

PANAMA

DESTINATION:

BOCAS DEL TORO



COLORFUL AND FULL OF CARIBBEAN-STYLE CLAPBOARD HOUSES, BOCAS DEL TORO (BETTER KNOWN SIMPLY AS BOCAS TOWN) WAS BUILT BY THE UNITED FRUIT COMPANY IN THE EARLY 20TH CENTURY. TODAY IT IS A RELAXED COMMUNITY OF WEST INDIANS, LATINOS AND RESIDENT GRINGOS, WITH A FRIENDLY ATMOSPHERE THAT IS CONTAGIOUS. IT'S AN EASY PLACE TO GET STUCK INTO AND AN EVEN EASIER ONE IN WHICH TO LINGER. BOCAS SERVES AS A CONVENIENT BASE FOR EXPLORING THE ARCHIPELAGO; TAXIS MARINOS (WATER TAXIS) CAN WHISK YOU AWAY TO REMOTE BEACHES AND SNORKELING SITES FOR JUST A FEW DOLLARS. THE REAL ALLURE HERE, THOUGH, IS SIMPLY TO BE ABLE TO SLOW DOWN AND SOAK UP THE CARIBBEAN VIBES.

ACCOMMODATIONS

SWEET BOCAS

Sweet Bocas isn't a place, it's a feeling. It's a sigh of relief. It's waking up full of gratitude. It's long dinners with bare feet and stories and wine. It's yoga in the morning on a floating pontoon as the rain taps overhead, an afternoon book in the hammock, a sunset paddle board. It's a place where time slows down, and it finally feels okay to just let yourself be. At Sweet Bocas, you can boat to white sand empty beaches, to brightly-painted beach bar shacks, and wade into rivers at night fishing for shrimp with the locals. It feels like the opposite end of the earth from your everyday, yet you can be home in a short flight. The risk -- is always wanting to return.

ROOMS: 9 Bedrooms with a maximum occupancy of 18 adults and 8+ children

CHECK IN/CHECK OUT: 12:00 PM / 12:00 PM

INCLUDED: All meals, snacks, non-alcoholic beverages, house wines, domestic beers, airport transfers, All motor boats (captain and fuel) and complementary activities: Adventure Trips, Art Classes for Kids, Secluded Beaches, Canoeing, Catamaran & Motorboat, Sailing, Dolphin Watching, Fishing, Forest Hiking, Gymnasium, Jungle Excursions, Kayaking, Marine Turtles, Native Village Tour, Paddle Boarding, Permaculture Tours, Snorkeling & Diving, Surfing & Wakeboarding, Tennis (day & night), Treasure Hunts for Kids.



THE ESTATE



THE VILLA

- The majestic two-story, 7-bedroom full-service luxury villa is constructed entirely out of Panamanian teak and built atop over 100 cement stilts in its own corner of the Caribbean Sea. The villa is fundamentally unique in its design and aesthetic. Its architecture and decor blend classic local, organic, furnishings and fabrics, handcrafted by the indigenous women of Peru in the Andes Mountains. All around you are breathtaking views of the crystal-clear Caribbean Sea. Each bedroom has a king-size bed, a day bed for leisurely reading or to just lounge around, and an independently controlled air-conditioning unit.
- Every room in the home blesses you with visual, if not physical access to paradisaical beauty like Bocas' rare tropical flora and fauna. An unwavering commitment to the environment is at the heart of Sweet Bocas style and experience as permaculture, sustainability, and wild outdoor adventure drive the pulse of their hospitality. Nevertheless, technology is not too far away, as the villa's amenities include Wi-Fi and a wide selection of music, books, board games, and movies. Exclusive access to a 2-person catamaran and a 30-foot motorboat to visit area attractions like Bocas del Toro's beautiful private reefs and secret beaches, are just a few of the amenities and activities offered.



