

A scenic view of a tropical beach at dusk or dawn. The sky is filled with large, white and grey clouds, with some light breaking through. The ocean is calm, reflecting the sky. In the distance, a small, forested island is visible on the horizon. To the right, a rocky coastline is covered with lush green trees and foliage. In the foreground, two people are standing on surfboards in the shallow water near the beach. The overall atmosphere is peaceful and serene.

TOUR BOOK

isla
palenque


The Best Of Island Life

At Isla Palenque, days are well-spent hammocking in the sunshine and paddling in the warm waters of our seven golden shorelines. But when adventure calls, we encourage our guests to immerse themselves in our unspoiled rainforest and venture out to the surrounding pristine ocean.

Tour Schedules: Most activities offered at Isla Palenque are tide dependent. Please check our daily board for tide information when planning your island escapades.

Community Support: Our community and culture are fundamental elements of the activities we offer. By enjoying the activities in this Experience Book, you'll be playing a key part in supporting our people.

Sustainability Efforts: Taking care of our environment is always a priority. Please help us by not leaving any trash behind on your adventures and by being conscious about the use of resources during all activities.





Ocean Adventures

Isla Palenque is our 4,000 - acres, private tropical island resort, a rare place in which 7 secluded beaches meet the virgin rainforest.

Thanks to this fantasy island privileged location, ocean activities are a must to experience. We invite you to dive into the crystalline waters of the closer islands, enjoy the beautiful landscapes from the comfort of the boat as you embark on open water adventures and low impact water activities.

ISLAND HOPPING TOURS

Gulf of Chiriquí's Islands

Explore the virgin shores of Isla Palenque's neighboring islands at the gulf of Chiriquí national marine park. Our most popular island-hopping tour takes you to nearby desert islands such as Bolaños or Brusca for snorkeling above the coral reef and swimming in open ocean waters and Gamez or Paridas for a good dose of beach-chill time. Along the way, enjoy the marvelous views, catch sight of jumping fish, rays and even turtles sometimes.

Difficulty level: Easy to medium

Duration: 3.5 hours

Cost: \$135 + taxes pp.

Participants: Min 2, max. 8 guests

Private tour: \$210 + taxes pp.

★ Islas Secas

Hop your way over to the remote islas Secas archipelago, past the rocky isles of Monitas and Punta Bejuca. There you'll enjoy one of the best snorkelings in the area, swimming, and hiking either side of a fresh picnic lunch at Isla Pargo, with plenty of time to simply kick back and relax, the 60-minute boat ride back to Isla Palenque provides a drive-by view of the beautiful islands close by, as well as the opportunity to spot jumping fish, rays, sea birds and even sometimes dolphins.

Difficulty level: Easy

Duration: 5 hours

Cost: \$185 + taxes pp.

Participants: Min. 2, max. 8 guests

Private tour: \$220 + taxes pp.

PRACTICAL INFO:

What to bring: Flip flops, bathing suit, sunscreen, insect repellent, hat, rash guard (optional)

Tours include: Naturalist guide, water, towels, snorkeling equipment, picnic (starters, snacks and non-alcoholic drinks like sodas or juices)

MARINE WILDLIFE TOURS

★ Whale Watching

August through October brings the humpback whales to the warm protected waters of the Gulf of Chiriqui. Whales migrate here from cooler waters in order to give birth and spend a few months teaching their little ones the ways of the wild ocean. As the season progresses, the baby shows off their new skills, breaching and putting on magnificent shows. Witness these incredible creatures, twice the size of our boat, from as close as 30ft. Seasonal - late August to early October.

Difficulty level: Easy and fun!

Duration: 2 hour

Cost: \$155 + taxes pp.

Participants: Min. 2, max. 8 guests

Private tour: \$195 + taxes pp.

Dolphin Watching

All year round these smart and curious creatures can be seen at their home area, Muertos bay, adventure into this place to meet and see the bottlenose dolphins who inhabit this area, they are beautiful creatures and are not afraid of humans, bring your camera to have the chance of taking pictures of these unique animals, the second most intelligent mammal of the world.

