



“ **Wanderlust.**

*The very sound of it brings a pang of unfulfilled desire. It conjures images of Drake & Magellan, Cook & Shackleton, Stanley & “Dr. Livingston, I presume.” Many of us harbor this secret desire to explore, to discover a new place, a place all one’s own. I knew before I embarked that my Shangri-La needed to satisfy a deep craving...*

*...for tropical heat, wild rhythms, wide expanses of open sea — and it had to be far, far away from anything resembling a crowd. I chose that equatorial isthmus, Panama, where I found all that and more on the spectacular island of **Isla Palenque.** ”*

— BENJAMIN LOOMIS, FOUNDER & PRESIDENT, AMBLE RESORTS —

## Sanctuary from Civilization

Palenque means sanctuary. This long-forgotten island is now rediscovered as a private island resort that preserves the land’s wild, pristine beauty and celebrates a way of life lavish in its incomparable design and superlative service.

Let us take you on an explorer’s journey ...

*“From the heights of this of this tall, complex landform, the ocean stretches out unlimited, and time feels just as endless – the rhythmic crashing of the waves builds to the blowhole’s sonic eruption every couple minutes or so, reiterating the meaning you have found here for as long as you choose to stay.”*

— PUNTA BALLENA , *THE AMBLER*, AUGUST 2012 —



## THE EXPERIENCE

On Isla Palenque, luxury is redefined as immersion in the pristine wilderness of our 400-acre private island. Designed to blend sumptuous interiors with the wilds of the surrounding tropical forest, rooms and suites are perched between jungle trees on the volcanic coastline, offering utmost seclusion and sweeping ocean views.

Lose yourself in the jungle canopy from an in-suite hammock. Complimentary binoculars allow views of the local fishermen reeling in the day’s catch, or of one of the island’s resident howler monkey families swinging through the treetops.

Attentive, personalized service ensures a unique luxury experience. Everything on Isla Palenque has a story: the ancient history of our nature preserve; the myths and traditions of our local staff; the inspirations behind cuisine infused with produce gathered from our on-site organic farm the very same day.

A carefully crafted selection of over twenty guided adventures — on the island, out at sea or on the mainland — ensure an unrivaled Panama travel experience. Every visitor to Isla Palenque leaves with an understanding of the powerful bond between humanity and wilderness that defines the culture, history and legacy of Panama.



## QUICK FACTS

**Rooms:** 16 (10 Tented Suites, 6 Estate Rooms)

**Expected Grand Opening:** May 2013

**Rates:** \$299 - \$799 (dependent on room type and season)

**Amenities:** fine dining at two onsite restaurants, beach lounge and services, 2-tier infinity-edge waterfall pool, 220-acre nature preserve, beachfront spa, onsite organic farm, guided tours and expeditions, miles of hiking trails, iPad in every room

**Island:** the resort property includes the entire 400-acre private island of Isla Palenque: twelve beaches, a natural blowhole, old-growth tropical jungle, biodiverse lagoons, palm groves, volcanic rock formations and 5 distinct ecosystems

**Location:** Isla Palenque is located off the Pacific coast of Panama in the Gulf of Chiriqui. West of Panama City and just east of the Costa Rican border, it is approximately one hour from the city of David in the Province of Chiriqui, Panama

**Access:** To get to Isla Palenque, you will fly into Tocumen International Airport in Panama City, then take a short connecting flight to Enrique Malek Airport in David, Panama (on average, a 45-minute flight), where we will pick you up and bring you to Isla Palenque by boat (up to 1 hour).

**Weather:** Isla Palenque is located 8 degrees North of the equator, with consistent temperatures year-round: highs typically hover around 92 Fahrenheit (33 Celsius), lows around 70 Fahrenheit (21 Celsius). Based on the typical weather patterns at Isla Palenque, we've divided the year into three travel seasons:


"Dry" Season: mid-December to mid-April

"Green" Season: late-April through September

"Rainy" Season: October through mid-December

“...17 monkeys in all were sitting in front of me as if in a treetop auditorium... Several fawn-colored babies peeked over the fuzzy brown curve of their mothers' backs, a young male hung upside down from his tail, another scratched his head, one peed; we all stared. I held my breath for what seemed like a full five minutes, trying to memorize the image of this unexpected monkey moment forever.”

— MY MONKEY MOMENT, *THE AMBLER*, APRIL 2012 —



“Looking out from the deck of a suite, the ocean-view stretches to infinity, but turn around and the resort is completely camouflaged in wall-to-wall jungle. While the illusion seems magical, it is of course, by design.”