FIRST FLOOR

- The den, living, and the lounging areas on the first floor overlook the Little Bight Bay and offer a range of approximately 40 board games available for your entertainment as well as over 1,000 movies and TV series, and a library of approximately 150 books from novels to cookbooks. Dance and sing along to the over 5,000 songs built into their state-of-the-art audio system ranging from classical music to rock and roll, lounge to jazz and much more. There is also high-speed Wi-Fi on the entire island so you can stream audio and video, engage in social media, and browse the Internet, easily and at your leisure. The den can also be a fully closed bedroom with a king-size bed and it also has its own in-suite bathroom with handicap access. Open any of the home's many glass doors and windows to enjoy the wonderful Caribbean breezes or relax in temperature-controlled air by closing them for your comfort.
- The kitchen, however, is truly the pièce de résistance of the entire house. Its made-to measure, beautifully handcrafted Lacanche range cooker and the magnificent stainless steel and midnight blue stone kitchen islands make this kitchen one of a kind. You will make countless memories around the gorgeous and colorful 12-foot dining room table and its handcrafted African chairs.
- The kitchen also features a luxury espresso bar. Dining and refreshment alternatives cover international and locally inspired cuisine and an impressive selection of vintages from around the world. You can personalize your experience by selecting, and even handpicking produce used in the innovative gourmet cuisine prepared by your in-house world-class chef. All produce is local, natural, and organic; most ingredients are harvested on the property, and their selection is seasonal. Watch local fishermen catch fresh fish on the property before you witness your chef enchant your taste buds with three amazing daily meals, snacks, and even boxed bento lunches for when you're on the go!

THE ESTATE



SECOND FLOOR

- The upper floor accommodations at Sweet Bocas include 6 bedrooms, which provide generous personal space and present an uncompromising standard of luxury. There are four bedrooms on the second floor with each having their own in-suite bathroom.
- Each bathroom has organic tea tree soap and shampoo as well as conditioner. All rooms have a king-size bed with 100% handcrafted linen sheets, 100% handcrafted silk blankets as well as cushions handcrafted from the Indigenous women of Peru in the mountains of The Andes. Each room also offers a day bed that allows you to read and/or lounge around if you wish to have your privacy. All rooms also have A/C. Each room has outdoor lounging areas with handcrafted hammocks from Brazil and colorful handcrafted lounging chairs from Senegal, Africa allowing you to appreciate ocean views from wherever you are.

ATTIC

- Two bedrooms make up the attic space, each with their own in-suite bathroom. Each bathroom is equipped with organic tea tree soap and shampoo bar with the best soaps, shampoos, and conditioners to keep your body pure and at ease. One of these bedrooms is particularly designed with kids in mind. The kids' room comes equipped with a flat screen TV, a Nintendo Wii console with games, kids' books, and LEGO toys. The kids' room has two king size beds, two single size beds, and a pillow pen for kids to play. All beds are made with 100% hand sewn linen sheets, 100% handmade silk blankets as well as cushions handcrafted by the indigenous women of Peru in the mountains of The Andes. Though these two rooms don't have ocean views, you can still see beautiful coral and fish swimming in the sea while in the very cozy attic beds



GLAMPING SUITES

- In addition to the 7 bedrooms in the main villa, Sweet Bocas also has 2 lake-view, Glamping suites furnished in the same style as the Villa on their inner lake. Each suite has one king-size bedroom. From the Glamping suites, you are just a short walk away from the main villa and can enjoy the same exclusive access to the 15-acre private island that boasts the regions second largest freshwater lake, outdoor social areas, gardens, art installations and secluded reception facilities.

ACTIVITIES GUIDE

SURFING

From beginner to experienced breaks, lefts and rights, big and small, soft and heavy, there's something for everyone. A private instructor is available for lessons ranging from "beginner" to "advanced".

The most popular attractions for surfing on Colon Island near the villa, are Bluff Beach and the humorously titled, The Dump. Bluff is a beach with a beautiful shoreline that stretches for miles, it has a long underwater drop of creating continuous waves that break almost right in the beach. The Dump is the favorite of local surfers. For more privacy and safety there are the beaches of Punta Vieja and Red Frog on Bastimentos Island. You can also explore Carenero Island along the eastern coast of the key.

Sweet Bocas has five custom surfboards for use including:

- Quad Fish: 6'2" x 21 3/4 x 2.75
- Honey Badger: 6'10" x 2 7/8 x 2.5
- Pintail: 7'6" x 21.5 x 2 3/4
- Glider: 8'0"
- Competition Nose Rider: 9'0"

Additional surfboards are available for rent (\$20 per day) in other sizes and models.



ATV JUNGLE EXPEDITION

Explore the tropical jungle and discover a whole other ecosystem with one of Sweet Bocas' private guides. This tour of their three-canopy rainforest, with one of the highest biodiversity rates on the planet, is a once in a lifetime experience. It's a must do that will definitely get you out of your comfort zone!

