

Isla Gámez, Chiriquí, Panama

An uninhabited gem in Panama's Pacific — two pristine beaches on a single sand spit, humpback whales offshore, and no one else around.

-  Tender only (wet Zodiac landing)
-  Typical call: 5–7 hrs
-  USD (no shops on island)
-  Spanish (no staff ashore)
-  Humpback whales Jul–Oct

🍹 MY DAY IN PORT

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

Excursion: _____ Notes: _____

GETTING ASHORE

Docking: Anchor & Zodiac wet landing — no pier

Best For: Snorkeling, kayaking, whale watching, total solitude

Walk to center: You're on the beach the moment you step off

Don't Miss: The tombolo double-beach spit at the island's narrow waist

 Getting around:  Taxi  ~\$35–50 per taxi

TOP THINGS TO DO

- Double-Beach Day** — Claim a palm-shaded spot on the tombolo sand spit with turquoise water on both sides.
 - Snorkeling the Rocky Points** — The volcanic outcroppings at each end of the spit host parrotfish, damselfish, sea urchins, and occasional reef sharks and sea turtles.
- Kayaking & Stand-Up Paddleboarding** — Most expedition ships bring kayaks and SUPs ashore.
 - Humpback Whale Watching (Jul–Oct)** — The Gulf of Chiriquí is a Southern Hemisphere humpback breeding ground.
 - Deep-Sea Fishing** — The Gulf of Chiriquí is world-class for black marlin, yellowfin tuna, and dorado.

BEST WALKS

- Island End-to-End Stroll** ~0.5 km · 10–15 min · Easy — Walk the length of the tombolo spit from one crescent beach to the other, passing through coconut palms and scanning the treeline for iguanas and tropical birds.

WEATHER · DAYLIGHT · MONEY

 **CLIMATE (AVG °F · RAINY DAYS)**

Mon	High	Low	Rain
Apr	90°	74°	18d
Jun	85°	73°	28d
Aug	84°	73°	30d
Sep	84°	72°	30d
Oct	83°	72°	30d

 **DAYLIGHT &  MONEY**

Apr 6:20AM–6:38PM · Jun 6:11AM–6:48PM · Aug 6:22AM–6:45PM · Sep 6:19AM–6:29PM · Oct 6:16AM–6:12PM

 USD (no shops on island)

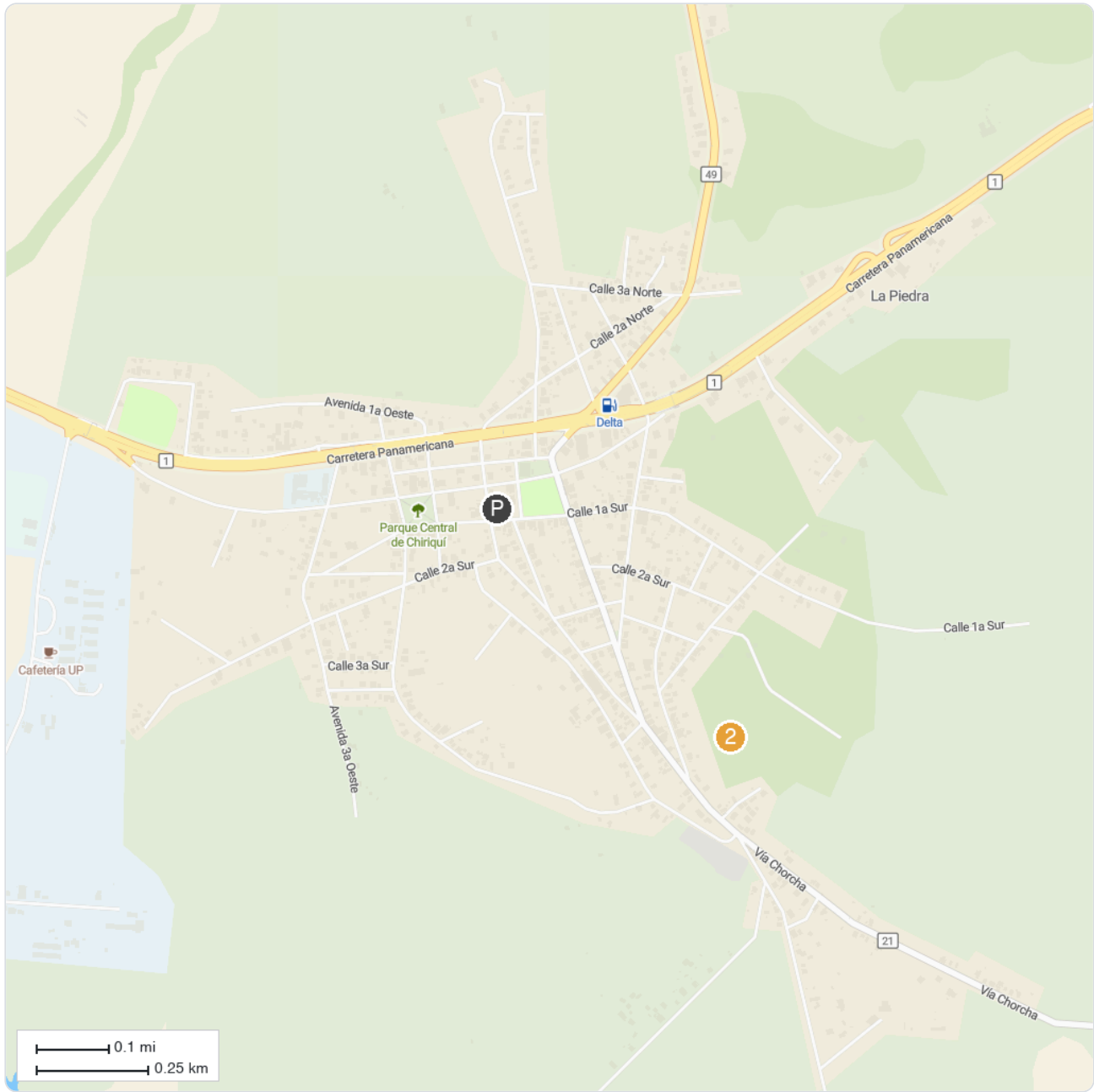
KNOW BEFORE YOU GO

- Wear water shoes. Every passenger does a wet landing stepping off the Zodiac — sandals or water shoes are essential; flip-flops will be lost in the surf.
- Reef-safe sunscreen only. Isla Gámez is inside a national marine park. Bring mineral sunscreen and apply before getting in the water.
- Dry bag your electronics. The Zodiac ride can splash, and the wet landing is guaranteed. A small dry bag for your phone and camera is essential.
- No restrooms ashore. There are no facilities on the island. Return to the ship via tender if you need to use the bathroom — plan accordingly.
- No shops or food on the island. All meals and drinks are handled by your ship. Check the daily program to know if a beach BBQ is planned or if you return to the ship for lunch.
- No cell service or Wi-Fi. You are completely off-grid. Embrace it — this is one of the few truly quiet places left on a cruise circuit.

Isla Gámez, Chiriquí, Panama — Port Map

cruiseports.org

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



- 1** **Isla Gámez beach** Small uninhabited islet ringed by a white-sand beach and coconut palms within Gulf of Chiriquí National Marine Park.
- P** Cruise port / terminal

- 2** **Isla Bolanos reef** Neighboring islet with coral reef known for large sea turtles, a short boat hop from Isla Gámez.