



## Page Traveller Corrections and Updates

75

Apr 09, JESSICA GRAYSON,  
 Post Office: The only one near Casco Viejo is on Ave. Central in Calidonia across from the Don Bosco Church. That one is marked #10 on the map on pg 76. I don't think the Main Post Office you have marked is there anymore.

75

Jan 10, FRANK NORRIS,  
 please modify the map to show that the ferries to Taboga no longer leave from Muelle 19. (The text is correct but the map is out of date).

78

Jan 10, FRANK NORRIS,  
 in the "dangers and annoyances" section there seems to be a widespread recognition (by local residents) that the "areas peligrosas" are far larger than you have listed. However both police and average residents seem to be trained to steer wandering tourists away from these areas and back to the safer main routes. We were pleasantly surprised by these actions.

84

Apr 09, JESSICA GRAYSON,  
 Panama viejo. The best preserved part of the ruins are now fenced in with a \$4 fee to access. You can climb to the top of the bell tower. The museum is now up the road near the IPAT tourism office that is depicted on your map. This is also the only place I came across to get dropped off and picked up for the city buses.

87

Jan 10, LINDSAY KEHL,  
 The Museo Antropologico Reina Torres de Arauz was in recent years robbed, and has had a hard time recouping from the loss. Thus, the museum is fairly barren.

88

Jan 10, LINDSAY KEHL,  
 Mi Pueblito: This village setting took a hit with the last administration's slash to the tourism budget. Although under new management, and a new administration that has pledged money to replenish Mi Pueblito, it may take some time getting back to what it once was

90

Apr 09, JESSICA GRAYSON,  
 Luna's Castle: The price is now \$12 for a dorm and there is no attached bar, though they do have beer and sodas for a \$1 at the hostel.

92

May 09  
 Hostel Mamallena has moved locations and is now located in Casa 7-62 Calle Primera Perejil(close to the la Exposicion area). The phone number has also changed to (507) 393 6611 or (507) 6676 5583. The hostel is now larger and not so sterile!! There are more dorm rooms(\$11) and 12 private rooms(\$27.50) lots of bathrooms and social areas.

95

Mar 09  
 Brooklyn Cafe in Casco Viejo no longer exists.

95

Dec 09, LINSEY MARR,  
 Restaurante Vegetariano Mireya no longer exists

**Please note:** Updates are unverified by Lonely Planet. For full listing of PDFs:  
[www.lonelyplanet.com/thomtree/thread.jspa?threadID=1621253](http://www.lonelyplanet.com/thomtree/thread.jspa?threadID=1621253)



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Jan 10, VERONICA DONCASTER,  
 The restaurante Restaurante Vegetariano Mireya is closed now. I visited the address last night and it is replaced by another restaurant. One of the waiters confirmed this.

96

May 09, GERBRAND GERRITSEN,  
 Panama City: Masala Indian Cuisine has moved. New address: Calle 45 Este Bella Vista Ciudad de Panamá. Tel. 225-0105. opening times Mo thr Sat 11:30am t 3.00 pm and 6:00 pm t 10:30 pm Closed on Sundays. Restaurant is no longer 'housed in a historic Bella Vista mansion' but still 'redecorated with colorful textiles and Indian art'.

96

Jan 10, FRANK NORRIS,  
 Masala Indian Cuisine is no longer operating

97

Jan 09  
 We write this Email to inform you that we have changed our name, food style and location but not our chef nor our quality. We used to be called La Cocotte, used to be an only French restaurant and we were located in Av. 3B Sur Bella Vista in Panama. Now we are still a French restaurant but with a fusion of Asian elements. We are located in calle Beatriz Cabal Miranda, in the Hotel DeVille in front of Tower Bank. Our name is TEN Bistro and our phone number is still 213-8250.

