

Using the MetroBus (MiBus):

You will need to purchase a metro card, which you can buy at kiosks in the metro station just behind the Albrook Mall. The metro card lets you use the metro train as well, plus all of the metro buses in the city, and you also use it to take any other bus from the metro station in Albrook. (You can take the metro train all the way to the airport!) The card gets you into the station, then for non-metro buses, for example, the diablo rojo, you pay an additional fee in cash when you board the bus.



The MetroBus from Albrook to Gamboa:

There are three buses a day from Albrook bus terminal (in Panama City) to Gamboa. The times they leave are below, they arrive in Gamboa approximately 1 hour later:

ESTA RUTA OPERARÁ CON LOS SIGUIENTES HORARIOS PUNTUALES SALIENDO DE ALBROOK

HORARIO DE LUNES A VIERNES

 5:30 a.m.

 12:30 m.d.

 4:30 p.m.

HORARIO SÁBADO

 9:00 a.m.

 12:00 m.d.

 4:35 p.m.

HORARIO DOMINGO

 8:00 a.m.

 12:00 m.d.

 4:10 p.m.

The cost is 25 cents each way. You can find the route and more information here:

<https://www.mibus.com.pa/red-de-rutas/> (search for route C790).

STRI Shuttle between Gamboa and Tupper:

On weekdays there is a free shuttle service between Gamboa and Tupper.

BUS SCHEDULE

HORARIO DE BUS

MONDAY * LUNES

Time * Hora	Route * Ruta	Bus Stops * Paradas de Autobus
6:05am	Tupper to Gamboa Tupper a Gamboa	Albrook (Wendys Restaurant * Restaurante Wendys) Clayton (Bus Stop * Parada de autobús) Entrance * Entrada Parque Nacional Soberanía Gamboa a Labs * Laboratorios de Gamboa Gamboa Dock to BCI * Muelle de Gamboa a BCI
7:15am	Gamboa to Tupper Gamboa a Tupper	Gamboa Dock to BCI * Muelle de Gamboa a BCI Gamboa Labs * Laboratorios de Gamboa Entrance * Entrada Parque Nacional Soberanía Clayton (Bus Stop * Parada de autobús) Albrook (Wendys Restaurant * Restaurante Wendys) Tupper
3:00pm	Tupper to Gamboa	Albrook (Wendys Restaurant * Restaurante Wendys) Clayton (Bus Stop * Parada de autobús) Entrance * Entrada Parque Nacional Soberanía Gamboa a Labs * Laboratorios de Gamboa Gamboa Dock to BCI * Muelle de Gamboa a BCI
4:15pm	Gamboa to Tupper	Gamboa Dock to BCI * Muelle de Gamboa a BCI Gamboa Labs * Laboratorios de Gamboa Entrance * Entrada Parque Nacional Soberanía Clayton (Bus Stop * Parada de autobús) Albrook (Wendys Restaurant * Restaurante Wendys) Tupper

TUESDAY * MARTES

6:05am	Tupper to Gamboa Tupper a Gamboa		Albrook (Wendys Restaurant * Restaurante Wendys) Clayton (Bus Stop * Parada de autobús) Entrance * Entrada Parque Nacional Soberanía a Labs * Laboratorios de Gamboa	Gambo Gamboa Dock to BCI * Muelle de Gamboa a BCI
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1:00pm W	*NE Gamboa to Tupper a a Tupper	Gambo	Gamboa Dock to BCI * Muelle de Gamboa a BCI Gamboa Labs * Laboratorios de Gamboa Entrance * Entrada Parque Nacional Soberanía Clayton (Bus Stop * Parada de autobús) Albrook (Wendys Restaurant * Restaurante Wendys) Tupper	
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3:00pm	Tupper to Gamboa		Albrook (Wendys Restaurant * Restaurante Wendys) Clayton (Bus Stop * Parada de autobús) Entrance * Entrada Parque Nacional Soberanía a Labs * Laboratorios de Gamboa	Gambo Gamboa Dock to BCI * Muelle de Gamboa a BCI
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4:15pm	Gamboa to Tupper		Gamboa Dock to BCI * Muelle de Gamboa a BCI Gamboa Labs * Laboratorios de Gamboa Entrance * Entrada Parque Nacional Soberanía Clayton (Bus Stop * Parada de autobús) Albrook (Wendys Restaurant * Restaurante Wendys) Tupper	
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8:15pm	Tupper to Gamboa		Albrook (Wendys Restaurant * Restaurante Wendys) Clayton (Bus Stop * Parada de autobús) Entrance * Entrada Parque Nacional Soberanía a Labs * Laboratorios de Gamboa	Gambo Gamboa Dock to BCI * Muelle de Gamboa a BCI
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WEDNESDAY * MIERCOLES

