



isla
palenque

4-Night

FAMILY ISLAND ADVENTURE



You Could All Be Playing in the Sand Before Breakfast

At Isla Palenque, every inch of our 400-acre island is waiting to be explored. Here, the whole family will find their rainforest thrills and their well-deserved beach time in an untouched paradise far from the distractions of modern-day life. Discover your adventurous spirits while walking amidst ancient trees; enjoy quality time together hammocking the hours away. A deserted island experience with no compromises on comfort awaits.

Included with your stay: 3 a-la-carte multi-course meals daily, snacks & non-alcoholic beverages, round trip transfer between Boca Chica-Isla Palenque, all on-property guided tours, complimentary use of kayaks, paddleboards and fishing equipment, & Wi-Fi.

**The following itinerary is a sample, designed to give you a taste of how your Isla Palenque experience could be. Ocean-based activities are tide dependent and activities may be held at different times, in different orders and even in different locations.*



Day 1

Arrival, Relaxation & Exploration

From the sleepy fishing village of Boca Chica, the family island adventure begins. Hop in our boat for a 15-minute ride taking you far from the beaten path to the undiscovered shores of Isla Palenque. Spend your first afternoon in private island paradise exploring our beaches, searching for wildlife, and enjoying some sunshine by the pool. By night, savor a first taste of fresh Panamanian food at our beachside restaurant. Despite our remote location, our locally-inspired dishes pack quality ingredients, organic goodness and plenty of flavor in every bite. And from hungry little adventurers to grown-up gourmets, our chefs know how to impress a refined palate.



Day 2

Rock Fishing & Panamanian Cooking

After a tasty breakfast, grab some fishing rods and follow the noisy howler monkeys along our shores to the surrounding rock pools and shallows. We'll teach you how to fish as the locals do, then it'll be game on – who'll have the biggest catch by lunchtime? Return with your little haul for an authentic Palenque-style ceviche making class in the afternoon. It's a great way to connect with our culinary culture, try our local ingredients and of course enjoy your very own tasty creation.



Day 3

Secrets of the Island

Did you know that Isla Palenque's stories go back centuries? Unearth the island's wonders and secrets while hiking a maze of nature trails with our friendly and knowledgeable guides. You'll pass by ancient trees, hidden beaches, and untouched lagoons, and hear all about our indigenous past, long before our days as a private island resort. Prepare to be both surprised and inspired. After a morning out exploring, you'll have earned some blissful beach relaxation. Swim with the kids in our calm waters, or while the hours away in a colorful hammock. Chase crabs along the palm-fringed shores or build sandcastles until sunset. Beach time is always time well spent.



Day 4

Island Hopping

Rise and shine bright and early for today's adventure – no family island getaway would be complete without a little island hopping. Head out by boat into the Gulf of Chiriquí National Marine Park to explore the pristine shores of Isla Palenque's neighbouring islands. In these protected waters, you'll rarely see another boat around. Stop off at two nearby idyllic islands for a relaxing swim in the crystal waters, some snorkelling, and of course some beach bumming. Keep your eyes peeled on the way back – it's not uncommon to spot jumping fish, rays, sea birds, and even dolphins and whales at certain times of the year.



We've Mastered The Art of The Family Tropical Island Adventure

At Isla Palenque, you'll have the flexibility to tailor an itinerary to suit the whole family. That means if Dad wants to go fishing while Mom visits the spa and the kids go paddleboarding, it can all be arranged. Equally, while there is never a shortage of adventures to be had around our 400-acre island, vacation time is just as well spent relaxing by the pool or on the beach – just take your pick of our seven different shores!



Questions About Our Family Itinerary? Or Want A Custom Itinerary?

ASK US

This will take you to our website where you can chat with us!