



casabotanica

BOCAS DEL TORO



A TRAVEL GUIDE FROM YOUR FRIENDS

Inside You'll Find Details About...

- | | |
|----------------------------------|-------------------------------------|
| ● Where To Eat & Recommendations | ● Sightseeing EcoTour Excursions + |
| ● Where To Shop | ● Wellness |
| ● Things To See Rental Info | ● Private Tailored Services & More! |

— W E L C O M E !

THE INSIDER'S GUIDE TO BOCAS DEL TORO

Uncover Hidden Gems & Local Secrets



Your Bocas del Toro Adventure Starts Here!

You've just landed your ultimate Bocas del Toro adventure companion! This insider's guide, crafted by local experts, throws open the doors to paradise.

Dive deep into crystal-clear waters alive with marine life, trek through lush rainforests filled with wildlife, and uncover hidden gems that'll leave you breathless. Forget the tourist traps — this up-to-date and current guide will show you the authentic side of Bocas del Toro, ensuring your trip is unforgettable.

So, pack your adventure gear, grab this guide, and get ready to experience Bocas like never before!



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services

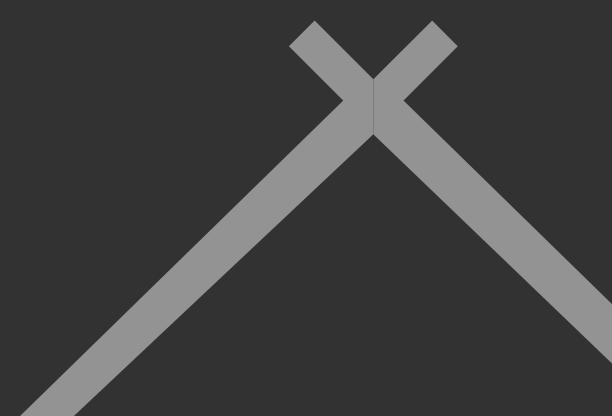
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Local Dining Recommendations

BEYOND PARADISE BEACHES A FOODIE'S DELIGHT AWAITS



Of course you'd expect stunning beaches, world class surfing, beautiful diving and amazing snorkeling here in Bocas del Toro but there is also a really great restaurant scene in Bocas Town, Paunch and Bluff Beach as well as the neighboring islands! Here's some of our favorites.



El Ultimo Refugio

Looking to experience an authentic local flavor and a touch of island magic? El Último Refugio is an absolute must-visit! This charming spot is a local favorite, and for good reason. Enjoy live music while savoring fresh, delicious cuisine. We return here every trip — it’s our go-to!



Bibi's

Have you been craving fresh seafood and stunning sunset views? Head to Bibi's on Isla Carenero. This local gem serves up mouthwatering dishes while offering a front-row seat to nature's masterpiece. Whether you're winding down from a day at Red Frog Beach or simply seeking a tranquil Escape, Bibi's is the perfect spot to unwind and savor the flavors of Panama.



Leaf Eaters Cafe

In search of a vegetarian escape? Head to Leaf Eaters Cafe on the enchanting island of Caraneros. Accessible only by water taxi, this culinary gem offers a serene setting amidst lush greenery. Combine your visit with a hike on the breathtaking southeast side of the island for a truly unforgettable adventure.



Ciao Pizza

Craving a quick and delicious bite without venturing into town? Look no further! This local gem is just a short stroll from Casa Botanica. Enjoy authentic Italian flavors in a relaxed atmosphere.





The Hummingbird Restaurant

A local favorite boasting a delightful blend of flavors and ambiance. Known for its "refined surf crowd," Hummingbird offers a perfect post-surf retreat. Savor delicious cuisine while soaking in the laid-back vibe. Its convenient location also makes it an ideal starting point for those seeking challenging waves.



Oasis Bluff Beach

Oasis Bluff Beach is a beachfront gem serving up delicious fare in a relaxed atmosphere. Enjoy their menu while taking in the stunning ocean views. Open most of the time, it's a convenient spot for a satisfying meal. For easy access, arrange a cab through their hotel – they'll be happy to assist.



Bambuda

Some of the best sunset views in Bocas del Toro! Their menu is packed with delicious Caribbean-fusion dishes that will blow your taste buds away. With plenty of options to satisfy everyone, vegetarians and vegans are totally welcome!