Difficulty level: Easy and fun!

Duration: 2 hours

Cost: \$135 + taxes pp.

Participants: Min. 2, max. 8 guests

Private tour: \$160 + taxes pp.

PRACTICAL INFO:

What to bring: Flip flops, bathing suit, sunscreen, insect repellent, hat, rash guard (optional)

Tours include: Guide, snacks, water, sodas or juice



MANGROVE TOURS

Mangroves Birdwatching Tour

Embark on a captivating kayak birdwatching adventure through the serene mangroves of the Gulf of Chiriquí. As the sun sets, casting golden and pink hues across the sky, cruise along tranquil waterways teeming with life. This rich ecosystem is home to a stunning variety of tropical birds—herons, egrets, kingfishers, and even the elusive roseate spoonbill—offering bird enthusiasts the perfect opportunity to spot and admire them in their natural habitat. With the expertise of a local guide, learn fascinating insights about the region's avian life and the vital role the mangroves play in their ecosystem. Enjoy the kayak ride through this peaceful ecosystem, and witness nature's most spectacular show as day turns to night.

Difficulty level: Easy and fun!

Duration: 2 hours

Participants: Max. 4 guests

Cost: \$135 + taxes pp.

PRACTICAL INFO:

What to bring: Flip flops, bathing suit, sunscreen, insect repellent, hat, rash guard (optional)

Tours include: Guide, water, binoculars, sodas or juice

Mangroves Sunset Tour

Experience the magic of sunset in the Gulf of Chiriquí with an unforgettable boat ride through the mangroves. Cruise along tranquil channels surrounded by lush vegetation as the sun paints the sky in golden and pink hues. Discover the fascinating biodiversity of this ecosystem, home to tropical birds and marine life, while a local guide shares intriguing facts about this natural paradise. Relax, enjoy nature's spectacle, and create unforgettable memories with refreshments and great company. The perfect way to end a day in paradise!

Difficulty level: Easy and fun!

Duration: 2 hours

Participants: Min. 2, max. 8 guests

Cost: \$135 + taxes pp.

ADVENTURE KAYAKING & SUP

Beach & Mangroves of Boca Brava

Paddle out towards neighboring Boca Brava at high tide to discover our mangrove-lined northeast coast from the open waters. The adventure begins with a hike to Giron Pier. Explore this mysterious and enigmatic ecosystem where the rainforest meets the ocean with a guide and learn all about its importance for marine life.

Difficulty level: Easy to medium

Duration: 2.5 hours

Participants: Max. 4 guests

Cost: free

Piñalitas Isletas

Isla Palenque's northeast coast features two islets that shelter one of the island's most enchanting natural attractions: a shallow, sand-bottomed cave that is home to a tiny species of insectivorous bat. The adventure begins with a scenic hike to Giron Pier. From there, embark on an exhilarating kayak journey along our rocky coast to explore this incredible corner of the island.

Difficulty level: Easy to medium

Duration: 2 hours

Participants: Max. 4 guests

Cost: free

PRACTICAL INFO:

What to bring: Bathing suit, sunscreen, hat, flip flops or water shoes, and hiking shoes for the Piñalitas Isletas tour

Tours include: Guide, equipment, towels and bottle of water



Stand Up Paddleboard

This SUP experience is available as a self-led exploration or as a guided tour with an instructor for an additional cost.

Take one of our paddleboards from Rocas Beach and head out to the open ocean and explore any number of locations along our coast, depending on the swells and your experience level.

If you are new to stand-up paddleboarding, an instructor will accompany you and teach you how to balance, paddle, turn and help you get confident while exploring our shores.

Difficulty level: Easy to medium

Duration: 1.5 hours

Cost: free

With an Instructor: \$75 + taxes pp.

