

At the end of the causeway, in the Flamenco island, there is Fuerte Amador Resort & Marina, a cruiser port of Panama with a complex that includes a shopping center, bars and restaurants with a fabulous marine atmosphere.



## Living in Panama



Retirees from the United States, Canada and Europe have found in Panama an ideal place to live. The renowned magazine "International Living" identified Panama as the best place to live outside of the United States.

A newsletter of the American Association of Retired People (A.A.R.P.), which targets retirees, ranked Boquete among the top 4 places to live abroad in its ranking "Top 15 best cities in the world for North American retirees".



Due to their excellent climate and infrastructure, most of retirees prefer Boquete and Volcán, cities in the highlands of the Chiriqui Province. Likewise, Bocas del Toro in the Caribbean side is also becoming a popular destination among foreigners, because of its beautiful landscapes.



Under the Law No. 6 dated of June 16<sup>th</sup>, 1987, Panama offers excellent discounts to retirees in transportation, hotels, restaurants, airlines, theaters, medical services, and many other areas.

## Nightlife



Nightlife in Panama is very safe and exciting. Prestigious hotels with casinos and discotheques are part of the entertainment for tourists, as well as night clubs in downtown with a full selection of music for all sort of preferences.

Visitors also can enjoy fancy restaurants that serve exquisite traditional and international cuisine, including Japanese food.

Panamanian traditional restaurants have plenty of flavors and folklore bringing countryside ambience. You can also enjoy shows, folklore dances and traditional music performance.



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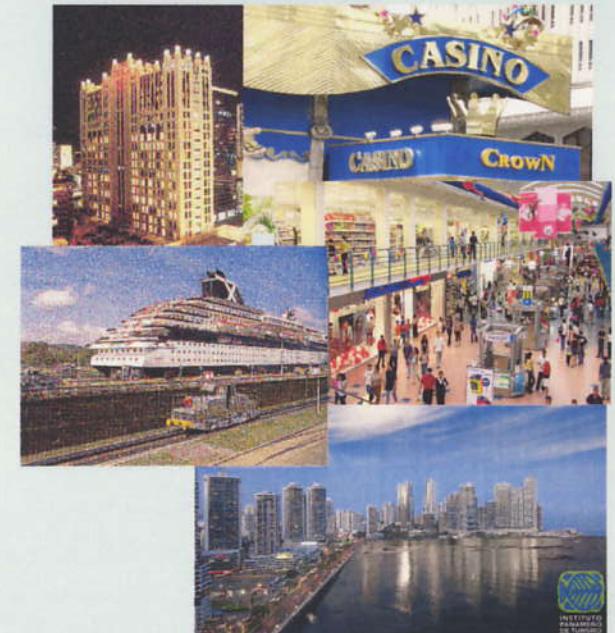
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Pictures Courtesy of IPAT and "The Most Beautiful Pictures of Panama by Mauro Endara"

# PANAMA

Cruisers' Destination, Shopping Paradise  
... and much more



**Geography has privileged Panama as a wealth and merchandise traffic crossroad. Do not miss the opportunity to enjoy great shopping and exciting entertainment... and if you are retiree and are looking for a relaxed and peaceful atmosphere, you are in the ideal place.**

**Dr. Alfredo Martiz**  
Ambassador of Panama to Japan



# Panama: A Marvellous Cruisers' Destination



Since 2002, Panama has become an important destination for cruisers, which start their journey from Florida or Los Angeles, transiting through the Panama Canal. The ports of Cristóbal and Colón 2000 in Colón City -Caribbean side -, as well as Fuerte Amador in Panama City - Pacific side -, have excellent facilities that allow safe disembarkation without delays. The ports of Panamanian cruisers are widely recognized by the Florida Caribbean Cruise Association (FCCA).



After disembarking, tourists can take tours to magnificent places such as the Gatún Lake, the Locks of the Panama Canal, Indian areas, the colonial ruins such as Portobelo and San Lorenzo, the Casco Antiguo, Panamá La Vieja, Panama City and so forth.

Furthermore, you can find handicrafts and some other high-quality articles at very convenient prices. In Colón City, tourists will be able to buy free of taxes at Colon Free Zone, where more than 2,000 companies are established, offering all kinds of world-class products. In downtown Panama City, you can enjoy shopping at large malls, as well.

With the support of the Panamanian Government, which has been the developer of this important segment within the tourism sector, cruising industry is viewed to continue growing.

## Commerce Showcase of the Americas

Since the colonial age, Panama has been a commercial emporium due to the fact that it is the shortest route between the Pacific and Atlantic Oceans, which has allowed Panama to be the crossroads of world trade. During the colony, the more important trade fairs of the Spanish Crown took place at Portobelo City, which became the shopping center of that time.



**Colon Free Zone**  
Established in 1948 in Colon City at the Caribbean side, it inherited the commercial tradition of Panama, and has become the largest free zone in the world after Hong Kong. Needless to say, it is the commerce showcase of the Americas. Visitors can find all fancy brands of the world at very competitive prices, as articles are duty free.

**Central Avenue.** It is the most traditional and oldest area to go shopping in Panama City. Featured by a pedestrian road, it connects with the Calidonia neighborhood extending to Vía España in downtown. Tourists usually feel astonished by the large discounts offered by the stores here.



**Supercentro el Dorado.** Located in the Ricardo J. Alfaro Avenue, best known as Tumba Muerto Avenue, it is the first American-style shopping center ever built in Panama. Currently, it is being remodeled to increase the number of stores as well as national and international restaurants.

**Albrook Mall.** Located next to the Albrook Transportation Terminal near the Panama Canal administration building, it belongs to a new generation of shopping centers recently opened. Besides stores, movie theaters and national and international restaurants, it has the largest virtual entertainment center of Panama. Moreover, it has a spectacular architectural design, in line with contemporary trends.



**Multicentro.** Located in Balboa Avenue in the wealthy area of Paitilla, it has an impressive architecture design. At the shopping area, you can find stores with famous international brands at a very affordable prices.



**Mall Multiplaza Pacific.**  
This gigantic shopping center is located in Israel Avenue and 65<sup>th</sup> East Street, where the Paitilla Airport was previously located. Stores with renowned brands from Europe, United States, Latin America and Asia can be found.

Among other important shopping centers in downtown Panama City, we can mention **Plaza Concordia** at Vía España; **Plaza Paitilla** and **Bal Harbour Mall** in the Paitilla area; **La Alambra** at Ricardo J. Alfaro Avenue; **Los Pueblos** at José Agustín Arango Avenue, which is very close to the Tocumen International Airport. Prestigious department stores and boutiques offer a full selection of products for all choices at very attractive prices for tourists.

## Calzada de Amador or Causeway



Calzada de Amador is a 6-Km. causeway that connects the small islands of Naos, Perico and Flamenco. It was built in 1915 and is located at the Pacific entrance of the Panama Canal.

Not only tourists but Panamanians consider it as a relaxing place, due to its spectacular view of the Panama City and the Bridge of the Americas, where locals and visitors can see ships transiting the Panama Canal. 3.5 Km. away, there is the Marine Exhibitions Center of the Smithsonian Tropical Research Institute.



Many people go there for walking, skating, jogging, cycling along the causeway. Likewise, there are restaurants with a good variety of food, including Panamanian typical dishes.