



Panamá Viejo Walking Tour

This historic stroll takes you through the ruins of the first European settlement along the Pacific, founded on August 15, 1519 by Spanish conquistador Pedro Arias de Ávila.

Start Puente del Matadero

Distance 3.5km

Duration 1½ to two hours



2 Continue two blocks east along Av Cincuentenario to the ruins of **Iglesia y Convento de La Merced** (Av Cincuentenario s/n).

Classic photo: **Catedral de Nuestra Señora de la Asunción**



5 **Catedral de Nuestra Señora de la Asunción**, built between 1619 and 1626, is the best-preserved building of the ruins.



7 **Puente del Rey**, possibly the oldest standing bridge in the Americas, is visible from Av Cincuentenario.

1 Enter the sector over a modern bridge parallel to **Puente del Matadero**, an old stone bridge named after a slaughterhouse.

3 Also bordering the avenue are the remains of **Iglesia y Convento de San Francisco**, erected by the Franciscans.

4 The Jesuits built **Iglesia y Convento de la Compañía de Jesús**, whose stone ruins are visible today.



6 Just north lies the **Iglesia y Convento de Santo Domingo**. The convent dates from the 1570s, though the church was built 20 or more years later.

Take a Break: Indulge post-walk at nearby **Maito**.



Bahía de Panamá