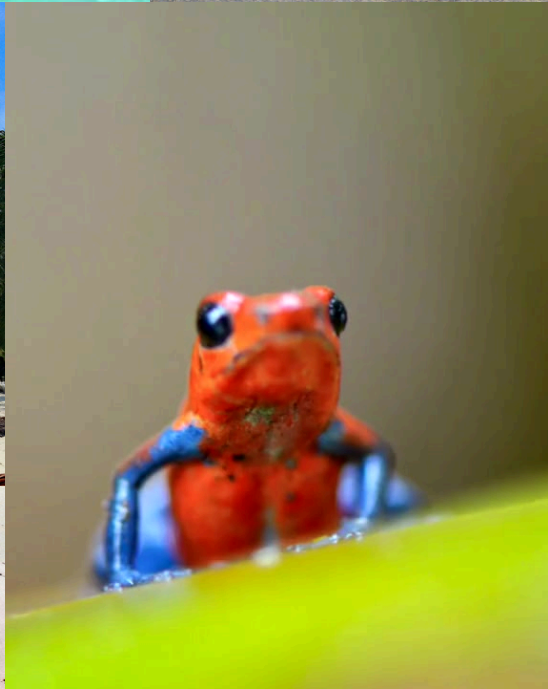




PANAMÁ TRIP

Diciembre 2025





Hello and welcome,

Thank you for joining us on this very special occasion!

It is truly an honor to have you here in our beautiful land: Panama. 🌴☀️
We hope that from the moment you arrived, you've felt the warmth, joy, and magic that make this place so unique. Panama is full of contrasts, vibrant culture, kind people, and breathtaking views... and we want you to experience all of it — and more — with your heart wide open.

This wedding would not be the same without you. Your presence means the world to us, and as the family of Pamela and Gabriele, we want you to know: you are home.

Thank you for being part of this love story.
Thank you for traveling so far to celebrate with us.
And thank you for trusting us to give you an unforgettable experience.
We are here for you — to make sure this is not just a magical wedding, but a magical experience in Panama.

So relax, enjoy, dance, and celebrate with us!

Note: This is just a recommendation — you don't need to follow it. It's simply a guide to help you have a better experience.

With love,

Pamela and Gabriele's family

Bocas Del Toro

GENERAL INFORMATION BOCAS DEL TORO

HOTELS

1. Hotel Bocas del Toro -
2. Tropical Suites Hotel -
3. Palma Royale -
4. Playa Tortuga Hotel & Beach Resort -
5. Hotel Swan's Cay -
6. Selina Bocas del Toro -
7. Hotel Laguna -
8. Hotel Olas -

AIRBNB

1. Casa del Mar -
2. Bungalow Tropical -
3. Villa Paradise -
4. Loft Vista al Mar -
5. Cabaña junto a la Playa

TRANSPORTATION

Transportation Price:

The average cost of water taxis in Bocas del Toro is between \$1 and \$3 per person, depending on the distance.

Try to stay in the center of Isla Colón, as land taxis tend to be more expensive.

CONTACT

Stephanie köck +507 6228-8846

TIPS

- What to do:
Enjoy the beaches, try the delicious local food, engage in water activities, and explore the rich biodiversity.
- What not to do:
Let's take care of Panama and respect marine life and protected areas. Starfish must remain underwater – if you'd like to touch one, make sure to remove any sunscreen first. Do not lift them out of the water, as they are very sensitive.

