Coiba’s Treasures Tour

Description
Coiba’s Treasures Tour combines sun, beach, snorkeling, hiking, culture and nature all without venturing to far from MIAMBIENTE’s campsite. It includes visits to Isla Granito de Oro (Golden Nugget Island), Sendero Los Monos (Monkey Trail), the former penal colony site known as Estación Central (Central Station) which currently serves as a SENAN (National Air and Naval Service) station, and scenic boat rides. Dedicate a whole day to this tour and make sure to pack lunch, plenty of water, shoes, insect repellent, sun protection and snorkeling gear.

Golden Nugget Island
Surrounded by an impressive coral reef and crystalline waters, the emblematic Isla Granito de Oro (Golden Nugget Island) harbors a stunning array of life. Enjoy its beaches and appreciate its breathtaking underwater treasures through a relaxing one hour swim around the island with snorkeling gear. The adventure features sea turtles, eels, corals and fish such as parrotfish, jack, mackerel, groupers, and Moorish idol among others.

Monkey Trail
As its name suggests, Monkey Trail is ideal for observing howler and capuchin monkeys. It is about a kilometer long (0.6 miles) and entrance is permitted until 4 pm. On its trailheads you will find sandy beaches, a creek and the site of an innovative research station.

Penal Colony
Coiba served as a penal colony from 1919 until 2004 which contributed to the conservation of the island. Visit the central station’s historic ruins; enjoy the site’s unique biodiversity, pay homage to the men that disappeared on the island during the dictatorship in Panama and get to know SENAN’s current installations; all in the vicinity of the former penal colony’s central station. SENAN stands for National Air and Naval Service in Spanish.

Tour elements and duration
- Boat ride from MIAMBIENTE campsite to Golden Nugget Island: 30 minutes
- Snorkeling around Golden Nugget Island: 1 hour leisurely swimming
- Boat ride from Golden Nugget Island to Monkey Trail: 5 minutes
- Monkey Trail: 40 minute hike, low difficulty (1 km = 0.6 mi)
- Boat ride from Monkey Trail to SENAN station: 25 minutes
- Tour of the former penal colony’s central station site and the current SENAN station: 1 hour walk, low difficulty
- Boat ride from SENAN station to MIAMBIENTE campsite: 35 minutes

Please note: To access the central station and -trailhead, you must pay the entrance fee of $7 per person. This fee helps support the maintenance, conservation and research efforts of the National Air and Naval Service (SENAN).