p>
Oil & Oil Filters	<p>DiLupa => see Filter (motor)</p> <p>Rodolfo Moreno y Cia 261-7011 On Via Fernandez de Cordoba close to DiLupa. It has been reported they will deliver a case to your boat.</p> <p>Shell Rotella oil in gallons can be found at the Do-It Center and Discovery Center (see “<i>Hardware</i>”). Shell Rimulex oil can be found at the gas station in La Boca and the gas station behind the Rey grocery store in Diablo. The Super99 grocery store carries many oils in quart sizes.</p> <p>See also Panama Auto, under “<i>Auto Parts & Supplies</i>” and <i>Filters (Motor)</i></p>
Oil, Synthetic	Repuestos Mundiales 224-7011, 224-7342

	<p>Carrasquilla Via Espana, in front of IPA. Carry fully synthetic gear oil as specified for Volvo saildrives.</p> <p>Some synthetic oils can also be found at the Do-It Center and Discovery Center (see “<i>Hardware</i>”) and Dimar (see “<i>Bearings, Seals</i>”)</p>
Oil, Recycling	<p>Used oil can be taken to two locations for recycling:</p> <p>Balboa Yacht Club: There is a large drum, lying horizontally, on the small hill next to the guard shack at the entrance to the pier. Pour the used oil into the spout at the top of the drum. There is no fee.</p> <p>La Playita Marina: Behind the marina office is a site for old oil. Ask at the marina office. There may or may not be a fee for depositing old oil.</p>
Organic Produce	See “ <i>Grocery ...</i> ”
Outboard – New	<p>Mercury Outboards =>”See Centro Marino” under “<i>Chandlers</i>”. They sell new outboards, parts and can provide service.</p> <p>Motoborda 262-3279 motoborda@cwpanama.net Carries new Yamahas. Also, parts for Yamaha, Suzuki, Teleflex and NGK spark plugs. Located on close to the Fish Market. (Directions: from the Fish Market, walk west along the water front. Shop will be about one block down on the right, facing the water frontt.) Street address is Calle 15 Local G5, Corregimiento Santa Ana.</p> <p>Motomar, Tohatsu Panama 270-7908/09 6780-2021 (English/Spanish) www.motomaronline.com Carry Tohatsu engines and parts. Can repair any outboard brand. NOTE: A very bad experience was reported by one cruiser in 2014. Failure to return phone calls, failure to locate the outboard when the customers went to the shop.</p> <p>Suzuki Water Sports Located on Tumba Muerto</p> <p>Yamaha outboards (and parts) => see “Tesa” under “Motor – Yanmar / Yamaha”</p> <p>Yamaha Sports On the corner of Via Brazil and Avenida 50</p> <p>Sometimes the local chandlers carry outboards (like Pesqueros on the Causeway). Centro Marino is a distributor for Mariner and Mercury outboards.</p> <p>See Marine Warehouse under “<i>Chandlers</i>” for shipping an outboard in from the U.S</p>
Outboard – Repairs and Parts	<p><i>The area near the fish market has quite a few outboard motor repair and parts places.</i></p> <p>Catalino Atencio 6622-4759, 6612-2442 Johnson, Yamaha, Mariner, Evinrude, Suzuki and Mercury</p> <p>Motores Marinos, S.A. 262-6442 ** Near the Fish Market, west end of Avenida Balboa. Tohatsu.</p> <p>Taller Brisas del Mar Medardo Perea 6864-4585 San Felipe, Ave Eloy Alfaro, Calle 11 Este. Behind the fishmarket (see map on page 3). Go down 3 blocks, then cross the street from the park and you will see a one lane street. First door on the left.</p> <p>See also Motoborda and Motomar, above. See also “<i>Yanmar/Yamaha</i>”</p> <p>See also Centro Marino, under “<i>Chandlers</i>” for Mercury repairs and parts</p>
Paint	<p>Central Am 317-6200, Eric (speaks English) 6617-7130 mail@centralam.net A large scale supplier for the cruise ships. But they will sell Hempel bottom paint, ablative (in 5 gallon cans only) to cruisers. Located in Diablo, in the industrial area. Color selection may be limited so if you need a particular color, call in advance. Price for 5 gallons in 2014 is appx \$590.</p> <p>Comex 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>PEPSA (Importadora FarKam) 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 Duretán.</p>

	<p>Sigma Paints Diego 317-6553 Antifouling, has Sigma brand only.</p> <p>SUR Color, SA 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: (04/2017) You can try to purchase bottom-paint in the freezone of Colon, no further details until now, except the Taxidriver Luri, 6112 1329, should know the way.)</p> <p>Josh, 69550405 (english), on MV Tropic Isle in Las Brisas is able to source bottom paint, no further details until now.</p> <p>Charles 64398620 (little english) should be possible to organize Hempel bottom paint, no further details until now.</p> <p>=> Please write a feedback with details to the guide if you were able to find something!</p>
Passport Photos	<p>Arrocha pharmacy (the one at the east end of the Albrook Mall).</p> <p>Rey grocery store in El Dorado (There is a private photographer upstairs, go up the circular staircase and turn left.) This photographer can do different photo types in different types, including Biometric photos.</p> <p>Any business that advertises “Carnet” photos should be able to also do passport photos.</p> <p>American Embassy: Has a passport photo booth (along with the needed paperwork). See “<i>Embassies</i>” for details. An appointment must be scheduled in advance, online.</p>
Pet Boarding	<p>VIP Kennels www.vipvacationkennels.com, Tel. 6449-4445 Located at the base of Cerro Azul, near Tocumen Airport. Full info included on their website.,</p> <p>Hotel de Perros Panama (Albrook Kennel & Grooming) www.hotelperrospanama.com 393-9055 Located behind Rey grocery store in Albrook. They take both dogs and cats.</p>
Pet-Doctor / Veterinarian	<p>NOTE: Taxi Tony (see “<i>Taxis</i>” for Tony's number) will take pets in his taxi. Dra. Guily Asti also has a taxi driver who will carry pets.</p> <p>Dra. Guily (“Julie”) Asti 6948-7411 giulyasti@yahoo.com 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>Dra. Carmen Solis, Animalia Clinica Veterinaria 6612-9015, 229-4209 carmendesolis@yahoo.com, animaliaclinicaveterinaria@gmail.com Urbanizacion Linares, Duplex 13A, El Carmen. Also carries pet supplies. Handles small animals and makes home calls.</p> <p>Dr. Jorge Barriga, 270-2101, 270-2969 jbarriga@cwpanama.net (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>Dr. Nora Lapenta 236-0549, 6515-5908 Located in El Dorado. Familiar with Pet travel requirements, shots. Excellent Vet. Speaks good English.</p> <p>Hospital Veterinario Corozal 317-6494 The teaching vet clinic affiliated with the University of Panama. Open Monday through Friday 8AM to 5PM and Saturday 9AM to 5PM. Have Xray machine. Located in Corozal off the road that goes to Miraflores locks and the City of Knowledge. Best to take a taxi and have it wait for you. The taxi driver can call for specific directions.</p>
Pets - International Health Certificate	<p>Pets leaving Panama via Tocumen Airport, must have an international health certificate and an export permit. You can obtain these yourself, although it will take several days and you will need to visit several different government offices. If you wish to do it yourself, first contact either Dra. Nora Lapenta or Dra. Guily Asti, both listed under “<i>Veterinarians</i>” for the Certificate. They can direct you through the subsequent steps. Note that the airline requires the certificate to be no older than 10 days, and the process will take several days, so start on day 10 and work fast! Taxi Tony (see “<i>Taxis</i>”) has worked with cruisers to obtain the necessary paperwork. If you wish to use an agent, contact: Jose Saenz 6614-7811 bocasfrog@yahoo.com www.goldenfrog.net see also “<i>Veterinarian</i>”</p>
Pet Supplies	<p>Mega Vet 399-8716 Obarrio Neighborhood: Calle 56 Este, Residencial San Gabriel #7, Calle 55 Este 7 (right</p>

