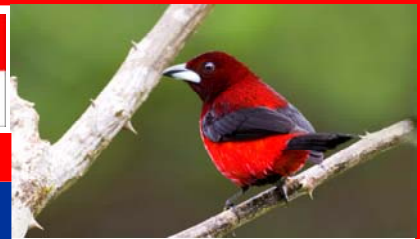


WILD ABOUT TRAVEL - PANAMA

13 days Canopy Tower and Lodge - explore Soberanía N. P. and cloud forests of Cerro Gaital



Crimson-backed Tanager © David Tipling



Rufous-crested Coquette © David Tipling



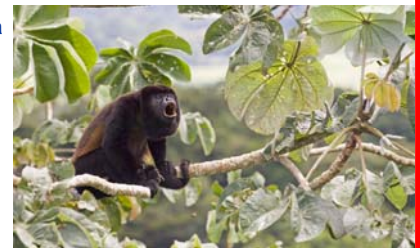
Brown-throated Three-toed Sloth © David Tipling



Golden-hooded Tanager © David Tipling



Canopy Tower © Canopy Tower



Mantled Howler Monkey © David Tipling

Best time to visit: Depends on interest (Nov – March/April for birdwatching)

13 Days Panama City – Canopy Tower – Canopy Lodge - Panama City
Panama is a fabulous destination for birdwatching – one of the best places to watch birds in Central America. With just short of 1,000 species in a country smaller than Scotland, Panama is perfectly located within the narrow bridge of land that links North and South America.

Discover the rich and varied tropical rainforest of Soberanía National Park (N.P.) and cloud forests of Cerro Gaital home to Toucanets and Tanagers, Tinamous and Trogons, Manakins and Motmots – a birdwatching tour here can accrue an impressive bird list and several species of mammals, including two species of Sloth and Mantled Howler monkey. Harpy Eagle is Panama's National Bird! At migration time (Oct – mid Nov) on some days it is possible to see incredible numbers of Hawks and Vultures moving through. Also observe the rather odd sight of a ship floating through the forest on this unforgettable birding tour.

Day 1: UK – Panama City – Canopy Tower

AM: Flight from UK (excluded but can easily be booked via the internet). Arrive late afternoon/early evening at Tocumen International Airport, Panama City. You will be met by your driver who will transfer you to Canopy Tower (a 1 hr. drive). Birdwatching here is organised in groups of a maximum of eight people with an experienced bird guide. Enjoy morning and afternoon excursions to the best birding locations. Private guides can be arranged for a supplement.

Days 2-7: Canopy Tower area

Located at the top of Semaphore Hill in the rainforest of Soberanía National Park, Canopy Tower is a fabulous base for a birdwatching tour and you should see several species of mammal inc. sloths and monkeys. As well as birding from the observation deck, you can see Long-billed Hermit, White-necked Jacobin, White-vented Plumeleteer and other birds around at the Hummingbird feeders. Expect many species along the local **Semaphore Hill Road and Plantation Trail** including Cinnamon, Crimson-crested and Black-cheeked Woodpeckers, White-breasted Wood-Wren, Dot-winged, Checker-throated and White-flanked Antwrens, Red-capped & Blue-crowned Manakins, Great Tinamou and occasionally the endemic Yellow-green Tyrannulet! The lists continues... **The Ammo Dump Ponds** (only 15 minutes away) is a good place to see the elusive White-throated Crane. You will also look for Rufescent Tiger-Heron, Red-legged Honeycreeper, Yellow-tailed Oriole and Black-bellied Whistling-Duck. The famous **Pipeline Road** (20 min. away) is one of the best birding spots in Central Panama. Species inc. super-rare specialties like the Rufous-vented Ground-Cuckoo, Harpy Eagle and the unusual Brownish Twistwing. Other birds inc. Gray-necked Wood-Rail, Rosy Thrush-Tanager, Violaceous Trogon, Red-throated Ant-Tanager, Gray-headed Chachalaca, Southern Bentbill, Great Jacamar and Common Potoo. You will also search

for Golden-collared, Red-capped and Blue-crowned Manakins, White-necked Puffbird, Purple-crowned Fairy, Slaty-tailed and Black-tailed Trogons. **Summit Gardens** is a centre for recreation, education and conservation. Here the Harpy Eagle exhibit celebrates Panama's National Bird and you can see Chestnut-headed Oropendolas, Laughing Falcon, Gray, Crane and Great Black Hawks as well as Streak-headed Woodcreeper (difficult elsewhere). A short drive to the **Chagres River**, the main tributary for the Panama Canal, might produce Cocoli Heron, Wattled Jacana, Brown Pelican, Rufescent Tiger-Heron, Fasciated Antshrike, White-bellied Antbird and Slaty-backed Forest-Falcon. A visit to **Summit Ponds/Old Gamboa Road** (10 min. away) will continue to add new species inc. specialties like Blue Ground-Dove, Jet Antbird, Black-tailed and Royal Flycatchers. Spectacled Owl is possible too. On a visit to **Miraflores Locks (and Museum)** Magnificent Frigatebirds can be seen overhead.

Days 8-12: Canopy Tower – Canopy Lodge & area

A 2 hr. drive to Canopy Lodge, located at 2,400' in the cooler environs of the El Valle de Anton mountains nestled by the cloud forests of Cerro Gaital and more great birds are waiting to be discovered inc. White Hawk and Black Guan. Explore the **Las Minas Trail** for Black-and-yellow, Bay-headed and Emerald Tanagers, Swallow-tailed Kite and the endemic Stripe-cheeked Woodpecker. In the Dry Pacific Forest habitat at **Cara Iquana and in other locations** you will look for Lesser and Yellow-bellied Elaenia, Lance-tailed Manakin and the endemic Veraguan Mango. **La Mesa Road and Water Cress Trail** might add Rufous-crested Coquette, Long-billed Starthroat, Blue-throated Toucanet, White-ruffed Manakin and you will listen for the Purplish-backed Quail Dove. Another full day of birding in coastal habitats might add Blue-footed and Brown Boobies, various Gulls and Terns.

Day 13: Canopy Lodge – Panama City

Enjoy final early morning birding if flight allows before driving (3 hrs) to Panama City for your flight home.

Tour ends.

Price per person (for single or double room occupancy): \$2350* (green season 16 April – 15 Sept), \$2900* (migration season 16 Sept – 15 Dec), \$3770* (high season 16 Dec – 15 April). *Subject to flexibility with dates so that transfer costs can be shared. Price is valid till 15 Sept 2011. The booking of this itinerary is with Wild About Travel and their booking terms and conditions apply.

Price includes: Pre-travel information.

All land transport. Accommodation in single/twin/double room.
All meals and non-alcoholic beverages (except wine served with meal which is included) from dinner on Day 1 to breakfast on Day 13. Services of experienced bird guide for two outings each full day (max. group size of 8).
Entrance fee to National Parks, room taxes and internet service.

Price excludes:

Flights and travel insurance.
Alcoholic drinks (except for wine served with meals which is included).
Extra excursions available for supplement.
Tips, laundry, phone calls and anything else not listed in the inclusions.
Extra supplement if you wish to have a private bird guide.

Call or email Wild About Travel. Tel: +44 (0)1480 370593 Mobile: +44 (0)7817 574235

Email: jo@wildabouttravel.co.uk

Visit: www.wildabouttravel.co.uk



Wild About Travel Limited is a company registered in England and Wales. Reg. no. 5522066
Registered Office: 25 Sapley Road, Hartford, Huntingdon, Cambridgeshire, PE29 1YG, UK