

Isla Parida, Chiriquí, Panama

A protected island in the Gulf of Chiriquí National Marine Park, Isla Parida is one of Panama's last truly wild shores — no piers, no crowds, just jungle, coral reefs, and howler monkeys echoing across the bay.

 Tender (wet landing via Zodiac)

 Typical call: 5–8 hrs

 USD / Balboa

 Spanish

 Expedition & small ships only

MY DAY IN PORT

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

Excursion: _____ Notes: _____

GETTING ASHORE

Docking: Anchor-out; Zodiac/tender wet landing onto beach

Best For: Snorkeling, wildlife, secluded beach days

Walk to Center: No town — beach & jungle trails from landing

Don't Miss: Howler monkeys in the canopy; July–Oct humpback whales

🚗 Getting around: 🚗 **Taxi** ✅ ~\$25/person shared or ~\$100/boat private

TOP THINGS TO DO

- Snorkeling the Reef** — Don mask and fins right off Playa Grande or board a Zodiac to nearby coral heads.
 - Jungle Trail Hike** — Rustic paths cut through primary rainforest behind the main beach.
 - Kayaking & Paddleboarding** — Most expedition ships deploy their own water-sports kit on the beach.
- Zodiac Mangrove Tour** — Glide through the tangled root systems fringing the island in an inflatable boat with a naturalist guide.
 - Sportfishing in the Gulf of Chiriquí** — The gulf is world-renowned for offshore fishing — black marlin, yellowfin tuna, dorado, and roosterfish patrol these waters.

BEST WALKS

- Playa Grande Beach Stroll** Easy · ~1 km · 20 min — Walk the full crescent of Playa Grande from the Zodiac landing point.
- Jungle Trail from the Beach** Easy–moderate · 1–3 km · 30–60 min — Follow the dirt path that heads inland from behind the main beach into primary rainforest.

WEATHER · DAYLIGHT · MONEY

 **CLIMATE (AVG °F · RAINY DAYS)**

	Mon	High	Low	Rain
Apr		85°	79°	17d
Jun		83°	77°	28d
Aug		82°	77°	30d
Sep		82°	77°	29d
Oct		81°	77°	30d

 **DAYLIGHT &  MONEY**

Apr 6:20AM–6:38PM · Jun 6:12AM–6:47PM · Aug 6:22AM–6:44PM · Sep 6:19AM–6:29PM · Oct 6:16AM–6:13PM

