

2016

(first 2016 edition, 7 May, 2016)

Panama City Cruisers Guide

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

This guide is divided into five sections:

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

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



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 Albroom Mall (D6, above)
2. **Plaza Cinco de Mayo** (H5, above)

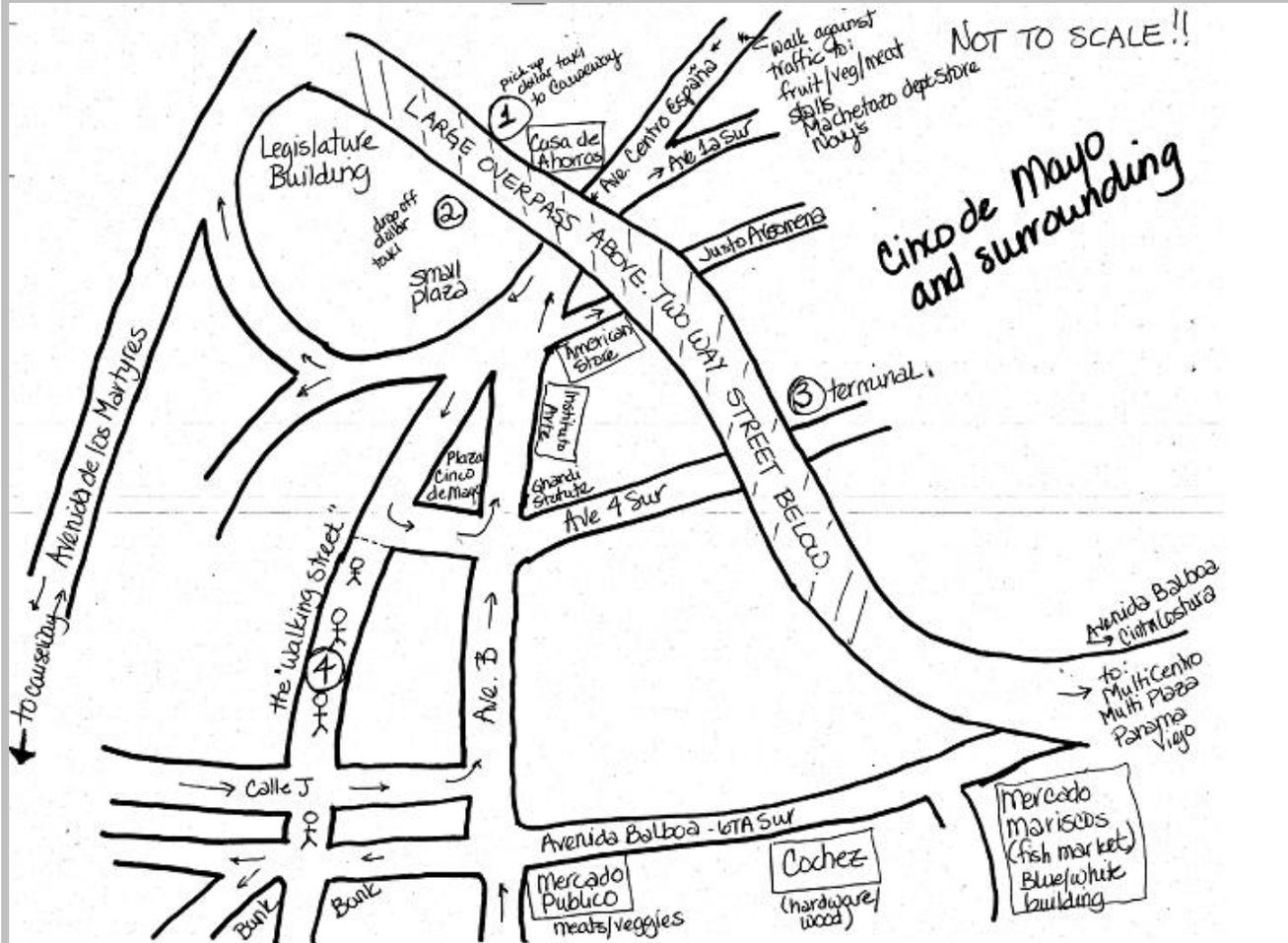
See the entries for “Buses/Subway” and “Taxis” for more information on these two locations.

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



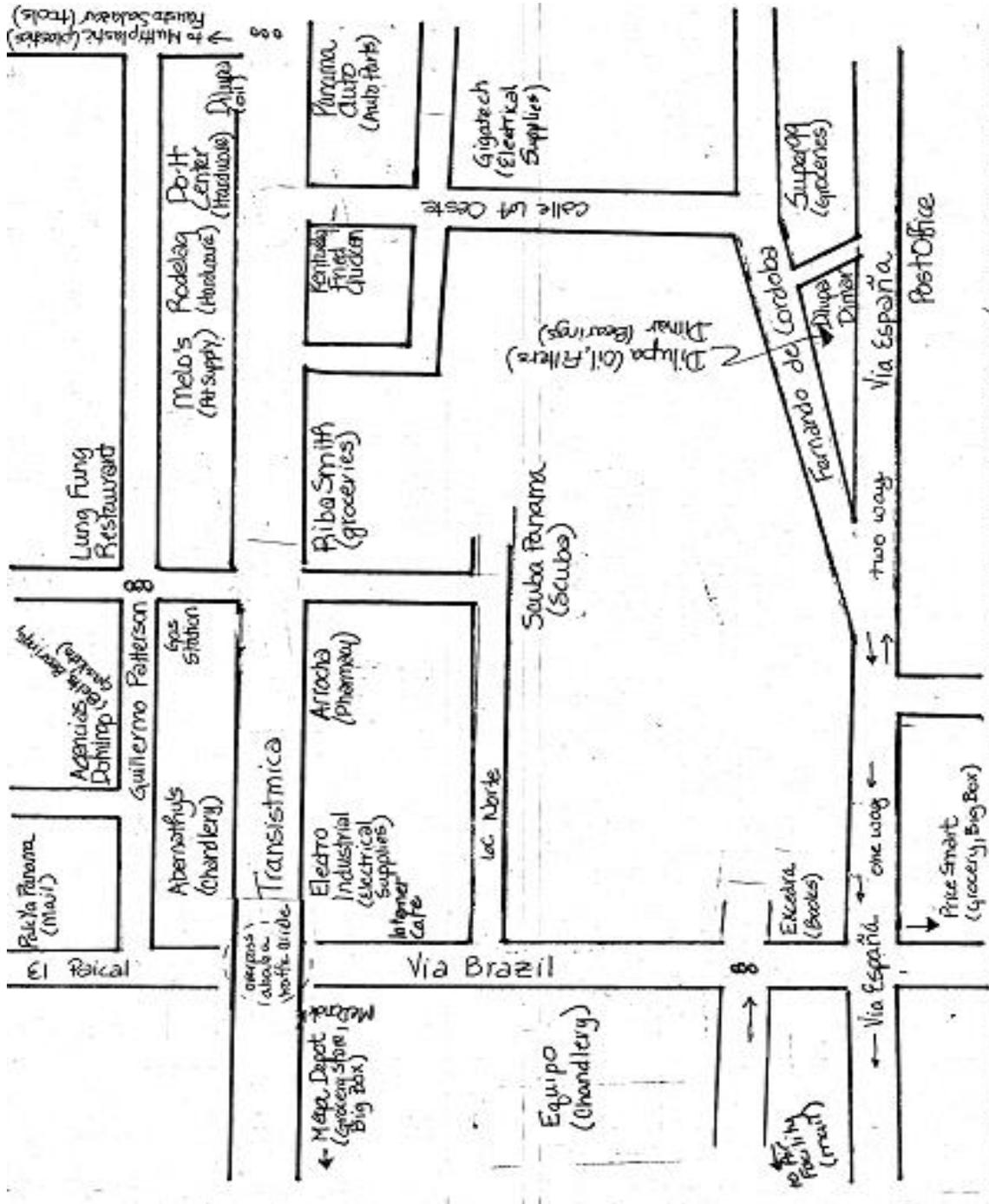
From the Causeway, use a \$Taxi to get to Cinco de Mayo . Referring to the map above:

1. Pick-up spot for \$Taxis (See "Taxis" for more info)
2. Drop-Off spot for \$Taxis (see "Taxis" for more info)
3. Terminal Marañon (see "Buses/Subway" for more info)
4. The Walking Street

TRANSISTMICA AREA

One area of the city with many stores useful to cruisers, all within walking distance, is drawn below. A popular time to come here would be Tuesday morning to start the day with a 9:30am dim sum breakfast at Restaurant Lung Fung. Dim sum has been a Panama City cruiser tradition for many years. The cruisers share a large round table (sometimes two), select dim sum dishes from rolling carts, and divide the bill at the end. (Typical cost \$6 to \$8 per person.) Taxi fare should be about \$7-8 for 4 people. By Bus, catch the Metro bus on the Causeway to the Albrook Mall, transfer to a Transmistica bus.

