

Panama Lifestyle: a Guide for expats

Best neighborhoods for expats in Panama City



San Francisco



San Francisco is a well-established residential neighborhood just minutes from downtown Panama City, offering a balanced urban lifestyle prized by families and professionals alike. Its undisputed crown jewel is Parque Omar, a lush 140-acre green sanctuary known as the lung of the capital, where residents run, cycle, and unwind amid peaceful tropical greenery.

Punta Pacifica



Punta Pacifica is Panama City's most exclusive neighborhood, characterized by luxury high-rise towers with sweeping ocean and bay views, a stylish marina, and a sleek skyline that rivals any in the region. The area is home to the renowned Hospital Punta Pacifica, affiliated with Johns Hopkins Medicine International, one of the most prestigious private medical facilities in Central America.



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Casco Viejo



Casco Viejo is Panama City's historic colonial quarter, designated a UNESCO World Heritage Site in 1997. Laid out according to the Laws of the Indies, its characteristic grid of cobblestone streets radiates outward from central plazas, making it effortlessly pedestrian-friendly. Restored pastel facades house boutique hotels, art galleries, jazz bars, and some of the city's most celebrated restaurants. The neighborhood pulses with a bohemian, artistic energy that draws creatives and night owls to its rooftop bars and live music venues.

Costa del Este



Costa del Este is one of Panama City's most thoughtfully planned modern neighborhoods, offering residents everything they need for a comfortable contemporary lifestyle all in one place: international schools, private clinics, shopping centers, restaurants, and well-kept parks. Its wide, tree-lined boulevards are expressly designed with pedestrians and cyclists in mind. The Corredor Sur expressway provides swift access both to downtown Panama City and to Tocumen International Airport, making it an ideal residential base for executives, families, and frequent international travelers.

