

Bocas del Toro Adventure

3 days / 2 nights

Discovered 500 years ago by Christopher Columbus, Bocas del Toro is a Caribbean paradise in North Western Panama, inviting you to sink your toes in the white sand, to explore lush tropical rainforests and coral reefs.



DAY 1

Panama – Bocas del Toro – Boca del Drago Starfish Bay & Swan's Cay Bird Island

This morning you will be picked up at your Panama City hotel by your driver for a short transfer to Albrook domestic airport where you board the scheduled flight to the town of Bocas on Colon Island, the capital of Bocas del Toro province. You will be met at the local airport on arrival. After leaving your bags at the hotel you will receive a briefing on the activities that will take place during our trip. Start the adventure with a boat ride around Colon Island to Boca del Drago. Weather permitting, you visit Swan's Cay, a rock protruding from the depths of the Caribbean Sea, which serves as a rookery for Red-billed tropic birds (the only place to be found in Panama) and Brown boobies. After lunch at a local restaurant, you will enjoy the beach at Boca del Drago and search for colorful giant starfish. On the return, your boat will make stops at coral reefs and mangrove islands for snorkeling.

2 nights at DIVERS PARADISE BOUTIQUE HOTEL

(L)

DAY 2

Salt Creek Village – Bastimentos Marine National Park



After breakfast you depart with your local boat captain from your hotel's dock, traversing the expanse of Bastimentos National Park, Panama's first marine national park. You reach Salt Creek by navigating through clusters of Red Mangroves, which provide sea creatures with a protective area during their reproductive and development stages. Meet your local Ngobe Bugle indigenous guide for a nature walk on Caiman Trail, which takes you through several stages of lowland forest dynamics. Look for birds such as Red-throated Ant Tanager and Golden-collared Manakin (*Cerritus sub sp.*), mammals such as Night Monkeys, White-faced Capuchins, and Three-toed Sloths. An older tract of rainforest has tall trees that provide life to birds such as the Three-wattled Bellbird and Green-breasted Mango. A nearby lagoon is home to Spectacled Caiman and Slider Turtle. On the ground, you will look for the tiny endemic poison dart frog *Dendrobates pumilio*. At the Ngobe Bugle indigenous community you may obtain local handicrafts such as painted wood carvings and handbags. After lunch, snorkel from the boat among mangroves and coral reefs, searching for numerous fish species, as well as dynamic and brightly colored sea fans, sponges, and brittle starfish. Enjoy the golden sand beach at Red Frog Beach on Bastimentos Island, the warm Caribbean ocean, and lush tropical vegetation. Drop back at hotel.

Overnight at DIVERS PARADISE BOUTIQUE HOTEL

(BL)

DAY 3

Bocas del Toro – Panama City

Today you enjoy a leisure day or you can choose among optional tours around town and the surrounding islands. In the afternoon you will be transferred to Bocas Airport for your flight to Panama City. On arrival at Albrook Airport, you are transferred back to your Panama City hotel.

(B)

TRIP DETAILS

TRIP CLASSIFICATION

- Easy walking, hiking, and snorkeling for all ages, flat trails with some slippery terrain
- Hotel or lodge accommodation comfortable

INCLUDED

- 2 nights of hotel accommodation in Bocas del Toro
- Meals as specified in the itinerary (*B=Breakfast, L=Lunch*)
- Domestic roundtrip flights from Panama City to Bocas del Toro
- Transportation by land and boat as indicated
- Local boat captain services and expenses
- Snorkeling equipment

NOT INCLUDED

- International airfare
- Panama City hotel
- Meals not specified in the itinerary
- Alcoholic beverages
- Personal equipment
- Extras in hotels
- Gratuities
- Optional tours (Day 3)*

OPTIONAL TOURS FOR DAY 3 (requires in-advance reservations)

- **Kayaking** (2 hours), available daily
- **Chocolate Plantation Tour** (6 hours), available daily from 08:30 - 14:30 hrs
- **Bat Cave Tour** (2-3 hours), available daily
- **Snorkeling** near Hospital point (2-3 hours), available daily
- **Sea Turtles Observation** (4 hours), available during the nesting season from March-Sept during nighttime hours, usually from 20:00-24:00 hrs
- **Private catamaran sailing** (half day or full day with meals included), available daily
- **San San - Pond Sak Wetlands** (8 hours), available daily from 07:30 - 15:30 hrs with a visit to the AAMVECONA facilities to learn about the conservation of manatees and marine turtles



WHAT TO BRING

- Reusable water bottle
- Binoculars (preferably 7x35 or bigger)
- Day pack or dry sack
- Hat
- Sunscreen
- Insect repellent
- Lightweight/quick dry cotton clothes
- Rain gear
- Windbreaker
- Swimwear
- Sandals, aqua shoes, sneakers
- Money in small denominations
- Toiletries & personal medications

DISCLAIMER & NOTES

- Prices and itineraries are correct at the time of publishing, however, they are subject to change due to tidal/weather or local conditions, availability, or factors beyond our control.
- Weight restrictions apply to luggage in commercial and chartered flights within Panama. When flying with Air Panama, each passenger has the right to check 2 pieces of luggage of up to 50 lbs (23 kg) each. Carry-on luggage is limited to 8.8 lbs per passenger (4 kg). Excess baggage charges assessed by commercial carriers are the responsibility of the passenger.
- Arrangements can be made with your hotel or Ancon Expeditions of Panama to store luggage that will not be needed while away from the city.



ACCOMMODATION

DIVERS PARADISE BOUTIQUE HOTEL



The Diver's Paradise Boutique hotel is a charming lodge located on the water's edge of Colon Island, in the town of Bocas del Toro. Just a few steps from the main street this hotel is in a more quiet corner of the center. 24 comfortable air-conditioned bedrooms with private bathrooms, free Wi-Fi, an open-air dining hall, a sun deck with lounging chairs, an in-house PADI dive center, spectacular local food specialties along with cold beers and tropical drinks at the hotel's on-site restaurant & bar Pier 19 make the Diver's Paradise a favorite among visitors to this Caribbean destination. The hotel is located only 5 minutes from the Bocas airport and within walking distance to local restaurants, souvenir shops, bars and parks.

Address: Avenida Sur con Calle 4^a, Isla Colon, Bocas del Toro, Panama

Website: www.centralhotelpanama.com

Phone: +(507) 757-9767

Check-in: 15:00 hrs

Check-out: 12:00 hrs