



Places to Stay and Things to do in Panama and the interior and outlying islands, including tourists activities and places of interest.

Bocas del Toro

CalaLuna

757-9066 \$45- \$130 info@calalunabocas.com

Weckso

758-9137 15.00 la noche efraincc@cwpa.net.pa

Hotel Las Brisas

757-9248 \$15.00-\$40.00

Hotel Laguna

757-9091 \$50.00 hlaguna@cwpa.net.pa

Hotel Bahía

757-9626 \$18.00

Hotel del Parque

757-9008 \$25.00 - \$37.50 delparque35@hotmail.com

Hotel sobre el mar Pargo Rojo

757-9649 \$25.00 bbahary@hotmail.com

Chalet Suizo Suites

758-8242/758-7979 \$12.50 - \$45.00 chalet_suizo@yahoo.com

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Bocas del Toro Cont.,

Cocomo-On-the-Sea

757-9259 \$50.00 cocomoonsea@cwpa.net.pa

Swan's Cay

757-9090 \$66.00 bocascay@hotmail.com

Buccaneer Resort

757-9042 \$65.00

Finca Verde

757-9738

Las Delicias

757-9318 \$11.00

Lula's Bed & Breakfast

757-9057 \$45.00 lulabocas@msn.com

Hospedaje Sagitarius

757-9578 \$16.00 mangroveinn@yahoo.com

Mangrove Inn

757-9594 \$70.00

La Coralina

757-9458 \$29.00

Banana-View 757-9591 \$5.00

Al Natural Resort

757-9004 \$55.00-\$75.00 alnaturalbocas@cwpa.net.pa

Casa Acuario

775-9565 \$85.00 joberg1301@cwpa.net.pa



Darién

Hotel Felicidad

264-9985 / 299-6544 B/.15.00 hotel_felicidad@yahoo.com



Colón

Hotel Andros-Colón 441-0477 \$30.00

Hotel Carlton 447-0349 \$35.00

Hotel Davis Suites 473-0639 \$30.00-\$40.00 DavisSuites@yahoo.com

Hotel New Washington 441-7133 \$90.00

Meliá Panamá Canal 470-1100 melia.panama.canal@solmelia.com

Sierra Llorona Panama Lodge 442-8104 617-8104 \$55.00 info@sierrallorona.com



Isla Grande

Cabañas Super Jackson 448-2311 \$ 25.00

Brujitos Villas 270-3881 673-3870 kjuliao@cablonda.net

Portobelo

Coco Plum 448-2102 \$25.00 happypty@panama.c-com.net



Chiriquí



Boquete

Los Establos	720-2685	\$ 130.00	loestablos@valleescondido.biz
Valle Escondido	720-1954 ext.103	\$ 135.00	reservations@valleescondido.biz
Hostal Baru	720-2463		hostalbaru@hotmail.com
Cabañas La Via Lactea	720-2376		info@lavialactea.biz
Cabañas Villas Lorena	720-1848		villaslorena@gmail.com



Chiriquí -Highlands

Hostal Llano Lindo	6514-0094	\$20.00	hogarfeliz39@hotmail.com
Hostal Brisas de California	771-4323	\$15.00-\$30.00	elayru16@hotmail.com

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Hostal Cielito Sur Bed & Breakfast 771-2038 stay@cielitosur.com
Hotel Koco's 770-7049 \$75.00
La Montaña y El Valle 720-2211 information@coffeeestateinn.com
Hotel Centro Turístico Los Delfines 774-6478
Hotel Fundadores 720-1298 \$33.00-\$60.00 hotfundland@cwpanama.net
Hotel Panamonte 720-1327 \$65.00 panamonte@cwpanama.net
Cabañas Los Quetzales 771-2182 \$44.00-\$55.00
Cielito Sur 771-2038 \$45.00 glee@cielitosur.com
Cabañas Villa Marita 720-2164 villamarita@cwpanama.net
Hotel Roquebert 720-1365
Hotel Cerro Punta 771-2020 \$22.00
Cabañas Valle de la Luna 771-4225 \$10.00
Cabañas Mar y Sol 771-4585 \$20.00
Hotel y Complejo Turístico Oasis Place 771-4644 oasis2003place@yahoo.es
Hotel Don Tavo 771-4258
Cabañas Las Huacas 771-4363 \$25.00-\$85.00
Cabañas Lolus 771-4864
Hotel Dos Ríos 771-4271 \$28.00

Cabañas Kucikas (Bambito) 771-4245 \$60.00
Hotel Bambito 771-4265 \$115.00 bambito@sinfo.net
Cabañas Rincones de Ensueños 771-5121 \$60.00 a_strah@hotmail.com
Los Quetzales 771-2291 \$30.00 carlos@LosQuetzales.com



