



# Coiba's Treasures Tour

# Coiba

## PARQUE NACIONAL

### 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.

### Tour elements and duration

- Boat ride from MIAMBIENTE campsite to Golden Nugget Island: **10 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**

### 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 beach and appreciate its breathtaking underwater treasure 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, grouper, and Moorish idol among others.



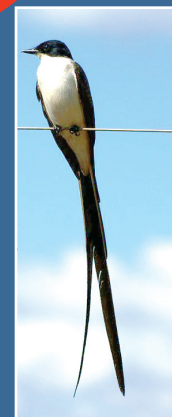
**Bumphead parrotfish *Scarus perrico***  
© Ross Robertson CC (Creative Commons Licence)



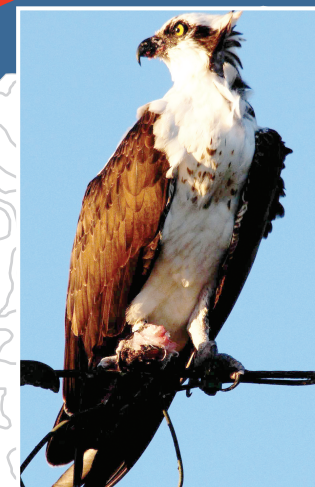
**Golden Nugget Island**  
© Antonio Clemente



**Red-rumped woodpecker *Veniliornis kirkii***  
© Cristóbal Minic CC 2.0



**Fork-tailed flycatcher *Tyrannus savana***  
© Dario Sanches CC 2.0



**Western osprey *Pandion haliaetus***  
© Ken Thomas



**Scarlet macaw *Ara macao***  
© Antonio Clemente

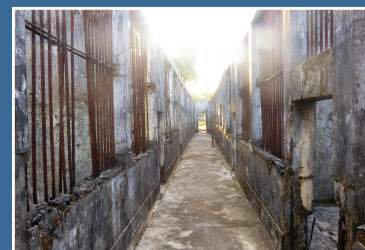
**Birds possibly sighted near SENAN station**



0 1 2 4 km

### 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.



**Cell block, central station**  
© Antonio Clemente

### Climate Change Identify possible impacts

- Coastal erosion
- Sea level rise
- Coral bleaching

### Flora introduced to the vicinity of Central Station

- Pine *Pinaceae* family
- Teak *Tectona grandis*
- Craboo *Byrsonima crassifolia*

\* Construction site of an innovative research station by the National Science and Technology Secretariat (SENACYT).

\*\*Historic ruins of the former penal colony's central station include cell block, workshop, kitchen, gym and armory.

### Location



### Legend

- Marine path
- Trail
- 20 meter contour lines
- Infrastructure
- (A) MIAMBIENTE Station
- (B) Trailhead and creek
- (C) Trailhead and research station site\*
- (D) Golden Nugget Island
- (E) Former penal colony site & current SENAN station\*\*
- ✈ Landing strip

is permitted until 4 pm. On its trailheads you will find sandy beaches, a creek and the site of an innovative research station.

### 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



This trail guide was developed by youth from Central America and the Caribbean as part of the **World Heritage Youth Project on Marine Biodiversity & Climate Change Panama**, January 25 to 29, 2016, organized by UNESCO World Heritage Centre in

cooperation with MarViva Foundation with the support of the Ministry of Education, Culture and Science of the Netherlands, in collaboration with the Ministry of Environment of Panamá and the University of Panamá.

**PROPERTY OF MIAMBIENTE. RETURN TO PARK RANGERS WHEN FINISHED.**