

PANAMA

Travel and Enjoyment Guide



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GEOGRAPHY

Panama is located in Central America, bordering Costa Rica and Colombia between the Caribbean and Pacific Oceans. It has long since been considered the bridge between North and South America, and this can be seen in its wide diversity of wildlife from both continents.

Despite its smaller size, Panama is home to a variety of terrains including volcanic mountain ranges like the Central Mountains, the San Blas, Talamanca, and Tabasará; forested lowlands and valleys; rainforests, swamps, and thick jungle such as the Darién Gap; sandy beach coastlines along both the Caribbean and Pacific; as well as a plethora of tropical islands such as the Bocas del Toro and San Blas Archipelagos in the north, and the Pearl Islands, Taboga, Cebaco, and Coiba in the south.

The country has hundreds of rivers and waterways including the Chagres, Chepo, Chucunaque, San Pablo, Santa Maria, and Tuira. Panama is also home to the Panama Canal, an impressive engineering achievement constructed in 1904, connecting the Pacific and Atlantic Oceans.

A whopping 70% of Panama is made up of warm lowlands, where the majority of Panama's population resides. These lowlands are made up of the Southern Plains, the Central Isthmian Hills and Plains, the Eastern Depressions, and the Northern Plains and Lowlands. The remaining 30% of Panama's territory is highlands including the Central Mountain Range, the Northeastern and Southeastern Arches, the Southern Massif, and the Barú Volcano (Panama's highest peak). More than 25% of Panamanian territory is protected by its many national parks and nature reserves.



PROVINCES

The Republic of Panama is divided into ten governing provinces: Bocas del Toro, Coclé, Colón, Chiriquí, Darién, Herrera, Los Santos, Panamá, Veraguas and Panamá Oeste. Additionally, there are three provincial-level indigenous territories called comarcas. A comarca indígena is a territory of substantial indigenous population that has been granted equivalency to the Panamanian provinces.

Beginning in 1972, the government of Panama was mandated to establish comarcas as equal entities to national provinces. Comarcas maintain rights of their land, administrative power, and elect their own regional leadership. Through comarcas, indigenous groups have been given, for the first time, the ability to influence government action.

The three provincial-level comarcas are: Emberá-Wounaan, Guna Yala, and Ngäbe-Bulgé. In addition to the three provincial-level comarcas, there are two smaller ones that are subordinate to a province and equivalent to a municipality. The two municipal-level comarcas are Kuna de Madugandí and Kuna de Wargandí, each located within the borders of the Panamá and Darién Provinces, respectively.





WEATHER AND CLIMATE

Panama is a country where the tropical climate serves as a steady backdrop for the rhythm of life. Temperatures generally hover between 80 and 90 degrees Fahrenheit year-round, but Panama isn't a one-note climate. The landscape adds its own character to the mix: at higher elevations, like in the highlands of Boquete, mornings come much cooler, and a light mist might settle over the fields.

Panama's year splits itself neatly in two when it comes to weather: a dry season and a rainy season. Mid-December through mid-April brings the dry season, a stretch of months when the skies stay open, pouring sunlight instead of rain. This is Panama's golden time, and visitors from around the world flock to experience the beaches, rainforests, and mountains under clear skies. It's the time to see the raw beauty of Panama unfiltered, and it coincides with a host of lively celebrations. November marks the country's independence festivities, followed closely by Christmas, New Year, and Easter, all of which add a layer of cultural magic. Travel costs and tourist activity naturally spike—everyone wants a front-row seat to this tropical spectacle.

Then comes the pivot, as mid-April transitions into the rainy season. The pace slows, and the energy shifts. The rains arrive like clockwork, but here, it's rarely a day-long affair. Instead, you'll see bursts of rain that sweep through in the afternoons, leaving a fresh, rejuvenated landscape in their wake. For many locals, the rainy season isn't something to avoid but to embrace. The rains bring out a lushness in the landscape that feels uniquely Panama—everything comes to life, from the emerald green forests to the rivers and waterfalls that run full. For those who visit during these months, Panama offers a different kind of beauty, quieter and rich with solitude, where you can explore without the crowd.



