

**Right and left point breaks, rock slabs, heavy barreling beach breaks and fun peaky waves. Its all here in the Coiba National Park! Let our guides show you the way to some of Panama's best kept secrets.**



**This is Surfing in Panama!**

Lost Coast has been surfing this area of Panama for over 10 years. We have over 1,000 days guiding Coiba National Park alone. No one knows this area better. Scoring here takes an extensive knowledge of the tides, wind, swell size, swell direction, and locations. Some of the spots fire in small swell when others are not showing at all. Other spots only fire during certain tides or take a big swell or unique swell direction. Rocks, reef, wind, and of course... open ocean swell all make surfing here fast and powerful. With 7 left point breaks, 5 right point breaks, 4 beach breaks and a handful of short slabby lefts and rights we have much to choose from for all levels.

Some of the points can be a 1/2 mile rides that you will never forget. Each day we start out with a plan based on tides, client requests and wind. We surf until the tide gets to low or high then jump to another spot 10 to 15 minutes away for the incoming to high tide or outgoing to low. Coiba is so exposed to the open ocean that there is always surf. Afternoons generally turn the wind onshore in some locations so we make another jump to where the winds are offshore at point breaks.



The upside to these constantly changing variables is that we surf alone. That's right... Your group killing it all by yourselves. We are so certain you will surf alone we guarantee it! Logistics make this a difficult location for outsiders to reach and with limited knowledge of the area most likely a waste of their time.

Lost Coast uses our two 24' sport boats to take groups to the breaks daily. These boats can transfer up to 6 guests and boards at a time. They are 5,000 pound aluminum boats with center console designed for serious offshore running. We cruise at 24 kts, which gets us to and from the breaks quickly. These boats are not pongas and the ride is exceptional. Both 24' boats are also outfitted with offshore fishing gear, inshore fishing gear and snorkel gear. When you decide to end your day of surfing there is more good news, the fishing for Marlin, Sailfish and Tuna on the famous Hannibal Bank is only a 20 minute jump offshore! Catch some fish on the way home and return with fresh Sashimi for our chef to prepare.



## **Accommodations**

Your group can join us at either Puerto Mutis or Santa Catalina to begin your trip. Our staff will transport you via our 24 foot fishing boats to the ranger station on Coiba. These boats are equipped with fishing, surfing and snorkeling gear and can hold 200 gallons of fuel each. We can safely travel throughout the Coiba National Park for up to six days at a time without returning to the mainland. This means that you don't have to return to the mainland if you don't want to.

Our guides have years of experience guiding in Coiba National Park and surrounding areas. The boats are fully equipped with all safety gear including VHF, GPS navigation systems, life jackets and satellite phone. Our captains are professional licensed captains that are also trained in CPR and first aid. Each captain and guide understands the fishing grounds, surf spots and all points of interest. They will help you plan your day while they take into consideration the weather, swell and current fishing conditions. We provide all needed fishing gear including fighting belts, big game and inshore fishing gear, lures and tuna tubes. If you have a particular piece of gear you would like to bring, please do so. We request that you bring your surfboards for surf excursions.

Your group will be staying at the Coiba Island Ranger Station on the northeast side of Coiba Island. We will make all the necessary arrangements for you.

This location allows us to be in the center of the activities on Coiba Island. The ANAM ranger station was once Club Pacifico, a famous fishing lodge back in the 1970's. The station has five large cabanas, each with two separate rooms that have six beds. The location was chosen for its perfect moorage, stunning white sand beach, turquoise blue water and beautiful jungle terrain. The cabins have stunning views, air conditioning, a sink, bathroom and a shower.

While you are staying at the ranger station, we encourage you to hike up a cleared pathway called the “Monkey Trail” which is named after the howling monkeys frequent the overhead trees along the path. There is also a bird viewing station near the cabanas that is within walking distance and available anytime to bird enthusiasts. A large white sand beach is the highlight of this location as it is the perfect place to grab a cool drink, sit in a hammock and allow our chef, Jose to cook a warm meal for you. There is a dining area and full kitchen at the ranger station, but don’t worry, Jose will do all of the cooking for you.



## **Panama General Information**

- You need a passport only (no visa) to enter and exit Panama
- Panama has a stable democratic government that has elections every four years.
- Panama has a growing economy which is dominated by the services sector which includes income from the Panama Canal, the Free Trade Zone, and its Banking industry. Tourism is also becoming a large contributor to Panama's GDP.
- The US dollar is the legal currency. Panama has a stable economy that has been based upon the U.S. Dollar since 1904.
- English is widely spoken throughout the country.
- A strong US presence throughout the year has resulted in an American influenced infrastructure.
- Panama has a number of US standard health care facilities.
- Panama has one of the best offshore banking centers in the world.

**Friendly People:** Panama has a population of over 2.8 million people and near 52 percent of the population lives in urban areas such as Panama City and David. The country is under populated with large areas of farmland and jungle spanning throughout the country. Panamanians are pleased to see foreigners moving to their country. They enjoy meeting and learning from new people. They will most often help you in any way they can, and are not afraid to put aside their schedule to help you.

**Language:** Panamanians often speak two or three languages, have impeccable manners, and dress nicely every day.

**Religion:** The predominant religion in Panama is Roman Catholic, but there is no prohibition against practice of any religion.

**Natural Beauty:** Mountains, rainforest, and gorgeous beaches all await you in Panama. Join us and learn to appreciate this beautiful country.