



NAYARA

BOCAS DEL TORO

Panama

TOUR BOOK



Welcome

TO NAYARA BOCAS DEL TORO!

Bocas del Toro, often referred to as the Galapagos of the Caribbean, is an archipelago of overwhelming natural beauty and astounding biodiversity.

Here, pristine private islands flaunt sandy beaches embraced by crystal blue waters, while the vibrant Latin-Caribbean heartbeat of Bocas Town enchants.

Dive deep and snorkel among coral reefs bursting with life, explore ancient shipwrecks, and surf the waves of your dreams. Journey further to uncover a unique starfish sanctuary, witness the miraculous sight of sea turtles nesting, marvel at the leisurely pace of sloths on their very own island, and be captivated by playful dolphins in the bay. And as night falls, let the mesmerizing dance of bioluminescent microorganisms light up your world.

Bocas del Toro isn't just a destination; it's an invitation to an epic adventure waiting just for you!

What to Bring | What to Pack



Suit Up

Make a splash with the perfect swimwear for your poolside relaxation or ocean adventures



Stay Hydrated

You know the deal. Plastic bottles are out, reusable are in. Fill yours up with water and sip away with every other step



Sun Block

Don't be fooled by the clouds – UV levels are higher here so remember to always sun-block up



Say Cheese

Never miss a photo opp.

Pack your camera and prepare to strike a pose – Bocas del Toro is oh so photogenic



Bug Spray

If you are popular with the insects, we recommend repellent



Comfort Counts

If water shoes aren't your style, pack comfortable closed-toe shoes.

They'll provide support for exploring



Rate: \$750
+ 7% taxes
per day, per boat

INCLUSIONS

- Paddle Boards
- Kayaks
- Snorkeling Gear
- 24hr Gym

PRIVATE BOAT

With so many offsite activities to choose from, the only way to experience them all is with a private boat and captain.

All our captains are trained naturalists who love sharing their local expertise with guests, from dolphin-watching at sunset and island-hopping to snorkeling coral reefs teeming with life.

Stock the boat with Champagne and hors d'oeuvre to turn your excursion into a once-in-a-lifetime experience.





Rate: \$125
per person
+ 7% taxes

DOLPHIN BAY SUNSET TOUR

There's no better or more romantic way to end the day than with our sunset dolphin tour. Spot schools of dolphins numbering in the dozens while sipping Champagne and admiring a picturesque sunset over the bay.

The excursion typically leaves the resort between 4:30 and 5:30PM for a 2-hour boat tour.

ZAPATILLAS TOUR

Considered the top tour in all of Bocas del Toro, this is one excursion you don't want to miss.

It starts with the boat ride over, where you can see dolphins and snorkel in the kaleidoscope of color and beauty that is Cayo Coral. Once you arrive on the island there is much to explore from the golden sand beaches to the surrounding coral reefs teeming with life. Once you finish exploring, enjoy a private picnic on the beach with food and drinks that you can choose for yourself beforehand. Finally, on the boat ride back, we stop at Hollywood, one of the top starfish sanctuaries in the world.

Rate: \$100
per villa
+ 7% taxes





BOTANIC GARDEN GREEN ACRES

Embark on a 2-hour eco-tour at Green Acres, a private chocolate farm and botanical garden set along Dolphin Bay's south shore. Wander through tropical rainforests, manicured gardens, and expansive cacao plantations. Immerse yourself in Panama's rich biodiversity, spotting howler monkeys, toucans, sloths, and poison dart frogs. Birdwatchers will appreciate the diverse avian species. Their gardens are a butterfly and tropical insect haven. Discover sustainable cacao farming, its journey from bean to 100% organic chocolate, and savor samples. Their own line of chocolate products is available for purchase, making this tropical excursion a must-visit.

Rate: \$20 per person (to pay there)
+ \$30 roundtrip boat transfer
+ 7% taxes

INDIGENOUS CHOCOLATE TOUR

Dive deep into the heart of a Ngöbe village, unveiling the age-old secrets of cocoa cultivation and traditional chocolate making.

Explore the diverse flora of the farm and become an active participant in the chocolate-making journey, savoring the fresh seeds and rich chocolate in the making. A traditional lunch enriches your experience.

For groups of three or more, a hands-on workshop awaits, guiding you through crafting that perfect, delectable chocolate bar!