Yarisnori

Fuel up for a day of sun and sand at Yarisnori. This local gem offers delicious fare whether you're heading to Starfish Beach or winding down after a day of adventure.



La Coralina Beach Club

Looking for an unforgettable beach day? Hop on an golf cart and cruise down the coast to La Coralina Beach Club. This hidden gem offers the perfect blend of relaxation and adventure. Savor a delicious lunch while watching surfers catch some epic waves. Once you've fueled up, continue exploring the coastline and discover secluded stretches of pristine beach, all to yourself.



Arboloco

Longing authentic Panamanian flavors? Look no further than Arboloco, a hidden gem just down the road towards Bluff Beach. This charming restaurant offers a taste of the local culture with its delicious dishes and warm hospitality.



Pepe Chupete

Indulge your senses at Pepe Chupete, a culinary gem nestled in the heart of the city. This upscale establishment offers a dining experience like no other. Be prepared to savor exquisite flavors and impeccable service. Perfect for special occasions or a night of refined indulgence.



Trattoria Pane e Vino

Tastebuds craving authentic Italian cuisine? Look no further! This charming trattoria offers warm hospitality and delicious, home-style cooking. Their friendly owners and reliable fare make it a local favorite.



Dosha Organic Cafe

Start your day right with a leisurely stroll to Dosha Organic Cafe. This nearby gem offers delicious and healthy breakfast, lunch, and brunch options. Fuel up for a day of adventure with their fresh coffee and wholesome fare. Looking to unwind? Unroll your mat for a rejuvenating yoga class on the floor above, offered Wednesdays and Fridays at 9:30 AM.



Coco Fastronomy- La Pescaderia

Anxious to get your hands on fresh seafood with a Panamanian twist? Look no further than Coco Fastronomy's newest gem, La Pescadería. This culinary haven offers a delectable array of seafood dishes, prepared with passion and flair. From the moment you step inside, you'll be transported to a coastal paradise of flavour.



Bom Bom Beach Bar at Island Plantation

Bom Bom Beach Bar at Island Plantation is a must-visit for beach lovers! This laid-back spot is perfect for soaking up the sun and sipping on refreshing cocktails. It's a prime location to kick off a beach bar crawl along the coast.



Receta Michila

Obsessed with authentic Panamanian foods? Look no further than Receta Michila on Carenero Island. Just a quick two-minute water taxi ride from Bocas Town, this local gem serves up tacos that will tantalize your taste buds. Get ready for a culinary adventure!



Raw Fusion

Craving a taste of the exotic? Raw Fusion delivers! Indulge in a culinary adventure with their fresh sushi rolls and tantalizing fusion dishes. Perfect for a sophisticated night out.



Amaranto

Amaranto offers a delightful escape from the ordinary. This charming café serves up a fusion of flavors, from fresh, healthy breakfast options to satisfying lunch fare. Their menu boasts a variety of smoothies, pressed juices, and coffee concoctions that are perfect for refueling your island adventures. With its cozy atmosphere and friendly service, Amaranto is a must-visit spot for a relaxed and rejuvenating meal.



Octo

Octo offers a truly unforgettable dining experience. This chic eatery in Bocas del Toro is renowned for its innovative seafood dishes, particularly its namesake octopus, prepared to perfection. With a focus on fresh, local ingredients, Octo delivers a taste of Panama that is both sophisticated and satisfying.



La Ranita Bakery Cafe

La Ranita Bakery Cafe is a local gem that shouldn't be missed. This charming spot offers an irresistible array of fresh pastries, from flaky croissants to decadent chocolate cakes.

Pair your sweet treat with a perfectly brewed coffee or a refreshing fruit smoothie for the ultimate island indulgence. Its cozy atmosphere makes it the perfect place to start your day or unwind in the afternoon.



Panis - a bakery exploration

Panis Bakery is a great place to visit for bread and pastry lovers. This charming bakery on Isla Colón offers an irresistible array of fresh-baked goods, from flaky croissants to decadent cakes.



