



SILVER-THROATED TANAGER BY DOMINIC SHERONY

PANAMA

Birding from Valleys to Shores

8 DAYS | Choose your dates | Best season to travel: **OCT - JUL**

With more bird species than any other country in Central America and diverse ecosystems including rainforest, volcanic valleys, and dry Pacific forest, Panama is a perfect destination for bird and nature lovers.

With assistance from an expert birding guide, your group can discover Panama's tropical ecology and biological diversity while learning about the current conservation efforts to protect this country's important habitats. The program includes visits to several well-known birding trails, a national park, woodland habitats, tropical rainforest, mountain foothills, and the iconic Miraflores Locks of the Panama Canal.

PROGRAM HIGHLIGHTS

- Explore the Soberanía National Park, home to an impressive list of 525 bird species, and hike the world-famous Pipeline Road.
- Seek out target species such as the Blue Cotinga, Snowcap, endemic Stripe-cheeked Woodpecker, raptors, tanagers, and more.
- Ascend a 130-foot tower for an up-close look at species seldom seen below the rainforest's canopy layer.
- Visit the Panama Rainforest Discovery Center and watch for the 14 species of hummingbirds that have been recorded in the feeders.

WHAT'S INCLUDED?

- Bilingual local guide
- Driver
- Accommodations
- Activities
- Private transportation
- Meals
- Beverages with meals
- Carbon offsetting



BIRDING IN PANAMA BY ALEX PROIMOS

ITINERARY

BLD = BREAKFAST, LUNCH, DINNER

DAY 1 - PANAMA CITY

Upon arrival at Tocumen International Airport you will be met by a Holbrook representative and transferred to your hotel. *Overnight at Country Inn & Suites.*

DAY 2 - EL VALLE DE ANTON

This morning after breakfast, transfer to the Canopy Lodge, situated approximately 60 miles west of Panama City in the picturesque village of El Valle de Anton, right in the center of a gigantic crater of an extinct volcano at an elevation of 2,400 feet. Upon arrival receive an orientation to the lodge and grounds. Visitors to the strategically placed birdfeeders include Crimson-backed, Blue-gray, White-lined, Flame-rumped, Dusky-faced & Plain-colored tanagers, along with Red-crowned Ant-Tanager, Thick-billed Euphonia, Chestnut-headed Oropendola, Streaked & Buff-throated saltators, Lineated & Red-crowned woodpeckers, Red-legged Honeycreepers, Yellow-faced Grassquit, Social Flycatcher, Ruddy Ground-Dove, Barred Antshrike, Clay-colored Thrush, Rufous Motmot; Rufous-tailed, Snowy-bellied & Violet headed hummingbirds and Garden Emerald. Check-in to room and enjoy the veranda that is built with birding in mind. Spend the day birding at the lodge. *Overnight at Canopy Lodge. (BLD)*

DAY 3 - EL VALLE DE ANTON

After breakfast head to Las Minas for birding. The views are beautiful along road and on a clear day one can see both the Pacific and Atlantic oceans. Specialties of the region include Black-and-yellow, Bay-headed & Emerald tanagers, Tawny-capped Euphonia, Scale-crested Pygmy-Tyrant, Spot-crowned Antvireo, Gray-headed Kite, Barred Hawk, Bat Falcon, Ornate Hawk-Eagle, Swallow-tailed Kite, Bronze-tailed Plumeteer, White-tipped Sicklebill, Green Thorntail, Orange-bellied & Black-throated trogons, Wedge-tailed Grass-Finch, Tawny-faced Gnatwren, Plain Antvireo, the endemic Stripe-cheeked Woodpecker, Spotted Woodcreeper, Red-capped & White-ruffed manakins, Band-rumped Swift and Black Guan have all been recorded here. There is a forest slope where there is a chance to see a Black-headed Antthrush. Have lunch back at the lodge and then this afternoon visit the Cara Iguana Trail, for birding in the foothills. These are some of the last remaining examples of Dry Pacific Forest. Specialties here include Elaenia, Yellow-olive & Panama flycatchers, Pale-eyed Pygmy-Tyrant, Yellow-bellied Elaenia, Lance-tailed Manakin, Rufous-breasted & Rufous-and-white wrens, Rosy Thrush-Tanager, Tody & Whooping motmots and Long-billed Gnatwren. Also resident are Striped Cuckoo, Little Tinamou, Common Potoo, Dusky & White-bellied antbirds, Barred Antshrike, White-winged Becard, Tropical Screech Owl and Bat Falcon. Hummers to watch for are Garden Emerald, Long-billed Starthroat and White-vented Plumeteer. During migration we look for Bay-breasted, Chestnut-sided, Black-throated Green & Worm-eating warblers. Return to the lodge for dinner. *Overnight at Canopy Lodge. (BLD)*