S E L E C T
PANAMA REAL ESTATE

David

Hotel Castilla 774-5236 \$25.00

Hotel Fiesta 775-5454 \$20.00- 25.00 hotelfiestamef@mef.gob.pa

Hotel Iris 775-2251 \$20.00

Hotel Madrid 775-2051

Gran Hotel Nacional 775-2221 \$46.00

Hotel Saval 775-3543 \$10.00

Hotel Occidental 775-4068 \$20.00

Hotel Panama Rey 775-0253 \$20.00-\$35.00 hotelpmarey@hotmail.com



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PANAMA REAL ESTATE

Coclé

Aguadulce

Hotel Carisabel 997-3801 \$27.00

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302.7444 (507) 6613.0878 panamarealtor@gmail.com

Hotel Interamericano 997-4363 \$26.00
Hotel Sarita 997-4437 \$16.00

Natá

Pensión David 993-5573 \$16.00

Penonomé

Trinidad Spa & Lodge 983-8900 reservas@posadaecologica.com
Hotel Dos Continentes 997-9325 \$25.00 ventas@hoteldoscontinentes.com
Residencial El Paisa 997-9242 \$9.00
Pensión Los Pinos 997-9518 \$13.00
Hotel & Suites Guacamaya 991-1010 \$30.00 - \$65.00 hguacamaya@cwpanama.net
Hotel La Pradera 991-0106 \$24.00 - \$28.00 hotelpradera@cwpanama.net

Valle de Antón

Hotel Rincón Vallero 983-6175 \$75.00
B&B PARK EDEN (507)226-8858 /983-6167 \$ 85.00 parkeden@cwpanama.net
Hotel Don Pepe 983-6835
Hotel Residencial El Valle 983-6536
Motel Niña Delia 983-6110 \$18.00
Cabañas Gysell 983-6507 \$19.00
Cabañas Potosí 983-6181 \$33.00
Cabañas Bambú 983-6251 \$33.00
Hotel Greco 998-6149 \$23.00
Los Nances 983-6126 \$50.00
Hotel Campestre 983-6438 \$60.00
Aparta hotel El Valle 264-2272 \$24.00 y 34.00

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302.7444 (507) 6613.0878 panamarealtor@gmail.com

Los Capitanes 983-6080 capitanes@cwpanama.net.pa
Hotel residencial el Valle (507)983-6536
La Casa de Lourdes Hotel (507)983-6450 \$ 80.00 info@lacasadelourdes.com
Anton Valley Hotel 983-6097 info@antonvalleyhotel.com

Antón

Hotel Rivera 987-2245 \$25.00 hotelrivera@gmail.com



Herrera

Chitré

Pensión Central 996-0059 desde \$15.00 pension-central@hotmail.com
Q-tarras Tours 966-9476 cutarras@hotmail.com
Hotel Hong Kong (507)996-5229 manuelarauz@cwpanama.net
Hotel Versailles 996-4422 \$30.00
Hotel Bali Panama 996-4620 cjaen@balipanama.com
Hotel Hawaii 996-3158 \$16.00
Hotel Rex 996-2408 \$25.00

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Hotel Santa Rita 996-4610 \$20.00

Los Santos

La Villa de Los Santos

Hotel Kevin 966-8276/6521-9105 kevinmoreno@hotmail.com



Panamá Hotels

Caesar Park Panamá 2260116/270-0477 reservations@caesarparkpanama.com

Coral Suites Aparthotel 269-2727 \$65.00 coralserver@coralsuites.net

Country Inn Suites 236-6444/800-507-1067 \$80.00 country.pma@pty.com

Crystal Suites Hotel 263-2644 \$55.00 atencion@crystalsuites.com

Gran Hotel Soloy 227-1133 \$50.00 soloyger@cableonda.net

Hostal Casa de Campo Country Inn & Spa 226-0274 / 6677-8993 \$60.00 +

inform@panamacasadecampo.com www.panamacasadecampo.com

Hotel Andino 225-1162 \$22.00 andino@sinfo.net

Hotel California 263-7736 \$20.00 info@hotel-california.ws

Hotel Caribe 227-5082 \$27.50 panama@caribehotel.com

Hotel Costa Inn 227-1522 \$45.00 costainn@cwpanama.net

Hotel Covadonga 225-5275 \$22.00 marit@sinfo.net

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Panama Hotels Continued

Hotel Deville	263-0303	\$120.00	reservaciones@devillehotel.com.pa
Hotel El Panamá	215-9000	\$140.00	reservas@elpanama.com
Hotel Granada	263-7477	\$77.00	
Hotel Latino	227-3395	\$20.00	
Hotel Marbella	263-2220	\$38.50	hmarbella@cableonda.net
Marriott Hotel	210-9100	\$160.00	marriott@cableonda.net
Hotel Miramar Intercontinental	214-1000	\$220.00	panama@interconti.com
Hotel Montreal	263-4422	\$27.50	hmontreal@cableonada.net
Hotel Plaza Paitilla Inn	269-1122	\$120.00	ppinn@ns.sinfo.net
Hotel Ribadavia	225-7244	\$30.00	hotel@ribadaviapanama.com
Hotel Suites Central Park	223-3100	\$135.00	
Hospedaje Casco Viejo	211-2027	\$12.00	info@hospedajecascoviejo.com
Riande Continental	263-9999	\$100.00	reservas@hotelesriande.com
Riande Aeropuerto	290-3333	\$89.00	resort@hotelesriande.com
Hotel Roma	227-3844	\$60-100	info@hotelromaplaza.com
Tower House Suites	269-2669	\$45.00	Towerh@sinfo.net
Hotel Venecia	227-5252	\$24.00	hotelvenecia@email.com
Sevilla Suites Apart-Hotel	213-1312	\$65.00	sevillasuites@sevillasuites.com

