

**Cruisers Guide to Services in Panama City**  
**Republic of Panama**



**May 2008**

**Updated by S/V Windsong, Frank and Shirley**

**Photo of Sunset at Bridge of Americas**

**By S/V Carina**

## **Cruisers Guide to Services in Panama City, Republic of Panama**

**Updated by S/V Windsong, Frank and Shirley, May 2008**

Welcome to Panama, where you can obtain almost anything you desire. This guide is an update to the guides originally compiled by S/V Mamouna and then by S/V Creola. One of the guides had a large map which was reproduced. We have not copied this map mainly because of the size and because it was becoming more unreadable as each copy was copied.

We highly recommend that one of your first purchases is a street map of Panama. You can obtain these at many different stores or pharmacies. Once you have your map, please study it, and become familiar with neighborhoods and streets. Also a good way to orient yourself is to watch carefully as the taxi and/or bus takes you around town.

The information provided is not a complete list of places or services. It is mainly a listing of information collected from the cruising and local community. New places open, and old places close. In no way are we or any cruiser or other person responsible for your using services mentioned in this guide. Each of you is responsible for going to the business and/or meeting the people and making your own decisions.

One of the best sources of information is still the morning Panama Cruising Net on VHF 69 at 8:00 AM Monday thru Saturday. Also, check with your fellow cruisers. There are many skilled cruisers who drop anchor and might have the skills you require. There are many knowledgeable people in our cruising community and many times they are more than happy to give you advice or help. Some cruisers charge for their advice and services, so please clarify ahead of time, so you won't be surprised.

### **Dress**

You might notice that when you are away from your anchorage or a beach, you will rarely see people dressed in shorts and T-shirts. The locals tend to wear dresses, shirts and slacks. Government offices require that men wear a shirt and long pants. Women are required to wear dresses (with sleeves) or blouses (with sleeves) and long pants or skirts. Immigration is particularly fussy about this. I needed to have my picture taken for immigration and had on a sleeveless dress. I had to return to S/V Windsong and put on a jacket to cover my arms (yes, for an immigration photo).

### **Local Transport**

Taxis are plentiful in Panama. There is a list of taxis recommended by your fellow cruisers in this guide. Always ask the price of the taxi prior to getting into the taxi, even if you know the driver and have used them for weeks, months, or longer. It is best to ALWAYS confirm a price. Generally, taxis in town are cheaper than the taxi's on the Causeway. But if you need advice of where to find a particular place to get something repaired or purchased, then the taxi's that hang-out near the anchorages are a good source of information (so I guess we are not only charged our taxi fare but also for their knowledge of how to find it or get it done). When entering a taxi and you do not know the driver, please write down the taxi number, and the driver's name. NEVER EVER enter a "taxi" unless it bears the taxi license

number on its side (or on its license plate); pirates exist and they have been known to assault unsuspecting tourists. Never leave any articles in the taxi unattended. In 2007, the S/V Liberty used an unknown taxi and had the driver stop at the Bank so he could use the ATM. He left his groceries, laptop computer and other shopping items in the taxi...that taxi drove off with all his belongings, never to be seen or heard of again. Also, remember when you have been shopping, check inside the Taxi and inside the Trunk to make sure all your things have been unloaded.

If you do not want to use taxi's, there are the "Diablo Rojo" or, "Red Devil" buses, which are the old style U.S. School buses that act as city buses here in Panama. Its 25 cents to ride the bus and you pay when you get off the bus. You can take the Coop Saca bus (or Colectivo) from the Causeway. Just flag them down and it will cost you 25 cents to get to Cinco de Mayo. From there you can pick up buses to various parts of town (this is again where a good map comes in handy). The Coop Saca buses for the outlying parts of Panama City (i.e. Clayton, Albrook, Gamboa, etc.) can be located across the main street from where you are dropped off and a little to your left as you cross the street. The bus terminal located at Albrook Mall is the main bus terminal and a good location for getting to any part of Panama City, including the International Airport. Inside the terminal you can purchase a ticket to towns throughout the interior of Panama, and also the Tica Bus to Costa Rica, and other countries in Central America. The buses to the interior are usually, First Class buses, with air conditioning and bathroom, although, sometimes, neither may be operational.

## **Communications**

Cell phones are very popular. If you currently have an unlocked cell phone you can purchase a new SIM card at many places but the most convenient location is Albrook Mall. If you do not have a cell phone you can easily purchase one for about \$30. Currently there are 2 Cell phone providers in Panama, Cable & Wireless (Mas Movil) and Moviestar. Two more companies plan to offer services in Panama in the near future. Cable & Wireless seems to be the popular choice, although if you are going to purchase more than one cell phone it's a good idea to choose one Cable & Wireless and one Moviestar. This allows you to have coverage almost everywhere. Prepaid cards can be purchased at most stores, or hotels to recharge your cell phone. One of the first telephone numbers you should put in your cell phone is for the Tourist Police – 211-3811. In the event you have a problem these police all speak English and can be helpful.