Besame

Family run Beach Bar in Bocas Town, food and drink...delicious fish tacos!
Open Tuesday - Sunday 3 - 9PM



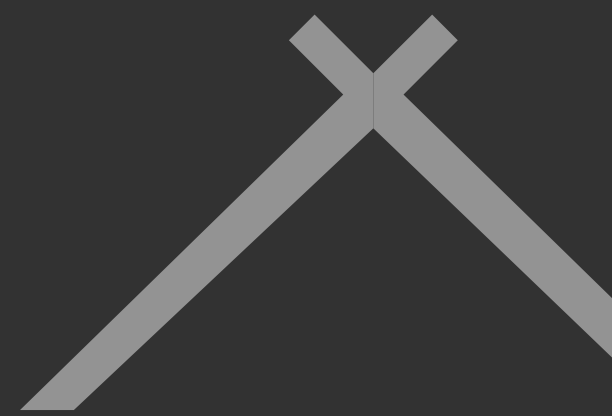
Ohana Bocas

A Beach Bar & Restaurant, located right in front of one of the most popular surf spots in Bocas del Toro. The menu is a fusion of influences from Central, South, North America and the Caribbean with a personal funky twist. Super fun cocktails menu and iced cold beer! Expect friendly vibes and quality service, making it the perfect spot to soak up the Bocas del Toro spirit.



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BOCAS DEL TORO





Rental & Recommendations

GEAR UP FOR ADVENTURE! YOUR GUIDE TO GROUND TRANSPORT RENTALS IN BOCAS





Bocas Ebikes

Discover the island at your own pace with Bocas EBikes. Cruise effortlessly along the coast, explore hidden beaches, or simply soak up the sun with the wind in your hair. These electric bikes offer a fun and eco- friendly way to experience the beauty of Bocas del Toro.



La Buga Dive & Surf

La Buga Dive & Surf offers an unforgettable aquatic adventure and rentals for surf and paddle boards. Whether you're an experienced diver or a curious beginner, their expert guides will lead you through the vibrant underwater world teeming with marine life. If surfing is your passion, catch some epic waves on the nearby breaks. La Buga provides top-notch equipment and lessons for all skill levels. * Highly recommended for surf and scuba diving private lessons.



Monoloco Surf School

MONO LOCO SURF is set up to share love and passion for surfing with others. BSA/ISA qualified surf team is ready to get you in the water and make you become a better surfer. They teach you how to surf or improve your style in a FUN way. Besides classes they offer quality board rental, surf shuttle service, surf guiding and exciting surf packages to choose from



Casa Botanica

Enjoy the freedom of the open road with our six-person golf cart. Perfect for exploring the local area or simply relaxing with friends and family. Visit the [Casa Botanica Panama website](#) for booking and pricing details.



Flying Pirates

Explore the island's hidden gems on a motorcycle, ATV, or scooter. With a variety of options to suit every rider, from beginner to thrill-seeker, Flying Pirates is your gateway to unforgettable experiences.



Flying Pirates E-Bike

E-bikes are a great way to discover the beautiful beaches of Bocas del Drago or Playa Bluff. An fun way to explore what Isla Colon has to offer.



One of our favorite activities is to take an ATV down the road toward Bluff Beach and make a stop at all the bars along the way, Beach Bar Crawl! La Coralina Beach Club is one of the stops, you can sit and have a great lunch and watch some serious surfing. As you go further down toward Bluff you'll see areas on the side of the road to pull off and go enjoy your own private section of beach."

-Debra Toney, Owner of Casa Botanica



NATURE AND ECO TOURS

Planning a trip to Bocas del Toro? Skip the tours harming marine life and explore responsibly. Let's connect you with eco-friendly experiences that are both fun and sustainable!



Up in the hill

Embark on a captivating journey to the heart of Bastimentos Island. Take a leisurely water taxi to Old Bank and embark on a 15-minute hike to a charming organic family farm. Savor the flavors of the tropics with a 2-hour tour featuring a cacao tasting and delicious snacks.

For a truly immersive experience,
combine your farm visit with a guided
walking tour of the island.

Finca Montezuma

Indulge your sweet tooth at this charming homestead and chocolate farm. Combine your visit with a captivating tour of the Monkey Island Rescue for an unforgettable day.

Don't forget to squeeze in some snorkeling for the ultimate adventure.



NATURE AND ECO TOURS

Planning a trip to Bocas del Toro? Skip the tours harming marine life and explore responsibly. Let's connect you with eco-friendly experiences that are both fun and sustainable!