Las Vegas Hotel Suites 269-0722 \$60.00 manager@lasvegaspanama.com
Suites Ambassador 263-7274 \$100.00 ambassad@sinfo.net
Suites Plaza 264-5033 \$35.00 aplazaventas@cableonda.net
The Bristol 265-7844 \$165.00 bristol@thebristol.com
The Executive 265-8011 \$100.00 reservacionesenlinea@elejecutivo.com
Torres de Alba Hotel & Suites 269-7770 \$83.00 reservas@torresdealba.com.pa
Holiday Inn Panamá 206-5555 \$150.00 holidayinn@holidayinnpanama.com
Hotel Bella Vista 264-4029 \$17.00 hbellavista@cwpanama.net
Panama Private Tours 6617-6974 info@panamaprivatetours.com

Campana

Hostal Hacienda Doña Victoria 236-4152 6618-8370 \$39.00
hostalhdvic@cwpanama.net

Taboga

Hotel Taboga 250-2122 \$55.00 htaboga@sinfo.net
Taboga Fishing 250-2116 616-2604 277-0518 taboga_fishing@hotmail.com



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Panama Pacific Coast Beach Hotels

Motel Punta Chame 264-7560 \$35.00/\$70.00 (cabañas)
Cabañas de Playa Gorgona 269-2433/240-6160 \$44.00
Cabañas Las Hadas, Gorgona 263-4751 \$16.50
Punta Chame Turística 223-1747 \$55.00 wengru@sinfo.net
Hotel Bananas Village Resort 263-9510 \$95.00
Hospedaje San Carlos 240-8185 \$13.00
Cabañas La Cholita 232-4561 \$40.00
Hotel Playa Río Mar 240-8027/264-2272 \$39.00 marylin@sinfo.net
Cabañas Las Sirenas (Santa Clara) 263-7577/993-3235 \$88.00
Cabañas Las Veraneras 993-3313 \$62.00
Coronado Golf & Beach Resort 264-3164 \$180.00 reservas@coronadoresort.com
Club Gaviota 227-4929 \$50.00
XS (Santa Clara) 993-3096 \$52.00 (cabañas)/\$10.00 (camping)
Cabañas Los Ángeles 221-4643 \$85.00
Rio Mar Surf Camp 240-9128 \$15.00 riomarsurf@hotmail.com
Hostal Playa Lajas 776-3157/661-6051 \$50.00 hotalplayalajas@hotmail.com

Gamboa

Gamboa Rainforest Resort 264-1498 \$110.00 guestrelations@gamboaresort.com

Hotel Camping Resort 216-2016/6670-2015 \$55.00 info@hotelcampingresort.com

Contadora

Villa Romantica 250-4067 \$ 106.00 contadora@villa-romantica.com

Hotel Contadora Resort \$110.00 reservas@hotelcontadora.com



Veraguas

Santiago

Hotel Camino Real 958-7950 \$36.00

Hotel Cion Gi 998-4312 \$13.00

Hotel Gran David 998-2622 \$26.00

Hotel Hong 998-0671 \$19.00

Hotel Melior 998-4158 \$25.00

Hotel Piramidal 998-3123 \$29.00

Hotel Plaza Gran David 998-3433 \$18.00

Hotel Santiago 998-4824

Kuna Yala

Cabañas YANDUP 261-7229 261-6347 \$ 60.00 yandup@cablonada.net

Activities of Interest:

Extreme Sports

Escuela Nube 5 680-2573 acont@nube5.com

Panama Surf School 605-4776/615-9782 marc_saavedra06@yahoo.com

Club Eco Aventura 6650-8046/6505-0554 info@clubecoaventura.com

Tripea Panama 662-9477 info@tripeapanama.com/dcarles@tripeapanama.com

Aventuras Panamá 260-0044 info@aventuraspanama.com

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Ecotourism Panama

Granja San Judas Tadeo 236-1083 agroturismo@granjasanjudastadeo.net
Safari Expeditions Panama 230-0715/230-0715 info@expeditionspanama.com
Panama Eco Surf Tours 676-9566/652-3773 Kayamerlin@hotmail.com
Panama City Tours 263-8918 ops@panamacitytours.com
Armando Pella 776-3157 hostelplayalajas@hotmail.com
Extreme Panama 674-6050 info@extremepanama.com

Aerial Tourism Panama

turismoaereo.com 315-0278 info@turismoaereo.com

Health Tourism

www.pana-health.com 223-4742 ford@royalcenter.net
Homecare San Francisco 226-5330 bnunez@pa.inter.net

Fishing Tours Panama

Panama Dos Mares 391-7071/6687-8189 panamadosmares@hotmail.com

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