You can also purchase the prepaid calling cards at most stores and hotels for making local and international calls. These cards are useful when calling from a local pay phone and are usually cheaper than using your cell phone for international calls.

WiFi services and Internet Café's are all over the city. We suggest you check with your local cruisers for the most up to date information. We currently are aware that Benningan's, TGI Friday's, and the Balboa Yacht Club bar offers WiFi services, some allowing you to plug into their power. They do expect you to purchase food and drink.

## **Boatyards and Moorings**

**Flamenco Yacht Club and Marina** (VHF Channel 10) has slips, moorings and also a boat yard with a large travel lift. We are not familiar with their prices but have been told it's very expensive. If you have a very large boat or catamaran and need to be hauled out of the water this might be your best option.

**Balboa Yacht Club** (VHF Channel 06) has mooring balls that can be rented. You must call ahead to check on availability since there is no waiting list. Boats come and go on a regular basis, particularly in the cruising season. BYC has water taxi service 24 hours a day (call on VHF 06), WiFi, showers and laundry room for use by the members and boats on moorings. Currently the price is 50 cents a foot per day. If you require the mooring for a long period of time, the price is reduced after 6 months. You can also get diesel at the dock (it's best to call ahead since they sometimes run out and the truck is late in arriving to refill the tanks). If you purchase fuel from the dock, generally you can fill your water tanks at no additional charge. If you need to haul your boat, BYC has 2 rails. One for smaller boats and one for larger boats (Call on VHF Channel 06 or stop by the office, for availability, tides, etc.). Currently the cost is approximately \$20 for hauling your boat out of the water and \$20 for putting your boat back in the water. If you haul out on a Saturday or Sunday the charge will be higher. You pay this money directly to Tito for the rail haul-out. Tito oversees the boat yard. The daily fee for the rail is currently \$50 a day for the small rail and \$75 a day for the large rail. Payment is made at the BYC Office. You can do the work yourself or you can bring in your own help or contact one of the people listed in the cruising guide spreadsheet. Please remember to always negotiate exactly what work you want done, how much it will cost, and how many workers you want to work on the boat, etc. We (S/V Windsong) have always provided cold drinks and lunch for anyone working for us during the day. This was recommended to us when we arrived and we generally receive good service. If you speak to Tito when you arrive, he can arrange to order a box lunch for the workers at a reasonable price.

When hiring work to be done on your boat, ALWAYS negotiate a price upfront. The price will depend on the work that must be done and the experience of the worker. You can find workers for \$3 per hour, the current price for a decent worker is about \$5 per hour, and more expensive for more experienced/good workers. Generally workers expect to be paid daily so please confirm with the worker. When having work done, it is best to oversee the project yourself, and do not leave tools or valuables lying around.

Bottom Cleaning services are done by many of the workers at the BYC. Several of the launch drivers will dive on your bottom to clean it, change zincs, and work on props. Their prices vary depending on size of boat, condition of the bottom, and weather conditions. It is best to ask other cruisers for references.

**La Playita** (VHF Channel 10) has a few mooring balls that can be rented but we understand they are very limited and soon will be doing away with the moorings to construct a marina. Outside the mooring area there is an anchorage where you can drop anchor for free. You can bring your dinghy to the dock for a daily fee or arrange a monthly fee for using the docks. Please check with the La Playita office to make arrangements. DO NOT land your dinghy at the rocks. The harbor police will fine you, and/or remove your dinghy. And it's a hefty fine. Remember to always bring your dinghy and engine out of the water

EVERY night. And lock your dinghy and outboard. There have been thefts of dinghys and outboards every season from this anchorage.

**Taboga Island Moorings** (Call S/V Libre on VHF 69 or telephone 6442-5712) has mooring balls available. This is a good option for leaving your boat to travel. There is a daily shuttle that goes between La Playita and Isla Taboga.

## **Restaurants**

Restaurants are plentiful in Panama. There is no possible way to list them all and everyone has different tastes, etc. Our best recommendation is if it looks interesting, stop in and enjoy yourself.

Additions, corrections, and any new information for this Panama Cruiser's Guide can be emailed to S/V Windsong, ( Frank & Shirley) [shirlduff@aol.com](mailto:shirlduff@aol.com), so we may continue to keep this guide as current as possible.

Information provided in this guide was gathered by the sailing vessels Windsong, Creola, Mamouna, Alaya, Aquastrian, Carina, Libre, DreamMaker, Elusive, Horizons, Navigator, Serenity, Mussetta, Sailor's Dream, Cynosure, First Light and Strummer. If we forgot someone, please forgive us and do not hesitate to remind us so we can make the correction. Without everyone's assistance it is an impossibility to keep up-to-date, so do participate, your information is valuable.