— A JUNGLE HIDDEN RESORT IN PANAMA, *THE AMBLER*, NOVEMBER 2012 —

## THE ROOMS

### **TENTED SUITES**

*A luxury camping experience in the wild jungle.*

The only walls surrounding your private outdoor living room are the lush leaves of heliconia, palm and the trunks of trees stretching over a hundred feet tall – relax in the large double hammock to take in glimpses of the Pacific dotted with islands for miles in the distance, or gaze up into the forest canopy that envelops you in desert-island privacy.

Hardwood floors stretch into a fully-enclosed bedroom with canvas walls. Designed to take advantage of natural shade and ocean breezes, your tented suite comes equipped with a high-impact fan to keep you cool as the waves lapping the beach below lull you to sleep in your plush queen-sized bed. A spacious modern bathroom complete with an outdoor shower perfects a tented escape explorers of yore could only dream about.

Our Tented Suites perch high on a bluff overlooking Playa Palenque, the island’s largest beach. Las Rocas, our casual beach restaurant and lounge, is nestled into the bottom of the bluff below this intimate collection of luxury camping suites.

### **ESTATE ROOMS**

*An expansive seaside villa with outdoor walkways in lieu of hallways.*

These highly-serviced rooms sit above sandy Playa Primera, just steps from the infinity pool and Edén restaurant. The rooms and suites are nestled between old-growth trees, blurring the line between their sophisticated interiors and the natural surround. Floor-to-ceiling windows frame an eastward ocean view for a stunning glimpse of the sunrise each morning. You can choose to close the living room off for air-conditioning, or let the walls slide away to embrace the song of the jungle and allow ocean breezes to flow through your spacious room.

Warm hardwoods, bamboo floors and crisp white linens bring an effortless elegance to the interior, and cantilevered ceilings allow natural light, filtered by the forest canopy, to stream in. Furniture and artwork crafted by Panamanian artisans and from on-site woods bring local character to these stunning spaces. Outdoor showers and decks cloaked in privacy by forest trees perfect the immersed-in-nature experience you’ll enjoy while staying in any of these distinctive rooms.



*“From our neighbors here in Panama, we’ve learned that sharing a meal, no matter how simple, is always a celebrated moment — worthy of the finest fresh ingredients, thoughtful flavor pairings and preparation focused on the details.”*

— GOURMET GRILLED, *THE AMBLER*, SEPTEMBER 2012 —

## CUISINE

Blending contemporary techniques, fresh ingredients, and age-old methods, our two restaurants elevate humble recipes beloved by Panamanians to the consummation of haute cuisine. Island dining is refined at Edén, and relaxed at Las Rocas: we’ve done away with fussy conventional formalities, skipped the over-the-top extravagance of modern gastronomic trends, and brought homegrown simplicity back to gourmet.

Enjoy reimagined Panamanian favorites and a few wholly new tropical creations, complemented by signature cocktails in a stunning oceanfront surround at our two restaurants:

### **Edén**

At Edén, the tropical refinement of colonial Panama is revived for the modern palate in an unpretentious jungle-chic setting. Classic recipes are enhanced by produce from our organic farm and innovative flavor pairings, while modern gastronomic techniques enliven time-honored local favorites such as ropa vieja (braised beef) complimented by briny root vegetables, guacho mariscos (seafood soup) simmered with fresh herbs, and tamal del olla (polenta and chicken) balanced by a bright pepper puree.

Pair Edén’s distinctive dishes with vintage cocktails of the Canal era: classic Latin cocktails, American cocktails with a tropical twist, and a couple of Isla Palenque signatures invented at the very spot where you sip.

### **Las Rocas**

Marooned in the shade of the volcanic boulders piled one atop the other to form the towering jungle bluff whereby Las Rocas earns its name, our beachfront restaurant tempts you to the ocean’s edge to delight in cocktails that tantalize the taste buds and fire-grilled food exploding with indulgent tropical flavor. A cushy, breeze-swept dining area provides a view onto Las Rocas’ raison d’être – the grill -- where everything from skirt steak to octopus to farm-cheese-topped flatbreads transforms into a smoky, toasted dish perfect any time of day.

A selection of small plates, flatbreads, salads, and sandwiches stuffed with grilled meat, seafood, and vegetables pair well with our homemade “fantasy island” cocktails designed to delight in as a table.