	<p>under the twirly building). Carry grain free, high quality dog foods (one brand is “Zignature”), slamon oil, NuPro supplements, nice pet beds. English spoken.</p> <p>Melo Pet Stores have locations throughout Panama City (including Albrook Mall and one across from Riba Smith Grocery Store on Transistmica, see the map on page 4). Carry many brands of pet foods and supplies. They also carry Hills Prescription Diet foods. There is a big store across from MultiCentro Mall on Balboa Ave. Also one on Transistmica across the street from Riba Smith.</p> <p>See also “<i>Veterinarian</i>” Several of the vets listed carry specialty pet foods and supplies.</p>
Pharmacy	<p>There are several pharmacy chains. Most famous is Arrocha (Albrook Mall, Albrook Plaza, on Transistmica, etc.). The Rey, Riba Smith, Super 99 and Machetazo grocery stores also have pharmacies (see “<i>Grocery Store, General</i>”).</p> <p>You can purchase most items (including antibiotics) without a prescription. If a store asks for a written prescription (typically, Arrocha and Riba Smith pharmacies are most picky about requiring prescriptions), try another.</p> <p>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 get an local prescription (e.g. 4 times 3 pills) you will get only the exact number of pills, not a whole package nor description.</p> <p>If you ask for it, many, if not most, pharmacies will give you the Jublilado discount without proof of residency although they may ask to see your passport to prove your age (see “<i>Jubilado Discount</i>”).</p> <p>Farmacia El Boticario 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>The pharmacy close to Timburelli Pizza in Balboa is used to working with cruisers and will often provide most medicines, without a prescription, if you alert them that you are a cruiser. It is advisable to carry a sample of any medicine you are trying to refill. Show your boat papers listing you as captain of a ship and you may find it easier to obtain medicines without a prescription.</p>
Phone / Cell Phone	See “ <i>Internet / Phone / WhatsApp</i> ”
Plastics	See “ <i>Lexan/Plastics</i> ”
Propane	<p>Propane tanks can only be filled outside Panama City: They must be taken to either in the town of Chilibre (between Panama City and Colon)[Panagas tel.216-0155; 800-5111] or La Chorrera (across the Bridge of the Americas). Panagas and Tropigas are the providers.</p> <p>Propane purchased in Panama will burn dirty, because it is a propane/butane mix, but it is OK to use and will not damage your system. The pressure will be lower through the whole range of temperatures due to the propane/butane mix. The “fullness” of the tank is done by weight or volume using an OPD (overfill protection device). The “fullness” should be determined by weight, but frequently is done by volume using the OPD as the guide.</p> <p><u>TANK REFILLS</u></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 0,50 USD (04/2017). To refill and keep your existing tank, you have several options:</p> <ol style="list-style-type: none"> Propane-run: Contact a trusted taxi driver to pick up your tank and return it to you (See contact information under “<i>Taxi</i>”). Normally a propane-run is organized via the morning VHF-net by one boat. Mostly Roosevelt (6513-6949) is hired: He picks-up the tanks at 09:30AM, brings them to Panagas/Chilibre and returns them at noon the same day to the dock. Deliverycost is 40 USD for up to 8 tanks (04/2017); more tanks need a different handling because of the regulations of the propaneplant and therefore is a bit more expensive. The costs are often split up by the number of boats participating (or by the tanknumbers). The run-organizer might want to write down the participating boatnames, telefonenumber and numbers of tanks aswell state the rules of costsharing and communicate this to the taxidriver! The driver is normally paid after returning, because the price for the propane filled depends on the size and (empty-)status of the tank. To put your boatname on your tank is a pretty good idea! If the tank appears to be rotten it will not been accepted by the propaneplant for filling. Take a taxi 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 must wear long pants, closed toed shoes and a shirt with sleeves. Any other attire and you will not be allowed into the facility. Expect the taxi trip to be about \$30 to \$35 round trip. Call Oliver Yacht Services under “<i>Canal-Agents</i>”. Will pick up gas bottles and fuel tanks, have then filled

	<p>and deliver them back same or next day.</p> <p>4. Option for DIY: Leave your tank at the Panama City Tropigas location, at the intersection of Transistmica and Tumba Muerto (Busstop nearby)) across from the national brewery, for them to take to Chilibre for filling (will take 2-4 days before your tank is available for pickup)</p> <p>5. Option for DIY: Panagas, 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 gastanks are not allowed on public transportation!)</p> <p>NEW TANKS: At the Tropigas location (on Tumba Muerto near Transistmica) you can purchase new tanks /propane supplies or swap your existing standard tank for a refilled tank. They sell also adaptors, hoses and fiberglas-propanecylinders [check the manufacture-date!](85 USD 5kg/11lb full in 04/2017). Noveys, Albrook also carry fibreglastanks (at a higher price).</p> <p>New tanks are also available at Novey's (see "<i>Hardware</i>") and Pricesmart (see "<i>Grocery, Big Box Stores</i>"). These are typically 20 lb. steel, painted tanks although you might be able to find an aluminum tank at the Tropigas location.</p> <p>Local tanks are aluminum, but come with a fitting not typically used by boaters.</p> <p>NOTE ON TANK FITTINGS: There are 3 types of compression fittings that attach to a propane tank (1) U.S., (2) European and (3) The one that's neither of the above. The U.S. ones use a POL (Prest-O-Lite) / bullnosed fitting that has left handed threads (i.e., screw left to fasten). If you need to change fittings: purchase a local fitting with a hose barb, cut off the old end, stick the new fitting on the hose and clamp it, then do a soap test under pressure.</p>
Propeller & Shaft Repair	<p>Cristobal Marine Repair 232-6575 www.cmrepair.com Have a propeller and shaft shop. MIXED REVIEWS, high cost, lousy customer relations. But they are the only facility in Panama City that can scan a prop for balance and print out a detailed report. Previously located in Diablo (Ancon), scheduled to move 2014 to the area close to Albrook Imigration. Check their web page for new address.</p> <p>SUGGESTED ALTERNATIVES: There is a highly respected propeller shop in the Vacamonte Shipyard (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"?)</p>
PVC – Pipe, Supplies, Fittings	<p>See Cochez under "<i>Building Supplies</i>".</p> <p>See also Discovery Center, Do-It Center, Rodelag, or Noveys under "<i>Hardware</i>"</p>
Racor Filters	=> " <i>Filters (Motor)</i> "
Radar Repairs	See Overseas Electronics and Beyond under " <i>Electronics (Marine)</i> "
Radio FM (english)	<p>89.3 Cool FM – recommended "Jerry D Show" Mo-Fr: 07:00 to 10:00 with different topics and local news, after 10:00 mostly easy listening (Dudel-Dudel)</p> <p>98.9 Ultra Stereo with BBC-News, music 80's-90's + beyond (Beegees, Beatles, Funk, Falco, etc.)</p>
Radio Nets	<p style="text-align: center;">VHF Nets</p> <p>Panama City Cruisers Net: Monday through Saturday, 08:00 (13:00 UTC). In 2017 on VHF 72, however frequency changes often due to local traffic. Try also: 68, 69, 71, 72, 74 or ask around. The channel is used as the local hailing channel, 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 Flemenco Signal Station)</p> <p>Shelter Bay (Colon): 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;">SSB NETS:</p> <p>see also noonsite.com</p>