Participants with Instructor: Max. 4 guests

PRACTICAL INFO:

What to bring: Bathing suit, sunscreen, hat, rash guard (optional)

Tours include: Guide, equipment, towels and bottle of water

FISHING TOURS

Inshore/Offshore Fishing

Learn how the Gulf of Chiriqui earned its title as the little big game sport fishing capital of the world. From our dock in Giron Beach, you'll head out to the best places for fishing for a chance to catch fish such as roosterfish, bonito, yellowfin tuna, snook and mackerel. Bring back your catch and we'll rustle up a delicious dish of your choice back on the island.

Difficulty level: Easy to hard

Duration: 8 hours

Cost: Please ask our Concierge for price options and availability

Participants: Max. 4 guests

Intro Sportfishing

Experience the thrill of sport fishing in the spectacular Gulf of Chiriquí, a tropical paradise teeming with marine life and breathtaking landscapes. Catch iconic species like yellowfin tuna, roosterfish, and marlin as you navigate crystal-clear waters surrounded by pristine islands and coral reefs. With expert guides and focus on sustainable fishing, this adventure is perfect for anglers of all skill levels. Plus, you'll have the chance to spot dolphins, sea turtles, and tropical birds, making this an unforgettable day in the heart of Panama's Pacific coast.

Difficulty level: Easy to hard

Duration: 3.5 hours

Cost: \$550 + taxes, for 2 people

Extra person \$150 + taxes.

Participants: Max. 4 guests

PRACTICAL INFO:

Reservations: Fishing tours must be booked 48 hours in advance or can be booked before arrival, at least 2 weeks in advance

What to bring: Flip flops or sandals, sunscreen, insect repellent, hat, rash guard (optional)

Tours include: Boat captain, fishing equipment, towels, picnic (lunch, sparkling water and sodas)

Rock Fishing

As the sun dips below the horizon, head to Isla Palenque's rocky coastline for an unforgettable in-shore fishing experience. Cast your line into the island's shallow bays, where the waters are teeming with snapper, roosterfish, snook, jack, and even the mighty trevally. For an extra challenge, try your luck with a traditional artisanal fishing rod, just like the locals do. Whether you're an experienced angler or a first-timer, this serene yet thrilling adventure is the perfect way to connect with nature as the sky turns shades of gold and crimson.

Difficulty level: Easy to medium

Duration: 1.5 hrs

Participants: Max. guests

Cost: free

PRACTICAL INFO:

What to bring: Flip flops, bathing suit, sunscreen, insect repellent, hat, rash guard (optional)

Tour include: Guide, fishing equipment, bottle of water



Dock Fishing

Cast your line from the iconic Isla Palenque pier and experience the thrill of traditional fishing with the guidance of an expert. Learn local techniques and tips as you try your luck reeling in a variety of fish, including snapper, roosterfish, snook, jack, and more. Whether you're a seasoned angler or a beginner, this relaxing yet rewarding activity offers the perfect blend of island tradition and exciting sport against the stunning backdrop of the Pacific.

Difficulty level: Easy to medium

Duration: 1.5 hrs

Participants: Max. 4 guests

Cost: free

Coastal Kayak Fishing

Fishing is more than just a sport—it's an adventure. Whether you're an experienced angler or a beginner looking for a new challenge, kayak fishing at Isla Palenque offers an exciting way to test your skills while exploring the island's pristine waters. Paddle through calm bays and hidden coastal spots, where the thrill of the catch meets the serenity of the sea. With each cast, you'll experience the perfect blend of technique, patience, and the untamed beauty of nature.

Difficulty level: Easy to medium

Duration: 1.5 hours

Participants: Max. 2 guests

Cost: free

PRACTICAL INFO:

What to bring: Flip flops, bathing suit, sunscreen, insect repellent, hat, rash guard (optional)

Tours include: Guide, fishing equipment, bottle of water



Nature Immersions

Around us there are places we preserve and marvels of nature we are fortunate enough to discover. Whether you are completely new to outdoor skills, or if you are a seasoned veteran of exploring natural wonders, cultivating awareness of nature will lead you to an organic way of relating to life revealing new and exciting wonders. Join us in this immersion for a more sensitive and awakened state of being.