ITINERARIO

VIAJE AL PARAÍSO



- Time 9:00 - 4:00 pm
- Activity- Tour Pajaro Island, Cayo zapatilla y dolphin watching.
- estimated price -\$ 80.00
- Recommended restaurant: Restaurante Buena Vista



- Time: 9:00 - 5:00 pm
- Activity - Estrella beach, Red Frog y Bluff beach
- Estimated price -\$ 70.00
- Recommende restaurant: Último Refugio



- Time: 8:00 - 3:00 pm
- Activity - Visit El Parque Nacional Bastimento Hiking and wildlife & plant observation
- Estimated price -\$ 60.00
- Recommended restaurant Guari Guari

- Time: 9:30 - 3:30 pm
- Actividad - Excursión a la cueva de los murciélagos y tour de Kayak en Manglares
- Precios estimado -\$ 65.00
- Cena: Raw Fusion

- Time: 10:00 - 4:00 pm
- Activity - Zipline in the jungle and an afternoon of shopping in Bocas Town – stop by Selina and enjoy the beach.
- Recommended restaurant: Mondo Taitu

- Time: 8:00 - 11:30 pm
- Activity - relax day Boca del Drago beach Snorkeling en Hospital Point
- Estimated price -\$ 50



HEY! YOU JUST ARRIVED IN PANAMA CITY



Panamá City

GENERAL INFORMATION OF PANAMA CITY

HOTELS

Hampton by Hilton Panama
Novotel Panama City
Wyndham Garden Panama City
The Executive Hotel
Hotel Milan Panama
Hotel Costa Inn
Hotel Centroamericano
Toscana Inn Hotel
Hotel Bella Vista
Hotel Plaza Paitilla Inn
Tantalo Hotel

CONTACT

Chagres: Natalia Sarco: 6325-5480
Watching monkeys and Chagres expedition: Marcial 6664-5415
Colón: Carlos 6285-2137(water taxi to islands)
townsleytour: transportation inside Colon city.
Viajeslinatourpty: trasportation inside Colon City.

TRANSPORTE

Just Uber. Don't use local taxis or other app.

TIPS

- In the afternoons, it's recommended to go to a rooftop.
- You can walk safely since Panama, unlike other countries in Latin America, is quite safe.
- In the Casco area, stay within the central tourist zone.
- For day trips, I recommend bringing snacks and drinks (Colón, Embera territory).
- You should bring cash for the indigenous territories and Colón.

ATENCIÓN

- If you have any questions, contact us — Paola, Priscilla, or Paulo — since Pame and Gab will be very busy, and we want them to feel calm and trust that everything will go well.
- +507 6044-5883 / +507 6498-4299 / +34 636198832

CENTRAL AREAS

- San Francisco
- Ave. Balboa
- Casco Antiguo
- Punta Pácnica
- Marbella
- Coco Del Mar

ITINERARY

DISCOVER PANAMÁ

- Relax in Panamá.
- Day pass at all-inclusive hotels
 - Dreams Hotel - playa Bonita Veracruz
 - Westin Playa Hotel - Playa Bonita Veracruz

- Enjoy a relaxed breakfast at the hotel.
- Recommended time: 10:00 AM - 2:00 PM for the tour
- Tour along the Chagres River to discover the Ngobe culture, which is different from that of Kuna Yala (San Blas)
- You should bring snacks and cash.
- Get ready and head to Casco Antiguo for the sunset.
- Restaurants: Vista Corona, Casa Casco, En la Fonda, Kannibal.

- Activity: Visit the Panama Canal (you should go at 8:00 AM or 1:00 PM, as that's when the ships pass).
- If you go in the morning, visit the Canal first, then head to the Gamboa Hotel, which offers several activities in the Canal reserve area, including trails, wildlife watching, and El Charco trail where you can take a dip.
- Recommended restaurants: Magu, Gamboa Hotel Restaurant, or visit Albrook Mall, which offers a variety of dining options.

- All day
- Two options:
- TABOGA:
 - The ferry costs \$10.00 and departs from the Causeway.
- CONTADORA ISLAND:
 - The ferry costs \$90.00 and departs from the Causeway.

- Day activity
- Visit Amador Plaza
- BIOMUSEO on the Causeway to learn about the creation and biodiversity of Panama.
- Smithsonian: history of marine and terrestrial wildlife.
- Ride a bike at sunset along the Causeway.
- Recommended restaurants: Canal House, Leños y Carbón, Mi Ranchito, Sabroso Panamá.
- Sunset to night visit
- Rooftops: Point or El Faro.





