

Tours & Activities



CALA MIA
ISLAND RESORT
— GULF OF CHIRIQUI, PANAMA —



PANAMA

TOP ACTIVITY SPOTS



DAVID

PEDREGAL

CHIRIQUI

CALA MIA
ISLAND RESORT

ISLA
BOCA BRAVA

ISLA GAMEZ

BOCA
CHICA

SAN FELIX

LAS LAJAS



SANTIAGO

ISLA PARIDAS

15 MIN

ISLA
BOLANOS

50 MIN

ISLAS SECAS

ISLA
CONTRERAS

ISLA
LADRONES

60 MIN

RIO
GRANDE

120 MIN

ISLA
COIBA

120 MIN

ISLA
MONTUOSA

HANNIBAL BANK

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Discover Scuba Class

Discover Scuba program has been designed to introduce you to the exciting experience of Scuba Diving. After taking your first breaths under water, you might find scuba diving is your new passion.

You will begin by being introduced to the basic rules of Scuba Diving. You will then enter the pool with your dive professionals and take your first exhilarating breath below the surface of the water. After practicing a few diving skills and when you feel confident about your newly discovered sport, you will take a short boat ride to a nearby Island for your first shallow open water dive.

Details

After breakfast while enjoying the morning you will sit by the pool and do a short training class, after the pool exercise you board our vessels and leave on a short boat ride to a nearby Island for your first open water experience. The discover scuba package takes 3-5 hours.

The class includes everything you need such as equipment, boat, captain, dive instructor and drinks. ans snacks.

Consider bringing: snacks, sunscreen, swimsuit, towel, sun hat, extra dry clothes and an underwater camera.

Discover Scuba

Discover Scuba Diving is a quick and easy introduction to what it takes to explore the underwater world. To sign up for a Discover Scuba Diving experience, you must be at least 10 years old. No prior experience with scuba diving is necessary, but you need to be in reasonable physical health. Are you ready to try it out?

Our Dive Center offers a Discover Scuba program so that you can experience your first breath underwater and find out more about Diving Classes.





Diving in the Marine Park

Panama Diving is a world-known destination therefore making it a great choice for a scuba vacation. Surrounded by two oceans and home to lakes and almost five hundred rivers, it has 1,207km of Caribbean and 1,700km of Pacific coastline. Panama gets rated highly for snorkeling and scuba diving because of the diversity of dive sites and the number of marine species.

The park is home to pristine islands and unspoiled beaches. It is known for its wild and marine life of humpback whales, 33 species of sharks such as whitetip reef shark, hammerhead shark, and also species of turtles that nest on the beaches of the islands and a wide variety of tropical fish.

Coiba National Park is recognized by UNESCO as a World Heritage site. This uninhabited area is represented by a group of islands including Coiba Island that is 50,314 hectares. The coastline is preserved in its natural state and therefore referred to as the Galapagos of Central America. Coiba Island has the second largest coral reef in the Eastern Pacific Ocean.

Details

Depending on the selected dive spot the departure times vary from 7am to 8am and you will return to the resort by 1pm or 5pm.

The trip includes:

- 2 immersions with option for additional tank
- All equipment including boat, captain, dive master
- Snacks and refreshments / lunch and drinks on full day

Consider bringing: sunscreen, swimsuit, towel, sun hat, extra dry clothes and an underwater camera (available for rent).

Scuba Diving

Immerse yourself into the underwater world of the Pacific Ocean with our diving team in the Gulf of Chiriqui National Marine Park.

Our full day diving packages include these dive spots:

1. Isla Secas - half day
2. Isla Ladrones - half day - advanced
3. Isla Contreras - 3/4 day advanced
4. Isla Coiba - full day

Prices varied by dive location and number of divers. We practice a "no touch policy" making our dive operation environmentally friendly and sustainable.





Whale Watching Experience

Here's your chance to get up close to the majestic giants of the sea! Cala Mia Offers a 95% success rate to see a whale between Aug 1 thru October 1.

The Resort runs daily tours to see these precious species , and can include a beach stop over with refreshments.

The tour leaves early morning or mid afternoon, and takes 4 hours. Make sure you have your camera ready to capture this amazing experience. The show is spectacular with a lot of surface activity as they push and shove one another, jump and flap their tails.

Consider bringing: snacks, water, sunscreen, swimsuit, towel, sun hat, camera and extra dry clothes.



