

The Adventures of Tom and Diana

An Extended Vacation in Panama

Last Updated

August 2, 2026

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We decided to spend a year in Boquete, Panama. You might wonder why we are relocating. For the past two decades, Diana has been my unwavering supporter through my dreams of travel, ballooning, remodeling, and selling my two homes and various health challenges, and now it is my turn to help her pursue her dream of living in a lush, temperate environment. With my eyesight deteriorating, I rely on her for driving and reading, so assisting her in achieving her dream feels right.

As it is expensive to move furniture or automobiles from New Mexico to Florida and then by ship to Panama, we decided to sell our household goods and cars. Once we decided on what we wanted to keep we had an Estate sale and in two days the house empty. We sold our house the year before and we are renting a house.

As there is no furniture in our rental house we rented an Airbnb. This Airbnb had a large fenced in yard and as we were moving our son David and his dog to Panama, we needed a large fenced in yard. When we got to the Airbnb there was a dog in the yard so we called the Airbnb owner and mentioned it and she said she would take care of the situation. So, we preceded to move our belongs to this location. Next morning we went outside to check out the yard and there was the dog and it was in attack mode. Even kicking it and grabbing it by the neck did not seem to have effect on the dog. We called the owner of Airbnb and told her we are moving and we want our money returned. After some strongly worded discussion we got our money returned and found another Airbnb to finish the process of moving our household goods from one Airbnb to another.

In the meantime, David was selling his remodeled mobile home, so he moved his belongings into our Airbnb with his dog.

Monday & Tuesday: July 6-7, 2026



In the preparation for moving to Panama, we packed all our belonging that we do not need for a few weeks into 12 Totes and then stacked them on the pallet before shipping. Each tote had to have a list of the contents written in both English and Spanish and then the entire pallet wrapped in plastic wrap.

Wednesday: July 8, 2026 - We have been collaborating with a company that oversees the entire move process from Albuquerque to Boquete, Panama. The lady I was dealing with was very pleasant except she was demanding. Every time I spoke with her via WhatsApp it was "Tom, get that pallet loaded and take a picture of it and get it to me". We finished packing and wrapping the pallet at 10 PM and I sent her an email with the picture.

I texted her next morning, July 9, and she said, "Did you send the picture via "WhatsApp" as we do all business via "WhatsApp". I sent it via "WhatsApp" and a few hours later a pickup date and time for Friday July 10, 2026, between 9 and 4.

Thursday: July 9th

We did a final walk through the rental house (the house we rented after selling our home last year) to make sure all was well and removed the nails used to hang pictures and patched the nail holes. The place is better than when we rented it as we added many items to make it safer and more livable. And then we did our monthly visit to the eye doctor for my shots in both eyes for dry Macular Degeneration. For wet it was just two weeks ago, so I am very tired of these shots but Oh Well it is that or being blind.

On Friday, July 10th we were so tired we skipped the gym and waited for the pickup of the pallet. The Driver arrived around 10 AM and the driver was so pleased that the pallet was ready to go as some people had had to help them load the pallet and wrap it. Geez the lady I was dealing with was going to harm me if it was not ready in time for pickup.

Saturday: July 11, 2026

Got pictures taken for our document needed in Panama. We headed to Staples to print papers for the dog transfer and sort through the remaining excess stuff, we planned to take it to Goodwill or elsewhere.

Sunday: July 12, 2026 - Shredded a large box of papers, did overheat the shredder a few times. I washed the truck for the new owner after gym workout tomorrow.

Monday: July 13, 2026

Today we went to the gym and did our exercise and then signed the legal documents for the sale of the truck and received the 20K check. We then had the new owner drive us to the car rental place to pick up the rental vehicle that we will use to drive to Denver. We then came to the Airbnb and divided all the remaining stuff into piles of trash, donations and recycle and then took the donations to Godwill, the trash to the dump and the recycled stuff to all the neighborhoods recycle can as tomorrow is trash pickup.

We then stopped by our old friend Jackie to say goodbye. When we were there the person that bought the truck called and said we had signed the form on the backside of the title and not the front, so we headed to MVD to resign it.

