

Panamá



Lifestyle in Casco Antiguo

Living in Casco Viejo means immersing yourself in a mix of history and modern sophistication. The area is known for its walkability, European-style streets, and colonial architecture, with beautifully restored buildings housing luxury apartments, boutique hotels, and trendy cafes.

Key Highlights of Casco Lifestyle:

Walkable Neighborhood: Everything is within a short stroll—restaurants, bars, boutiques, and cultural landmarks.

Bohemian & Artistic Vibe: Home to art galleries, designer shops, and creative spaces.

Social & Vibrant: The nightlife and dining scene are among the best in the city.

Cultural Events: Frequent jazz festivals, open-air concerts, and historical tours.

Balanced Living: While some areas are lively, there are also silent zones perfect for peaceful living.

Best Restaurants in Casco Viejo

Casco Antiguo is a foodie's paradise, offering everything from fine dining to casual eateries. Here are some must-visit spots:

Fine Dining & Upscale Restaurants:

Fonda Lo Que Hay – Chef José Olmedo Carles' restaurant, known for modern Panamanian cuisine.

Afrodisiaco – Great Italian flavors in Avenida A.

CasaCasco – Multi-level dining with different cuisines and a rooftop bar with stunning views.

Madrigal – A high-end culinary experience featuring Mediterranean and Panamanian flavors.

Cafés & Ice Cream Shops:

.Saint Honore: The perfect Omelete in Avenida A .

Benissimo– Great Icecream in Avenida A.

Super Gourmet – A local favorite for fresh sandwiches and great coffee.



Nightlife & Rooftop Bars

Casco Antiguo is famous for its rooftop bars and cocktail lounges. Here are some of the best places to enjoy a drink:

1. **Tantalo Rooftop** – Iconic rooftop bar with great music and city views.
2. **CasaCasco Rooftop** – Multi-level venue with a top-floor club and lounge.
3. **Selina Rooftop** – Laid-back vibes with good drinks and DJs.
4. **La Bárbara** – A hidden gem with handcrafted cocktails.

Culture & Attractions

Casco Viejo is rich in history and culture. Some must-see places include:

Plaza de la Independencia – The heart of Casco, with beautiful colonial buildings.

Teatro Nacional – A restored opera house with stunning architecture.

Panama Canal Museum – A must-visit for history lovers.

Street Art & Galleries – Small art galleries and murals around the neighborhood.

Real Estate & Living in Casco

Casco Antiguo is one of the most exclusive places to live in Panama, offering luxury apartments, restored colonial homes, and modern lofts. The demand is high due to:

Limited inventory (UNESCO heritage site, so new developments are rare).

High rental demand (Airbnb-friendly on some buildings, attracting expats and investors).

Great ROI for investors, thanks to its popularity among tourists and digital nomads.