

Taboga Island Hiking

Hike Some of the Taboga Trails that Pirates and Conquistadors Once Trekked

Tips: Wear good shoes, bring drinking water, a snack, repellent, sunscreen, and don't forget your camera, some of the views and photo ops are spectacular. Looking for more adventure? Feel free to discover your own trails.



1. Hike to the Vigia (The Watchtower);

the highest point at 1200 feet, was an observatory for the US army in the 1940s. View the city, coastline, and islands in the Bay of Panama. There are still has bunkers left by the army, remnants of WWII. The old U.S. Army gun emplacement has been converted to a lookout with a panoramic view of the Pacific Ocean and surrounding islands. There is a modern aviation signaling station located at the top. On clear nights, stargazers are treated to a brilliant southern sky that often reveals both the Big Dipper and Southern Cross. A big hike on the unpaved road, but worth the views. 3 hrs. return

2. Hike to Cerro de la Cruz; at about 1000 ft. this twenty foot cross remains standing, it was originally placed by the Spanish in the 16th century, later rebuilt. The cross was said to have been first placed by a priest who was sent away from the mainland on a raft to starve and killed by wild beasts. He came ashore on Taboga and built a cross in thanks to God for saving him, it was said he placed a lantern on the cross to guide others in their journeys. This is our favorite hike due to the well-maintained trail and clear views of the city. Trail is steep. 1.5 hrs. return.

3. Hike to Los Tres Cruces; there is a controversy over who is buried at this site, were they the crewmen of Pirate John Illingworth who died in battle, or was it the burial site for the three murderers of the Tracy couple in the 1800's (see Legends and Ghosts of Taboga story)? It is a challenging and steep hike through the tropical rain-forest. Spot numerous green dart frogs (*Dendrobates auratus*) on the forest floor, there is a particular design only found on Taboga (2 inches long, black with a green pattern). 2 hrs. return.

4. Hike to the top of Morro Island; at low tide walk over the sandbar from Taboga to Morro and climb through the brush to find the site of several gravesites where loyal Pacific Steamship Company employees were buried. Around the island you will come upon relics from the Pacific Steamship Company. Not maintained, therefore challenging. Old bottles, bits of China can still be uncovered on and around Morro. Do not go when the tide is rising as there is a swift current between Morro Island and Taboga Island. 1.5 hrs. return.

Compiled by Cynthia Cudmore Mulder

Contact Cerrito Tropical!

www.cerritotropicalpanama.com, info@cerritotropicalpanama.com, 507-6489-0074, 507-390-8999