{rokbox title=|Sponge. Photo: Buconos Group|}images/stories/turistainternacional/Quehacer/deporteyaventura/buceo/capurgana1.jpg{/rokbox}

Sponge. Photo: Buconos Group www.buconos.org

Two magical settlements bring together the Darién Jungle and the Caribbean Sea, with awesome beaches that reflect the sun and the blue waters that move to the calm, harmonious rhythm of small tides.

- **Location:** On the Caribbean part of the department of Chocó, near the Panamanian border.
- **Temperature:** 28°C.
- **How to get there:** By air from Medellín and Cartagena , then by land to Turbo, and last, by motorboat, crossing the Gulf of Urabá.

Experiencing Capurgana and Sapzurro

On land

Visit La Piscina de los Dioses, with its small colored fish and its marine birds; La Cascada del Cielo, a waterfall surrounded by gigantic rocks and small cascades; Playa Soledad and its mangroves; and El Aguacate, an excellent place for seafood. Enjoy a tour of the mysterious jungle by foot or on horseback, arriving at Sapzurro, with the white-sanded beaches of La Miel and the Archipelago of San Blas.

{rokbox title=|Ciprea. Photo: Buconos Group|}images/stories/turistainternacional/Quehacer/deporteyaventura/buceo/capurgana2.jpg{/rokbox}

Ciprea. Photo: Buconos Group www.buconos.org

At sea

Go diving from May to November to observe a fascinating underwater sealife in over 70 diving

sites, among them: Cabo Tiburón, La Grieta, Cueva del Mero, Bajo El Carey, Punta del Faro, Internacional, and Bahía de Sapzurro. Between January and June, visit La Playona, the spawning site of the caná, the world’s largest turtle. Do not miss out on the famous artisan fishing day with the region's natives.

Where to stay:

There are excellent hotel services, tourist inns, and camping sites.

Source: www.agendadelmar.com