


TRANSPORTATION GUIDE


PUBLIC TRANSPORTATION

METRO TRAIN / BUS

To use the Metro Bus, you NEED the metro card (\$0.25/trip, except for Corredor \$0.65). Cards can be obtained at the Albrook Mall/Terminal for \$2 cash per card (only one card is needed per group/family).

	Working Hours	Good to Know
<p><i>METRO BUS</i></p> 	<p>Working hours varies depending on routes.</p> <p>For specific information on route schedules please download MiBus Maps App Mobile</p>	<p>The Metro Bus is the mass bus transportation system that operates in the districts of Panama, San Miguelito and Colón. Metrobus runs along the main roads of Panama City (Vía España, Vía Simón Bolívar or Transístmica, Vía Ricardo J. Alfaro or Tumba Muerto, Avenida Balboa/Vía Israel and Avenida Domingo Díaz), the main toll highways (Corredor Norte and Corredor Sur), and other minor transverse routes.</p> <p>To get on a bus, you will have to buy a rechargeable card, which must be recharged in person at authorized stores, via a webpage, or through the METROBUS mobile app.</p>

Train services are only provided only in Panama City. The Metro Train, you can pay with a Metro Card or a VISA/MasterCard on the turn styles to the far right of each entrance (including the airport). You must swipe the card to get into the station and out of the station (\$0.35 per trip, usually).

	Working Hours	Good to Know
<p><i>METRO TRAIN – Panama City</i></p> 	<p>Monday – Friday 05:00-23:00</p> <p>Saturday 05:00-22:00</p> <p>Sunday – Holidays 07:00-22:00</p>	<p>There are blue machines in stations to purchase rechargeable cards which cost \$2.00. Cards are also sold in other points of the city, such as the Albrook Terminal.</p>

PRIVATE TRANSPORTATION

UBERS/RIDE-SHARE SERVICES

Uber only operates in Panama City, Panama Oeste and Chiriquí provinces. Uber is a safe and reliable form of private transportation and is a good option when traveling in the city, especially at night and on the weekends. Uber confirms the anticipated price per trip and drivers can be tracked in case of lost items. Riders pay using a credit card, debit card and PayPal. The fare depends on the time of day and traffic. A ride from the airport to the hotel is about \$20. **This is the option we recommend when traveling in and around the city.**

TAXI CABS

Taxis are generally safe in Panama, outside of the city they will be the only option when Uber is not available. You will possibly get ripped off or charged the 'gringo' price if you do not speak Spanish. Always agree on a price BEFORE getting into the taxi. Where Ubers are available, you can look up the price on Uber and tell the taxi around the same price to let the taxi driver know you know. Below you can find some recommended taxi companies (they may not speak English):

	Taxi Company	Taxi Phone number		Taxi Company	Taxi Phone number
1	Taxi Corozal	(507) 260-6040	6	Radio Taxi El Dorado	(507) 260-4505 (507) 260-9371
2	Radio Taxi Libertador	(507) 260-6040	7	Yellow Car Taxi	(507) 396-9999
3	Taxi Clayton	(507) 317-0386 (507) 6668-8291	8	Taxi City	(507) 6515-1347 (507) 209-0606
4	Radio Taxi Concordia (24hrs)	(507) 236-7848	9	Radio Taxi América Libre	(507) 221-1932 (507) 221-3491 (507) 224-0122 (507) 800-8294
5	Radio Taxi Italia	(507) 270-3066	10	New York Taxi	(507) 397-9617

