

The **Surf & Shake** shop is located in **Santa Catalina**, Panama. The former small and secluded fishing town has become a well-known travel destination over the past years. Surfers from all over the world come to surf the fantastic waves in and around Santa Catalina. Some even say that it offers the best waves in Central America.

Besides the incredible surfing conditions, Santa Catalina also offers some world class diving spots. Especially the nearby national park of **Isla Coiba** is a true diving paradise.

When visiting Santa Catalina keep in mind that it is still fairly remote (the closest ATM is located about an hour away).

{loadposition Map\_SantaCatalina}

## How to get there:

### By Bus:

To get to Santa Catalina from Tocumen International Airport in Panama City take a taxi for about US\$ 20-30 to the Albrook bus terminal (there are also collective taxis for around \$11 per person). From there the most convenient way is to take a direct bus to Soná (8:20am, 10:20am, 12:45pm, 2:20pm, 4:20pm, 5:45pm) which costs about US\$10. Or take one of the plenty busses to Santiago, from where busses to Soná depart every half an hour. In Soná there are busses going to Santa Catalina at 5:30am, 11:15am, 1.15pm and 4:30pm (US\$ 4.65). If you miss the last bus, taxis to Santa Catalina cost about US\$ 35.

### **By Car:**

To get to Santa Catalina by car take the Interamericana to Santiago. From there you can go south to Soná. 2km before you reach Soná (at the Delta gas station) turn left to Santa Catalina.