“We’ve made sure that the design and amenities of Isla Palenque seamlessly blend themselves into the real object of desire for those who travel to Panama — immersion in extraordinary wilderness.”

— LUXURY REDEFINED, *THE AMBLER*, OCTOBER 2012 —

## AMENITIES

We believe in a select set of creature comforts focused on high-end quality over needless extravagance that elevates our island experience from eye-opening to mind-blowing – no more, no less.

Experience comfortable sophistication at our 16-room boutique luxury eco-resort:

### **Personalized Service**

On Isla Palenque, service is personal. We’re happy to accommodate your vegetarian preferences at our restaurants, to fetch the allergy medicine you forgot, email you a song you loved when you heard it playing at the resort, or help surprise your travel partner with a private beach dinner. We’ll take care of you, and the island will take care of the adventure, for a truly once-in-a-lifetime travel experience.

### **Infinity-Edge Pool**

Naturally-purified water from our island’s aquifer cascades over massive volcanic boulders from our two-tiered waterfall pool -- take a refreshing dip in the infinity-edge upper tier, or lounge beside the twelve-foot waterfall in the wading pool below.

### **Beachside Service**

Your every seaside need is attended while you soak up the sun and wade into the ocean from the sandy shores of Playa Palenque.

### **Palm Grove Spa**

Local botanicals from the island and nearby mountains foster a deeper connection to the harmonious balances found in your pristine natural surround. Our simple holistic offerings range from post-hike massages to indulgent couples’ treatments.

### **World-Class Cuisine**

Local ingredients and authentic dishes become chic, thanks to modern twists on the traditional food of Panama and inspiration from the beach bonfire. The fresh island air stirs the palate as you savor delectable dishes and island cocktails infused with produce from our organic farm.

### **Organic Farm**

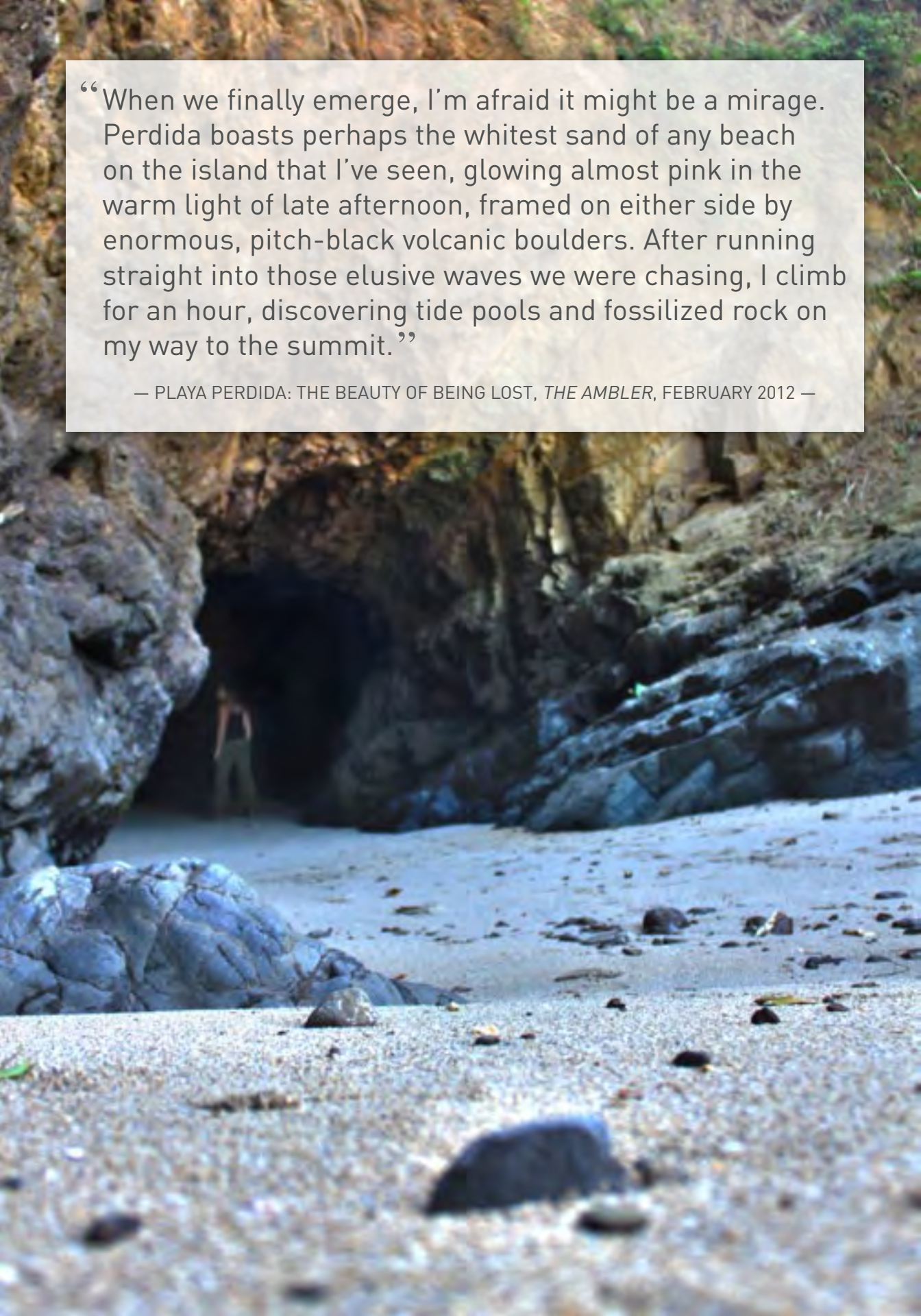
From trees planted generations ago, to the hilly orchard and organic farm we maintain, we celebrate Panama’s natural abundance with each harvest of juicy mangoes, luscious limes, velvety avocados, and a bevy of other fruits, vegetables and herbs for our Panama resort’s restaurants.