Schedule:
8:30am - 1:30pm or 11:15am - 4:30pm
Rate: Workshop \$160 per person

It includes:
Roundtrip transportation from Resort to the village, lunch, chocolate bar and a donation for the community projects.



Rate: \$80
roundtrip boat transfer
+ \$10 per hour
for boat captain stand-by
+ 7% taxes

Note:
\$5 entrance fee to the national park

MONKEY ISLAND TOUR

Embark on a journey to Monkey Island, a sanctuary where rescued monkeys, familiar with human companionship, find refuge.

These unique primates can't return to the wild, so they thrive under the devoted care of Francine, who passionately shares their captivating tales and unique personalities.

RED FROG BEACH

Nestled on Isla Bastimentos, Red Frog Beach offers an enchanting escape with its pristine white sands bordered by the dense rainforest, stretching occasionally to kiss the sea's edge. These verdant canopies form intimate alcoves, ideal for those seeking solitude or private moments. While the ocean's playful waves might beckon the daring, a sandbar just a short distance away offers tranquility, flanked by vibrant eateries and bars. The beach's namesake, the rare and mesmerizing poison-dart frog, can often be spotted with a keen eye, offering a splash of color against the lush backdrop. Navigate through a well-trodden jungle trail to arrive and be greeted by Panama's rich wildlife tapestry— from languid sloths to playful monkeys, each turn promises a new wonder.

Rate: \$20 per person (to pay there)
+ \$80 roundtrip boat transfer
+ 7% taxes





Rate: \$125
per person
+ 7% taxes

POLO BEACH

Staying on Isla Bastimentos, Polo Beach weaves tales of its namesake, Old Man Polo, who has called the shoreline home for over half a century and serves fresh fish and lobster to travelers. Its remote location, shielded from the usual tourist trails due to its more challenging accessibility, makes it an enticing secret haven for those in the know. Cradled by a barrier reef extending 50 meters from the coast, the beach boasts tranquil waters that invite visitors for snorkeling adventures.

Rate: \$100
per person

STARFISH BEACH & BIRD ISLAND

Starfish Beach, located in Boca del Drago on Isla Colon, is a picturesque tropical beach with a distinct Caribbean flavor. The water around Starfish Beach is bath-tub calm and mostly clear due to its location on the bayside of Isla Colon. Starfish Beach is named after the once-abundant starfish population that lived here. However, due to the beach's popularity, now only a few can be found at any given time. Bird Island off the Northeast corner of Isla Colon is one of the most spectacular sites to see in Bocas and is one of the most popular day tours. Bird Island is famous for its natural beauty and Jurassic Park feel as well as for the rare birds that nest there, including the Red-Billed Tropicbird and Brown Booby.





Rate: \$90 per person
+ 7% taxes

BAT CAVE – BAHÍA HONDA

Head to Bastimentos Island and keep an eye out for dolphins in Bahia Honda bay. Glide through mangroves that remind you of Panama's own green canals. As you explore, look out for monkeys, sloths, caimans, and red frogs. Your destination is the Ngöbé-Buglé Commune of Bahia Honda, where a local guide will meet you. After a brief 20-minute walk through the forest with your guide, you'll reach the entrance to the bat cave. The path is straightforward – there's just one way in and out. Inside, the water might get chest-deep, but it's never too cold. Watch for bats flying overhead and take a moment to admire the natural stalagmites and stalactites formations.

BIOLUMINESCENCE

Experience the enchanting glow of bioluminescence in Bocas del Toro, where every ripple, paddle stroke, or swimmer's motion ignites a luminous dance in the waters. It's nature's own light show, powered by countless micro-organisms that radiate when darkness falls. Dive into this mesmerizing phenomenon, where biology meets brilliance. Let a seasoned captain guide you on a voyage to hidden locales, ensuring you witness this breathtaking spectacle in its full splendor.

Rate: \$20 per person
+ \$125 roundtrip boat transfer
+ 7% taxes

Recommended clothing:
Closed shoes for stable walking





E-BIKES

Explore the island by electric bike! It's the best way to discover beaches, wildlife and much more at your own pace!

Where to Ride:

1. Bluff Beach - A 25 minute ride on a quiet beach side road.
2. La Gruta - A 20 minute ride to a small bat cave located on the way to Drago.
3. Boca del drago - A 45 minute ride through the island country side.
4. Starfish Beach - Just beyond Drago, this beach is an easy 15 minute walk or 5 minute water taxi.

