

Your Villa 62 Guide: The Villa, Red Frog & Bocas Del Toro

INTRODUCTION

Welcome to Villa 62 and the Red Frog Beach community. Whether you're an owner, renter or guest, we trust that you'll find this guide informative, helpful, and will help you adapt to life in Red Frog as quickly as possible, especially if you're on a shorter stay!

Spend 10 minutes and read this guide before/upon your arrival at Villa 62, and we guarantee that you'll acclimate more quickly to life on the island, and avoid a lot of the "learning pains" that we had upon our arrival at Red Frog.

This guide is being written in the Summer of 2012, as our family of 4, including our two children Stella (who celebrated her 5th birthday here this summer) and our son Sebastian, (who celebrated his 3rd birthday this summer here at Red Frog).

The guide is written from the perspective of people who lived here for 4 months: longer than 99% of vacationers, but shorter than anyone living here "full time". Nonetheless, no matter how long you're in the villa for we know that you'll find this guide useful and informative.

Should you wish to send us any comments, you can, at info@buymyredfrogbeachvilla.com

Sincerely,

Justin & Dreama Lee
www.BuyMyRedFrogBeachVilla.com

PS- We've also included some information at the end of this guide about owning a piece of Villa 62, so if you're a guest and are interested in fractional ownership, make sure you read the informative section at end of this guide.

PART I- The Villa Itself

Inside

The villa has 3 bedrooms and 2 full baths, plus a huge open space living room and kitchen. The total square footage is approximately 1500 square feet.

Kitchen

The kitchen has many of the modern conveniences you would expect from a North American kitchen. One thing to note is the garbage disposal. It doesn't work that well. Unlike at home, please DO NOT throw food scraps in the disposal (a few bits from the plates are fine but not much more). Also, anything you throw into a garbage disposal eventually ends up in our water supply and the oceans so best to put as little as possible down the disposal – this is at home or here at Red Frog. Please put all food waste into the garbage. Red Frog is very good and picks up the garbage from outside 2-3 times per week.

Also, please do not leave food out. We're in the middle of a rain forest/jungle, and the bugs just LOVE food. For food in the pantry, please be sure to seal it well. We'd recommend not leaving anything on the counter or pantry that could easily be put in the fridge. Also smart to wipe counters and load the dishwasher often to avoid coming home to ants.

TV/Satellite

Sky TV has limited English channels. You'll find kid's stations in the 300s, news stations in the 600s, and sports channels in the 500s.

TV/Satellite

The Internet works well enough to have a Vonage line (a MUST if you're coming from abroad, it makes it so much easier to communicate with home), or to chat on Skype (even Skype video).

The internet WILL go out, on occasion however...just be prepared for this.

The password for the router (Villa 62 is the name) is on tape on top of the router. Many times, if the internet is slow or intermittent, simply unplugging the router for 30 seconds, and then plugging it back in will solve everything.

The wifi is strong throughout the villa and even poolside.

Air Conditioning/Windows

Depending on your personal preferences, you may or may not need to run the AC. We have found that during the day, we like to open up all of the windows, the front door, and back patio door, and get a nice cool breeze and fresh air.

Don't worry about bugs during the day (with respect to the open windows). They are minimal. However, when the sun goes down, this changes.

BE SURE TO CLOSE UP ALL THE WINDOWS BEFORE THE SUN GOES DOWN – if not you will be infested with moths/etc. as soon as the sun goes down and you have any lights on in the villa. We try to keep as few lights on in the villa as possible if we are hanging outside on the lanai/patio. We however do NOT have mosquitoes which is very nice.

We have candles and mosquito coils that keep the bugs away at night – with the breeze it's really nice sitting on the lanai or having dinner by the pool. You can buy these in town.

As for the air conditioning, keep it set to 24 (Celsius). The unit near the front door is powerful enough to cool the entire main room. As for bedrooms, we tend to only turn on the AC 5 minutes before we're going to bed for the evening and throughout the night and then turn it off once we get up.

Outside

You'll likely want to sweep the patio and inside each morning/every other morning as there are usually a lot of bugs and sand if you go to the beach/etc.

The outdoor shower works very well.

As for the pool, we have left a number of pool toys and inflatable rafts.

PART II- The Red Frog Development

Transportation- To/From The Island

A Water taxi is your option for getting to Bocas town. The ride, during the day, should cost \$5 per adult (one way). Children 5 and under should be free.

During the evening this cost doubles (at a minimum). You're always best to negotiate BEFORE you get into the water taxi as opposed to just getting in and figuring this out when you arrive.