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



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

3D Printer ACR Acupuncture Agents Air Lines / Airports Airplane (Private) Alcohol (for Alcohol Stoves) Alternator & Starter Repairs Aluminum (Fabrication, Bending, Welding) Anchorage Anchors Apple Computers Attorneys Auto Parts & Supplies Batteries Battery Water Bearings, Belts, Seals Beauty Salon Blinds Book Binding Books, English Bottom Cleaning Brass Fittings & Copper Tubing Buses / Subway / Metro Camera Repair / Camera Battery Replacement Canal Transits Canon Canvas Sewing 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 Courtesy Flags Danfoss Dentist / Dental Surgeon Diesel/Gas Diesel Mechanic Diesel Parts Digicel Phone Service Hints Dinghy, New	Dinghy, Repair Doctor, General Doctor, Specialists & Surgeons Dry Cleaning (see Laundry) Ecotourism Eggs (extra fresh, long lasting) Electric Motors Electrical Supplies Electrician (12V/24V) Electronics (Marine) Embassies Emergencies EPIRB - Battery Fabrics, Sewing Supplies Fiberglass, Resins, Gelcoat Filters (Motor) Filters (Water) Fire Extinguisher, Certification Fireworks Flags Flares Foam Fuel Injectors / Injector Pumps (diesel) Fuelcleaning Fumigation Furuno Galley Remodelling Materials Galvanizing Gasoline Glasses (Prescription) Graphics Groceries, Local Style Grocery Store, Big Box Grocery Store, General Grocery Store, Specialty Grommets/Fasteners GT15 Wire (SSB Antenna) Hardware Stores Haulout/Beaching Heat Exchanger Repairs Honda Generator Hoses Hospitals Hotels / Hostels Hydraulics Ice Icom Immigration Impellers Injector International Health Certificate (Pets) Internet	Inverters Iridium Jabsco Jerry Jugs Jubilado Discount Lagoon Yachts (repairs) Lasik Surgery Laundry Leather LEDs Lettering for Boats Lexan/Plastics Life Raft Certification Line Line Handlers Liquors Lowrance Machine Shops Mail/Freight Makita Tools Maps & Yellow Pages Marinas & Anchorages Marine Suppliers Mastervolt Mattresses McMurdo Mercury Outboards Metro / Subway => see Buses Morse Cables Navico Nets (Radio) NuTeak Nuts, Bolts, Screws, Fasteners Oil & Oil Filters Oil Recycling Oil, Synthetic Organic Produce Outboard – New Outboard – Repairs and Parts Paint Passport Photos Perkins Parts Pet Boarding Pet Supplies Pharmacy Plastics Propane Propeller & Shaft Repair PVC – Pipe, Supplies, Fittings Racor Filters Radar Repairs Radio Railroad Raymarine Recycling	Refrigeration – Repairs Refrigeration – Supplies Rennet Resins (Epoxy and Gelcoat) Restaurants Rigging Wire & Supplies Sails Satellite Phone Scuba Sewing Machine: New, Repairs Sewing Services Shoe Repair Simrad Solar Panels Stainless Steel – Fabrication and Welding Stainless Steel – Nuts and Bolts Starboard Starter Motors Strata Glass Subway/Metro => see Buses Sunbrella Surveyor Taxis Teak Telephone/Modem-Unblocking Thread Tools Travel Agent Turbo Chargers Veterinarian Volvo-Penta Watch Repair Water Pump Watermaker Webbing Welding West System Windlass Repair Wood Wood Workers Xantrax Yanmar/Yamaha Parts Yeast (fresh) Yellow Fever shots Zarpe Zippers
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3D Printer	<p>3-D-Printer 398-8121 / 398-8122 www.TheMakerz.com Centro Comerial Plaza Paitilla, #28 on Via Italia in Punta Paitilla. May be useful for fabricating small plastic parts.</p>
ACR	<p>See Overseas Electronics, under “<i>Electronics (Marine)</i>”. Carries batteries and new units.</p>
Acupuncture	<p>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.)</p> <p>See also Centro Medico Omega under “<i>Doctors, General</i>”</p> <p>See also “<i>Chinese Medicines/Herbs</i>”. The proprietor there can offer referrals.</p>
Agents (see also “ <i>Canal Transits</i> ”)	<p>You do not need an agent to transit the canal, although common consensus among cruisers has been that it is a good idea to obtain an agent if you are traveling from Colon to Panama City. The following agents, can provide assistance with canal transits, cruising permits, zarpes, etc.</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) 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>”. Extremely reliable. Speaks English fluently. Always gets great reviews.)</p> <p>Enrique Plummer – 228-5794 or 674-3086 eplummer10@hotmail.com info@panamacanal yacht.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 (Usually handles boats 65 feet or longer.)</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><u>For Lines, Line Handlers or Tires only:</u></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) can also source professional linehandlers.</p> <p>Tito (Colon) 6463-5009 The Colon Tito is a taxi driver located on the Atlanti 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>See also www.panlinehandler.com</p>
Air Lines / Airports	<p>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</p>

	<p>(including flights to the Las Perlas and San Blas).</p> <p><u>DOMESTIC AIRLINES</u> Air Panama 316-9000 Note: Aeroperlas stopped operating November, 2012. As of this edition, they remain non-operational.</p> <p><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/</p>
Airplane (private)	Doriano Bizzoni 6634-8725 dorianobs@hotmail.com
Alcohol (Fuel for Alcohol Stoves)	<p>For small quantities, see El Machetazo, under “<i>Grocery Store, General</i>”</p> <p>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.</p> <p>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):</p> <ol style="list-style-type: none"> 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. <p>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.</p>
Alternator & Starter Repairs	<p>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.)</p> <p>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. (3 alternatores for 24USD in 2015)]</p> <p>Auto Parts Electronica 224-6049</p> <p>El Alternador 220-2514 Entrada de Pedregal. Avenida Jose Maria Torrijos, by the Tocumen airport/Conception</p> <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>
Anchorage	See “ <i>Marinas and Anchorages</i> ”
Anchor	<p>See “<i>Chandlers</i>”. In particular, try Abernathy’s and Pesqueros</p> <p>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: Mixed reviews on Marine Scene’s services. Major complaints center around timeliness and expense. Others swear by the services offered.</p>
Apple Computer	See “ <i>Computer Repairs/services</i> ”
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>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 (<i>speaks english</i>) <i>Immigration Lawyer for solving problems or for infos about residency</i> 507 66419210, sdpidis_bra@hotmail.com <i>see also “notary”</i></p>
Auto Parts & Supplies	<p>Panama Auto 278-8300 Two locations (same phone number for each):</p> <ol style="list-style-type: none"> 1. Transistmica, on same side of street as Riba Smith, one block away, across from Do-It Center. 2. Rio Abajo <p>Good selection of copper tubing and fittings for fuel lines. Carry engine belts, replacement bulbs for spreader lights, spark plugs for generators and outboards, tools, can make hoses while you wait</p>
Batteries	<p>Battery Giant Calle 53 Este, next to Plaza New York. Specialize in all sorts of batteries. Can special order EPIRB batteries. Also recycle old batteries.</p> <p>Casa de Las Baterias 800-6666 (general number) 264-0904 (Via Espana location) www.casabat.com They have 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. See map under “<i>Check-In/Check-Out</i>” for location.</p> <p>Super Batterias Across the street from the Casa de Las Baterias on Via Espana. Batteries at up to 40% cheaper.</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>

	For EPIRB batteries, see also “ <i>EPIRB</i> ”
Battery Water	See Casa de Las Baterias , above The Pesqueros outlet on the causeway will also often carry battery water from Casa de Las Baterias. See Pesqueros under “ <i>Chanders</i> ”. 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.
Bearings, Belts, Seals	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.) (<i>continued on next page</i>) 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. 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.
Beauty Salon / Hair / Barber	For English speaking: 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. Nifa 6229-6137 During the cruising season (October to May) provides beauty treatments on the boat (manicures, pedicures, facials, etc.) There are also several places in Albrook Mall and places in and around Avenida Central (aka “the walking street”). These are mostly Spanish speaking. Haircuts at the mall 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.
Belts (Alternator, Fan)	See “ <i>Bearings, Belts, Seals</i> ” Biggest selection is at Agencias Domingo
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	Excedra Books On corner of Via Espana and Via Brasil. See map, page 4. 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.
Bottom Cleaning	Alcie , 6024-2993 (in La Playita area) 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.

	<p>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.</p> <p>Spencer, 6384-9063 (in the La Plyaita area)</p> <p>Several of the launcheros (water taxi drivers) at the Balboa Yacht Club clean bottoms. They may come to Las Brisas or La Playita for a few extra bucks. They speak Spanish, but if you see them in person they can understand what you are asking for. Go to the end of the muelle (pier) at the Balboa Yacht Club. Prices are 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.</p> <p>Do-It-Yourselfers should take their boat to Taboga Island, Isla Bona or one of the Las Perlas islands for cleaner water.</p>
<p>Brass Fittings & Copper Tubing</p>	<p>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:</p> <p>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</p>
<p>Buses & The Subway / Metro</p>	<p>SEE ALSO PAGES 2, 3, 4 and 5 of this guide for maps</p> <p style="text-align: center;">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</p> <p>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. The card costs \$2 to purchase. You then add money to ("recargar") the card and the fare (25 cents within the city) will be deducted from the card when you ride the bus. Several people can use the same card, each person swiping and then handing the card off to someone else.</p> <p>There are various places in town where the cards may be purchased or money added to existing cards, such as the bus terminals (see below) and at kiosks inside some Super 99 grocery stores. There is also a machine at Balboa Yacht Club Restaurant where you can add money to your card.</p> <p>When you get on the bus, press the card against the reader and your fare will be deducted. If you plan to transfer to another bus, 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.)</p> <p>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.</p> <p>To stop the bus to get off, press one of the buttons by the seats before the stop you want.</p> <p>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.</p> <p>There are two bus terminals cruisers commonly use:</p> <p><u>Terminal at Albrook Mall</u></p> <p>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 18:00 (Saturday mostly to 19:00). 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 being hardware stores, also a movie theater, food courts, cell phone shops, etc.)</p> <p><u>Terminal Marañon</u></p> <p>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</p>

	<p>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 one hour.</p> <p style="text-align: center;"><u>The Panama Metro</u> www.elmetropanama.com</p> <p style="text-align: center;">ROUTES: www.elmetrodepanama.com/pdf/LineaUno.pdf</p> <p>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 then 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.</p> <p>Especially during rush hour it can be extremely faster to use the subway rather than a bus.</p> <p style="text-align: center;"><u>Diablo Rojo & Colectivo Buses</u></p> <p>Diablo Rojos (old U.S. school buses, often ingeniously decorated) are no longer allowed for routes within Panama City (as of 15 March, 2013). 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 “parada” (pronounced pah-rah-dah).</p> <p>White or yellow vans that hold 12 to 25 people are known as “colectivos”. There are colectivos which go between the causeway (the road by the anchorages) and Plaza Cinco de Mayo (see maps, pages 2 and 3) . These cater to local workers, however, and so will be more frequent early in the morning or late in the afternoon. Look for the sign “Cinco de Mayo” or “Calidonia” in the window. Once at Cinco de Mayo, you can transfer to most any other bus in the city (see page 3 of this guide). Again, these local vans are more frequent early in the morning or late in the afternoon. For other times, it is easier to use the “dollar taxis” described in the “Taxis” section of this guide.</p> <p style="text-align: center;"><u>THE RED “HOP ON HOP OFF” BUSES</u></p> <p>The double decker red buses are run by a private company and have a circular route with only a few stops. The stops are: Multicentro Mall, Calle 52, Parque Urraca, Albrook Mall, Miraflores Locks, Biomuseo on Causeway (still under construction), Isla Flamenco (at end of the causeway) and Casco Antiquo. Tickets for adults are \$29 and can be purchased at any bus stop. For more info, see www.citysightseeingtpt.com</p>
<p>Camera Repair / Camera Battery Replacement</p>	<p>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>
<p>Canal Transits</p>	<p>See “Agents” for a list of canal agents or for people who can rent you tires and lines.</p> <p>If you want to organize the canal transit yourself, you must:</p> <ol style="list-style-type: none"> 1. Apply for the canal transit by filling out the necessary forms (see below) 2. Have the boat measured 3. Pay your transit fee 4. Obtain your transit date <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 can also call: 272-4571 or 443-2293 and ask for the form to be emailed to you. Complete the form and return it in person or via email with a copy of your passport and a copy of your boat papers.</p> <p>You DO NOT need to have your lines on the boat when you are measured by the AdMeasurer. You only need to tell them you have rented the required lines and they will be on the boat on the date of transit.</p> <p>See also: 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> <p>See also www.panlinehandler.com This web page has a spreadsheet for registering captains looking for line handlers and line handlers looking for captains.</p>
<p>Canon</p>	<p>Canon cameras & printers can be purchased at OfficeDepot, PriceSmart, PanaPhoto, etc. For repairs, go to:</p> <p>Canon Oficompu 279-0264 Centro Comerical la Alhambra (across the street from El Dorado Rey Grocery store on Tumba Muerto).</p>

