



Fastest way to get wet™

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## Panama

The top 31 surf spots in Panama, on both coasts, described in detail, including access and how to get there. Includes a journal, partial travel checklist and one full color map of surf spots in Panama.

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Panama suffers from high crime, some localism in the metropolitan breaks and endemic malaria. Bear all this in mind and you should be fine.

1. Bocas del Toro: there are a lot of breaks in this surf rich but unexplored archipelago on the north coast of Panama. You can get to the region by plane (Aero Perias: 757-9341). Make friends with the locals and let us know what you learn.
2. V-Land: A nice right over a reef, watch for urchins.
3. Maria Chiquita: Reefy lefts and rights out of Colon about an hour and a half. Look for the signposts.
4. Isla Grande: Another nice reef break with rights and lefts that works best on storm swell, and holds up to ten feet. Access: An island near Colon, take the boat from Colon. Facilities once you arrive but I recommend packing as much supplies as you can carry. Pricey.
5. Playon: A beach break on a shifty sand bottom. Access: via boat from Isla Grande.
6. Palenque: A good wave. Access: In Palenque, right in front of the cemetery baby!
7. Playa Las Lajas: A series of sandy beach breaks too long for me to explore on this trip. Let us know:
8. Moro Negrito: visit [www.surferparadise.com](http://www.surferparadise.com) for details.
9. Isla de Coiba: Unexplored but has potential. Access: boat and permission is required from INRENARE in Santiago as this is a national park. Check before you go:

10. Playa Santa Catalina: A sublime point break over a shallow reef, very consistent rights and good from three to fifteen feet or more. Access: Near Sona in Veraguas. In Sona take the Catalina road near the bridge. Places to stay but take provisions.

11. Punta Brava: A big wave compared to alternatives nearby, and hard to get out on, but exciting. Best at low tide this is a beach break with a reef with lefts and rights. Access: About four or five kilometers from Catalina, best walked, look for the headland and get going.

12. Mariatos: A nice peaky reef break on lower tides and a river mouth if sand is good. Access: Take the road to Atalaya and head for Playa Reina/Mariato.

13. Modrono: A nice beach break. Access: Five kilometers on from Playa Venao, located near the river mouth.

14. Playa Venao: A very good and predictable beach break that sees a lot of action. Works over ten feet, and there are lots of other breaks around here, which is good, because... Access: a six hour drive from Panama City. Left at the Divisa check point and on for another three or so hours. There are places to sleep once you arrive.

15. Destiladero: A nice left, after a long paddle out. Looks like a right at the headland too. Access: About three and a half kilometers south and west of Pedasi take the left to the beach, bear right when the road forks.

16. Playa Serena: A better right point break than Rocky Point, nice long ride over a sandy bottom. Best on low tide. Access: right in Coronado

17. Stan's: when working a really nice, long hollow right off the point. Access: Just down the road from Malibu, look for the gated community.

18. Malibu: A nice rivermouth break that can be great if the sand bar gods are in a giving mood. Holds up to eight feet, a nice ride with lefts and rights. If recent rains watch for submerged hazards washed down out of the river. Access: Near Gorgona about eighty kilometers from Coronado. Four-wheel drive required, drive down the beach and park high, tide rises up to five meters from low. Break is about two hundred meters south of the end of the road.

19. Rocky Point: Two breaks for the price of one, both rights either of which work depending on where in things the tide is. Good up to six or seven feet. Access: About two kilometers west of Coronada.

20. Playa Teta: Three waves:

- a. The Front: a nice left that is a nice shape.
- b. The Point: another nice left.
- c. Rinconsito: a nice right, but works only at low tides.

21. San Carlos: Access: ask in town, the area is changing. Two breaks:

- a. El Palmar: Only works well on a big swell at a medium or high tide, and when it does this is a thick fast right off the point.
- b. Hawaisito: A nice left point break.

22. Playa Mojon: Two breaks for the price of one, but the water is equally foul in each. Access: Panama City, near the Church of San Francisco:

- a. Las Piedras: a nice right over a rock reef, quite shallow. The wave is quite fast and powerful.
- b. La Lama is another nice wave, similar to Las Piedras but requires a low tide and a larger swell to work because it is more sheltered.

23. Nuevo Loco: A good but changeable right that is good up to six or seven feet. Not very consistent. Access: Right by a basketball court in Boca la Caja in Panama City.

24. La Zurda: A really nice left, hollow and fast, chunky, but over a very shallow reef. Access: About ten minutes walk north west from Nuevo Loco.

25. Panama Viejo: A beach break with rights and lefts, pretty predictable. Water looks bad because of the mud bottom. Only works above three feet.

26. Las Bobedas: A nice little point break with a good left and a not so good right. Rocky, crowded, but right in downtown Panama City.



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**Personal Information:**

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Address: \_\_\_\_\_  
Phone & email: \_\_\_\_\_

**Emergency Contact Information (Embassy, Airline):**

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**Itinerary:**

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**Restaurants:**

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**Places of Interest:**

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**Most Memorable Experience:**

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**Most Interesting Character:**

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