WILDLIFE TOURS

Birdwatching Tour

Rise bright and early to explore our shores before breakfast in search of the birdlife that calls Isla Palenque home. With a pair of binoculars to hand and an eagle-eyed guide leading the way, you'll spot frigate birds swooping overhead, ibis hiding out in the mangroves, parrots filling up on fruit in the treetops and maybe even a kingfisher or a lanced tailed manakin doing their thing.

Difficulty level: Easy

Duration: 1.5 hour

Participants: Max. 4 guests

Cost: free

Private option: \$75 + taxes pp.

Searching for Monkeys

Some of the loudest monkeys on the planet, the howler monkeys of Isla Palenque will likely announce their presence long before you see them. Their deep, echoing calls can travel up to three miles through the jungle, creating an unforgettable soundtrack to your adventure. Spotting these elusive primates, however, requires a keen eye and a bit of patience. Join a knowledgeable guide who knows their favorite hiding spots, venture into the lush canopy, and you just might come face-to-face with these incredible creatures in their natural habitat!

Difficulty level: Easy

Duration: 1.5 hour

Participants: Max. 8 guests

Cost: free

Private option: \$75 + taxes pp.

PRACTICAL INFO:

What to bring: Sneakers or hiking boots, hat, sunscreen, insect repellent, long-sleeve t-shirt or shirt (optional)

Tours include: Naturalist guide, binoculars, bottle of water

WILDLIFE TOURS

★ Night Walk

Immerse yourself in the dark and dense semi-humid forest of Isla Palenque and let yourself be enveloped by the intense animal kingdom nightlife. During night hours we can appreciate how active the forest is, with the possibility of spotting a wide variety of insects, reptiles, amphibians and fungi under the guidance of our exper naturalist guide. Nature is unpredictable and every night is different, but some of the possible animal encounters are: Spectacled caiman, Central American dwarf porcupine, raccoon, opossum, ocelot, coyote, Central American anteater, spectacled owl, halloween crabs, snakes. Different kinds of insects such as: glass beetle, ghost spider, mantis, tarantulas and moths. Isla Palenque is home to many different kinds of fungi which blooms and connect the flora of the forest with their mycelium, let's see them at night time too.

Difficulty level: Easy to medium

Duration: 2 hours

Participants: Max. 6 guests

Cost: \$100 + taxes pp.

PRACTICAL INFO:

What to bring: Sneakers or hiking boots, hat, sunscreen, insect repellent, long-sleeve t-shirt or shirt (optional)

Tours include: Naturalist guide, rubber boots, bottle of water

★ Tidepools & Mangroves

Discover the island's most biodiverse and fascinating ecosystems, where land and sea intertwine in perfect harmony. Walk among rare white mangroves, nature's resilient guardians that shield the island from the ocean while nurturing vibrant marine life. Wander past serene, bird-filled lagoons tucked just beyond the shoreline, a sanctuary for coastal wildlife. At low tide, uncover the hidden treasures of tide pools, revealing a miniature underwater world teeming with life. With a knowledgeable guide leading the way, you'll gain a deeper appreciation for these delicate and dynamic habitats.

Difficulty level: Easy

Duration: 1.5 hours

Participants: Max. 6 guests

Cost: free

Private option: \$75 + taxes pp.

ISLAND HIKES

Cala Este Hike

Follow the singsong of the exotic birds along the Paso Mangle Trail past the mangroves and down to Cala Este Beach. There you'll emerge from the trees on the south east of the island, greeted by glorious views out to sea and a breath of ocean air. From these warm sands, you'll return to the trail - a favorite hangout of the howler monkeys- and continue along the coast to Playa Primera, discovering the intense biodiversity that thrives where the rainforest meets the ocean.

Difficulty level: Easy

Duration: 1.5 hours

Participants: Max. 8 guests

Cost: free

Private option: \$75 + taxes pp.

