

Bocas del Toro, Bocas del Toro Province, Panama

A scattered Caribbean archipelago where colorful wooden houses line the water, sloths hang in mangroves, and every excursion starts with a boat ride. Bocas del Toro rewards the spontaneous.

Tender port

Typical call: 7-9 hrs

US Dollar (USD)

Spanish / English widely spoken

Tropical — bring reef-safe sunscreen

MY DAY IN PORT

Ship/Date: _____ Arrive: _____ All aboard: _____

Excursion: _____ Notes: _____

GETTING ASHORE

Docking: Tender — ships anchor offshore; tenders drop at Bocas Town municipal dock

Best For: Snorkeling, island hopping, wildlife spotting, beach days

Walk to center: Immediate — Bocas Town is right at the tender dock

Don't Miss: Starfish Beach (Playa Estrella) and Hospital Point snorkeling

Getting around: **Taxi** \$2–\$7 per trip · **Rideshare** not available

TOP THINGS TO DO

- Starfish Beach & Island Hop** — Playa Estrella on Isla Colón is famous for its resident sea stars in the shallows.
- Snorkeling at Hospital Point & Cayo Coral** — Hospital Point (off Isla Solarte) and Cayo Coral offer some of the best snorkeling in the archipelago — vibrant coral, tropical fish, nurse sharks...
- Sloth Island & Dolphin Bay** — Glide through mangrove channels to spot three-toed sloths hanging overhead, then head to Dolphin Bay for resident bottlenose dolphins in their...
- Cayos Zapatillas Day Trip** — Two uninhabited cays inside Isla Bastimentos National Marine Park — white-sand beaches, sea turtles, and clear snorkeling waters.
- Bocas Town Walk & Local Lunch** — The colorful waterfront town of Bocas (Isla Colón) is walkable in under an hour.

BEST WALKS

- Bocas Town Waterfront Stroll** ~1 km · 20-30 min · Flat & easy — From the tender dock, walk north along the main street (Calle 3) past colorful Caribbean buildings, waterfront restaurants, and local shops.

WEATHER · DAYLIGHT · MONEY

CLIMATE (AVG °F · RAINY DAYS)

	Mon	High	Low	Rain
Apr		83°	76°	24d
Jun		83°	76°	29d
Aug		83°	76°	28d
Sep		83°	76°	28d
Oct		83°	76°	29d

DAYLIGHT & MONEY

Apr 6:19AM–6:38PM · Jun 6:09AM–6:49PM · Aug 6:20AM–6:45PM · Sep 6:19AM–6:28PM · Oct 6:17AM–6:11PM

