

Panamá

Isla San Cristóbal

Quick Facts

- ✓ **Country capital:** Ciudad de Panamá (Panamá City)
- ✓ **Language:** Spanish / Ngobere
- ✓ **Size:** 37 km²
- ✓ **Population:** ± 700
- ✓ **Latitude:** 9.285854000 / **Longitude:** 82.272400000
- ✓ **Currency:** Balboa & American Dollars
- ✓ **Country code:** +507
- ✓ **Alarm codes:** 911
- ✓ **Area nickname:** Tierra Oscura



Fast History Recap Panamá

1502: Columbus arrives in New World (Panamá +Honduras). 1509: Beginning slave trade. 1513: Pacific Ocean claimed by Spain (Balboa) → Spanish settlers. 1519: Ciudad de Panamá founded. 1617: Pirates (Morgan). 1810: Spanish king overthrown by Napoleon → 1821: Independent of Spain, joins Gran Colombia (Colombia/Venezuela/Peru/Ecuador/Bolivia), 1830: Part of Colombia. 1850s: Panamá Railway. 1880s: France failed to build Panamá Canal linking Atlantic & Pacific / Independence movement. 1903: Panamá independent from Colombia. US (Roosevelt) buys rights (\$40mln) to build Panamá Canal → 1913-15 done (65km). 1936: Begin Pan-American Highway project. 1940s: US government tests weapons in Panamá. 1955: President Remon assassinated. 60s: Guerilla tensions from Cuba, US backs ups Panamá. 1964: Anti-American riots → killings (mostly Panamanians). 1985: Noriega took power (bribery/murder/drugs trafficking). 1999: 1st female president Moscoso. 2006: Seat in US Security Council. 2014: Venezuela breaks ties with Panamá.



Ngöbe Community

The Ngöbe tribe inhabits the Valle Escondido on Isla San Cristóbal and consist mainly of farmers and fishers. The spoken language is Ngobere. The origins of the community date back to 1958 when Charly Surgeón and his wife Felipa Kanguitu Sitón arrived on the island. Nowadays this local indigenous society consists of approximately 800 people. Family plays a strong and uniting role in the development and maintenance. Currently it's implementing an organic cacao project and a project to preserve and expand the production of traditional Ngöbe artisan crafts thanks to economic and technical support from the National Authority on the Environment (ANAM), which is supporting the reduction of pressures on natural resources and increasing incomes for community development.

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Bocas del Toro



The Bocas del Toro Archipelago is a Panamanian island group located in the Caribbean Sea, 40km from Costa Rica. The archipelago separates Bahía Almirante and Laguna de Chiriquí from the open sea. The major city is as well named Bocas del Toro (also called Bocas Town) and is situated on Isla Colón. The area of the archipelago covers 250 km² (97 square miles) and the population comes down to 13000 inhabitants. The archipelago contains many islands, including Zapatillas, Bastimentos, Carenero, Cayo Agua, Colón, Popa, Solarte, Pastores, Bagui and of course San Cristóbal. The mainland is called Cauchero. On top of that, the archipelago also covers 50 cays and some 200 tiny islets.

The origin of the archipelago can be traced back 8000-10000 years. As the sea level rose with the melting of the polar caps at the end of the Ice Age, the Bocas Del Toro islands were separated from the rest of Central America by the higher water levels of ocean. The original inhabitants include native Indian tribes like Ngobe-Bugle, Teribe (Nazo), Bokota and Bri Bri, most of them still existing. On the 6th of October in 1502 Christopher Columbus (in Spanish: Cristóbal Colón) set foot in Bocas del Toro on his 4th and final voyage. His ships had been damaged by storms and he was fortunate to find these sheltered waters to repair his damaged vessels. Legend has it that this explorer witnessed various waterfalls in the form of a bull's mouth, which would explain the name of the district and archipelago. During the 17th century, the archipelago became a haven for pirates. The buccaneers repaired their ships on the islands, built others with wood from the forests and fed upon the many sea turtles that nested on the beaches.

