

An aerial photograph of a tropical coastline. A lush green hillside covered in dense forest and palm trees slopes down to a white sandy beach. The water is a vibrant turquoise color, with a small boat visible in the shallow area. The sky is blue with scattered white clouds. The text 'Isla Palenque Experience Book' is overlaid in white serif font.

# Isla Palenque Experience Book





# The Best of Island Life

At Isla Palenque, days are well-spent hammocking in the sunshine and paddling in the warm waters of our seven golden shorelines. But when adventure calls, we encourage our guests to immerse themselves in our unspoiled rainforest and venture out to the surrounding pristine ocean.

**Tour Schedules:** Most activities offered at Isla Palenque are tide dependent. Please check our daily board for tide information when planning your island escapades.

**Community Support:** Our community and culture are fundamental elements of the activities we offer. By enjoying the activities in this Experience Book, you'll be playing a key part in supporting our people.

**Sustainability Efforts:** Taking care of our environment is always a priority. Please help us by not leaving any trash behind on your adventures and by being conscious about the use of resources during all activities.



Island tours are guided and complimentary during your stay at Isla Palenque, and are open to all guests (private experiences available for additional fee). **All other experiences marked with \* can be enjoyed at an additional charge.**



#### **Ocean Tours**

- Kayaking
- Stand-Up Paddleboard
- Rock Fishing
- \*Island Hopping in the Gulf of Chiriquí
- \*Islas Secas
- \*Introduction to Sport Fishing
- \*Whale Watching



#### **Culture & History**

- Secrets of the Island
- Las Rocas Cooking Class
- Panamanian Pastry Class
- Rum 101
- Tropical Dance Classes
- \*Boquete: Coffee & Cloud Forests



#### **Natural Immersion**

- Island Hikes
- Tide Pools, Lagoons & Mangroves
- Hike to Punta Ballena
- Cala Este Hike
- Birdwatching
- Searching for Monkeys



#### **Fitness & Wellness**

- Yoga
- Beach Fitness Circuit
- Coastal Rock Cardio Hike
- \*Spa Treatments



#### **Island Romance**

- \*Romantic Cala Este
- \*Shoreside Dinner for Two





## Ocean Tours

Isla Palenque is our 4000 - acres, private tropical island resort , a rare place in which 7 secluded beaches meet the virgin rainforest. Thanks to this fantasy island privileged location, ocean activities are a must to experience. We invite you to dive into the crystalline waters, enjoy the beautiful landscapes from the comfort of your boat as you embark on open water adventures and low impact water activities.





## Kayak: Piñalitas

Isla Palenque's northeast coast features two islets that shelter one of the island's most enchanting natural attractions: a shallow sand-bottomed cave, home to a tiny species of insectivorous bat. Take an invigorating journey by kayak along our rocky coast to explore this incredible corner of the island.

**Max:** 8 guests

**Difficulty Level:** Easy to Medium

## Kayak: Beaches & Mangroves of Boca Brava

Paddle out towards neighbouring Boca Brava at high tide to discover our mangrove-lined northeast coast from the open waters. Explore this mysterious and enigmatic ecosystem where the rainforest meets the ocean with a guide and learn all about its importance for marine life.

**Max:** 8 guests

**Difficulty Level:** Hard





FEATURED: STAND-UP PADDLEBOARDING AT PLAYA PALENQUE





## Kayak: Isla Palenquito

Strike out from the sandy shores of Playa Primera and paddle a half-mile over the sparkling Pacific to reach Isla Palenquito, a charming little isle to our north. Upon landing at Palenquito, you'll find an intriguing little beach that very few have ever visited. Enjoy its coral sands and coconut groves before returning by kayak to the island you call home.

**Max:** 8 guests

**Difficulty Level:** Hard

## Stand-Up Paddleboard

Take one of our paddleboards from Playa Palenque and head out on the open ocean with our guide who'll take you to any number of locations along our shores, depending on the swells and experience level of the group. If you are new to stand-up paddleboarding, we recommend arriving half an hour in advance to get some practice balancing, paddling and turning.

**Max:** 4 guests

**Difficulty Level:** Hard





FEATURED: KAYAKING



FEATURED: ROCK FISHING





## Rock Fishing

Head out to our shallow bays at low tide for some prime inshore fishing from our rocky coastline. The locals have been known to hook catfish, snapper, roosterfish, snook, jack and even trevally in our waters – try reeling one in with artisanal fishing tackle for added thrills.

**Max:** 4 guests

**Difficulty Level:** Easy

## \*Island Hopping in the Gulf of Chiriquí

Explore the virgin shores of Isla Palenque's island neighbors in the Gulf of Chiriquí National Marine Park. Our most popular island-hopping tour takes you to two nearby deserted islands, Isla Bolaños for swimming and snorkeling, and Isla Gamez for a good dose of beach chill time. Along the way, enjoy beautiful views, catch sight of jumping fish, dolphins and rays, and even spot a humpback whale or two from late August to early October.