DAY 4 - EL VALLE DE ANTON

After breakfast, birding in a blend of secondary forest, scrubby pastures, overgrown fincas and grassy borders in search of Spot-crowned Barbet, Cinnamon Becard, Scarlet-thighed Dacnis, Silver-throated, Golden-hooded, Tawny-crested & Bay-headed tanagers, Spot-crowned Antvireo and Spotted Woodcreeper; hummers, such as White-tipped Sicklebill, Rufous-crested Coquette, Crowned Woodnymph and Black throated Mango. Also resident are Blue-throated Toucanet, Bran-colored Flycatcher, Scale-crested Pygmy-Tyrant and Orange-bellied Trogon. Return to the lodge for lunch and then this afternoon visit Water Cress Trail, named after the herb which is commercially grown in the terraced creek near the entrance in search of Rosy Thrush-Tanager, Black-headed Saltator, Great Antshrike, White-ruffed Manakin, White-thighed Swallow, White-bellied Antbird and Tody Motmot; hummers, such as Long-billed Starthroat, Rufous-crested Coquette and, when the Inga is in bloom, we scan for Snowcap! We will also listen for Purplish-backed Quail-Dove. Return to the lodge for dinner. *Overnight at Canopy Lodge. (BLD)*

DAY 5 - GAMBOA

After birding in the morning and a leisurely breakfast, make your way to

Gamboa Rainforest Resort. Enjoy birding on the hotel grounds and explore the Waterfall Trail looking for species such as Southern Nightingale-Wren, Olive Tanager, and Rufous-vented Ground-Cuckoo. *Overnight at Gamboa Rainforest Resort. (BLD)*

DAY 6 - GAMBOA

Depart with a boxed breakfast for the world-famous Pipeline Road at Soberanía National Park, a 55,000-acre woodland where nearly 400 species of birds have been recorded including the Black Hawk-eagle, Black-cheeked Woodpecker, Black-breasted Puffbird, Broad-billed Motmot, Blue Cotinga, Purple-throated Fruitcrow, Masked Tityra, Violaceous Trogon, Fasciated Antshrike, Shining Honeycreeper, and a great array of North American migrants. Later, travel to the Panama Canal's famed Miraflores Locks for lunch and exploration of the museum, hopefully seeing a ship passing through the locks. Later in the afternoon spend time birding at the Ammo Dump Ponds. Return to Gamboa Resort for dinner. *Overnight at Gamboa Rainforest Resort. (BLD)*

DAY 7 - PANAMA CITY

Today start birding at Plantation Road. This old graded dirt road passes along a mature forest and is approximately four miles long. Birding along the road in search interior forest birds, such as Spotted, Bicolored and Ocellated Antbirds, Gray-headed Tanagers, and Plain-brown, Northern Barred and (if you're lucky) Ruddy Woodcreepers following army ant swarms. Also be on the lookout for the sometimes seen Hook-billed Kite. Golden-crowned Spadebills are regular around the creek, and White-breasted Wood-Wrens, tinamous and leaf-tossers are very easy to find. Return to Gamboa for lunch and then this afternoon visit the Panama Rainforest Discovery Center. Begin at the visitor center, observing up to 14 species of hummingbirds that we have recorded in the feeders. Continue along the trails observing birds of the undergrowth such as manakins, anteaters and trogons. Go up our 130 foot tower to contemplate birds in the canopy such as the famous blue cotinga and toucans, and visit the viewing platform by the lake to see aquatic birds like wattled jacanas, least grebes, herons and snail kites. As well as birds you will be able to observe other animals like monkeys, crocodiles, coatis, and butterflies. Continue to Panama City and check in at the hotel. Farewell dinner at the hotel. *Overnight at Crowne Plaza Hotel. (BLD)*

DAY 8 - DEPARTURE

Transfer to the airport for the flight home. (B)

This program can be customized.

PROGRAM PRICING

\$3,500 (10 participants + 1 leader)

International airfare, gratuities, and items of a personal nature are not included. Valid for travel in 2018.

THE FINE PRINT

A \$200 per person deposit and enrollment form is due upon booking and no later than four months prior to departure. This deposit is refundable until 95 days prior to departure excluding a \$100 cancellation fee. Final payments are due no later than 95 days prior to departure. Cancellations received less than 95 days prior to departure are not refundable. Travel/trip cancellation insurance is strongly recommended. For more information call Travel Insured at 800-243-3174 or visit travelinsured.com. Holbrook Travel's agency number is 15849.



This program includes optional carbon offsetting with ClimateSafe. Learn more at holbrooktravel.com/climatesafe