Panama City Cruising Guide, May 2008									
Category	Name	Location	Contact	Telephone	email	Business Type	Business Type 2	Business Type 3	Notes
Boat Supplies		1							
	Abernathy's	1 Calzada de Amador		314-1432		Marine Supplies	Chandlery		Wednesday is "dia de velero" , 25% discount
	Abernathy's	1 Ave. Balboa, Club de Yates y Pesca		227-8620		Marine Supplies	Chandlery		Chandlery
	Abernathy's	1 Transistmica		260-1222		Marine Supplies	Chandlery		Chandlery, this is main store
	Acereo Decorativo	1 Tumbo Muerto				Stainless Steel			Custom Fabrication
	Aceros Inoxidables	1 Via Nacional				Stainless Steel			Custom Fabrication
	Aceros y Herramientas, AHERSA	1 Via Espana across from San Fernando Medical Clinic		229-1026 229-1027		Fasteners			Stainless Steel
	ADIRPSA-Agencias Diesel Rivas y Picans	1 One Block off Ave. de Cordoza (Miro perhaps)		229-3141		Injectors	Filtration	Injection Pumps (possibly)	Re-builds, reworks
	Almacen Todo de Cuero	1 On main road to Cinco de Mayo, Ave. Julio de 4				Fabric			Leather, snaps, grommets, zippers, webbing, etc.
	Alternator Repair	1				Electrical			Alternator Repairs
	Auto Parts Electronica	1		224-6049		Electrical			Alternator Repairs
	Casa de las Baterias	1 Via Espana (and other locations)	Juan Diaz		comercial@casabat.com or ventas@casabat.com	Batteries			Excellent service, recommended by S/V Carina
	Casa de Tornillos	1 Next door to Tornillo y Tornillos on Via Espana				Fasteners			Stainless Steel
	Casamar	1 On Road going toward Miraflores Locks, Left side				Marine Supplies			Chain and Line
	Casamar	1 Near Fish Market, waterfront, west end of Balboa Ave.				Marine Supplies			Chain and Line
	Centralam Panama, SA	1 Balboa in Industrial area behind Lum's	Eric or Tomas	6678-2903 314-0191		Paint			Antifouling, Hempel
	Centro de Industrial	1 Via Cincuentenario 79-10		224-2233		Tools			Also Pump Seals
	Central de Tornillos	1 Avenida Nacional				Fasteners			Stainless Steel
	Centro Marino	1 On the Amador Causeway				Marine Supplies	Chandlery		
	Centro Marino	1 Avenida Nacional				Marine Supplies	Chandlery	Outboards (Mercury)	Only place offering polyester UVR thread for canvas work but only in 16oz
	Comex	1				Paint			Almaron Antifouling Paint
	Cromados Panama	1 Near Industrial Center, at entrance of Costa del Este		224-1056		Chrome			Replating
	DILupa	1 Near Dimar		229-8766		Filtration			Almost any filter (Baldwin Housings)
	Dimar	1 Vista Hermosa		229-2051		Filtration			Ask for Beilka a woman salesperson who speaks English and is very helpful.
	Do It Center	1 El Dorado				Hardware			Big store, lots of stuff
	Do It Center	1 Multi Plaza Pacific				Hardware			Big store, lots of stuff
	Do It Center	1 Paitilla				Hardware			Big store, lots of stuff
	Electrodiesel	1				Filtration	Racor Housings		Many Racor Filters - not all
	Electro Servicio	1 Calle 11	Dorito	6649-3737		Electrical			Alternator Repairs
	Electromar Services, SA	1 La Boca, Ancon	Dino	228-9983		Electronics	Communications	Hydraulics	EPIRB battery replacement
	Electronica de Ancon	1 Balboa Business Center (across Freeway Laundry)	Rolando Tomlison (Rolo)	314-0812		Electronics	Radio		Icom Repairs for S/V Horizons when Icom said it could not be fixed, also electronic repairs
	Evans Refrigeration	1 Diablo Hangar 33, Ancon	Eugenio	6670-1535		Refrigeration			Repairs
	Fausto Salazar	1 Behind Rodelag off Transistmica				Tools	Safety Equipment	Taps	Excellent prices.
	Ferreteria	1 Multi Commercial, Via Fernandez de Dordoba (near Super 99)				Hardware			Lots of Stuff & Plumbing (recommended by S/V Cynosure)
	Firemaster de Panama	1		236-0880 6674-9497		Fire Extinguisher			Certification
	Fire Extinguisher	1	Abrasil	260-9061		Fire Extinguisher			Certification, Recommended by S/V Cynosure