Rate:

4hrs: \$30 per person | bike

9hrs: \$40 per person | bike

+ \$80 roundtrip boat transfer

+ 7% taxes



ATV ON MAIN ISLAND

Renting an ATV from Flying Pirates and taking it out on their trails is one of the most exciting things you can do in Bocas. The trails lead you around the coast to a few of the most beautiful and least visited locations on Isla Colon including La Piscina and the Blue Lagoon, where calm, bath-tub like water awaits. After stopping here to relax and wash off the mud and sand, the trail snakes back into the jungle where howler monkeys, sloths, and more mud happily greet you.

No jungle trail:

Half day (4hrs): \$65 per person/vehicle

Full day (9am - 6:30pm): \$95 per person/vehicle

Jungle trail:

Half day (4hrs): \$115 per person/vehicle

Full day (9am - 6:30pm) \$145 per person/vehicle

Additional passenger: \$10.

Key Trail Access: \$10 deposit.

Driver's license required.

ATV rate to be paid in location in cash

+ \$120 land transportation

+ \$80 roundtrip boat transfer

+ 7% taxes



SCUBA DIVING

ACTIVITIES FOR CERTIFIED GUESTS:

- Fun Dive - Boat Dive:
\$110 – 2 dives
- Fun Dive Night - Boat trip:
\$95 – 1 dive
- Fun Dive – From dock with guide:
\$65 – 1 dive
- Night Fun Dive – From dock with guide:
\$75 – 1 dive
- Refresher: \$50 –
1 confined water session
(For people who have not been diving for a relatively short time but need a refresher)
- Refresher: \$90 –
1 confined water session + 1 Minidive Mayday
(For people who haven't dived for a relatively short time but need a refresher)
- ReActivate: \$175 –
5 confined water sessions + 1 Minidive Mayday:
(includes new certification card)
(For certified divers who haven't dived for a long time)
- Pack 1: \$270 –
3 Boat trips – 6 dives
(3 day dives or 2 day dives + 1 night dive) - Early booking
- Pack 2: \$390 –
5 boat trips – 10 dives
(5 day trips or 4 day trips + 1 night trip) – Early Booking

COURSES:

- PADI Open Water Diver Course: \$430
- PADI Advanced Open Water Diver Course: \$360
- PADI Open Water Diver + PADI Advanced Open Water Diver Combo (prebooked): \$720
- PADI Advanced Open Water Diver Course after finishing PADI Open Water Diver: \$700
- Emergency First Response Course: \$190
- PADI Rescue Diver Course: \$450
- Emergency First Response + PADI Rescue Diver Combo: \$550

ACTIVITIES FOR NON-CERTIFIED GUESTS:

- Discover Scuba Diving with boat trip – 2 dives: \$145
- Discover Scuba Diving from dock – 1 dive: \$85
- Add a 2nd dive to the DSD 1 dive: +\$50
- Discover Scuba Diving from dock (no boat) 1 dive: \$85

ADDITIONAL OPTIONS:

- Private Divemaster: \$50 extra
- Private boat: \$325 extra (max 8 people)

Notes: Dive rates to be paid directly at the dive center
\$80 boat transportation to the dive center +7% taxes



Private Surf Class

Private class in Isla Carenero to learn how to surf.

