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## INTERNATIONAL TRAVEL

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# Central America Getaways in Panama, Honduras, and El Salvador with Colorado Connections



## INSTAGRAM

February 6, 2025 JENNIFER BROOME

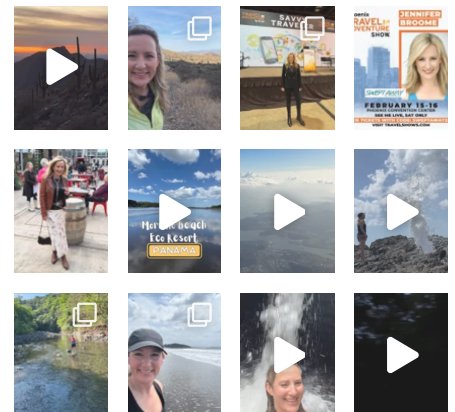
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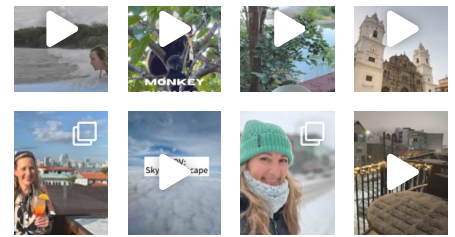
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Travel inspo, weather, & climate insight 🌍 Adventurer | ✈️ Journalist | 📺 Meteorologist 58 Countries | 50 🇺🇸 States | 230 NPS sites Author & Content Creator

If you're dreaming of a tropical getaway, Central America offers stunning beaches, lush jungles, and hidden gems. From surfing Panama's hidden beaches to snorkeling in Roatán's crystal-clear waters and rejuvenating at a surf and yoga retreat in El Salvador, these destinations offer a unique mix of adventure, wellness, and Colorado hospitality in the heart of Central America.



## Resorts in Central America with Colorado Conn...



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### Panama: Jungle Meets Surf at Morrillo Beach Eco Resort

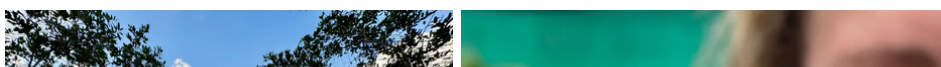
Nestled along Panama's scenic Pacific coastline, [Morrillo Beach Eco Resort](#) is a have for eco-conscious travelers craving a tropical getaway with a Colorado ski connection. Former ski patrollers Cari and Ryan, who worked at Keystone and Telluride, traded snow-capped peaks for a jungle retreat by the ocean. This off-the-beaten-path escape is focused on sustainability and is perfect for adventure lovers, surfers, and nature enthusiasts.

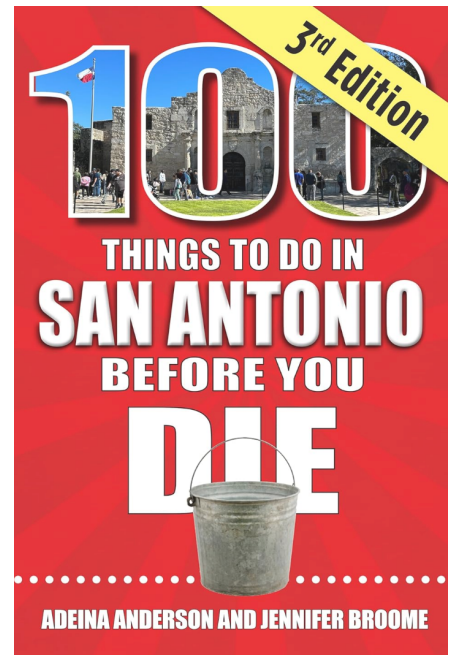
#### Things to do at Morrillo Beach Eco Resort