Prices to other places (Los Secretos resort, Bastimentos town) all vary, and don't really make sense. Just be sure to secure a price before you depart.

Transportation- On The Island

You basically have 2 options: walk, or use a golf cart. There are no cars on Bastimentos.

The golf carts roads are very bumpy; so bumpy in fact that we cracked an axel on a golf cart before. If anything happens w/the cart call the villa host and they will switch it out for you immediately (key phone numbers at the end of this document).

DON'T forget to charge the golf cart every few days or if you notice the battery light on. While the panel in the cart suggests charging it overnight every night, this seems excessive and isn't really necessary.

For some reason people end up taking your golf cart by mistake – if this happens and you are somewhere with a villa host, etc. let them know and usually you can just take whatever cart is around. This has happened on numerous occasions with us – just let the villa host know what happened and take a cart to get where you need – all cart keys work on other carts.

Bars & Restaurants

There are only 2 dining options at Red Frog outside of cooking in the villa (as of the date of writing):

Kayukos is the main area where the Bocas Bound hostel is located. They open at 7:30am for breakfast and are open the rest of the day for lunch and dinner.

Punta Lava is the beach bar at Red Frog Beach. They open at 11:30am but stop serving food at 5pm. They have burgers, sandwiches, nachos, etc. It's a very small,

limited menu (although they do have plenty of cold beverages). This is all accurate at the time of writing this but could change (and should be increased) over time.

Down the beach from Punta Lava, about 400 meters, is the Palomar Tent Lodge. They do a weekly beach BBQ on Tuesday nights, which is open to anyone. This is NOT part of the Red Frog development, but you can certainly do that as another dining option.

PART III- Bocas Del Toro

Bocas Del Toro is the main town where the airport and nearly all of the shops, bars and restaurants are located. For grocery shopping, you'll need to travel there (although you can arrange for Red Frog to do your grocery shopping for you, although we've never personally done this before – it's very reasonable at \$25 since a water taxi for 2 going back and forth to Red Frog would run you \$20). Here are some basic details about Bocas town:

Transportation

Once in town you can walk or take a taxi. Taxis are cheap (most rides should be under \$2). Just hail a cab. We've already covered the water taxi prices earlier.

Grocery Shopping

Grocery shopping on the island can be an adventure, depending on what you're used to at home. Something important to note is that most deliveries and produce tend to arrive on Tuesdays – some deliveries (bread, milk, etc. also comes on Friday). Which means that Monday is the worst day of the week to go grocery shopping (nothing is fresh). Your best bet is to do your grocery shopping on Tuesday afternoon or Wednesdays if you want the best, freshest produce.

We've also left a blue cooler bag behind, which is what we use for our shopping. You can buy a lot of your meat frozen ("mas fria"), and Tropical Markets (below) will even put your meat in a bag, on ice, to keep it cold until you get back to Red Frog.

What we've done here is try and break down for you what we buy where, and our favorite and most reliable shops:

SUPER GOURMET:

This great shop is located at the end of Bocas town, next to the Palma hotel (at the boat dock head to your left when exiting the water taxi). They have plenty of kosher and gluten free options. We tend to buy dairy (yogurt) and some produce here. They also have a frozen meat section (great pork tenderloins), plus organic peanut butter and curry from Om! They also have a "chocolate bar", a deli, rotisserie chicken and sandwich bar and pizzas. They have a decent cheese selection and some wines. You will be able to find organs and apples here as well as strawberries sometimes – definitely a luxury! Definitely worth checking out. If you want to take home some edible souvenirs, etc. this is your best bet – adequate coffee selection, local chocolate and coconut oil products (cooking oil, massage oil, bug repellent, soaps).

TROPICAL MARKETS:

This is where we buy the majority of our meat: definitely our beef (they have great ground beef and also filet mignon) ever since we met Rick the owner, who put the fear of God in us about buying beef (and getting e-coli) from the other “chino” grocery stores in town (more on this below).

They also have also bacon (that they will slice for you) and good produce. You can also find some American things from home that you can't find anywhere else (Montreal Steak Seasoning, taco seasoning, etc), plus the best cheese selection on the island. You will also find apples, pears and a larger selection of herbs here.

Located in the opposite direction of Super Gourmet near the fire station – out the boat dock/water taxi and to your right –hugging the road along the water.