	<p>the West Marine or internet prices. Ship by plane or boat. Boat shipments can include hazardous materials. Some cruisers have experienced problems with items arriving when expected. Other cruisers have had no problems and give glowing recommendations. Ask for printed quote. If having problems reaching Arturo (Arturo prefers text messaging over email or phone calls), contact Tom.</p> <p>Oliver Yacht Services See entry under “Agents” for full details.</p> <p>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 have 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 Mond-Friday 0800-1700, Saturday 0800-1500</p> <p>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. A second location is in Shelter Bay Marina, Colon. 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.)</p>
Charts / Cruising Guides	<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.)</p> <p>Charts can be copied, in their full size, at Happy Copy (numerous locations, one is next to Nikos Café in Balboa).</p> <p><u>Popular cruising guides for Panama are:</u></p> <p>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) that are not listed in the guide book.</p> <p>The Panama Guide: A Cruising Guide to the Isthmus of Panama by Nancy Schwalbe Zydler & Tom Zydler (available at Amazon.com)</p> <p><u>www.sailsarana.com</u> The Sarana guides cover only the western island of Panama on the Pacific Side, but they are reliable, economical and easily downloaded.</p>
Check-In / Check-Out	<p>Following are general guidelines only. Experiences vary, details are fluid. This applies to costs as well. Check on the morning VHF net for current details.</p> <p>For Cruiser Immigration Office (Albrook Immigration), see maps on page 5. Get your 72-hour visa and cruising permit first. See details below.</p> <p>You will need both a Cruising Permit (appx \$200) and a Mariner Visa (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>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 (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 Abrook/Ciudad de Saber bus from the Albrook Mall.</p> <p>NOTE: The cruising permit will be issued for one year OR until your vessel documentation expires, whichever</p>

<p>Check-In / Check-Out (continued)</p>	<p>comes first. The Mariner Visa will be issued for as long as the cruising permit. 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. Dress appropriately, be polite and respectful and they will work with you. Be rude or belligerent and they will not.</p> <p>Checking Out: only two stops are needed for checking out: 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 Diablo Immigration to check out.</p> <p>See also “Fumigation”. See also the two notes on the next page.</p> <p>NOTE : <i>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.</i></p> <p>NOTE 2: <i>On the Atlantic side, you can check in at Bocas del Toro, Colon, Shelter Bay or Porvenir (San Blas). 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. In 2015 this was a particular problem for people checking into Porvenir. Also, checking into Porvenir is more expensive because of the autonomy status of the San Blas.</i></p> <p>Official Website for maybe more infos some day: http://www.migracion.gob.pa (maybe a dooropener whom to contact online or tel 311) http://www.migracion.gob.pa/images/Noticias/Archivos%20PDF/Archivos%20en%20pdf/Transparencia/Requisitos/Permiso%20de%20marino/REQUISITOS%20PERMISO%20DE%20MARINOS.pdf (02/2016 in spanish and not helpful yet, but maybe improved one day)</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 busines Jan 2013, but not verified) In Parque Lefevre, Calle Quaquita</p> <p>See also “Galvanizing”</p>
<p>Compass Adjustment</p>	<p>True North, Iberto Osorio 6617-4557 aosorio@becainc.net In Diablo, Casa No 5286</p>
<p>Computer Repairs/Services,</p>	<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. A short distance beyond PriceSmart The authorized repair center for Acer products but there has not been good reviews from people who have tried to have their computers repaired. (Take the Tumba Muerto bus. After passing the large Rey sign on the left, look for Multimax on the left.)</p> <p>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 Albroom 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>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</p>

	<p>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.) NOTE: Yoytec offers computers with English operating systems.</p> <p>See also Electronica Caribe under "<i>Electrical Supplies</i>"</p>
Computers in English	See Yoytec , above.
Construction Materials	<p>COCHEZ 302-4444 Multiple locations, including:</p> <ol style="list-style-type: none"> 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 <p>Carry Building Supplies, Paints, Wood and PVC. Also carry copper flashing for roofs which some people use in place of copper ribbon for grounding their SSB systems/</p> <p>See also Do-It Center and Noveys under "<i>Hardware</i>". For marine plywood, see "<i>Wood</i>."</p>
Consumer Protection	<p>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.</p>
Copies	<p>There are two copy places in the Albrook Mall, second level above the food court with the carousel. Copies can also be made at the service desk of Rey and Super 99 grocery stores. There is also Happy Copy facility next to Nikko's cafe in Balboa (see Balboa Dental Clinic under "<i>Dentists</i>" for directions. There are no copy facilities on the causeway although some cruisers have been able to have a few document copies made at the office across the hall from the Port Captain's office in Flamenco.</p> <p>For copy centers that make large chart copies, see "<i>Charts</i>"</p> <p>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 in town, www.happycopy.com, Balboa 211-1277, exit the Causeway-Albrook-Bus at the Theatre Balboa (turn right and immediate left)</p>
Copper Foil	Not available in Panama as of this edition of the Cruiser's Guide. But you can go to as 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> "
Danfoss	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 Rodriguez listed below, but the service is excellent. (Catch the Metro bus at the causeway and get off at the Balboa Theater stop. Walk back the way you came till you see a small monument on your left. The post office will be next to the monument. The dental clinic is in the small building between the post office and Nikko's Cafe.)</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 Rodriquez 223-2689</p>

	<p>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>
Diesel Mechanic	<p>Manuel Amaya 6620-2125 Spanish speaking but trying to learn English.</p> <p>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.</p> <p>Narval Marine located in the Las Brisas stripmall - D etails see under Hydraulics</p> <p>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.</p> <p>Seetechdemar, Deenys Guzman 6694-1465, 6874-2507 infoseetechmar@gmail.com (mixed review: very keen to help, nice oldschool person, but sold an 18mm ram for the hydraulik, should have been 17mm to fit the seals) See also "Yanmar/Yamaha" in this guide.</p>
Diesel Parts	<p>Expert Diesel 273-8860 (ask for Robin, one of the owners, speaks English) www.expertdieselpanama.com expert@cwpanama.net Location is difficult. Use a taxi and have the taxi driver call for directions. Will take 30 to 40 minutes depending on traffic. Carry parts for Perkins engines and Stamford generators at reasonable prices.</p>
Diesel/Gas	<p><i>In all cases, check in advance. 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 (+507) 341-0665 to make appointment. Carry diesel, gas 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. (Note: if you are tied to the Flamenco dock you may be asked by a govt official to show a fumigation certificate – see "Fumigation") The diesel tends to be slightly cheaper at Flamenco than in La Playita Marina. NOTE: 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.</p> <p>La Playita – Call VHF 9 or (+507) 314-1730. You may be required to pay an extra fee of \$20 USD to bring your boat to the dock. Water is available for a fee (\$0.05 USD per gallon). 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 "Agents". Will pick up gas bottles and fuel tanks, have them filled and deliver them back same or next day.</p> <p>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>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>
Digicel Phone Service Tips	<p>Issue: 10\$ uploaded, afterwards phone turned of for a week, turned on again to find out more than 3\$ disappeared!!! Why: The meanwhile recieved SMS-Messages with different (SPAM-)offers, which you never wanted or asked for, are not free to recieve! Solution: Go to a digicel-office (e.g. Albrook, first floor towards the hotel) and let them block these "services" or try to telephone *100 (they have english speaking staff)</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 menu options)</p> <p>To use the internet with a normal tarif is expensive \$0.01 USD per KB (2014). To keep the cost down, you can buy plans: 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, for 14,95USD in 2016).. 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>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>
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 “Chandlers”. Carry AB Dinghys. <i>(continued on next page)</i></p>
Dinghy, New (continued)	<p>See also: Marine Warehouse (to bring one in from the U.S.). Pesqueros (see “Chandlers”) sometimes carries new dinghies.</p>
Dinghy, Repair	<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 “Chandlers”) also sells Tip Top glue</p>
Doctor, General	<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 Located in Albrook Plaza (NOT Albrook Mall. Albrook Plaza is the little strip center past the Albrook airport) open Mon-Sat 7AM to 9:30PM Walk in clinic for general problems like colds.</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>
Doctor, Specialists & Surgeons	<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> 1. Dr. Norberto Javier Calzada, 6616-7159, ncalzada@psi.net.pa. Has office in Punta Pacficia (204-8395) and Patilla (269-0566/5222) (269-3483) 2. Dr. Ouiroz Solonilla (269-5222)</p> <p><u>Chiropractor</u> 1. Dr. Marco Antonio Belizaire 6639-0635, drbelizairedc@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</p>

<p>Doctor, Specialists & Surgeons (continued)</p>	<p>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.)</p> <p>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> <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. 2. Dr. Constantino, 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>Eye Surgeon/Lasik Surgery (see also Ophthalmologist, 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 2. Dr. Jose Mendez 265-5155, 226-4821. Centro Medico Paitilla. Does colonoscopies. <p><u>Internist</u></p> <ol style="list-style-type: none"> 1. Dr. Eric Ulloa, 6676-7503, 278-6000. Clinics at both San Fernando Hospital and National Hospital 2. Dr. Jorge Paz Rodriguez, 6678-2354, 269-1785 <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> <ol style="list-style-type: none"> 1. Dr. Arango, 263-7977, 263-7977. Consultorio Centro Medico Paitilla. <p><u>Neurosurgeon</u></p> <ol style="list-style-type: none"> 1. Dr. Carlos E. Bricenos 269-5222, ext2420. Consultorios Medicos Paitilla. cbriceno@cmpaitilla.net <p><u>Ophthalmologist</u></p> <ol style="list-style-type: none"> 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. 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. 2. Centro Especializado de Ojos y Glaucoma Dr Rocco G. Melillo, San Fernando Hospital. Telephone direct: 229-6769 or email roccomel@cwpanama.net <p><u>Orthopedic Surgeon</u></p> <ol style="list-style-type: none"> 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. 2. Dr. Salomon Dayan, 204-8444, 204-8445. Clinica Ortopedica Dayan, Hospital Punta Pacifica Medical Center <p><u>Rheumatologist</u></p> <ol style="list-style-type: none"> 1. Dr. Antonio Cachafeiro, 6611-5519, 206-2438. Medicina Internal Reumatologia, Consultorios Medicos Paitilla <p><u>Surgeon, Trauma & Critical Care</u></p>
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	<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> See "Mammogram/Ultrasound" above.</p> <p><u>Urologist</u> 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 the 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 Supplies	<p>Casa de Telefonos 264-6438 On Via Brazil, across the street from the gas station by PriceSmart. Was formerly Radio Shack.</p> <p>Electroindustrial 229-9000 rodriguez@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 Brazil. 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 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>
Electrician (12V/24V)	<p>Miguel 6589-8998, speaks some English</p> <p>Best advice is to ask on the local VHF net (see "Nets"). There are usually one or two experienced electricians among the fleet, who are available for consultations.</p>
Electronics (Marine)	<p>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 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>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>Narval Marine contactdetails see under Hydraulics</p> <p>Nautimar 6688-7369 nautimar1073@hotmail.com</p>