### **Forest Preserve**

We’ve carefully laid miles and miles of trails within the 220-acre nature preserve and around the island so that you can safely navigate the coastline and wild jungle, whether on a guided hike or through solo exploration.

### **Special Events**

Treat your guests to the pleasures of this extraordinary location, augmented by our personalized event details, indulgent island service and a gourmet menu. Contact us to plan your special event.



“When we finally emerge, I’m afraid it might be a mirage. Perdida boasts perhaps the whitest sand of any beach on the island that I’ve seen, glowing almost pink in the warm light of late afternoon, framed on either side by enormous, pitch-black volcanic boulders. After running straight into those elusive waves we were chasing, I climb for an hour, discovering tide pools and fossilized rock on my way to the summit.”

— PLAYA PERDIDA: THE BEAUTY OF BEING LOST, *THE AMBLER*, FEBRUARY 2012 —

## TOURS

Our tours and excursions reflect the most meaningful travel experiences we’ve found on Isla Palenque and in the surrounding area. A selection of over 20 tours and classes offered at Isla Palenque take you into the heart of this unique Panamanian wilderness, to discover the powerful ways that natural beauty can move you, challenge you, and deepen your understanding of the people who grew up among these ecosystems.

### **Island Tours & Classes**

- Tropical Forest Trek
- Tide Pools, Lagoons & Mangroves
- Secrets of the Island
- Hike to Punta Ballena
- Tree Climbing Canopy Tour
- Rock Climb to Punta Ballena
- Guided Night Walk
- Kayak Tour to Isletas Maria & Amelia
- Kayak Tour: Beaches and Mangroves
- Rock Fishing
- Jungle Fitness Classes
- Beach and Jungle Yoga Classes
- Natural Studies with Visiting Biologists
- Panamanian Cooking Classes

### **Ocean Tours**

- Island-Hopping in Gulf of Chiriquí National Marine Park
- Island-Hop to Islas Secas
- Kayak Islas Ventanas, Linartes, Iglesias
- Diving Islas Secas (Though Buzos Boca Brava)
- Fishing Islas Secas or Islas Ladrones (Through Panama Sport Fishing)
- Whale Watching [Seasonal]

### **Mainland Tours**

- Visit with the Ngöbe–Buglé & Waterfall Hike
- A Day in Boquete: Coffee Farms & Cloud Forests
- Monkey Sanctuary & Waterfall Hike

### **Custom Private Tours**

We will arrange a custom private tour that caters to your particular interest, or any of the above tours can be taken with a private guide.

### **Tour Sizes**

To provide the best experience, we’ve defined a minimum and maximum number of participants for each of our tours, ranging from 2 to 8 guests depending on the tour.





“Beauty here is the kind that slows down time. I know I arrived here a few days ago worried about what I left behind, but now it all seems so simple. My skin is bright, my eyesight seems to have improved and I feel at least an inch taller — it seems that one week on the island is all it takes to cure a year of everyday burdens.”

