



DOLPHIN BLUE PARADISE

ISLA SAN CRISTOBAL | BOCAS DEL TORO

PROPERTY FACT SHEET

Dolphin Blue Paradise

Off-grid by design. Personal by nature.

Dolphin Blue Paradise is an intimate off-grid eco resort on Isla Cristóbal in Dolphin Bay, Bocas del Toro, Panamá. Reached only by boat, the property brings together personal hospitality, locally rooted food, and experiences guided by people who know the bay and rainforest.

100%

SOLAR POWERED

~80

RESIDENT DOLPHINS

5 ACRES

TROPICAL GARDEN

100%

PEANUT-FREE KITCHEN

PROPERTY FACT SHEET



A Small Island, Fully Alive

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Solar power runs the property. Rainwater is collected and purified through reverse osmosis and UV treatment. A five-acre tropical garden supplies the kitchen, while about 80 bottlenose dolphins live in the surrounding bay.

DISTANCES & ACCESS

- Fly to Bocas del Toro Airport (BOC)
- 20-30 minutes by boat from Bocas Town
- No road access; the final arrival is by water

SERVICES & AMENITIES

- Personalized boutique-island stay
- Boat-transfer coordination from Bocas Town
- Blå Bar & Restaurant over the water
- Breakfast, lunch, and a three-course dinner menu
- Property-wide 100% peanut-free kitchen
- Other dietary needs with 48 hours' notice
- Complimentary kayaks and paddleboards
- Guided snorkeling, fishing, and boat outings
- Rainforest hikes with local naturalists
- Massage and wellness by advance booking
- Wi-Fi, organic linens, and purified rainwater



OUR ACCOMMODATIONS

Three distinct room styles keep the property intimate. Each offers organic linens, a private outdoor space, and direct contact with water, garden, or forest.

Dolphin View Room

30 M2 | UP TO 2 GUESTS

King bed and a large terrace facing Dolphin Bay.

Overwater Villa

40 M2 | UP TO 4 GUESTS

King and queen beds, walk-in shower, and bayfront terrace.

Premium Deluxe Sea View Cabana

33 M2 | UP TO 2 GUESTS

California king, local finishes, and a generous sea-view terrace.





DINING | EXPERIENCES | IMPACT



OUR DINING

Chef Yuh combines classical culinary training, holistic nutrition, and a lifelong commitment to sustainable hospitality. Weekly menus begin with what the five-acre garden and nearby waters provide.

- Fresh seafood from Dolphin Bay and nearby waters
- Tropical fruit, herbs, and vegetables from the garden
- House-made ferments and regionally sourced ingredients
- Cacao and nutmeg purchased from a Ngäbe-Buglé cooperative

PRIVATE EXPERIENCES

Explore calm bay waters by kayak or paddleboard, snorkel reefs, follow rainforest trails, visit cacao farms, fish with local knowledge, or slow down for a sunset cruise.

SUSTAINABILITY & COMMUNITY

The property buys cacao and nutmeg from a Ngäbe-Buglé cooperative, employs and trains people from neighboring villages, composts kitchen waste, and supports Floating Doctors through team volunteer work.

HOLISTIC & 100% PEANUT-FREE

Food with care at its core



Chef Yuh created the property's peanut-free kitchen from her experience as the mother of two sons with severe peanut allergies. Other allergies and dietary needs can be accommodated with 48 hours' notice.

EDITORIAL USE

Written confirmation required. Credit: Dolphin Blue Paradise.

MEDIA INQUIRIES

Editorial support

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contact@dolphinblueparadise.com

dolphinblueparadise.com/press

dolphinblueparadise.com