Whale Watching

Panama's Pacific Coast is one of the few places in the world where both the Southern and Northern Hemisphere Humpback Whale families migrate 25,000km to breed and give birth to their calves.

It is estimated that each year more than 2,000 Humpback Whales migrate from Alaska and Antartica to Panama.

Watch these almighty hulks breach from the water, as they teach their calves to swim before they continue their migration. Spot pods of friendly and inquisitive dolphins frolic and play.



Sport Fishing

The Gulf of Chiriquí is a treasure of Panama with Big Game Fishing at Hannibal Bank, Isla Montuosa and Isla Ladrones and Inshore fishing around Isla Parida and Secas. During a 3 day trip it is possible to land a marlin, sailfish, yellowfin tuna, roosterfish and cubera snapper. Add to the list wahoo, mahi, bluefin trevally, snook, grouper, and amberjack.

Inshore Fishing

Inshore fishing action is only 20 mins from the Resort and we offer hourly tours (min 3 hours), half day or full day. The rates vary depending on the selected boat, twin or single engine.

Enjoy inshore fishing around our timeless archipelago, the islands are covered in lush forest and your family will enjoy the sights of sea turtles and dolphins swimming freely. Land the prized Roosterfish or just catch your dinner plate of amberjack, cero mackerel, wahoo or red snapper.

Whats Included:

- Licensed and Experienced Captain & Mate
- Private offshore/inshore vessel & fuel
- Bait, top class fishing tackle and gear
- On-board lunch and drinks - varies depending on fishing hours
- Spectacular memories in one of the top fishing regions on the planet!

Offshore Fishing

Fishing offshore in Panama means navigating above underwater islands and pinnacles that reach from thousands of feet to just 50 feet. The unique terrain and currents push both nutrients and oxygen to the surface in far greater quantities than normal ecosystems. Consequently these nutrients causes an abundance of bait fish therefore exceptional sport fishing.

You will depart the Resort at 7am and travel to Hannibal Bank or Isla Montuosa to try and hook a "fish of a lifetime", marlin of more than 300 pounds or a 150-plus-pound yellowfin tuna.

Some fishing details

- Our Captains are Legend of the sea in this area - English speaking on board.
- One boat has comfortable cabin and fighting chair and deck to recline for the trip.
- Second boat centre console and has a pair of high power outboard engines.
- Lee Outriggers, tuna tubes, live-bait tank, popper fishing station.
- Top of the line fishing equipment and a large selection of custom lures teasers and terminal tackle.





Snorkeling Adventure

During the day you will visit 2 or 3 different snorkeling spots, the diversity of sea life around the reefs will amaze you. The reefs are healthy and the diversity of corals is some of the best in the country. Probable sightings include sea turtles, moray eels, eagle rays, parrotfish, angelfish, jacks, nurse shark, triggerfish, barracuda, rainbow runner, and a lot of colorful pacific reef fish.

The trip is a half day and we depart around 8.00 am sharp and arrive back before 1pm. Prices vary depending on numbers of guests joining the tour.

Consider bringing: sunscreen, swimsuit, towel, sun hat, camera and extra dry clothes.



Discover Isla Secas

Snorkeling Adventure

After an exciting early morning 45-minute boat trip you will arrive at Isla Secas, a small archipelago in the Gulf of Chiriqui consisting of 16 islands where we will show you 2 of our best snorkeling spots. Be prepared to be amazed and totally spoiled.





Full Day Adventure

Enjoy any magical "isla" and their white sand beaches. Our 26ft tour boats will Island hop you around the tropical islands of your choice:

Isla Bolanos
Isla Gamez
Isla Parida

Each island is unique and possible activities include:

Swimming in crystal clear water with colorful fish
Exploring the uninhabited coastal line and rock pools
Picnicking on the beach while enjoying the shade of a palm tree
Enjoy lunch at Isla Parida restaurant

Consider bringing: water, snacks, sunscreen, swimsuit, towel, sun hat, camera and extra dry clothes.

Island Hopping

Half Day Adventure

If you are short on time and want to explore the surrounding islands and relax on white sandy beaches, this half-day tour is perfect for you.

After a short 20-minute journey you will arrive at Isla Gamez or Isla Bolaños, these un-spoiled islands are yours to discover for a couple of hours either early morning or in the afternoon.

Lunch or snacks as well as beverages or drinks can be added to the package. Sit back and unwind.





