

THINGS TO DO



Play at the Hideaway



SALT WATER INFINITY POOL

Refresh in our infinity pool with the ocean breeze and a cocktail in hand, chill on a shady poolside chaise lounge, or one of our cozy daybeds. The view and the vibe are unparalleled.

FREE!



CLUB HOUSE

Whatever your pleasure, our clubhouse is the perfect place to chill and relax in a beanbag chair, play a board game or read your favorite book. We recognize the timelessness of Super Mario and have the Super Nintendo setup to match. Make this space your communal living room.

FREE!



BONFIRE

There's something romantic and nostalgic about a fire on the beach. We offer weekly bonfires that start with s'mores "for the kids" and typically end with Negroni's and beachy tunes.

FREE!



STANDUP PADDLE

We have 4 boards here at The Hideaway and the perfect bay for heading out on the water at high tide. Head out solo, as a couple, or a little SUP gang and get your paddle groove on! Head out on the water at high tide right in front of Catalina's Hideaway.

Rentals: \$10.



VOLLEYBALL

Play a 1-on-1 match or make a team and have a blast in our sand court here at The Hideaway.

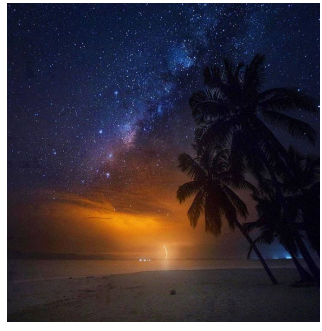
FREE!



MOVIE NIGHTS

Join us in our restaurant & bar for a movie night. We have a projector, loads of movies, (and popcorn of course)!

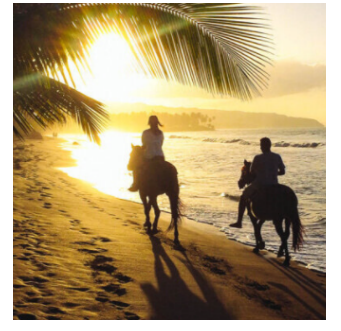
FREE!



STARGAZING

Stare up into the night sky amongst a mess of pillows on our ultra-comfy stargazing platform. Lay back, gaze up, and enjoy. With almost zero light pollution here at The Hideaway, the view is out of this world.

FREE!



HORSEBACK RIDING

Enjoy a morning or evening horseback ride on our secluded beach with our trusted local cowboy.

One hour ride: \$45 pp.

Wellness



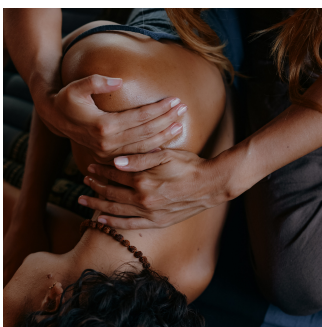
YOGA

Find your Zen by attending one of our sunrise or sunset yoga offerings

Group (from 3pax): \$15 pp.

Private: \$35 pp.,

Semi-Private: \$20 pp.



MASSAGE

Spoil yourself with a therapeutic, Thai or Swedish massage while listening to the chirping jungle and sounds of the ocean.

60 mins: \$90 pp.

90 mins: \$120 pp.



MUD BATH

Feel your skin transform and emerge renewed, making you feel like new with our natural mud bath on our private beach. Immerse yourself in tranquility as you embrace the breathtaking beauty of Panama's landscapes.



MEET THE WITCH

Allow yourself to cleanse the attachments, feel lighter, feel the positive energy and feel the plant medicine with:

Floral Baths, Tarot Reading, Egg Limpia, Shamanic Healing, Quantum Reiki, Spiritual counseling and dream interpretation.

Need any clarification on the above?

Contact us at [+507 6602-2274](tel:+50766022274) or info@catalinashideaway.com

THINGS TO DO



Play Away

You came to explore, right? The surrounding area of The Hideaway is full of beauty, adventure and life. We can organize any and all of your adventures through local and reliable amigos! We offer a shuttle that is timed with dive schedules, surf swell, and sunsets that takes our guests into and out of the popular town of Santa Catalina.