MOUNTAIN BIKING & HIKING

Established in 1988, Bocas del Toro's National Marine Park was Panama's first-ever marine park. The park area encompasses a large portion of Bastimentos Island and Zapatillas Keys, including some of the best beaches of the Archipelago like Red Frog Beach. You can organize a hiking tour or take Sweet Bocas' bikes out to take advantage of this seemingly simple activity and experience a Sweet Bocas adventure from a local's point of view.



PLAY WITH BOTTLE-NOSE DOLPHINS

Search for bottle-nose dolphins and hear their calls through a hydrophone. You will enjoy watching them mate and play around the magnificent Isla Delfines. Jump in for a swim to play with the dolphins or be adventurous and feed them by hand. If you're lucky, they just might come by to thank you later during your stay at Sweet Bocas.

ACTIVITIES GUIDE

BAT CAVE

On board a traditional cayuco (handcrafted wooden dugout canoe), row deep into the forest where sloths live and have close encounters with these slow-motion mammals. Then, visit a cave with thousands of bats and walk inside where it's so dark you can't even see your own hands.



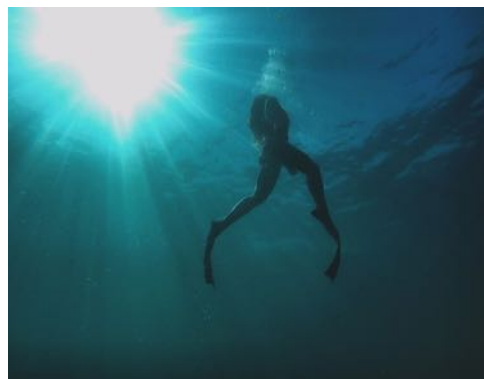
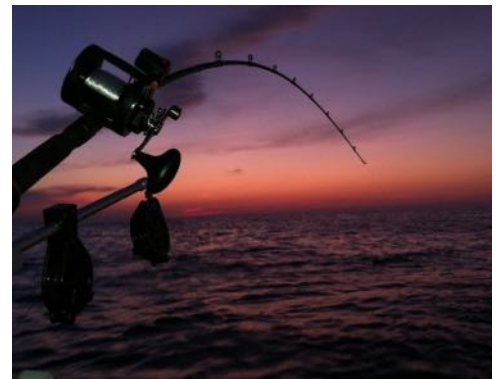
ZIP-LINING



This amazing excursion includes: 7 tree-based island ziplines, 13 elevated platforms, a 4-feature tree challenge comprising of a swaying suspended log-bridge, a traversable canopy net and a series of other rope features. Isla Bastimentos is located 30 miles from Costa Rica and only 15 minutes from Sweet Bocas. It is both exhilarating and visually stunning. The National Marine Park is listed as one of the most beautiful national parks in the world and you can get to see it from the tree tops!

NIGHT FISHING EXPEDITION

Join some of the members of the Sweet Bocas staff from the Ngãbe-Bugle Tribe and learn how to catch shrimp with your bare hands! Embark on a traditional cayuco and paddle in the backwaters through mangroves using flashlights to attract and catch live shrimp! When the moon is bright and/or full, flashlights might not even be needed. This is definitely a difficult skill to acquire, making it a fun challenge for all!



FREE DIVING EXPERIENCE

Enjoy an hour free-dive lesson with Sweet Bocas' pros and go boating in search of the best coral reefs. Depths range from 5ft to 50ft. Their free-dive lessons will maximize your underwater capacity. A local fisherman will pick you up from the front deck of the house and bring you to their favorite spots to dive for spiny lobster. Don't forget to bring it back to your chef so you can savor it with a delicious glass of white wine!

ACTIVITIES GUIDE

EXOTIC FRUIT HARVEST

Hike in a tropical rain forest with guides and machetes clearing your passage while harvesting and tasting a huge variety of exotic fruits; magic fruit, soursop, cacao, biriba, bread fruit, achiote, jackfruit and much more. You can even ask one of the guides to show you how to use his machete!



MANGROVE AND MANATEE EXPLORATION

Learn to steer a cayuco while exploring mangroves and paddling around with the local kids from the indigenous Ngãbe-Bugle tribe.

Within the mangrove systems, you can also visit a wildlife reserve to learn about the ecosystem and encounter the magnificent manatees.

SNORKELING & SCUBA DIVING

From a short Discover Scuba course to a full certification course, Sweet Bocas' pros will teach you the perfect buoyancy skills. You can dive deep in search of coral reefs and walls that will allow you to encounter an abundance of marine life: sea anemones and sea urchins, brittle stars, big crabs, toad fish, sea horses, nurse sharks, huge sponge corals, not to mention many schools of fish.