Kayaking

Try our double or single kayaks, make sure you put on your sunscreen, life jacket and bring some water!

The adventure begins in our bay, passing by the beautiful blue sailboat "The Kraken". To your left side you can get to another beach of Boca Brava Island and if you are a bit more adventurous you can make a right and embark yourself to a fun expedition exploring this remote tropical coast-line. You can paddle into a hidden mangrove jungle where you may spot some of the local wildlife in this unique ecosystem.

We offer guided mangrove tours that allow you to explore an inland ecosystem adjacent to Cala Mia, great for bird watching at sunrise or sunset. To enter the mangroves you need mid to high tide.

Consider bringing: water, snacks, sunscreen, swimsuit, sun hat and a long sleeve top.

Island Aquatic Activities

Head to our East Beach just a few steps from your bungalow and enjoy our complimentary water toys! Snorkel equipment, kayaks and paddle boards – our staff is ready to assist you, just let them know what you need and enjoy your day.

Paddle Boarding

For all levels of expertise, if you are a pro or if this is your first time – put on your life jacket and "float" over the tranquil waters around Cala Mia's bay.

Have as much fun as you want and if you are an experienced paddler, feel free to head to open waters and explore a bit further from the bay. Just make sure to communicate to our staff so we can set the paddleboard in the water for you.

We offer outer Island paddle boarding tours, half or full day which include boat transportation, a guide, lunch and beverages.





Aquatic Tow Sports

Head out and try your skills at water skiing, skurfing, knee boarding, wake boarding or kite surfing to our East Beach just a few steps from your bungalow and enjoy our water toys! It is the perfect way to relax and get some exercise in the Cala Mia bay. Practice your own skills or get help from our instructors. Our staff is ready to assist you, just let them know what you need to enjoy your day.



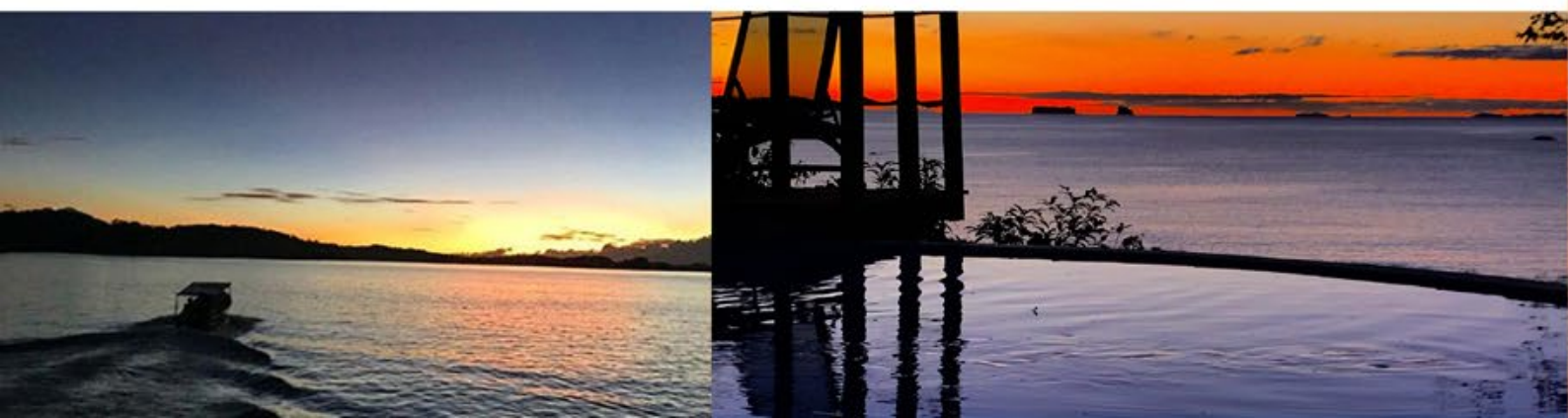


Sunset Cruise

Nothing like admiring the beautiful paintings of the sky over your favorite drink while being mesmerized by these colour reflections on the water.

Make yourself comfortable in one of our boats while our captain leads you to spectacular spots where you can listen to the ocean while watching the sunset. Make sure you bring your camera with you! Can you imagine a better way to end your day?

The tour takes 2 hours and departs daily from our dock at 5.p.m.





