

// TY BURRELL &
THE GRAND CANYON

// PANAMA CITY: 1 CITY 5 WAYS

// YO YO MA ON CHICAGO'S
MICHIGAN AVENUE

DELTA

One Rare Bird

Actor, writer, musician,
art collector, tweeter—
Steve Martin has plenty
to crow about.

From backyard hobbyists to
global jet-setters, **birders** are
spreading their wings.

A New Chapter
for New Orleans

OCTOBER 2011

1 City //
5 Ways

Panama City

There's more than one way to discover a destination. By Jeanine Barone

Foodie

Flavorful regional cuisine, just-off-the-boat seafood and gastronomic fusion creations will tantalize your taste buds.

History Buff

This city is brimming with an exciting multi-layered history that goes way beyond the iconic canal.

Cultural Connoisseur

Vibrant artists and musicians are the beating heart of this dynamic capital.

Tree Hugger

With its woodland wonders and locavore eateries, Panama City will satisfy your green spirit.

Water Worshiper

Whether you're strolling on a breezy promenade or ensconced in your hotel suite, you'll never be far from azure waters.

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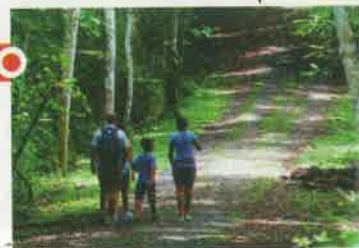
Tree Hugger



WHERE TO STAY // Balboa Inn
Nestled at the base of the city's tallest hill—a wild landscape of vines and blossoms—this simple retreat attracts nature lovers who delight in the sights and sounds of birds. thebalboainn.com

MORNING // Metropolitan Natural Park
Get up extra early to hike trails coursing through this urban jungle just 15 minutes from downtown and located on a key bird migratory route. parquemetropolitano.org

Some of the birds you might see in Metro park include: rosey-thrush tanagers, tropical kingbirds and keel-billed toucans.



MORNING // Museum of Contemporary Art
Panama's only contemporary museum holds the premier collection of 20th- and 21st-century sculpture, paintings, photography and other works by Panamanian artists. moca-panama.org



LUNCH // Las Clementinas Café
This café—part of a hotel that's set in a restored 1930s villa—offers updated versions of classic Panamanian recipes in a lush garden huddled within old city walls. lasclementinas.com

AFTERNOON // Cerro Ancón
Drive, walk or mountain bike a paved road through a woodsy nature reserve to the top of this 660-foot-high summit with panoramic views of the Panama Canal.



DINNER // La Posta
Chill out in the tropical foliage-filled patio of this restaurant, noted for its sustainable food prepared with a fusion of Latin American and European flair. cppty.com



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Cultural Connoisseur



WHERE TO STAY // The Bristol
Behind the neoclassical façade of this elegant property are guest rooms displaying contemporary paintings and a lobby hung with works by Cuban artist Connie Lloveras. thebristol.com

LUNCH // La Esquina Van Gogh
Browse through or purchase any of the dozens of bold canvases on the walls of this informal pasta restaurant. esquinavangogh.com



AFTERNOON // Diablo Rosso
This edgy gallery-cum-restaurant-cum-concept store holds monthly exhibitions and is crammed with artist-designed products, including jewelry, coloring books and T-shirts. diablorosso.com



DINNER // S'cena
After dining on paella and other Mediterranean-influenced dishes in this decades-old mansion, head downstairs for live music at Platea Jazz Bar. scenayplatea.com



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Water Worshiper



WHERE TO STAY // Radisson Decapolis
You won't tire of the ocean views from your guest room in this 29-floor upscale hotel, which offers numerous water treatments in its Aqua Spa. radisson.com



On a clear day, you'll see the Panamanian flag fluttering atop Cerro Ancón from Cinta Costera.

MORNING // Cinta Costera
Adjacent to chaotic traffic, this landscaped coastal strip has a walking/cycling path that runs along the Bay of Panama.



LUNCH // Bay View Restaurant at Miramar Panama Hotel
As you gaze at Panama Bay through the restaurant's expansive windows, chow down on the all-you-can-eat international buffet that features fresh shellfish. lchotelsgroup.com



AFTERNOON // Amador Causeway
Rent a bicycle and pedal along this three-mile pedestrian path. You'll have stunning views of the Panama City skyline across the water.

DINNER // Mi Ranchito
Don't let the tankers lining up to enter the canal distract you as you dine at this open-air restaurant, which specializes in Panamanian cuisine. restaurantemiranchito.com



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History Buff



sprinkled with ramshackle apartments, narrow cobbled lanes, crumbling churches and colonial buildings. canalhousepanama.com

WHERE TO STAY // Canal House
This renovated 19th-century villa offers three tasteful suites in Casco Viejo, a UNESCO World Heritage site that's

MORNING // Panama Viejo
First, check out the museum; packed with local artifacts, then explore the 16th-century ruins of the original Panama City and climb to the top of the cathedral's 90-foot-high tower. panamaviejo.org



LUNCH // Restaurante Casuale
In a rustic chic colonial mansion in the Bella Vista neighborhood, renowned chef Fabrizio Torcivia marries Panamanian, Italian and Argentinean flavors. restaurantecasuale.com



DINNER // Las Bóvedas
Named for the Spanish word for "vault," this former dungeon is now a stylish eatery—it's embedded in a centuries-old fort—that serves French-inflected cuisine.



EVENING // DiVino Enoteca
This unpretentious wine bar serves 30 by-the-glass vintages, with a focus on Italian wines, and rounds out its cellar with varieties from around the world. It also holds monthly tastings. enotecadivino.com



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Foodie

WHERE TO STAY // Hotel DeVille
This intimate boutique hotel has an Old World aura and is home to the Alkimia Restaurant and Tapas Bar, serving jamón serrano and other Spanish tapas—perfect for a pre- or post-dinner nosh. devillehotel.com.pa



MORNING // Mercado de Mariscos
Don old sneakers and sash through the city's bustling and odiferous fish market, where you can sample a small cup of ceviche.



AFTERNOON // Granielment
This ice cream shop scoops out some 40 creative flavors, from Earl Grey to lavender. Or sample the refreshing fruit sorbets. granielment.com



DINNER // LT Signature Restaurant
Chef Laurent Tourondel has created a global menu at this Manrey Hotel restaurant, with dishes such as New York strip with green peppercorn sauce. manreypanama.com



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