	<p>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 Open Monday-Friday 8:00-16:30, Saturday 8:00-12:00 Sales and service for C-Plath, Decca, JRC, Leica, Newmar, Raymarine, Robertson, Sea, Seatel, Simrad, Sitex, Sperry, Sailor, Tokimec. Located on Via Simon Bolivar, less than a mile past Centro Marino on the right. Also does hydraulics. Rebuilds hydraulic pumps. Carries hydraulic fittings and oils. Located on Via Simon Bolivar, less than a mile past Tuercos y Tornillos and Centro Marino. Is on the right side of the road.</p>
Embassies	<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 Cosco Viejo, on Plaza de Francia. At the end of the point.</p>
Emergencies	<p>Panama Coast Guard – Servicio Marino Nacional -- VHF 16 211-6014 or 211-6013; 211-6012; 6140-6803; On VHF or SSB, they will also respond to: “Sierra Mike November”, SARPanama@gmail.com 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 mayday-situations you might want to contact "your" Home-MRCC in your native language to do the coordination with them, e.g. Germany: Bremen Rescue +49 (0) 421 / 536 87 0, (SSB 2187,5 kHz (DSC)))</p> <p>Flamenco Signal – VHF 12 Monitor traffic on the Pacific side of the canal. In the Panama City area, they can be hailed as “Flamenco Signal” or “Panama Signal Station”</p> <p>Medical Emergencies: CSS 503-6000, 503-2532 (continued on next page)</p> <p>Tourist Police in Panama City (English Speaking) 211-3811</p> <p>Police Emergency: Dial 104 on your phone</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>
EPIRB - Battery	<p>DIMS/Overseas and Beyond Julio Romero 6720-9733 Carries McMurdo EPIRDS. On Calle 50, Global Bank Plaza. Call for directions.</p> <p>Also Battery Giant (listed under “Batteries”)</p>
Fabrics, Sewing Supplies	<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. 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 leather, sunbrella-type treated canvas, plastics, YKK zippers, stainless steel fittings (snaps and common sense fittings), webbing, glue, vinyl, upholstery fabrics, knobs, buckles, shoe-equipment, 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.</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 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 Tumbra Meurto passes in front of it)</p> <p>See also Centro Marino (under “Chandlers”). The store on Avenida Nacional carries strataglass, UV thread, sunbrella and other marine sewing supplies.</p> <p>Fabrics used by the Embera and San Blas indigenous Indians can be found in two stores on the Walking Street, close to Pico Pico. They can be identified by a piece of the cloth hanging in front of the door.</p>
Fiberglass, Resins, Gelcoat	<p>Fibropinturas, SA. 221-2012, 221-2032 Manager: Gustavo Silva 6550-6259 fibropinturas@cwpanama.net www.fibropinturas.com 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 “Chandlers”. See also SUR under “Paints”</p> <p>LABOR</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 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 Next door to Dimar on Via Fernandez de Cordoba, Edificio DiLupa (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.</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 “Chandlers”) 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 “Hardware”)</p> <p>Also Hydromundo (listed under “Watermaker”)</p>
Fire	<p>Abrasil 260-9061, Walter Espinosa 6591-8854 (Cahrges \$8-\$10 to refill a small sized extinguisher on 2013.</p>

Extinguisher, Certification	Firemaster de Panama 236-0880 firemast@franpan.com In Bethania, Calle 87 Harry Heno
Fireworks	Panama-Fireworks 222-4105, 6672-7348 panamafuegos@cwpanama.net Located on Via Espana. Exact address not known. Call for directions.
Flags	Grabados Amerika 225-1430 Mon-Fri 8:00-4:00, Sat 8:00-1:00 Also Islamorada (listed under “Charts”) Also Centro Marino, Abernathy’s, and Pesquero's (listed under “Chandlers”) (limited range) The Balboa Yacht Club Mooring Office (see “Marinas/Anchorages”) carries Panama Flags. Some people have found low cost Panama flags upstairs at El Machetazo (see “Groceries”) which they have adapted for use as a courtesy flag during their stay in Panama. The flags are located upstairs close to the office supplies and usually cost \$3 to \$5 dollars. Courtesy flags can be ordered on the internet from Rollysails 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. 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)
Flares	See Captain’s Store under “Chandlers.” At times, flares can also be found at one or more of the chandlers on the causeway, see “Chandlers”
Foam	Foam sheets (not closed cell quality) can be found at El Tapiz and Pico Pico (listed under “Fabrics”) At times Mega Depot (see “Grocery Store, Big Box”) carries floor mats made of closed cell foam. Higher grade foam sheets can be purchased at FibroPinturas (see “Fiberglass, Resins, Gelcoat”) One cruiser reported using a special foam supplied for horses by Todo de Cuero (see “Fabrics, Sewing Supplies”) 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”
Fuel Injectors / Injector Pumps (diesel)	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.) Ital Deselec, S.A. Giovanni Innocenti 260-0666 or 260-3371
Fuelcleaning / Tankcleaning	Servicios Maurice Contact Alejandro Lopez 60708168 Happy Tank www.happytankpanama.com ; info@narvalmarine.com ; 6980-5554; 3910348 Narvalmarine, Causeway, Isla Perico
Fumigation	24 Hour Fumigation Svcs 6464-1089 NOTE: Fumigation requirements, if any, for boats entering Panama are a moving target. Fumigation has, historically, not been required of cruising boats entering Panama. But it should be noted that fumigation of boats for mosquitoes is the law depending on your last port of call. It has been reported that if your boat “touches land” (as in enters a marina or ties to a fuel dock) a fumigation certificate may be required. In 2011-2012, boats at the Flamenco Marina fuel dock were asked to provide or obtain a fumigation certificate. Boats at the Balboa Yacht Club fuel dock were not.
Furuno	See Navstar Marine Electronics under “Electronics (Marine)”
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 Cl 85 Final

	<p>Tandor Cocina Design Center www.tucocinapanama.com 230-1311, 230-1312 Tumba Muerta, Via Centenario, Plaza Centenal, Local #28</p>
Galvanizing	<p>New, 2015. This info was provided to me, but there has been no feedback from cruisers on whether it is accurate.</p> <p>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!</p> <p>NOTE: There is a company, located in Parque Lefevre, which occasionally passes out flyers advertising they regalanize metals but they DO NOT regalanize chain.</p>
Gasoline	See "Diesel/Gas"
Glasses, Prescription	<p>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.</p> <p>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.</p>
Graphics	See "Lettering for Boats"
Groceries, Local Style	<p>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.</p> <p>NOTE: 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 "Nets").</p> <p>Rio Abacho - Small Veggie and Fruit-Market, ca. 12 stalls (one with fish and eggs), on Via Espana, direction Tocumen, right hand side passed the Discovery-Center, close to the Burger King; Metro-Bus-Station "Super99, Rio Abacho".</p> <p>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.</p> <p>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 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 "Agents". 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. Also be sure to have a contact phone number on both sides!</p> <p>Price Smart 214-7011 www.pricessmart.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</p>

Albrook-Mall, right hand side between the info-booth and the cinema

314-6914; www.myChocolatisimo.com

Location Chinatowns

There are two “Chinatown” areas in Panama City for groceries: one next to the Fish Market and the other in El Dorado behind the Rey and Super 99 Grocery Stores. These are small stores that carry oriental products, fruits and vegetables. The stores at El Dorado offer Peking Duck hanging in their front windows. There is a large Chinese grocery store in the El Dorado Mall itself, to the back left of the building (NW corner), upstairs. Carries dried mushrooms, canned Chinese vegetables, many types of teas, etc.

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.

Location Calle 50:

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.

Grand Deli Gourmet

A good place for quality cold cuts and hard to find food. Great sandwiches. Multiple 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)

Kings Food 223-3280, 6676-8620, kamleshtulsi@hotmail.com

Calle 50 y Avenida Venezuela; next to Clinica Boyd, Local N 14

Indian food, including bastati rice, lentils, sauces, breads, etc.

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.”

Location Via Argentina:Pan de Vida Wade Huckabay 6841-8696 pandevida@gmail.com

Daily fresh wood-fired brick oven baked breads (sourdough, wheat, orange, banana, etc.), cookies, pizza, breakfast (no preservatives) Signature Dish: Mangopizza.

On Via Argentina. (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: Monday-Saturday 7:00-21:00, Sunday 12:00-21:00. Best time for buying bread is about 14:00

Pastas Frescas

Homemade Fresh Pasta and sauces (fresh, frozen, dried or (during the week) ready to eat as a takeaway)

Tel. 223-6868, 66740475; Openinghours: mon-fri - 08:00 to 18:00; sat 08:00 to 16:00

Via Espana, Galerias Obarrio (from Pricemart towards Albrook on the lefthand side after ca. 50m). Metro-Subway-Station: Via Argentina.

Location near Multicentro:

Bal Harbor Plaza: Foodies, Fruteria

Bal Harbor Plaza on Avenida Italia in Punta Paitilla (across from MultiCentro Mall) has two specialty stores:

(1) Foodies, 6612-0688, 269-9701, 263-4385, 263-6412 www.foodiepa.com

email: albertomock@foodiepa.com (Alberto Mock, Presidente)

(2) Fruteria, 223-6964.

