



Panama Destination Content

INFORMATION OF PANAMA

Panama boasts a cosmopolitan and dynamic city, where the modern and the colonial come together to create a lively and vibrant atmosphere.

In love with the Pacific Ocean that gave birth to it, it has risen from its shores to the heights of the sky in towering skyscrapers, many of which are now world-famous icons, and is just minutes away from a lush tropical jungle that connects every visitor to an inexplicable adventure.

Official Language: Spanish

Climate: Tropical

Temperature: 23°F to 32°F / 75°F to 90°F

Currency: US Dollar.

PANAMA ATTRACTIONS

HUB OF LAS AMERICAS

Tocumen International Airport is the most connected airport in Latin America. It offers more direct destinations and international frequencies than any other hub in the region.

Connections:

- Latin America: 81 destinations, 32 countries and 328 daily flights.
- Europe: 12 weekly flights from Madrid, 7 weekly flights from Amsterdam, 5 weekly flights from Paris, 5 weekly flights from Istanbul.

MOVE AROUND THE CAPITAL

Rush Hours in Panama City: 7:00 a.m. - 9:00 a.m.; 11:30 am a 1:00 p.m. y 4:00 p.m. a 6:00 p.m.

URBAN LOCAL NETWORK

- **SUBWAY:**

The only one in Central America, a first-world project. Connects the capital city in a north-south direction, covering 15.8 km in only 28 minutes.

- **BUSES:**

A modern fleet of buses, equipped with air conditioning, comfortable seats and facilities for people with disabilities.

- **TAXIS:**

Cab service has an average cost of USD\$3-\$8 within the capital. If the transportation is for tourist purposes, the cost is USD\$18.00 per hour.

- **RAILWAY:**

The Panama Canal Interoceanic Railway connects the Pacific and Atlantic coasts in a route of only 80 km bordering the Panama Canal and surrounded by lush tropical forests.

- **PLATFORMS:**

The best transportation digital platforms are available.

- **TOUR OPERATORS:**

Tour operators offer superior transportation services that can assist any type of traveler.



THINGS TO DO BEFORE AND AFTER

CULTURAL EXPERIENCES

OLD TOWN - PANAMA CITY

Built in 1874, as the Grand Hotel by the German shepherd George Loew. This building that was bought by personalities and influential people of history such as Count Ferdiand de Lesseps and Dr. Belisaro Porras, former President of Panama (1915), has been the offices of the Universal Company of the Interoceanic Canal, ministerial offices, headquarters of the Post and Telegraphs and until 1997 was inaugurated as the Museum of the Interoceanic Canal of Panama.

Perceive the history of Panama visiting this majestic architectural work located in the historical and cultural heart of the Panamanian capital "Casco Antiguo", knowing its permanent exhibitions that expose the testimonies of the history of the interoceanic route and the construction of the Panama Canal.

BIOMUSEUM

CAUSEWAY, AMADOR - PANAMA CITY

After a tour of the "Amador Causeway", a group of three islands connected to the mainland by the breakwaters of the Panama Canal, we will visit the BioMuseum or Museum of Biodiversity.

This world-class museum with its impressive multicolored structure was designed by the famous architect Frank Gehry, being his only work in Latin America. The building was designed to tell the story of how the isthmus of Panama emerged from the sea 15 million years ago, joining two continents, separating a vast ocean in two and changing the biodiversity of the planet forever.





PANAMA CITY - GUIDED TOUR

MODERN AND COLONIAL PANAMA CITY

NATURAL EXPERIENCES

Panama is a cosmopolitan and dynamic city where the modern and the colonial come together to create a lively and vibrant atmosphere. In love with the Pacific Ocean by which it was born, it has risen from its shores to the heights of the sky in towering skyscrapers, many of which are now icons known the world over.

Enjoy a tour of beautiful Panama City by vehicle, walking and stopping at points of interest.