— NATURAL SCRUB, *THE AMBLER*, JANUARY 2011 —

## WELLNESS

Rediscover how wonderful it feels to breathe fresh air, wake up with the sun, and let the natural beauty overcome you. Our wellness classes and spa treatments will stimulate your mind, stretch your limbs and center your soul so that you can return to daily life feeling invigorated.

You will find your balance, regain your energy, discover your bliss, and indulge in a few hedonistic pleasures of the healthiest sort — with plenty of time to simply relax and allow tropical rejuvenation to dawn on you slowly.

### **Balance: Practice Yoga**

Our yoga instructor is available for private, one-on-one, or small group sessions. Yoga classes are a regular element of our comprehensive jungle fitness program, offered every day at 7 am.

### **Energy: Push Yourself with Outdoor Fitness**

Our holistic seven-day circuit of beach and jungle fitness classes ranges from cardio to weight training to stretching and yoga; with small class sizes ensuring personalized attention, all our classes are easily adjusted to your personal level of fitness.

### **Bliss: Decompress at our Spa**

Detox from travel fatigue the day of your arrival, dedicate a morning massage to aligning your body, mind and spirit before a day of adventure, and cherish the purity and balance you've found in our calming wilderness by letting us take the ache out of your hiking muscles before you bid Isla Palenque a reluctant farewell.

### **Indulgence: Enjoy Wholesome Organic Meals**

Sustain the sense of wellbeing you'll enjoy while staying on our island with all-natural and organic foods, primarily from our own organic farm and orchard, with other produce and ingredients sourced from the local farming community in Chiriqui. We favor healthy oils and good fats, and balance every meal with fresh courses incorporating indulgent elements that will tempt you to exercise an "I'm on vacation" attitude towards eating — but that won't leave you feeling the guilt of overindulgence.

### **Stimulation: Explore**

Our tours and classes are designed to teach you something new about yourself and the world. Our guides provide a path and insight into the biological, historical, and cultural importance of the stunning wilderness through which you will pass..

### **Relax: Do Nothing**

There are few places in the world where you can enjoy a beach all to yourself, or walk just a few paces out from the entrance to your room and feel as though you're the sole inhabitant of a powerful wild paradise. Relish it.



## SUSTAINABILITY

At The Resort at Isla Palenque, guests experience all the comforts and amenities you expect from a high-end luxury eco-resort while still treading lightly on the planet. By preserving and sustaining the land, wildlife and local culture, we ensure that Isla Palenque will remain a pristine, natural setting for our residents and guests to enjoy for generations to come.

Our efforts include:

- Less than 5% of our 400 acres will be built upon, including all buildings, roads and trails.
- We protect 220 acres (over half the island) of our forests, lagoons and mangroves as a private forest preserve.
- We are developing and building at standards that meet LEED Platinum Certification, making our island real estate among the most ecologically responsible in the world.
- Our architectural designs have been optimized to substantially reduce energy needs compared to most resorts with our high level of service and comfort.
- Our water conservation and treatment techniques employ sophisticated water filtration methods and modern water saving devices, and our greywater is used to supply all irrigation needs.
- At Isla Palenque we reduce, reuse and recycle to eliminate as much solid waste as possible. Our composting program converts food waste into compost for our farm.
- Most of the produce served in our restaurants is grown in our on-island organic farm.
- Our buildings are designed to complement their natural surroundings and harmonize with the stunning setting. The design honors the land and Panamanian culture while achieving a contemporary look and feel. Time-tested passive cooling techniques reduce the need for air conditioning while providing cool comfort.
- We use primarily native plants in our landscaping, reducing irrigation needs; minimal pesticides or herbicides are used in their maintenance.
- The Panama resort at Isla Palenque employs local people; we patronize and partner with local businesses. Our goal is to support the local economy and provide sustainable employment and income to our neighbors here in Panama.
- Local guides are available to provide guests with opportunities to visit area businesses and schools. Our mission is to educate visitors on local customs and cross-cultural issues.
- Through guided tours and printed materials, The Resort at Isla Palenque provides guests and residents with education on: our sustainability practices, island flora and fauna, pre-Columbian history and archeology, the culture of the nearby Ngöbe-Buglé tribe and local arts and artisans. A future education center on the island will serve to foster ongoing study of these issues.
- We partner with the local community to support projects benefitting the health, safety and growth of the community, and work to develop practices that keep the environment and character of the area maintained.

