



BOCAS DEL TORO

*It is the only destination where 17 countries recorded their Survivor.
"A fantasy for the biologist" Lonely Planet*

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Bocas del Toro has one of the largest rainforest in Central America.

The Archipelago has 9 main islands, 52 cays and hundreds, some say thousands of Islets with coral reefs and mangroves all around.

Famous for parties, especially the Aqua Lounge where you need to take a water taxi to get to.

Bocas del Toro is home to two national parks: La Amistad International Park, a UNESCO World Heritage Site and Isla Bastimentos National Marine Park.

Considered the 'Galapagos of the Caribbean' Bocas del Toro is one of the most biologically diverse places on earth.

Bocas del Toro maintains an aspect of primitive purity, inviolate nature and immune to change and over the centuries.



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Once a trading center for chocolate, bananas and tropical hardwoods, nowadays the very laid-back islands are great for eco-tourism.

The islands are more expensive than you might think. The food both in the stores and restaurants is not the cheapest, but no wonder, you are on islands!

You will be surprised to see so many small grocery stores, mostly owned by Chinese/Vietnamese.

Spanish is the official language but English is widely spoken.

Souvenirs stores are found all over Bocas Town. Too many for such small place.



WHERE TO STAY





Hotels in Bocas Best Value



Tropical Suite

Red Frog Beach Island Resort & Spa

Popa Paradise Beach Resort

Hotel Bocas del Toro

Hotel Palma Royale



Hostels and B&B in Bocas del Toro



Casa Cayuco

La Loma Jungle Lodge and
Chocolate Farm

Dolphin Bay Hideaway

Bambuda Lodge

Hostal Hansi

Selina Bocas del Toro

Island Plantation

The Hummingbird



Bungalows in Bocas del Toro



Eclypse del Mar Aqua Lodge
Punta Caracol Aqua Lodge



Hostels in Bocas del Toro



Playa Tortuga Hotel & Beach Resort

Gran Hotel Bahia

Hotel Oasis Over the Sea

Garden Of Eden Inn

Koko Resort



WHAT TO SEE





BEACHES

Red Frog Beach

- This is one of the most beautiful beaches in Panama-enjoy the white sands, big waves, turquoise waters surrounded by natural jungle. To get there, take the Red Frog Express boat on the main street. There is a restaurant on the same beach of Red Frog with good burgers and chairs that you can rent. If you walk on the beach you may hear and see the famous red toads that live exclusively on this island. But be careful when swimming on the beach because the current is very strong.



BEACHES

Playa de Zapatilla Keys

- This beach is the ideal of tropical beauty. More than a dozen countries have recorded their Survivor programs here. Visit this beach by boat and enjoy its splendor. Bring food and refreshments because there is nothing commercial here since it is part of the national park.



BEACHES

Starfish Beach

- This is by far one of the most spectacular beaches in Bocas del Toro. Its water is crystal clear and certainly very calm during most of the year. Starfish Beach received its name due to the fact that many starfish come and gather there to feed. You will be tempted to touch them, take them out of the water and take pictures, but please do not do it! Appreciate the wildlife but don't interfere with it.



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WHAT TO DO





1 Navigate the islands:

- There are many options for getting to know the islands of Bocas a vela- you can take daily or multi-night tours. Try BocasSailing.com, they offer several options but your daily tour is considered the best sailing tour and one of the best ways to explore the Bocas archipelago. His office is located in the center of the town of Bocas on Isla Colon.



2 Surf:

- It is no longer a secret that Bocas del Toro has the best waves in Panama, but what many do not know is that it is one of the best places to learn to surf in Panama. There is not a destination in Panama with so many options of surf camps and high quality surf schools to learn to surf. We recommend Caribe Surf Surf, located facing the sea, on Ave Sur on Isla Colon. You will find them right next to the restaurant "El Ultimo Refugio", inside the Panama Sailing office. Classes begin in your classroom, with a 45-minute theory lesson, and from there you embark on your surfing adventure with the private boat.