Once we returned to the Airbnb Diana said “The person selling Dave’s home needs us to sign a power of attorney” so off we headed to sign the

power of attorney. Geez, we were there last week and the lady never mentioned signing this document. We just received 10 K from the Estate Sale.

It is Tuesday July 14, 2026, and today the advent begins.

We loaded the rental car, and it was full of six suitcases, dog carrying case and three computer bags.





At least this vehicle does not need a key as it is a key fob type ignition but finding the gear shift was an issue as it is a dial on the dashboard. Caused a lot of needless arm movement looking for the shift level. It is a dial (see picture left middle).

Drive was nice as we drove three houses then stopped in Raton, NM for food, bathroom, and dog walk. Average speed was 10 percent over speed limit so eighty-two was an average.

Colorado Springs had its usual road work on I-25 as that work has been happening for years as we have been on this route many times on the way to balloon rallies and a family get together a few years back. Airbnb was in NE Denver, in Aurora,

CO.

I have been in and out of Denver airport more times than I can count both the old and the new airport I did not release the extend of the intrastate to support the airport it many square miles in area. Wow. Te COPA cargo Is at least two miles from the actual airport.

We found a place to eat for dinner called Rosie's Diner Aurora; Denver's Original 1950s diner with all the trimmings, from pancakes & malts to neon & tableside jukeboxes.



Where we stayed in Denver with a brief history as there seems to be a lot of military bases. In 1918 during the beginning of Aurora's first building boom, Army General Hospital #21 (re-named Fitzsimons Army Hospital) built east of town. Twenty years later, in 1938, Lowry Air Force Base opened to the southwest of town. Rather than closing Fitzsimons, the U.S. government expanded and upgraded the hospital facilities in 1941 just in time to care for the wounded servicemen of World War II. Lowry expanded to a site fifteen miles to the east in 1942 that eventually became Buckley Air National Guard Base, later Buckley Air Force Base, and now Buckley Space Force Base.

It Wednesday July 15, 2026, and it is time for the journey to Panama. We must be out of the Airbnb by 11 AM but we managed to get us by 12 noon and thought we would head to a park and spend few hours before taking the dog to the COPA Cargo. But it was 95 + so we found Motel 6 for a

few houses to keep cool. At Denney's which was next door and headed to the airport at 4:30 PM.



It took an hour to process the paperwork. It is then back to the hotel to relax and reload the car and head for the airport and return car rental. We left Dave with the six suitcases and carryon's and headed for the car rental return which was easy to find after two complete circles of the airport. The rental car guy claimed damage to the car, and we said no way plus we had full coverage so goodbye Thirty. The rental bus left us off at the arriving flight entrance and we wondered around the airport and a few escalators rides and found Dave at the COPA baggage chemin and it took a while to show passports etc. and label the luggage with tags and then we headed for the gate vis customs and found gate and had time to set and then board so we did just barely had time to get thee as we had left the hotel at 7:30 PM. I was happy to sit down in the airplane. Did you wonder how the dog was doing in cargo?

Airline was an older version of 737-800, and we were in business class as over four hours I like bigger seats and the advantage is they serve aa meal and offer a glass of wine.

Thursday July 16, 2026

When we arrived in Panama City it was 5:15 AM and we were to meet our connection person at 7:30 AM at scanner ten just beyond where they scan our bags in Customs. Sounds easy right?

So, we took our carryon's and walked to customs which was not far away, and they told us no customs is in Terminal 2. Well, where is that just

upstairs? After walking and taking moving walkways and taking wrong turns, we found Customs in Thermal 2. The walking reminded me of carrying Kettles balls at the gym.

Then the customs official reviewed our Passport and looked at the screen, and he took our pictures and checked to see who we are, I am so tired that I am not sure who I am either. Once he verified who we were he asked for our return flight documentation OK, showed them and then he approved us to enter the country. If he had denied us, we would have to use those return flights very sadly.

We then waited for the dog. Seemed to take a while and finally the dog and the cage arrived. Dog seemed tired and nervous, but who would not be after riding in cargo all night long. Paper, for the dog approval took a while and then we took dog and baggage to the car and met our driver who packed us in and off we went.