97

Jan 09  
 I am writing to inform you that the information you currently have in Lonely Planet PANAMA for LIMONCILLO Restaurant is outdated. The restaurant has moved. Our new contact information is: Limoncillo PONY CLUB (the name has grown as well). We are located on Calle 69 Este in the neighborhood of San Francisco in Panama City Panama. Our website is: [www.limoncillo.com](http://www.limoncillo.com). We re-opened in Nov. 2008 after a year of being closed.

97

May 09, GERBRAND GERRITSEN,  
 Panama City: Limoncillo: We could not find this restaurant at all so it has also probably moved but we cannot tell you where.....anyway the address stated in the LP guide is not correct anymore.

97

Jan 10, LINDSAY KEHL,  
 Limoncillo has moved to the San Francisco neighborhood. They are now located on Calle 69 (right off of the Via Porras), across the street from Sorrento's.

104

Apr 09, JESSICA GRAYSON,  
 Buses: The bus to San Carlos from Albrook terminal costs \$2.75. But expect the buses to take at least a half-hour to hour longer than posted times as they stop at intermediate towns serving as a psuedo-city bus.



Page	Traveller Corrections and Updates
109	Jan 10, FRANK NORRIS, not sure what you mean when you mention "there's a 30-minute wait at the locks" in the top-left paragraph. This makes the assumption (?) that visitors will spend 30 minutes at the visitor center and return to the taxi. Of course, some will be more transfixed with the locks than others, but we were there 5 hours and were fully occupied the entire time
109	Aug 10, Colin Jones, Buses to Miraflores no longer stop on Av Roosevelt. Catch a bus to the new Allbrook terminal and then another bound for Gamboa.
117	Dec 09, LINSEY MARR, Kool Hostel no longer exists
121	May 09 Isla Contadora: The 300 room Hotel Contadora has been boarded up like a ghost town.
127	Apr 09, JESSICA GRAYSON, Playa El Palmar: The Hotel Palmar Surf Beach and school charges \$45 per night for room w/ AC. (You should be able to talk them down)
136	Mar 09, THORSTEN OEFVERBERG, Santa Clara: The village is not really a sleeping fishing village but more an area with rich beachside villas at a beautiful wide sandy beach. Beach parking 2 U\$ / person. XS Memories costs now 70 U\$ Las Sirenas costs 130 U\$
142	Jul 09, JOHN TIBBALS, Trinidad Spa and Lodge, phone is (507) 263-4278
142	Jul 09, JOHN TIBBALS, you list Trinidad Spa and Lodge in Cocolé Province. Please note that it has changed name and is now Cerro la Vieja Eco-Hotel & Spa
155	Jan 10, MARTIN DEKKER, The Humboldt Foundation (boxed text) doesn't exist anymore because lack of foundation (fin support). However we spoke to mr Francisco Delgado and he is often at this spot with his binoculars doing research (at the time of writing on yellow butterflies).
181	Jan 09 Alto de Piedra and Cerro Tute section. The tour guides you have mentioned are not guides any longer. The only guide as of this writing is Cesar Miranda (of Aventuras Cesamo) who is very knowledgeable and pleasant. His telephone number is: 6792-0571.