	<p>Puddle Jump Net 2017; 01:00 UTC (Panama local time 20:00), starting frequency is 6227 then 8104; 13:30 UTC (Panama local time 08:30), starting frequency is 6227 then 12356 (04/2017)</p> <p>Pan Pacific Net, 14:00 UTC (09:00 AM local Panama-Time) , 8143 USB (everyday) (alternative frequencies 8137 and 8155), Covering the pacific-area: south of Mexiko - down to Ecuador, onto west of Galapagos ... Everyone is welcome! (Seems currently not to be running 04/2017)</p> <p>Central American Breakfast Club, 1300 UTC, 7083 LSB (ham)</p> <p>California Hawaii Net, 1600 UTC, 14340 USB (ham net, Monday through Saturday)</p> <p>Galapagos Net, 1330 UTC, 8155 USB (everyday, during the annual puddle jump, if someone is there to host it)</p> <p>German Net, 1200 UTC, 441355 (was run by Gunter on Contadora Island, now run by someone in Costa Rica)</p> <p>Magellan Net 0200 UTC 8173 USB 0230 UTC 16537 USB 1330 UTC, 8173 USB</p> <p>Pacific Seafarer Net, 0300 UTC (warm up), 0330 UTC (check-ins), 14300USB (ham net)</p> <p>Off Shore High Sea Net: 0430 UTC: 18089, 4426, 8764 1030 UTC: 18089, 4426, 8764 1330 UTC: 8107 1630 UTC: 17413, 8764, 13089 2230 UTC: 17314, 8764, 13089</p>
Radio Repairs	<p>Codesa Communications 390-9123/24 Elio ** Calle 1 Perejil. Specializes in Motorola but has been able to repair Icoms and other brands. \$35 flat fee.</p> <p>Electronica Cristobal, Joaquin Vizcaino 6675-7433 (cell) or 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.</p> <p>ICOM Guibor/Radiocom, Alberto Nevah, 260-7144 / Mr. Elio (understands English) radiocom@gmail.com www.guibor.com 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</p> <p>See also Electronica de Ancon under "<i>Electronics (Marine)</i>"</p> <p><u>Standard Horizon, Iridium:</u> See Marine Satellite Services under "<i>Electronics (Marine)</i>"</p> <p>See also "<i>Chandlers</i>"</p>
Railroad	<p>Panama Canal Railway 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>
Raymarine	<p>See Proteca under "<i>Electronics (Marine)</i>"</p>
Recycling	<p>Batteries: See Battery Giant, (and others under "<i>Batteries</i>". If you buy large batteries from Interstate and/or Casa de Las Batterias, they will take your old batteries in trade and offer a discount on the purchase price of the new batteries.</p> <p>Recycling Used Oil: See "<i>Oil, Recycling</i>"</p>
Refrigeration – Repairs	<p>Evans – received a very bad review (04/2017)</p> <p>Douglas 6907-1820. Limited English. Reliable. Familiar with 12V systems on boats. Has received good reviews.</p> <p>Fresno Clima 6617-6366 223-2941 (George & Juan) In Perejil, Ira Calle, flter Hotel Bella Vista.</p>

	<p>GPS Marine, near Pesqueros/Flamenco Marina Boss: Victor 3975490, 62014152; craftsman Calisto received a good review in (04/2017)</p> <p>Jose Ramirez 221-3065, Carasquilla, Calle 74E, Can do high-temperature-silver soldering in his workshop (e.g., \$25USD for replacing a condenser grid on an little compressor in 2016)</p> <p>Narval Marine – see listing under “<i>Repairs</i>”</p>								
Refrigeration – Supplies	<p>The following are all part of the same large company called Grupo Friolin. www.grupofriolin.com</p> <p>Friolin, SA 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>Friolin Segundo 264-657, 269-6079 www.grupofriolin.com In Obarrio, C1 Abel Bravo Urb</p> <p>Friomax 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 “<i>Alternator & Starter Repairs.</i>”)</p>								
Rennet	<p>Available Melo's at the Rio Abajo location. Rennet is called “cuajo” in Spanish and is used for making cheeses. (See “<i>Pet Supplies</i>”)</p>								
Repairs	<p><u>The following handle multiple types of repairs:</u></p> <p>Andromeda Yachts PMA www.andromedayachtspmz.com info@andromedayachtspmz.com 394-9522 Located at Flamenco Marina (between Bennigans and Beirut Restaurant, facing the marina) Is a full service Lagoon dealership. Handles repairs on Lagoons, but also work on other sailing and power catamarans. Owner is Roberto Bracco (Italian) who speaks English, French and Spanish. Recommendation comes from On Delay which was hit by lightning 2013. Andromeda worked on the vessels electronics, electrical, fiberglass, hullwork (hull-deck joint repaired), exterior cleaning, hull and topsides waxing.</p> <p>Narval Marine 391-0348, www.narvalmarine.com, Las Brisas (at the end of the stripmall) Owner/Manager: Amiram Kligman, 6980-5554, amiram@narvalmarine.com Owner and staff speak English. Based in Los Pericos on the Causeway. 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 english). Mechanic Jakup is Danish (speaks English as well as Faroese, Danish, Norwegian, Icelandic) and has been here 5 years. Do: A/C and refrigeration, mechanic (main engines, generators, etc.), navigation and electronics, electrical, hydraulic/neumatic. 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 chandlery store with parts and accessories besides the office.</p> <p><u>See Also:</u> Balboa Yacht Club & Flamenco Marina (under “<i>Marinas & Anchorages</i>”) Narval Marine (under “<i>Hydraulics</i>”, but do other work also) JP Marine (under “<i>Chandlers</i>”)</p> <p><u>For Specialized Repairs, look for the entries under the specific item to be repaired, such as:</u></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;"><i>Alternator & Starter Repairs</i></td> <td style="width: 50%;"><i>Diesel Machanic</i></td> </tr> <tr> <td><i>Dinghy Repairs</i></td> <td><i>Fiberglass</i></td> </tr> <tr> <td><i>Honda Generator Repairs</i></td> <td><i>Machine Shops</i></td> </tr> <tr> <td><i>Outboard Repairs</i></td> <td><i>Radar Repairs</i></td> </tr> </table>	<i>Alternator & Starter Repairs</i>	<i>Diesel Machanic</i>	<i>Dinghy Repairs</i>	<i>Fiberglass</i>	<i>Honda Generator Repairs</i>	<i>Machine Shops</i>	<i>Outboard Repairs</i>	<i>Radar Repairs</i>
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<i>Dinghy Repairs</i>	<i>Fiberglass</i>								
<i>Honda Generator Repairs</i>	<i>Machine Shops</i>								
<i>Outboard Repairs</i>	<i>Radar Repairs</i>								
Resins (Epoxy and Gelcoat)	<p>See “<i>Fiberglass, Resins, Gelcoat</i>”</p> <p>At times, West System can be purchased at Abernathy's see “<i>Chandlers</i>”</p>								
Restaurants	<p>See also: www.degustapanama.com</p> <p style="text-align: center;">Causeway Amodor</p> <p>Beirut 314-0956 www.beirutpanama.com Lebanese, Middle Eastern, Halal. Good food. Bellydancing with live music, normally on Friday and Saturday 20:00. Two locations. One on the Causeway towards Flamenco Marina and one on Calle 52. Pictures and</p>								

reviews on TripAdvisor.

