

Below are a list of some of the activities, tours and excursions that you may be able to participate in during your time in Bocas! Activities may vary based on weather and water conditions, time of year, length of your stay, and availability. When you arrive in Bocas, the Volunteer Coordinator will help you plan your week(s) and make recommendations on what to see and do!

Give and Surf generally includes two excursions per week for each volunteer (from the included group activity list). Interns usually participate in one free group excursion per week; they may participate in others depending on their work schedule.

Included group activities/excursions that may be offered during your stay:

- One group surf lesson
- Surfing at Black Rock or Carenero Point
- Cristobal Cacao Farm Tour
- Carenero Beach (Swimming at Playita, Sunday Funday/live music at Coquitos or Bibis, hiking around the island)
- Hike/Surf at Wizard Beach
- Snorkeling at Hospital Point, Silverback, or airport (depending on wave/water conditions)
- Fishing with Eddy
- Drop off/Pick Up at Floating Bar, Bibis or Coquitos, Bocas Town

Upgrades to Give & Surf excursions:

- Starfish Beach: \$10/person to go via Give & Surf boat
- Red Frog Beach: \$5 entry
- Bahía Honda Waterfall Hike \$15/person

Cheap excursions/activities during free time:

- Bus to Boca del Drago/Starfish Beach (\$5 roundtrip)
- Busito to Bluff Beach (\$7.50 roundtrip)
- Rent bikes \$10/day (bike to Pipa Beach, Skullys, Ohana, Paunch Beach or Bluff Beach)
- Hangout places: (Chill bars/restaurants/hostels where you can buy a drink and chill and swim)
 - Bocas Town:
 - Bambuda Hostel
 - Klika Hostel
 - Isla Colon (road towards Bluff): (\$3 taxi per person to Pipa, Skullys)
 - Pipa Beach (can swim at the beach)
 - Skullys (has a pool)
 - Ohana
 - Paunch Beach Club
 - Bluff Beach (various beach restaurants and bars)
 - Floating Bars: \$4-5 roundtrip from Bocas Town (enjoy swimming and having some drinks and tacos)
 - Carenero

- Aqua Lounge (hostel with swimming area and bar)
- Cosmic Crab (hotel with pool and restaurant/bar)
- Coquitos (great tacos and pizza and you can swim out front)
- Bibi's (great food and happy hour drinks and you can swim out front)
- Leaf eaters (great vegetarian food and can swim off the dock)
- Playita (free public beach; bring a cooler and swim for the day)
- Bastimentos:
 - Red Frog Beach: \$5 entry (water taxi is \$5-8 each way per person)

Tours/Activities not included:

- Islas Zapatillas and Coral Key
- Bird Island
- Polo Beach (you can hike this as a group for free from Red Frog Beach)
- Additional surf lessons or tagalongs
- ATV or E-Bike rentals
- SCUBA diving or certification course
- Yoga, Pilates & other exercise classes
 - Check out One Love BDT for weekly schedule of classes
- Spanish lessons (available at Spanish by the Sea or we can recommend private tutors)