DEMOGRAPHICS

Panamanian society is marked by a rich and dynamic blend of cultures, reflecting the country's diverse history and geography. Its population is a striking example of multiculturalism, where a fusion of Spanish, Indigenous, African, and various immigrant influences has created a unique and vibrant society. Traditionally, Spanish colonial traditions merged with the cultures of the native populations, such as the Ngäbe-Buglé and Kuna, as well as African cultural practices brought by enslaved people, resulting in a rich cultural tapestry that defines modern Panama. This blend of cultures is not only visible in daily life but also in the arts, music, food, and festivals, many of which are celebrated throughout the country.

Panama's position at the crossroads of the Americas has made it a global center for trade and commerce for centuries. The construction of the Panama Canal further cemented its importance as a hub for international travel and trade, which in turn has brought a continuous flow of foreign influences. Over the years, waves of migrants from around the world, including from China, the Middle East, Europe, and neighboring Latin American countries, have also shaped the country's identity, contributing to a level of diversity unparalleled in many parts of Latin America. This is one of its most distinctive features, and it plays a significant role in shaping both its cultural identity and its position in the international community.

DEMOGRAPHICS

The population of Panama has experienced an average growth rate of approximately 1.61% per year, increasing from nearly 892,502 in 1950 to about 4,317,159 as of 2020. Regarding race, Panama maintains a variety of races and mix-races. As of 2010, approximately 65% of its population were mestizos (mixed Native American and European descent), 9.2% Black, 6.8% mulattoes (mixed Black and White decent), 6.7% White, and 6% Indigenous. As of 2010, approximately 88% of Panamanians are non-indigenous (2,988,254), while 12% are native of the Isthmus (417,559).

Various non-native ethnic groups are present in Panama, including British, Irish, Dutch, French, German, Italian, Portuguese, Polish, Russian, Ukrainian, and American. There is also a substantial Afro-Panamanian population, including West Indian/ Caribbean ethnicities.

Smaller ethnic groups are also present, including Chinese, Lebanese, Palestinian, Indian, Pakistani, and Syrian peoples. Regarding Amerindian ethnic groups, the most predominant groups as of 2010 are (from largest to smallest): Ngäbe [Guaymil] (260,058), Kuna (80,526), Emberá (31,284), Bulgé [Bokota] (26,871), Wounaan (7,279), Teribe/Naso (4,046), Biribi (1,068), as well as 460 peoples identifying as other and 5,967 unidentified.





LANGUAGE

Panama's official language is Spanish, of which 90% of its population speaks as their first language. Given Panama's importance in the realm of international business, English is widely spoken in most major cities. It is estimated that nearly 14% of Panamanians speak English as their second language. This decreases as you travel to more rural regions. Various indigenous languages, most notably Ngäbere at 7%, are spoken throughout Panama, and it is estimated that more than 400,000 Panamanians speak native tongues. In addition, there is a small presence of French, spoken by 4%, and Arabic, spoken by 1% - most likely a result from international business activity.

CURRENCY

Panama's official currency is the Balboa, named after Spanish explorer Vasco Núñez de Balboa, the first European to set eyes on the Pacific Ocean after crossing Panama. In 1904, the Balboa was tied to the U.S. dollar at a fixed 1:1 exchange rate. Although the government stopped printing Balboa bills in 1941, the U.S. dollar continues to circulate as the primary currency, so U.S. travelers don't need to worry about exchanging money. Balboa coins, equivalent in value to U.S. coins, are still in use today. Most businesses accept major credit cards like VISA, American Express, Mastercard, and Diners Club, though in more remote areas, cash is more widely accepted. It's a good idea to carry both cash and cards for convenience.

TIME ZONE

The entirety of Panama follows Eastern Standard Time (EST); however, Panama does not observe daylight savings.



GOVERNMENT & POLITICS

The political framework of the Republic of Panama is a presidential representative democratic republic with a multi-party system. Similar to the U.S. system, government authority is divided into three sovereign bodies: the legislative, executive, and judicial branches. A similar system of checks and balances ensures their overall cooperation and productivity.

The legislative body exists as Assembly of Deputies, through which 71 representatives, or Deputies, are elected through universal voting for a term of five years. The executive branch includes the President and Vice-President, both elected by single ballot for one non-renewable, five-year term by direct popular vote. The judiciary is comprised of the Supreme Court of Justice, including nine magistrates appointed by the Cabinet Council and approved by the Legislative Assembly.

Protected by the Panamanian Constitution, suffrage is universal and mandatory for all citizens over the age of 18.