Due to the lack of gold the Spanish colonialists had little interest in the Bocas region, but a militia was sent anyway to get rid of the French Huguenots that arrived on the coast. As a result, the indigenous populations were virtually wiped out by the Spanish diseases and violence. The English settlers left a more profound mark by establishing settlements like Bocas del Drago (1745) and initiating trade in turtle shell, live marine turtles, cacao, mahogany and sarsaparilla. In the early 19th century wealthy aristocrats arrived, bringing with them large numbers of black slaves from the USA and Colombia's San Andrés and Providencia Islands. After slavery was abolished in 1850 the blacks stayed and began to make a living as fishers and subsistence farmers. Towards the end of the 19th century, Jamaican blacks joined them as the province's banana industry began to develop.

United Fruit Company, the large banana producer known for its Chiquita Brands, arrived in Bocas Del Toro in the 18th century. Next to causing a 'banana boom', they constructed a road network, bridges, canals and entire towns to house their workers. Large tracts of the area were also dedicated to sugar cane, cacao, and coconut palms plantations. Bocas Del Toro's prosperity ended in the 1920s with the demise of commercial banana production due to diseases devastating crops. Today Bocas Del Toro's main industry is tourism; There are many hotels, hostels, restaurants, bars, dive shops, boat tour companies, water taxis, ferries and an airport... Luckily, Isla San Cristóbal could avoid this devastating tourist boom and keep its authenticity and exclusivity.

Seasons

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Dry												
Wet												
Best												
Budget												

Altitude: 2m/8ft. Climate: Hot & humid.

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Dolphin



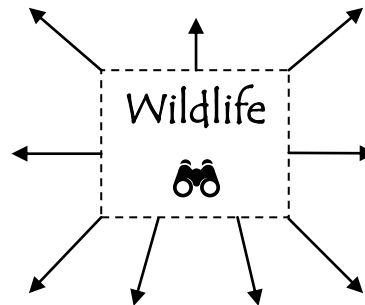
Sloth



Scorpion



Bird



Frog / Toad



Squirrel



Spider



Snake



Armadillo



Agouti



Turtle



Bat



Butterfly



Wild Cat



Possum

Panamá

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Kinkaju



Monkey



Racoon



Fish



Toucan



Pacca

Oops, Stung By A Scorpion

First of all, don't worry, you're not going to die: The local scorpions are not deadly. Stay calm: Running around will cause the heart to pump faster and spread the poison. Keep the injury under heart level. Photograph the scorpion if possible (for appropriate treatment). Symptoms of a venomous sting are pain, redness and warmth & swelling at the sting site. If the victim is a child, elderly or sick person, or if symptoms like muscle spasms/dizziness/vomiting/drooling/foaming/involuntary eye movements/urination/difficult breathing, speaking, seeing or swallowing occur: Immediately visit a doctor. In any other situation: Gently wash the wound with soap and water, apply ice, take painkillers and visit a doctor afterwards for an after-check, possible antibiotics or a tetanus shot.

Spider Attack?

Venomous spider bites are uncommon, 80% of presumed spider bites are actually bites of other insects. Only worry when these symptoms happen: Spread of redness, increase in pain, drainage from bite, numbness/tingling, halo discoloration around bite. In this case: Clean the bite with soap and water, cool with ice, tighten the area around the bite to prevent the spread of venom and contact a doctor.

After A Snakebite

Snakes are more scared of people than we are of them and will tend to move away when they feel the trembling of our footsteps. That said, if we step on them or threaten them they might bite and venomous snakes exist in Panamá. Therefore never go hiking in the forest all alone and bring a machete. When encountering a snake: Freeze and make a lot of noise. In case of a bite: Get away from the snake, safely sit down and minimize movements to keep the heart rate low. Remove rings or constricting items. Keep the bite under heart level. Tighten the area around the bite with a belt or piece of clothing to shut off the veins and eliminate the spread of possible poison. Immediately go to the hospital, preferably carry the victim to minimize movements. Clean the bite 20-30 minutes with hot water and soap on your way there.

Remember: Only 20 of 127 snake species in Panamá are venomous. There's an equal chance of getting struck by lightning.

