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GOING GREEN

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For a small country, Panama boasts an exceptional cultural and biological diversity. For this reason, we have included special tips for responsible travel in the Darién (p262) and Comarca de Kuna Yala (p249). For more tips about traveling sustainably in Panama, turn to p13.

We want to keep developing our sustainable-travel content. If you think we've omitted a listing, or if you disagree with our choices, contact us at www.lonelyplanet.com/contact and set us straight for next time. For more information about sustainable tourism and Lonely Planet, see www.lonelyplanet.com/responsibletravel.

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MAP LEGEND

ROUTES

	Primary		Tunnel
	Secondary		Pedestrian Overpass
	Tertiary		Walking Tour
	Lane		Walking Tour Detour
	Under Construction		Walking Trail
	Unsealed Road		Walking Path
	One-Way Street		Track
	Mall/Steps		

TRANSPORT

	Ferry		Rail (Underground)
	Metro		Tram
	Rail		

HYDROGRAPHY

	River, Creek		Reef
	Intermittent River		Canal
	Swamp		Water
	Mangrove		Mudflats

BOUNDARIES

	International State, Provincial Marine Park		Regional, Suburb
			Ancient Wall
			Cliff

AREA FEATURES

	Airport		Land
	Area of Interest		Mall
	Beach, Desert		Market
	Building		Park
	Campus		Reservation
	Cemetery, Christian		Sports
	Forest		Urban

POPULATION

	CAPITAL (NATIONAL)		CAPITAL (STATE)
	Large City		Medium City
	Small City		Town, Village

SYMBOLS

Sights/Activities	Drinking	Information
	Entertainment	
	Shopping	
	Sleeping	
	Transport	
Eating		

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

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HOW TO USE THIS BOOK

Sleeping and Eating reviews are listed in budget order. For details of map symbols, see the Map Legend on the last page of this book.

	telephone	d	double rooms
	opening hours	dm	dorm beds
	parking available	q	quad rooms
	air-con available	r	rooms
	internet available	s	single rooms
	wi-fi access	ste	suites
	swimming pool	tr	triple rooms
	apartments		

EXCHANGE RATES

Prices in this book are quoted in US dollars (US\$) unless otherwise stated. For current exchange rates see www.xe.com.

Australia	A\$1	US\$0.89
Canada	C\$1	US\$0.98
Costa Rica	C100	US\$0.19
Euro zone	€1	US\$1.26
Japan	¥100	US\$1.08
New Zealand	NZ\$1	US\$0.72
UK	UK£1	US\$1.49

PRICE RANGES

	Sleeping	Eating
Budget	<US\$35	<US\$8
Midrange	US\$36-90	US\$9-15
Top end	>US\$90	>US\$15

Accommodation prices in this book are full price in high season and include bathroom. Eating prices indicate the average cost of a main dish. Exceptions are noted in specific listings.

LONELY PLANET INDEX

Gallon (3.79L) of gas/petrol	US\$2.80
1L bottled water	US\$1
Bottle of Balboa beer	US\$1
Fresh <i>pipa</i> juice	US\$0.75
Surfboard rental	US\$15 per day

For additional price information, see Getting Started.







BUSINESS HOURS

Banks	8:30am-3pm Mon-Fri
Businesses & shops	8am-5pm Mon-Fri, 8am-noon Sat; late-night shopping to 9pm Thu or Fri
Government offices	8am-4pm Mon-Fri
Post offices	8am-4pm Mon-Fri
Restaurants	7-10am, noon-3pm & 6-10pm Mon-Sat

Exceptions are noted in specific listings.

TELEPHONE

Panama has no regional or city codes.

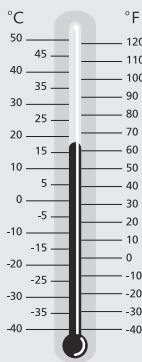
Ambulance	 229-1133, 228-2187
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PHRASES

Hello.	<i>Hola.</i>
Goodbye.	<i>Adiós.</i>
Yes.	<i>Sí.</i>
No.	<i>No.</i>
Thank you.	<i>Gracias.</i>
Excuse me.	<i>Disculpe.</i>
Please.	<i>Por favor.</i>

CONVERSIONS

1in = 2.54cm
1cm = 0.39in
1m = 3.3ft = 1.1yd
1ft = 0.3m
1km = 0.62 miles
1 mile = 1.6km
1kg = 2.2lb
1lb = 0.45kg
1g = 0.04oz
1oz = 28g
1 imperial gallon = 4.55L
1L = 0.26 US gallons
1 US gallon = 3.8L
1L = 0.22 imperial gallons



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