



## **PANAMA BIRD WATCHING EXPEDITION**

### **Day 1**

#### ***Panama City***

Upon arrival in Panama City at the international airport, you will meet your English-speaking guide. You will be given a ride to your accommodations where you will check-in and be able to do some bird watching. You will be staying around the former Canal Zone area.

### **Day 2**

#### ***Soberania National Park and Rainforest Discovery Center***

This morning we will drive to the famous Soberania National Park. This park is home to some 520 species of birds. Before entering the trails we bird the habitat near the ponds looking for Crimson-backed Tanager, Rufescent Tiger Heron, White-throated Crake as well as several Tyrannulets and more. Located within this protected area the Rainforest Discovery Center is a new eco-tourism and educational facility located in Pipeline Road. Accompanied with our naturalist guide, that will explain you the wildlife while you walk this beautiful trail. Overnight it in Panama City.



### **Day 3**

#### ***Achiote Road, Atlantic Side***

An early morning drive will take us to the areas of Escobal and Achiote roads on the Caribbean side of Panama. This is a great place to search for diurnal raptors. Also an excellent spot to look for specialties like Spot-crowned Barbet, Black Hawk-Eagle, Rufous-crested Coquette, Montezuma Oropendola, Brown-hooded Parrot, Black-bellied Wren, Pied Puffbird and rarities like Gray-cheeked Nunlet and White-headed Wren. We will visit the CEASPA Toucan Center and will hike the new trail manage by the local community. Lunch will be served at Centro el Tucan. Return to the city late in the afternoon.

## **Day 4**

### ***Metropolitan Park & Cerro Punta***

Early in the morning drive to Metropolitan Nature Park, the only protected rain forest within capital city limits in Central America. This park features an impressive list of 260 bird species. Specialties include Lance-tailed Manakin, Orange-billed Sparrow, Green Honeycreeper, Rufous and White Wren and many more. We will also look for the Red-napped Tamarin on one of the trails. In the afternoon you will head to the domestic airport in Albrook for a flight to David, Chiriqui. Upon arrival, you will transfer to the town of Cerro Punta where you will have great chances to see Quetzals. Lunch will be at the hotel's restaurant on your own. In the afternoon you can experience birding around the hotel property or close to Los Quetzales cabins near the Friendship National Park. Overnight it at Hotel Los Quetzales.

## **Day 5**

### ***Friendship National Park***

Shared with neighbouring Costa Rica and recognized in 1982 as a Biosphere Reserve and UNESCO World Heritage Site, La Amistad National Park is part of the Mesoamerican Biological corridor where flora and fauna from North and South America combine in a natural bride. We spend the morning exploring this magnificent park in the area of El Retoño in search of Silvery-fronted Tapaculo, Andean Pygmy-Owl, Barred Becard and many other western highland species. Our guide will guide us in search for Buffy Tuftedcheek, Resplendent Quetzal, Ochraceous Pewee, Silvery-throated Jay, different hummingbirds and other highland species. Overnight it at Los Quetzales. Box lunch included.

## **Day 6**

### ***En route to boquete – Finca Lerida***

In route to Boquete we will look for Lesser Elaenia, Bay-headed Tanager, Crested Oropendola, American Dipper, and a myriad other species. We continue our exploration on the Eastern side of Baru Volcano to Boquete, the landscape town spread with flower, fruit and vegetable farms, coffee plantations and also lush tropical cloud forests. Afternoon bird watching can be had around the hotel grounds. Night is spent at Finca Lerida Ecolodge or similar lodging.

## **Day 7**

### ***Baru Volcano National Park***

Early breakfast and then our guide will drive to Volcan Baru over 8000 feet above sea level for highland birding, specifically to look for Timberline species such as Silvery-fronted Tapaculo, Silvery-throated Jay, Black-faced Solitaire and the Barred Becard. Lunch is in the area. Spend the night at Villa Marita, Finca Lerida Ecolodge or Garden Inn. (Breakfast and Box lunch)

## Day 8

### *Panama City – Burbayar*

Early morning transfer to David for a flight back to Panama City. Upon arrival we will drive you to Burbayar Lodge located in the pre-mountain rainforest of the Kuna Yala foothills and also part of the Mesoamerican Biological Corridor, a great place for nature observation. All meals included.

## Day 9-10

### *Burbyar Lodge*

You will spend the mornings birding in the network of trails surrounding the lodge. The avifauna here is very prosperous and includes foothill and Eastern Panama species such as Sapayoa, Speckled **Antshrike**, Black-headed Anthrush among others. Also look for the endemic Striped-cheek Woodpecker, Swallow-tailed Kite and Bronze-tailed Plumeleeter. All meals included.

## Day 11

### *Bird Watching Tour Cerro Azul*

The selection here included stunning Bay-headed and Rufous-winged, blood-red Crimson-backed, Emerald, and Speckled; Scarlet-thighed Dacnis and Blue Dacnis; incandescent Shining and Green honeycreepers; and, perhaps the most spectacular of all, the tiny but brilliant Black-and-yellow Tanager. Box lunch included.

## Day 12

### *Departure*

At the appropriate time you will be transferred to international airport for departure.

#### **Not Included:**

- Air / Taxes
- Gratuities / Expenses / Personal Insurance

#### **Pricing:**

- E-mail at [info@designtravel.ca](mailto:info@designtravel.ca) or by phone at (416) 235-1212.

**Note:**

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**Links:**

**Optional Excursions**

[www.designtravel.ca/services/servicesworld/excursions/excursions.html](http://www.designtravel.ca/services/servicesworld/excursions/excursions.html)

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