Pizzeria “La Eskenita”, 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)
=> see also *Cruisersmeeting*

Casco Antiguo Neighborhood

Mahalo Fusion cuisine, nice setting, Avenida A con Calle5 in and outdoor tel. 3993432,
emma@mahalopanama.com

El Cangrejo Neighborhood (Via Argentina)

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.

Avatar - Indian Cuisine 393-9066 avatarindiancuisine.com
On Via Argentina on the first block from Via Espana, right side. Food 25% discount for the lunch menu. Expect to pay \$30US for two for lunch. Excellent food with an extensive menu.

El Trapiche – www.eltrapicherestaurante.com
Traditional Panamanian food. First opened in 1983 on Via Argentina. There is now a second one at Allbrook Mall. The Via Argentina location is open Mon-Sat 7AM-11PM, Sun 7AM-10PM
Popular for sandwiches in Panamanian fried bread, sancocho, ropa vieja.

Grill and Co, 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.

La Rana Dorada 269-2989 www.laranadorada.com
Brew pub. Two locations: one in El Cangerjo, just off Via Argentna 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.

New York Bagels – see “*Groceries, Specialty – By Location*” under El Cangrejo. Two doors down from La Ran Dorada.

Panaderia La Baguette
On Via Espana, (at the Metrostation Via Argentina, on the southern side of the street)
Nice cafe for a break or takeaway.

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)

Pan de Vida 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)

Riesen – 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

Near Multicentro

Petit Paris - 391-8778 www.petitparispanama.com
French Bakery and Restaurant, located near Multiplaza-Mall, Calle 50E este (across from Felipe Motta)
Open: Mon-Sun – 7AM to 11PM

Rigger

Panamá Yachting Services S.A. Tel [507] 268-1147; Cell: [507] 6670-1788

	<p>email: info@panama-yachting-services.com; http://www.panama-yachting-services.com/masts--rigging.html (04/2017)</p> <p>See also Marine Scene under “<i>Anchors</i>”</p>
Rigging Wire & Supplies	<p>Dimar has wire (in imperial size, not metric) and swage fittings. They will do the swaging to your specifications. See Dimar under “<i>Bearings, Belts, Seals</i>”</p> <p>Flexo Cable, Mario Becera,(only spanish) Tel. 6747 2339; 261 7160 (07/2017)</p> <p>For those items not available at Dimar, your best option is to contact Brooks at Sailing Services in Miami, Florida and have items shipped down via Marine Warehouse or PakYa Panama. Brooks@sailingservice.com www.sailingservices.com. See also Marine Warehouse, under “<i>Chandlers</i>” See PakYa Panama under “<i>Mail</i>”</p> <p>See also Andromeda Yachts and Narval Marine under “<i>Repairs</i>”</p>
Sails & Sail Repair	<p>Atlantico Canvas (formerly Portobello Canvas) Alain 6552-8081 Proper sail loft, located on Isla Grande by Portobello. Will come to Panama City to pick up and deliver jobs.</p> <p>Casavela 6507-4112, 6227-9738 Located in Portobelo Bay (on the Atlantic side). Also do canvas work.</p> <p>Doyle Sails www.doylesails.com 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>Shelter Bay Marina Sail loft in the former American theater in Shelter Bay Marina.</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>Herbert 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>Odilio 6534-4907</p> <p>Ray 6848-4717. Located in Portobello, out of the Casa de Vela Bar.</p> <p>Victor 6647-2345</p> <p>see also <i>Sewing</i></p>
Scuba	<p>Scuba Panama 261-3841 261-4064 www.scubapanama.com Bella Vista, Ave 6ª C Norte (one block off Transistmica near Abernathy’s and Riba Smith, see map page 4). Tank refills, scuba supplies.</p> <p>Abernathy's (see “<i>Chandlers</i>”) often carries dive fins, masks, wet suits, etc.</p>
Seals	<p>See “<i>Bearings, Belts, Seals</i>”</p> <p>See Centro de Industrial under “<i>Tools</i>”</p>
Sewing Supplies, Fabrics, Canvas	<p>Pico Pico, 262-1274, 262-5225 picopico24@hotmail.com On the walking street (Avenida Central #118, see map on page 3 for walking street). Carry all types of fabrics, including Sunbrella (18\$ p.y. 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, such as the Pico Pico in El Dorado, but the outlet on the walking street is the only one used for sewing services.). Some staff speak english.</p> <p>El Tapiz, 262-2334 On Calle H and Ave Ancon. Sells Sunbrella, (both seconds and firsts, so check before you buy) (15\$ p.y. 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.. Some staff speak english.</p> <p>Casa de la Cuerina (AKA Todo de Cuero, El Palacio de Vinil), two locations: 1. Avenida de Los Martyres (also called Ave 4 of July) 262-4862 lacasadelacuerina@hotmail.com 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. This location also repairs shoes, purses and backpacks. (Sunbrella 21 \$ p.y. in 2016)</p>

	<p>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, UV-threads, 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>Decoraciones Modernas 228-0740 228-0706 211-0158 Avenida Ancon and Calle H (just across the street from El Tapiz) sells Sunbrella from the US (25\$ p. y. in 2016) and foam. Can do mattresses 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>Textiles Mundiales 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>See also Centro Marino (under “Chandlers”). The store on Avenida Nacional carries strataglass, polyester UVR thread for canvas, but only in 16 ounce cones, sunbrella and other marine sewing supplies.</p> <p>Telas Invencible Perejil, Calle 1, Edif Govimar, Caledonia, (near Noveys) 390-2660, carries a nice selection of african prints and other domestic fabrics (04/2017)</p> <p>Fabrics used by the Embera and San Blas indigenous Indians can be found in two stores on the Walking Street, close to Pico Pico. They can be identified by a piece of the cloth hanging in front of the door.</p>
<p>Sewing Machine: New, Repairs</p>	<p>Mundocostura 391-2673 391-1603 On Via Espana and Via Porras, across from Glidden. Can do quick repairs.</p> <p>Singer-Pacosa, 213-1357 213-1356 Calle Columbia in Bella Vista off Via Espana Sell only Singer machines, but can service and repair Sail Rite or any other type of machine. Carry sewing machine needles. Can sharpen scissors.</p>
<p>Sewing Services</p>	<p style="text-align: center;">SUGGESTIONS:</p> <p style="text-align: center;">ALWAYS purchase and provide the materials for the job. This includes fabric, thread, etc. Negotiate the price for labor and then pay for the labor when the work is completed, or in stages. Do not contract multiple jobs at once. If you have multiple jobs, do them one at a time.</p> <p>Canvas Sewing</p> <p>ABC Canvas Roman 6706-9077 Located on the Atlantic side, in the Isla Grande/Linton area. Does dodgers, biminis, boat covers, awnings, sail service, sail repairs, sail covers, lazy jack bags.</p> <p>Eduardo 65248283, received a very bad review (07/2017)</p> <p>Foo Foo 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. Some reported very bad experiences. (Those who have had bad experiences tended to ignore the suggestions above.)</p> <p>Samudio 6716-4678 (also sail repair)</p> <p>Omayra Aguirre Robles 222-3806, 6684-2803 Sews canvas, cushions, upholstery. Also does custom sewing.</p> <p>Pico Pico, see under “Sewing Supplies”</p> <p>Atlantic-Side: Portobello – Ray (german) in Casa Villa (7/2017) Shelterbay Marina - Sailloft (7/2017)</p> <p>see also “Sail Repair”</p> <p>Household Sewing Services</p> <p>See Freeway Laundry under “Laundry”. The Freeway Laundry in Balboa has a seamstress with commercial sewing machine who can do repairs. They have also replicated bed linens for boaters when provided with new fabric and the old sample.</p> <p>Pico Pico see above”.</p> <p>Foo Foo see above</p> <p>Javier 6093-2185, 6686-7359 – Has a shop by Cinco de Mayo, across the street from Hotel Economico. Can do</p>

