



Islas Secas  
PANAMA

*GENERAL*  
FACT SHEET

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## OVERVIEW

Islas Secas, Panama is a remarkable, rugged and magical 16-island archipelago. It neighbors Panama, which is roughly 25 nautical miles from the mainland, and Costa Rica, which is over 60 nautical miles away. Its location defines its remoteness: unexpected, understated and—for now—under the radar.

Dating back to 100 BC, the Chiriquí natives inhabited Las Islas Secas and thrived due to its rich marine and fishing habitats. In the 1970s, archeological digs in the area unearthed native artifacts in the highland regions. Today, this private island sanctuary remains untouched by tourism development.

Islas Secas evokes an aura of adventure, yet serenity comes naturally to those who visit. The peacefulness of Mother Nature takes hold within moments of your arrival and soon all of your electronics are in the “off” mode, allowing your body to unwind while your mind clears and gives way to a calm state, letting your energy soar.

Adventure-packed does not begin to describe the unique experiences that are in store for guests. Action-packed activities are plentiful on these islands, as guests can snorkel with a school of pilot whales, reel in a 500-pound black marlin, or hike to the apex of Barracuda Island to visit the island’s lighthouse while taking in its panoramic ocean views. All of these adventures inspire stories to be shared and create indelible memories. Regardless of how you arrive, be it a direct charter from Panama City, Panama or a 45-minute boat ride, the stress starts to melt away as soon as a lemon-scented, cold towel hits your brow, and a delicious Panamanian-inspired smoothie wets your lips. In just minutes, you’ll start to feel like royalty as the resort staff has mastered the art of hospitality. The guest services team is there to professionally and discretely meet your every need. Islas Secas throws tradition out the window, so forget about checking in and checking out, finding the front desk, or even a bellman, for that matter. Your resort host attends to your every need, from whisking your bags away to your very own private, solar-powered Casita, to arranging a day on the high seas or a private meditation in the palm groves.



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## *LOCATION*

The resort is located 180 miles southwest of Panama City, Panama in the Eastern Tropical Pacific Marine Corridor—a known migratory route for hammerhead sharks, spinner dolphins, humpback whales, endangered sea turtles and more. It's the closest resort to the world's most famous fishing grounds: Coiba Island, Hannibal Bank (35 nautical miles) and Isla Montuosa (33 nautical miles). Nutrient-filled waters from the Humboldt Current attract large, deep-sea fish including, but not limited to: sailfish, roosterfish, marlin, snapper and tuna, plus some of the world's best inshore fishing can also be found in these deep, mineral-rich waters.

## *POINTS OF INTEREST*

Coiba Island is the largest island in all of Central America. Located off Panama's Pacific Coast in the Gulf of Chiriquí, it was once part of continental Panama, but split when sea levels rose 12,000 to 18,000 years ago. As a result, a number of endemic subspecies are found on the island, like the Coiba Agouti, the Coiba Spinetail and the Coiba Howler Monkey. Three-fourths of the island is covered in forest, much of it ancient. From 1919 until 2004, the island was known as a penal colony with an objectionable reputation. Today, the island is a UNESCO World Heritage Site, popular with eco-tourists and nature enthusiasts seeking pristine natural beauty with an unplugged vibe.



# ARRIVING

Travelers have a myriad of options when traveling to Islas Secas, as flights into Tocumen International Airport—located in Panama City, Panama—run daily from the United States and Central and South America.

Upon arrival at Tocumen International Airport, Islas Secas guests are greeted by a guide and escorted through customs, before embarking on the next leg of their journey.

Please note that direct, one-hour charter flights from Panama City to Islas Secas can be arranged, in advance, for an additional cost. All charters are subject to availability.