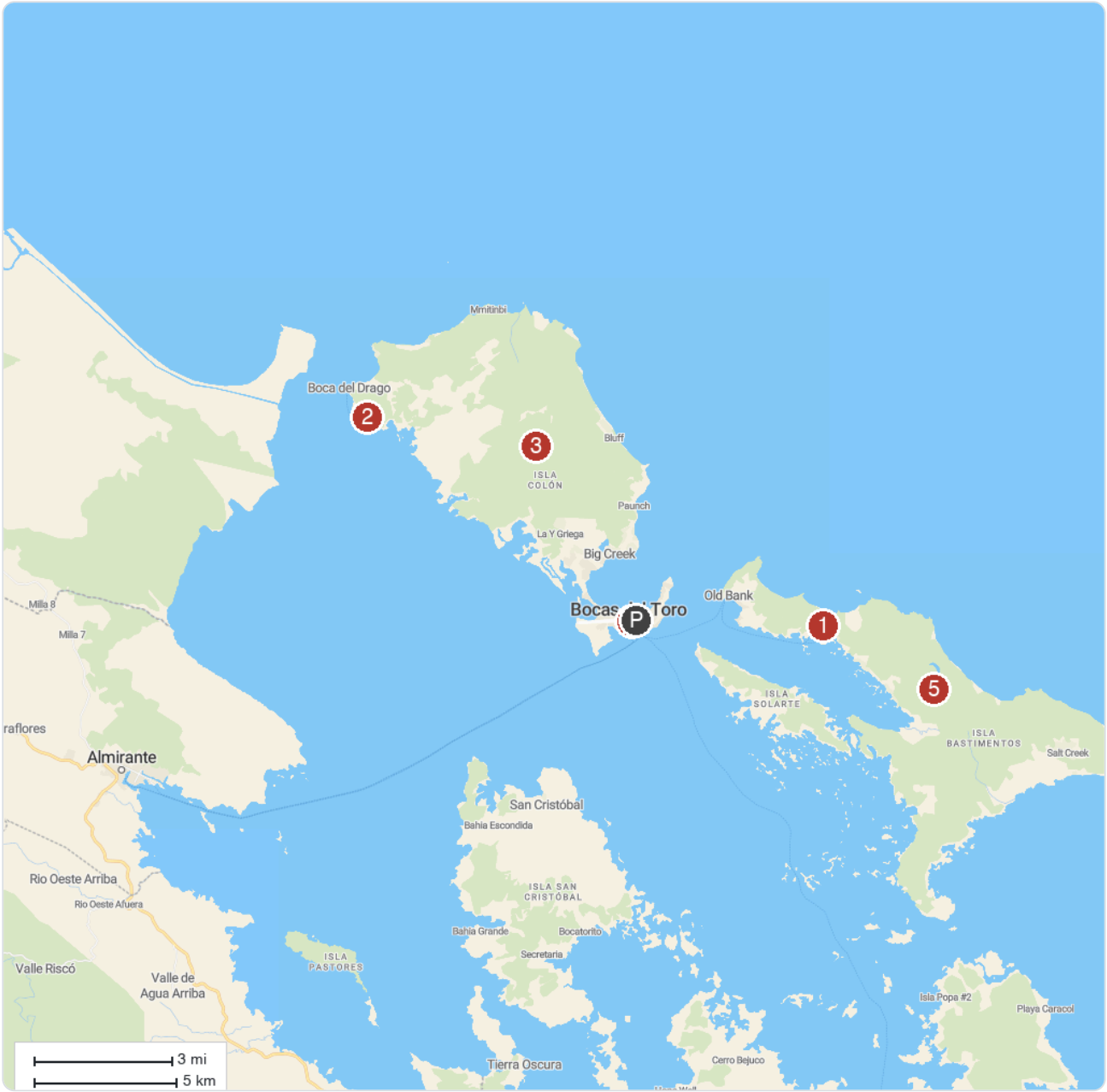
US Dollar (USD)

KNOW BEFORE YOU GO

- Tender timing is critical. Miss the last tender and you're chartering a water taxi back — they exist but cost \$30-50+ and aren't guaranteed. Set a phone alarm.
- Pack reef-safe sunscreen. Panama's marine parks (including Zapatillas) prohibit chemical sunscreens. Bring mineral SPF or buy it in Bocas Town.
- USD everywhere, no exchange needed. Panama uses the US dollar. Bring small bills — local water taxi operators and vendors rarely make change for \$50s.
- Weather can be variable. Bocas del Toro has a tropical climate with afternoon showers common. Tours typically still run — bring a light rain layer or dry bag.
- Book snorkel tours early or ashore. Ship excursions sell out; equally good local operators at the dock charge half the price. Arrive at the dock early.
- Don't skip the wildlife. Three-toed sloths in the Almirante Bay mangroves are a genuine highlight — many visitors say it's the best wildlife encounter on their whole cruise.

Bocas del Toro, Bocas del Toro Province, Panama — Port Map cruiseports.org

Red = walkable sights · Amber = excursions farther out · P = cruise terminal. Numbers match the order you'd typically visit.



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| 1 Red Frog Beach | A white-sand beach on Isla Bastimentos named for the tiny red poison dart frogs found in its forest. | 2 Starfish Beach | Shallow clear water near Boca del Drago known for its abundant orange starfish. |
| 3 La Gruta Bat Cave | A flooded limestone cave on Isla Colon where visitors waded beneath thousands of roosting bats. | 4 Bocas del Toro Town | The colorful, wooden-stilt Caribbean port town on Isla Colon, the archipelago's commercial hub. |
| 5 Isla Bastimentos Marine National Park | Panama's first marine park, protecting coral reefs, mangroves, and the Zapatilla Cays. | P Cruise port / terminal | |