LAWS & LEGALITIES

In Panama, the legal drinking age is 18 years old, which is especially enforced in Panama City and other larger cities. This law becomes less enforced elsewhere.

Regarding identification, tourists are legally required to carry a source of ID with them at all times. Panamanian police may at any time request documentation and hold the right to arrest if you are unable to do so. The safest and most foolproof source of ID is your passport.

If you are traveling to a beach destination or marine excursion, be sure to remain completely clothed while in public. In Panama, it is illegal for both men and women to walk around shirtless, and police will not hesitate to stop you in the street for doing so. This is something to remember in spite of tropical Panamanian temperatures and typical U.S. beach norms.

Drug laws are much stricter in Panama than in many western countries. While in Panama, you will be strictly penalized if caught with any amount of illegal drugs, including marijuana. Offenders can expect to be jailed for years before being brought to trial, which almost always results in conviction, resulting in several more years in jail.

Some basic information regarding the Panamanian legal system should also be noted. Panama's legal system presumes guilt until proven innocent, especially in serious cases, and judicial proceedings can be slow, potentially resulting in months of detention before trial. If detained, embassy officials can help you contact family and a lawyer and ensure your rights are respected, though they cannot post bail. Legal representation must be paid for privately, as free public defenders are not provided. However, these situations are avoidable if you adhere to Panamanian laws.



WORKING HOURS

The typical working hours for most Panamanian businesses, stores, and warehouses are from 9:00 a.m. to 6:00 p.m., while some can stay open as late as 10:00 p.m. Most banks are open Monday thru Friday from 8:00 a.m. to 1:00 p.m. or 3:00 p.m.

GRATUITY

In Panama, the typical tipping rate is around 10%, though it's worth noting that many restaurants and bars will automatically include this in your bill, so it's always a good idea to check before adding anything extra. In more casual settings, such as small cafes or local eateries, tipping is not generally expected. Similarly, taxi drivers do not typically expect a tip, although rounding up the fare is a kind gesture if the service was particularly good. In more formal settings, such as upscale restaurants or resorts, tipping 10% is a standard practice unless service charges have already been included.

WHAT TO WEAR

Given Panama's tropical climate, light-colored, loose-fitting cotton clothing is the norm for comfort and breathability. In Panama City, however, the dress code tends to be more formal compared to other parts of the country. While casual attire is acceptable in most areas, wearing shorts in the city is generally not common, especially for business or more upscale settings. In urban areas, people often opt for smart, lightweight clothing to stay cool while maintaining a polished appearance.



TRAVELING TO PANAMA

As mentioned, Panama has a tropical climate with two distinct seasons: wet (mid-April to early December) and dry (mid-December to mid-April). If you wish to avoid sporadic rain showers and high humidity, you may wish to travel during the dry high-season (mid-December through mid-April). However, Panama celebrates several national holidays during this time (Independence Month, Christmas, New Year, Carnival, and Easter), making this time frame a tourism peak. As a result, many travel destinations may be crowded and living costs will most likely be increased. If you love meeting people from around the world and do not mind crowds, this will be the perfect time to visit Panama. If you are seeking a more intimate experience in Panama and don't mind a few rain showers, the wet low-season is mid-April to early December.

REQUIRED DOCUMENTS AND FORMALITIES

Travelers may enter Panama either by land, sea, or air. Officially, travelers will need to present onward tickets before entering Panama. This can be in the form of a departing airline, train, or bus ticket. This will more likely occur for visitors entering by land, rather than by air. The following is the most current information regarding required documentation to Panama. Some of the following information may be subject to change, and it is advised that you double check online before traveling, in order to ensure a smooth trip.



PASSPORT, TOURIST CARDS AND VISAS

All visitors must present a valid passport (with a minimum of three months validity) from their country of residence, as well as an onward ticket to enter Panama. Further requirements or documentation, such as tourist cards or visas, may vary depending on nationality and is subject to change. Upon entering the country, visitors will typically receive a passport stamp good for a stay up to 90 days.

In order to enter Panama, travelers from the following countries will only need to present a valid passport: Argentina, Austria, Belgium, Chile, Colombia, Costa Rica, Czech Republic, Denmark, El Salvador, Finland, France, Germany, Greece, Guatemala, Holland, Honduras, Hungary, Ireland, Israel, Italy, Luxembourg, Paraguay, Poland, Portugal, Singapore, South Korea, Spain, Sweden, Switzerland, the UK and Uruguay.