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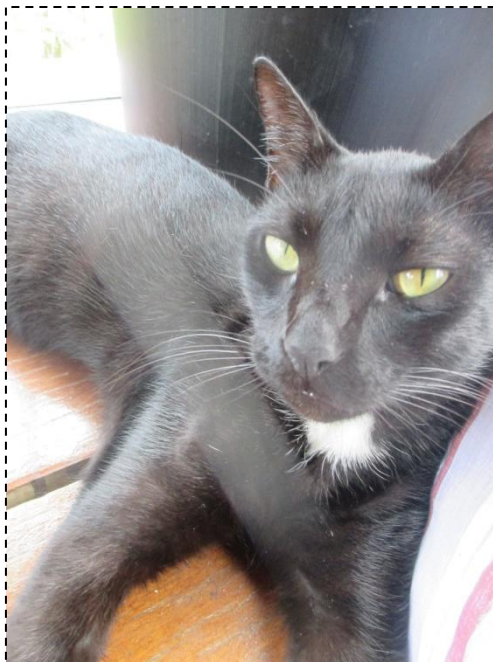
Isla San Cristóbal



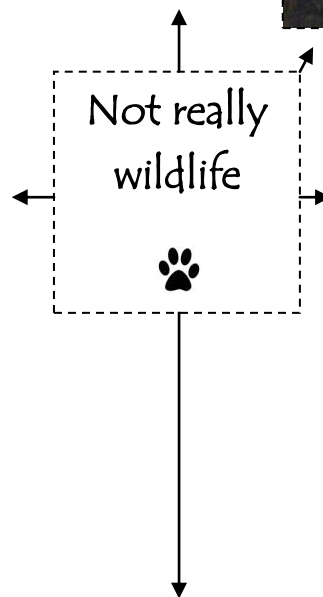
Capitán



Candy



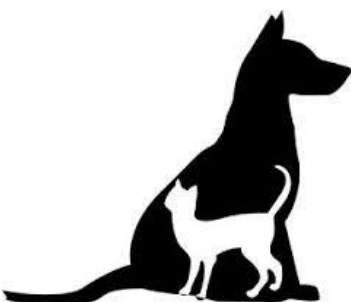
Bubba



Temporary pets: Capitán's & Candy's love babies



Gandalf



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Banana & Platano

100g: 95 kcal - 0,3g fat – 20,6g carbs –
vitamins A/B3/B6/C.



Brasilian Cherry

100g: 47 kcal - 0,4g fat – 8g carbs –
vitamins B/C.



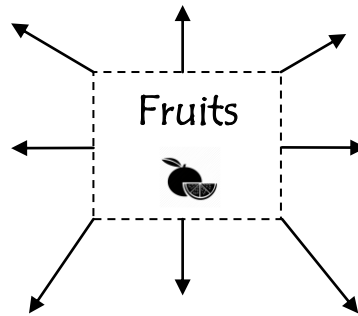
Pineapple

100g: 57 kcal - 0,1g fat – 12g carbs –
vitamins A/B1/B6/B11/C/E.



Mango

100g: 66kcal – 0,2g fat – 14,3g carbs –
vitamins A/B6/C/E/K.



Coconut

100g milk: 185kcal – 18,4g fat – 2,8g
carbs – vitamins A/C/E/K.



Guanabana

100g: 66kcal – 0,3g fat – 16,8g carbs –
vitamins B/C.



Avocado

100g: 199kcal – 19,5g fat – 1,8g carbs
– vitamins B/C/E/K.



Lime

100g: 41kcal – 0,2g fat – 7,7g carbs –
vitamins A/C.



Orange

100g: 51kcal – 1g fat – 7,8g carbs –
vitamins B/C.



Cacao

100g powder: 379kcal – 21,7g fat –
10,5g carbs – no vitamins.



Maracuja

100g: 52kcal – 0,4g fat – 5,7g carbs –
vitamins C/E/K.