Direct flights to Panama City, Panama leave from the listed cities below, plus hopper flights to these departing cities are also available:

## *SOUTH AMERICA*

Paraguay (Asuncion)  
Colombia (Barranquilla, Bogota, Bucaramanga, Cali, Cartagena, Cucuta, Medellin, Pereira, San Andres Island)  
Brazil (Belo Horizonte, Brasilia, Manaus, Porto Alegre, Rio de Janeiro, Sao Paulo)  
Venezuela (Caracas, Maracaibo, Valencia)  
Ecuador (Guayaquil, Quito)  
Argentina (Buenos Aires, Cordoba)  
Peru (Lima)  
Uruguay (Montevideo)  
Bolivia (Santa Cruz)  
Chile (Santiago)

## *CENTRAL AMERICA*

Mexico (Cancun, Guadalajara, Mexico City, Monterrey)  
Guatemala (Guatemala City)  
Nicaragua (Managua)  
Costa Rica (San Jose)  
Honduras (San Pedro Sula, Tegucigalpa)  
El Salvador (San Salvador)

## *CARIBBEAN*

Aruba  
Cuba (Havana)  
Curacao  
Jamaica (Kingston, Montego Bay)  
Bahamas (Nassau)  
Haiti (Port au Prince)  
Trinidad & Tobago (Port of Spain)  
Dominican Republic (Punta Cana, Santiago, Santo Domingo)  
St. Maarten  
Puerto Rico (San Juan)

## *USA & CANADA*

Illinois (Chicago)  
California (Los Angeles)  
Florida (Miami, Orlando)  
New York (JFK)  
Toronto  
Georgia (Atlanta)  
Texas (Houston, Dallas/Ft. Worth)  
New Jersey (Newark)

Airlines that offer flights to Panama City, Panama:

- American Airlines
- Avianca
- Bahamas Air
- Caribbean Airlines
- Continental (Copa)
- Delta
- LACSA (operated by US Airways)
- Spirit Airlines
- TACA International Airlines
- United Airlines
- US Airways



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## HISTORY

A 1970 archeological expedition to the island, and areas beyond, revealed the native Indian tribes—including the Chiriquí, Varela, Burica and Osa—who roamed this land dating back to 100 BC. These tribes succumbed to a Spanish Captain named Benito Hurtado, who helped make peace between the tribal communities. The Spanish went on to establish and utilize trade routes set forth by the Indians; some passages became the most active routes between Panama and Central America since 1557. The province of Chiriquí was established on May 26, 1849. Comarca Ngöbe Bugle—lands that rise abruptly from the Pacific coast to spectacular highlands and plunge down to the densely forested coasts of the Caribbean—are now known as the indigenous reserve for the Ngöbe and the Bugle Indians. Guests of Islas Secas, who hike along four miles of trails on Islas Cavada through the jungle-clad forest, can spot treasured artifacts from the Chiriquí, Varela, Burica and Osa tribes.

### PHILOSOPHY

Islas Secas was built on the premise of sustainability and is extremely sensitive to the environment. The resort operations always aim to minimize the impact on the environment while contributing to the surrounding communities. Today's owner, an eco-minded conservationist, like his predecessor before him, has always believed in sharing this remarkable part of the world in a manner that honors the natural environment.

In keeping with this belief, the personnel of Islas Secas embody this mantra and assist the guest in creating real world, customized, eco-experiences, while pursuing green initiatives both on and off the resort.

- Our fueling and boat maintenance areas are anchored offshore as to not disturb coral reef and sea habitats.
- All of the resort's recycling is donated to ReAL Boquete. ([www.realboquete.com](http://www.realboquete.com))
- NGO teaches recycling to local schools and communities.
- The resort donates funds to Marviva, the international, non-governmental, non-profit organization that works for the conservation and sustainable management of marine and coastal resources to assist in patrolling Coiba National Heritage Park.

Additional eco-initiatives funded by the resort, include:

- Assisting the Smithsonian Institute with a shark tagging and monitoring project.
- Supporting a black marlin tagging initiative led by The Billfish Foundation and the renowned Dr. Eric Prince.
- Sponsoring the Yacht Aid Corporation: yachtsmen who visit the island donate electronics, canned goods, school supplies, etc., for distribution to local communities.