3

ATV Tours:

- One of the most popular tours in Bocas del Toro is ATV with Flying Pirates. You can see beaches that many have not seen in Isla Colon besides the Pool, Mimbirimbi or waterfalls in the jungles of Playa Bluff. This tour is recommended and you can even rent jeeps and much more. Visit their office on Main Street, Bocas Town.



4

Paint and Kitchen:

- If you love to cook, paint and travel, then Random Art Bocas is exactly what you were looking for. Random Art offers vacation packages with art and culinary classes in Bocas del Toro, Panama. With these packages you can combine your love for cooking and art in an incredible Caribbean experience in the Bocas del Toro archipelago.



5 Horseback riding:

- Explore the island of the heart of Bocas del Toro -island San Cristóbal. Surrounded by panoramic views of the islands of Bocas del Toro and the mountains, this horseback ride is picturesque and peaceful. Panama Horseback Adventures offers different adventures that will take you through jungle trails.



6

Bike Rides:

- Rent a bike and go explore Isla Colon. There are three options: you can visit the same town of Bocas and explore the shops and small cafes located above the sea, you can go to Bluff beach and enjoy a day of beach and sea (do not miss 'The Beach Bar' at the end) and finally you can drive a bike to Boca del Drago (12 km from the town of Bocas) where you can visit the famous Playa Las Estrellas. You can rent a bike at Ixa's Bicicletas.



7

Diving:

- Bocas del Toro is considered the 'Galapagos of the Caribbean' for its abundance in coral life. Bocas del Toro offers many options for diving, but we recommend La Buga Dive Shop located on the main street, Isla Colón. Established in 2007, "La Buga Dive & Surf" has created a reputation as one of the most important diving centers in Bocas. It is also a PADI 5 Star Diving Center.



8 Chocolate Farm Tour:

- The Oreba Chocolate Tour in Bocas del Toro not only highlights the cultivation of cocoa and the production of chocolate that is fast becoming one of the most coveted of Panama's exports, but also allows visitors the experience of living in an indigenous Ngäbe community.



9 Botanical Garden:

- The Botanical Garden of Finca Los Monos is located 10 minutes from the Town of Bocas - near the Smithsonian Institute. The farm extends from coast to coast with panoramic views. Visitors can see dozens of edible banana species and can even try several fruits and plants. The tour is educational and the plants and trees are marked with their name and medical use. And as there is a wide variety of fruits and plants there is also an abundance in wildlife such as birds, parrots, hummingbirds, howler monkeys and much more.



10 Deep Boarding:

- Deep Boarding offers the possibility of doing a different snorkeling, fun and effortless, suitable for any physical condition and without age limit. No more equipment than the simple use of the mask and snorkeling tube and grabbing a board hooked by a firm rope attached to the boat in motion that will go strolling through the best coral reefs, you can enjoy a wonderful experience, where you can observe unlimited marine beauties, with the possibility of seeing turtles, manta rays, barracudas and nurse sharks, corals of different shapes and sizes and a great variety of brightly colored fish. Our tables have a design that allows you to use them very easily and simply, you will always have absolute control, you can decide when to submerge and when to return to the surface.



11

Bastimentos

Zip line

- Clip-in and ascend up the stairway to the first platform. Stop, look and listen! The island forest will come alive with sounds and sights of nature. Launch from the first platform, feel the rush of adrenaline and freedom of soaring through the air. Pass by trees that have been growing here for centuries; birds, monkeys and other exotic animals may curiously watch and welcome you to their treetop homes. Has 7 lines, treetop challenge course, swaying sky bridge, 150 feet high, vertical Rappel and up to 1000 foot long zip.



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TOURS TO TAKE





Ecological Tour

Tour of the Smithsonian Laboratory

- The Smithsonian Institute for Tropical Research offers tours of its tropical laboratory, its scientific projects and natural exhibits where you can see local toads. This is a good activity if there is a lot of rain.



Ecological Tour

River Tour / Tour of an Indigenous Village

- For something different, take a tour on a river that includes a visit to an authentic indigenous village of the Ngobe Buglé. This indigenous culture has a style of housing that has changed very little since Christopher Columbus visited these islands. You can see great jungle landscapes and wildlife.