Page	Traveller Corrections and Updates
181	Jan 09 Santa Fe: Cooperativa Santa Fe section. It is actually called the Cooperativa de Esperanza de los Campesinos (there is no cooperative called Cooperativa Santa Fe). There is no store above the restaurant. There is a store run by the cooperative that is a stone's throw away from the restaurant. This store is a grocery and feed store and they don't sell hats. The place to go for hats is the Mercado (listed on page 182).
181	Jan 09 Santa Fe: there is no set of towering waterfalls in Cerro Tute!!
182	Jan 09 Santa Fe: Festivals and Events section. There is no fixed date for the agricultural fair. It is always set around the beginning of February
182	Jan 09 Santa Fe: Getting there and Away. The fare from Santiago is actually \$2.40 one-way not \$2.00.
189	Aug 09, KOOS VAN DER VALK, The region around Boquete has been hit hard by landslides. The Sendero de los Quetzales is no longer safe to walk. I crossed the landslide and almost didnt make it. A huge chunk of the trail is just gone. You cannot go around it.
197	Jun 09 In the David section the Tracopa bus fare is now \$15 instead of \$12.50. We took it last week so I guess the prices went up.
198	Mar 09, THORSTEN OEFVERBERG, Golfo de Chiriqui: Boat from the village Boca Chica to the island Boca Brava: 2 U\$/person. The road to Boca Chica is tarred all the way.
198	Mar 09, THORSTEN OEFVERBERG, Golfo de Chiriqui: Cabanas Boca Brava: 16 – 46 U\$ has now a total of 14 rooms.
199	Aug 09, JULIA SCHNETZER, The number for the hostel Mono Felize is wrong
199	Aug 10 Punta Burica: Mono Feliz; The correct telephone number is 6595 0388. Your book apparently left off the "6"; however, we never received a return phone call after leaving two messages at the correct number.
200	Mar 09, THORSTEN OEFVERBERG, Playa Las Lajas: The distance from the Interamericana is 13 km not 26 km as indicated in the book!



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- 201** Mar 09, THORSTEN OEFVERBERG,  
 The Road to Veraguas Province: The village El Nancito is 3 km uphill. (you wrote 1.5km). There is a sign Museo at the T junction in the village and the Petroglyph area is fenced in. If it is closed ask for Cesar Rodriguez who lives in the village and is in charge of the little museum with a handful Indian artefacts. He can explain you the petroglyphs and also show you the way for a 20 min hike to a beautiful waterfall splashing over basalt columns North of the village.
- 202** Mar 09, THORSTEN OEFVERBERG,  
 Boquete: Hotel Topas costs now 16 – 32 U\$ (the hotel is not indicated on the map on page 202)
- 206** May 09  
 My hostel, Hostal Nomba, has the following errors in the guidebook. Phone number 6401-6278 alternative 6497-5672 (we never had a hard-line phone number yet one was published). Our email [ryan@miradoradventures.com](mailto:ryan@miradoradventures.com).
- 226** Mar 09  
 I have just had a guest citing what the Lonely Planet said, asking us about coffee we serve. We don't serve coffee at La Veranda!
- 226** Jan 10, LINDSAY KEHL,  
 In Bocas Town, the restaurant at Hotel Angela is now called Chocolate Martini (they do serve a good one!) and opened under it's new American owners this December!
- 229** Aug 10, Colin Jones,  
 June 2010. All boats from mainland to Bocas town are now running from Almirante as Changuinola route is silted up. Ferry port is short taxi ride from Almirante bus station for connections to rest of Panama and the border.
- 229** Aug 10, Colin Jones,  
 There is now a regular bus service between Bocas town and Boca del Drago. \$5 return
- 236** Oct 09, MARTINE BAARS,  
 There is no boat from Changuinola to Bocas Del Toro since a few years. In the guidebook there still is. But it's only possible to take a boat from Almirante.
- 254** Mar 09, THORSTEN OEFVERBERG,  
 Colon Province; Coco Plum Lodge in Portobello: 55/ 65 U\$
- 256** Mar 09, THORSTEN OEFVERBERG,  
 Colon Province; Isla Grande – getting there & away: Boat to Isla Grande: Boat 1.50 U\$ per person/single trip Parking 2 U\$.



# Guidebook Update: Panama 4

Traveller Submitted Updates (Unverified) 10th Sept 2009

Panama 4 / November 2007 / ISBN: 9781741045529

Send your corrections and updates here:  
[www.lonelyplanet.com/contact/general-feedback.cfm](http://www.lonelyplanet.com/contact/general-feedback.cfm)



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**318**

Jan 09

Just a note about the "Health and safety" section of the guide to Panama. You state that the Yellow Fever vaccine is not compulsory. This is incorrect as of last year: anyone entering or leaving the country must be vaccinated. I would recommend the information is updated as soon as possible.