THE “CHINOS”

Unfortunately, all people of Chinese descent in Bocas are referred to as “Chinos”, and so are all of the grocery stores that they run. The only “Chino” that we'll buy meat from (and pretty much only chicken” is Isla Colon – they also have “cilantro” regulary which is similar to cilantro but local and a nice herb – you'll need more than you usually use for cilantro). Make sure you ask for it “mas fria” (which means frozen) so that by the time you arrive back at Red Frog your meat hasn't spoiled. The other items we buy from the “Chinos” are bread, eggs, beer, wine, nuts, milk, laundry detergent, etc. In other words, any type of processed or packaged goods.

LEGUMERIAS

There are numerous “Legumerias” around town, that sell vegetables and fruit. This is where we buy a lot of our produce. Some have different things that others, it best just to have a look and check out what looks fresh.

Legumerias on side streets tend of have cheaper prices vs. the main drag.

JOHN'S BAKERY

Best (and only?) bakery in town. You can get great buns to make burgers, birthday cakes and more here.

Located on second street. Out the boat dock/water taxi and to your right – when the road splits veer left along Second St/Calle 2.

Pharmacia Rosario

Great little clean and organized pharmacy that's also air conditioned. They will have nearly any prescription and non-prescription item you may need. Largest selection of toiletries as well. Located to the left of the water taxi/boat dock as you are exiting the boat dock.

Bars & Restaurants

It's important to note that during low season, many of the restaurants aren't open for lunch, so it's best to check in advance.

EL ULTIMO REFUGGIO

This is our favorite restaurant in Bocas. It's all the way at the end of town, on the water, past Super Gourmet. Menu changes based on what's fresh in town. Only open M-F and only for dinner at 6pm – you can show up at 5:30 for drinks while the kitchen is getting ready. Located past Super Gourmet nearly at the end of town – out the boat dock to your left, hugging the water.

RAW SUSHI

The only sushi option in town, and a pretty decent one at that. Chef studied at Nobu in Miami. Dinner only. Out the boat dock to your right – only a bit of a ways past the boat dock.

WINE BAR

Another place that has a limited menu, based on what is cooked up fresh that day. Nice wine selection as well. Dinner only. Across the street from the boat dock – second floor.

LILI'S CAFÉ

Open for breakfast, lunch and dinner, a great spot on the water. She makes and sells her own famous "Killin' Me Man" hot sauce. Caribbean & local food – good sandwiches. Out boat dock and to your right along the water.

TORO LOCO

The only "sports bar" in Bocas has great pulled pork and a nice meatball sub. Also now open for breakfast, and they have daily specials which are great as well. Out boat dock to your right, hug the water and you'll see it on a side street right before Tropical Markets.

PALMA HOTEL

Has free wifi, and a good menu. Good burger, and nice breakfasts. Beside Super Gourmet – out boat dock and to your left.

TROPICAL PARADISE HOTEL

Another good hotel restaurant. Get the patacones with your breakfast (instead of toast). Out boat dock to your right along water.

LA BUGA

Nice smoothies/frozen fruit juices and fish tacos. Kosher and vegetarian options. Out boat dock to your left on the water – near the pharmacy.

STARFISH

Best fish & chips in Bocas!

Out boat dock and on your left – near the pharmacy/La Buga – on the water.

Things To Do

There's a ton to do in Bocas, tours, snorkeling, etc. Take a trip over to Bastimentos town, eat at Roots (order the fish!) and talk up a walk to "Up In The Hill" and check out their coconut oils and organic chocolates. Take some time and head into town and explore!

PART IV- Resources & Listings

Important phone numbers

Boat Taxi: Cholo: 66946041

Kayukos: 7578002

Villa Host: 68438541

Villa 1 host: 7578004

Villa 2 host: 65598970

Villa Emergency: 68438541

ambulance: 757-9201

Police: 104/757-9217/9485

Fire: 103

Bocas Hospital: 757-9201

Almirante Hospital: 758-3745; 758-3286

PART V- Owning A Piece Of Villa 62

If you're interested in owning a fraction of Villa 62 here at Red Frog (minimum of 10% ownership or 5+ weeks per year) then be sure to contact us directly at info@BuyMyRedFrogBeachVilla.com.

You can also check out our website at www.BuyMyRedFrogBeachVilla.com for more information, and visit our blog for the most up to date information: www.BuyMyRedFrogBeachVilla.com/blog

Finally, please connect with us on the following Social Media sites:

Facebook: www.Facebook.com/redfrogbeach

Twitter: www.Twitter.com/BuyRedFrogBeach

YouTube: www.YouTube.com/BuyRedFrogBeach

Pinterest: www.Pinterest.com/BuyRedFrogBeach