Costanera Hike

Begin your adventure at Girón Pier and follow scenic trails that wind along the island's breathtaking coastline. As you make your way through lush jungle paths, keep an eye out for vibrant tropical birds, playful monkeys, and a stunning variety of native flora. This hike offers a perfect blend of ocean views and wildlife encounters, immersing you in the rich biodiversity of Isla Palenque.

Difficulty level: Easy to medium

Duration: 1.5 hours

Participants: Max. 8 guests

Cost: free

Private option: \$75 + taxes pp.

PRACTICAL INFO:

What to bring: Sneakers or hiking boots, hat, sunscreen, insect repellent, long-sleeve t-shirt or shirt (optional)

Tours include: Naturalist guide, binoculars, bottle of water



Barrigon Trail

Step into the heart of Isla Palenque and uncover the fascinating history of the iconic pot-bellied trees, ancient guardians that have stood tall for centuries. These remarkable trees, symbols of strength and resilience in many cultures, have silently witnessed the passage of time, preserving the island's rich heritage. As you journey through lush trails, you'll also dive into the wonders of botany, learning about the diverse flora that thrives in this unique ecosystem. This immersive experience offers a perfect blend of history, culture, and nature—an unforgettable adventure for curious minds and nature lovers alike!

Difficulty level: Easy to medium

Duration: 1.5 hours

Participants: Max. 8 guests

Cost: free

Private option: \$75 + taxes pp.

PRACTICAL INFO:

What to bring: Sneakers or hiking boots, hat, sunscreen, insect repellent, long-sleeve t-shirt or shirt (optional)

Tours include: Naturalist guide, binoculars, bottle of water

Blow Hole Hike

This easy yet rewarding hike takes you through a lush jungle path filled with towering trees, vibrant plant life, and the songs of tropical birds. As you wander past a serene lagoon brimming with wildlife, keep your eyes peeled for butterflies and unique flora along the way. In just a short walk, you'll arrive at a breathtaking coastal bluff where the powerful blowhole at Punta Ballena erupts dramatically, sending a refreshing mist into the air. A perfect adventure for those seeking a quick yet immersive glimpse into Isla Palenque's incredible biodiversity!

Difficulty level: Easy to medium

Duration: 1.5 hours

Participants: Max. 8 guests

Cost: free

Private option: \$75 + taxes pp.

Hike to Punta Ballena

Have you spotted the breathtaking spray of the blowhole at Punta Ballena from Playa Palenque? Experience this natural wonder up close by venturing into the jungle along a gently sloping path that winds through towering old-growth forests and skirts a tranquil lagoon teeming with birds and butterflies. As you reach the bluff's edge, a panoramic view of the Gulf of Chiriquí unfolds before you. Below, the powerful blowhole erupts, sending a cool, refreshing mist into the air—an awe-inspiring reward for your journey through the island's untamed beauty.

Difficulty level: Hard

Duration: 2.5 hours

Participants: Max. 8 guests

Cost: free

Private option: \$75 + taxes pp.

Island Hikes

These guided hikes take you to several different areas of the island, allowing you to discover the intricacies of isla Palenque's unique ecosystems. As you progress from the beauty of old-growth jungle to sprawling, palm-fringed beaches, your guide will point out myriad flora and fauna while describing the interconnected ecologies of our wild island. treks include walks through mangroves, forest, coastal rocks or lush hillsides. Some of these are tide dependent, have a look at our daily activity list to see what's available and adventure yourself into the island.

Difficulty level: Easy to hard

Duration: 1.5 hours

Participants: Max. 8 guests

Cost: free

Private option: \$75 + taxes pp.

PRACTICAL INFO:

What to bring: Sneakers or hiking boots, hat, sunscreen, insect repellent, long-sleeve t-shirt or shirt (optional)

Tours include: Naturalist guide, binoculars, bottle of water



Culture & History Experiences

Authentically experiencing a culture comes from the interaction with local tastes, sounds and rhythms. Our heritage comes alive every time we explore our magnificent Panamanian island neighborhood. We are committed to bringing you the best genuine activities full of local enthusiasm for your enjoyment.

