

# La Loma



Information

## Some information:

### Food

**Breakfast** 8 - 11

**Lunch** 12:30/1.00 (we'll pack a lunch for you if you are out for the day)

**Dinner** 7:00

Drinks and snacks are available throughout the day. Please stop by the lodge whenever you need something.

You are very close to nature at La Loma. To deter close encounters with unwanted creatures it is best to avoid keeping food in your rancho.

### Cleaning and laundry

We've found that most people relish their privacy while at La Loma. However if you would like your rancho cleaned during your stay please let us know. Clean towels and sheets are also available on request.

### Water

Ranchos 2, 3 and 4 are supplied with water from a rain catchment system. Particularly during dry times water can be scarce, please be conscious of this when using the shower and toilet.

Please flush only toilet paper down the toilet

Filtered water for drinking is available in the lodge. Please use the water bottles you receive on arrival - we will refill these for you.

## **Security**

La Loma is a very safe place. However if you would like to lock up your valuables there is a secure trunk in the closets of ranchos 1, 2 and 3. Rancho 4 doesn't have a trunk but we'll store any valuables with us in the lodge.

## **Rancho kit**

Each rancho has a wooden kit box that contains:

- clothes pegs and a drying line (you'll find hooks to attach it to on 3 of the posts in your rancho)
- a packet of Dos Tigres (mosquito coils), plates to use as coil stands and a lighter
- a pair of binoculars

## **Charging Electronics**

You are welcome to charge your batteries, telephones and other electronic devices in the lodge. Please keep in mind that we run off solar energy and can only charge your devices during sunny days and during daylight hours.

## **Tipping and Community Fund**

We have a hardworking and dedicated group of staff. Gratuities are always appreciated.

Over the past 8 years, we have raised thousands of dollars for Bahia Honda community projects and student sponsorships. Much of this has come from generous donations from La Loma guests. Please let us know if you would like to contribute in any way.

# Diversions

## Free stuff

- Chocolate Farm Tour
- Trips to Red Frog beach
- Visits to Bahia Honda School
- Self-guided access to La Loma trails
- Use of kayaks and cayucos (wooden canoes)

## Jungle and beach adventures

- Ridge Hike (approximately 1.5 hours) through the jungle up to the highest point on the island – \$10 per person (\$20 minimum)
- Beach hike from Red Frog to calm and quiet Polo Beach (approximately 1.5 hours total walking with unlimited beach time) – \$5.00 per person (\$10 minimum)
- Transport to Old Bank village for self guided hike to dramatic Wizard Beach – \$20 flat fee
- Boat trip (in cayuco or motor boat) up the beautiful Bahia Honda creek ending in a short hike to incredible bat caves (approximately 5 hours) – \$20 per person (\$50 minimum, price includes Park entry fee)
- Full day hike through Bastimentos National Park to deserted Long Beach – \$20 per person (\$40 minimum)

## Snorkeling and swimming

- Half day snorkeling trip to Coral Cay or Hospital Point – \$20 per person (\$50 minimum)
- Full day trip to spectacular Zapatillas Islands – coral forests, ray and big fish snorkeling and idyllic beaches – \$45 per person (\$110 minimum price includes \$10 National Park entrance fee)

All trips include free use of our snorkeling equipment

## Scuba Diving

Both dive trips and lessons are available – please ask us for more information

## **Surfing**

- Rates for board rental and lessons vary. Please ask us for more details

## **Fishing trips**

- Choose between fishing using traditional techniques or trolling in deeper waters – \$10 per hour

## **Evening time**

- Early evening cruise through Bahia Honda bay (1 hour), a tranquil wind-down to the day made even better with a bottle of wine or 2 – \$10 flat fee plus drinks

## **Further afield:**

- Full day boat journey to Blue Fields – dramatic scenery and tourist free beaches in the Ngobe Comarca (indigenous autonomous region) – \$75 per person (\$200 minimum). Weather dependent.

## **Also (please ask us for more details):**

- Zipline tour
- Bastimentos Town (Old Bank) visit
- Catamaran sailing trips
- Horse riding
- Paddle board and sunfish sailboat rentals
- Finca Mono Botanical Garden tour
- Turtle watching (in season)
- Smithsonian Institute visit (Fridays only)

## **Transportation to Bocas Island**

- Transportation to and from La Loma on arrival and departure is included in the cost of your stay. Due to high gas prices, additional trips to Bocas Island cost \$20.

# Relax in your Rancho

## Massage

- A combination of deep tissue and Swedish techniques \$85 per hour

## Energy Healing and Reiki

- For stress relief, healing injuries, deep relaxation  
\$125 per hour

## Vinyasa flow yoga

- An invigorating and challenging yoga – private classes in your Rancho or on the beach  
\$50 per hour (1 or 2 people, \$10 each additional person)

Combine a yoga lesson with massage or healing session for \$110.  
Perfect for a rainy day.

## Drinks

Coffee, tea, and water refills are complementary

### Soft Drinks

Bottled water \$2.00 Assorted Sodas \$1.50

Juice \$2.00 Smoothies \$3.50 – \$4.00

### Beer

Domestic Beer – Atlas and Balboa \$2

### Wines

House wine is \$4.50 per glass or \$16.00 per bottle

### Cocktails

Cocktail of the evening – based on what's in the garden \$4.50

### Or try some old favorites:

- **Ginger Zap** (vodka, ginger ale, fresh ginger, a huge squeeze of lime) \$4.00
- **Caipirissima** (white rum, sweetened fresh lime juice, and lime zest) \$4.00
- **Wang-doodle** (golden rum, tonic water, a squeeze of lime with a splash of Angostura bitters) \$4.00
- **Seco and Milk** (Panama's national drink. Drink it if you're up for it!) \$2.00

Gin and Tonic, Screwdriver, Cuba Libre

And most other two-ingredient drinks \$3.50