They each carry Chinese condiments, limited selection of Thai items, powdered Coconut Milk, some dried fruits, good fresh (but typically refrigerated) fruits and vegetables. Popular items here include the powdered Coconut Milk, Thai curry mixes and spices. Foodies carries wine and fine food also.(Panama Viejo bus, route 2. Get off at the large electronic sign on the left [Multi Centro mall]. Walk east, away from the mall)

Deli K

Located in the underground parking lot of Multi Centro Mall. Carries Eastern Mediterranean, Central Asian foods. Kosher Lebanese, Indian, etc. Sell large quantities of couscous, multiple varieties of Tahini, broad selection of dried fruit and nuts, several varieties Bulgar, herbs and spices. In general, more expensive than other grocery stores but good bargains can be found. **Openinghours: mon-thursday 09:00 to 21:00; friday 08:00 to**

Grocery Store,
Specialty
(continued)

	<p>16:30, saturday closed, sunday 09:00 to 20:00, (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/es/tiendas Organic food and drug store, on Calle Ramon H. Juradop. Near Multicentro.</p> <p>Petit Paris Bakery near Multicentro with nice baguette and fine treats to take away or eat in the cafe www.Petitparispanama.com</p> <p>Super Kosher In Paitilla. Similar range to Deli K. Just down the street from Bal Harbor Plaza (see above). Carries indian food also. Closes early on Friday afternoon. Closed on Saturday.</p> <p>(For fresh, <u>unrefrigerated</u> Oriental vegetables (such as Pak Choy), go to Abastos outdoor market (see “Groceries, Local Style”)</p> <p><u>Locations towards airport:</u></p> <p>Casa de Jamon 271-0044 In Costa del Este, Parque Industrial, Calle 2 da. Final, # 150 www.hermanosgago.com/casa_del_jamon.html Hams from Spain; cheeses from Italy; meats from the U.S. Spain, Argentina, Australia; special varieties of olive oil and vinegar.</p> <p>Meats / Metzgerei Walter Maier y Diseno; Goldeck S.A. German and Austrian Sausages www.waltermaierbbq.com 226-8066 info@waltermaierbbq.com Have moved somewhere in the direction of the airport, but they are still in business. Address on their website (Calle 68) is out of date. Call for current address and directions.</p> <p>Location gone?</p> <p>Berard Meats 229-1492, 229-6260 In Vista Hermosa on Calle 2ds, Francisco Filos (across the street from Agencia Diesel Rivas and Picans). Freeze packed meats that can last 3 months without refrigeration. (NOTE: Reported in 2013 to no longer be there. No further updates as of this writing.)</p>
Grommets/ Fasteners	<p>See Centro Marino under “<i>Chandlers</i>” (Ave. Nacional location)</p> <p>See Casa de la Cuerina (AKA Todo de Cuero) under “<i>Fabrics</i>”</p>
GTO15 Wire	<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>
Hardware Stores	<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.</p>

	<p>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>Novoy 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>See "<i>Marinas and Anchorages</i>" Balboa Yacht Club and Flamenco Marina (Cruisers hauled out at Balboa Yacht Club can stay on their boat, or stay at the Hostel Amador Familiar in Balboa.)</p> <p>Vacamonte (Puerto Pescero de Vacamonte), Alejandro Gerbaud, 251-1455, 251-1636. For an English speaker, ask for Reginald. This is the fishing fleet boatyard located in Vacamonte where catamarans can be hauled. The workers are used to working on commercial boats where finesse is not called for, so a close eye on work being commissioned is advisable. Some supplies and materials at available on site. Best to check first or bring what you need with you.</p> <p>Beaching with a Cat or Centerboard Yacht in the Las Perlas (Source: SY Taitonga, Ovni395)</p> <p>Espiritu Santu</p> <ol style="list-style-type: none"> 008 25.8299 N / 078 51.2768 W – On the northern part of the beach, near the stones, bow to the east. Walking distance to the water at low tide is about 30M. Soft sand (it sucked Taitonga about 10-15cm in the ground). No stones. Good holding for stern anchor. Sheltered from current and wind. 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. 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 NE. Walking distance to the water at low tide is about 30-40M. Hard sand, one stony patch. Good holding for stern anchor. <p>Casaya South The middle of the beach is more of a plateau, but has plenty of 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. Conditions change with the time of the year. Check it out for a day or two before beaching.</p> <p>Taboga The northwest-corner: nice slowly rising sandbottom; only stones near the island, but very exposed to northerly winds. No officials showed up, but you might want to refrain from cleaning the bottom due to many tourists (xmas to feb and weekends). The normally more protected beach open to southeast is restricted to the swimmers and kids and marked by buoys.</p> <p>Panama-City: Some boats beached near the bridge of the Americas on the east side, where the workingboats are slow, so swell is reduced, but still existend! The beach north of the Smithsonian Institute looks good too, maybe you get a permission from them - worth trying again.</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>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 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.principehotelsuites.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>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!</p> <p>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 Faroe, Danish, Norwegian, Icelandic) and has been here 5 years. Do: A/C and refrigeration, mechanic (main engines, generators, etc.), navigation and electronics, electrical, hydraulic/neumatic. Sales, represents 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 chandlerystore with parts and accessories besides the office.</p> <p><u>Fittings:</u> 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><u>Hoses:</u> 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><u>Pump Rebuilds:</u> See Proteca under “<i>Electronics (Marine)</i>”</p>
Ice	<p>In the Las Brisas anchorage, you can purchase ice at the Barko's Restaurant. The earlier you buy it the more likely they will have ice on hand. 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>” 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>” See Abernathys under “<i>Chandlers</i>”</p>
Injectors	<p>See “<i>Fuel Injectors</i>”</p>
International Health	<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</p>

Certificate (Pets)	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
Internet	<p>Free wifi is available at the Balboa Yacht Club Restaurant (see “<i>Anchorage and Marinas</i>”), at the Shopette in Las Brisas, the Mi Ranchito restaurant close to La Playita and several of the restaurants in the Flamenno 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 at Abrook Mall (look for either a dedicated Digicel or Claro store). These work in Las Brisas, La Playita, Taboga Island, Balboa Yacht Club and some locations in Las Perlas. There is also some coverage in San Blas on the Caribbean side. General consensus is Digicel is better for Pacific side and Claro for the Caribbean side. (See also “<i>Telephone/Modem-Unblocking</i>”)</p> <p>(for Digicel tips and setup see “Digicel”)</p> <p>Internet Access in Las Perlas with Digicel: Contadora (good signal, able to use Skype) Mogo-Mogo (weaker signal, email only) Casaya/Ampon (good signal, able to use Skype) Casaya-South (very weak signal) Bayonetta north (weak signal) Bayonetta south (very weak signal) Viveros-South (very weak signal) Isla Cana - No Service Espiritu Santo - No Service Darien - La Palma - email and very slow Internet is possible, when La Palma with the mast is visible (Going towards the rivermouth we had 3 bars reception signal but no data-access was possible).</p>
Inverters	<p>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>
Iridium	See Navstar Marine Electronics under “ <i>Electronics, Marine</i> ”
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"> Abernathy’s (see “<i>Chandlers</i>”) They will be expensive, but durable. Discovery Center (see “<i>Hardware</i>”) 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 Discount	<p>Panama law provides a discount on services and some purchases for “Jubilados” (resident retirees age 55 and over for women or 62 and over for men). The discount covers medicines, restaurant food (except alcohol), entertainment, accommodations. The law specifies the discount is only available to legal residents, but many places (particularly pharmacies and movie theaters) will give the discount automatically or on request. Politely ask for the discount and you may receive it. (NOTE: Jubilado is pronounced “who-be-law-doe”)</p>
Lagoon Yachts	<p>Andromeda Yachts PMA www.andromedayachtspmz.com info@andromedayachtspmz.com 394-9522 Located at Flameco Marina (between Bennis 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</p>

	comes from On Delay which was hit by lightning 2013. Andromeda worked on the vessels electronics, electrical, fiberglass, hullwork (hull-deck joint repaired), exterior cleaning, hull and topsides waxing.
Lasik Surgery	See 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 working machine, which has to be watched and maybe adjusted while the water flows in the barrel! (a little fun and adventure:-), no functioning dryer in 2016 (Dryer \$1.25). All Quarters. Be sure to ask on the morning VHF net if the machines are working. Freeway Laundry on Calle la Boca in La Boca. 228-6592</p> <p>This is a 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 (2016) appx. \$6.50 per load (wash, dry, fold). 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 8:00-20:00, Sunday 11:00-14:00</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>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 shoppingruns with a taxi, you could take your washing with you.</p>
Leather	Leather pieces, leather sewing services, See Casa de la Cuerina (AKA Todo de Cuero) under “ <i>Fabrics</i> ”
LEDs	<p>Eco Green 395-6642 contacto@ecogreen.com.pa Calle 50, next to Panafoto</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> <p>Electronica Atlantico carries a good Selection of LED’s for different sockets (eg. mooringlight-size with bay15D) Metro 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>
Lettering for Boats	<p>Suggestion: Make sure it is UV-resistant</p> <p>Digital Art 302-7981, 302-7982 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 (worth a try but ask if it is UV resistant) http://www.eternaplaque.com/quote/category/Rotulacion de Vehiculos?locale=en</p>

	<u>Via Espana, exit Metro at Via Argentina and walk towards Pricesmart and take the next left then left again.</u>
Lexan/Plastics	Neither Lexan nor any other treated polycarbonate is available in Panama City. Multi Plastic, SA (La Casa de Acrilico) 279-0441 multiplastic@cablonda.net , Head of office: Angel Batista, multiplasticacrilicos.com Sells Starboard sheet and plastics, including polycarbonate plastic. But their polycarbonate is NOT treated for UV. Located in URB Industrial Los Angeles on a side street behind Rodelag. Leaving Lung Fung restaurant, turn left and walk down the road past Rodelag. Turn left at the T-intersection. It will be on the left a few doors up, just past Fausto Salizar (" Tools "). (See map on page 4)
Life Raft Certification	Ocean Safety , Ruben Villarreal, 430-3804, safety@sinfo.net Located in the Colon Free Zone. Certified for many brands, including Switlik. Panama Marine , Roger Salcado 430-5233, 6677-2587 Located in the Colon Free Zone. Certified for Viking, among other brands.
Line	See Abernathy's, Casa Mar, or Centro Marino under " Chandlers ". The Abernathy's on Transmistica typically has the largest selection. See " Agents " for information on renting lines for canal transits.
Line Handlers	The web site: www.panlinehandler.com has a spread sheet function to match captains looking for line handlers and line handlers looking for boats. Another option is to ask on the morning VHF net (see " Nets ") or to look on any of the bulletin boards located in Balboa Yacht Club or the anchorages. See also " Agents ". Note: It is always good to have at least one 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. In Balboa Yacht Club, La Playita and Shelter Bay there are bulletin boards where one can advertise to be or look for line handlers.
Liquors	Best prices and largest selection of hard liquors and wines is at Mega Depot (See " Groceries, Big Box Stores ") 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. Felipe Motta has several locations throughout the city. One is at the end of the Causeway close to Centro Marino. More expensive than other places but also carries more specialized products such as German beer (like Erdinger, Krombacher, etc.).
Lowrance	See Overseas Electronics under " Electronics (Marine) "
Machine Shops	Taller Alfredo: Alfredo Luma Young , 236-5577 In El Dorado, Calle E no. 9M Behind the Coca Cola plant. Immaculate. Taller Quisanch: Ramon Valdez , 6699-6197 Avenida Eloy Alfaro, Calle 15. 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 " Diesel Mechanic ") Troqueles de Panama: Miguel Patino 221-2114, 221-5653, 6616-4605 troquelesdepanama@cablonda.net In Parque Lefevre, on Via Jose Agustin Arango.
Mail/Freight	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! AVOID Mail Box type businesses for anything except mail or low value items! <u>SHIPMENTS INTO PANAMA:</u> To bring in mail from the U.S., it is best to use PakYa Panama or Air Facility (see below). They each have addresses in Miami (or the Miami vicinity). You send your item to that address and they will forward it to Panama and take care of customs clearance. For parts and marine supplies brought in under "Yacht in Transit" you will need to use a service which can do your custom clearance (such as Marine Warehouse , listed under " Chandlers "). Note that all packages entering Panama with goods, need to have an official bill. Packages over \$100 are subject to import taxes 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".