**Min:** 2 guests - **Max:** 8 guests

**Difficulty**                      **Level:**                      Easy                      to                      Hard

**Cost:** \$95pp (open to other guests), \$160pp (private tour)





FEATURED: ISLAND-HOPPING IN THE GULF OF CHIRIQUI





## \*Islas Secas

Hop your way over to the remote Islas Secas past the rocky isles of Islas Monitas and Punta Bejuca. There, you'll enjoy some prime snorkelling, swimming, and hiking either side of a fresh, fire-grilled lunch at Isla Paridas, with plenty of time to simply kick back and relax. The 60-minute journey back to Isla Palenque provides a drive-by view of the beautiful Islas Viudas and Isla San Jose, as well as the opportunity to spot jumping fish and rays, sea birds, dolphins and even whales from late August to early October.

**Min:** 2 guests - **Max:** 8 guests

**Difficulty Level:** Easy to Hard

**Cost:** \$155pp (open to other guests), \$210pp (private tour)

## \*Inshore Sport Fishing

Learn how the Gulf of Chiriquí earned its title as the big game sport fishing capital of the world. From our dock in Playa Giron, you'll head out to the nearby islands for a chance to catch roosterfish and bonito, snook and mackerel. Bring back your catch of the day and we'll rustle up some fresh fish tacos or a delicious dish of your choice back on the island.

**Min:** 2 guests - **Max:** 4 guests

**Difficulty Level:** Medium to Hard

**Cost:** \$575.00 + tax max 2 people, 1400.00+tax max 6 people

Must reserve at least 48 hours in advance.





## \*Whale Watching

August through October brings the humpback whales to the warm protected waters of the Gulf of Chiriquí. Whales migrate here from cooler climes in order to give birth and spend a few months teaching their little ones the ways of the wild ocean. As the season progresses, the babies show off their new skills, breaching and putting on magnificent shows. Dolphins often tag along too. Witness these incredible creatures, twice the size of our boat, from as close as 30ft.

*Seasonal – late August to early October*

**Min:** 2 guests - **Max:** 8 guests

**Difficulty Level:** Easy

**Cost:** \$95pp (open to other guests), \$160pp (private tour)





## Culture & History

Authentically experiencing a culture comes from the interaction with local tastes, sounds and rhythms. Our heritage comes alive everytime we explore our magnificent Panamanian island neighborhood. We are committed to bringing you the best genuine activities full of local enthusiasm for your enjoyment.





## Secrets of the Island

Hike a maze of multiple jungle trails while we shed light on some of the island's more enduring natural mysteries and hidden wonders. How did Isla Palenque form? How did ancient cultures use the island – and what did they leave behind? What is Palenque's role in the history of the area, and how is her significance reflected in the folklore of the locals? Isla Palenque's stories go back centuries. Take this tour to delve deeper into her encompassing wonders.

**Max:** 8 guests

**Difficulty Level:** Medium

## Las Rocas Cooking Class

Join our chefs behind the scenes for an introduction to the fine, flavorsome art of Panamanian cooking. Prepare to roll your sleeves up and get stuck in as you learn how to rustle up any one of our nation's favorite dishes from crispy empanadas to tangy ceviche. Got a particular Panamanian snack in mind? Ask us and we'll see what we can do.

**Max:** 6 guests





FEATURED: SECRETS OF THE ISLAND



FEATURED: LAS ROCAS COOKING CLASS





## Panamanian Pastry Class

Calling all sweet-toothed islanders! Apron up and head to Las Rocas kitchen for a hands-on confectionary class with our resort's chefs. Sweeten your stay in paradise with one of our favorite Panamanian treats, or try your hand at baking some fluffy muffins with all-local ingredients. We'll serve them up warm with a smooth cup of Boquete coffee just in time for a pre-sunset kick-back by the beach.

**Max:** 6 guests

## Rum 101

Pull up a chair at Las Rocas Bar for a little lesson in rum appreciation. Where does it come from? What makes a rum light or dark, sweet or smooth? How do rums change with age? We'll answer all of these questions and more as you sip your way through a fine selection of French, English and Spanish rums, all carefully curated by our very own master rum connoisseur.

**Max:** 6 guests





## Tropical Dance Class

Swap your sandals for your dancing shoes and learn to sway like the locals. Hip-shake to salsa, swing to merengue, or flow to the oh-so Latin beats of bachata – whatever your rhythm, we'll help you pick up the essential steps so you can impress on any Panamanian dance floor. Novices to pros welcome.

**Max:** 6 guests

## \*Boquete: Coffee & Cloud Forests

A town of fine Panamanian coffee and scenic views over mist-mantled peaks, Boquete is quite the memorable daytrip. Stroll through the quaint streets of the downtown area sampling the local cuisine and picking up artisan souvenirs before enjoying two excursions of your choice. Choose to go coffee tasting, hiking, on a honey tour, or adventuring across a network of hanging bridges. Alternatively, adrenaline-seekers may prefer to glide over the cloud forest on a canopy zip line tour (+\$35pp).

