RED FROG - ISLA BASTIMENTOS MAP

ISLAND ACCOMMODATIONS

1 THE VILLAS AT RED FROG BEACH
Luxury vacation rentals. Year-round availability. Investment and ownership opportunities.

2 JUNGLE LODGE VILLAGE
Opening 2011

3 BOCAS BOUND ISLAND HOSTEL & JUNGLE LODGE
Shared rooms and private rooms. A/C and community kitchen. Wi-fi and activity center.

ISLAND DINING

4 PUNTA LAVA BEACH BAR & GRILL
Beach front lounge: beverages, Caribbean cuisine, and entertainment.

5 KAYUKOS RESTAURANT & LOUNGE
Casual dining: breakfast, lunch, dinner, and snacks. Beverages and entertainment.

NATURAL AMENITIES

6 RED FROG BEACH
One of the world's best beaches.

7 TURTLE BEACH
Seclusion and extraordinary beauty.

8 NORTH BEACH
Best snorkel spot in Bocas!

9 WIZARD BEACH
Surfs up!

10 PLAYA LARGA
Remote and unspoiled. Part of the National Park.

11 THE RED FROG GARDENS
Indigenous plants, fruit and flowers.

OUTDOOR ACTIVITIES & ADVENTURE

12 BASTIMENTOS SKY CANOPY ZIPLINE TOUR
A world class adventure through the tree tops of Isla BastimentosExperience the rainforest from 150 feet in the airSpot monkeys, birds, and sloths as you fly by.

13 HORSEBACK RIDES
Jungle trails and beaches.

14 JUNGLE TRAILS
Wander through the vibrant Panamanian Jungle. Spot 3-toed sloths, little red frogs, monkeys and birds!

15 SNORKELING
Easy access to great reefs. Gear available for rent.

16 SURFING
Surf lessons and board rental available.

17 SEA KAYAKING & PADDLE BOARDING
Cruise the calm waters of the mangroves or paddle. above the reefs beyond Red Frog Beach. Pass indigenous villages and local fisherman.

18 SCUBA DIVING
Underwater adventures.

19 DEEP SEA FISHING
Off shore fishing adventures. Seasonal.

20 WILD CANE KEY
Explore the off-shore beauty of Wild Cane Key.

21 CAVE TOUR
Spot bats and wildlife while exploring the underworld of Isla Bastimentos.

AND MUCH, MUCH MORE
Dolphin Bay, Zapatilla Keys, Starfish Beach, and organic cacao farm tour- tasting included!

SERVICES

22 RED FROG MARINA OFFICE
Marina administration- Resort Guests check-in here!

23 JUNGLE SPA
Opening Winter 2011. Exercise room, sauna, hot tub, and spa services.

24 KAYUKOS ACTIVITY CENTER
Pool table, ping-pong, hammocks, basketball court, WiFi and TV, Bar and restaurant, Concierge services and tour bookings.

25 RED FROG BEACH ACTIVITY CENTER
Surf board and snorkeling gear rentals, Surf lessons,Kayaks, boogey boards, and much, much more!

26 PUBLIC WELCOME CENTER AT THE MARINA VILLAGE
Information, Tour Arrangements and Transportation Services.

RED FROG MARINA

27 RED FROG MARINA
64 slip deep water marina. Short and long-term stays- No hurricanes here!

28 RED FROG EXPRESS- Daily from 10am- 8pm
Simple boat access between Bocas Town and Isla Bastimentos

Red Frog Staff can help schedule boats rides!