



Bocas del Toro · Panama

Bocas del Toro

Traveler's guide

A Caribbean archipelago of houses on stilts: surfing, diving and snorkelling, starfish beaches, Bastimentos jungle and Ngäbe communities.

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Nature

Bocas del Toro is an archipelago of nine large islands and dozens of cays in Panama's Caribbean, by the Costa Rican border. Bocas Town, on Isla Colón, is a village of wooden houses on stilts; around it, mangroves, reefs, starfish beaches, the jungle of Bastimentos island with tiny red frogs and Ngäbe communities living from fishing and cacao.



Activities

- Surfing at Bluff, Paunch, Wizard Beach and Carenero, with waves from October to March and schools for beginners
- Diving and snorkelling at Zapatilla, Hospital Point and Coral Cay, with dolphins in the bay
- Boat trips around the archipelago: Starfish Beach, the Nivida bat cave, Red Frog Beach
- Bastimentos jungle with local guides, kayaking and paddleboarding through the mangroves, chocolate on Ngäbe cacao farms
- Sailing and catamaran trips between the islands, the Salt Creek community, Afro-Caribbean music and culture

When to go

Rain is possible all year, with drier months in February, March, September and October (best for calm seas and diving). December to March brings the best surf.

How to get there

Isla Colón airport (BOC) has flights from Panama City (1 hour) and Costa Rica. Overland from David or Boquete, 4 hours by bus to Almirante and 30 minutes by water taxi. From Puerto Viejo (Costa Rica), shuttle with border crossing at Sixaola (3 to 4 hours). Between islands, water taxis from the Bocas Town pier.

Activities in this destination

Trekking · Volcano · Rafting & hydrospeed · Kayak, sailing & fishing · Hot springs · Zipline & tree climbing · Canyoning & rappelling · Paragliding · Horseback riding · Snow & snowshoeing · Mapuche culture · Nature & photography · Stargazing · Full-day excursions · Food & wine · Family & inclusive · Surfing & bodyboard · Sandboarding & dunes · Cycling & MTB · Climbing & mountaineering · Ice & glaciers · Kitesurfing & windsurfing · Diving & snorkelling

Experiences

No experiences published in Bocas del Toro yet Are you a guide here? Create your free profile and be the first to appear.

Guides

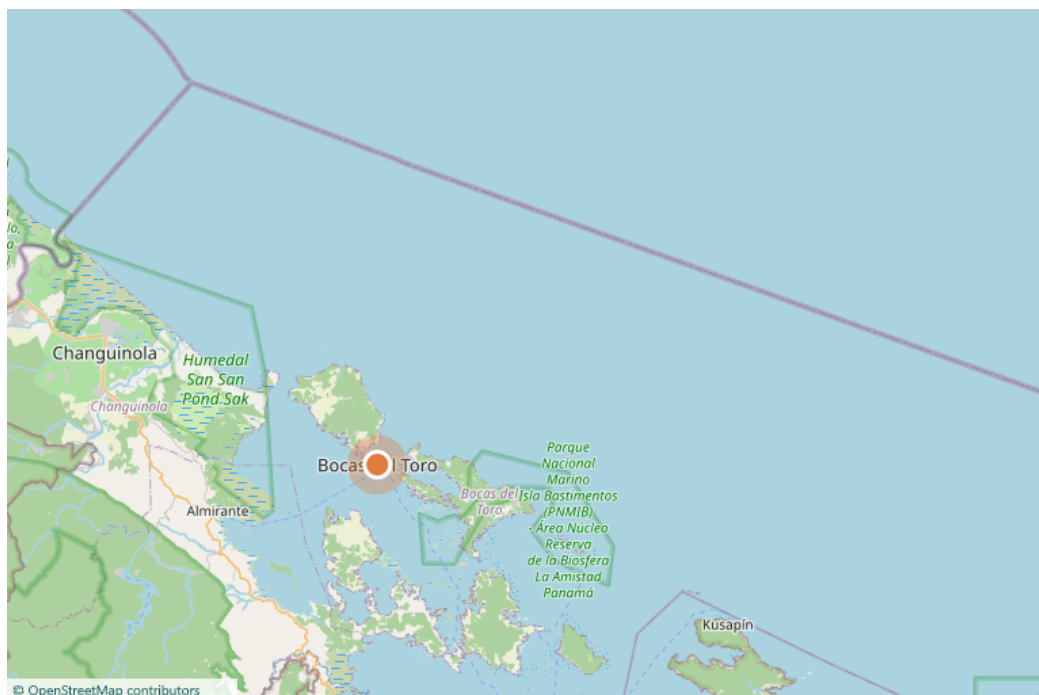
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Photo gallery



Red Frog Beach Bastimentos 2 · Dronepicr · CC BY 3.0 · Wikimedia Commons

Map · Bocas del Toro



9.3405, -82.2420 · [Directions in Google Maps](#)

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How to book with a local guide

Choose your experience → Request your date → Experience Bocas del Toro

Send your request and the guide contacts you directly with availability and price.

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