

San Blas Islands, Guna Yala, Panama

Some 365 islands strung along Panama's Caribbean coast, governed entirely by the indigenous Guna people — no cruise piers, no chain hotels, no ATMs, just postcard-perfect white sand and turquoise water the way the Caribbean used to look.

Tender only (no pier)

Typical call: 6–8 hrs

USD cash only

Guna / Spanish

MY DAY IN PORT

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

Excursion: _____ Notes: _____

GETTING ASHORE

Docking: Tender only — ships anchor offshore; 15–30 min ride to landing island

Best For: Snorkeling, beach days, Guna culture, mola shopping

Walk to Center: 5–15 min across any given island (they're tiny)

Don't Miss: Isla Perro shipwreck snorkel and a fresh lobster lunch on the beach

Getting around: **Rideshare** not available

TOP THINGS TO DO

- Isla Perro Shipwreck Snorkel** — A 1940s cargo ship rests in the shallows off Isla Perro, now encrusted with coral and swarming with tropical fish.
 - Natural Pools (Piscina Natural)** — Shallow sandbars rise from open water creating waist-deep turquoise pools — you boat out and step into the middle of...
 - Guna Village Walk & Mola Shopping** — Walk through a traditional Guna village — bamboo chozas, hammocks,
- dugout canoes — and buy molas directly from the...

 - Island-Hopping Lancha Charter** — Hire a Guna motorized canoe to visit three or four islands in a day — Isla Pelicano, Isla Diablo, Chichime — each with...
 - Coral Reef Snorkel at Chichime** — The reef around Chichime cay is one of Guna Yala's healthiest, with visibility often exceeding 25 metres.

BEST WALKS

- El Porvenir Village Stroll** ~15 min • Flat sand • Cultural — Walk the full perimeter of Isla El Porvenir, Panama's Guna Yala administrative capital.
- Nalunega Beach Walk** ~10 min • White sand • Easy — Stroll the beach fringe of Isla Nalunega, one of the most visited Guna communities.

WEATHER · DAYLIGHT · MONEY

CLIMATE (AVG °F · RAINY DAYS)

Mon	High	Low	Rain
Apr	83°	76°	27d
Jun	85°	76°	28d
Aug	84°	76°	30d
Sep	85°	76°	29d
Oct	84°	75°	29d

DAYLIGHT & MONEY

Apr 6:05AM–6:25PM · Jun 5:56AM–6:36PM · Aug 6:07AM–6:32PM · Sep 6:05AM–6:15PM · Oct 6:04AM–5:58PM

USD cash only

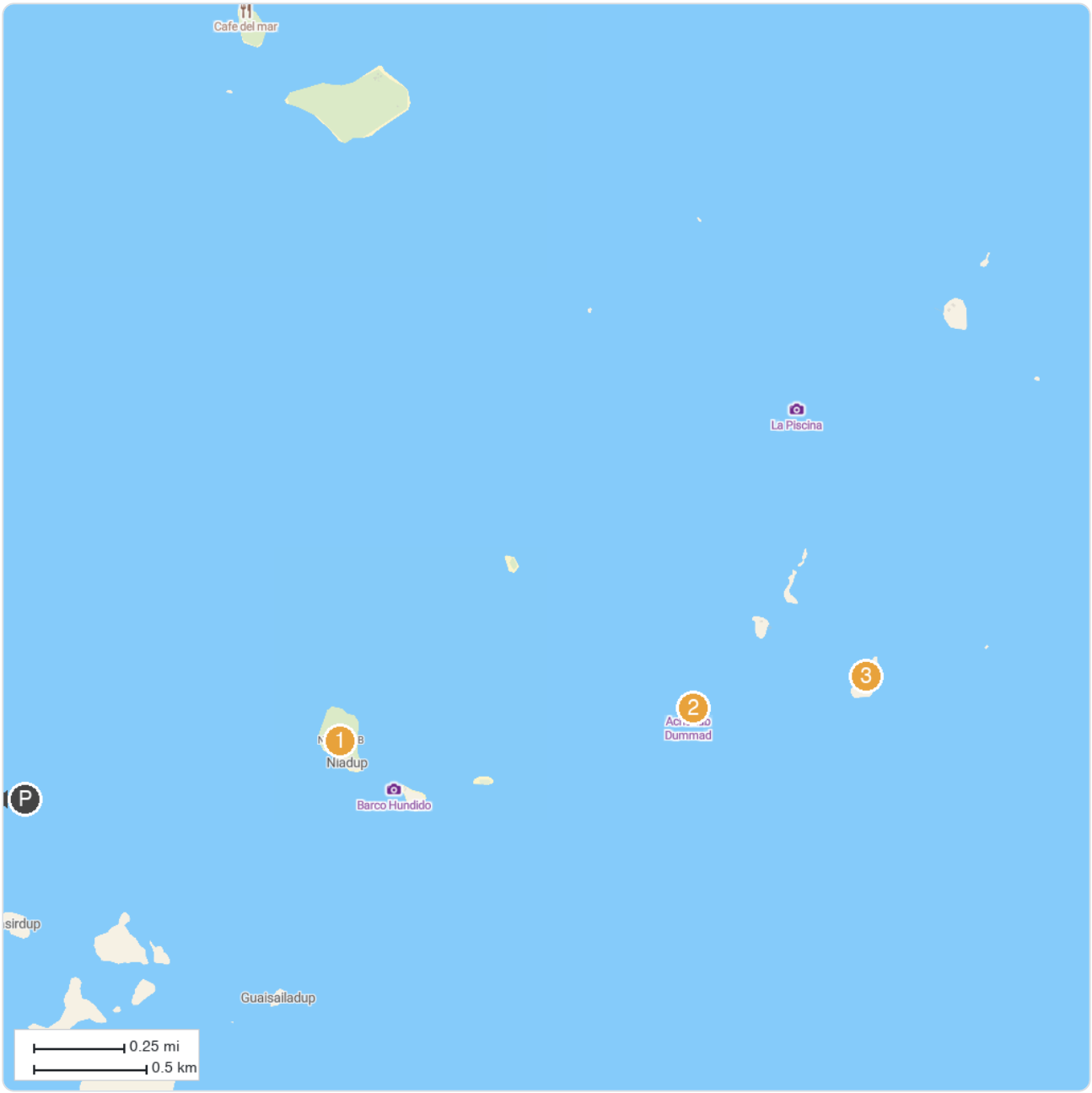
KNOW BEFORE YOU GO

- Cash only — bring small bills. USD is the currency. There are no ATMs, no card readers, and vendors cannot break \$50s or \$100s. Come with plenty of \$1, \$5, and \$10 bills.

San Blas Islands, Guna Yala, 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 Diablo (Cabañas Niadub)

A beautiful island with cabins, snorkeling, and a nearby shipwreck.
- 2

Achudub Dummad ,Perro Grande

A famous shipwreck site perfect for snorkeling and exploring marine life.
- 3

Nugnudub

A shallow natural pool where you can see starfish.
- P

Cruise port / terminal