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# ISLANDS/BEACHES

Breathe in the tranquility and bliss that awaits, and get ready to unwind as nary a tourist, boom box or beach chair will be seen at any of the beaches at Islas Secas. Even though the resort is home to numerous beaches (some are more accessible than others) rest assured, whichever one you choose will undoubtedly be yours and yours alone for the taking.

Guest's Favorite Islands:

## ISLA CAVADA

- The main island is home to the resort's 1,200 square-foot airstrip, seven Casitas (overnight guestrooms), the Terraza (resort restaurant), Sunset Deck and boat docks.
- Glass Beach is strewn with colorful beach glass.
- Sunset Deck offers stunning views of fiery red, orange and yellow laced skies as the sun dips into the ocean. Evening sunsets at the resort come complete with a waiter in tow, serving tapas and cocktails. Late evenings on sunset deck are amazing for stargazing as well.
- Kayaking to Playa Canales Bay is a phenomenal morning adventure. During low tide, a sandbar connects Playa Canales Bay to Islas Canales.
- Lemon Bay, near the resort's marina, is home to an impressive waterfall during the rainy season. Further north, a magnificent blowhole called Bufadora is a glorious site to behold.
- Isla Cavada is also home to four miles of hiking trails. Guests won't want to miss a hike to the magnificent 300-year-old cedar tree.
- Snorkel to the island's reef to spot amazing sea life: parrotfish, angelfish, butterfly, blue tang and eagle rays. Guests can occasionally spot the critically endangered Green Olive Ridley and Loggerhead sea turtles.
- Panama is the only place in the world where humpback whales migrate from both the Southern and Northern hemispheres. Humpback whales arrive between June and September for mating season. Guests will be in for quite a show as behaviors like breaching, spy hopping, tail slapping and lob tailing are spectacular sights to behold.
- Remember to look up, as you won't want to miss the large raptors—known as Ospreys—and the distinctive Mangrove Black Hawks.

## ISLA BARRACUDA

- Third largest accessible island at Islas Secas.
- Home to the resort's largest coral reef, Barracuda Reef.
- Studied by the Smithsonian Institute in the 1970s.
- One of the best snorkeling spots at Islas Secas.
- Hike the east face of the island to the lighthouse for fantastic views of Coiba National Heritage Park and the surrounding areas.
- Kayak around the island for a Jacques Cousteau-style exploration and know the staff is happy to pack a scrumptious lunch for a day of discovery.
- Spot the rare Yellow-footed Boobies, the cousin to the Blue-footed Boobies.

## ISLAS PARGO

- Guests will feel like they're starring in a Hollywood movie, as this romantic slice of beach nirvana is a favorite among couples. Isla Pargo is the second largest island in the archipelago, yet it offers a very intimate setting. Couples can request to be "marooned for the day" as the resort staff is happy to pack a gourmet picnic lunch and equip guests with kayaks, snorkel gear or paddle boards. Of course, big, fluffy beach towels and a blanket, to help idle the day away, are also included.

## ISLAS COCO

- This island is home to the second largest Frigate bird colony in Panama. It's amazing to see these spectacular birds dive and dance. They can often be spotted snatching prey while in-flight, feasting on small fish. Note: Frigate birds don't land on the ocean surface because they find it difficult to take flight from the water. Binoculars are a must, but don't worry if you didn't pack a set, the resort is happy to supply you with a pair. This adventure is sure to amaze bird enthusiasts and those who love nature.





## *FISH ISLAS SECAS*

Whether your preference leans toward inshore or offshore, fly-fishing or conventional, Islas Secas is renowned as a fishing destination. The resort is centrally located, providing anglers with quick access to where the fish are biting. Here, fishermen can spend more time to reel-in the “big” ones, and less time traveling to find these amazing catches. The diversity and size of fish in these waters is remarkable, and noted throughout the fishing community. Top fishing spots for guests of Islas Secas include:

- Coiba Island – Fishermen can expect to catch many inshore fish, including amberjack almaco, roosters, cuberas, grouper, bluefin trevally, and other jacks while enjoying one of the world’s UNESCO national heritage sites.
- Hannibal Bank – Dedicate a day at sea and expect to catch one or more of these magnificent species: marlin, pacific sailfish, tuna and dolphin.
- Islas Montuosa – Located south of Islas Secas, this island surrounds fishermen with a castaway vibe and gorgeous views. Expect to reel in billfish or elephantine tuna as these big game fish are always biting and thrive in this deep-water paradise.

