

7 DAYS IN PANAMA ITINERARY

PANAMA CITY



DAY 1:

- PHOTOSHOOT IN CASCO VIEJO
- EXPLORE CASCO VIEJO
- VISIT THE PANAMA CANAL
- WATCH A FOOTBALL MATCH



DAY 2-3:

- VISIT SAN BLAS
- SLEEP ON AN ISLAND
- GO ISLAND HOPPING
- YOU'RE ON THE ISLAND BABY!



DAY 4:

- GO ON A FREE WALKING TOUR
- VISIT THE GOLD STATUE
- LEARN THE HISTORY
- GO OUT FOR DINNER

PLACES TO EAT

- MAHALO 9/10
- CASA CATEDRAL 8/10
- TACOS LE NETA
9.5/10

PLACES TO STAY

- SELINA HOSTEL
- AIRBNB (LOFT STYLE)

THINGS TO NOTE

- 1 USD - 1 BALBOA
(PANAMA CURRENCY)
- PANAMA CITY IS VERY
HUMID

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BOQUETE



DAY 5:

- WALK ON MAIN STREET
- CHILL IN THE AFTERNOON
- DO A NIGHTLIFE TOUR
- SLEEP IN A CYLINDER



DAY 6:

- GO ZIP-LINING
- WALK ON THE HANGING BRIDGES
- DO A MARKET TOUR + COOKING CLASS



DAY 7:

- WATCH THE SUNRISE ON VOLCANO BARU
- CHILL AND TAKE SOME PICTURES
- VISIT THE WATERFALLS AND HOTSPRING

PLACES TO EAT

- DOBO 9/10
- SUGAR AND SPICE
- THE ROCK
- EL SABROSON
- FRESAS MARY

PLACES TO STAY

- SELINA HOSTEL
- DOWNTOWN SUITES

THINGS TO NOTE

- A LOT OF THE ACTIVITIES REQUIRE A MIN OF 2 PEOPLE SO REACH OUT EARLY



THINGS TO NOTE WHILE TRAVELLING IN PANAMA

- PANAMA HAS TWO SEASONS (DRY AND RAINY SEASON); DRY SEASON LASTS FROM JANUARY TO MAY AND RAINY SEASON LASTS FROM MAY TO JANUARY
- REGARDLESS OF THE SEASON YOU GO IT'S STILL HOT SO PACK LIGHTWEIGHT OUTFITS
- IT'S VERY HUMID SO BRING A MINI HAND FAN AND A LOT OF SUNSCREEN
- THE SOCKETS ARE THE STANDARD NORTH AMERICAN SOCKETS
- YOU CAN COMFORTABLY SPEND ONLY USD BECAUSE IT'S THE CURRENCY USED ALONGSIDE BALBOA
- BOQUETE, PANAMA DOESN'T HAVE A LOT OF UBERS SO PREPARE TO TAKE THE PUBLIC TRANSPORT OR DRIVE (RENT A CAR)
- A LOT OF THE ACTIVITIES REQUIRE YOUR ID (PASSPORT) SO TRY TO CARRY THIS EVERYWHERE