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Basil



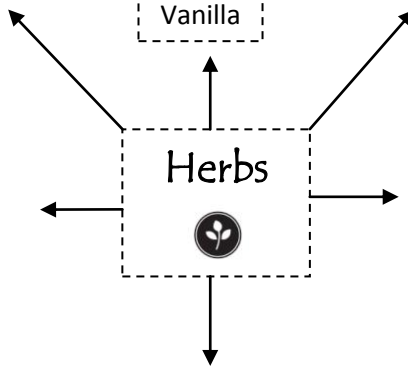
Vanilla



Cilantro



Mint



Lemongrass



Rosemary



Ginger



Thyme



Discover more in our
organical herb garden!

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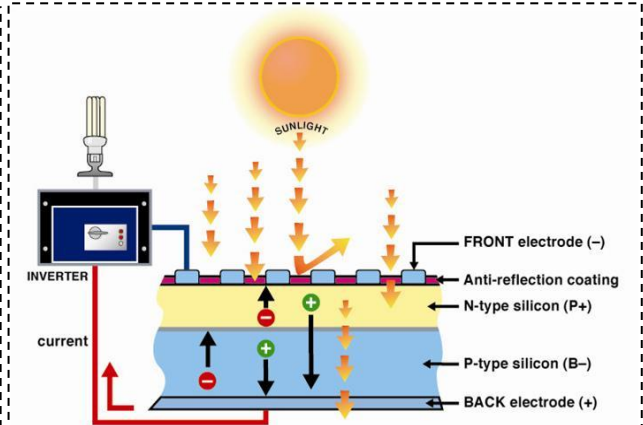
CocoVivo Ecological