Where the fish are biting you are likely to run into the resort’s own fishing guide, Carter Andrews, who has developed inshore and offshore fishing programs that entice even the most finicky anglers.





## RECREATION

A visit to Islas Secas is like stepping back in time, as it's essentially untouched by humans. Natural beauty reigns, while the seas serve up a veritable soup bowl of whales, sharks, big-game fish and more. Snorkelers and divers can expect to see neon tropical fish and lush flora and fauna. A Yellow-footed Booby might join you on a jungle-clad hike, while Loggerhead or Olive Ridley sea turtles just may follow along on your kayak journey to the mangroves. Big-game fish like tuna, marlin and roosterfish are abundant. Hooking a gigantic 550-pound marlin isn't unusual in this neck of the woods, as the Pacific is known for larger marine animals.

Islas Secas prides itself on employing well-heeled travelers who share a love for nature to help enrich your vacation experience. For example:

- Carter Andrews, the resort's Director of Fishing, has a passion for fishing that has garnered him worldwide attention. You've undoubtedly spotted him on the cover of Fly-Fishing Salt Water Magazine, Saltwater Fishing Magazine, Sports Fisherman Magazine or even spotted him in a cameo role on ESPN.
- Chef Alex Rojas is a native of Panama whose love of the land helps him define daily gourmet menus that are bursting with Panamanian flavors with French and Asian influences.
- Kieron Baudains, the resort's General Manager and underwater nature guide (aka adventure concierge), knows these islands inside and out. Baudains is undoubtedly an authority on all things Islas Secas and beyond, including: ocean species, flora and fauna, tides, snorkeling sites, off-site excursions and more.
- Iliana Chow-Kai is a Panamanian native with a penchant for guest services, impeccable guest relations and arranging inspirational excursions.



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## *RECREATION* / *continued*

Yes, it's a prerequisite for all resort employees to have exotic names and our diving instructor is no exception. Tuomo Vauhkonen, born and raised in southern Finland, has been exploring the world and diving since 2001. His travels have led him to assist the recreational dive community for the last five years while traveling in the Greek Islands, the Canary Islands, Thailand, Micronesia and French Polynesia, just to name a few. His need to explore prompted him to join the super yachting world to cruise the South Pacific and Mediterranean seas until the Galápagos Islands caught and held his attention. While there, he discovered Islas Secas and has since joined us as our Dive Master.

Vauhkonen's deep passion for the sea and his many certifications make him an ideal instructor to lead dive and snorkel enthusiasts on underwater adventures. Vauhkonen's qualifications include:

- Instructor and certified in both PADI and OWSI (Open Water Scuba Instructor)
- Holds both Enriched Air and Emergency Response Specialties certifications
- SDI (Scuba Divers International) and TDI (Technical Divers International) Instructor rating with nine specialties
- Received his instructor training in Thailand
- 11 years of diving experience
- 2,000 logged dives
- 200+ students certified



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## WHAT TO DO

The anticipation of exploring and uncovering the next adventure creates an aura of excitement. From a plethora of water sports—on and under the sea—to a variety of landlubber activities, couples, families and friends will never have to wait for the next exciting escapade. Guests may want to take a break from the high adventures the resort offers and instead opt for a day of total isolation, a romantic tryst at a remote beach or just spend the day napping in a hammock.