Category	Name	Location	Contact	Telephone	email	Business Type	Business Type 2	Business Type 3	Notes
	Friolin Segundo	1 C1 Abel Bravo Urb Obarrio, 1		269-3804 223-0371 269-3451		Refrigeration			foam, recommended by S/V Libre
	Friolin, SA	1 Ave 1, El Carmen (about 1 block off Via Espana on a Parallel Street)		264-6572 269-6079		Refrigeration			Supplies - small cans refig, hoses, gauges, adapters; recommended by S/V Carina
	Fresno Clima	1 In Perejil , 1ra Calle Despues Hotel Bella Vista	George & Juan	6617-6366 223-2941		Refrigeration			Repairs, dependable, recommended by S/V Triple Dolphin
	Hydromundo	1 Via Argentina, El Cangrejo Area				Watermakers			SeaRecovery Water Makers
	Inversiones Barria, SA	1				Oil			Hazoline Oil
	Overseas Electronic & Beyond	1	Julio C Romero M.	6615-1879 209-2586 209-2588		Electronics	radar	EPIRB	Electronics, repairs radar, EPIRB battery replacement, etc.
	Marine Satellite Services	1				Communications			Standard Horizon, Iridium
	Marine Survey	1	James Laing	268-1147 6655-4026		Marine Surveyor			
	Marine Warehouse	1 YMCA Building, Balboa	Arturo	314-17686 702-9256		Marine Supplies			Can order from USA. Almost anything. Customs clearance for YIT.
	Mayher, SA	1 Urb Industrial Los Angeles, Calle 65 (near Fausto Salazar)	Ana Martinez	6724-8384		Tools	Industrial Supplies	Electrical	An excellent selection of light and heavy duty construction and machining parts and equipment. Recommended by Carina
	Metalica Perez, SA	1 calidonia	Juan Ibanez	227-1352		Stainless Steel & Anodized Aluminum			Custom Fabrication
	Mita Kyocera	1 Across from Multi Plaza Pacifico				Electrical	Solar Panels		Solar Panels, Kyocera, regulators
	Motoborda	1 Near Fish market	Forero	262-3279		Outboard Engines			Yahama Parts
	Multilaminas	1				Wood			Plywood
	Multiplastics	1 In Los Angeles Area, street behind Rodelag		279-0441		Plastic			Lexan
	Motores Marinos, SA	1 Ave. Balboa	Cesar Javier Ruiz	262-6442		Outboard Engines			Tohatsu
	Motores Partes	1 Via España near Calle 90				Water Pumps			Rebuilds most models of water pumps
	Navstar Marine Electronics	1 La Boca, Ancon	Oswaldo Flores	228-0399 6617-2591		Electronics			Furuno dealer
	Novey's Hardware	1 calidonia, Ave Central				Hardware			best stocked Novey's
	Novey's Hardware	1 Albrook Mall, detached				Hardware			
	Novey's Hardware	1 Ave. Balboa, Paitilla				Hardware			
	Novey's Hardware	1 Tumba Murto, El Dorado				Hardware			
	Panama Auto	1 Transistmica				Auto Parts	Bronze Fittings		Raul Bernal is very helpful. Heavy Duty Coolant
	PASS, SA	1 Via Porras, close to Via Espana		302-2640		Electrical			Solar Panels, Regulators
	Pemco	1 Calle 50				Tools			
	Pesquero sport	1 Calzada de Amador, near Flamenco Marina	Francisco	314-1991		Marine Supplies			15% discount
	Pesquero Sport	1 Ave. Balboa y Calle 27 Este		227-4100		Marine Supplies			15% discount
	Pinta	1				Paint			Antifouling Paint
	Proteca	1 Ave Nacional	Robert Suiter	227-3533		Electronics	Hydraulics	Wire Rope	Cables, Raymarine distributor
	Radicom	1 El Dorado	Alberto Nevah			Radio			ICOM radios, mics, support. Will not work on other brands.
	Radio Shack	1 Via Espana, Plaza Concordia	Hernan	263-4511 263-4119		Electronics			Big range of supplies, similar to US
	Repallantas Tip Top	1 Centro Commercial Rio, Local 15, 16, 17, 1010 Parque Lefevre		224-8315		Dinghy			Inflatable dinghy repairs with Tip Top glue
	Rodelag	1 Transistmica				Hardware			and More
	Rodolfo Moreno y Cia	1 Via Fernandez de Cordoba		261-7011		Oil			They will deliver a case to your boat
	Sigma Paint	1	Diego	317-6553		Paint			Antifouling, Sigma
	SUR	1 Urba 12 de Juan Diaz, Ave 1 Norte near Tocumen		217-6970		Paint	Resins	Gel Coat	Epoxy Resin only at Juan Diaz location, call ahead
	Taller Alfredo	1 Calle E, No 9-M, El Dorado	Ing. Alfredo Lyma Young	236-5577		Machine Shop			Immaculate, just like the USA

