



Tour Name

Taste of Panama City

Tour City

Panama City

Tour Snapshot

Coffee, chocolate, beer, ceviche, and cocktails. It reads like a sample platter of Panamanian flavours, and that's exactly what it is! Join this Panama City tour to discover the flavours that make this city unique, and gain local insider knowledge on the best restaurants in town. Victory!

Highlights

- Get to know Panama's rich history while following your tastebuds along brick streets of the Old Quarter (Casco Viejo)
- Lose yourself in a cup the world's finest and most expensive coffee, the Geisha
- Experience the intense flavours of organic Panamanian chocolate produced by local Ngöbe indigenous peoples
- Sample Panamanian craft beer directly from the microbrewery where it's brewed
- Indulge in Panama's national dish, ceviche, at the local Seafood Market
- Take in the sunset with an exquisite rum cocktail and a view to write home about

Inclusions: Local English-speaking guide, food and drink samples (coffee, chocolate, beer sampler, ceviche, rum).

Exclusions: Transportation to and from the meeting point, additional food and drink beyond what is stated above, items of a personal nature, tips / gratuities for the guide.

Schedule details

- Duration: 2 hours
- Meeting point:
Café UNIDO Coffee Roasters, inside the American Trade Hotel, Casco Viejo (Avenida Central and Calle 9)
- Find the exact meeting point with what3words: [///noticing.ferrets.rooks](https://www.what3words.com/#!/noticing.ferrets.rooks)
- Starting time: 5.00 PM
- Ending point:
Tantalo Rooftop Bar, Avenida B and Calle 8, Casco Antiguo (Casco Viejo).

Full Itinerary

Sample the best of Panama's flavours on this Panama City food tour that gives you a delicious overview of the good life (aka the food life) here in Panama.

We'll begin our tour on a bold note with a look into Panama's world-class coffee industry. Learn about coffee production from finca to cup as you sample the famous Geisha coffee, said to be both the world's finest and most expensive coffee.

With a little buzz in our step, we'll make our way through the beautifully restored UNESCO neighbourhood of Casco Viejo (also known as Casco Antiguo). We'll pass by the historic Iglesia de la Merced, as we sample another local treat: chocolate! Taste organic Panamanian chocolate from the Bocas del Toro province, where it is cultivated and produced by the local Ngöbe indigenous peoples.

From here, our food tour of Panama City will make a cultural and historical bob and weave through the cobblestone streets. Casco Viejo is a particularly photogenic neighbourhood, so make sure you've got your camera handy and ready!

Next up is a local microbrewery, where we'll sample four of the beers currently on tap. The brewery is an open concept, which provides us with a first-hand look at how local Panamanian beer is made.

From here we'll make our way along the Malecón (the city's picturesque sea wall), to a local Seafood Market to taste Panama's national dish, ceviche. A delicate concoction of the freshest seafood, marinated until cooked in a mixture the citric lime juices, onion, and cilantro. It's a delicious dish, one you might even need to return for.

Our last stop will be a mix of old and new (much like Casco Viejo), as we enjoy a modern cocktail made with Panama's oldest and finest rum. As we sip our cocktail, we'll witness the last rays of sun leaving the rooftops of the old city, and the modern downtown city skyline come to life.

Additional information

Inclusions: Local English-speaking guide, food and drink samples (coffee, chocolate, beer sampler, ceviche, rum).

Exclusions: Transportation to and from the meeting point, additional food and drink beyond what is stated above, items of a personal nature, tips / gratuities for the guide.

Dress standard: Comfortable clothing for walking the neighbourhood.

Your Trip: For your Urban Adventure you will be in a small group of a maximum of 12 people.

Confirmation of booking: If you have your voucher, your booking is confirmed. We'll see you at the start point. Get in touch if you have any concerns or require more information via the email address or phone number (business hours only) on your voucher.

Additional Information: Please note, this tour is not a replacement for dinner and is not intended to fill you up. It is a sampler tour ideal for giving you insight into Panamanian food, whetting your appetite, and sending you off into the evening with excellent restaurant recommendations for dinner nearby.

Child Policy: Children and teens under 18 years of age are not permitted on this tour.

Local contact

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