EMBERÁ COMMUNITY IN COLON

Just 45 minutes by bus from Panama City, the adventure begins with a trip on the river in "piragua", the traditional hand-carved Embera boats. Upon arrival at the village you will travel back in time as you are immersed in the ancient traditional Embera dances and music that have been preserved for hundreds of years. The indigenous people will invite visitors to explore the area where a variety of birds and wildlife abound, showing them the pristine landscape they inhabit. The Emberá women are known as some of the finest basket makers and you will see them create these beautiful objects made from palm fibers dyed with dyes from nature.

You will also have the opportunity to paint your body with a natural dye made from the fruit called Jagua, used by the indigenous people for body decorations in addition to its health properties.

Before returning to civilization, the Indians will offer us a traditional meal of fresh fish with plantain and you will have the opportunity to buy some of their original handicrafts.

METROPOLITAN NATURAL PARK

HEART OF PANAMA CITY- HIKING IN PANAMA CITY

A few minutes from Panama City, we find the Lung of the City, the Metropolitan Natural Park and biological corridor, consisting of 232 hectares.

Immerse yourself in nature in one of its 7 trails of no more than 1.1 km of distance, easy to moderate difficulty and with a journey of no more than 1.5 hours. On the trails you will find descriptions of plants, animals, places that can be seen from a distance and viewpoints. No doubt you will find ñeques, howler monkeys, turtles, butterflies, birds and various species of the rich vegetation.



PANAMA RAINFOREST DISCOVERY CENTER - OLEODUCTO ROAD SOBERANIA PARK - PANAMA CITY

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GAMBOA RAINFOREST RESERVE EXPERIENCE IN CRISTOBAL, COLÓN

After a 45-minute drive through the rainforest we will arrive at the Gamboa Rainforest Reserve, located in the Soberania National Park. We will experience nature on an expedition that begins at the resort's private dock, navigating the Chagres River and entering Gatun Lake, the heart of the Panama Canal, one of the largest artificial lakes in the world. In Gatun Lake you will observe some of the hidden islands that are home to species such as capuchin monkeys, crocodiles, iguanas, turtles, sloths, and a variety of birds that if circumstances permit can be observed. Then live the magic by ascending to a height of 280 meters above the ground via the cable car.

You will see the sun-drenched forest canopy with its thousand shades of green that are only interrupted by the vibrant colors of the flowering trees. Colorful birds and butterflies are part of the environment surrounding your ride in the gondolas. A short walk from the top where we disembark from the gondolas takes us to the observation tower, where you can see the entire panorama of the Chagres River, the Culebra Cut and the surrounding forest. You will culminate this beautiful experience by visiting the sloth sanctuary and the ecological exhibits: butterfly garden, orchid garden, and ranch.

CANOPY IN THE GAMBOA RAINFOREST IN CRISTOBAL, COLÓN

After a 45-minute bus ride through the jungle, we will arrive at the beautiful Gamboa Rainforest Reserve, located in the Soberania National Park.

Glide over the treetops of the rainforest; admire the most incredible collection of natural landscapes bordering the Panama Canal and Soberania National Park in Gamboa. Enjoy a different view of the Panama Canal and the Chagres River in 1.4 kilometers of extension divided into 10 lines and 13 platforms loaded with excitement and adrenaline.

You will glide through the trees and face an unknown world, a fascinating perspective of life that you never thought would exist for you.

This is a tour through a tropical rainforest. The fauna among the treetops is immense and varied and with a little luck you will be able to see monkeys, birds such as the Picoiris toucan and other species.