ARCHEOLOGY EXPERIENCE

Secrets of the Island Hike

Hike a maze of multiple jungle trails while we shed light on some of the island's more enduring natural mysteries and hidden wonders. How did isla Palenque form? How did ancient cultures use the island? And what did they leave behind? What's the Palenque role in the history of the area, and how is its significance reflected in the folklore of the locals?

Isla Palenque's stories go back centuries. Take this hike to delve deeper into the island's encompassing wonders.

Difficulty level: Medium

Duration: 1.5 hours

Participants: Max. 6 guests

Cost: free

Private option: \$75 + taxes pp.

PRACTICAL INFO:

What to bring: Sneakers or hiking boots, sunscreen, insect repellent, hat, long-sleeve t-shirt or shirt (optional)

Tour include: Naturalist guide, bottle of water



COOKING & MIXOLOGY CLASSES

Las Rocas Cooking Class

Join our chef behind the scenes for an introduction to the fine, flavorsome art of Panamanian cooking, prepare to roll your sleeves up and get stuck in as you learn how to rustle up any one of your nation's favorite dishes and hear some of the anecdotes linked to what you're going to prepare.

Cost: free

Panamanian Pastry Class

Calling all sweet-toothed islanders! Apron up and head to Las Rocas kitchen for a hands-on confectionary class with our resort's pastry chefs. Sweeten your stay in paradise with one of our favorite Panamanian treats, we'll serve them up warm with a smooth cup of Boquete coffee just in time for a pre-sunset kick-back by the beach.

Cost: free

Private class: \$75 + taxes pp.

★ Master Cocktail Class

Delve into the cocktail's history while learning how to prepare some of the most iconic cocktails such as the Margarita, Gin & Tonic or Mojito, Enjoy this class before the sunset and get the recipes from our bartender to impress your friends and family on your next time together, prepare your eyes, mouth and nose for this experience along our mixologist who will share their cocktail making secrets with you.

Cost: \$90 + taxes pp.

Participants: Max. 6 guests

Private class: \$150 + taxes pp.

PRACTICAL INFO:

Difficulty level: Easy and fun, no previous experience required

Duration: All classes are 1 hour

Classes include: Aprons, all equipment and ingredients

Reservations: We can have a maximum of 6 guests for these classes so please sign up in advance with Concierge

TASTING EXPERIENCES

Rum 101

Pull up a chair at Las Rocas bar for a deep lesson in rum appreciation. Where does it come from? What makes a rum light or dark? Sweet or dry? Smooth or strong? How do rums change with age? We'll answer all your questions and more as you sip your way through a fine selection of French, English and Spanish rums, all carefully selected by our rum connoisseur.

Participants: Max. 4 guests

Cost: free

PRACTICAL INFO:

Difficulty level: Easy and fun, no previous experience required

Duration: All classes are 1 hour

Tasting experiences include: Instructor and all rums

★ Premium Rum Tasting

Experience a unique journey with a tasting of Panama's premium rums and discover the essence of the country in every sip! Embark on a sensory tour through the finest ranges of Panama's premium rums, from the classic to the exclusive editions aged in selected barrels. Enjoy a guided tasting by experts, learning about the rich history and distillation process of these world-class spirits. Savor the character and complex notes of each bottle while immersing yourself in a sophisticated atmosphere. Plus, you'll discover the perfect pairings to enhance this luxurious experience. Don't miss the chance to explore the best of Panama's premium rum and take home a piece of authentic Panamanian flavor!

Participants: Max. 4 guest

Cost: \$150 + taxes pp.



TASTING EXPERIENCES

Panamanian Coffee Tasting

Immerse yourself in a unique experience with our Coffee Tasting & History Tour, where you'll explore the rich history of coffee in Panama while tasting some of the country's finest varieties. During this activity, our experts will guide you through the fascinating journey of coffee, from its cultivation in Panama's highlands to its final preparation in your cup. You'll enjoy a special tasting session, discovering the unique flavors, aromas, and textures of different coffee types, including the world-renowned Geisha, one of the most exclusive coffees in the world.