Wellness Centre

One travels for many reasons and besides traveling for fun, many travel to disconnect from their daily routines. Sometimes our energy levels are drained and a recharge becomes a necessity, this is why Cala Mia takes advantage of its magical location and caters to your everyday essential wellness needs – from your nutritional necessities, to stress-relieving yoga sessions, life coaching services and soothing massages to the sound of the waves.

Yoga Classes

Sunrise or sunset sessions, in front of the beach or up the hill – join our yoga instructor and fellow guests for an energizing session that's suitable for all ability levels. If you wish you can also enjoy this practice by yourself, just request a mat at our reception and pick your favorite spot.

Spa Cielo

Your journey to relaxation starts as you cross our hanging bridge and arrive at an idyllic tropical adjacent island where you will find our perfectly designed Spa. The Spa opens up so the breeze and sound of waves are part of this soothing experience. Choose from a variety of treatments from hot stones to deep tissue therapy and let our skilled therapist bring comfortness to your body while you fall into a "nirvana" state of mind.





Beach Club

Just a few steps from your bungalow you will find our Beach Club, located on our East Beach. Bring your kids to this safe swimming beach and make yourself at home. This is your island to enjoy!

The Club is specially designed for your entertainment: deckchairs, hammocks, sunbeds, swimming platform, kayaks, paddleboards, volleyball, and numerous fun beach games.

Our Luna Azul restaurant features a clay pizza oven and grill, so you can spend a fun beachfront day listening to music with great food and complimentary aquatic toys.

Sea Breeze and Fresh Pizza

With fresh ingredients brought from the highlands of Panama and our daily made Italian style dough – order your favorite pizza flavor or even make it yourself. You don't want to miss on the exquisite taste that our clay-brick oven provides. Make yourself comfortable and find the shady spot of your preference and just relax!





The Lookout Hike

This is a self-guided hike, but you can also request a guide or just take one of our smart island dogs, Draco (Labrador), Ambar (German Pointer) or Winfield (Labrador / Pointer).

Walk down East Beach and head into the jungle, it is quite a cardio exercise but one of the best ways to start your day. You can also do this hike in the afternoon to watch the sunset.

In the morning or afternoon you should encounter families of howler monkeys, they sound like huge King Kongs but do not worry. They might try throwing tree fruits at you so try to keep your distance from the trees when you spot them.

Make sure you go up the hill where you get to relax on a hammock under the trees admiring the spectacular view of the blue waters of the Gulf of Chiriqui, tropical islands and indigenous forests.

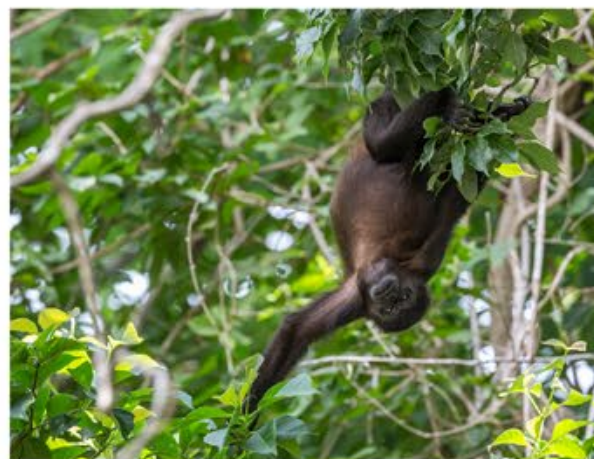
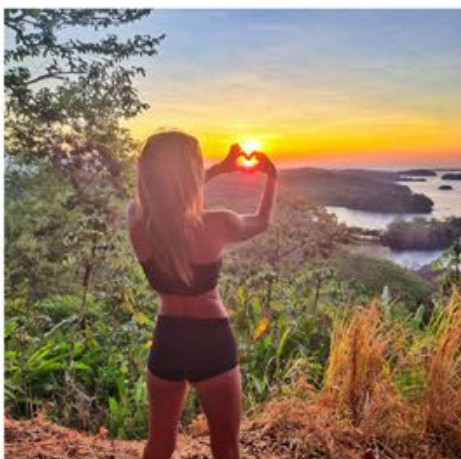
The hike takes approximately 40min and it is well signposted.



Hiking

Boca Brava Island consists of 3000 hectares, its tropical jungle offers home to the howler monkeys, green iguanas and a wide variety of flora and fauna.

Our extensive hiking trails range from easy to advanced so you can find different trails to suit your experience as you explore and admire our tropical rainforest. The scenery is just magical and all yours to explore and discover!