** If you are an experienced surfer, one of our captain can take you to the best sport for surfing in the archipelago.*

Rate: \$50
per person for 3hrs
+ \$80 roundtrip boat transfer
+ 7% taxes

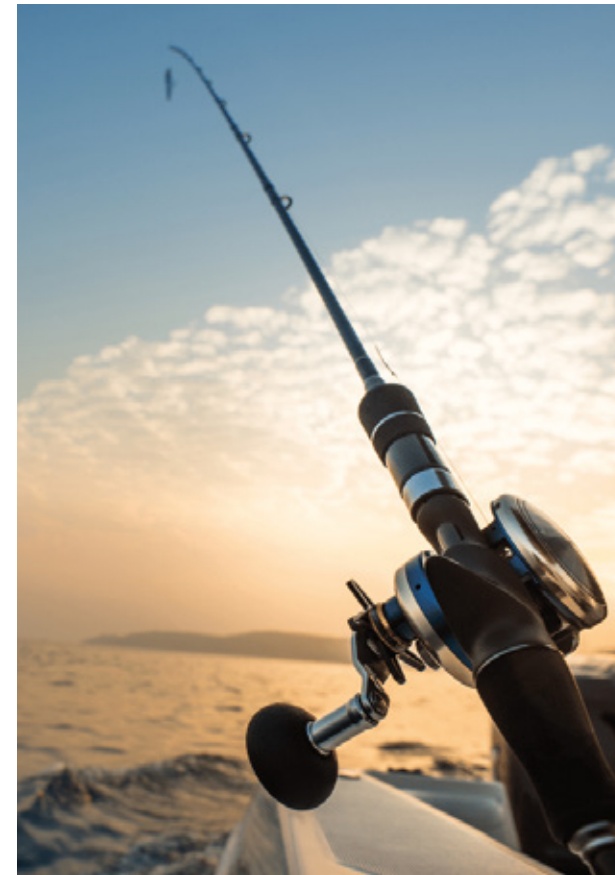
Fishing Tour

Set sail with Jack Cox, a seasoned seafarer with a rich history in commercial and charter fishing, as well as SCUBA instruction.

Whether you opt for a half-day or full-day adventure, inshore or into the deep blue, Jack knows the prime fishing spots across the Bocas del Toro archipelago.

Let him guide you to the heart of angling excellence.

Rate:
8:15am - 12:30pm:
\$700 + 7% taxes
8:30am - 3:30pm:
\$1,000 + 7% taxes





PRIVATE CATAMARAN

Full-day 10am - 6pm:

Join us on a luxury 40ft Catamaran as we wine and dine you while sailing to some of the most beautiful places that Bocas has to offer. Swim, snorkel, surf, fish, spearfish, paddleboard, but most of all, enjoy yourself!

This cruise includes a champagne breakfast, lunch, snacks, and an assortment of alcoholic and non-alcoholic drinks.

Rate: \$1,500 + taxes (Up to 4 people)

Half day, 10am to 3pm:

If you're short on time and can't join us for a full-day sail, join us for a half-day sail to Dolphin Bay or Coral Cay.

This cruise includes lunch, snacks and an assortment of alcoholic and non-alcoholic drinks

Rate: 1,200 + taxes (Up to 2 people)

Sunset Cruise, 3pm to 6pm:

Enjoy sundowner and pastel skies while gliding through the calm caribbean sea.

This cruise includes canapes and assortment of alcoholic and non-alcoholic drinks.

Rate: \$1,000 + taxes

YACHT OPTION 1 - *Always Friday*



The boat is designed for a maximum of 8 passengers, offering a cabin with a full bathroom, two beds, both an indoor and outdoor table, a kitchen equipped with a microwave, and more. It also features air conditioning, making it exceptionally well-appointed.

You will be picked up directly at the hotel. We provide you with a selection of beverages and meals according to your preferences. The captain is a completely trustworthy individual who is fluent in both English and Spanish. Additionally, they are a certified dive master and hold qualifications in CPR and first aid.

Size: 27 feet / Model: Chaparral Signature 270.

Price:

Half Day - \$750 + 7% taxes

Full Day - \$1500 + 7% taxes



YACHT OPTION 2 - Neptune



Step aboard the Neptune Boat and set sail for unforgettable experiences! Explore Cayo Coral, Zapatillas, Starfish Beach, and Bird Island. Ideal for up to 10 passengers, with prices set for groups of 6. Just \$100 extra for each additional person. Embrace the sea's beauty – book Neptune Boat today!

Model: Brown

Length: 9,76 meters - Beam: 2,70 meters - Depth: 1,40 meters

Engines: 2x200 hp marca suzuki

Price:

Half Day - \$750 + 7% taxes

Full Day - \$1500 + 7% taxes





YOGA SESSIONS

Elevate your relaxation with a private yoga experience tailored just for you.

Whether it's the serene setting of your villa's deck, the convenience of your own personal gym, or the tranquil ambiance of the beach, the choice is yours.

Your wellness journey is in your hands – simply share your preferences with our dedicated Guest Experience team, and consider it done.

We're here to curate your perfect moment of tranquility. Book now and let your personalized yoga retreat begin!

Price:
\$70 per person for hour
+ 7% taxes



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