Participants: Max. 4 guests

Cost: \$50 + taxes pp.

PRACTICAL INFO:

Difficulty level: Easy and fun, no previous experience required

Duration: All classes are 1 hour

Tasting experiences include: Chef or instructor and all ingredients

Catch your own Lobster

Set sail on the island's waters and discover the local traditions that make this experience unique. Learn about the ancient baskets used by fishermen and place your own trapdoor. The next day, return to check on your catch and experience the thrill of catching your own fresh lobster. Our chef will prepare it however you like: grilled, with garlic, or with a tropical touch. An authentic adventure that unites culture, sea, and flavor in an unforgettable memory.

Participants: Max. 2 guests

Cost: \$55 pp. + taxes pp.

CLASSES

Spanish Lessons

Part of experiencing a country is connecting with the locals on a deeper level... surprise them with your Spanish speaking skills! Join our dynamic classes for travelers, where you'll learn essential and basic Spanish phrases as well as the most common Panamanian expressions!

Cost: free

Tropical Dance Class

Swap your sandals for your dancing shoes and learn to sway like the locals. Hip-shake to salsa, swing to merengue, or flow to the oh-so latin beats of bachata - Whatever your rhythm, we help you pick up the essential steps so you can impress on any Panamanian dance floor. Newbies to pros are welcome, the main objective is to have fun!

Cost: free

PRACTICAL INFO:

Difficulty level: Easy and fun, no previous experience required

Duration: All classes are 1 hour

Reservations: Please sign up with Concierge 48 hrs in advance



BOQUETE TOUR

★ From cacao to coffee: a day in Boquete

Enjoy an unforgettable full-day tour to Boquete. The day will begin with a stop along the way for a chocolate tour, where you'll enjoy a tasting and learn about the chocolate-making process. Traveling through spectacular landscapes, we will reach the town of Boquete, surrounded by mountains. There, we'll visit Finca Lérida, recognized as one of the most prestigious coffee farms in the country. During the tour, you'll learn about the history and art of growing coffee on these lands, home to the famous and award-winning Geisha coffee. A delicious lunch will be served at the farm's restaurant, either before or after the tour, depending on your preference. At dusk, your transportation will take you back to the dock, where your guide will take you back to the island. A memorable day full of Panamanian flavors, aromas and landscapes.