Mangroves Hike and Kayak

This journey takes you through the West Beach into the jungle. On the way we will spot very old trees (more than a 100 years) and a wide variety of bird species such as tiger heron, grey-headed chachalaca, red-lored amazon, tropical kingbird amongst others.

After hiking for about an hour you will find a mangrove estuary where you will grab a kayak and paddle your way back through the tranquil waters of our mangroves forest into the ocean and back to the resort. The kayak portion of the trip takes 30min.

This activity is tide dependent, we need a mid to high tide to pass through the mangrove channels. Depending on the location of our kayaks you may paddle first and then hike back to the resort.

Consider bringing: water, snacks, sunscreen, swimsuit, towel, sun hat, camera and good shoes.

Coastal Hike

Meet up at the Beach Bar and get ready to start this amazing 2-hour jungle and coastal journey towards Boca Chica town. You will be picked up by boat and transported back to the resort after the hike.

We will walk through pristine forests and coasts where seagulls and other bird species might be spotted while surprising you with incredible sights of these amazing sceneries and magnificent nature elements that surround the island.

It's a great cardio activity that requires certain level of physical conditions so make sure you stretch before we start, wear sunscreen and hydrate yourself. We will walk 3 km approximately and at some point we be passing through water. Immersing yourself into nature and its wonders is one of the most fulfilling, energy charging activities there is!





2 hour Horse Trek

Start this experience with a short boat ride towards the horses meeting point.

The local guide will lead you on this adventure taking you through a series of trails across some farm land and through the tropical jungle. and you will arrive back at Cala Mia Resort.

This option is perfect for the more adventurous, the deeper into the woods you get – the more amazing flora you will see. It's an exciting journey that will mesmerize your vision with more stunning views.

After this experience we are sure you will have a huge long lasting smile on your face.

The guided horse trek takes around 2 hours .

Consider bringing: snacks, water, sunscreen, insect repellent, sun hat, camera, long pants and a shirt.

Horseback Riding

Our horses are beautiful whether running free or carrying guests, they are also tame and know the trails better than anyone! Join our horse guide in an adventure through the forest where you might encounter butterflies, howler monkeys and other species that live in this tropical jungle. We offer a riding adventure for all ages and riding skills, from beginner to expert.





Naturalist Tours

With our expert Birdwatching guide and your binoculars your adventure starts as you spot new lifers while hiking through our tropical jungle. Trip time varies depending on your hiking and fitness levels.

