

DESCRIPTION

Departure from the Sheraton Grand Panama Hotel at 08:20 am and Return 18:30 pm. The cost is 100.00 USD.

MIRAFLORES VISITOR CENTER AT MIRAFLORES LOCKS (PANAMA, CITY)



Located on the east side of the Miraflores Locks, the Miraflores Visitor Center is the ideal place to observe canal operations. From large balconies, visitors can watch as the lock gates are opened and closed for ships to start or complete their journey through the Panama Canal.

The visitor center offers the 3D projection of a film that introduces Mr. Canales, a character that will guide you through the history of the Panama Canal from its beginnings to the present. The film is available in English and Spanish, and with several show times and you can enjoy it in an air conditioned room with comfortable seats.

Four exhibition halls portray the Canal's history, biodiversity, and its functioning and international importance in a dynamic and especially attractive manner.

OLD TOWN OF PANAMA CITY



The Old Town of Panama City, declared a Historical Monument by UNESCO, is not just about history; it is also a place to sample different foods and drinks in open-air cafés and a site where the restaurants and bars fill the air with music and entertain with varied shows.



Strolling along the centuries-old cobblestone streets of Central Avenue, you may encounter a gigantic "red devil", a popular cultural figure guarding the entrance to Diablicos and advertising their traditional Panamanian food. Along with a delicious meal, you can enjoy live Panamanian folkloric shows that are different every evening. Heading towards Plaza Bolivar, five restaurants have set up their tables under umbrellas right on the square and in a very bohemian setting. Musicians play their melodies for diners at the plaza and sweeten the air with their tunes.



Souvenirs like the famous Panama hat can be picked up at Victor's, open until 10 at night. On your way to Plaza de Francia, there are several other souvenir shops, including La Ronda and El Faro, with a good selection of typical Panamanian handicrafts. Continue on towards the romantic Esteban Huertas walkway at French Square bordering the sea, with a spectacular view of Cerro Ancón, the Bridge of the Americas, the Biomuseum, the Amador Causeway, the Bay of Panama, and the modern city. Back at the square, visit Las Bóvedas restaurant for a variety of exquisite French cuisine, or to sip a drink at their bar, all with the added touch of jazz music.

On Avenue A, you can find restaurants for all tastes. Italian cooking is delicious at Caffe Per Due, where pizza is their specialty. If your passion is wine, right on the intersection of Avenue A with 4th Street is the wine bar Divino, an establishment dedicated to the preferred drink of the wine god Bacchus. Their collection of bottles comes from the major wine-producing countries of the world and they also recommend food pairings when tasting the different varieties of this exquisite beverage.

Also located on this avenue is a boutique called Reprosa that sells replicas of Indian jewelry. At the broad Herrera Plaza, on weekend evenings you can listen to contemporary music and sample a range of international appetizers at Puerta de Tierra, accompanied by a glass of wine for the finishing touch on your tour of Old Town. In Panama City's Old Town, the ancient and modern coexist in harmony, making for a pleasant and memorable visit.

VISIT PANAMA VIEJO RUINS



Panama City was founded on August 15, 1519 by Pedro Arias Dávila, known as Pedrarias, making it the first Spanish city on the shores of the South Sea (known today as the Pacific Ocean) and the oldest city on the mainland that yet exists today. It replaced the former cities of Santa María la Antigua del Darién and Acla and became the capital of Castilla del Oro. On September 15, 1521, a royal decree conferred the municipality with the title of City and Carlos I of Spain granted it a Coat of Arms.

Ships set sail from Panama City in search of wealth in South America, specifically for the exploration and conquest of Peru. Gold and riches from all over the Pacific coast of the

Americas arrived here to be shipped to Spain. In 1671, the English pirate Henry Morgan led an attack on the city to plunder its stored riches. As a security measure to protect both population and property, the Captain General of the Mainland, Don Juan Pérez de Guzmán, ordered the evacuation of the city and the torching of the gunpowder deposits, causing the city to go up in flames and be completely destroyed.

The ruins of the ancient city still remain today, including the cathedral tower and the Collective Historic Monument of Panama La Vieja. The site has become a tourist attraction and has been declared a UNESCO World Heritage Site. Panama City was rebuilt in 1673 at a new site 2 kilometers west-southwest of the original city at the foot of Cerro Ancón, now known as the city's Old Town district. At the area's Visitor Center you can relive the city's history, from pre-Columbian archaeological discoveries to a scale model of what Panama City looked like before pirate Morgan's attack.