<p>Mail/Freight (continued)</p>	<p>(Shippingadress for goods to La Playita see Marinas)</p> <p>Air Facility 294-0300 Located on on the road behind the Caja de Ahorro main office which is on Via Espana. Very economical, but you must first set up an account with them. Spanish speaking only. As of 2013, charge \$2.65 per pound plus 5% (minimum \$5) of the value of the goods shipped in. (See map on page 4. From Transistmica, walk down Via Brazil to the road just before Via Espana. Turn right at the building named "Bemajo" which is across the street from "Black Tie". You will be walking against traffic on a one way road. Go two blocks. It will be on your left.)</p> <p>DHL-Express A 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.</p> <p>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 transfered 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 ...)</p> <p>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.</p> <p>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. <u>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.</u> (See map, page 4, for location.)</p> <p>Panama Net Buy 260-7810 www.panamanetbuy.com On Tumba Muerto, Plaza Aventura, Edificio Neptuno (kitty corner from the El Dorado Mall). No sign up fee. A facility for you to order goods on the internet for shipment to Panama.</p> <p>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 all inclusive, but make shure of this 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. Also before taking 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!!A 2 USD handlingfee is added, aswell customsduity.</p> <p>Transexpress</p>
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	<p>For full details, go to www.transexpress.com/usa. Have been used for bringing goods to Ecuador and also Panama.</p> <p>See also Marine Warehouse (under “Chandlers”) for other options for bringing in boat parts.</p> <p>See also: Debs Place (under “Hotel/Hostelss”). 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”.</p> <p>See also Oliver Yacht Services under “Agents”. 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.</p> <p>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 “Dentists” for directions). There is another facility located in the El Dorado Mall, one in Calidonia close to Machetazo and one on Via Espana across the street from Dimar’s (see the map on page 4 of this guide). Office hours are typically 7:00-4:45PM Monday through Friday and 8:00 to 2:45 on Saturday.</p> <p>To send a package outside of Panama, bring with you a copy of your passport. DO NOT seal the package as it will need to be inspected first. Bring supplies to seal the package up after it has been inspected.</p> <p>There is no home delivery of mail within Panama. Packages sent between Panama City, and any location serviced by one of the local airlines (e.g., Isla Contadora, the San Blas, etc.) can be taken to Albrook Airport and shipped by plane for a very low cost.</p>
Makita Tools	<p>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>
Maps & Yellow Pages	<p>Hardcopy street maps of Panama City (and favorite tourist locations elsewhere in the country) can be purchased at the Shopette in Las Brisas (in the shopping center by the Las Brisas anchorage) and at any Arrocha Pharmacy in the city. (There is an Arrocha in the east end of the Albrook Mall and one across the street from the RibaSmith grocery store on Transistmica).</p> <p>Online, you can use the interactive Yellow Pages: www.sigpanama.com These are updated every 90 days. The program is downloaded onto your computer.</p>
Marinas & Anchorages	<p>NOTE: Cruiser’s hold a local net at 8am (1300 UTC) Monday through Saturday. Frequency changes often due to local traffic. Try: 68, 69, 72, 74 or ask around. 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>See also “DIESEL/GAS” for more detailed information on obtaining diesel or gas from any of the following sources</p> <p>Balboa Yacht Club 228-5794 (Mooring and Rail Office is ext 3), VHF 6 for the muelle (dock) Located at buoy 14½ in the Panama Canal channel. There is a sand bar immediately to the south of the mooring field, do not cut across! No slips, only mooring balls. To obtain a mooring, reserve diesel or a haul out on the rail, best is to go to the office in person. Alternative is to call the mooring & 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. Do not sell gasoline. Facilities include restaurant and bar with free wifi (open to the public). Secure wifi is also available on boats</p>

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

Also do haulouts on a railway system. You must make advance reservation for haulout and time available may be limited due to tides and boat draft.

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

Located at the end of the causeway, extremely pricey. Has diesel and gas services at times. Call in advance to verify availability and costs.

In April 2012, The Flamenco shipyard was taken over by Quality Yachts Panama (also the owners of Marina Americo Vespucio and its shipyard located in Puerto la Cruz, Venezuela). Have a 250 ton marine travel-lift. They offer full services (bottom painting, general painting, osmosis treatment, polishing, shaft and propeller repairs, etc.). Contact Victor Marten for full details and prices. 6866-6609, 314-0183 (speaks English).

La Playita Marina, VHF 9; 314-1730; laplayita@siwireless.com; Carmen Garcia de Paredes is head of the office (and daughter of the owner, they own the Calypsoferrys aswell).

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. Check in the office for current rates (they speak English and Spanish) which are \$50 USD per week, Monday through Sunday. Day rates can apply if you arrive after Monday.

Use a long dingypainter/-line (2m+) to allow fellow cruisers to get to their dinghy aswell! Make shure no dingy is not trapped under the structure on tides below minus, when the dock is sitting on the rocks.

Also available are: snack bar, ice, waste and oil disposal, water, diesel (no gasoline). See "Diesel/Gas" for more details.

Postal adress for parcels (which worked with DHL-**Express**):

La Playita Marina

c/o Senora "Name of an officelady you spoke with, e.g. Amarylis" for SY "Boatname"- "ship in transit"

Tel.: (+507) "your Panamenian cellphonenumber", email: "your emailadress"

Causeway Amador

Panama-City

Republic of Panama

(your local telefon and email on the adress is essential!)

(DHL-Express charged Taitonga only local fees of ~12 USD for a 1200Euro-parcel from France) (more about parcels in the section "Mail/Freight")

La Playita - Anchorage

Located in front of the marina. Anchoring is free, but you have to pay for the dinghydock to get on land. Do not cheat on their fees or they will close their services for all cruisers (which happened before).

Holding is bad in mud and some boats drag during squalls - be prepared and use an anchoralarm and lots of chain.

The boats who stayed longer here in the same spot have 55-65m (170-200ft) chain in the water and tested the digging in with full power.

Calculate your swingroom! At low windspeeds the anchorchains are not stretched and boats often rest above their anchor.

Tides more than 6m/21ft at springwater are producing funny currents in different directions so boats are sometimes pointing against each other. In the highseason/spring you might count 60+ boats, and there is still enough space for everyone (If not everyone tries to be in the first row).

If the wind is coming from the south with 15+ knots it gets really uncomfortable, the swell is building up very quickly.

If there is a seldom pacific-swell (1-2m) coming into the anchorage the more sheltered place inside turns into a washingmachine (you will observe then, that the harbour evacuates the slips).

The anchorage is totally exposed to the big swells of the channel-traffic and the wake produced by the workingboats coming out of the marina (Fix your pots on the stove! No joke!).

The little brightblue workingboats: If you want to give a polite feedback on the seamanship/behaviour of the captains, you might want to note the time and the name of the vessel aswell 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 an 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 income-source no.1 around here and we are guests in the country).

Some very weird waves, steep and up to 1m, sometimes occurred in spring 2016, always coming out of the canal.

	<p>without having a visible source (definetly not caused by ships!).</p> <p>At night please use dinghylights 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),</p> <p>Las Brisas - Anchorage Las Brisas is the one that faces the city where you see the skyline an frequently fireworks. Holding is bad in mud and some boats drag during squalls even with their mooring. Calculate for your swingroom, that boats who stayed longer here in the same spot have 50-65+m (170-200+ft) chain in the water and tested the digging in with full power. NOTE: sunken sailboat at N 08 55.309 and W 079 32.107</p> <p>Strong winds from the east will create a choppy, dangerous short wave quickly. The anchorage has a semi-functional, dangerous dinghy dock. To get to shore you must tie your dinghy at the dinghy dock and use a small fiberglass boat on a circular line to pull yourself to shore.</p> <p>Some locals are running water taxis at Las Brisas. Taxi Aquatico 6522-7991 (not good between 12:00-1:00 or after 6:00PM) (2014) Taxi Las Brisas 6070-8168 (2014) Taxi John 69603937 (5\$ per Ride until 19:00, more after hours (2016)) Taxi Juan 69603937 (2014)</p> <p>Water is available at the guardstation from a tab. Garbage is to be disposed in a designated not marked (but stinky) shack in the parkinglot halfway to the condos with the laundrymachine on the leftside (ask the guards for directions: (Basura? = garbage?).</p> <p>Taboga Island Moorings 6442-5712 tabogaislandmoorings@gmail.com VHF 74 Run by former cruisers Susan and Chuy of S/V Libre. On Taboga Island, a quick ferry ride from Panama City. Transfer Taboga - Panama-City :</p> <p>Tabogaexpress Ferry Departing Balboa Yacht Club, 08:00, 09:30, 11:00, 15:00, 16:30; Departing Taboga 08:45, 10:14, 14:30, 16:00, 17:00; 7 days a week, Oneway 10USD (2016), some staff speak english (507) 6234-8989, www.Tabogaexpress.com</p> <p>Calypso-Ferry: Departing La Playita: Mon and Fri: leaving PC: 08:30, 15:00 / return: 09:30, 16:00 or 16:30 Tue, Wed and Thu: leaving PC 08:30 / return 16:30 Saturday and Sunday: leaving PC 08:00, 10:30, 16:00 / return 09:00, 15:00, 17:00 Ferry-Boat Fares: \$14 adults. Be at the pier one hour before departure Check schedule (on busy days the go more frequent)!: Telephone: 011-507 - 314-1730 / 390-2403</p>
Marine Suppliers	See “Chandlers”
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 , Tel. 211-4241 - They are able to do custommattresses, but have very few boatcustomers! It is as close to 100% as the can make it, because they have to cut the non 90-degrees-angles/curves by hand. They do the covers aswell. Different qualities of foam are availabe. They manufacture the mattress from your paper-patterns or maybe old matress. They do not speak english and it can take a while until you think they understood exactly what you want. Priceexample 2014: 380 USD for 2 frontcabin-mattresses, 7,5cm orthopedico-foam glued on top of 7,5cm super-orthopedico (Quite hard!), with cover (Feedback 2016 - still good). 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)
McMurdo	See Overseas Electronics under “ <i>Electronics (Marine)</i> ”

Mercury Outboards	See Centro Marino under “Chandlers”. They sell new outboards, parts and can provide service.
Morse Cables	See Dimar under “Bearings, Belts, Deals” See Panama Auto under “Auto Parts & Supplies”
Navico	See Overseas Electronics under “Electronics (Marine)”
Nets (Radio)	<p>NOTE: Cruiser’s hold the Panama-City-Cruisers-Net, local 08:00 (1300 UTC), Monday through Saturday. 2016 on Ch72. Frequency changes often due to local traffic. Try: 68, 69, 72, 74 or ask around. The channel is used as a hailing channel aswell, so please keep it clear and use it for asking for assistance. When switching to another frequency for conversations please do not use:</p> <p>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>SSB NETS:</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!</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 Puddle Jump Net 1300 and 2300 UTC, 8143 USB (every day)</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> <p>VHF-Net in Shelter Bay, Colon on CH72 at 07:30</p>
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.) <i>(continued next page)</i></p>