We took Highway 1, Highway 1 in Panama, famously known as the Pan-American Highway (Carretera Panamericana), is the country's primary arterial route. Spanning 779 km, it stretches from the Costa Rican border at Paso Canoas to its official terminus in Yaviza, connecting major hubs like David, Santiago, and Panama City.

Traffic was slow but once outside Panama City it was one hundred kph. Stopped a few times for gas, food, and potty. The driver allowed us to share his internet connection so Diana could cancel our airplane tickets that we would have had to use to get back to the USA if they had not accepted us at customs. The road was two lanes in both directions, and the driver would take the inside lane around corners and then move to the outside lane. Nice driving but I am sure it was over 100 KPH.

Boquete has two sectors, one mas bejo (lower) er and one (alta) high so we had to determine which ne where the Airbnb was located. We found it and it was wonderful. Open air cooling, main house and an additional little house for Dave and the dog. The little house in Spanish is “Casita.” See I know a Spanish word.



Diana and Dave walked down to a small grocery store to retrieve some food for the evening.

The weather is wonderful, see link information on various aspects for Panama. [Weather Map of Panama \(Select Option\)](#)

The smart TV has all the aps and as we had them in ABQ we just Login and was as if we were in the USA.

Friday - July 17, 2026

The cleaning lady comes on Thursdays, and the Gardner comes on Saturday, my goodness we like the idea.

We enjoyed morning coffee on the back patio, and it was cloudy; cool and the greenery was perfect. Coffee had never been so good.

Diana and I walked to a restaurant called “The Garden Shop” genuinely nice food and I was so proud I could read and understands the Spanish menu. As we ordered she said, “it is easier to turn the menu over as its in English.” Oh!!!



We then walked uphill for a mile to a store where we picked up more food and a few bottles of wine. We then hailed a Taxi to take us back to the Airbnb and we had a tough time communicating as I did not know the words Left and Right in Spanish. It took a while and then all went well.

We spent the evening listened to a great oldies' music station for a few hours and then went to bed with windows and doors wide open and was so comfortable.

July 18-19, 2026

Points to Ponder:

- Eggs here have a thicker shell, and the eggs are not refrigerated but do have an expiration date.
- If we finish a bottle of wine, it is a 3.2-mile round-trip walk to the grocery store. I know, we just did it again.
- Water still turns the same way as in the USA. We have seen it turn the other way on some of our trips South of the equator.
- We do not seem to need a clock, and it is nice to not have a clock to look at. Daylight is about twelve hours per day all year long.
- Toilet paper goes in the trash can as the septic system cannot manage the paper. We have encountered this in the past especially on the ship when we toured the [Galapagos Islands, Peru, and Machu Picchu Dec, 2019](#).
- Boquete, Panama sits at an average altitude of approximately 1,200 meters (3,937 feet) above sea level. However, exact elevations vary widely across the region, with downtown Bajo Boquete starting around 1,066 meters (3,500 feet) and the towering Volcán Barú reaching up to 3,475 meters (11,397 feet

We walked the three-mile round-trip to the store for food and goodies and then watched the final FIFA soccer game. Glad we turned it off after the game, so we missed the orange buffoon.

We sat on the backyard veranda, had some wine, and discussed our plans for this week. Discovered that the next Ex-Pats meeting coming up” Our monthly meet & greet is this Friday, July 24th, at Big Daddy's from 3-5pm. Come out & meet your neighbors & make new friends. Pics below are from last month's meet & greet in which sixty-nine people attended. Patrick Jablonski and I look forward to seeing you there!

Monday - July 20, 2026

It rained last night and it was heavy with 1.67 inches of rain. On a slow day, Dave walked to the store and back with a few items such as a five pound bag of dog food. Heck, I carry that extra load of pounds all the time plus a little more - Joking of course but true. Dian and I walked part way to the golf course but as the road narrowed and there was not much room for walking along the road we turned around so only 1.6 miles today.

Tomorrow, we hop on a plane to Panama City to get our permanent visas as we have been using the temporary 180 visa. Once our permanent visa is handed there are many discounts available like eating goat etc.