Bahia de Almirante is home to the best snorkeling and scuba in the area. Protected coral reefs, clear waters, and little to no waves make it ideal. At most of the sites, the reefs are up to 60 feet deep (20 meters). Be sure to venture out to Cristobal Island where Zapatillas Keys, in the Bastimentos National Marine Park will seduce your eyes and forever change how you see the world.



TENNIS

Sweet Bocas' tennis pro is available throughout your stay for lessons or just to have a partner to hit around with day or night. The courts are a 5-minute walk from the villa. Please note that appointments with the tennis pro require prior arrangement.

ACTIVITIES GUIDE



SAILING

Head out on Sweet Bocas' magnificent 42-foot luxury catamaran to enjoy some sun and comfortable sailing around the archipelago of Bocas. Lay back, relax, and sail by the mangroves, or jump in and swim with the dolphins. Then, enjoy snorkeling at private pristine reefs off the edge of the catamaran and explore golden sandy beaches! Please ask about the three available private packages.

YOGA, MEDITATION, AND SPA

Come enter a state of wellness and wellbeing with Sweet Bocas' resident yogi. Her years of experience in guided meditation and yoga is at your disposal for whenever you'd like to explore your higher self.

Additionally, you can let your time away better your beauty and sense of self with a trip to our luxury rainforest spa. Their spa offers the following services:

- Body wraps
- Facials
- Manicures
- Massages
- Pedicures



Bocas del Toro is an island archipelago in the north-west of Panama comprised of 9 main islands, 52 cays, and hundreds of smaller islets set in the Caribbean Sea.



We operate 2 preschool/ kindergarten programs in the indigenous Nogbe-Bugle communities of Bahia Honda and Bahia Roja on the island of Bastimentos. We operate 3 community centers in the largest communities around the islands: San Cristobal, Old Bank, and Bocas Town. We have successfully completed 15 community development projects in various communities throughout the archipelago.

DEPARTURE GUIDE



PACKING

- Guests at Sweet Bocas live in their Turkish Hammam towels. It is truly not necessary to bring a ton of clothing or much luggage at all for that matter. We highly recommend bringing as little luggage as possible.
- As the weather is routinely around the low to mid 80s F, it is advised that you pack accordingly and possibly bringing a light sweater for cooler evenings.
- The dress code in town is very casual.
- Sweet Bocas does not allow shoes in the house. You may wear slippers or clean flip-flops, which can be provided to you for your stay. Water shoes are a must!
- Sweet Bocas provides organic tea tree shower gel, shampoo, Shea butter, Karite conditioner, and body lotion in all en-suite bathrooms. You will also find make-up pads, tissues, a vanity mirror, and blow dryers.
- In case of inclement weather, rain jackets and umbrellas will be provided to you. As there are no kid-sized rain jackets available at Sweet Bocas, however, we recommend packing these just in case.
- Sun screen and insect repellent are also available for use on property.
- Sweet Bocas provides laundry services.

FACILITIES

- There is a fully equipped gym and Lit tennis court on site. Racquets and balls are available for use day or night.
- Snorkeling gear, surfboards, stand-up paddle boards, subwings, wakeboards, tubing, kayaks, and cayukos will be provided for use during your stay.
- Sweet Bocas Aqua-Cat catamaran (max. 2 people) is available for sailing in the villa bay.
- Their pedal boat (max. 2 people) is also available for use in the bay.

GIVING BACK

- If you plan on visiting the village and would like to help the Ngabe-Bugle indigenous community, you can bring second hand clothes, books and/or toys for children.
- Give & Surf** is an accredited charity affiliated with Sweet Bocas. Should you wish to donate, you are invited to participate in their activities and donating a minimum of \$50 per person.

MONEY

- Sweet Bocas and many places in town take credit cards, but we highly recommend you also bring some cash. Not all merchants have credit card facilities and there is only one ATM in the entire town, which often does not have any money.

HOUSE RULES

- Smoking is strictly forbidden in the main house.
- It is of the utmost importance that nothing is flushed down the toilets except paper tissue. This includes feminine hygiene products, make up pads, Q-tips, hair, etc. These items must be disposed of in the garbage bins provided.
- In order to minimize their environmental impact, electrical units will be turned off by Sweet Bocas staff when not in use.
- Sweet Bocas guests are asked to not bring food or beverages into the bedrooms.