Category	Name	Location	Contact	Telephone	email	Business Type	Business Type 2	Business Type 3	Notes
	Taller Quisanch	1 Ave. Eloy Alfaro, Calle 15	Romon Valdez	6699-6917		Machine Shop			
	Taller Tito Torres, SA	1 Calidonia	Tito Torres	225-0714		Machine Shop			Bad section of town, good work. Take a taxi. Zona 9
	Tesa	1 El Dorado		279-5343		Diesel Engine	Outboard Engine		Yanmar and Yamaha Parts, Several Cruisers have had problems in receiving their orders or getting their money returned
	Tornillo y Tornillo	1 Via Espana CL 79, Oeste, Las Sabanas		221-4785		Fasteners			Stainless Steel
	Tropigas (Propane)	YMCA Building, Balboa; Also on Tumbo Muerto, 1 or you can go about 1/2 way to Colon to town of Chilibre to the refill plant				Propane			Drop off and pick up 1-2 days later. Some cruisers hire a taxi (Taxi Tony) and they share the cost
	True North	1 Diablo, Casa No. 5286, Ancon	Ibeto W. Osorio S.	6617-4557		Magnetic Compass			Adjustment
	Watersport	1 Tumbo Murto				Outboard Engines	Dinghy		Suzuki Motors, Caribe Dinghies
<b>Canvas, Copies, Misc</b>		2							
	A Cut Above	2 Albrook Plaza	Nixa	315-1597		Beauty Salon			Good haircuts and coloring etc. at Upscale Salon
	ABC Canvas	2 Linton (on Colon Side)	Cindy & Reid	6706-9077		Canvas & Sail Repair			
	Airbox Express	2 Pan Canal Plaza (across from Rey Market)		269-9774		Mail & Shipping	Importation of Boat Parts		\$10 year for mail box in Miami + delivery charges
	Attorney	2 Edificio 120, Antiguo Bco. Continental, Via Espana, 2nd Floor	Flor de Montserrat Claramunt G.	263-2121		Legal Services			Good attorney for Immigration and purchasing real estate, etc.
	Canon	2 El Dorado above Icom				Printer	Camera		Camera & Printer Services
	Canvas & Sail Repair	2 Calle 8 1/2, Ave Santa Isabel, Colon	Manuel Pretel	441-2389 6624-4844		Canvas & Sail Repair			Recommended by many cruisers for sail repair
	Canvas Work	2	Samudio	6716-4678		Canvas & Sail Repair			This person does the canvas work for several of the large boats at BYC
	Canvas Work	2	Omayra Aguirre Robles	222-3806 6684-2803	textmuebles@hotmail.com	Canvas	Cushions	Upholstery	Custom sewing; recommended by S/V Alaya
	Chila's Hair Salon	2 Balboa Business Center (across Freeway Laundry)	Chila	228-1871		Beauty Salon			Good haircuts and coloring etc.
	Computer Repair	2 S/V Ventosa at La Playita	David Kirtschig	6505-7513	david.kirtschig@gmail.com	Computer			Custom Services, \$30/hr.
	Copy Red	2 Above Foodcourt in Albrook Mall		303-6099		Copies	Lamination		Excellent Color Copies and Lamination. A good place to have a copy of your passport reduced and laminated
	El Tapiz, SA	2 Calle "H" y Ave Ancon	Elias A. Tuvachi S.	262-2334		Fabrics			Sunbrella, Fabric, Zippers, Snaps
	Freeway Laundry	2 La Boca				Laundry Service			From YMCA go left then left at the light - located in small strip mall. You can leave your laundry or do it yourself. Delivery Service
	Happy Copy	2 Near Niko's Café				Copies			Large Chart Copying
	Islamorada	2 Across from YMCA in Balboa				Charts	Cruising Guides	Books, Nautical	
	La Casa del Musico	2 El Dorado Shopping Mall		260-9715		Music			Instruments and other Products
	Line & Arts	2 Albrook Business Park	Gabriela Murillo	6616-2464	gabriela@ineandarts.com	Graphics			Digital lettering for boats
	Mail Boxes Etc	2 Plaza Albrook		314-0601		Mail & Shipping			Private boxes with Miami address
	Pico Pico	2 "walking street" at Cinco de Mayo				Fabrics			Large Selection; go upstairs for sunbrella
	Singer	2 Calle Colombia, Bella Vista (off Via Espana)	Isaac Antebi	213-1356		Sewing Machines			Sewing supplies & repair
	Travel Agency, Mundo Aereo	2 Avenida Alberto Navarro	Mike Capriles	269-4044 6615-6595		Travel Agency			Recommended by local friends
<b>Transportation</b>		3							
	Israel	3 Taxi		6688-3579		Taxi			Some English