6:05am	Tupper to Gamboa Tupper a Gamboa		Albrook (Wendys Restaurant * Restaurante Wendys) Clayton (Bus Stop * Parada de autobús) Entrance * Entrada Parque Nacional Soberanía a Labs * Laboratorios de	Gambo
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			Gamboa	Gamboa Dock to BCI * Muelle de Gamboa a BCI
4:15pm	Gamboa to Tupper a a Tupper	Gambo	Gamboa Dock to BCI * Muelle de Gamboa a BCI Gamboa Labs * Laboratorios de Gamboa Entrance * Entrada Parque Nacional Soberanía Clayton (Bus Stop * Parada de autobús) Albrook (Wendys Restaurant * Restaurante Wendys) Tupper	

THURSDAY * JUEVES

6:05am	Tupper to Gamboa Tupper a Gamboa		Albrook (Wendys Restaurant * Restaurante Wendys) Clayton (Bus Stop * Parada de autobús) Entrance * Entrada Parque Nacional Soberanía a Labs * Laboratorios de Gamboa	Gambo
			Gamboa	Gamboa Dock to BCI * Muelle de Gamboa a BCI

10:00am	*New Gamboa to Tupper a a Tupper	Gambo	Gamboa Dock to BCI * Muelle de Gamboa a BCI Gamboa Labs * Laboratorios de Gamboa Entrance * Entrada Parque Nacional Soberanía Clayton (Bus Stop * Parada de autobús) Albrook (Wendys Restaurant * Restaurante Wendys) Tupper	
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3:00pm	*New Tupper to Gamboa Tupper a Gamboa		Albrook (Wendys Restaurant * Restaurante Wendys) Clayton (Bus Stop * Parada de autobús) Entrance * Entrada Parque Nacional Soberanía a Labs * Laboratorios de Gamboa	Gambo
			Gamboa	Gamboa Dock to BCI * Muelle de Gamboa a BCI

4:15pm	Gamboa to Tupper a a Tupper	Gambo	Gamboa Dock to BCI * Muelle de Gamboa a BCI Gamboa Labs * Laboratorios de Gamboa Entrance * Entrada Parque Nacional Soberanía Clayton (Bus Stop * Parada de autobús) Albrook (Wendys Restaurant * Restaurante Wendys) Tupper	
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9:30pm	*New Gamboa to Tupper a a Tupper	Gambo	Gamboa Dock to BCI * Muelle de Gamboa a BCI Gamboa Labs * Laboratorios de Gamboa Entrance * Entrada Parque Nacional Soberanía Clayton (Bus Stop * Parada de autobús)	
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Albrook (Wendys Restaurant * Restaurante Wendys)
Tupper

FRIDAY * VIERNES

6:05am	Tupper to Gamboa Tupper a Gamboa		Albrook (Wendys Restaurant * Restaurante Wendys) Clayton (Bus Stop * Parada de autobús) Entrance * Entrada Parque Nacional Soberanía a Labs * Laboratorios de Gamboa Gamboa Dock to BCI * Muelle de Gamboa a BCI	Gambo
7:15am	Gamboa to Tupper a a Tupper	Gambo	Gamboa Dock to BCI * Muelle de Gamboa a BCI Gamboa Labs * Laboratorios de Gamboa Entrance * Entrada Parque Nacional Soberanía Clayton (Bus Stop * Parada de autobús) Albrook (Wendys Restaurant * Restaurante Wendys) Tupper	
3:00pm	Tupper to Gamboa		Albrook (Wendys Restaurant * Restaurante Wendys) Clayton (Bus Stop * Parada de autobús) Entrance * Entrada Parque Nacional Soberanía a Labs * Laboratorios de Gamboa Gamboa Dock to BCI * Muelle de Gamboa a BCI	Gambo
4:15pm	Gamboa to Tupper		Gamboa Dock to BCI * Muelle de Gamboa a BCI Gamboa Labs * Laboratorios de Gamboa Entrance * Entrada Parque Nacional Soberanía Clayton (Bus Stop * Parada de autobús) Albrook (Wendys Restaurant * Restaurante Wendys) Tupper	

For the Tue shuttles for the Tupper talk, don't forget to reserve your spot here:

<https://survey123.arcgis.com/share/a27b867a8f4d49e7a9e81297e3b52093>