- **A Secret Surfing Spot** – Take a lesson or ride the waves on your own. The picturesque bay is perfect for both beginners and seasoned surfers.
- **Rare Wildlife Encounters** – You might spot critically endangered azuero mantle-backed howler monkeys. There are only about 1,000 left in the wild and a troop of 14 live in the trees at the resort. The resort partners with the Water and Land Foundation at nearby Mata Oscura Beach on sea turtle conservation.
- **Epic Outdoor Adventures** – The resort offers several hiking excursions. Do the moderately strenuous hike to meet “Los Abuelos,” a delightful couple in their mid to upper 80s and their family during the Panamanian Immersion Experience. Head to a nearby private ranch for a secluded hike to multiple waterfalls and swimming holes.
- **Cerro Hoya National Park** – Get a glimpse of Panama's untouched beauty on a challenging trek traversing a rivers in the heart of a dense jungle. During the 7-mile hike I went on, we didn't see another soul.



NEW BOOK!





## Roatán, Honduras: Island Escape with a Colorado Touch at Puerta Azul

Located 35 miles off the mainland of Honduras, Roatán is known for its white-sand beaches, incredible snorkeling, and laid-back island vibes. West Bay Beach is the place to be for vibrant island fun. For a tranquil getaway, [Puerta Azul](#) is a must. The owner, Talia, grew up in Boulder, bringing a touch of mountain hospitality to this oceanfront retreat.