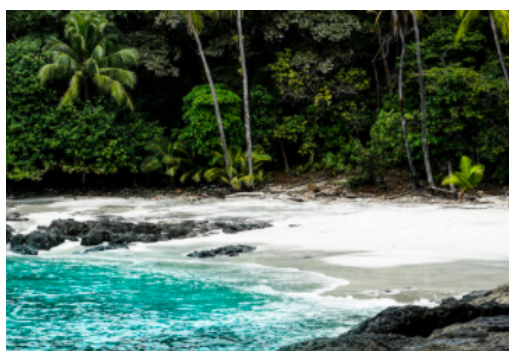
COIBA NATIONAL RESERVE

Ranked as Panama's #2 tourist destination behind The Panama Canal, Coiba National Reserve and Cebaco Island are about an hour and thirty minute boat ride from Santa Catalina and are definitely a must see! The park is an untouched marine reserve with 38 islands and 430,000 acres of natural beauty. Ranked as one of the top diving and snorkeling places in the world it's a perfect place to explore the beauty under the sea.

Snorkeling tours: Group \$95 pp.; Private from \$670/ boat (1-6p)

Diving tours: Scheduled upon request.

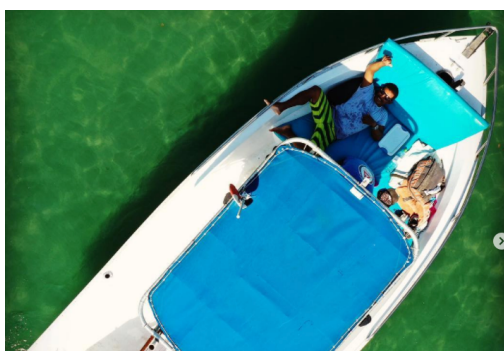
*Park fee is not included: Residents \$5 pp. / Foreigners \$20 pp.



CEBACO ISLAND

Cebaco is a short 30 minute boat ride from us. The area is famous for world-class fishing, snorkeling, turquoise waters, private beaches and secluded surf breaks.

Private boats starting from \$390 per boat (1-4p).



FISHING TRIPS

Our surrounding islands are known for world-class fishing. Spend a morning or evening on the water with a local fisherman - you might even catch your dinner! #WAHOO Pricing upon request, depending on location and number of people. YES! We will cook your fresh caught fish for you (extra fees apply).

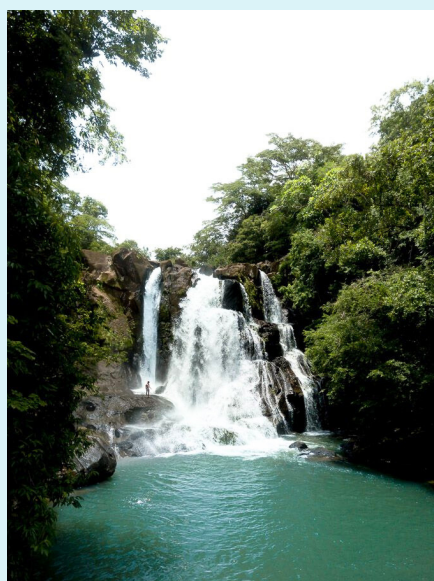


KAYAK TO SANTA CATALINA ISLAND

This island doesn't boast the same aquatic wildlife as Coiba NP but you can take a kayak over to it from the Santa Catalina town beach. It's the perfect secluded white sand beach to hit up if you are on more of a budget. Head over for a full or half-day with a cooler and a beach towel to relax in privacy.

Boat ride: \$40 (2-4people);
Kayak rental: Single \$20 /
Double \$30

Only at the Hideaway



WATERFALL TRIP BY CATALINA'S HIDEAWAY TEAM

Go on an adventure with one of the members of The Hideaway team. Take a ride in our Troopy to a beautiful waterfall where you can swim, eat lunch, go on a small hike and take in some beautiful views, and relax in the jungle. The drive is approx 1.5 hours each way.