Travelers from the following countries must present both a passport and a tourist card (tourist card fees are typically included in your plane ticket): Antigua, Australia, Bahamas, Barbados, Belize, Canada, China, Dominican Republic, Grenada, Guyana, Jamaica, Japan, New Zealand, Taiwan, Thailand, Tobago, Trinidad, the United States, and Venezuela.

Travelers from a country not listed above must obtain a visa from a Panamanian embassy or consulate in your country of residence. For more specific information, contact Migración y Naturalización in Panama City (www.migracion.gob.pa).



EXTENSIONS

If you wish to extend your stay in Panama beyond the usual 90-day limit, you can renew both tourist cards and visas.

To do this, you'll need to visit the Migración y Naturalización office, which is located in Panama City, David, or Chitré. Make sure to bring your passport, photocopies of the page with your personal details and entrance stamp, two passport-sized photos, an onward ticket, proof of funds (\$500 USD), and a letter addressed to the director explaining the reasons for your extension request. The process involves filling out a tourist extension form, paying a \$15 USD fee, and receiving a temporary photo ID. The entire procedure typically takes about two hours, and you will be informed on the next steps.

Once your extension is approved, you will need an exit permit to leave the country. To get this, return to the same office with your passport and a paz y salvo certificate, which confirms that you don't owe any fines or taxes. This certificate is easily obtained for a small fee of \$1 at the Ministry of Economy and Finance (Ministerios de Economía y Finanzas), located in any town with an immigration office, making it a simple step to complete.

Alternatively, there is an unofficial way to extend your stay: you can leave Panama for at least three days by visiting neighboring Costa Rica. This exit and re-entry will reset your 90-day tourist stay, granting you another 90-day stamp, which is a legal loophole many travelers use. However, this method requires careful planning, as you must ensure your exit and re-entry comply with immigration regulations.



TRAVELING WITH CHILDREN

Panama has a deeply family-oriented culture that places a strong emphasis on close family ties, making it a very welcoming destination for families with children. The country offers countless low-intensity activities that are ideal for families to enjoy together, from relaxing on beautiful beaches to discovering unique local flora and fauna, and even exploring coffee plantations. Many travel agencies cater specifically to families, providing packages and experiences tailored to make the trip enjoyable for all ages.

In terms of safety, most areas of Panama are safe for children, though it's always wise to exercise caution, particularly at night. While dengue fever and malaria are present in certain regions, they can be easily prevented by wearing appropriate clothing and using insect repellent.

For families traveling with young children, you may find that high chairs are not as common in restaurants, though most car rental companies do offer safety seats upon request. Essential items like diapers, creams, formulas, and other baby supplies are readily available in stores in larger cities such as Panama City and David. However, if you plan to explore more remote regions, it's a good idea to stock up on these items beforehand.

Most hotels in Panama are family-friendly, but some may have age restrictions, particularly for children under 8 years old. If you're traveling with babies or toddlers, it's a good idea to check the age limitations of your accommodation in advance to ensure a smooth stay.



CUSTOMS

Travelers are allowed to bring in up to 10 cartons of cigarettes, five bottles of liquor, opened bottles of personal perfume, and gifts valued at no more than \$50 USD, all duty-free. However, fruits, vegetables, and animal products are strictly prohibited. Exiting the country with items made from endangered species—such as jaguar teeth, ocelot skin, or turtle shells—will lead to severe penalties, including heavy fines and potential imprisonment. It's important to be aware of these restrictions to avoid legal trouble while traveling in Panama.

DEPARTURE TAX

When leaving Panama, a departure tax of \$40 USD will be charged to all visitors, residents, and citizens. In most cases, this fee is already included in the price of your plane ticket, so it's worth checking in advance to avoid any surprises at the airport.