Ecological Tour

Tours of Nature

- With miles of mangroves and jungles that surround the coast it is easy to have a close and personal encounter with the nature of Bocas. A tour to the Isla de Pájaros, which has exclusive birds from the island and another with a cave of bats in Isla Bastimentos.



Ecological Tour

Trekking in the Jungle

- One of our most interesting and intense adventures. A trek through the dense Caribbean forest of the Bastimentos National Park in search of wildlife: monkeys, frogs, birds, among others. A long stretch accompanied by monumental trees and intense green landscapes, culminating in an impressive lagoon. here we will rest and recover strength for the return.

DURATION: 8 HRS MINIMUM GROUP: 4 DIFFICULTY: 4 PRICE: 30 USD



Ecological Tour

Indian Village and Dolphins

- An interesting journey back in time to the beginnings of life in the Caribbean. We will visit an indigenous community and share its customs, deeply linked to nature. We will also visit a dolphin colony.

DURATION: 7 HRS MINIMUM GROUP: 4 DIFFICULTY: 2 PRICE: 40 USD



Ecological Tour

Kayaking Expedition

- An entertaining journey through the waters of the Caribbean Sea to the best style of the first inhabitants of Bocas del Toro, where we will discover beautiful beaches and interesting places to snorkel.

DURATION: 6 HRS MIN GROUP: 3 DIFICULTY: 3 PRICE: 30 USD



Ecological Tour

Key, Snorkelling and Dolphins

- An excellent adventure to begin contact with the Caribbean that we always imagine. Here you can find the charming bottlenose dolphins, snorkel in colorful coral reefs, and relax in the paradisiacal beaches of Zapatilla Cay.

DURATION: 7 HRS MIN GROUP: 4 DIFFICULTY: 1 PRICE: 40 USD



Ecological Tour

Exploring Caves

- An adventure of high adrenaline. We will dive into the depths of the caves of Bocas del Toro. We can see impressive colonies of bats and strange rock formations.

DURATION: 7 HRS MINIMUM GROUP: 4 DIFFICULTY: 3 PRICE: 35 USD



Ecological Tour

Secret Beach and Birds Island

- If you are in the Caribbean looking for the classic Postcards of deserted paradise beaches, starfish and wildlife this is your tour. White sands, turquoise waters, palm trees on the sand and the calmest ocean you can imagine. In addition we will visit an impressive islet inhabited exclusively by percent of birds.

DURATION: 7 HRS MINIMUM GROUP: 4 DIFFICULTY: 1 PRICE: 30 USD



Ecological Tour

Indian Cocoa Village

- An excellent way to cross the cultural barrier and make contact with indigenous communities. A trip back in time to one of the communities that live off the cultivation and processing of cocoa. An adventure for your senses.

DURATION: 8 HRS MINIMUM GROUP: 4 DIFFICULTY: 1 PRICE: 30 USD



Ecological Tour

Bicycle Route, Trekking through the Jungle

- Meet Bocas del Toro with another perspective riding a bicycle. An between had traveled bordering beaches and forests. Once the route is finished, we will walk through the jungle to one of the secret beaches of the island. A hidden paradise.

DURATION: 7 HRS MINIMUM GROUP: 3 DIFFICULTY: 2 PRICE: 20 USD



Ecological Tour

Hiking from Bastimentos to Red Frog Beach

- An entertaining tour of one of the most diverse islands of the archipelago. We start in the town of Bastimentos, a trip to the beginnings of Bocas del Toro, then continue route through the jungle until we reach our second stop: an extensive and lonely beach facing the Caribbean Sea, surrounded by vegetation, where we will take a short break. Then we return to the jungle with abundant wildlife of birds and reptiles to continue the walk through a thick and amazing vegetation.

DURATION: 7 HRS MINIMUM GROUP: 3 DIFFICULTY: 3 PRICE: 25 USD



WHERE TO PARTY





- Bocas is a relaxed and friendly town where it is easy to meet other visitors and local individuals. As you stroll through the shops in the afternoon you will find a variety of nightlife establishments on any given night. As anywhere, use discretion and stay in well-lit areas.