“In this natural clearing, tufted by strong spiky grass and speckled with volcanic pebbles, I was overcome by the wildness of every element in this place. It was majestically beautiful, and yet imperfect. Nothing was manicured or manufactured about its greenery, just the quirky disheveled beauty of nature; random-sprouting flowers, chaotically-strewn volcanic rocks, and a sea turtle surfacing in the waves below every couple of minutes. Unpredictable and wild, and blowing every connotation of the word “paradise” out of the water...”

— ESCAPE AESTHETIC, *THE AMBLER*, OCTOBER 2012 —

“When I share my trip to Panama with friends, I hesitate when I begin to speak of Boca Chica. For me, it is an undiscovered gem that I want to selfishly keep secret from other travelers. The splendor of quiet evenings listening to summer’s breeze, endless stretches of sand void of footprints, and locals willing to bring you to your next destination in their family’s truck makes the Gulf of Chiriqui a traveler’s off-the-beaten-path paradise.”



## CHIRIQUI, PANAMA

Isla Palenque is located off the Pacific coast of Panama in the pristine waters of the Gulf of Chiriqui, in the Province of Chiriqui, Panama. This is Panama’s wild west — uncharted territory: cattle farmers, indigenous villages, dirt roads, and the most stunning, undiscovered ecosystems the country has to offer.

**Province of Chiriqui:** Chiriqui is the mainland province that shelters the Gulf of Chiriqui. This province is home to quiet farm villages and Panama’s largest indigenous group, the Ngöbe-Buglé. The bustling expatriate haven of Boquete has brought North American attention to the area in recent years, as has the globally-renowned coffee grown in the cloud forest microclimate there, but the locals value the area for its small, peaceful farming and fishing communities nestled into the peaks and valleys of the rolling countryside that leads to the sea.

**Gulf of Chiriqui:** The Gulf of Chiriqui is a pristine Pacific gulf nestled into Panama’s northwest side. The unspoiled coastal and marine environments in the area rival the best on the Pacific coasts of Central America and Mexico. Isla Palenque sits at the doorstep of the Gulf of Chiriqui National Marine Park. The Park encompasses 14,740 hectares of unspoiled coastal and marine environments and protects 25 uninhabited islands, multiple coral reefs, and abundant wildlife. In the waters surrounding Isla Palenque you’ll explore some of the world’s most biodiverse ecosystems, and an extraordinary number of marine species call these temperate waters their home, including humpback whales, hammerhead sharks, dolphins, multiple species of sea turtles, and giant rays.



# AMBLE RESORTS

Amble Resorts is an international resort management and development company specializing in high-end, ecologically sensitive and culturally authentic resorts in places of spectacular natural beauty and historical significance. Our aim is not merely to construct buildings and manage hotel employees, but to create gateways to spectacular sites, allowing our guests to fully and fruitfully explore every destination we have to offer.

Standing at the conceptual intersection of eco-lodging, adventure tours, boutique hotels, and luxury resorts, an Amble Resort bridges the gap between the overly rustic options of current eco-resorts, the unpredictability of small, mom-and-pop establishments, and the homogenized products of major hotel brands for an unprecedented travel experience. We challenge the idea that sustainability requires sacrifice or that luxury necessitates damaging the earth. By combining the best of new technology, ancient wisdom, meticulous planning, and inspired talent, we create experiences that are difficult to duplicate: luxury, redefined as meaningful connection to the earth, other people, and each other.

## THE AMBLER

*The Ambler* is an endeavor by the Amble Resorts travel community to bring the best elements of travel blogs, travel forums, travel books, and travel magazines together to celebrate and share the incredible places we have traveled the world to find.

We began blogging almost as soon as we spotted Isla Palenque for the first time, and you can follow that journey from beginning to present by navigating the posts tagged Isla Palenque. As we began to plan and build our resort, Amble employees became expats, writing about Living Abroad in Panama and helping to create our Panama Guide. Even our company Founder blogs: he'll keep you up-to-date on construction progress and the creation of our cocktail menu – we leave the important stuff to the President. To fulfill your pre-trip excitement, we recommend reading firsthand stories from life on our island in the column Live from Isla Palenque, or browsing articles about Panama culture, cuisine and wildlife.

If you're passionate about life-changing travel, we're sure our travel stories will engage your inner adventurer. Meet incredible species in the wild, taste a local specialty, learn the ancient customs of indigenous cultures, and find expert guidance for your next life-changing journey, all on *The Ambler*.

“We believe travel should change you, every journey redefining who you are, so you return home bringing new perspectives and larger meaning to everyday life.”

— BENJAMIN LOOMIS, FOUNDER & PRESIDENT, AMBLE RESORTS —

# CONTACT US

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