<p>Nuts, Bolts, Screws, Fasteners (stainless steel)</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 “Chandlers”.)</p> <p>Note: at times you can find stainless steel bolts and nuts at Novoy, Discovery Center or Do-It Center (see “Hardware”), but bring a magnet to verify because they are often mislabeled.</p>
<p>Oil & Oil Filters</p>	<p>DiLupa 229-8766 229-8767 info@dilupa.com on Via Fernandez de Cordoba, edificio DiLupa (next to Dimar). There is also an outlet on Transistmica across the street from Panama Auto. (See map on page 4 of this guide.)</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>See also Panama Auto, under “Auto Parts & Supplies”</p> <p>Shell Rotella oil in gallons can be found at the Do-It Center and Discovery Center (see “Hardware”). Shell Rimulex oil can be found at the gas station in La Boca and the gas station behind the Rey grocery store in Diablo. The Super99 grocery store carries many oils in quart sizes.</p>
<p>Oil, Synthetic</p>	<p>Repuestos Mundiales 224-7011, 224-7342 Carrasquilla Via Espana, in front of IPA. Carry fully synthetic gear oil as specified for Volvo saildrives.</p> <p>Some synthetic oils can also be found at the Do-It Center and Discovery Center (see “Hardware”) and Dimar (see “Bearings, Seals”)</p>
<p>Oil, Recycling</p>	<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>
<p>Organic Produce</p>	<p>See “Grocery Store, Specialty”</p>
<p>Outboard – New</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>Tesa Two locations: 1. On the Causeway, next to Flamenno Yacht Club 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 Carries Yamaha outboards (and parts). NOTE: Multiple cruisers have had problems with special ordering parts which they must pay for in advance but that never arrive. Good if the part you need is in stock. And if a part is in stock in the Tumba Muerto location they will gladly deliver it to the causeway location. But do use caution with special orders. Many cruisers also report problems with mechanical jobs completed by Tesa. They have a high turnover of mechanical staff and as a result their mechanics are not always very qualified.</p> <p>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 “Chandlers” for shipping an outboard in from the U.S</p>

<p>Outboard – Repairs and Parts</p>	<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>
<p>Paint</p>	<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 Duretan.</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>Passport Photos</p>	<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>Perkins Parts</p>	<p>See Expert Diesel under “<i>Diesel parts</i>”</p>
<p>Pet Boarding</p>	<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>
<p>Pet Supplies</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>
<p>Pharmacy</p>	<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>”). 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. 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. If you ask for it, many, if not most, pharmacies will give you the Jubilado discount without proof of residency although they may ask to see your passport to prove your age (see “<i>Jubilado Discount</i>”).</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>

Plastics	See " <i>Lexan/Plastics</i> "
Propane	<p>Propane tanks cannot be filled within Panama City. They must be taken to either the town of Chilibre (between Panama City and Colon) or in La Chorrera (across the Bridge of the Americas). Propane is sold by two companies in Panama: Tropigas and Panagas.</p> <p>There is a Tropigas location in Panama City (at the intersection of Transistmica and Tumba Muerto across from the national brewery) where you can purchase new tanks /propane supplies or swap your existing standard tank for a refilled tank.</p> <p><u>TANK REFILLS</u> To refill and keep your existing tank, you have several options:</p> <ol style="list-style-type: none"> 1. Take a taxi to Chilibre. There is both a Tropigas and a Panagas outlet in the town of Chilibre. Be sure to dress appropriately, as there is a dress code to enter the facility. You 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. It will cost about \$12 to fill a 20lb tank. 2. Contact a taxi driver to pick up your tank and return it to you (See contact information under "<i>Taxi</i>") 3. Call Oliver Yacht Services under "<i>Agents</i>". Will pick up gas bottles and fuel tanks, have them filled and deliver them back same or next day. 4. Leave your tank at the Panama City Tropigas location for them to take to Chilibre for filling (will take 2-4 days before your tank is available for pickup) 5. Option for DIY: Panagas, Via Simon Bolivar, Tel 244-0321 Take the Metro and get out at "San Miguelito", 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 style="padding-left: 40px;">With a half-full bottle you only pay for what is going in (and the transport)</p> <p><u>NEW TANKS:</u> New tanks are available at Tropigas (downtown), 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. Local tanks are aluminum but come with a fitting not typically used by boaters.</p> <p><u>NOTE ON PANAMA PROPANE:</u> 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>NOTE ON TANK FITTINGS:</u> 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 moved January 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	See Cochez under " <i>Building Supplies</i> ". See also Discovery Center, Do-It Center, Rodelag , or Noveys under " <i>Hardware</i> "
Racor Filters	Pesquero's and Abernathy's carry these. (See " <i>Chandlers</i> ")
Radar Repairs	See Overseas Electronics and Beyond under " <i>Electronics (Marine)</i> "

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 Located on Tumba Muerto in the El Dorado area across from the Rey grocery store. Has Icom radios, mikes, support. Will only work on Icom. Has received bad reviews for lack of customer service and high cost. 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></p> <p>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	See Protecsa under “ <i>Electronics (Marine)</i> ”
Recycling	<p>Batteries: See Battery Giant, 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>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, alter Hotel Bella Vista.</p> <p>FRIOMAX 221-0588 In Carrasquilla. Sell compressors for auto air conditioners. Some of these are the same as models used for boat refrigeration systems. They do not do repairs.</p> <p>Jose Ramirez, Carasquilla, Calle 74E, Tel 2213065 Can do high-temperature-silversoldering in a shag like workshop, when a butanetorch is not doing the job (e.g. 25USD for replacing a condensergrid on an little compressor in 2016)</p> <p>Narval Marine located in the Las Brisas stripmall contactdetails see under Hydraulics</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	Available Melo's at the Rio Abajo location. Rennet is cs:lled “cuajo” in Spanish and is used for making cheeses. (See “ <i>Pet Supplies</i> ”)
Repairs	For general boat repairs see:

Repairs (continued)	<p>Andromeda Yacht (under “Lagoon Yacht”) Balboa Yacht Club & Flamenco (under “Marinas & Anchorages”) Narval Marine (under “Hydraulics”, but do other work also) JP Marine (under “Chandlers”)</p> <p>For Specialized Repairs, look for the entries under the specific item to be repaired, such as: <i>Alternator & Starter Repairs</i> <i>Computer Repairs</i> <i>Diesel Mechanic</i> <i>Dinghy Repairs</i> <i>Fiberglass</i> <i>Honda Generator Repairs</i> <i>Machine Shops</i> <i>Outboard Repairs</i></p>
Resins (Epoxy and Gelcoat)	<p>See “Fiberglass, Resins, Gelcoat” At times, West System can be purchased at Abernathy’s see “Chandlers”</p>
Rigger	<p>See Marine Scene under “Anchors”</p>
Restaurants	<p>RESTAURANTS</p> <p>Grill and Co Steak and Burgers, Salads Good lunchmenu for 8,00 USD The owners Alberto and Enrique and some staff speak english, Tel. 203-8108 Via Argentina, Edificio Basaltos, a un costado del Parque Andres Bello (El Cangrejo) (From Metrostation "Via Argentina"; walk back in the direction Iglesia del Carmen; turn right into Via Argentina, walk 4 minutes on the right side)</p> <p>Beirut Beirutpanama.com, +507 314-0956 Good food. Nice bellydancing with livemusic normally on friday and saturday 20:00 (maybe wise to get a table not directly near the loud music).</p> <p>Petit Paris - French Bakery and Restaurant Near Multiplaza-Mall, Calle 50E este (opposite of Felipe Motta) Tel. 3918778, Openinghours: mon-sun - 07:00 to 23:00 http://www.petitparispanama.com</p> <p>Nona Marie Restaurant besides Blarney Stone good local food</p> <p>Avatar - Indian Cuisine Via Argentina (close to the corner to Via Espana) (Lunch ~30USD for 2 in 2016) avatarindiancuisine.com, 507 393-9066</p> <p>Pandaneria La Baguette Via Espana, (at the Metrostation Via Argentina, northern side) Nice cafe for a break or takeaway also refer to Grocery, specialty</p>
Rigging Wire & Supplies	<p>New 2015: Available at Dimar. Both the wire (in imperial size, not millimetric) and swage fittings. Dimar will do the swaging to your specifications. See Dimar under “Bearings, Belts, Seals”</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. Brooks@sailingservice.com www.sailingservices.com. See also Marine Warehouse, under “Chandlers”</p> <p>See also Andromeda Yachts under “Lagoon Yachts”</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</p>

	<p>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>Vladimir Kafeoli 6681-6952 rimidalv71@tahoo.fr kafeolivoyage@yahoo.fr French sailmaker “Voilerie OKKO” has set up a sail loft in the former American theater in Shelter Bay Marina. Will come to Balboa or La Playita, if requested. Reported to have worked for Doyl Sails. 2015 Update: it was reported is only doing canvas work at this time because the sail sewing machine was sent out for repair. But contact for current status.</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>
Satellite Phone	For new phone purchase see Marine Satellite Services under “ <i>Electronics (Marine)</i> ”
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 Machine: New, Repairs	<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>
Sewing Services	<p>See also “<i>Canvas Sewing</i>”</p> <p>See Freeway Laundry under “<i>Laundry</i>”. The Freeway Laundry in Balboa has a seamstress with commercial sewing machine who can do repairs. They have also replicated bed linens for boaters when provided with new fabric and the old sample.</p> <p>See Pico Pico under “<i>Fabrics</i>”.</p> <p>Foo Foo 6008-0629 – 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.</p> <p>Javier 6093-2185, 6686-7359 – Has a shop by Cinco de Mayo, across the street from Hotel Economico. Can do upholstery work, canvas work, cushions and can do sail repairs with supervision (totally restitched a large main sail, with the boat owners assistance to move the sail through the machine)</p> <p>See also Zapateria Abrigo Del Altisimo under “<i>Shoe Repair</i>”</p>
Shoe Repair	<p>In the YMCA Building in Balboa. On the left side of the building, as you face the front entrance. There are two shops. Both speak English. Repair Tivas. 228-9758 or in #4 Jonathan Shoe Repair 6595-8110. The entire building is scheduled to be renovated. When it is, the shoe shops will be moved. Location TBD.</p> <p>Zapateria Abrigo Del Altisimo 6646-6936, 212-3704, 212 4003</p>

	<p>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 Casa de la Cuerina (formerly Todo de Cuero) under “Fabrics”</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>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>Ollie on SV Genesis 6685-0858 Usually in the Las Brisas anchorage. Can work on your boat.</p>
Stainless Steel – Nuts and Bolts	See “ <i>Nuts, Bolts, Screws, Fasteners</i> ”
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>
Starter Motors	see “ <i>Alternator/Starter Repairs</i> ”
Strata Glass	See El Tapiz under “ <i>Fabrics</i> ” and Centro Marino (the main location on Ave Nacional) under “ <i>Chandlers. See Casa de la Cuerina</i> (formerly Todo de Cuero) in Rio Abajo (see “ <i>Fabrics</i> ”) carries various weights of plastic that can be used for dodgers.
Sunbrella	<p>See “<i>Fabrics</i>”</p> <p>PTEF spray to re-waterproof old Sunbrella is usually carried by El Tapiz (listed under “<i>Fabrics</i>”) and by Abernathy's (listed under “<i>Chandlers</i>”)</p>
Surveyor	<p>Global Marine Survey 314-0896, 6450-3851</p> <p>IME (International Marine Experts) 314-1756 www.ime.com.pa emerick@ime.com.pa Building 0750-D Williamson Place, La Boca.</p>
Taxis	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.

