



THE GUIDE BOOK  
**BOCAS DEL  
TORO**  
PANAMÁ





# Exploring the islands.

Introducing the archipelago

The Bocas Del Toro province is a vibrant Caribbean culture and part of Panama's mainland and a chain of islands in the Caribbean Sea. Bocas is a relatively undeveloped island with a friendly, laid-back lifestyle. The island is also home to a tropical rainforest, some of the area's indigenous cultures, like the Ngäbe, and many of the country's most popular and outstanding beaches.





# Sand.

The beaches

## Must-see beaches of Bocas del Toro

The archipelago of Bocas del Toro is located in the Caribbean oceans of Northern Panama. Its warm water beaches range from long, wide turtle-nesting beaches to unique white-sand beach Islands.

Its diverse beaches welcome travelers to either surf, snorkel, or relax in the tropical sun.





National Park

# Islas Zapatillas

An easy pick for must-see beaches in the archipelago. Islas Zapatillas are jewels, perfectly white sand-ringed islands set in the crystal clear emerald green-blue waters of the Caribbean. Colorful reefs scattered around the shallows of these islands are teeming with life of all kinds. Snorkeling and diving in the waters of Islas Zapatillas are some of the best in the archipelago. Turtles nest in this tropical paradise and can be spotted at times swimming around the reefs. On the island, the coconut trees paint a dreamy picture, and the center of the second island is host to some caiman families. The diversity of these remarkable islands makes them an extraordinary place to explore.

## Getting there

We highly recommend a private boat tour since you will have the captain for the day and will get to choose exactly what activities you want to do that day. Also, boat tours are always available from Bocas town.



# Starfish Beach

Isla Colon



Starfish Beach is located at the northern point of Bocas. It has won its name for being home to many starfish. It is just a few minutes away from Bocas del Drago. Being easy to get to, it's an excellent place for a half-day beach trip.

## Getting there

The taxi costs \$30 round trip per taxi, not per person. You can bike to Drago but be warned, it's a vigorous bike ride. Once you get to Drago you'll need to either walk 15 minutes to Starfish or take a boat taxi for \$1 a person.



Isla Colon

# Bluff Beach

The approximately three-mile-long golden beach of Bluff is truly outstanding in the archipelago. This broad and spacious beach is in a natural jungle area of the main island, Isla Colon. It is home to several sea turtle species, including the up to 2,000-pound Leatherback turtle. Due to its position with the open ocean, it is a beloved location for surfers since its waves are almost constantly present.

## Getting there

A perfect place to bike to for the day. A taxi or bus would also be an option. ATVs or E-bikes make getting to Bluff beach fun and easy, and they are available to rent with FlyingPirates.





Isla Bastimentos

# Polo Beach

This isolated and rare beach is an experience as its soft white sandy beach meets almost directly with superb reefs. The reefs right off the coast stand out because of their deep canyons and colorful variety of aquatic life. This is an excellent destination for a day tour. Enjoy relaxing and swimming as well as snorkeling or diving the reef.

## Explore the reef



### Getting there

To visit Polo beach we would also recommend a private boat tour since you will have the captain for the day, this way you have the freedom to stay as long as you wish.





# Adventure.

Explore off the beaten path

## Experience Bocas del Toros wild side

The raw beauty of the islands welcome you to explore deep into the jungle or off the shore into the archipelagos more hidden secret destinations.



# ATV Adventure

Isla Colon



Renting a quad from Flying Pirates is the best way to see Bocas. You simply can't beat it. Apart from the fun of driving the quad, you get access to places you otherwise would never see. Hidden coves and beaches. Coral reefs. Jungle trails where you can see wildlife up close. You can't miss the opportunity while you're in Bocas. Also, many of our guests have found it convenient to rent the quad for the duration of their visit for getting around the island.

## Where to rent

With over 1400 acres of private property available exclusively for Flying Pirates customers. Experience beautiful snorkelling locations, breathtaking private beaches, lush tropical rainforest and more.

Visit: [flyingpiratesbocas.com](http://flyingpiratesbocas.com)



# Bike Rentals

Isla Colon



## The island way

Renting a bike is an inexpensive and practical way to move around the island. With the right motivation, you can get to almost anywhere on the main island with a bike. Grocery stores, restaurants, and other necessities are all easily accessible by bike.

## Where to rent

We suggest renting bikes from Ixa. Customer service and prices make her bike shop an excellent option for renting bikes during your stay in Bocas.

Contact: +50767473208





# Bird Island

Fish & Bird sanctuary

Bird Island looks like a scene out of Jurassic Park. The island sticks straight out of the water. Decorated with tropical trees and plants, the sound of some of the world's rarest birds fills your ears. Put on a mask and snorkel, and right in the water beneath you lies a pristine coral reef with a lively fish population. Unfortunately, Bird Island is only accessible when the water is calm.

## Getting there

Bird Island is off the coast of Isla Colon making it only accessible by boat. The cost of a tour to Bird Island will depend on the boat captain and the duration of your time on the island.



# Redfrog Beach & Zipline

Jungle treetop adventure

Red Frog is located on Bastimentos Island. The beach is a great place to relax or boogie board. Also, zip-lining is available at Red Frog. The course is set up in the jungle just behind the beach. If flying through trees isn't your thing, Red Frog can be a half-day trip, but we recommend giving zip-lining a chance.

## Getting there

It is a 15-minute boat ride from Bocas Town and boat taxis are easily available. You'll want to bring clothes that you can swim in, but that is also good for swinging around the trees. Also, good shoes are important. There are restaurants so you can purchase water and snacks there.





# Eat.

Top Restaurants

## Bocas del Toros best restaurants

The diversity of the island also reflects in its gastronomy. Fresh seafoods and locally grown vegetables combined with skilled and creative cooks make eating out in Bocas an experience.





Paunch, Isla Colon

# Arboloco

Welcome to Arboloco, Bocas del Toro, Panama's best Afro-Caribbean restaurant offering carefully crafted charcoal grilled, fish, seafood, veggies and creative drinks.

We offer indoor and outdoor dining in an atmosphere filled with flowers, birds and a view of the sea. We place huge importance on creative fresh food and drinks, served fast and friendly. We shop daily and locally, enabling us to give back to the community as much as possible.



Bocas Town

# Merén

The sea warms the heart, inspires the imagination, and brings joy to the soul, something we expect our clientele to feel as soon as they enter our location, providing them with the opportunity of unifying their senses. – The sensuous touch of the sea that enfolds the body in a soft embrace. The aroma and taste of the exquisite cuisine that nourishes the soul. The spectacular view that takes the breath away. The sound of the waves crashing on the shore. The voice of the sea that soothes the soul. Merén.



Bocas Town

# Raw Fusion

Located in the heart of Bocas Town, Raw Fusion is the perfect place to unwind and enjoy the island life. Situated directly over the water with the best views in Bocas Town.

Japanese excellence ingredients fused with Caribbean flavours.





Don't  
count  
the days.

Make  
the days  
count.

More tips coming soon

Feel free to share your top suggestions with us in your five-star comments.

Or share your experiences and photos directly with us at [info@summitswiss.ch](mailto:info@summitswiss.ch)

**CALMA**  
Vacation Rental Management & Marketing