 USD / Balboa

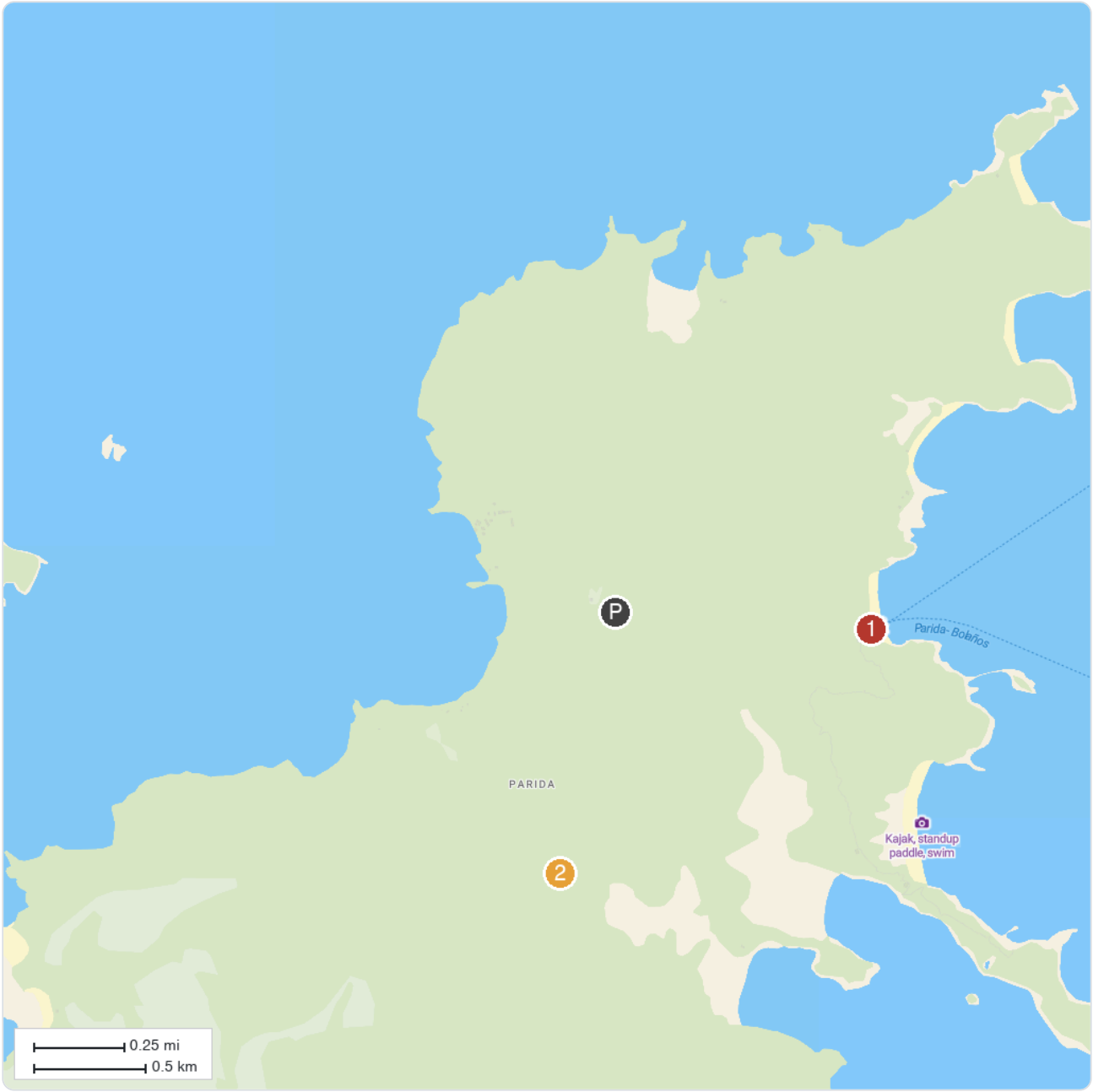
KNOW BEFORE YOU GO

- Water shoes are mandatory. The wet landing puts you ankle-to-knee deep in the surf. Flip-flops get pulled off; proper water shoes or adventure sandals keep you stable on the rocky/sandy bottom.
- Insect repellent — don't skip it. Sandflies (no-see-ums) are brutal in shaded jungle areas and near dusk. DEET or Picaridin applied before you go ashore is the difference between a great day and a miserable one.
- Pack a dry bag. Salt spray on the Zodiac ride is real. Put your phone, camera, and dry clothes in a dry bag before boarding the tender.
- July–October: humpback whale season. Southern Hemisphere humpbacks breed and calve in the Gulf of Chiriquí. Watch from the ship's deck or during Zodiac rides — sightings are common.
- Bring a few small bills. Panama uses US dollars. There are no shops on the island, but occasional local caretakers sell fresh coconuts. A few \$1–\$5 bills cover tips and any small purchases.
- No connectivity. Cell service is non-existent on the island. Download offline maps before you leave the ship and let someone aboard know your plans if you're hiking far.

Isla Parida, 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 Playa Grande Isla Parida's principal white-sand beach and the main Zodiac/tender landing point on the island's east side.

P Cruise port / terminal

2 Gulf of Chiriqui National Marine Park

UNESCO-recognized marine reserve surrounding the island, protecting coral reefs, mangroves, and seagrass meadows.