	<p>upholstery work, canvas work, cushions and can do sail repairs with supervision (totally restitched a large main sail, with the boat owners assistance to move the sail through the machine)</p> <p>See also <i>“Shoe Repair”</i> and <i>“Upholstery (Marine)”</i></p>
Shoe Repair	<p>In the YMCA Building in Balboa. On the left side of the building, as you face the front entrance. There are two shops. Both speak English. Repair Tivas. 228-9758 or in #4 Jonathan Shoe Repair 6595-8110. The entire building is scheduled to be renovated. When it is, the shoe shops will be moved. Location TBD.</p> <p>Zapateria Abrigo Del Altisimo 6646-6936, 212-3704, 212 4003 Calle 17 Oeste y Calle Estudiante - 15-55, Local 89 (double fronted, fire engine red shop covered in biblical quotations – inside and out).</p> <p>See also <i>Casa de la Cuerina</i> (formerly <i>Todo de Cuero</i>) under <i>“Sewing ...”</i></p>
Simrad	See Overseas Electronics or Electromar Services under <i>“Electronics (Marine).”</i>
Solar Panels	<p>Mita Kyocera / Omicron 270-0955 On Via Isreal and Calle 68 (across the street and to the east of Multi Plaza Mall). Kyocera Dealer. Carry panels and regulators. Cristo or Luis Hernandez speak English. (Take Panama Viejo, Route Two bus. Get off at the Multiplaza Mall and continue walking east about ¼ mile. Look for multi-story white building across the street.)</p> <p>Pass, SA 302-2640 263-8635 Ave Belisario Porras in Bella Vista. Close to the PriceSmart on Avenida Brazil Panels and regulators.</p> <p>SUN 6502-8666, 836-5414 Located in Amador. Advertise solar panels made by SUN in Germany.</p> <p>Visualcom 223-0086, 223-1875 Ave Belisario Porras in Bella Vista.</p>
Stainless Steel – Fabrication and Welding	<p>Alli on SV Genesis 6685-0858 Usually in the Las Brisas anchorage – red steel boat. German engineer, speaks english and german. Can work on your boat.</p> <p>Acereo Decorativo 236-1450 In Curundu, Ave Ricardo J. Alfaro, Tumba Muerto. Custom fabrication.</p> <p>Aceros Inoxidables On Via Nacional. Custom fabrication.</p> <p>Edwin 6930-3051</p> <p>Hojateria Pinox 390-3288 Off Tumba Muerto, turn north at the Edison Plaza intersection. Custom Fabrication in stainless and aluminum.</p> <p>Metalica Perez 227-1352, 227-0846, ask for Juan Ibanez On Via Corozal, Edificio Savana #7-165 in Calidonia. Excellent quality but not cheap. Stainless steel and anodized aluminum.</p> <p>Metalca Boats speaks english and german => see under <i>Aluminium</i> (04/2017)</p> <p>see also => <i>“Aluminium”</i></p>
Stainless Steel – Nuts and Bolts	See <i>“Nuts, Bolts, Screws, Fasteners”</i>
Stamford Generator	See Expert Diesel under <i>“Diesel Parts”</i>
Starboard	<p>See Multi Plastic, S.A. under <i>“Lexan/Plastics”</i></p> <p>Small pieces of starboard are available as cutting boards in Noveys (see <i>“Hardware”</i>), El Machetazo (see <i>“Grocery Store, General”</i>) and many of the lower end department stores, such as Saks and El Costco.</p> <p>Larger cutting boards made of starboard, some quite thick, can be found at Almacen 88 in the Santa Ana district. (See <i>“Alcohol, Fuel for Alcohol Stoves”</i> for directions.)</p>
Storage- Compartements	<p>Mini Depositos, http://www.almacenajes.net/, Albrook (near the University), Albrook Park, al lado de Tecnasa, Calle Ruben Dario. Tel 222-8570, e.g. 1m³ for 15 USD p.M. Openinghours 08:00 TO 17:00</p> <p>http://www.megastorage.com.pa/</p>

Starter Motors	see “ <i>Alternator/Starter Repairs</i> ”
Strata Glass	See “ <i>Sewing supplies</i> ”
Sunbrella	See “ <i>Sewing Supplies</i> ”
Surveyor	Global Marine Survey 314-0896, 6450-3851 IME (International Marine Experts) 314-1756 www.ime.com.pa emerick@ime.com.pa Building 0750-D Williamson Place, La Boca.
Taxis / UBER	See <i>Transportation – Taxis / UBER</i>
Telephone / Internet / WhatsApp	<p><u>WHATSAPP</u> Smartphone App used by almost everyone and main method of communication in Central America. It is used to send text messages, voice message and complete phone calls using very little data. WhatsApp can be set up on any smart phone and use any phone number (Panamanian, USA or European!).</p> <p><u>Internet / WiFi</u> Free wifi is available at the Balboa Yacht Club Restaurant (see “<i>Anchorage and Marinas</i>”), at the Shoppette in the Las Brisas shopping center on the causeway, the Mi Ranchito restaurant close to La Playita and several of the restaurants in the Flameno Marina area. Be sure to patronize any facility by making a purchase or they will have no incentive to continue providing free wifi to you at their expense!</p> <p>There is free government wifi (“Internet Para Todos”) available at the Las Brisas anchorage, depending where you are. For repairs or problems with the free govt internet, call 305-7777.</p> <p>Internet computers are available at Copy Red 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 modem stick (or use the smartphone as a hotspot!) at Albrook Mall (look for either a dedicated Digicel or Claro store). These work in Las Brisas, La Playita, Taboga Island, Balboa Yacht Club and some locations in Las Perlas. There is also some coverage in San Blas on the Caribbean side. General consensus is Digicel is better for Pacific side and Claro for the Caribbean side. (See also “<i>Telephone/Modem-Unblocking</i>”)</p> <p><u>Mobile Phone Companies</u> They offer plans or prepaid services. SIM-Cards aswell Scratchcards, for uploading money, can be purchased in supermarkets, little tiendas (mostly chinese) or the phonestores. Check for the expiry-date of the cards!!! They offer apps for smartphones to top up the amount with a creditcard aswell (which can be handy if you are in the nowhere).</p> <p><u>CLARO</u> Long term promotion: 6GB for \$14.99. Do not need to purchase a plan. Use www.portaleclaro.com.pa to check usage and add/change data, minutes, texts. Can “top-up” and pay online at www.clarorecargas.com.pa. Users report Claro has worked well throughout Panama City, the canal, Shelter Bay and Colon. Has consistently had LTE service.</p> <p><u>DIGICEL:</u> 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: celularesdepanama.com/data-digicel-panama-prepago/ *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 dialup with an Android smartphone come automatically, so you can use it as a hotspot. Settings for dialup with an internet stick (unlocked Huawei): *99# APN: web.digicelpanama.com User: blank PW: blank IP</p>