MUST-SEE SIGHTS & ATTRACTIONS

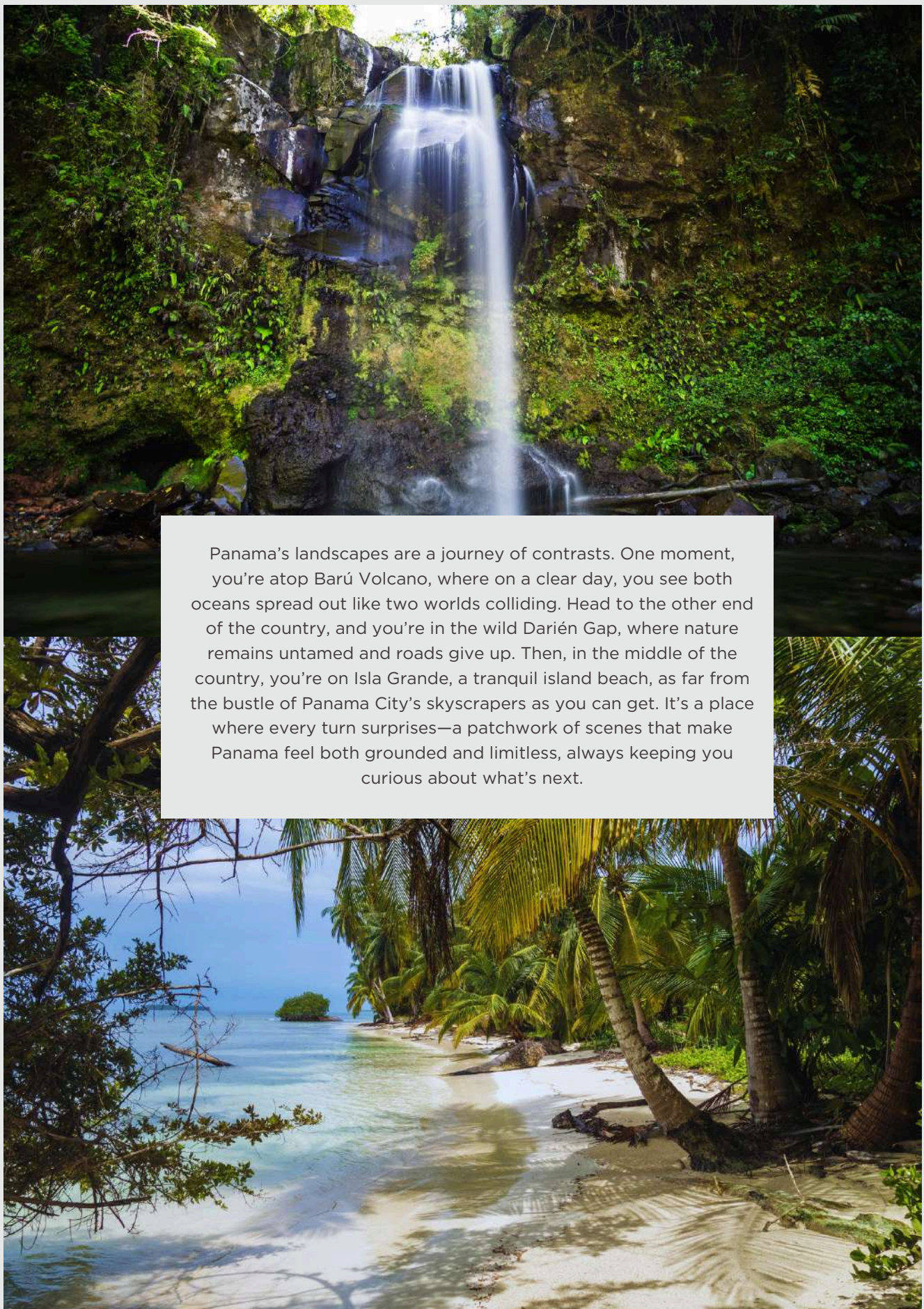
No matter how long your stay, it is unlikely that you will find yourself bored. In spite of its small size, Panama offers a wide array of sights and attractions. We have prepared a list of our top picks for things to do and see while in Panama.

PANAMA CANAL

The Panama Canal is undoubtedly a must-see attraction during your visit to Panama. Often regarded as one of the world's greatest engineering achievements, this monumental waterway offers a variety of ways to experience its grandeur. You can explore the canal through boat, rail, or on foot, each offering a unique perspective of its impressive structure. One of the highlights is the remarkable expansion project, which was completed in June of 2016, allowing even larger ships to pass through. If you're a history enthusiast, an engineering aficionado, or simply looking to witness something awe-inspiring, the Panama Canal is an experience you won't want to miss.