Category	Name	Location	Contact	Telephone	email	Business Type	Business Type 2	Business Type 3	Notes
	Geronimo	3 Taxi		6594 7687		Taxi			Limited English. Nice man. Dependable.
	Roosevelt	3 Taxi		6513-6949		Taxi			English speaking
	Federico Dowdy	3 Taxi		6631-5611		Taxi			Not recommended by many cruisers
	Sebastian	3 Taxi		6512-2608		Taxi			Some English
	Silvestre Garcia	3 Taxi		6502-2105		Taxi			Some English
	Juan Angel	3 Taxi		6582-4470		Taxi			English speaking
	Luis	3 Taxi		9596-3707		Taxi			\$8/hour Recommended by S/V Aquastrian
	Tony (not taxi Tony)	3 Taxi		6788-4603		Taxi			Some English
	Edgar	3 Taxi		6575-1160		Taxi			Recommended by S/V Serenity
	Carlos Chiari	3 Taxi		6449-4066 251-7146		Taxi			Van will do tours, recommended by S/V Musetta,
	Alfaro	3 Taxi		6694-0509		Taxi			English speaking
	Taxi Tony	3 Taxi		6520-0272		Taxi			English speaking, wife will do laundry, propane run
	Tomas	3 Taxi		6796-3387		Taxi			Limited English. Has truck. Will work hourly.
<b>Mechanics,</b>		<b>4</b>							
	Sandino Guerra	4 Usually found at BYC	Sandino	6763-8260		Labor, skilled			Good Boatwork, fiberglass, woodwork, sanding, painting, window repairs, Bottom Cleaning, etc. Highly Recommended
	MaKlean	4	Maklean Inglesias	6736-8649		Labor, skilled			Not permitted on BYC property. Does good work but watch. Not recommended.
	Junior (aka Black Ricardo)	4 Usually found at BYC	Junior			Labor			Works on Boats, Paints Bottoms, many negative comments about his work and honesty, Not Recommended by Many Cruisers, though S/V Carina had a good experience
	William	4 Usually found at BYC	William			Labor			Works on Boats, sands, varnish, trustworthy, good comments
	Super	4 Usually found at BYC	Super	6701-1137		Works on Boats	Line Handling		One comment from S/V Elusive: watch your stuff
	Servicios Morice	4	Alejandro Lopez	6674-5961		Diesel Mechanic			Recommended by S/V Cynosure, Can be expensive
	Tito at BYC	4 Runs the Boatyard at BYC	Tito			Boat Work			Tito runs the BYC Boatyard and can oversee work done on your boat. Negotiate on what needs to be done, how many workers you want, and how much you are willing to pay, etc.
	Charlie	4 BYC lancha driver, VHF 06				Bottom Cleaning			Can be expensive.
	Johnny	4 BYC lancha driver, VHF 06				Bottom Cleaning	Boat Work		Honest, reliable
	Kenneth Brezeale	4		6648-7202	<a href="mailto:bocassolar@gmail.com">bocassolar@gmail.com</a>	Diesel Mechanic	Electrical	Refrigeration	Highly recommended S/V Gloria Maris
<b>Marinas &amp; Anchorages</b>		<b>5</b>							
	Balboa Yacht Club	5 Amador, at buoy 14 1/2 of Panamá Canal	David Cooper	228-5794		Moorings	Boatyard	Diesel & Gasoline	contact on VHF 06, launch service
	Flamenco Marina	5 Flamenco	Clark Kent	314-0665		Marina	Boatyard	Docks	
	La Playita Anchorage	5 Punta Culebra, Naos Island				Anchorage	Dinghy Dock	Diesel	Charges for dinghy dock, water and fuel dock access
	La Playita Marina	5 La Playita				Moorings			
	Taboga Island Moorings	5 Isla Taboga	S/V Libre (Chuy & Susan)	6442-5712		Moorings			Moorings for Rent off Taboga village
<b>Restaurants</b>		<b>6</b>							
	Aleman Rincon	6 Calle 51, Bella Vista		264-0590		German			
	Acqua Restaurante	6 Las Brisas de Amador, Causeway		314-3356		Greek			
	Beirut Restaurante	6 near Marriot Hotel, soon to be on Causway		214-3815		Lebanese			Good
	Buzios Restaurant	6 Casco Viejo, Calle 1ra		228-9045 6612-0837					Nice Outdoor Restaurant