	<p>Internet Access in the Las Perlas with Digicel (2016) (from north to south / west to east) Contadora (very good signal, able to use Skype) Mogo-Mogo (weaker signal, email only) Casaya/Ampon (good signal, able to use Skype sometimes) Casaya-South (very weak signal) Bayonetta north (weak signal) Bayonetta south (very weak signal) Viveros-South (very weak signal) Pedro Gonzales (good to weak signal depending where in the bay) Espiritu Santo - No Service Isla Cana - No Service Darien - La Palma - email and very slow Internet is possible, when the mast of La Palma is visible (Going towards the rivermouth we had 3 bars reception signal, but no data-access was possible).</p> <p>See also => <i>“Satellite-Phone”</i></p>
Telephone/ Modem- Unblocking	<p>Contact Jose Luo via phone (6747-3388) or email (jsluo025@gmail.com) and give him the make and model of the unit to be unblocked. Jose is fluent in both English and Spanish. Cost will be \$15 or more, depending on the model. Jose's shop is located on the walking street, close to Calle 18 (see map on page 3). His shop is between “Muebleria Bhana” and “Casa Mayorista Lucky” almost across from Restaurant Nelson and almost kitty corner from the McDonald's.</p> <p>NOTE: We have found NO ONE who can unblock a Nokia brand phone. If someone finds otherwise, please let us know! (See email address on page one of this guide.)</p>
Telephon - Satellite Phone	For new phone purchase see Marine Satellite Services under <i>“Electronics (Marine)”</i>
Thread	see <i>“Sewing Supplies”</i> .
Tools	<p>Centro de Industrial 224-2233 On Via Cincuentenario 79-10 perico calle 50. Also carry pump seals.</p> <p>Dewalt 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>Fausto Salazar www.faustosalazar.com. 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 4, upper right corner.)</p> <p>Grainger, Rina Rhenals, 366-0423, rina.rhenals@grainger.com 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>Mayher S.A. 236-6095; Ana Martinez 6724-8384 Located in Urb. Industrial Los Angeles, Calle 65. Close to the Abernathy's on Transistmica Has tools, industrial supplies, electrical supplies, excellent selection of light & heavy duty construction, machining parts and equipment. (See map on page 4, upper left corner. Mayher is just a short distance past PakYa Panama, walking away from Transistmica.)</p> <p>See also Discovery Center, Do-It Center, Novey's, Rodelag under <i>“Hardware”</i></p>
Tools - Makita	<p>Makita Service Center www.makita.com Located on bottom floor of Albrook Office Center, the same building where Albrook Immigration office is. (See map with “Check-In/Check-Out”)</p>
Transportation - Buses/Subway	<p>SEE ALSO PAGES 2, 3, 4 and 5 of this guide for maps</p> <p>Helpful Link on how to get around: http://traveleater.net/panama-how-to-take-the-bus-if-you-dont-speak-spanish</p> <p>Within Panama City: METRO BUSES www.mibus.com.pa There is one Metro bus route on the causeway. It goes from the bus stop across from the Flamenco Marina, along the causeway, into Balboa (with stops close to Nikko'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 page noted above.</p> <p>Metro Buses (white with orange stripe) have replaced the diablo rojo buses in the city. DRIVERS CARRY NO CASH. You MUST purchase a metro card which looks and is used like a debit card and is for bus AND Subway.</p>

The card costs \$2 to purchase (you might have to show an ID). 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-morningnet 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. There is also 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. No transfercredits if you change into 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). 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 Noveys in the parking lot, Noveys and Do-It Center hardware stores, also a movie theater, food courts, cell phone shops, etc.)

When arriving at the the metrobusstation 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 longdistance buses (e.g. to Colon, Boquete, Costa Rica ...).

Terminal Marañón

Located close to Cinco de Mayo area, near the older area of town. (In walking distance to Fish Market, the Walking Street, Casco Viejo. See map on page 3.). 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

ROUTES: 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 between the causeway (the road by the anchorages) and Plaza Cinco de Mayo (see maps, pages 2 and 3). These cater to local workers, however, and so will be more frequent early in the morning or late in the afternoon. Look for the sign “Cinco de Mayo” or “Calidonia” in the window. Once at Cinco de Mayo, you can transfer to most any other bus in the city (see page 3 of this guide). Again, these local vans are more frequent early in the morning or late in the afternoon.

THE RED “HOP ON HOP OFF” BUSES

The double decker red buses are run by a private company and have a circular route with only a few stops. The

	<p>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 Antiguo. Tickets for adults are \$29 and can be purchased at any bus stop. For more info, see www.citysightseeingpty.com</p>
<p>Transportation - Taxis/UBER</p>	<p style="text-align: center;"><u>UBER</u></p> <p>Uber Transportation 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. https://www.uber.com/cities/panama-city/</p> <p style="text-align: center;"><u>TAXIS</u></p> <p>Taxis in Panama do not have meters. Instead they have a Taxi Zone Chart, which is basically a map of the city and surrounding areas marked up into zones and sub-zones. Your fare is supposed 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>To see the currently published Taxi rates, go to: http://www.transito.gob.pa/ 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.</p> <p>Listed 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. <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> Each of the following taxi drivers will also negotiate an hourly rate which may, in the long run, prove to be more cost effective than jumping from one taxi to another during a long shopping and/or provisioning day. Some taxi drivers have a PriceSmart card which will enable you access for shopping. Taxi drivers with a card are noted below. (For more info on PriceSmart, see “Groceries, Big Box Stores”) Typical hourly rate is \$10 to \$12.</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.) <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 issue.</i></p> <p>Some Taxistas will try to rip you off (e.g. a guy called Louis who waits in front of La Playita). Ask on the VHF-net for priceranges and check prices before entering a taxi !</p> <p style="text-align: center;"><u>Common Cruiser Taxis</u></p> <p>Alfonso 68009139. Normal taxi or nice little bus available. Speaks English.</p> <p>Carlos 6449-4066 Has a small tour bus. Good for provisioning. Speaks English.</p> <p>Diore 6778-6399, 6492-6807 English comprehension good. Spoken English not so good. Has a PriceSmart card. Knows his way around. Can get propane tanks filled overnight. See “Propane” **</p> <p>Fernando 6640-1838 Has a pick-up truck.</p> <p>Geronimo 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>Horatio Dockins 6630-3896 Has a 14 person van. Speaks English. Good for several boats to share on a provisioning run.</p> <p>Isreal 6688-3579 Very reliable. Clean and well maintained vehicle. Good English comprehension, is shy about speaking English. Has worked with cruisers for well over a decade. Asks for higher prices.</p> <p>Juan 6735-7742</p> <p>Luis “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>Roosevelt 6513-6949 Speaks excellent English. (*15.03) Has a PriceSmart card. Has worked with cruisers for years. Does propane runs – see “Propane”. **</p> <p>Roger (Rogelio) 6717-6745 Has van and car. Speaks excellent English. Has a PriceSmart card. Can help with canal crossing (see “Canal-Agents”). In great demand. **</p> <p>Taxi Tony 6520-0272 Excellent English. Has worked with cruisers for many years. His vehicles are not</p>