**Min:** 2 guests - **Max:** 4 guests

**Difficulty Level:** Easy. \*Hard if canopy zip line selected

**Cost:** \$290pp (daytrip from the island)

\$195pp (check in or check out day, flight schedule permitting)





# Natural Immersion

Around us, there are places we preserve and marvels of nature we are fortunate enough to discover. Whether you are completely new to outdoor skills, or if you are a seasoned veteran of exploring natural wonders, cultivating awareness of nature will lead you to an organic way of relating to life revealing new and exciting wonders. Join us in this immersion for a more sensitive and awakened state of being.





## Island Hikes

These guided hikes take you to several different areas of the island, allowing you to discover the intricacies of Isla Palenque's unique ecosystems. As you progress from the beauty of old-growth jungle to sprawling, palm-fringed beaches, your guide will point out myriad flora and fauna while describing the interconnected ecologies of our wild island. Treks include birdwatching, walks through lagoon ecosystems and lush hillsides, and other activities depending on the season.

**Max:** 8 guests

**Difficulty Level:** Easy to Medium

## Tide Pools & Mangroves

Gain a deeper understanding of the island's remarkable aquatic ecotones: rare white mangroves that protect the island from the ocean while sheltering delicate marine life; bird-filled lagoons tucked just behind our beaches; and treasure-filled tide pools, revealed only in the receding waters of low tide. These are some of the most biodiverse corners of the island, best appreciated with the help of a guide.

**Max:** 8 guests

**Difficulty Level:** Easy









## Hike to Punta Ballena

Spotted the magnificent spray of the blowhole at Punta Ballena from Playa Palenque? To witness this natural wonder up close, duck into the jungle to climb a gently sloping path that runs through old-growth forest and alongside a lagoon humming with birds and butterflies. You'll emerge atop a bluff to be greeted by a spectacular vista of the Gulf of Chiriquí, with the blowhole erupting from the rocks below, showering you in its cool, refreshing mist.

*Highly Tide Dependent*

**Max:** 8 guests

**Difficulty Level:** Medium to Hard discovery

## Cala Este Hike

Follow the singsong of exotic birds along the Paso Mangle trail past the mangroves and down to Cala Este beach. There you'll emerge from the trees on the south east of the island, greeted by glorious views out to sea and a breath of ocean air. From these warm sands, you'll return to the trail – a favorite hangout of the howler monkeys – and continue along the coast to Playa Primera, discovering the intense biodiversity that thrives where the rainforest meets the ocean.

**Max:** 8 guests

**Difficulty Level:** Easy





## Birdwatching

Rise bright and early to explore our shores before breakfast in search of the birdlife that calls Isla Palenque home. With a pair of binoculars to hand and an eagle-eyed guide leading the way, you'll spot frigate birds swooping overhead, ibis hiding out in the mangroves, parrots filling up on almonds in the treetops and maybe even a woodpecker or two.

**Max:** 8 guests

**Difficulty Level:** Easy

## Searching for Monkeys

Some of the loudest monkeys on the planet, you'll almost certainly hear the howler monkeys at Isla Palenque before you see them. But while you can catch their calls up to three miles away, the howlers themselves are harder to spot. Delve into the trees with a guide who knows their favorite hangouts and you might just be in luck...

**Max:** 8 guests

**Difficulty Level:** Easy





## Fitness & Wellness

Explore your vitality through our curated selection of body and mind activities in which you will feel completely invigorated. Consider us your ally if you want to experience your full potential to live the best quality of life while in Isla Palenque.







Embrace your own island rhythm with our fitness and wellness offerings. Yoga enthusiasts will be pleased to meet our resident instructor, while those looking to get a sweat on can do so too. In-room spa treatments are also available.

- Yoga Class upon request (private classes \$75pp)
- Coastal Rock Cardio Hike
- Beach Fitness Circuit
- Room Spa Treatments





# Island Romance

Let us bring a spark to your romance in our unique charming getaways offers. We will prepare the perfect setting for you and your special one to have an unforgettable experience in Isla Palenque. Leave every detail in our hands and enjoy love in the air.







## Romantic Cala Este

Hop over to the secluded Cala Este beach to enjoy its warm sands and sparkling waters all to yourself, not another soul in sight. Our chefs will prepare a romantic picnic hamper, complete with a bottle of sparkling wine for a truly special, intimate experience in this far-flung tropical paradise.

*\*Alcohol is not included*

### \*Private Shoreside Dinner

Dine by candlelight with your toes in the sand and your eyes on one another. Under the stars and beside the palms, we'll serve up five delectable courses, with a bottle of wine, for you to savor during this relaxed evening of true private island romance.

**Cost:** \$90 per couple









## Questions About Tours & Activities at Isla Palenque?

**ASK US**

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

Hotel Concierge: +(507) 6892-6251  
Reservations: 1-888-215-3657 (Toll-free US & Canada)  
+(507) 833-7595 (Panama)  
+(506) 4040-0420 (Costa Rica)  
reservations@islapalenque.com  
www.islapalenque.com