ITINERARY

DISCOVER PANAMA

All day relaxed

Casco Antiguo

Plaza de la Independencia: the nerve center of Casco, where independence from Colombia was declared.

Cathedral Basilica of Santa María la Antigua: a colonial architectural gem.

Interoceanic Canal Museum: complete history of the canal and its impact on Panama.

Church of San José: famous for its spectacular gold altar.

Church of La Merced: brought stone by stone from old Panama.

Plaza Bolívar: surrounded by cafes and churches, with a statue of Simón Bolívar.

Plaza Francia and Las Bóvedas: commemoration of French participation in the Canal; includes a walkway with sea views.

Viewpoints and sights

Paseo Esteban Huertas: with views of the Cinta Costera and city skyline.

Mirador Las Bóvedas: excellent spot for photos and sunsets.

Rooftops with panoramic views – Best rooftops in Casco Antiguo

Tantalo Rooftop: the classic, with views, music, and top atmosphere.

Casa Casco Rooftop: elegant, ideal for sunsets and cocktails.

Selina Rooftop: relaxed, with a pool and good vibes.

Gatto Blanco: rooftop with electronic music and great views.

Malecón: quieter, perfect for drinks and tapas.

Restaurants with Panamanian or Panamanian-fusion cuisine

Fonda Lo Que Hay – By chef José Olmedo Carles, reinvented Panamanian cuisine.

Tomillo – Creative Panamanian cuisine with international touches.

Caliope – Fine dining with local ingredients.

La Pulpería – Tapas with Panamanian flavor and cozy atmosphere.

Maito (in San Francisco, but worth it) – One of the best in Latin America, contemporary Panamanian.

Mahalo Panamá – Healthy with tropical Panamanian inspiration.

Tío Navaja – Panamanian dishes with a modern touch and great ambiance.

Let's go shopping

Albrook Mall: the largest mall in Latin America.

Multiplaza Pacific: iconic luxury mall.

- Multicentro: located in the city center.

ITINERARY

DISCOVER COLON

OPTION A: Relaxed day in Colón.

Option 1: Playa Blanca, Puerto Francés, Blue Veins (Venus Azules)

Option 2: Isla Mamey

Option 3: Isla Grande

San Lorenzo Fort

Restaurants in Portobelo: El Castillo or Restaurante Bongo

Contact Carlos for island transportation. (General info)

Contact private transport from Panama City to Portobelo. (General info)

OPTION B: Panama Canal Railway Company (PCRC) – This ride is BEAUTIFUL.

Route and duration: The 77 km line connects Colón with Panama City. The journey takes approximately 1 hour and 30 minutes.

It is considered one of the most scenic train rides in the world, offering views of the Panama Canal, Gatun Lake, and lush rainforest.

Option 1: Playa Blanca, Puerto Francés, Blue Veins (Venas Azules)

Option 2: Isla Mamey

Option 3: Isla Grande

Restaurants in Portobelo: El Castillo or Restaurante Bongo

Recommendation: Look for a guide such as @viajeslinatourpty or @townsleytour. Notify them that you want to travel by train and would like them to organize transportation to the sites you want to visit. After the train ride, you can go directly to the beaches with private transportation.

OPTION C: Panama Canal Railway Company (PCRC) – This ride is BEAUTIFUL.

Visit:

- Agua Clara Locks (Panama Canal, Atlantic side)
- San Lorenzo Fort (UNESCO World Heritage Site)
- Puerto Colón 2000

Where to have lunch in Colón?

- Rotana Café Restaurant – Panamanian and international cuisine at Puerto Colón 2000
- Mar del Sur – Fish and seafood, near downtown
- Donde El Cheff Restaurant – Highly recommended, with a fusion menu
- Restaurante Arrecifes
- King's Table Café Restaurant



YOU WILL LOVE IT

**PANAMA: BRIDGE OF THE WORLD,
HEART OF THE UNIVERSE**