Caribbean Coral Restoration Center

"This is one of the causes we love to support but in order to go tour we need permissions. Just ask us and we'll help you arrange a very educational excursion about issues that are critical to those of us on the island."

-Debra Toney, Owner of CasaBotanica Panama

Zapatilla Island, Bastimentos Island

Explore hidden snorkel spots in turquoise waters. Cruise through enchanting mangrove forests by boat. Enjoy nature's calm and beauty all around you. Watch for playful sloths in their natural habitat. Feel the warmth of the sun on golden beaches. Unwind in the peaceful charm of Bocas del Toro. Book early to make unforgettable memories.



ESSENTIALS

Shopping in a foreign country can be a travel adventure in itself and can use up lots of precious vacation time, we can help to make the process of provisioning a tad easier with our shopping service.

Please let us know if you're interested and if not here are the stops to help you get the things you need.

For a flat fee of \$10 per person with a \$50 min. Plus the cost of food and beverage. We will go to the several stores needed to provision and take the items to the villa. This will be charged to your credit card on file.



SUPER GOURMET MINIMARKET

Discover a hidden gem with a visit to the local market. This charming store offers a curated selection of high- quality products, including fresh, locally sourced meat (skip the grocery store!). Savor the rich flavors of Panama with exquisite coffee beans from the renowned Boquete region. Whether you're craving a delicious sandwich for a picnic or ready-made meals for a convenient dinner, you'll find it here. Don't miss out on the organic produce market every Tuesday after 10am.



SABROSO MEATS

This local butcher shop offers top-quality cuts of beef, pork, and poultry, making it the perfect place to stock up for your next barbecue or gourmet dinner. With fresh, expertly prepared meats, it caters to both everyday meals and special occasions. Whether you're a home chef or simply someone who enjoys good food, you'll appreciate the care and quality that go into every cut. Experience the difference that premium meat can bring to your cooking and elevate your culinary creations with every bite.



ESSENTIALS



DUO MARKET

Offering a delightful mix of fresh produce, international cuisine, and local delicacies, it's the perfect spot to savor the flavors of Panama.



TUTTY N FISH STORE

Tutty N Fish Store is your go-to destination for the freshest seafood in town. From succulent shrimp to tender lobster, they have it all. This local gem also offers a selection of fresh meats and other grocery essentials, making it a convenient one-stop shop for your culinary needs.



LA RANITA BAKERY CAFE

Indulge in freshly baked pastries, aromatic coffee, and delicious Sour dough bread in a charming atmosphere. It's the perfect spot to start your day or unwind after a long day of exploring.



LAUNDRY SERVICES AVAILABLE AT BOCAS DOCKS

Laundry Service, washed & folded for walk-in and boat clients! Same day service if left before 10:00 am



WELLNESS



KALI THERAPIES

 **+507 6643-3630**

- Holistic therapy for Body & Soul. Specializing in Intuitive massage
- Utilizing Deep Tissue, Ayurvedic and OsteoThai. Also Energetic Therapy
- With Reiki, Aromatherapy, Reflexology and Crystals. Accredited Bach
- Flower Practitioner. Traditional Hatha Yoga Teacher 15 Years Experience.

MARTIN

Martin can provide massage and physical therapy. Debra used him post double knee replacement. Bocas was a great place to rehab.

