

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  —

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...
- 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...

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.
- Drv baq your electronics. The Zodiac ride can splash, and the wet landing is guaranteed. A small drv baq for your phone and