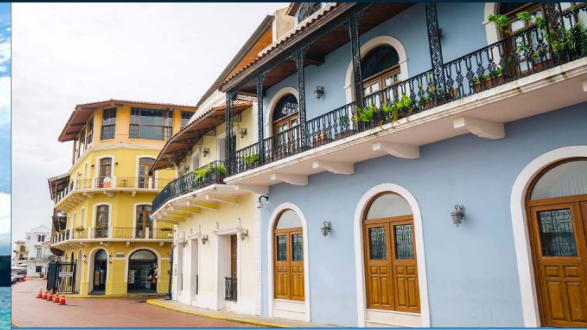


Tourism in Panama

Please enjoy this document and read it in its entirety. If you have any questions or concerns, please do not hesitate to contact me at secretariat@isp.edu.pa.



Panama City, Panama:

Panama, our wonderful host country, is a large isthmus with many places of great cultural and touristic value that can be explored. The unique Panamanian geographical position on a narrow strip between the Pacific and Caribbean oceans has sealed Panama's history

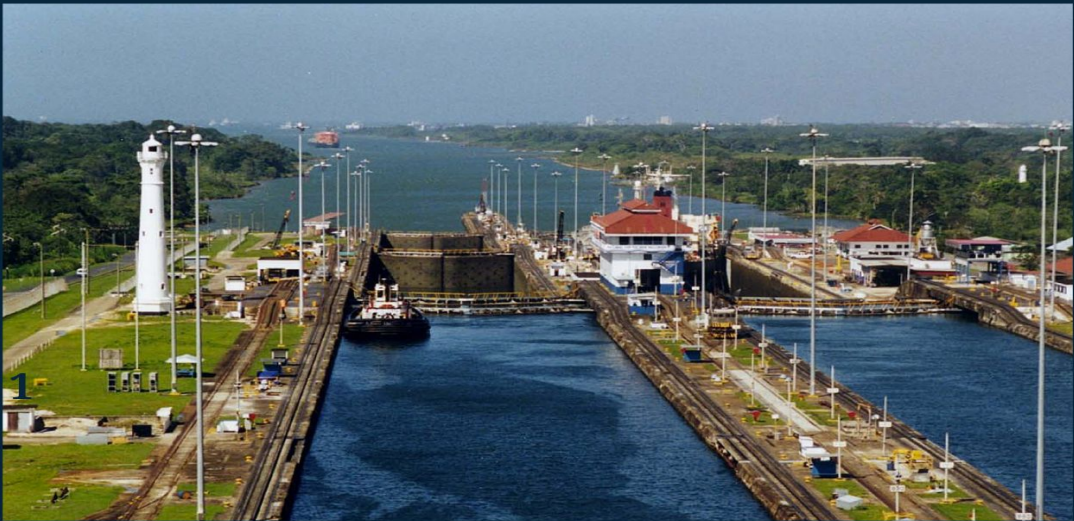
Please note that the prices outlined in the sections below are noted per person. Furthermore, the International School of Panama and PANAMUN are not responsible for payment to tour companies. Instead, We will put you in contact with the tour company.



Panama City has an abundance of entertainment and culinary locations, close to the conference affiliated hotel, the courtyard Marriott. Just a short drive outside the city will take you to many adventurous tour options, such as snorkelling and zip lining

The Panama Canal:

The Panama Canal is an engineering feat that provides 5% of Panamanian gross domestic product. Located on the outskirts of Panama City, only around 30 mins away from the hotel is the Panama Canal museum. Unfortunately, the museum is not open, but the observation deck is, where you can watch ships weighing up to 80,000 tons go through the locks from the canal balcony. Furthermore, you can go through the canal on tour boats and experience the locks that control eight million gallons of water.



Panama Canal tours			
Company:	Duration:	Price	Included amenities:
<u>Canal and bay tours</u>	5-6 hours	\$70 - \$125 per person	Breakfast Lunch Beverages Bilingual guide Transportation
<u>Panama marine adventures</u>	5-6 hours	\$135 per person	Lunch Beverages Bilingual guide Transport
<u>Barefoot panama tours</u>	6 hours	\$150 per person	Light breakfast Buffet lunch Beverages Bilingual tour guide Transport

Adventure tours:

From zip lining to snorkelling to island trips, Panama is the perfect country to experience an adrenaline rush while looking at dense jungle and picturesque beaches.

There are multiple companies that offer distinct trips and packages. Please refer to the table on the right-hand side for more information on each tour.



Adventure tours				
Company:	Tour	Duration:	Price	Included amenities:
Barefoot tours	Zipline adventure	4 hours	\$99 per person	Transportation Entrance fees Safety briefing and equipment Note: Tour only available on Sunday, Tuesdays and Thursdays.
Barefoot tours	Caribbean adventure	10 hours	\$150	Historic tour Tax/tolls Transportations Snorkeling and zipline tours Note: Tour only available on Saturday. For other days, please communicate with the tour company.
Barefoot tours	Isla Taboga	3-8 hours (depending on package chosen)	\$35/75	<u>\$35 package:</u> Ferry to/from the island <u>\$75 package:</u> Ferry to/from the island Beach chairs and umbrellas Snorkel gear (must be requested) Bathrooms 1 hour historical walking tour 3-course lunch

Self-guided tours

If you're looking for a less structured plan or a local afternoon out, check out our Panama City recommendations. Please note that transportation is not included in these activities.



Casco Viejo:

Casco Viejo is the perfect place to grab some lunch, walk around and appreciate the rich history of Panama. There is an abundance of trendy restaurants, bakeries and shops to explore, and it is a very quaint town to walk through. Casco Viejo is located right by the ocean, and you can catch glimpses of Panama's coast and beautiful city line.

Cinta costera/ avenida balboa:

Cinta costera is a 12 km walking path right on the coast of Panama. It is bordered by many residential high-rises alongside parks, skateparks, bike paths and sport courts. You can walk the cinta costera or rent bikes. A recommended company to rent bikes is Get One Bike, and they can be contacted through WhatsApp at +507 6231 4039.

Multiplaza mall:

Whether you want to grab a bite to eat or go shopping, Multiplaza is a great place to spend a couple of hours. It has a cinema, and many restaurants ranging from high-end ones to more teen-friendly ones such as olive garden, nacion sushi and the food court.

The conference affiliated hotel, the Marriott, is part of multiplaza mall, and you can directly access the mall from the hotel.

Thank you for reading!



We hope you enjoy your stay. For any questions or concerns, please contact me at secretariat@isp.edu.pa.