Night Life

- Bocas Bookstore Bar
- Bocas Pub Cruise
- La Iguana Surf Bar
- Barco Hundido Bar
- Bom Bom Beach Bar
- Tunga bar
- Bocas Brewery



Night Life

- Mondo Taitu
- Casa Animal
- Aqua Lounge
- Bocas Wine Trading Company
- Selinas
- El Toro Loco



WHERE TO EAT





Restaurants in Bocas



Taco Surf Bocas

Guari Guari (Internacional)

Capitán Caribe (Comida Rápida
Caribeña)

The Firefly Restaurant & Bar (Thai)

Boca Boca

Bocas Brewery (Cervezas
artesanales & Burgers)

Café del Mar

El Ultimo Refugio

The Bocas Wine Bar

Raw Fusion



More Information

<http://bocasdeltoro.travel>

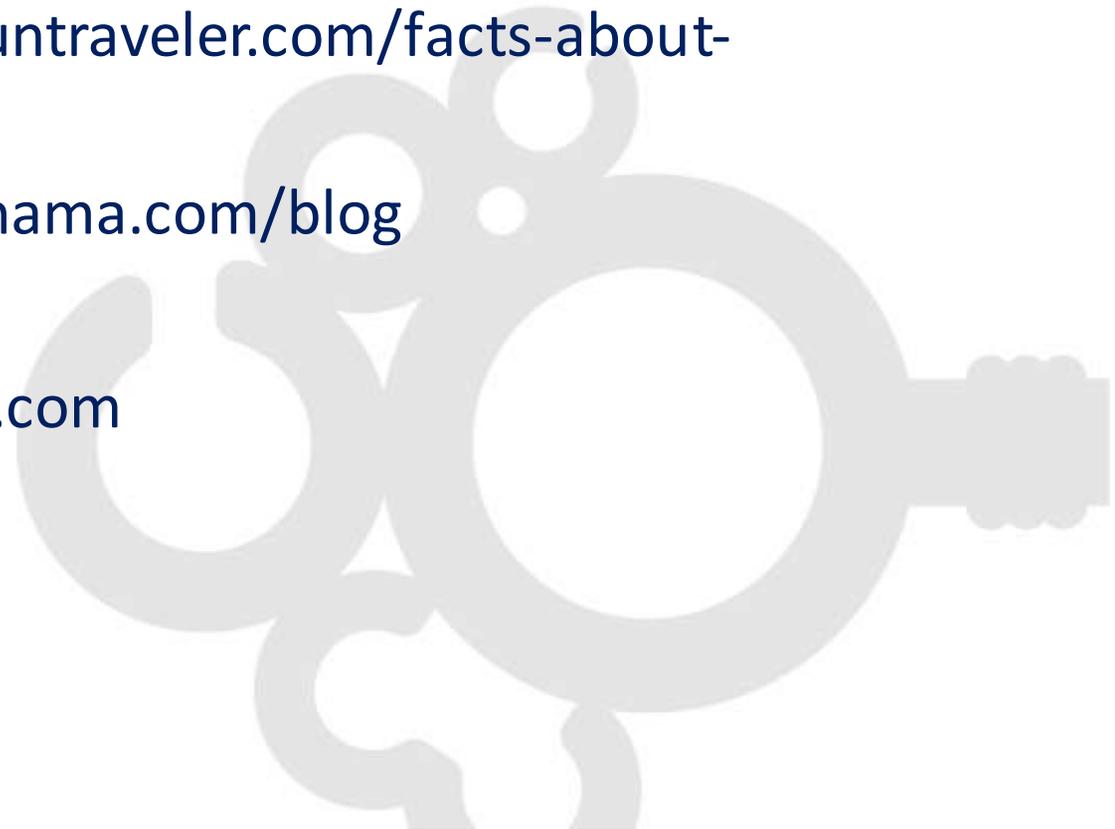
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www.tripadvisor.com

www.miconciergeonline.com





Thank you for your interest in Bocas del Toro!

"Nowadays, Bocas del Toro is definitely one of the most known Panama's nightlife and backpackers hot spot destination"

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