



Please also pick up a copy of **Lonely Planet Panama** to assist with planning your trip in terms of restaurants, hotels, and extra stops on your way to Santa Catalina.

Lodging in Panama City

Here are just a few options that Fluid guests have stayed at and recommend. Those that offer airport pick up/drop off are marked accordingly.

Budget

Mamallena [website](http://mamallena.com): mamallena.com [phone](tel:6538.9745): 6538.9745 [Area](#): El Cangrejo on Maria Icaza
Basic Accommodations. Dorm or private rooms available. Wireless Internet

Hotel Marparaiso [phone](tel:227.6767): 227.6767 [Area](#): Caledonia. Calle 34 Este
Free airport pick up/drop off. Basic Accommodations with hot water, A/C and satellite TV

Luna's Castle [website](http://lunacastle.com): lunacastle.com [phone](tel:262.1540): 262.1540 [Area](#): Casco Viejo
Backpacker hostel in an old colonial mansion. Dorm style and private rooms available. Includes breakfast.

Mid Range

Hotel Costa Inn [website](http://hotelcostainn.com): hotelcostainn.com [phone](tel:227.1522): 227.1522 [Area](#): Av Peru/Calle 39 Este
Free airport pick up/drop off. Basic accommodations with upscale amenities including a gym and pool. Includes breakfast.

Hotel Roma Plaza [website](http://hotelromaplaza.com): hotelromaplaza.com [phone](tel:227.3844): 227.3844 [Area](#): Av Justo Arosemana at Calle 33
Airport pick up/drop off can be arranged at an expense. 24 hour restaurant and bar in the hotel. Roof top pool. Affordable Buffet Breakfast served daily.

Vegas Suites – [website](http://lasvegaspanama.com): lasvegaspanama.com [phone](tel:300.2020): 300.2020 [Area](#): El Cangrejo
Located in one of the most modern and safe areas in Panama City. Las Vegas Hotel Suites is a short walking distance from a splendid variety of activities, including the financial and banking district, shopping centers and restaurants.

Top End

Country Inn and Suites [website](http://panamacanalcountry.com/amador/HotellInfo.html): panamacanalcountry.com/amador/HotellInfo.html [phone](tel:211.4500): 211.4500 [Area](#): on the Amador Canal
Watch the ships en route through the Panama Canal as they glide through the water past your balcony. Beautiful rooms and suites. Poolside buffet breakfast included. Airport pick up/drop off can be arranged at an expense.

Miramar Intercontinental [website](http://miramarapanama.com): miramarapanama.com [phone](tel:214.1000): 214.1000 [Area](#): Av Balboa
Gorgeous guest rooms with all the amenities of home. Look out your window to overlook the Panama Bay, or face the mirrored towers of the financial district. Airport pick up/drop off can be arranged at an expense.

www.fluidadventurespanama.com

Fluid Adventures Panama, [Santa Catalina](#), Provincia de Veraguas, [Panama](#)

Panama Tel 507.832.2368 [North America Tel 647.282.8167](tel:647.282.8167) info@fluidadventurespanama.com



Radisson website: www.radisson.com/panamacitypan **phone:** 210.1718 **Area:** Av Balboa
Located in the heart of Panama City just steps away from the Majestic Casino and Multicentro shopping and entertainment, the Radisson Decapolis Hotel Panama City is the newest upscale Panama City, Panama hotel.

Traveling to and from Santa Catalina

The Public Bus Transit System in Panama is very efficient and the most inexpensive way to get down to Santa Catalina. The Inter Americana Highway and Secondary roads are well maintained and it is comfortable ride down to us on the Pacific Coast in the Veraguas Province.

From the Albrook Bus Terminal there are two options:

Bus from Panama City to Sona (12:30pm)

Bus from Sona to Santa Catalina (5:45am, noon, 4pm)

Or

Bus from Panama City to Santiago (Departs every half hour)

Bus from Santiago to Sona (Departs every hour)

Bus from Sona to Santa Catalina (noon, 4pm)

Make sure you take a **DIRECT** bus from Panama City.

If you miss the last bus from Sona to Santa Catalina there are taxis readily available.

Car Rentals are available, but not necessary when the only road travel is from Panama City to Santa Catalina and back.

Budget website: www.budgetpanama.com **phone:** 263.8777

Thrifty website: www.thrifty.com **phone:** 204.9555

Lodging within Santa Catalina

Here are a few options previous guests have enjoyed. Please see the Accommodations link on the Fluid Adventures Website for a full listing of lodgings in town.

Sol y Mar website: solymarpanama.com

Sol y Mar is on a hillside as you arrive in Santa Catalina from Sona. It is a quiet spot, a little further from the beach than most of the options, but offers nice rooms with a/c and hot water

La Buena Vida website: www.labuenavida.biz

La Buena Vida is located on the main paved road on the left as you enter Santa Catalina and offers 2 quaint guest quarters that are very clean and well maintained

Oasis website: www.oasissurfcamp.com/oasis.html

Cabanas right on the beach at Playa Estero

Rancho Estero Not Accessible by phone or email. Speak with us at FAP to make reservations
Rancho Estero overlooks Playa Estero and offers thatched cabins with a bed or camping

www.fluidadventurespanama.com

Fluid Adventures Panama, [Santa Catalina](#), Provincia de Veraguas, [Panama](#)

Panama Tel 507.832.2368 [North America Tel 647.282.8167](#) info@fluidadventurespanama.com