ISLA GRANDE

Isla Grande is what you picture when you think of a Caribbean paradise: palm trees swaying in the breeze, white sand beaches, all just a quick 10-minute boat ride from the mainland. It's a place that feels both familiar and a little bit magical, and not just for the locals. More and more, travelers from all over are discovering what makes Isla Grande special—its laid-back charm, the soft hum of the ocean, and an endless variety of things to do. You can dive into the crystal-clear waters for some of the best snorkeling and diving in the region, or cast a line for a fresh catch. If you're feeling adventurous, there's plenty of room for water sports, from kayaking to jet skiing. But if you're in the mood to just sit back and breathe it all in, the beach is the perfect place to do just that.



Panama's landscapes are a journey of contrasts. One moment, you're atop Barú Volcano, where on a clear day, you see both oceans spread out like two worlds colliding. Head to the other end of the country, and you're in the wild Darién Gap, where nature remains untamed and roads give up. Then, in the middle of the country, you're on Isla Grande, a tranquil island beach, as far from the bustle of Panama City's skyscrapers as you can get. It's a place where every turn surprises—a patchwork of scenes that make Panama feel both grounded and limitless, always keeping you curious about what's next.



EL CHORRO MACHO

El Chorro Macho is this stunning waterfall, 35 meters high, located in El Valle de Antón, a place that feels like it could be pulled right out of a storybook. The waterfall drops into a lagoon, calm and almost eerie in its stillness. But it's not just the water that makes this place special—it's the stories that come with it. The locals talk about how the lagoon is enchanted, that there's something magical about it, like it holds secrets from another time. And you can't help but get drawn into that.

You stand there, looking at the falls, the mist rising up around you, and you almost start to believe the legend. It's a place that mixes the beauty of nature with something a little more mysterious, something you can't quite put your finger on. Whether you're there for the view, the stories, or maybe even a little bit of both, El Chorro Macho has a way of leaving you with a sense of awe, of having experienced something far beyond just a waterfall. It's a spot that invites you to pause and wonder, and that's why, if you're in the area, it's a must-visit.

COLON 2000 (ZONA LIBRE)

Colon City is the second largest duty-free port in the world. Colon 2000 meets the demands of tourists seeking bargains. It is a modern cruise port with a duty-free shopping complex, welcoming more than 60 cruise ships each year. And when those ships dock, tourists flock to a duty-free shopping complex that's a whole world in itself. Over 50 stores fill the space, selling everything from luxury perfumes to high-end goods, and, of course, local handcrafts that give you a taste of Panama in a safe, upscale, tax-free environment.



PARQUE NACIONAL VOLCÁN BARÚ

Rising 11,450 feet above sea level, the Barú Volcano is not only the tallest peak in Panama but also the standout attraction in Chiriquí. The upper slopes, summit, and northern side of the volcano are safeguarded within Barú Volcano National Park, which spans over 14,000 hectares (35,000 acres). This protected area offers visitors a chance to explore stunning landscapes and unique wildlife while taking in panoramic views from the summit, making it a must-see for outdoor enthusiasts and adventure seekers.

PARQUE NACIONAL MARINO GOLFO DE CHIRIQUÍ

Parque Nacional Marino Golfo de Chiriquí is home to over 20 islands, nearly all of which are inhabited. The beaches here are some of the most beautiful in the Chiriquí Province, featuring soft, pale sand and crystal-clear waters. Tropical dry forests line the coast, and vibrant reef fish swim just off the shore, making it a paradise for nature lovers and snorkelers alike. Whether you're exploring the islands or simply relaxing on the beach, this national park offers a stunning blend of natural beauty and marine life.

PACIFIC BEACHES

The Pacific Coast beaches in Panama are absolutely stunning, offering a beauty unlike any you've seen before. With views of the mighty Pacific Ocean, first seen by Spanish explorers in 1513 when Vasco Núñez de Balboa laid eyes on it, these shores hold a rich history. A trip to Los Islotes lets you enjoy the gorgeous beaches, try your hand at fishing, and experience some of the best surfing around. This destination is perfect for those looking to immerse themselves in nature and adventure.



CUISINE

Panamanian cuisine, much like its people, is richly diverse, influenced by Latino, Afro-Caribbean, Asian, and indigenous cultures. Much of the food is prepared with fresh fruits, herbs, vegetables, and seafood. As you travel more inland, you will find that seafood becomes less common, replaced instead with livestock (cows and pigs), chicken, beans, and rice. What follows is a list of the most common, authentic, and savory dishes that you will find throughout Panama.