Category	Name	Location	Contact	Telephone	email	Business Type	Business Type 2	Business Type 3	Notes
	Café Dulce Coffee House	6 Via Argentina (below Subway), El Cangrejo	Angel	264-1216		Comfort Food			Angel is a Canadian Pastry Chef and does great home cooking like Grandma
	Crepes & Waffles	6 Albrook Mall, Bella Vista, Multi Plaza Pacifico Mall				Misc			Good food & great Ice Cream at reasonable prices
	Gauchos Steak Restaurant	6 Calle Uruguay & Calle 48, Bella Vista		263-4469 263-1406		Steak			
	Los Templarios	6 On Walk to Balboa		314-1169					Had excellent food at reasonable prices, recently heard they are back to their good food (was a little salty for awhile)
	Lung Fung	6 Urb. Los Angeles		260-4011		Chinese			Good Chinese, Generally Wednesday's at 9 AM, locals, x-pats, cruisers get together for Dim Sum
	Marsala	6 Calle 45, Bella Vista		225-0105		Indian			Some like it some don't
	Martin Fierro Argentina Steakhouse	6 Calle Eusebio A Morales, El Cangrejo		264-1927		Argentine			Steaks, nice salad bar & other items
	Manolo Caracol	6 Avenida Central y Calle Tercera, Casco Antigua		228-4640					Menu changes daily, drinks can be expensive
	Matsuei	6 Av. Eusebio A. Morales 12-A		264-9547		Japanese			Sushi Bar
	Miraflores Locks Restaurant	6 Miraflores Locks		232-3120		Buffet			Great Champagne Buffet
	Napoli's	6 On way to Cinco de Mayo				Italian			Good pasta & pizza at inexpensive prices (Only go during the day or at night be sure to be in a taxi)
	New York Bagel	6 Off Via Argentina at Einstein's Head, El				Jewish			Good Bagels, Coffee Shop, good sandwiches & Wifi
	Niko's Café	6 Near Balboa Dental Clinic and Happy Copy & Via España				Cafeteria			Cafeteria food, inexpensive
	Penca's	6 Amador Causeway, just past Fagali				Panamanian			Reasonably priced, excellent corvina
	Pomodoro Spaguetteria	6 Located in Las Vegas Hotel & Also on Causway		269-5836		Italian			Good Pasta, a beautiful courtyard located in Las Vegas Hotel, View of La Playita on Causway
	Restaurante 1985	6 Calle Eusebio A Morales		263-8541		French			Excellent French Food - Expensive
	Restaurante Tinajas	6		263-7890 269-3840		Panamanian			Typical Panamanian Food & Dance Show
	Rincon Suizo	6 Calle Eusebio A. Morales		263-8541		Swiss			Swiss food, shares building with Restaurante 1985
	Rino's Italian Restaurant	6 Bella Vista				Italian			Great location in old house, some Greek selections
	Romanaccio	6 Via Brazil across from PriceSmart		302-2633		Italian			Good Pasta & Pizza (Frank on S/V Windsong said it's almost like Mom's Sauce)
	Taj Mahal	6 Calle 42, Bella Vista		225-7844		Indian			Good Indian Food
	Tre Scalini Ristorante	5 Blvd. El Dorado		260-0052		Italian			Good
<b>Medical</b>		7							
	Clinica Albrook	7 Albrook Plaza (NOT Albrook Mall, go past terminal of regional airport)		315-0773		Medical, Non-emergency			Good clinic if you have a general problem, i.e. cold, etc. Doctors speak English - just walk in open Monday thru Sat. 7 AM to 10 PM
	Balboa Dental Clinic	7 Balboa Dental Clinic (near Niko's Café)		228-0338		Dental			Good Dental Clinic with English speaking staff, Recommended by S/V Windsong and many other cruisers
	Dr. Oscar Rodriguez	7 Same Building as Migration in Diablo		232-8578 631-4573		Dental			Recommended by S/V Cynosure