Difficulty level: Easy

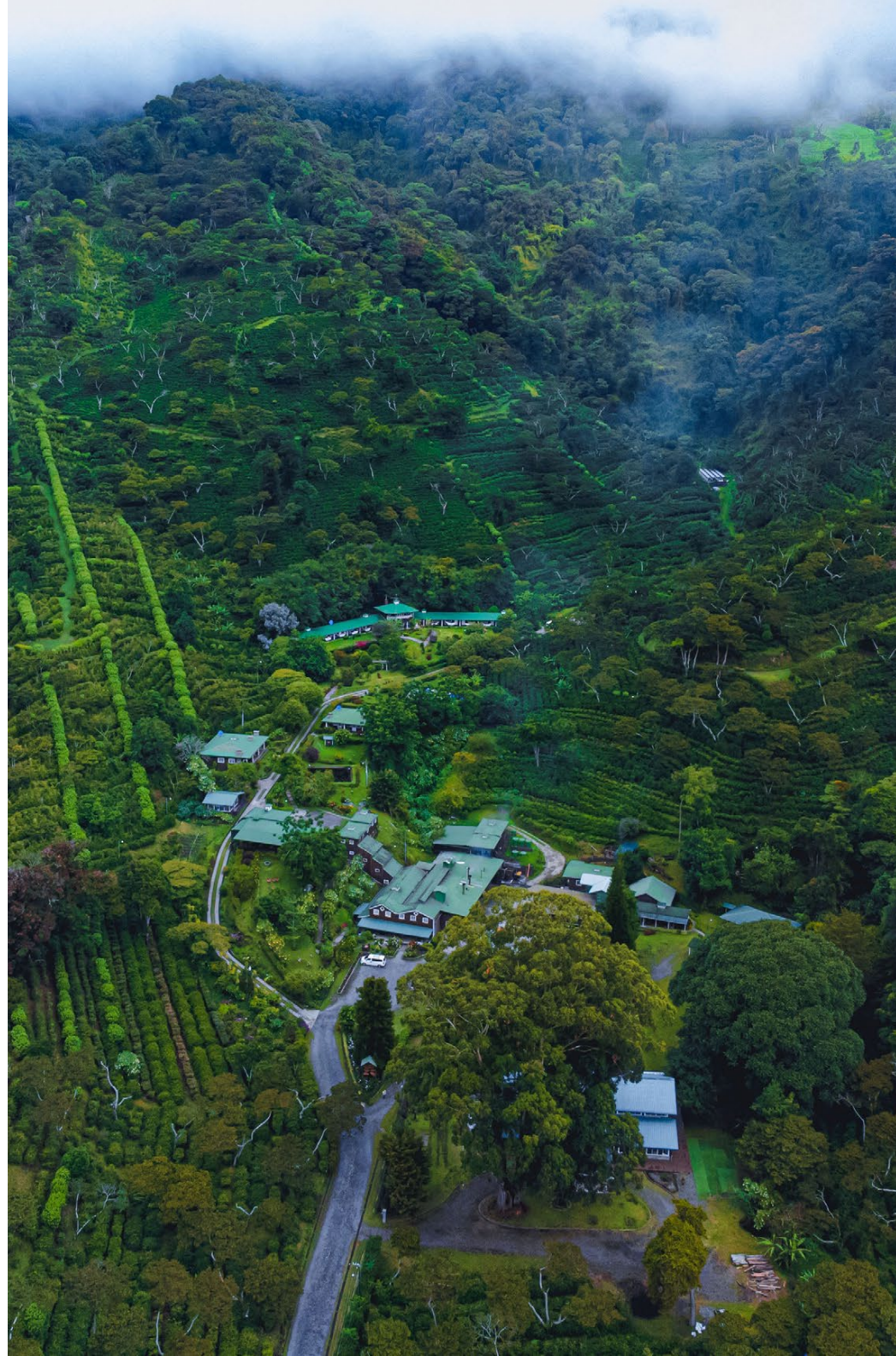
Duration: 6 hours

Cost: \$290 pp. + tax

PRACTICAL INFO:

What to bring: Comfortable clothes, sneakers or hiking boots, sunscreen, insect repellent.

Tour includes: Naturalist guide, transportation, chocolate tour, coffee tour and lunch at Finca Lérida.





Fitness & Wellness

Explore your vitality through our curated selection of body and mind activities in which you will feel completely invigorated. Consider us your ally if you want to experience your full potential to live the best quality of life while in isla Palenque.

Embrace your own island rhythm with our fitness and wellness offerings. Yoga enthusiasts will be pleased to meet our resident instructor, while those looking to get a sweat on can do so too.

Yoga Class (seasonal), (private classes \$75 pp.)

Island 5K Running

Beach Functional Workout

Room Spa Treatments (Please ask to see our SPA menu)



Island Romance

Let us celebrate your romance in our unforgettable setting. We will prepare the perfect setting for you and your special one to have an unforgettable dinner at Isla Palenque.

Romantic Shoreside Dinner

“Smoke & Flavor: Chefs Table Surf and Turf”

A unique gastronomic experience where fire and flavor come together in perfect harmony. Enjoy freshly caught fish and seafood alongside selected cuts of meat, grilled with the unmistakable Panamanian seasoning. Vibrant colors, irresistible aromas, and a fusion of land and sea to awaken the senses.

An intimate two-hours shoreside dinner experience, perfect for couples and lovers of gourmet barbecues, which includes a bottle of house wine or sparkling wine.

Cost: \$390 + taxes per couple.

Please make your reservation at least one day in advance.



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