COMMON BREAKFAST

Hojaldras are a beloved treat, a simple yet satisfying fried dough that's crispy on the outside, soft on the inside, and perfect with a hot cup of coffee.

Tortillas de maíz con queso fresco are a step up from the usual tortilla, topped with fresh cheese that melts into the warm corn base, creating a delicious blend of textures.

Then there are **Bollos**, often compared to tamales, with a smooth corn dough wrapped snugly in banana leaves and boiled until tender—comfort food at its finest.



Patacones, the fried green plantains, are crunchy, salty, and a staple in every meal, while **Carne o salchicha guisada** is a tomato-based stew that comes packed with either strips of beef or pieces of sausage, hearty and warm, like a bowl of home.

COMMON SNACKS & APPETIZERS

Platanitos are light, crispy slices of fried plantain, perfect for snacking and crunching like a favorite chip.

Orejitas, or “little ears”—are delicately sweet, buttery cookies shaped like hearts or ears, perfect with a cup of coffee or as a quick dessert.

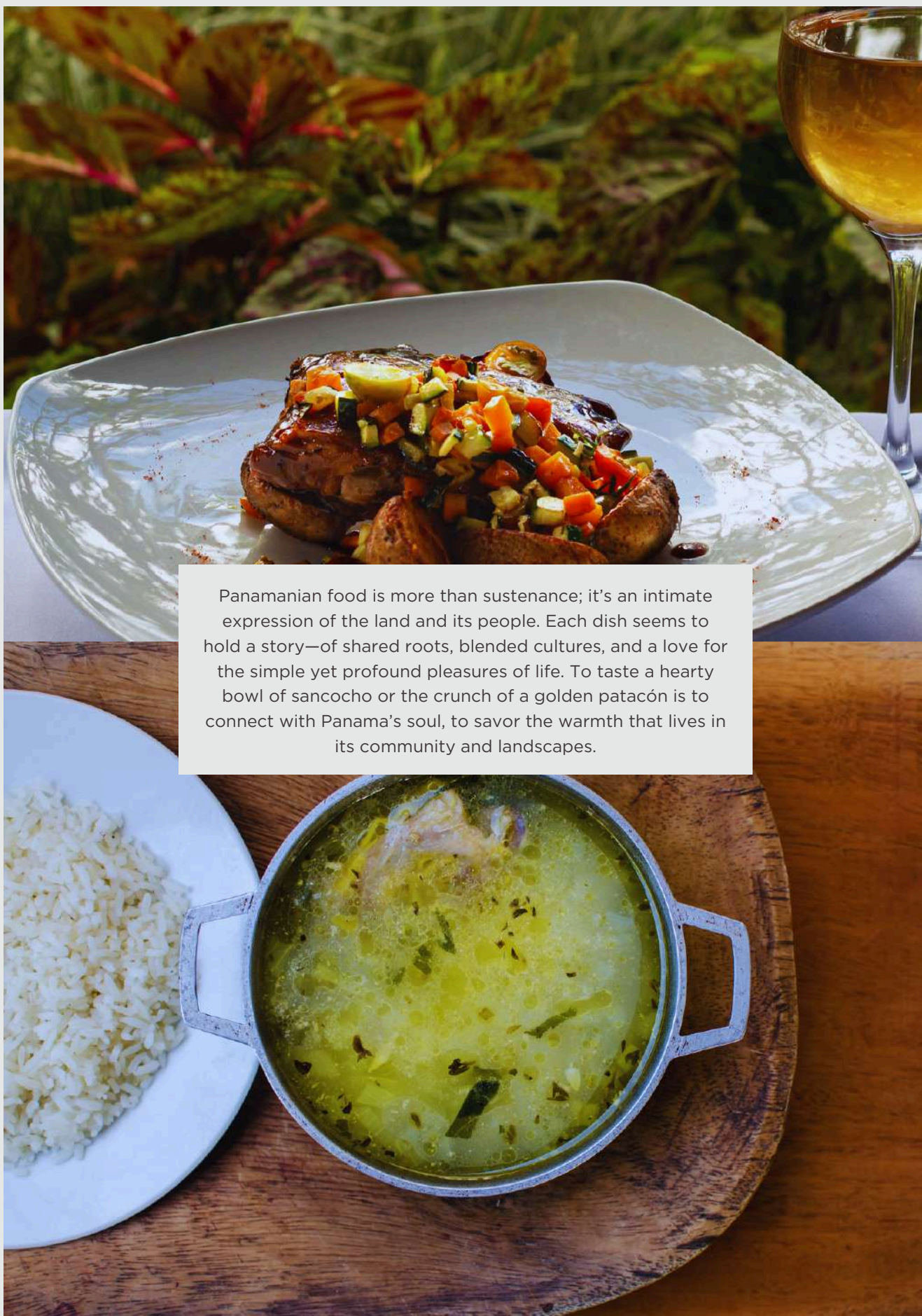
Carimañolas are little savory hand pies made from finely mashed yucca. They are shaped into plump little rolls, stuffed with a rich filling of seasoned ground meat and creamy cheese. The outer layer of yucca turns perfectly crispy when fried, creating a satisfying contrast with the tender filling inside. Each bite delivers a comforting blend of textures—the crunch of the yucca crust giving way to the hearty, spiced meat and melted cheese.