### ON-SITE:

- Bird Watching  
*(please check the website for a comprehensive list)*
- Island boat tour:
  - Cocktail excursions
  - Sunset or sunrise trips
  - Island tours
- Diving on-site:
  - Circus
  - La Bruja
  - Lemon Rock
  - Lighthouse
  - Mid Rock
  - Pargo Break
  - Pargo Point
  - Pt. Canales
  - Roca Canales
  - Roosterfish Point
- Fishing:
  - Fly fishing
  - Offshore
  - Inshore
  - Reef-fishing
- Free Diving
- Kayaking
- Hiking/Walking – Features over four miles of groomed trails through jungle-clad forests. Don't miss a hike to Cedro Grande, where a huge cedar tree estimated to be more than 300 years old is ripe for climbing.
- Paddle Boarding
- Sailing
- Snorkeling
- Swimming

### JUST RELAX:

The resort offers many complimentary leisure diversions such as:

- A day of desertion at Islas Pargo – Enjoy a full day of pure bliss for two that includes sunbathing, a delicious gourmet picnic lunch, and total isolation, or book the entire island for a Swiss Family Robinson-inspired event.
- Beach walks
- Cooking lessons with Chef Rojas
- Hammocks for napping
- Meditation
- Relax in a natural Jacuzzi created by tidal pools that ebb and flow
- Sunset deck parties or dinners
- Stargazing
- Yoga

### OFF-SITE:

- Deep sea fishing to Coiba National Park, Hannibal Bank and Islas Montousa
- Snorkel trips to Coiba National Park and Isla Montuosa
- Dive excursions in and around Coiba National Park – Note: These are for experienced dive enthusiasts due to strong currents. It's also very undiscovered, so new dive sites are mapped often. A few to investigate:
  - Twin Peaks
  - The Ridge (manta rays)
  - Wahoo Rock (whale sharks)
  - Washing Machine (a site known by locals)



## SPA

### SPA TREATMENTS

Guests of Islas Secas can enjoy the following spa treatments:

#### MASSAGES

*Tropical Relaxation Massage* – This relaxing massage includes long, flowing movements to encourage better circulation, reduce blood pressure and calm the nervous system.

*Fisherman's Deep Tissue Massage* – Reward yourself after a day at sea with this special massage which uses deeper pressure focusing on all muscle groups.

*Chill and Relax* – Rejuvenating and refreshing. After a slow and gentle, relaxing massage, a gentle stretching program is used to increase muscle, joint flexibility and range of motion.

*Aromatherapy* – Renew your senses and enjoy a light massage with the healing powers of essential oils of fennel, mandarin and cedar wood.

### FACIALS AND SCRUBS

*Islas Secas Body Exfoliation* – Enjoy a 30-minute scrub featuring a refreshing blend of sea salt, glycerin and lemon grass to gently exfoliate and nourish your skin, and leave your body gently hydrated and radiant.

*Facial/Scalp Massage* – This 45-minute facial and scalp massage is an ideal way to hydrate and recover from the sun and surf.



## *ROMANCE*

The backdrop for Islas Secas is isolated, idyllic and paradisaical, making it simply divine for a romantic romp. This private, 16-island archipelago is a utopian getaway, which commands couples to unplug, relax and relish intimate moments. With only seven Casitas, couples will enjoy an exclusive escape and feel like royalty as island hosts entertain their every need. From island adventures to Islas Pargo, gourmet beach picnics, to private sunset deck soirees, dinners on the beach and a plethora of his-and-hers adventures, there's never a dull moment. Call ahead, as the island hosts are happy to customize any occasion, including honeymoons, engagements, anniversary celebrations and more.