Category	Name	Location	Contact	Telephone	email	Business Type	Business Type 2	Business Type 3	Notes
	Dr. Dora Martinez	San Fernando Medical 7 Clinic (behind McDonalds on Via Espana, 9th floor)		229-6659		Dermatology			Recommended by S/V Windsong & S/V Carina
	Dr. Britannia Radaniche	7 Medico Paitilla		264-4893		OB-GYN			Recommended by S/V Windsong and S/V Sailor's Dream
	Dr. Nora Lapenta	7 El Dorado		236-0549 6515-5908		Veterinarian			Recommended by S/V Carina
	Dr. Saskia Bermudez	7 Clinica de Hospital Nacional		227-0481 6615-6764		Internal Medicine			Speaks English. Excellent.
	Dr. Pablo E. Fletcher V.	7 Centro Especializado San Fernando (building behind McDonalds on Via Espana)		278-6600 Ext. 2919 6612 2721		Internal Medicine			Recommended by S/V Windsong (specializes in Diabetics, Metabolicas, etc)
	Dr. Sherry Goldsberry	7 Medico Royal Center Paitilla		340-9994 6614-9947		Chiropractor			Recommended by S/V Windsong
	Dr. Carlos Rettally	7 Punta Pacifica Medical (Johns Hopkins)		204-8300		Gastroenterology			Recommended by S/V First Light (Marcy)
	Dr. Jose R Mendez	7 Cleveland Clinic Foundation, Paitilla, Member American Board of Internal Medicine		263-7977 269-5222		Internal Medicine			Recommended by S/V Navigator
	Dr. Enrique Aleman A.	7 Consultorio Punta Pacifica/Consultorios Medicos Paitilla		204-8428 263-2795		Urology			Recommended by S/V Windsong & S/V Navigataor
	Dr. Rolando Chanis	7 Ave. Balboa & Calle 53 (actually on Calle 53 across from hospital) Get off bus after passing Multicentro Mall, then it's about 1/2 block West on 53rd. Located on Left side of street.		269-4995		Ophthalmologist			Recommended by S/V Horizons. Doctor Chanis speaks English.
	Dr. Ivan Lopez	7 Punta Pacifica Medical (Johns Hopkins)		204-8300 Ext. 4130		?			Recommended by S/V First Light (Marcy)
	US Consulate Medical List	7		227-1777		Various			
<b>Provisioning</b>		<b>8</b>							
	Berard Meats	8 Calle Francisco Filos & Vista Hermosa		229-7005		Meat			Vacuum Packages of Beef and Pork. Can be kept without refrigeration for up to 2 months. Also good sausages.
	Foodies	8 Bal Harbo Plaza (Via Italia Centro Comercial)		269-9702		Asian	Vegetable		Excellent oriental markets, good vegetables
	Fruteria Mini Max	8 Bal Harbo Plaza (Via Italia Centro Comercial)	Enrique Chong F.	223-6964		Asian	Vegetable		Excellent oriental markets, good vegetables
	Deli Gourmet	8 El Dorado (near Do it Center), also Calle 50				Specialty			Specialty groceries, good deli and you can order good sandwiches
	Felipe Motto	8 Marbella area near Paitilla Hospital		302-6633		Liquor	Deli		Good selection of wines/spirits and nice Deli
	Hung's Oriental Market	8 El Dorado Shopping Mall				Asian	Vegetable		Good supplies of oriental foods/some fresh vegetables
	King's Indian Grocery	8 Paitilla, behind Popeye's Chicken on Ave Balboa				Indian			Limited stock
	Machetazo	8 Ave Central - Calidonia				Groceries	Hardware	Everything	Four Stories with hardware on top floor, Groceries on Bottom
	Machetazo	8 Cinco de Mayo on "walking street", far end				Groceries	Hardware	Everything	Four Stories with hardware on top floor, Groceries on Bottom
	Mega Depot	8 Transistmica				Groceries			Warehouse Store, canned meat, good spices, hit or miss wine, No membership
	Mercado Abastos	8 On Main Road between Calidonia and Domestic Airport)				Vegetable	Fruit		Massive wholesale market; will sell to individuals

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	Mercado Abastos	8 On Main Road between Calidonia and Domestic Airport)	Roderick Quill	6673-1748 212-0860		Vegetable	Fruit		You can give Roderick your shopping list and he will get you your supplies and deliver it to your boat
	PriceSmart	8 Tumbo Murto, El Dorado				Groceries	Clothing	Computer	Warehouse store, Membership required. Affiliated with Costco
	PriceSmart	8 Via Espana & Via Brazil				Groceries	Clothing	Computer	Warehouse store, Membership required. Affiliated with Costco
	El Rey	8 Pan Canal Plaza (Albrook), Via Espana, El Dorado Mall, Calle 50, & more				Groceries			Closest store to BYC, Flamenco, Playita. Better veggies than most.
	Riba Smith Market	8 Transistmica, Punta Pacifica Mall, Bella Vista				Groceries			High quality, many hard to find items. Good bakery.
	Super 99	8 Albrook Mall, Tumbo Murto, Paitilla, & more				Groceries			The lowest quality in the opinion of S/V Carina
	Super Kosher	8 Paitilla				Groceries	Kosher		
<b>Accommodations</b>		<b>9</b>							
	Hotel Riande Aeropuerto	9 Outside International Airport		290-3333		Hotel			Good hotel to stay when flying out early in the morning, free shuttle to airport
	Hotel Roma	9 Ave. Peru (?)		227-3844		Hotel			Not cheap, but clean and safe.
	Hotel California	9 Via Espana				Hotel			Clean, safe, \$33 for single
	Hotel Euro	9		263-0802		Hotel			Near Hotel California. Looks better for same price.
	Hotel Caribe	9 Ave. Peru		225-0404		Hotel			Not recommended, dirty, cockroaches
	Las Vegas Hotel	9 El Cangrejo area		300-2020		Hotel			Good location for transportation & eating, safe area
	Hotel Milan	9 El Cangrejo area		263-6130		Hotel			Good location for transportation & eating, safe area, clean
	La Casa de Carmen Hostel	9 First St. El Carmen #32 (near Via Espana & Via Brazil)		263-4366		Hostel			Good prices
	Canal Inn Bed & Breakfast	9 La Boca, Balboa, across from Florida State University		314-0112 6612-7168		Bed & Breakfast			Convenient to Causeway
<b>Yacht Agents</b>		<b>10</b>							
	Stanley Scott	10 Colon		6680-7971		Yacht Agent			Also offers services in Balboa
	Enrique Plummer	10 Balboa		228-5794		Yacht Agent			
	Peter Stevens	10 Panama				Yacht Agent			