The **Tamale de maíz** combines corn dough with chicken, beef, or vegetables, all wrapped in a banana leaf and steamed to rich, earthy perfection.

Ceviche de corvina takes the classic ceviche experience to Panama with fresh sea bass marinated in lime, garlic, onion, and cilantro—a burst of fresh flavors that showcase the region’s seafood.

And then there are **empanadas**, the quintessential comfort food, flaky pastry pockets made from corn or flour, each one generously stuffed with flavorful fillings like seasoned meats, tender potatoes, or melty cheese. With each warm, golden bite, you get a satisfying combination of textures—the delicate crunch of the pastry crust meets the hearty, savory fillings inside.





Panamanian food is more than sustenance; it's an intimate expression of the land and its people. Each dish seems to hold a story—of shared roots, blended cultures, and a love for the simple yet profound pleasures of life. To taste a hearty bowl of sancocho or the crunch of a golden patacón is to connect with Panama's soul, to savor the warmth that lives in its community and landscapes.



TYPICAL LUNCH & DINNER

Sancocho is a comforting chicken soup, simmered slowly with chunks of hearty yucca and a sprinkle of fresh cilantro for a burst of brightness.

Arroz con pollo or arroz con guandú is a festive favorite—rice infused with tender, seasoned chicken or rich guandu beans, making it a holiday staple that fills the table and the senses.

The **plato típico** (“typical plate”) captures the essence of Panamanian home cooking: a balanced plate of fluffy white rice, savory lentils or red beans, sweet fried yellow plantains, creamy potato salad, and your choice of juicy roasted chicken, crispy fried whole fish, chopped beefsteak, or pork chop glazed in tangy pineapple sauce.

DESSERTS

Duro is a refreshing popsicle-like snack of fruit juice typically poured into a bag or cup and frozen.

Raspado or Raspao is a Panamanian style snow cone with fresh fruit flavor and sweetened condensed milk.

Panama has some of the richest and tastiest tropical fruit in the region, including papayas, mangoes, pineapples, melons, maracuyá (passion fruit), and guanabana (soursop).

Flan is a popular dessert in Panama made of a light egg custard and caramel sauce.

Pastel Tres Leches, meaning “Three Milk Cake,” is a rich dessert made from regular, evaporated, and condensed milk.

DRINKS & BEVERAGES

Panama offers a delightful range of drinks to refresh and delight, starting with **café**, served either as rich coffee or smooth hot chocolate.

Fresh juices, sweetened with natural sugar cane, come in vibrant flavors like passion fruit, tamarind, rice, corn, pineapple-infused rice, lemonade, and orange, adding a local twist to each sip.

Smoothies, creamy with condensed milk, feature tropical fruits like strawberry, papaya, and banana.

There's also **agua de pipa**, the refreshing coconut water—a perfect way to cool down in Panama's tropical heat.

For those wanting something stronger, **Seco**, a uniquely Panamanian spirit distilled from sugar cane, is served neat or as a base in cocktails, while **Ron Abuelo** reigns as the country's most beloved rum, cherished for its rich tradition and robust flavor.

Panama's own national beers—Panamá and Atlas, two light, crisp lagers, and Balboa, a fuller-bodied, stout-like brew—are also local favorites.





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