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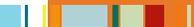
## *INSPIRATIONAL SOJOURNS*

Islas Secas honors Mother Nature and imbues inspiration. Whether swimming with a pod of Spinner dolphins, kayaking with Loggerhead or Olive Ridley sea turtles or watching a Yellow-footed Booby soar and dive on a quest to catch his next meal, the resort provides true, naturally created eco-escapades at every turn. Guests that seek a vacation of unexpected pleasures, customized adventures, haute cuisine and simple elegance, will want to put Islas Secas at the top of their bucket list. With a bit of advanced planning, the on-site hosts can arrange:

- Anniversary celebrations
- Bachelor parties
- Engagement celebrations
- Family reunions/generational celebrations
- Father/son getaways
- Girlfriend getaways (for active women)
- Honeymoon packages
- Intimate meetings
- Milestone birthday parties
- Solo travel packages



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## ACCOMMODATIONS

The island offers seven guest Casitas and all of them are chic and colorfully inspired by the tropical fruits of Panama—think Panamanian gold passion fruit, mango and papaya orange, and green plantains. These striking room colors are accented by rich caramel rattan furniture, plush beds and local works of art. For those that must work during their stay, a workstation with Internet access is available. In keeping with our eco-friendly theme, the resort offers biodegradable water bottles that can be easily filled with ice-cold water, which is supplied in the in-room refrigerator, as is complimentary soda, champagne, beer, plus snack bars, candy and more. Each Casita has an adjacent Bohio, which is ideal for reading, lying in a hammock, quiet meditation and spa treatments. It's also a great place to watch the sun come up or just escape the midday sun.

In our Casitas, local Panamanian art (elaborate embroidered panels) made by Kuna Indians adorns the walls and Wounaan and Embera artesian baskets are uniquely displayed. A handy tote stuffed with fluffy towels is at the ready for a day at the beach as are in-room complimentary sunscreen and bug repellent. Two-way radios are used to communicate with guests to ensure all requests are handled in an efficient and timely manner, even on the remote shores of Islas Pargo. Solar powered flashlights are also a handy amenity when returning to a Casita after a wonderfully long, communal dining experience. Don't worry about the tin cans and other recyclables, as the resort participates in a recycling program that donates these items to neighboring Panamanian schools for fundraising efforts.





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## *MEETINGS*

Host a corporate takeover for up to seven employees. Companies looking for a covert escape will relish the unexpected at Islas Secas. Chef Rojas and his team are at your beckon call, preparing culinary delights fit for today's business tycoons. Carter Andrews, the resort's Director of Fishing can initiate a competitive "fish-off" on the high seas. Regardless of the adventure, isolation, quietude, and extravagant views wrapped in world-class recreation will appeal to the mightiest CEOs, young up-starts and entrepreneurs alike.





## *DINING*

Dining at Islas Secas is quite sophisticated, as haute cuisine is always on the menu. It's an unexpected contradiction to the rugged, saw-toothed landscape that surrounds guests as they enjoy daily meals at the Terraza. Guests may start with a serving of sautéed seafood ceviche over tomatoes compote, followed by organic chicken with a side of Yukon salad, and opt for a decadent fresh pineapple crumble cake for dessert. Of course, all of the menu items are locally sourced and organic when possible. The resort is currently constructing a greenhouse to provide guests with even more fresh organic seasonal vegetables.

### *DINING OPTIONS*

- **Terraza** – This is the main entertainment hub, where guests gather for breakfast, lunch and dinner. Pre-dinner cocktails and appetizers are also served here. Dinners are communal and lively conversations ensue, usually over the day's adventures. The Terraza is similar to a family kitchen, as guests come and go from the Terraza's indoor bar area where backgammon, dominos and other board games are played. It's a gathering place where fishermen share their stories of triumph, women relax with their favorite glass of wine or champagne, and children lead mom or dad down to the beach for yet another discovery.
- **Sunset Deck** – This deck is perched high atop a hill providing guest a special place to celebrate the day and watch awe-inspiring views and a fiery sunset. A dedicated waiter stands by to refresh your cocktail and serve hors d'oeuvres while the sun sinks into the Pacific Ocean. A sunset deck soiree is the perfect precursor to a sumptuous dinner at the Terraza.



