



Welcome to Panama City, a vibrant capital where old world charm and modern marvels coexist in perfect harmony. Wander through the cobblestone streets of Casco Viejo, a UNESCO World Heritage district alive with colonial architecture, lively plazas, cafés, shops, and rooftop bars that overlook the sparkling bay — a place where history feels alive around every corner.

Just beyond the historic heart, experience one of humanity's greatest achievements at the Panama Canal, an engineering wonder that links two oceans and gave Panama its global significance, and delve deeper into its story at the Panama Canal Museum.

Stroll the scenic Avenida Balboa and Cinta Costera waterfront, enjoy panoramic views, and soak in the city's energetic yet relaxed vibe as skyscrapers reflect the tropical sun.

Whether you're sampling fresh seafood, discovering biodiversity at world-class museums, or simply watching the sunset over the Pacific, Panama City offers unforgettable experiences that blend culture, history, nature, and cosmopolitan flair — all in one incredible destination.

We've curated a list below of some must-see Panama attractions and experiences to check out during your stay. To discover even more while you're here, [click here](#).

1. Explore Casco Viejo (Old Town) – Wander the charming historic district with colonial architecture, plazas, cafés, shops, and museums.
2. Visit the [Panama Canal](#) (Miraflores Locks) – See this world-famous engineering marvel up close and watch ships move through the locks (visitor center and museum onsite).
3. Walk or bike the [Amador Causeway](#) – Scenic waterfront route with great views of the skyline, the Pacific, and the Bridge of the Americas; perfect for cycling, strolling, or relaxing by the water.
4. Visit the [Biomuseo](#) – A unique natural history museum with exhibits on Panama's biodiversity and ecological importance, designed by Frank Gehry.
5. Hike [Metropolitan Natural Park](#) – A tropical forest reserve inside the city where you can spot wildlife, enjoy trails, and see panoramic views.
6. Discover the ruins of [Panamá Viejo](#) – Explore the archaeological remains of the original 16th-century city destroyed by pirates — rich in history and views.



7. Visit the [Panama Canal Museum](#) – Learn about the canal’s history, construction, and impact on global trade.
8. Stroll the [Cinta Costera](#) – A beautiful waterfront promenade perfect for walking, running, biking, and people-watching with skyline views.
9. Eat and explore Mercado de Mariscos – The lively seafood market where you can try fresh ceviche and other local dishes.
10. Explore El Cangrejo & Via Argentina – Trendy neighborhoods with cafés, restaurants, street art, nightlife, and local culture.