	<p>always in the best of shape. Can help with tires and lines for canal crossing (see “<i>Canal-Agents</i>”).</p> <p style="text-align: center;"><u>Taxistas with Vans</u></p> <p>Roger (Rogelio), see above</p> <p>Horatio Dockins, see above</p>
Travel Agent	Louis or Yolanda , 613-1102. Speak English.
Turbo Chargers	Turbo Master In Diablo. (Diablo bus.)
Upholstery (Marine)	Herb Wright 6798-1905 Unit 58, Del Area de Hangares de Diablo (Diablo bus. Pass Rey grocery store. Get off after the railroad tracks and walk north toward the businesses.)
Volvo-Penta	Comercial de Motores, SA 314-0831 6930-5832 www.cdm.com.pa Isla Flamenco on the Causeway (by Flamenco Marina) Volvo-Penta 390-4667, 390-8686 On Avenida Juan Pablo II, Local #4, Edificio Portisol
Water Pump	See Dimar (see “ <i>Bearings, Belts, Seals</i> ”). Jabsco dealer. Can provide parts for other brands as well.
Watch Repair	In Albrook Mall there are several stores that sell only watches. Most of them have a watchman who works out of a small cubbyhole to the side or the back of the store. There is also a watch repair man located in the Rey grocery store in El Dorado.
Watermaker	Hydromundo Watermaker Supplies , Desmond & Marta 265-4158, 6675-1362 hydromdo@cinfo.net or hydromdo@advanced.com.net Located in El Congrejo on Via Argentina & Ci.55 Edificio Renaissance, local #3 (2 Blocks from the University, near Happy Copy). Sea Recovery watermakers & supplies. (For Spectras: They do not carry Propylene Glycol and do not have the specific pickling solution for this brand.) Bombasa New 2013, a cruiser reported finding a water maker store by the name of Bombasa close to Abernathy’s on Transistimica. No further details provided. Narval Marine – See listing under “ <i>Repairs</i> ”
Weather - Forecast and Tides	<p>The weatherforecast proves to be not very accurate for Panama-City and Las Perlas but gives you some hints to make your own guess (sometimes no wind was forecasted and it was 15-20kn on the nose; sometimes 25+kn were announced and it was deadcalm):</p> <p>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</p> <p>For forecasts for the Las Perlas use gribfiles e.g. via zygrib</p> <p>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/pacsfc48_latestBW_sm3.gif http://www.nhc.noaa.gov/tafb_latest/pacsfc72_latestBW_sm3.gif</p> <p>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</p> <p>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)</p> <p>Tides Balboa https://www.pancanal.com/eng/op/tide-tables.html see also “Navigation and -hazards”</p> <p>There are mainly two seasons:</p> <p>Dryseason - from ca. mid-december to ca. end of march: hot and mostlynortherly winds with around 10-20 knots, nearly no rain and rarely clouds.</p> <p>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.</p>

	<p>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.</p> <p>It is a good idea to carry an umbrella with you in town and close the hatches while off the boat.</p> <p><u>Squalls</u> 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!</p> <p>You are outside the hurrican-belt (except 2016!) - welcome to the thunder-and-lightning-belt: <u>Thunderstorms</u> 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).</p> <p>For going further: www.fastseas.com - weatherrouting for free, you can use/store your polardiagram for the routing metbob.wordpress.com – weekly Pacific-Weathergram for free from Met-Bob with graphics, (www.metbob.com) weathergram.blogspot.co.nz - Weathergram text only (and translator)</p> <p>see also noonsite.com (04/2017)</p>
Webbing	See “ <i>Sewing Supplies</i> ”
Welding	See “ <i>Stainless Steel Fabrication</i> ” and “ <i>Aluminum</i> ”
West System	At times, West System can be purchased at Abernathy’s see “ <i>Chandlers</i> ”. If not available there, see “ <i>Fiberglass, Resins, Gelcoat</i> ” for other Resin and Gel Coat options
WhatsApp	See “ <i>Internet / Phone / WhatsApp</i> ”
Wholesaler	Mercantile Shipstores, S.A. Nick Tee, Managing Director Wholesale Division 507-380-1400 nick@mercansa.com Skype: nickmercansa Wholesaler for food and non-food products, such as marine safety and marine hardware.
Windlass Repair	Corporation de Electricidad S.A. (261-5904) (261-6912) Ave. 12 de Octubre, Edificio Don Gil, Can repair electric windless motors.
Wood	<u>Marine Plywood</u> 1. Tandor Hardware – Pueblo Nuevo, Calle 66 Oeste (by Dimar) Jorge A Zarak 305-5600, 305-5690 2. Multiply , Centro Industrial 393-6600 <u>All other building woods:</u> Cochez – near the Fish Market. There are also several other locations. See “ <i>Building Supplies</i> ” See also “ <i>Wood Workers</i> ” below. They often have sources of teak and other specialty woods. See also => “ <i>Starboard</i> ”
Wood - Teak	LUISCANSIX Corp, S.A. luisicansix2008@hotmail.com 6532-8567 6773-9647 Calle 9, Pueblo Nuevo see also => “ <i>NuTeak</i> ”
Wood Workers	Sandino (6552-1103) and Tito (see “ <i>Fiberglass, Resins, Gelcoat</i> ”) – Can also be sources for teak and cocobolo wood. Ebanisteria Enrique, SA 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.
Xantrax	See “ <i>Inverters</i> ”

Yeast (fresh)	LEVAPAN www.levapan.net distrileva@levapan.net 236-1710 or 236-1714, cell 6663-2639 Located near Edison Plaza, they sometimes organize a free course in breadmaking.
Yellow Fever Shots	Ministerio de Salud 512-6666 (Open 8-12 and 1-3:45 Mon through Friday) Off Avenida Omar Torijos (the road to Miraflores Locks; from Albrook Terminal, take the Gamboa, Clayton or Paraiso bus) \$5 per shot. You will get a certificate good for 10 years. Note that Yellow Fever shots are not required (and may not be advisable) for persons over age 60 or immuno suppressed. A letter from a doctor can be used in those cases where a Yellow Fever shot is not advisable.
Zarpe	See " <i>Check-In, Check-Out</i> "
Zippers	see " <i>Sewing supplies</i> "

What's on - The Visitor magazin / El Visitante

A very good source to find out what's on this week starting Fridays (music, theatre, ballet, drama, films, events, etc.), as well as it contains some local news and stories.

Available for free e.g. in the shop in La Playita or the shopette and the Ocean View Hotel in Las Brisas, and many other places.

<https://www.thevisitorpanama.com/>

Things To Do And See In And Around Panama City That Are Free Or Not Too Expensive by S/V Wadda

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

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

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

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

1. Panama Canal Related

a) Transit the canal line handling on a sailboat.

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

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

- **Miraflores Locks and Visitors Centre** See ships transit the canal, another very good museum, in Spanish and English. Admission is \$8 (less for jubilados/retirees, but you need to take ID to establish your age bona fides), open every day of the year. You can take a taxi there and have the driver wait, or you can get there by public transport quite easily. Public transport: take the bus to Cinco de Mayo, then cross the road immediately to your left after you get off the bus, take a bus to Terminal (the touts at the corner will call out 'Terminal!)

Terminal!'. Get off the bus at Terminal, then walk through the Terminal to the 'Niko's Cafe' end. Go through the turnstyle (5c) on your right. The very last bus on your left, is the one that goes to Gamboa or Clayton. Pay 35c when you get on. Get off (call out 'Parada!' for driver to stop) at the blue signs to Miraflores Locks Welcome sign, then follow the blue road/foot path markings. It's about a 10 minute walk to the Visitor's Centre. The Gamboa bus is on a 2 hourly schedule, and leaves Terminal at 8, 10, noon etc. When you're done, go back to the road, wait at the bus stop and return to Terminal etc.

