

# LOCAL ATTRACTIONS

**Bocas del Toro offers so many places to explore. There are tours that will deliver any type of marvel you desire.**

## **BASTIMENTOS SKY ZIPLINE CANOPY TOUR**

Fly through the air, from tree to tree, while seeing the Bocas del Toro rainforest from a whole new perspective. Get in touch with your inner adventurer and harness your adrenaline for the Sky Bridge, Vertical Rappels, and 7 Ziplines reaching up to 40mph! Take the Treetop Challenge Course if you think you can beat it and fulfill the excitement that is within you.

## **HIKING & WILDLIFE EXPLORATION**

From floor to canopy, you don't want to miss anything! Explore the trails with an expert tour guide who will share their knowledge of the island with fun entertaining stories while introducing you to the famous red frogs, sloths, monkeys, exotic birds and more!

## **CAVE TOURS**

Hop into a panga boat and travel by water through the inland river cutting deep into Isla Bastimentos where on your way to the beautiful limestone caves, you can catch a glimpse of a three-toed sloth or a white-faced spider monkey. As you cruise along the inside of the cave, you'll see the wondrous animal residents before emerging into a beautiful pool at the base of a waterfall.

## **PANAMA IS FOR SURFING**

Here you can find out the best surf spot and when the best time to go for the best waves. Although the surf spots have been highlighted in multiple surfing magazines, the coast is big enough for all and the water is so clear, you can see the ocean floor as you ride the waves.

## **TOURS AND ADVENTURES**

A variety of tours and adventures await. Everything from island hopping to chocolate farms, fishing charters and horseback riding, there is something for everyone in Red Frog Beach Island!

## **SNORKELING**

Red Frog Beach Island offer incredible locations for diving and snorkeling with smooth, glass-like waters. Frequently voted "Best Diving in Panama" due to calm, warm waters with virtually no overbearing currents, Bocas del Toro is a great location to get PADI certified if you're an avid snorkeler!



**RED  
FROG BEACH**  
ISLAND RESORT & MARINA  
CARIBBEAN · PANAMA  
an IGY marina<sup>SM</sup>