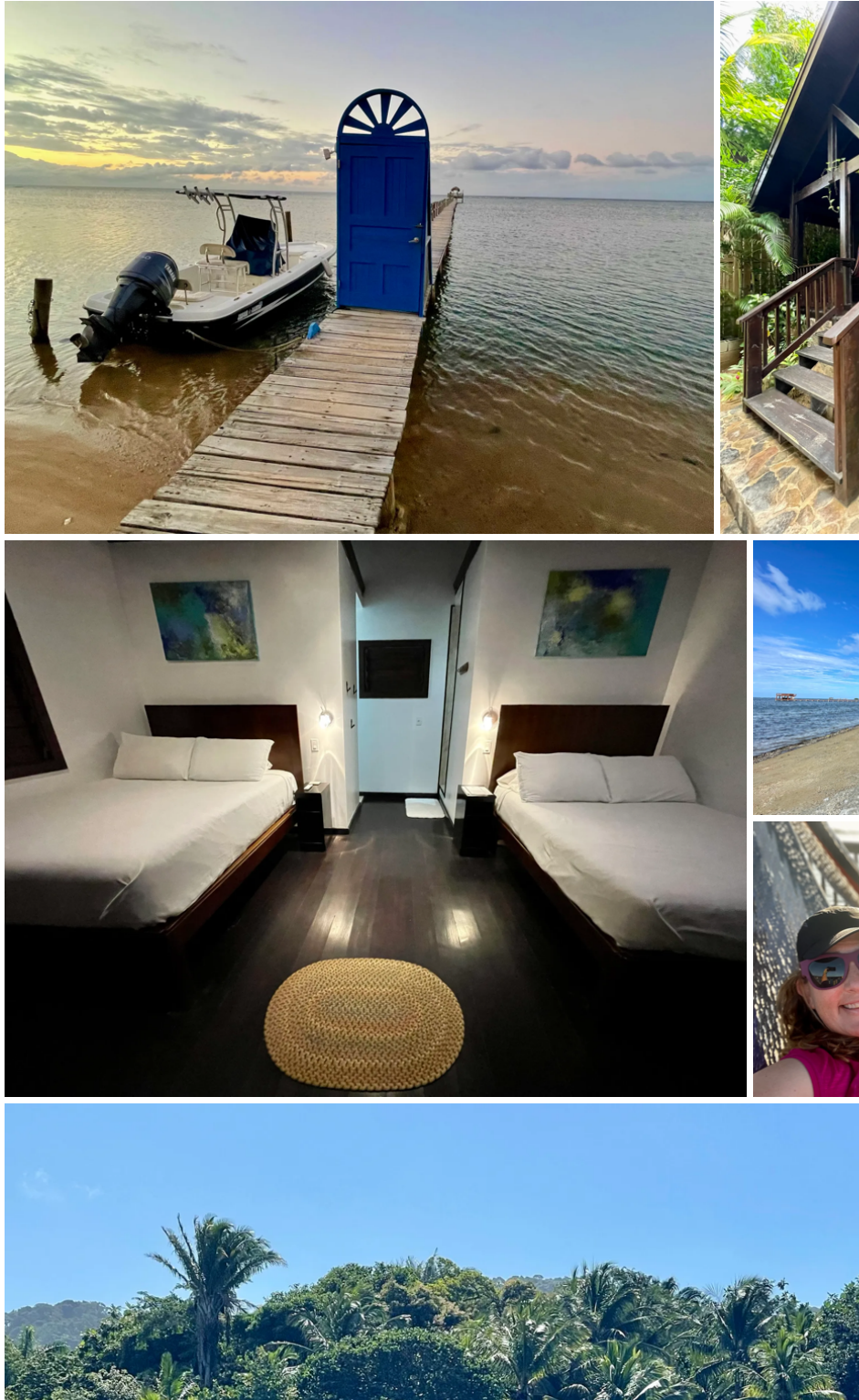


## Things to Do in Roatán

- **Snorkeling and Diving** – Roatán boasts some of the best reef snorkeling in the Caribbean, even from the beach.
- **Daniel Johnson's Sloth and Monkey Hangout** – Get up close with sloths and monkeys during a visit to this unique wildlife sanctuary. You can also go on a snorkeling adventure.
- **Easy Travel Access** – Multiple U.S. cities including Denver in winter offer non-stop flights to Roatán, making it an easy tropical escape.



✦ notch





TIKTOK



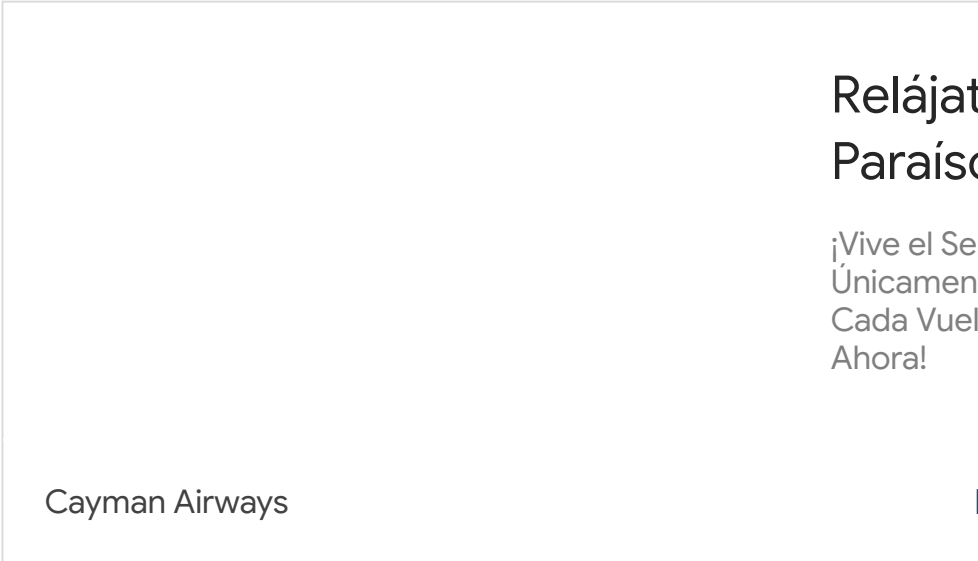
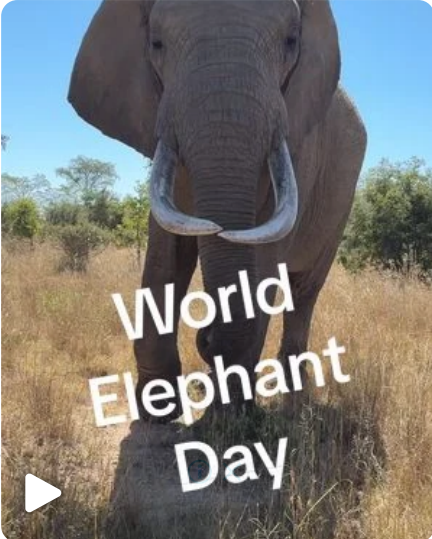
**Jennifer Broome**