– **Old Panama Canal Administration Building** The somewhat austere/imposing building on top of the hill in Balboa. In its rotunda (not visible from the street), are 4 large murals depicting various stages of the canal construction, plus sketch drawings on the floor level. It's another way to appreciate what a monumental undertaking the construction of the canal was. Open during the week, admission is free. To get there by public transport: take the bus from the causeway toward Cinco de Mayo and get off before it curves to the right to go into town. Walk straight ahead in general direction of Albrook Mall, go under the ramp to Bridge of the Americas, past Timberelli Pizza, past the old YMCA. Cross the road and go past Islamorada Chart store, continue past the HSBC bank. Before you get to Balboa Dental Clinic, turn right and walk up the wide avenue with the Admin Bldg on the hill in front of you. Admire the Goethals fountain, then walk up the steps. Admire the view from the top of the steps. Now go around to the back of the building (which is the operational front of the building), and enter through the doors. Tell the security guard you'd like to see the murals and they will point you ahead. When you are finished, you can walk through the Balboa neighbourhood around Ancon hill into town (say, 20-30 mins).

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

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

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

2. Spanish Colonial History and Folklore

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

Panama Viejo.

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

– **Mi Pueblito** At the base of Ancon hill, 3 re-constructed villages: Spanish colonia, Afro-Caribbean, and Kuna. It is free to walk around, or you can have a guide. There are dance performances on the weekend for a few dollars – best to go during the day during the week to learn when the next performance will be, as they tend not to advertise in the Visitor magazine. We went to a dance recital with the audience the family members of the young performers: mums, dads, siblings, grannies. To get there by public transport: take the causeway bus, alight at the 'On The Run' gas station, cross the road (be careful!) and follow the blue signs

– Beyond Panama City: Portobelo on the Caribbean side, C18th forts in very good state of preservation (World Heritage Site); Fort San Lorenzo at mouth of Chagres River in Colon (you can walk from Shelter Bay Marina)

– **Further afield: The town of Las Tablas** in the Azuerro peninsula holds the Mil Pollera parade in November – well worth the 5 hour bus trip to get there. Las Tablas is also a big town for carnaval, plus various other Spanish cultural heritage events during the year (see The Visitor magazine).

– **The very small town of San Francisco**, a ½ hour out of Santiago, has a fabulous wooden altar in its church, the first to be carved in the New World. We stopped off in San Francisco on the way back to Santiago from Santa Fe, well worth it. To get to San Francisco by public transport: causeway bus to Cinco de Mayo, bus to Terminal, buy ticket for Santiago inside the Terminal. Bus to Santiago. At Santiago, change to a smaller 20 seater bus to either Santa Fe (see later) or San Francisco.

3. **Biodiversity**

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

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

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

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

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

- **Summit Gardens and Zoo** If you want to see a Harpy Eagle (Panama national bird), then this is the place to go...you may see them in the wild, but good luck with that. Also tapir, jaguar, king vultures (stunning), peccaries (friendly), toucans (up close!), macaws, and monkeys. Park like setting, good place for kids to run around. Entry \$1 or \$2, Gamboa bus from Terminal about 55c.

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

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

4. **Other Stuff**

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

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

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

- **Boquete** Up near the border with Costa Rica, Boquete is the main coffee growing area in Panama. It is located nearby Cerro Baru, the tallest mountain in Panama, which is another old volcano. A roaring river runs

through town which has become a popular place to retire for Panamanians, North Americans and Europeans. The town caters to these wealthier migrants and immigrants, however outside the town there are trails to explore of varying difficulty. You can make an overnight hike to the summit of Baru to greet the day and perhaps see both the Caribbean and Pacific coasts. You can hike the Quetzal Trail looking for the Resplendant Quetzal (the national bird of Guatemala). There are several coffee farm tours available (we went on the Cafe Ruiz tour which was very comprehensive). It is very lush countryside. We learned about local minibuses from our hotel and took these to some trail heads, then walked back into town at completion. There is a columnar basalt formation a short distance out of town. To get there by public transport: causeway bus to Cinco de Mayo, bus to Terminal, in Terminal buy ticket for David. It's approximately 6 hours to David (the bus stops in Santiago for meal break), so if you want to push on to Boquete, you need to leave early. Our experience suggests that the trip to/from David/Panama City is popular no matter what time of day or day of the week. The bus to Boquete leaves from the local terminal nearby the David/Panama City terminal. It's another ¾ hour or so to go from David to Boquete.

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

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

More things to do:

Daytrip to an **indian village** in the Gatunlake, roundabout 100-110 USD p.P. (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 Gatunlake with a natureguide from the Smithsonian Tropical Research Institute, roundabout 160 USD p.P.

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-repellant!!!!

<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 Theatre** in Casco Antiguo (reopening announced for 2019)

Revisionlog:

What's new (ref to only the sections with added/changed/deleted inputs)	When	By (boat)
... (many, many revisions before ...)
	01/2017	Serenity
<p><u>Additional input:</u> Aluminium-Welder, Books engl. -exchanges/ebooks, Bottom Cleaner, Chandlers, Diesel mechanic, Doctores, Electrican, Haulout/Beaching, Inverter, Internet, Line, Mail/Freight, Marinas/anchorage, Paint, Propane, Radio Nets, Refrigeration, Restaurants, Rigging, Sewing Supplies, Stainless-Steel, Touristic stuff</p> <p><u>New section:</u> Cruisersmeeting, Cruising-Associations Representative; Navigation and -hazards; Weather - Forecast and Tides</p> <p><u>Editorial:</u> Table of content on page 2 instead of 6; Changed order of some sections (and their refs) so content is nearer together and redundancies reduced, e.g. buses, subway, taxis; => Transportation; pet, / int cert. for pets => Pet ...; leather/ sewing / fabric / canvas / zippers => Sewing ...; agents, linehandlers, canaltransits => Canal ...; Diesel / Gasoline => Fuel; Diesel, Perkins, Yanmar => Motor -...; etc.</p>	04/2017	Taitonga
<p><u>Additional input:</u> Marinas/anchorage (Dinghydock Las Brisas, Marinas in the Perlas), Rigging</p> <p><u>New section:</u> Storage-Compartements</p>	07/2017	Taitonga
ToDo's		
<p>1) Second picture Albrook page 6: The Rey Supermarket moved into the Albrook Paseo Mall</p> <p>2) "Canal-Transits: Obtain National Zarpe from Port Captain (\$1.40 as of October 2016)" => from what I learned national zarpes are no longer required</p> <p>2) The Check-In / OUT => CLEARING is OUTDATED (especially the Visa-Situation => see NOONSITE.com) => Noonsite has much more recent infos, but in my view they are also incomplete ..., => I tried to get Roger to find out exact sources and rules, but it is a bit slow ... => I strongly recommend stripping the Section Clearing down and holding it very basic (only maps, directions, but no procedures) and refer to noonsite which tend to be updated more often to avoid redundancies</p> <p>Marina/ Anchorage => It could make sense to extract these infos aswell to noonsite ...</p>		
This valuable source should please be hosted on noonsite.com in a very prominent place !		

Thank you to all the cruisers for their inputs!

Thank you Debi on SV Serenity for taking care of this guide!!!