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, so read the following carefully.

The basic government approved fare structure is that you pay one flat fee for one person to get into the taxi, and an additional smaller flat fee for every additional passenger and then a rate for each zone or sub-zone you pass through. The 2013 fare for the first person to get in the taxi is \$1.20 and the fare for each additional person is \$0.50. An additional flat fee of \$0.50 is added if you arranged the taxi to meet you and an additional fee of \$0.30 if the trip is after 10PM. Many cabbies also add the unofficial "looks like a foreigner" surcharge.

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

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

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

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

If you wish to just catch the first taxi you see, you will get a better fare if you walk a small distance away from a major hub. (For example, walk down the causeway a small distance rather than standing in front of one of the anchorage dinghy docks.) ***If you use a taxi driver you do not know, never leave anything in the taxi for even a short moment (such as a run into an ATM machine). It is also a good idea, to make a note of the taxi number in case there are issues. Calculate +2 up to 5 USD going in the rushhour ca. 16:30-19:00 from the city towards the Causeway (massive congestions) or generally after dark***

For the subconscious mind of too greedy taxidrivers (e.g. those demanding 20 USD Amador to Albrook):
Are you catholic? "¿Eres catolico?"

Greed is a deadly sin. You will burn in hell! "La avaricia es un pecado mortal. Usted va a quemar en el infierno!"

Example of coming around:

To skip most congestions one of the fastest and easiest ways to go towards the eastern part of the city is: Take a one-Dollar a person cab to 5 de Mayo, change into the subway 0,35\$P., go out "Fernandez de Cordoba" (near Pricesmart) and then take a bus 0,25\$P. or a taxi.

The city becomes congested around noon, because many drive home for lunch.

Going back to Amador Causeway is best before 16:00! Between 17:00 and 18:00 it might take 1,5h Albrook to La Playita. (take a warm coat for the bus)

Uber Transportation is available for fixed prices: ref to the Uber-App (maybe a good alternative for unplanned late at night travel)

<https://www.uber.com/cities/panama-city/>

Common Cruiser Taxis

Alfonso 68009139. Normal taxi or nice little bus available. Speaks English.

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

Diose 6778-6399, 6492-6807 English comprehension good. Spoken English not so good. Has a PriceSmart

	<p>card. Knows his way around. Can get propane tanks filled overnight. See “<i>Propane</i>” **</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>Roosevelt 6513-6949 Speaks excellent English. Has PriceSmart card. Has worked with cruisers for years. Does the propane run (by appointment, normally pick-up 09:00 / return 11:30) **</p> <p>Roger (Rogelio) 6717-6745 Has van and car. Speaks excellent English. Has a PriceSmart card. Can help with canal crossing (see “<i>Agents</i>”). In great demand. **</p> <p>Taxi Tony 6520-0272 Excellent English. Has worked with cruisers for many years. His vehicles are not always in the best of shape. Can help with tires and lines for canal crossing (see “<i>Agents</i>”).</p> <p>AVOID: Louis, who waits normally near the La Playita dock for prey!</p> <p style="text-align: center;"><u>Taxistas with Vans</u></p> <p>See Roger (Rogelio), above</p> <p>Horatio Dockins, 6630-3896 Speaks English, has a 14 person van.</p> <p style="text-align: center;"><u>\$\$ Taxis</u></p> <p>“Dollar Taxis” which pick up multiple people and make runs from the Causeway to Plaza Cinco de Mayo (or vice versa) for \$1 per person. If you are hailing a taxi on the Causeway to go to Cinco de Mayo (or vice versa) look for taxi drivers who hold up one finger, or (in turn) you can raise one finger as the local sign for looking for or offering a “dollar taxi” ride. CONFIRM THE \$1 FARE BEFORE GETTING IN. See also the map on page 3 of this guide. (Note for 2014/2015: some of these taxis are trying to institute a two-tier system: \$1 for locals and \$2 for obvious tourists. Try to hold out for the \$1 taxis.)</p> <p>Water Taxis in Las Brisas: See the info for Las Brisas under “<i>Marinas & Anchorages</i>”.</p>
Teak	<p>LUISCANSIX Corp, S.A. luiscansix2008@hotmail.com 6532-8567 6773-9647 Calle 9, Pueblo Nuevo</p> <p>see also “<i>Wood</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 “<i>Muebleria Bhana</i>” and “<i>Casa Mayorista Lucky</i>” almost across from Restaurant Nelson and almost kitty corner from the McDonald's. NOTE: We have found NO ONE who can unblock a Nokia brand phone. If someone finds otherwise, please let us know! (See email address on page one of this guide.)</p>
Thread	<p>Centro Marino on Avenida Nacional (see “<i>Chandlers</i>”) is the only place offering polyester UVR thread for canvas, but only in 16 ounce cones.</p> <p>Canvas thread also available at El Tapiz and Casa de la Cuerina (formerly Todo de Cuero) (see “<i>Fabrics</i>”).</p> <p>Regular sewing thread and notions are available at El Machitazo (see “<i>Groceries</i>”) and Pico Pico (see “<i>Fabrics</i>”).</p>
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 gettingetails or more info – send to email on first page of this guide.</p> <p>Fausto Salazar www.faustosalazar.com. Two locations:</p>

	<p>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 "Hardware"</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.)
Veterinarian	<p>NOTE: Taxi Tony (see "Taxis" 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 Corozol off the road that goes to Miraflores locks and the City of Knowledge. Best to take a taxi and have it wait for you. The taxi driver can call for specific directions.</p>
Volvo-Penta	<p>Comercial de Motores, SA 314-0831 6930-5832 www.cdm.com.pa Isla Flamenco on the Causeway (by Flamenco Marina)</p> <p>Volvo-Penta 390-4667, 390-8686 On Avenida Juan Pablo II, Local #4, Edificio Portisol</p>
Water Pump	See Dimar (see "Bearings, Belts, Seals"). Jabsco dealer. Can provide parts for other brands as well.
Watch Repair	<p>In Albrook Mall there are several stores that sell only watches. Most of them have a watchman who works out of a small cubbyhole to the side or the back of the store.</p> <p>There is also a watch repair man located in the Rey grocery store in El Dorado.</p>
Watermaker	<p>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</p>

	Transistimica. No further details provided.
Webbing	See <i>Casa de la Cuerina</i> (formerly Todo de Cuero) under “ <i>Fabrics</i> ”
Welding	See “ <i>Stainless Steel Fabrication</i> ” and “ <i>Aluminum</i> ”
West System	At times, West System can be purchased at Abernathy’s see “ <i>Chandlers</i> ”. If not available there, see “ <i>Fiberglass, Resins, Gelcoat</i> ” for other Resin and Gel Coat options
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>Teak</i> ”
Wood Workers	Sandino (65521103) 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> ”
Yanmar / Yamaha Parts	Ocean Center 323-0169 www.oceancenter.com.pa 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 www.tesa.com.pa Main store is in El Dorado on Ave. Ricardo J Alfaro 279-5300 There is also an outlet in Flamenco by Flameco Marina. Yanmar and Yamaha parts. Mixed reviews on delivery of special orders. Good if the part you need is in stock. One cruiser had to contact Japan directly to obtain the needed parts after experiencing problems with Tesa staff. Use caution with special orders. Many cruisers also report problems with mechanical work completed by Tesa employees. They are reputed to have a high turnover of staff and their mechanics are not always very qualified. Recommend consulting with Kenneth Brezeales (listed under “ <i>Diesel Mechanic</i> ”) for Yanmar repairs. Yacht Services Thomas 6480-4440 for Yanmar mechanic. See also “ <i>Outboard Parts/Repairs</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	YKK Canvas Zippers: see Centro Marino (see “ <i>Chandleries</i> ”), Casa de la Cuerina (formerly Todo de Cuero) and El Tapiz (see “ <i>Fabrics</i> ”)

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

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

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

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

- **Boquete** Up near the border with Costa Rica, Boquete is the main coffee growing area in Panama. It is located nearby Cerro Baru, the tallest mountain in Panama, which is another old volcano. A roaring river runs through town which has become a popular place to retire for Panamanians, North Americans and Europeans. The town caters to these wealthier migrants and immigrants, however outside the town there are trails to explore of varying difficulty. You can make an overnight hike to the summit of Baru to greet the day and perhaps see both the Caribbean and Pacific coasts. You can hike the Quetzal Trail looking for the Resplendant Quetzal (the national bird of Guatemala). There are several coffee farm tours available (we went on the Cafe Ruiz tour which was very comprehensive). It is very lush countryside. We learned about local minibuses from our hotel and took

these to some trail heads, then walked back into town at completion. There is a columnar basalt formation a short distance out of town. To get there by public transport: causeway bus to Cinco de Mayo, bus to Terminal, in Terminal buy ticket for David. It's approximately 6 hours to David (the bus stops in Santiago for meal break), so if you want to push on to Boquete, you need to leave early. Our experience suggests that the trip to/from David/Panama City is popular no matter what time of day or day of the week. The bus to Boquete leaves from the local terminal nearby the David/Panama City terminal. It's another $\frac{3}{4}$ hour or so to go from David to Boquete.

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

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

More things to do:

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

Daytrip to an indian village in the Gatunlake, roundabout 100-110 USD p.P. (recieved very good feedback from 3 boats in 2016)

http://www.stri.si.edu/english/visit_us/barro_colorado/visit.php

Daytrip to the island Barro Colorado in the Gatunlake with a natureguide from the Smithonian Tropical Research Institute, roundabout 160 USD p.P.

What's on - The Visitor magazin / El Visitante

A very good source to find out what's on this week starting fridays (music, theatre, ballett, drama, films, events, etc.), aswell it contains some news and stories.

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

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

Thank you to all the cruisers for their inputs!

Thank you Debi on SV Serenity for updating this guide!!!