There is a new clinic which opened in Boquete because of the number of Ex-Pats coming into the area. Before it was grab a taxi and head for David. The distance between Boquete and David is 40 to 45 kilometers (25 to 28 miles). Driving or taking a taxi usually takes about 40 to 45 minutes. You can also take one of the frequent local buses, which depart every 15 to 20 minutes from the town center and take 45 minutes for \$2. I was concerned about this subject but now it is clear what to do in an emergency.

We noticed while grocery shopping local products are cheaper except cheese. Why? Cheese is expensive in Panama primarily because premium and specialty varieties imported, incurring steep international shipping fees, import duties, and taxes. Additionally, Panama's climate is not ideal for large-scale dairy farming, meaning the country relies heavily on international markets to satisfy consumer demand for aged, gourmet, and processed cheeses.

July 21-22, 2026



Exciting two days as we boarded a plane early morning from David and headed for Panama City. The amazing encounter was Diana who had asked for a taxi to pick us up at the Airbnb at 7 AM and sure enough the taxi pulled up at 7 AM. The flight was smooth and once we arrived in Panama City, we took an Uber to the hotel next to MultiMall where we checked in and headed for the mall for lunch and shopping. My back was killing me so once our room was available, I laid on the floor to move my hips back into pace and took a pain pill. Gotta love getting older.

As the MultiMall has many eating establishments we ate at a Panda Food place and then retired to the hotel as we had ordered a bottle of fine wine for our nightcap. We slept very well.



We had a tough time contacting Immigration, but Diana made contact just after 8 AM. We had a wonderful breakfast and took Uber to immigration office arriving at 11 AM 30 minutes before our appointment and Jose, our contact, met us, recognized Diana's red hair. He moved us through the required lines and then sent us to final approval at which time I had to sign my signature, and I could not see the pad clearly, so it took a while with Diana's assistance. Once we received our Jiubliado Y Pensionado. The entire process took only thirty minutes.

We then headed back to the MultiMall and had a lite lunch, and Diana found an extremely cute sombrero (hat). We then headed to the airport and as usual were amazed at how traffic flows as everyone works together. Amazing.

Once at the airport we were a bit early, so we sat around and tried to get the electronic tickets to come up on the phone. It did not work so we checked in and got paper boarding passes. We were sitting in row thirty across the aisle from each other and waited. Weather delayed our flight by 20 minutes and then they told us all to get our bags and carryon and unload and we would reboard at 8 PM.

Well, I had to go potty so I walked down this long hall and asked the security guard if I could go out of the secure area and use the Banos. Sure, they let me out. After a few minutes I returned and first thing they asked for was my boarding pass. Oh No! Diana has it in her purse. Tough luck you cannot enter without it. I tried to call Diana, but her phone was low in charge, so it was off. About 20 minutes later the security guard say OK you can pass and Diana showed up with the Baoding. Diana figured I fell so she came to rescue me. I should have known better that I needed my boarding pass. Oh well, it worked out.

Off we went, 240 people stuffed into a bullet-like device for a 40-minute transport to David. We did a three-point bounce as we landed but all was well.

Diana and Uber worked well so she ordered Uber and off we headed to Alto Boquete. Nice talk with Dave and the Perra (dog) as we shared a glass of vina (wine).

Thursday - July 23, 2026

Diana had a dentist appointment for her cracked tooth, so we walked down to the dentist's office for a 10 AM appointment. It is only 1.1 miles, and it is mostly downhill. They examined her and determined a crown so \$500.00 on completed on August 5, 2026. A decent price as we are not using insurance The walk back to the Airbnb was harder as its uphill and rocky in parts.

The Airbnb was to provide a cleaning lady today, so I sat with the dog while Diana and Dave headed to the supermarket. A good three-mile round trip and with groceries it is tough. The dog got nervous as a storm was coming so I sat with the dog. Frankly, we do not need a cleaning lady, so we cancelled that visit with the owner of the house. Diana was tired after her walk to the supermarket, so we took it easy for the rest of the evening, and Dave made tocos for dinner and I did the dish washing.