 **+54 9 11 5635-5235**



SIGHTSEEING EXCURSIONS



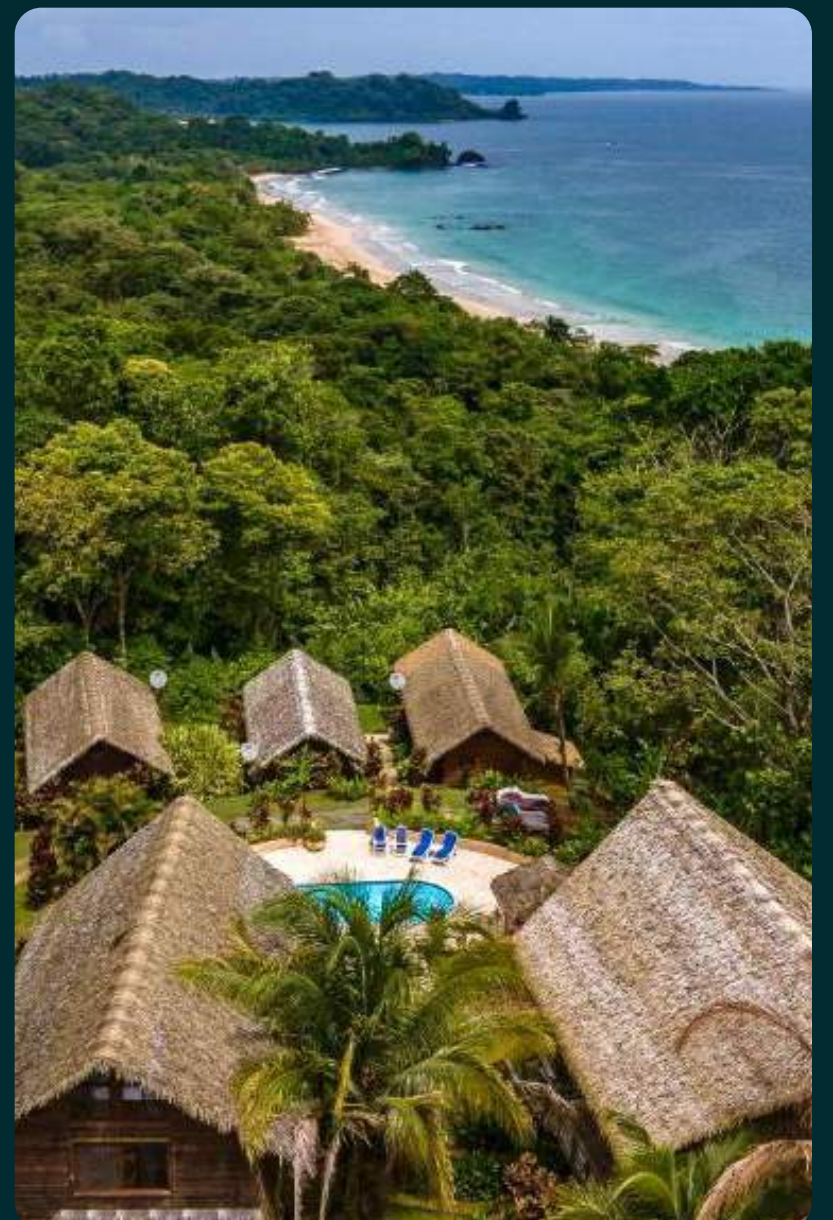
RED FROG BEACH

Prepare to be captivated by Panama's stunning coastline, where dramatic cliffs meet pristine beaches and crystal-clear waters. It's a postcard-perfect paradise that invites you to relax and explore. Enjoy a laid-back afternoon at one of the many beach bars or indulge in freshly caught seafood at charming local restaurants. Getting there is easy—just hop on a water taxi from a convenient downtown stand and let the adventure begin.



WIZARDS BEACH, BASTIMENTO, PANAMA

Escape the crowds and uncover the untouched beauty of Wizards Beach, a secluded paradise accessible only by water taxi. This hidden gem boasts miles of unspoiled coastline, perfect for those seeking solitude and natural charm. With no shops or amenities nearby, be sure to pack all your essentials—especially sturdy footwear and plenty of water. Whether you're exploring the shore or simply soaking in the serenity, Wizards Beach promises an unforgettable adventure off the beaten path.



CUSTOM PRIVATE TAILORED SERVICES

View More Details for premium concierge →

Itinerary changes are subject to vendor availability. Change fee of \$35 per occurrence.

