

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...
- Sloth Island & Dolphin Bay** — Glide through mangrove channels to spot three-toed sloths hanging overhead, then head to Dolphin Bay for resident...
- Cayos Zapatillas Day Trip** — Two uninhabited cays inside Isla Bastimentos National Marine Park — white-sand beaches, sea turtles, and clear...
- 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...

WEATHER · DAYLIGHT · MONEY

 CLIMATE (AVG °F · RAINY DAYS)				 DAYLIGHT &  MONEY	
Mon	High	Low	Rain	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	
Apr	83°	76°	24d	 US Dollar (USD)	
Jun	83°	76°	29d		
Aug	83°	76°	28d		
Sep	83°	76°	28d		
Oct	83°	76°	29d		

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.

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.



1 Habla Ya Spanish School - Bocas del Toro Campus

Learn Spanish at this immersive language school.

P Cruise port / terminal