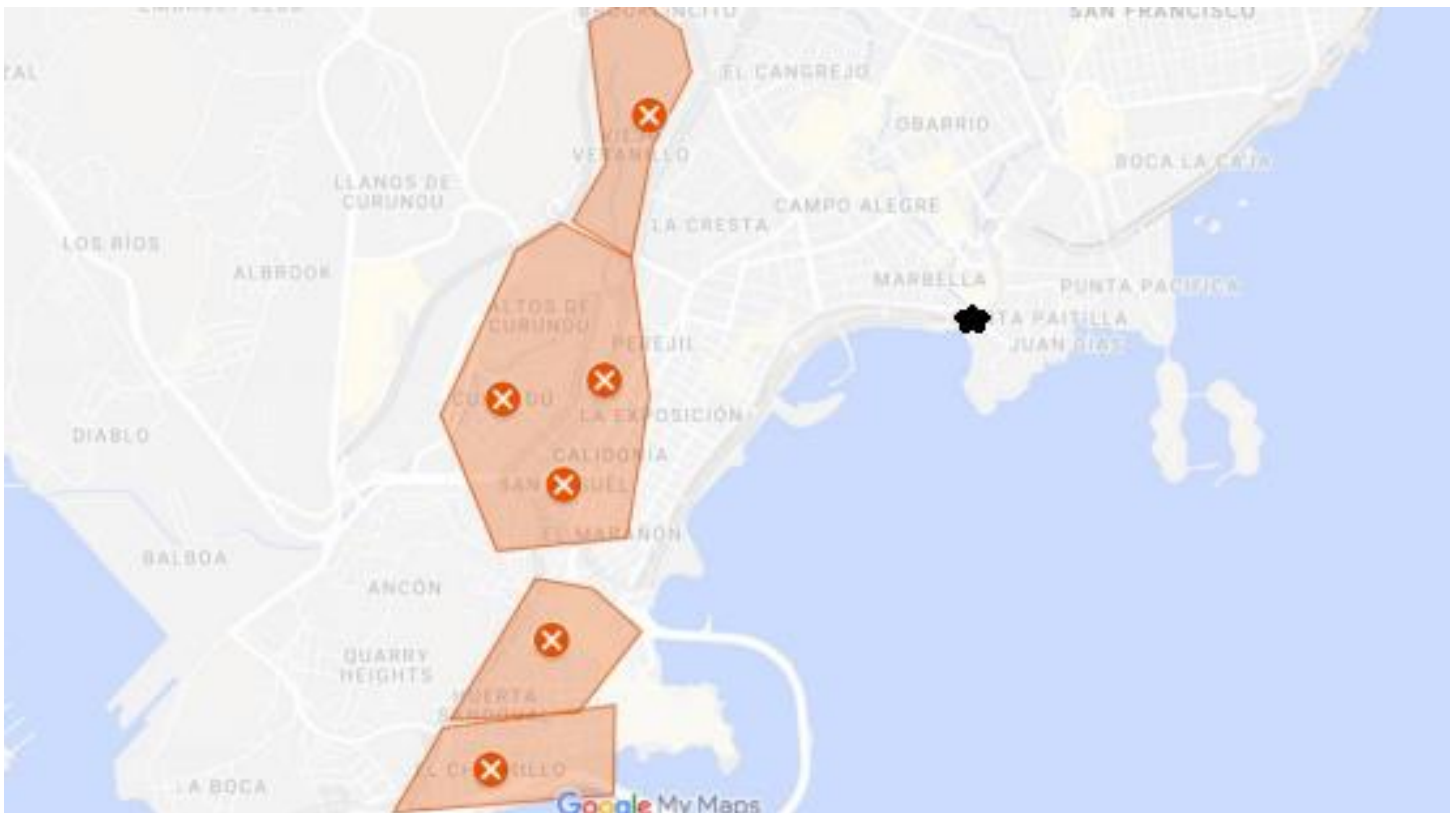
PRIVATE TRANSPORTATION LIFEBRIDGE RECOMMENDED

- **Odin Cogley**
Owns a large fleet of buses from a personal van to 45 people and is available in the city but also knows people in the entire country if you want to organize other rides/trips. Speaks some English.
+507-6696-4906 / +607-6492-0099 odincogley@hotmail.com / pwa-inc@outlook.com
- **Miguel Samaniego** - *Inside Panama Tours*
Owns a large fleet of buses from small vans to large buses and is available in the city. Speaks English.
+507-6840-7706 miguels@insidepma.com

- **Humberto Barahona** – *For General Transportation*
Speaks English +507-6313-4431
- **Jose Hidalgo** – *For General Transportation*
Speaks English +507-650-7187

WALKING & RIDING

Walking is always an option, but you need to remember that you will be visiting during rainy season. If it is not raining it is hot and humid. Even a short walk can leave you wet rain or shine. There are scooters placed throughout the city that you can rent but is not guaranteed. The city is generally safe but there are some areas that may be best to avoid walking around if you are not familiar with the city. The small black star is the hotel.



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| <ul style="list-style-type: none"> • El Chorrillo • San Miguel • Santa Ana • Cabo Verde • Curundu • Veracruz Beach | <ul style="list-style-type: none"> • Santa Librada • Rio Abajo • San Miguelito • Juan Díaz • Pedregal |
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GENERAL INFORMATION ON TRANSPORTATION IN OTHER PROVINCES

<p>Panama Albrook - Great Transport Terminal</p> 	<p>PANAMA CITY, PANAMA</p>	<p>Phone: (507) 303-3030 Address: Roosevelt Avenue, Panama City</p>
<p>Transport Terminal of Santiago</p> 	<p>SANTIAGO, VERAGUAS</p>	<p>Phone: (507) 958-6484 Address: Santiago, Poliodoro Pinzon St. #10.</p>
<p>Transport Terminal of Chitré</p> 	<p>CHITRÉ, HERRERA</p>	<p>Phone: (507) 996-4177 (507) 996-5619 Address: Francisco Corro St, National Highway Via Las Tablas</p>
<p>Transport Terminal of David</p> 	<p>DAVID, CHIRIQUÍ</p>	<p>Phone: (507) 775-2974 Address: Paseo Estudiante St. David, Chiriquí</p>

Transport Terminal of Las Tablas



LAS TABLAS, LOS SANTOS

Phone: (507) 994-8072
Address: Paseo Carlos Lopez, Las Tablas, in front of the National Police

Transport Terminal of Metetí



METETÍ, DARIÉN

Phone: (507) 314-6291
Address: Centro Comercial Ventas Plaza, Metetí, Darién

Transport Central of Penonomé



PENONOMÉ, COCLÉ

Phone: (507) 303-6468
Address: Boulevard Penonomé, Panamerican Highway, Coclé

Transport Terminal of Changuinola



CHANGUINOLA, BOCAS DEL TORO

Phone: (507) 758-8511
Address: 17th of April Avenue, Changuinola, Bocas del Toro

Transport Terminal of Colón



COLÓN, COLÓN

Phone: (507) 314-6248
Address: Herrera Ave. Colón,