We did get an offer on Dave's trailer at 100 K, but the person interested in buying it had too many cats so did not pass the local codes for buying the house.

Friday- July 24, 2026

When we visited Panama City too get our Visas, we also bought SIM cards for local calls.

Diana noticed that on her phone she could not access her voice mail and her phone registered on Movil network and not on Tigo like mine and Daves was. We fiddled around and tried to make it ork with no success, so we called Consumer Cellular via the Chat on the web page. We worked for more than an hour with them and they we of no help so next time we are in Panama City we will have the dealer fix the issue.

We went to a gathering at Big Daddy's of Ex-Pats in Boquete. There must have been one hundred people. They gave us many tips on things to do in the area, like Hiking, Bridge, Pickle Ball etc. Everyone was nice, but no one invited us to join any of the groups.

They talked about visiting the top of the volcano which is 11,000 feet and sometimes has snow. They provide 4-wheel vehicles that take you to the top as it is too hard to hike unless a person is well equipped.

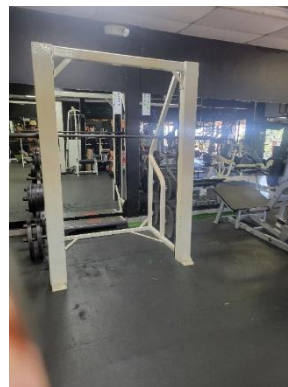
They recommend we rent for a while to see what part of the area we like. No kidding, how many times did we tell them we are on an extended vacation and buying is not an option. Oh well, it was a fun event.

Saturday July 25, 2026

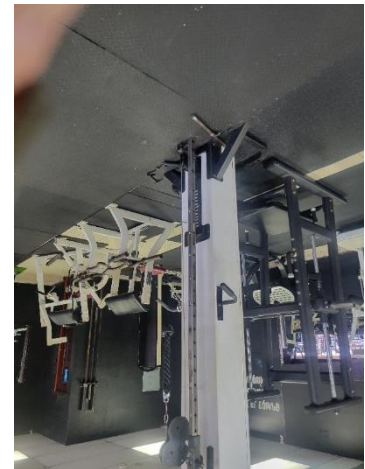
Just imagine, the windows are open and there is a lite breeze, and the birds are singing and the temperature is sixty-nine and the greenery is fantastic while sitting on the veranda sipping freshly brewed Panamanian coffee.



We decided to walk down to the local gym to see what equipment was available. Our long-time trainer in Albuquerque has offered to provide us with training outline so we can keep in shape. Here are a few pictures of the equipment but let me say the walk down and back to the gym is a three-mile round trip so legs will be in decent shape, but the upper body needs help as does the core.



There is enough equipment to do what we want. We will start training at this gym next week.



As we left the gym, we stopped at a small café, picked up a blueberry cobbler, and saw this display.



Questions of the day about Boquete area

Why is water so soft in Boquete?

Water in Boquete is soft because it originates from mountain springs and high-altitude rainfall flowing through young volcanic soils that lack heavy deposits of calcium and magnesium.

Why are hot dogs individually wrapped?

Each Hot dogs (*salchichas*) are wrapped in thin plastic or cellulose casings for hygiene, shape retention, and flexible retail sales.

Is recycling done in Boquete?

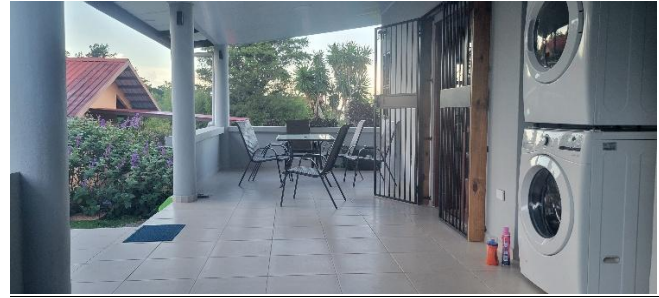
Recycling exists in Panama but is voluntary and still developing, as the country currently recycles an exceedingly small percentage of its total waste. Curbside pickup is rare, but you can drop off clean recyclables at various community collection points, buy-back centers, or specialized foundations.