# EXECUTIVE CHEF

## OVERVIEW

Alex Rojas, the Executive Chef at Islas Secas, is quiet and unassuming, unlike many of the celebrity chefs that vie for center stage. Savory foods are Chef Rojas' specialty. His mentor, Chef Fabien Migny, studied at the Ecole Hotelière Belliard while simultaneously training at the famed Jamin de Joel Robouchon in Paris. Chef Migny impacted him greatly, and today Chef Rojas now embraces a Migny-styled fare, using a blend of French and Asian influences. Chef Migny also instilled significant cooking disciplines that Chef Rojas uses daily which are: be precise, be detailed and cut to perfection. Any guest can easily see that Chef Rojas adheres to these disciplines, as each plate is an epicurean work of art and prepared to perfection.

## CULINARY BEGINNINGS

Rojas' love for the culinary arts began at the tender age of nine when his grandma, Digna, was severely struck with arthritis, which prevented her from cooking the family meals. Rojas' hands became Digna's hands, and this is where he learned the art of preparing and assembling delicious meals from scratch. Rojas, at this young age, had his first food flop as he prepared "soggy rice" for his mom, an early critic who was not impressed. Today, "soggy rice" is never an option and Rojas' mom is very impressed with her talented son.

As Rojas got older, he spent his summers working for his cousin, a street vendor. He remembers long days of peeling plantains. By the age of 15, Rojas was making \$40 a week, half of which he happily gave to his mom, keeping the other half for his own schooling. At 17, he became a dishwasher at a camping resort but soon left to become a cook at a themed water park. He crossed paths with Chef Fabien Migny who encouraged him to investigate the culinary arts. At that time culinary schools in Panama were non-existent, so he enrolled for free INAFORP courses, which use a pass/fail grading system based on attendance and recommendations. He was often requested for government events, which helped him secure a plethora of recommendations that took his culinary career to the next level. While attending school, Rojas also worked at Yesterday's Bar & Restaurant in Panama. It was here that he gained real-world experiences and supported his continuing education. His schedule was hectic. His academic routine started at 7 a.m. and went until 2 p.m. and then continued to Yesterday's

where he worked as the 1st Cook, managing the grill from 4 p.m. until 11 p.m. Rojas completed his studies in 2001. He longed to gain education in more complex culinary techniques, and much to his surprise, this opportunity surfaced sooner rather than later.

A few months after his graduation, in late December 2001, Rojas' life would be forever changed as he crossed paths with Chef Fabien Migny, who became his lifelong mentor, and great friend. Chef Rojas worked with Chef Migny at the renowned restaurant, Eurasia, a popular Panamanian eatery located in Panama City. Chef Migny worked side-by-side with Chef Rojas, teaching him the secrets of the trade and the ways of haute cuisine. The restaurant went on to earn a Star Diamond Award from the American Academy of Hospitality Sciences in 2004. Chef Rojas followed Chef Migny who left Eurasia in 2004 to open his own restaurant Ten Bistro, which specialized in French cuisine. Chef Rojas blossomed as a sous chef there, and soon became a well-known epicurean expert. In 2006, Chef Rojas accepted an offer from Islas Secas Resort to become the Master Chef.

Today, Rojas states, "Chef Migny told me many years ago, you can't break the rules but you can bend them." Rojas' source of inspiration is Panama, but he likes to refine and hone his culinary skills by traveling the world learning new ways to prepare food, while discovering new spices, fruits and vegetables. Guests of Islas Secas arrive with expectations of an unplugged adventure and are always delighted and surprised by the unexpected sophistication of his menus. After visiting the island, a reporter recently remarked that, "The food was hands-down the best of any resort we've ever stayed in, including the Four Seasons, Fairmont and other four-star fare. Alex is genius!" Need we say more?





For more information on the resort, to schedule a press trip or request photography please contact:

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To learn more about the resort, please visit our website or our social media channels.

[www.islassecas.com](http://www.islassecas.com)

Facebook: [www.facebook.com/islassecas](http://www.facebook.com/islassecas)

Twitter: [@islassecas](https://twitter.com/islassecas)

YouTube: [youtube.com/islassecasadventures](https://youtube.com/islassecasadventures)

To contact the resort directly or request customized reservations email, [info@islassecas.com](mailto:info@islassecas.com) or call 1-800-377-8877.



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