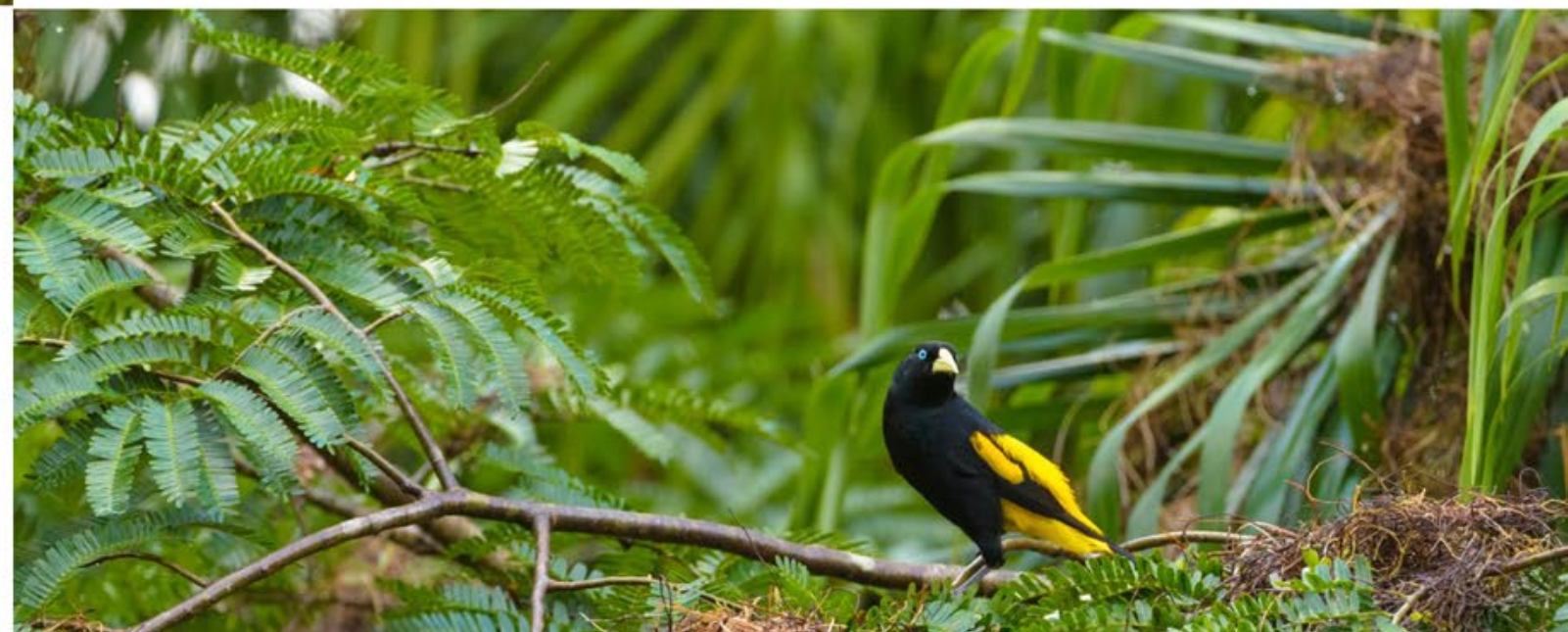
Frigate Bird Tour – Half Day

Take a trip to Islas Coco a 45 minute boat ride where you will see one of the largest colonies of Frigates in Panama. Relax and watch these magnificent birds hunting techniques as they feed on fish taken in flight from the ocean's surface. Trip includes optional snorkeling around the coral reefs.



Bird Watching

Isla Boca Brava is home to over 280 species of birds — it is possible to spot warblers, parrots, osprey frigates, flycatchers and the lineated woodpecker.





Off Island Activities

Approximately 1,5 hour away from Cala Mia by car.



Cloud Forest Tours

This amazing hike goes into remote virgin cloud forest surrounding the perimeter of Volcan Baru National Park. You will hike the Pipeline Trail or The Lost Waterfalls Trail.

The Pipeline Trail which is the best maintained, with old growth trees and the best chance for spotting rare species such as the Resplendent Quetzal, sloths, and monkeys. With more than 220 bird species native to the area, including the elusive Resplendent Quetzal, birding opportunities abound.

The Lost Waterfalls Trail parallels Quebrada La Mina, a gorgeous creek that meanders through the ridges and valleys above Boquete, creating spectacular waterfalls and eventually spilling into Rio Caldera.



Boquete Day Tours

Boquete is situated at the foothills of Baru Volcano, the country's highest peak. This charming mountain town is surrounded by untouched tropical cloud forests. Boquete is known for its coffee and the mountain activities. Cala Mia has an office in Plaza Los Senderos, downtown Boquete and runs local tours from there.

Coffee Tour

Learn the coffee culture in a exciting way and understand the processes of this legendary aromatic drink. The day tour includes learning about the history, origin, qualities and secrets of coffee handling. Get to know how the coffee production occurs all the way from ripe coffee cherry to the roasted bean. Learning at the tasting table where the long, intense and complex coffee process ends. After the tour your morning cup of coffee will take on a new meaning!



Rafting

Panama is a country world renowned for its rivers of rare and remote beauty.

The top rated operator is only one hour from the Resort. The rivers vary in difficulty, providing white water adventures for every rafter, beginner to most advanced. The tour provides everything including meals, equipment, transportation, guides and safety personnel. We guarantee an unforgettable day trip.

Consider bringing: water, snacks, sunscreen, swimsuit, towel and extra dry clothes.

Zipline

Glide through the canopy of the cloud forests, high above pristine rivers and waterfalls. The 4.5 kilometers zipline is divided into 12 different zip line stages.

The river tour will take you to Cangilones River where you can do some solo climbing, jumping or practise your balance on a slackline. After lunch you head to a hidden river with a beautiful waterfall where you can swing on a rope or practise cliff jumps from 25' or 60'. The tour finishes at a Hot spring, where you will relax after all the adventures.

River Tour

In this river adventure you will be able to do some swimming, hiking, solo climbing, tarzan swing and practice your balance on a slackline! A day filled with adrenaline and fun. All gear is included.



*Enjoy your stay at
Cala Mia Island Resort*

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E-mail: calamioresort@gmail.com

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