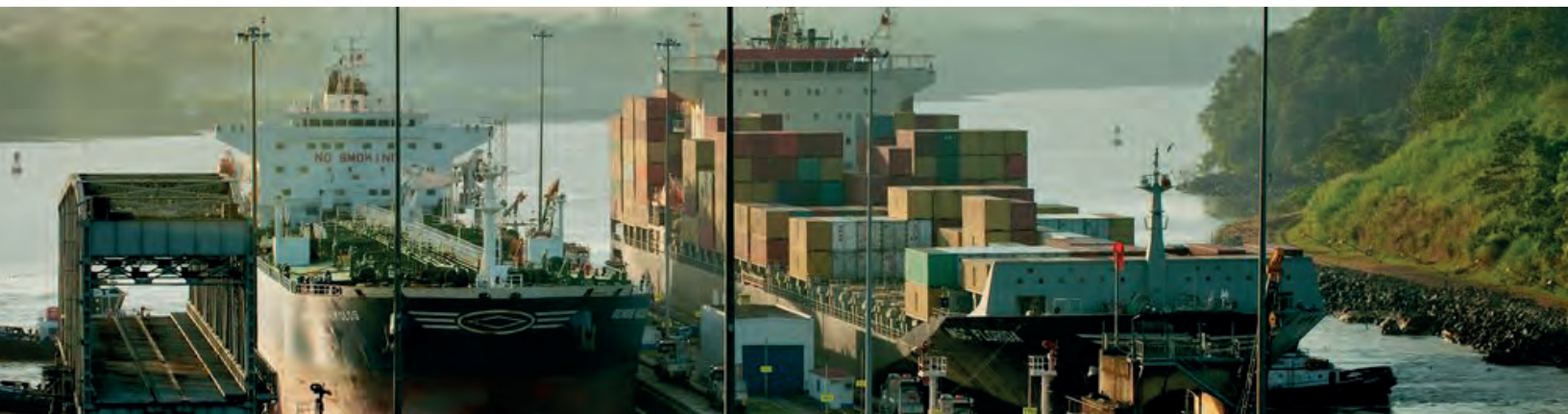




PANAMA CANAL + IMAX - MIRAFLORES VISITOR'S CENTER AT MIRAFLORES LOCKS - PANAMA CITY

Known as the 8th Wonder of the World, you can get to know it by visiting the Miraflores Locks, the ideal place to live the experience of watching the passage of the ships that sail through the canal to shorten the time and distance between their destinations. Within the facilities you can visit the on-site museum where you can access detailed information about the canal, its history, its natural areas, the expansion and a navigation simulator where you become the captain of a boat. The Visitors Center has a restaurant, meeting room, cafeteria, canal souvenir store, and a terrace for a panoramic view.

Next to this museum is the new Panama Canal IMAX building. Enjoy a unique 45-minute film narrated by Morgan Freeman, which presents the past, present and future of one of the most magnificent projects of all time, the Panama Canal.



OLD PANAMA - ARCHAEOLOGICAL SITE - PLAZA MAYOR MUSEUM IN OLD PANAMA - PANAMA CITY

Panama Viejo is the set of ruins of the first city of Panama, founded by the Castilian nobleman Pedrarias Dávila in 1519. It was the first European settlement on the shores of the Pacific Ocean and was the place where several expeditions were organized, including those of Francisco Pizarro to Peru.

With the conquest of the Inca Empire, Panama became part of the umbilical cord that linked Spain with western South America, and countless precious metals and products passed through it. The trade and commerce made many of its inhabitants, who numbered up to ten thousand, wealthy. However, its days of fortune ended abruptly in 1671, when buccaneers under the command of the Welsh corsair Henry Morgan attacked and sacked the city, which was burned and destroyed.



UNIQUE EXPERIENCES

FOLKLORIC PRESENTATION

Panama is a multicultural country. The Hispanic heritage palpitates especially in the regions of Azuero and Coclé, where tradition and culture are highly valued. The African legacy dazzles in the colorful Congo dances, an established tradition in the province of Colon, while the native peoples keep their roots alive. Dazzle your event in Panama with our dances that will captivate each of your attendees.

Types of presentations:

- Congo Dance
- Dances in gala costume and santeño luxury.
- Dance of the dirty devils or of the mirrors.
- Dances of our native peoples
- Medley with carnival queens.