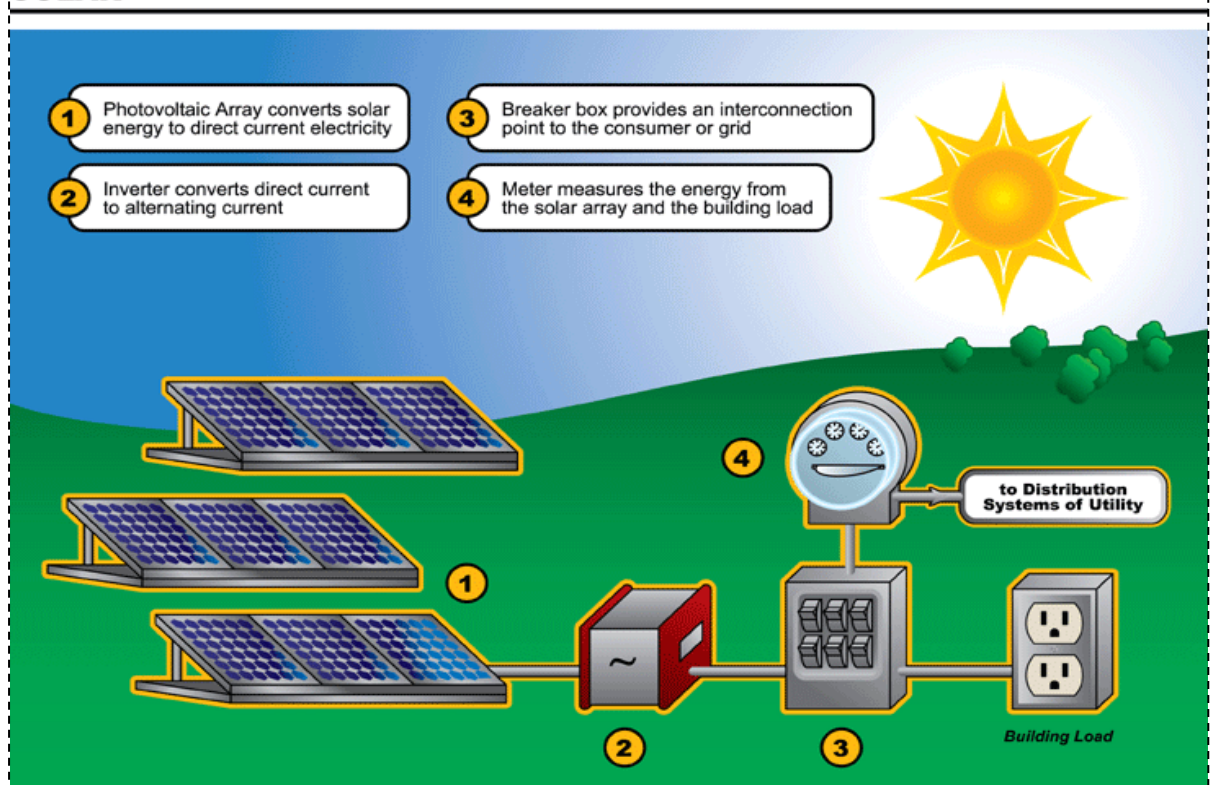
Solar Power

Solar power is generated by the solar panels located on the left side of the path to the Hill House. Solar modules use light energy (photons) from the sun to generate electricity through the photovoltaic effect...

How does that work?



SOLAR



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Rain Water Supply

All water that comes out of the tap is rain water. It is caught on the rooftop of the Hill House and drained to the big blue barrels located behind the house, where it's stored. Please consider this when taking a shower, brushing your teeth or doing the dishes: Minimize waste of water.



Biological Products

Most shampoos and soaps contain sodium laurel sulphate and other chemicals. Although it cleans your hair and skin, unfortunately it's a persistent pollutant which is extremely toxic to marine life when released in water ways. As we would like to protect our reef and high variety in sea animals, exclusively biological products are used here. Please help us preserving our waters.

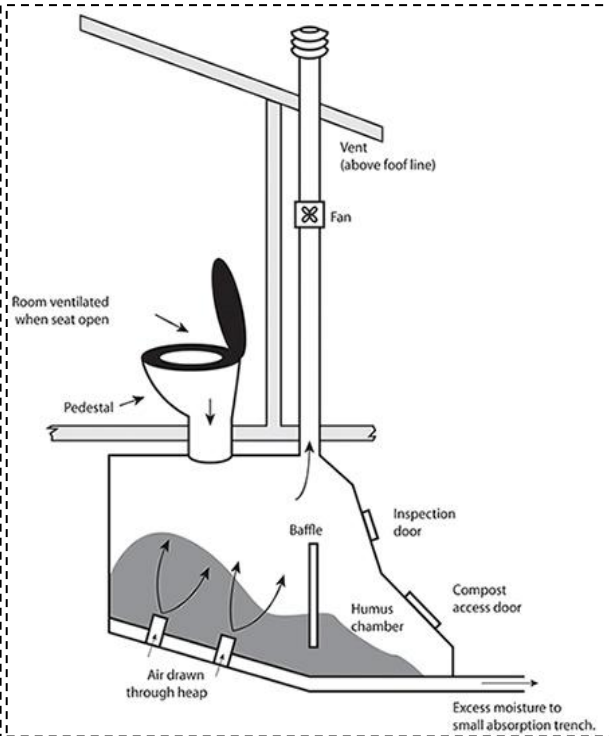


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Composting Toilet

We built a composting toilet, which is a clean and ecological way of getting rid of our human waste. This green process of fertilization works like this:



Recycling

Consumerism and abundance of packing materials usage are symptoms of our modern society, resulting in pollution, poisoning and destruction of existing ecosystems. The practice of recycling is applied at CocoVivo to minimize waste and protect the environment.

"How can I help?"

- Don't bring drinks in cans. Use bottles, which can be recycled.
- Minimize or eliminate the usage of plastic bags or packing materials. When shopping, bring your own bag/backpack and pronounce the magic sentence *"No bolsa, por favor"*.
- Before throwing away packing material like plastic boxes, glass or bags, ask us if we can reuse it. Organic trash can safely be disposed in the water, use the bins for non-organic trash.
- Unplug or turn off electronic devices when not using them. Remove adapters when finished charging. Better: Switch off your phone, laptop and tablet completely and take in the stunning surroundings... it's your holiday!
 - Switch off the light and ventilator when leaving a room.
 - Sustainable knowledge? Swap your book in our book exchange.

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Free Activities

- ✓ Join us for an adventurous jungle hike!
- ✓ Grab a stand-up paddleboard and paddle along the shore.
- ✓ Put on a snorkelling mask and admire our beautiful reef.
- ✓ Kayak down the Caribbean Sea.
- ✓ Collect all fruits and veggies that nature provides us.
- ✓ Wildlife spotting in the tropics.