Sunday July 26, 2026



Enjoying some coffee early this morning as I sat on the back veranda. The morning is calm after a night of wind. Diana was bothered by various doors bumping so she walked around and resolved the noises by blocking the doors with various wedges, me, I just slept through the noise.

As I sit here, I see the washer/dryer on the veranda and the views of the yard.



I practiced a little Spanish and played the translation so I could better pronounce the words. So, when Diana awoke, I said “Buen Dia, mi amor” meaning “Good Morning my Love.”



This view from the front door reminds me of our view of the Sandias in Albuquerque. As the local church was all Spanish I elected to attend via video link to the church in Albuquerque.

“We watched a movie last evening, The Mission: Set in 1939 at the top-secret British center Bletchley Park, mathematician Alan Turing leads a group trying to break the German military "Enigma" code. The Machine Turing designs was an electromechanical machine (historically called the Bombe) that acts as a precursor to modern computers to evaluate combinations and decipher enemy messages instantly. Historical Notes: While the film won an Academy Award for Best Adapted Screenplay, historians note that several dramatic elements—such as the naming of the machine and specific interpersonal conflicts—fictionalized for the screen. It was a little troubling for both of us, as the main actor was gay

and even though he saved Housden's of lives and to years of the war he medically sterilized and died within a few years."

Later today Diana and Dave headed out to purchase a few groceries farther down the main highway by using a taxi both going and coming. Later Diana and I walked to what we thought was a golf course but had since converted to a housing area.

Monday July 27, 2026



It is predicted to have thunderstorms this afternoon, so we headed towards the gym, which is in the same building complex as the pastry shop. After hiking 1.2 miles we arrived at the gym/pastry shop, so we chose the pastry shop over the gym. We have not yet received the workout schedule from our trainer so we can justify it.

Yes, it did rain this afternoon, and we took a nap and reviewed our finances as a few CDs are coming due next month and we need to move these to our main bank.

Phone Numbers:

We use Consumer Cellar in the USA and TIGO in Panama. I have a Google Voice (GV) number that connects in both countries. So, to call or text me from the USA just use GV number as it rings in Panama without changing SIM and no international calling charges. Some of us use “WhatsApp” between the counties and it works well while others use FB Messinger.

We use NordVPN from Panama that pointers to a server in Albuquerque, appearing we are in New Mexico. <https://www.recharge.com/en/pa/tigo>

Tuesday July 28, 2026

As I mentioned earlier in this Blog, Amazon delivers to the house door here in Panama, but the important thing is importing taxes and terrifies.

Geez



We did our first workout at the remote gym using our trainer's workout program. He sends us the workout routine, and we log it into an app called “Remote Coach.” Only issue is it takes us 25 minutes to get to the gym then 45-minute workout and then 25 minutes back to the Airbnb which is uphill. Ugh! We had forgotten

are water bottle, so we stopped here and got a bottle – nice. Here is where you can get sweat goodies.

Diana and Dave walked to the upper store, further up the hill on Highway 41 but the altitude between Airbnb is not as great as the low store which has a greater altitude change, thus making the lower store more difficult when returning to the Airbnb.