10 REASONS WHY PANAMA

1. Panama is safe.

Panama is one of the safest countries in the region, being the 2nd in Central America and 5th in the entire American continent (Global Peace Ranking 2020). It is possible to walk quietly through the streets, walk at night in the main city, use public transportation, get dressed and even own a luxury car, without any imminent security risk. In addition, due to its optimal position in the continent, protected by North and South America, it does not experience natural disasters, which guarantees that your event will not be cancelled.

2. Connectivity

Panama is the best-connected city in Latin America, with direct flights from Europe, Asia, North America, Central America, South America and the Caribbean. Through Tocumen International Airport, better known as "The Hub of the Americas", it receives more than 2,500 weekly flights from 89 cities around the world, including more than 15 from the United States.

3. Diversity.

Panama's diversity of products makes it unmatched by other destinations. From paradisiacal beaches on both coasts, to trails in the region's most popular rainforests, to high-end shopping malls. In addition, Panama's unique cultural diversity makes it a warm, friendly and vibrant destination to host your next meeting.

4. Accessibility

Given its small size, Panama is accessible. In just a couple of hours you can travel from north to south and east to west, making it the perfect destination to tour before, after and even during your event.

5. Every penny counts.

The Balboa, Panama's legal currency, has parity with the U.S. dollar (USD), making it easy to budget for your event. In addition, your meeting expenses are tax deductible as they would be in the United States.

6. The largest meeting venues in the region.

Our largest convention centers have a total capacity of 24,000 people and feature state-of-the-art technology and the direct support of the DMO, PROMTUR.

7. Panama City is the business capital of the Americas.

Panama is the regional business capital and is at the center of the emerging economies of Latin America. Panama is home to the regional headquarters of the world's most important multinational companies.

8. Benefits of Panama

Once you choose Panama as the destination for your next event, expect to receive fabulous incentives and benefits. You can receive tickets to attractions and excursions, as well as reimbursements and discounts for products and services in the destination. (Restrictions may apply)

9. Local transportation.

Panama's public transportation system includes: The Panama Metro and its 2 lines; the urban bus system better known as Metro Bus; cab services; private transfers; car rentals through world-renowned chains and transportation by mobile applications such as Uber.

10. Health System

Panama has 3 health systems; 2 are government-run and 1 is private.

- Public hospitals and clinics administered by the Ministry of Health (MINSA).
- Social Security hospitals administered by the Social Security Fund (CSS).
- Private system of clinics and hospitals. Private hospitals are in the larger cities such as David and Panama City.

Panama's health care system is a modern medical complex with state-of-the-art technology, world-class professionals, and warmth in patient care. Physicians work in both the public and private systems. Panamanian law requires that physicians in the private sector also have office hours at the public or social security hospital. Medical care costs in Panama are dramatically lower than in the United States and some other first world countries. Many medical procedures cost one-half to one-fourth of what the same procedures cost in the United States.

Some of our private hospitals are:

- Paitilla Medical Center: affiliated with the Cleveland Clinic where the two hospitals have been holding annual joint conferences in Panama for the past eight years. This hospital boasts the best known Oncology Unit in Panama.
- Clínica Hospital San Fernando: has an "international office" that assists expatriates who are unfamiliar with Spanish. Hospital San Fernando affiliates with three respected U.S. hospitals: Miami Children's Hospital, Baptist Health International of Miami and Tulane University Health Services Center.
- Hospital Nacional: managed by the American Hospital Management Company and affiliated with Kendall Medical Center of Florida and the University of Nebraska Medical Center.
- Hospital Punta Pacifica: It is considered the most technically advanced hospital in Latin America. They have state-of-the-art diagnostics. They offer advanced videoconferencing that allows authorized physicians from all over the world to see surgeries, view and analyze patient data. This is the only hospital and medical center in the Caribbean and Latin America region affiliated with The Johns Hopkins Medicine International. Johns Hopkins Medical Center is ranked as the #1 hospital in the United States.