Min 4 persons, \$75 PP (9:30AM - 3:30PM)

EXCLUSIVE

BIRDWATCHING & MANGROVE TOUR

Discover the incredible world of birds on a boat through the mangrove! Our NEW bird watching and mangrove tour is a blast, as you'll get to see a bunch of cool bird species on our property and during a boat ride. Keep your eyes peeled for the stunning Roseate Spoonbill, Purple Gallinule, Bare-throated Tiger Heron, Mangrove Black Hawk, Golden-hooded Tanager, and more!

Min 2pax \$300, Boat for 4 = \$340 or \$85pp, Boat for 6 = \$420 or \$70pp (includes a bottle of Rosé or 4 local beers)



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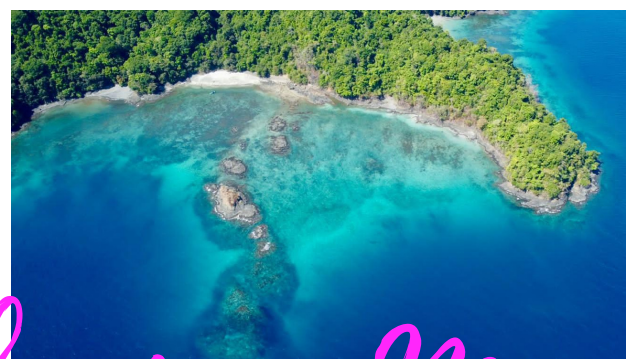
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SURF

The beaches in Santa Catalina and the surrounding islands have waves for all surfers. If you're learning, we can connect you with certified surf instructors. For advanced surfers, head to La Punta—a world-class point break with year-round offshore winds and consistent waves. The waves there range from 4-12 feet, peaking at 20 feet on big days. If you didn't bring your own board, The Hideaway offers rentals.

Let us know your ideal surf adventure, and we'll make it happen.

Foam boards: \$15 per day.
Performance boards: \$25 per day.
***Surf lessons available upon request.**



Isla Coiba is a Must

During certain times of the year large marine animals such as **Whale Sharks, Humpbacks, Pilot Whales** and many more call this place home. Don't be surprised if you see a group of Bottlenose Dolphins jumping and playing along your ride as well as rays breaching the water.

Santa Catalina is the main access point to get to Coiba National Park, the largest Marine Park in all of Central America. Coiba Island is often compared to the Galapagos, as it is home to many endemic species of flora and fauna. With a huge variety of marine species and coral reef that has been spared from the El Niño bleaching effects, your diving/snorkel adventure will be sure to not disappoint. **We work with a number of local diving and adventure tour operators that can help us organize your perfect underwater adventure!**

SCUBA DIVE

We would be happy to get you in touch with the best diving operators in the area. Whether you're an experienced diver, interested in doing a certification, or want to try diving for the first time (aka a "Discovery Dive"), we've got you covered!

Pricing varies depending on your chosen adventure!



SNORKEL & CHILL

CHOOSE BETWEEN A GROUP OR PRIVATE TOUR

Not in the mood to dive? Then you can choose between a group or private snorkeling tour! Round trip from Santa Catalina by boat to Coiba National Reserve with 2-4 stops on different islands and 2-3 snorkeling spots at the reserve. Group Tours are from 8am to 4pm from Santa Catalina town. Private Tours can be arranged at your preferred departure time (we recommend between 8am-9am).

Group Tours \$95 pp / Private Tour \$670 (1-6p), \$890 (7-8p) and \$1080 (9-10p).

***Prices might be higher during national holidays**

Included:

Professional guide, snorkeling equipment, life jackets, snacks and fresh fruit, cooler with water, pop, juice and ice, lunch.

*You can also order something from our restaurant for take-out.

NOT included:

- Breakfast. Ask us to arrange Overnight oats for you the night before.
- Park fee: Residents \$5 pp /Tourists \$20 pp (must be paid in **cash**).
- Transport to and from the Tour Operator (apx. 20min drive).

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