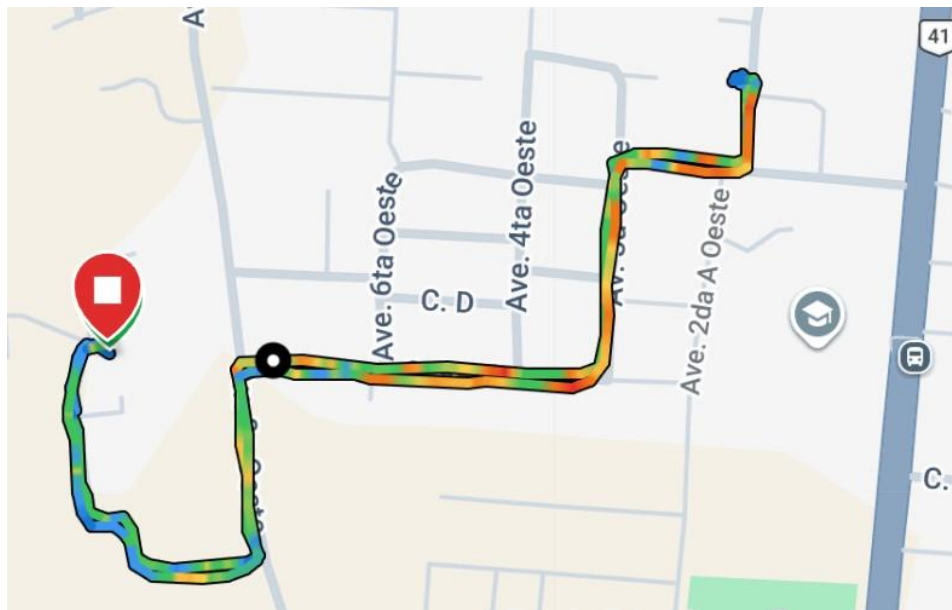


It is evening sunset and tomorrow we are meeting with a relator to look at places to rent for a year. Currently we are in an Airbnb for 45 days as the dog had to be quarantine for 40 days in one location and they the authorities from immigration will come by to check on the dog so one of us has to always be here with the dog.

Wednesday July 29, 2026

Up early as it is peaceful and quiet after a windy night. I was hoping to see some sites around Baquete as the realtor was coming at 10:00. We had eggs and beans and rice for breakfast which is typical breakfast for folks around here.

The relator came and we discussed what we have here and what might be available and after a long and informative discussion our best bet is to ask our Airbnb owner to make us a deal for next year. We made a deal and we are here for the next year. \$2,800 which includes all utilities and the gardener and only extra is if the electric bill is over \$40.00 per money which would be hard to get it that high as there is no air-conditioner.



We are heading out for a two-mile round trip to see a local doctor to schedule a complete physical, which is necessary for my prescription refills. The appointment is

on Friday at 11:30 AM, and it will cost me \$75 in cash since my insurance will be billed later. I have also downloaded my latest blood work results and sent them over to the doctor here in Panama.

Thursday July 30, 2026



We decided to check out a nearby outdoor food market, so we strolled two miles to get there, picked up a few goodies, and then made our way back, following our route on the map. The return trip was a bit challenging as it was uphill, and the wind was hitting us head-on. To enhance our language skills, we also downloaded a Sanish app on our phones.

Friday July 31, 2026

We were awake and having coffee and decided we would skip the gym today and have a nice breakfast and then walk 1.2 miles to the new doctor's office, so I could get my perceptions filled as USA doctor's prescriptions are not accepted in Panama.

We arrived at the doctor's office and checked in with the receptionist, and we were asked for my Passport WHAT!!! Diana said we have the Pensionado visa, and they took that in place of the passport as there was no way I was walking back to get my passport.

As we waited our turn to see the doctor we spoke with a gentleman about health care in America and Amazon shipping. He was a health care provider in Houston and said health care in America was going downhill and that is why he moved here. He also mentioned that to get free Amazon shipping you need to have an order under \$100.00 in value and the items need to qualify for free international shippage then its free shipping otherwise shipping and customs cost \$100.00 for shipping and customs plus the cost of the items. Diana verified this process and found out that the items must be in the Amazon cart before it can be determined if the item qualified for international shipping. She also determined other combinations that would save shipping costs. Diana is good at this process.

On to the doctor visit.

The doctor spent an hour plus with us and reviewed my medical history and prescriptions and was concerned with one drug interaction but suggested I continue with what prescriptions I am taking and have blood tests done in a month and see where we are. The doctor also asked about

past medical events as all doctors do. She asked about my age, and I told her I was eighty and she did not believe it, so Diana verified it by giving my birth year. She said I did not look that old.

As she talked about mixing drugs with achronal I noticed on her shelf several bottles of champagne and wine, so I asked her about them. She said they were gifts from patients. Humm mm... She seems like a party person to me. Just kidding.

I was impressed that she spoke in English and took notes on her computer in Spanish. Amazing... I can speak a few words of Spanish, but when I combine them, they make no sense.