Festivals

- ✓ Carnival: March.
- ✓ Palo de Mayo: May.
- ✓ Dia de la Virgen del Carmen: July.
- ✓ Folklore festival / Isla Colon: August.
- ✓ Sea Fair / Isla Colon: September.
- ✓ Independence Celebrations: November.
- ✓ Foundation de la Provincia Bocas del Toro: December
- ✓ Dia de Bastimentos: December.

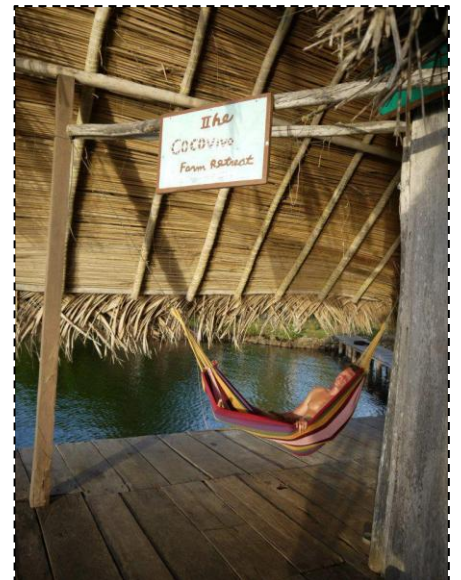
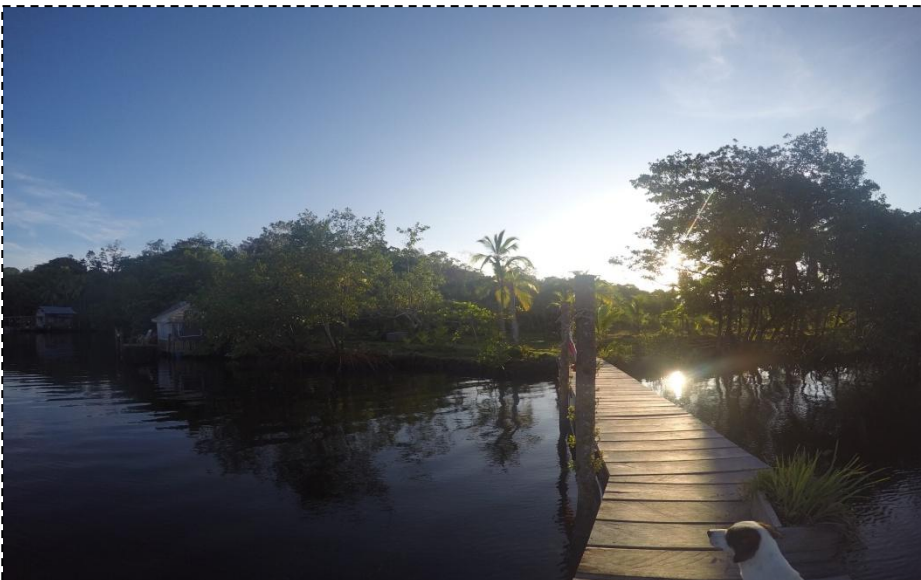
Tours

- ✓ Isla Zapatillas & snorkelling. (\$45p.p. / group discounts possible).
- ✓ Isla Bastimentos & Red Frog Beach (\$45p.p. / group discounts possible).
- ✓ Fishing trip (price on demand).

Turn the page for a photo overview!

Costa Rica Border Crossing

The most used border crossing to get into Costa Rica is the Paso Canoa, but did you know there's another easy border crossing very close to Bocas? The Sixaola crossing can be reached from Almirante: Take a bus to Changuinola, from there grab a taxi to Guabito and enter Panamá Immigration for an exit stamp (\$3), cross the bridge to reach Costa Rica Immigration. Done.



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Free Jungle Hike



Panamá

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Isla Zapatillas & Snorkelling



Panamá

Isla San Cristóbal

Isla Bastimentos & Red Frog Beach