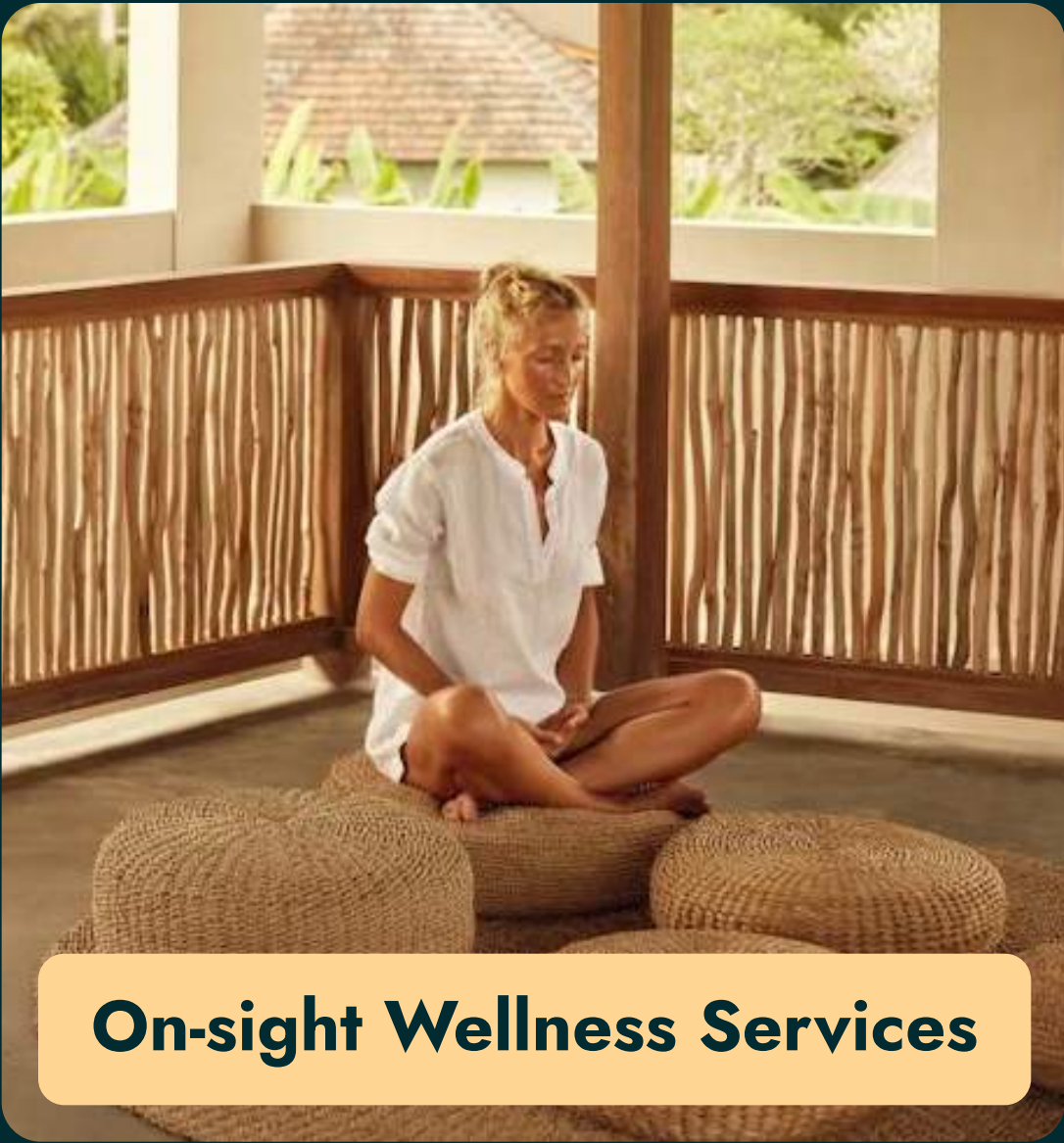
Deposits for Tours/Activities/Wellness are non-refundable.



Personal Chefs



Private Surf Lessons



On-sight Wellness Services

Please contact us to let us know what sorts of activities you'd like to do and we'll happily provide you with all the necessary contact information so that you can book directly with the individual vendors. A few key contacts to keep in mind...

Chef Christin for personal cuisine at Casa Botanica

☎ **507.6780.2429**

Chef Nicole for personal cuisine at Casa Botanica

☎ **+507.6047.2309**

Martin for on sight wellness services at Casa Botanica

☎ **+54 9 11 5635.5235**





BOAT CAPTAINS FOR
PRIVATE BOAT ITINERARIES.

★★★★★ 5.0 Star recommended



Taylor
507.6406.6212



Miguel
507.6482.1122



Bocas del Toro awaits with open arms, ready to immerse you in its vibrant culture, breathtaking beauty, and endless adventure possibilities.



Whether you crave relaxation on pristine beaches, exploration of lush rainforests, or adrenaline-pumping activities, this island paradise has something for everyone



THANK YOU!

If you have any planning questions, please feel free to email us at,



+303.514.1114 Whatsapp



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www.casabotanicapanama.com