Anyway, after the visit the total cost was \$75.00. The doctor also gave me a prescription for one drug I was out of and one for a weight loss drug but held that one as the receptionist may have a visit with the vendor and she will call us next week and we can come by and pick it up as it has to be refrigerated. The other drugs I take did not require a prescription like BP medicine do not need a prescription in Panama.

This is the second doctor I have met with in Panama and they both seem to care more that the factory type environment I have witnessed in the USA.

We then made our way to a hardware store in search of a screen to keep annoying bugs out of our doorway, but unfortunately, we failed. After that, we stopped by the grocery store to stock up on supplies before heading back to our Airbnb. We attempted to hail a taxi, but none were around, so

we decided to trek uphill to our accommodation. The heat and humidity were intense, and in Boquete, it is all about the uphill climb.

Once home we were exhaled. In total we walked 4.1 miles. One of the good things about all this walking is the last two weeks I have lost five pounds.

The day wrapped up with Dave preparing a delicious meal and enjoying a glass of wine before heading to bed, just as a power outage struck. It seems like the rain is falling this evening.

Saturday - August 1, 2026

We had a lighting storm last evening and it was spectacular. We were up early and after coffee we headed towards the gym with our umbrellas open as it was raining. We are so super resolute! The winds were swirling and just before the gym my umbrella came apart. I managed to put it back together as the gym did not open till 8:30 AM as to says on the door. Workout was all upper body and tough but that is what we needed as lower body gets a lot of workouts just walking. Walking back, it was not raining and easy even though it was uphill.

This afternoon Diana tried her hand at baking chocolate chip cookies without a measuring cup, and the oven was marked on Centigrade. I enjoyed the cookies.

Checked my Garmin watch for distance walked this week and we walked 15.2 miles.

We had multiple power failures this evening due I suppose to the amount of rain we had this afternoon, but it was neat as these things are not perfect for making this area unique. It made me want to study how many people use solar and wind energy.

Sunday - August 2, 2026 (Domingo 2 de Agosto de 2026)

It is cloudy and cool as we sip coffee on the back porch overlooking the back yard.



We filed a reimbursement form with my health insurance to cover the cost of my doctor's appointment the other day. We had to provide documentation and fill out an electronic form; we will see if it will work.

We decided to head downtown Boquete to pick up a prescription and check out a lunch place and pick up a few things for the house (Airbnb).

We walked to the bus stop which is 1.7 mile and then caught a taxi downtown. We hailed the taxi and another person also got in, so the drive was making money from both parties. Oh well. We were let off first and we found the pharmacy and got my prescription filled and the cost for two-month supply was \$8.75 with no insurance.

We then found a place called "Boquete Sandwich Shop." The waiter greeted us with "Como estas," I know what that is and he never gave us a change and said, "How are you." Guess I need to think faster. We had an exceptionally large meal. Diana boxed part of hers and will take it back to Dave.

After discovering that two hardware stores were closed on Sunday, we shifted our focus to finding a bus stop to catch a taxi home. Instead, we ended up at the town square, where we successfully hailed a cab. The driver requested five dollars, and we happily agreed, even adding a touch of Spanish to our conversation. During the ride, he picked up another passenger, which is a common occurrence. Once we reached our destination, the taxi left us at the start of a rough road, requiring a half mile walk to our home. Feeling a bit sore, I took a pain reliever and settled in for some much-needed relaxation. I also learned that the Spanish word

for money is "dinero," and I could not help but reflect on how often I have received a dollar when hearing these terms, noting that "dollar" in Spanish is "dólar."

The dog just got up from the couch and headed for the pantry as the dog thinks a storm is coming. It came 10 minutes later, a heavy shower. Amazing!

Monday - August 3, 2026 (Lunes 3 de Agosto de 2026)



The rain last evening let a little mud, and the puppy did a dance on the back patio.

Checked on our pallet with shipping company and it is scheduled to arrive August 3, 2026, at Panama customs and then shipped to our home address.

Today the walking last week allowed us to sit today and let our bodies rest.

Come back soon for more of our adventure.

[Questions or comments please click here to email](#)

[Tom](#)