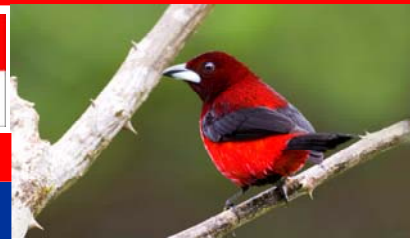


# WILD ABOUT TRAVEL - PANAMA

Special price 15 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



Silver-throated Tanager © David Tipling



Canopy Tower © Canopy Tower



Mantled Howler Monkey © David Tipling

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

**15 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. 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. Some coastal birdwatching and exploration of Dry Pacific Forest habitat will add extra species. Panama is perfectly located within the narrow bridge of land that links North and South America. 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 pm at Tocumen International Airport, Panama City. You will be met by your driver who will transfer you to Canopy Tower (1 hr.). Birdwatching 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

Canopy Tower is a fabulous base for a bird watching tour, located at the top of Semaphore Hill in the rainforest of Soberanía National Park. Several species of mammal occur here too inc. sloths and monkeys. As well as birding from the observation deck, you can see Long-billed Hermit, White-necked Jacobin, White-vented Plumeteer 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 Crake. 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 Super-rare speciality species inc. 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, Great Jacamar and Common Potoo. 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 Cocoi 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. specialities 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 8-14: Canopy Tower – Canopy Lodge & area

A 2 hr. drive and you will arrive at Canopy Lodge, located at 2,400' in cooler environs of the El Valle de Anton mountains nestled by the cloud forests of Cerro Gaital. Species here 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 Lance-tailed Manakin and Lesser and Yellow-bellied Elaenia. **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. A full day visit to **El Chiru, Juan Hombrón Beach & Playa Santa Clara** and Brown-throated Parakeet, Yellow-headed Caracara and the endemic hummingbird Veraguan Mango are possible. Blue-footed and Brown Boobies, various Gulls and Terns are seen along the coast. At **Valle Chiquito** one might add Black Hawk-eagle and several species of Wren.

## Day 15: 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. Contact us for a more details.**

Special price per person (for single or double room occupancy): \$2235\* (green season 16 April – 15 Sept), \$2860\* (migration season 16 Sept – 15 Dec), \$3435\* (high season 16 Dec – 15 April). \*Subject to flexibility with dates so that transfer costs can be shared. Price is valid for bookings placed before 31 Dec for tours departing before 15 Dec 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 15. 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 any thing else not listed in the inclusions.

Extra supplement if you wish to have a private bird guide.

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