@jenniferbroometravel

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### El Salvador: Stay and Flow at Balancé Surf & Yoga Resort

If you're seeking a blend of wellness and adventure, head to Playa El Tunco in El Salvador. Known for its world-class waves, vibrant surf scene, and stunning coastline, it's the perfect place to unwind and reconnect with nature on a surf board or yoga mat during at stay at [Balancé Surf and Yoga Retreat](#). It's the ultimate destination for surfers and yogis wanting a peaceful escape with adventure.



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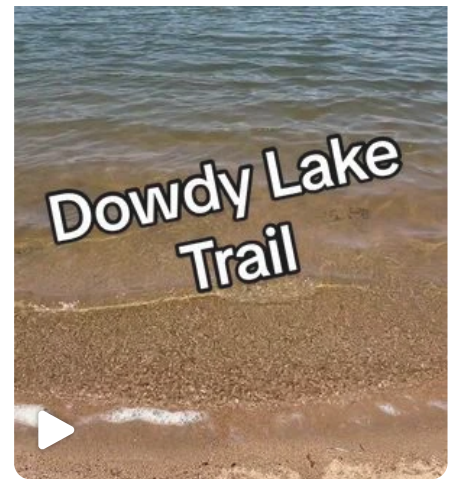
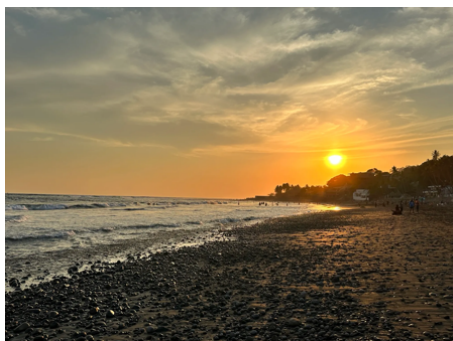
This intimate surf and yoga retreat is owned by Adrian and Lindsay, an American couple raising their young kids in El Salvador and Washington State. Lindsay, a well-known yoga instructor, lived in Golden, Colorado, for 11 years before making the move to El Salvador. The couple met in Golden.

### Things to Experience in El Salvador:

- **Learn to Surf** – Some of the best surfing in Central America is right outside your room.



- **Yoga & Wellness Retreats** – Take a class with Lindsay or other instructors and soak in the peaceful surroundings.
- **Hiking & Culture** – Go with a guide on a hike to waterfalls or explore the Tazumal Mayan ruins. Stroll around Playa El Tunco and take in breathtaking sunset views.



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### Plan Your Next Central America Adventure

All three are peaceful escapes with adventurous excursions and experiences. With their Colorado connections, these tropical getaways in Central America also unique.

To learn more about an island escape in Honduras, check out post on [a week in Roatan](#). For more places to explore in Central America, check out this post on [5 places to go in Central America](#).

**Tags:** [#balancesurfandyoga](#), [#centralamerica](#), [#morrillobeach](#), [#PanamaTravel](#), [#RoatanHonduras](#), [#ElSalvadorSurf](#), [#TravelMore](#), [#TropicalGetaway](#), [#EcoResort](#), [#YogaRetreat](#), [#SustainableTravel](#), [#CentralAmericaAdventures](#), [#puertaazul](#), [#sweptawaywithjenniferbroome](#), [panama](#). Bookmark the [permalink](#).



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