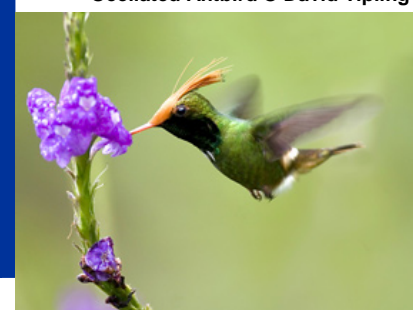


# WILD ABOUT TRAVEL - PANAMA

## 8 days Canopy Tower inc. Soberanía N. P.



Ocellated Antbird © David Tipling



Rufous-crested Coquette © David Tipling



Brown-throated Three-toed Sloth © David Tipling



Canopy Tower © Canopy Tower



Golden-hooded Tanager © David Tipling

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

### 8 Days Panama City – Canopy Tower – 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.), home to Toucans and Tinamous, Manakins and Motmots – a birdwatching tour here will dazzle you with an amazing variety of colourful birds and several species of mammals, including two species of Sloth and Mantled Howler Monkey.

At migration time on some days it is possible to see incredible numbers of Hawks and Vultures moving through. Add to this the proximity to the Panama Canal (3km away) and the rather odd sight of a ship floating through the forest and this really is a unique and unforgettable bird tour location.

#### 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. Private guides can be arranged, though supplement applies.

#### Day 2: 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. Also anyone interested in general natural history will not be disappointed. Today you will spend some time on the Observation Deck with panoramic 360° views across the rainforest canopy. Expect to see many species including Toucans, Parrots, Tanagers of various types, Hawks, and dozens of others. Two species of Sloth, Monkeys and other mammals are commonly seen. Observations at the hummingbird feeders at the base of the Tower can offer views of Long-billed Hermit, White-necked Jacobin, White-vented Plumeleteer, Violet-bellied & Blue-chested Hummingbirds.

#### Day 3 - 7: Canopy Tower area

Each day enjoy morning and afternoon excursions to the best birding locations. You can expect to see 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, a Great Jacamar or the endemic Yellow-green Tyrannulet! The lists continues... The Ammo Dump Ponds are only 15 minutes away and 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. Then there is the famous Pipeline Road (20 min. from Canopy Tower) - 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 species inc. Gray-necked Wood-Rail, Rosy Thrush-Tanager, Violaceous Trogon, Red-throated Ant-Tanager, Gray-headed Chachalaca, Southern Bentbill, Great Jacamar and Common Potoo. We will also search for Golden-collared, Red-capped and Blue-crowned Manakins, White-necked Puffbird, Purple-crowned Fairy, Slaty-tailed, Black-throated and Black-tailed Trogons. Summit Gardens is a centre for recreation, education and conservation and the location for the Harpy Eagle exhibit in celebration of Panama's National Bird. Here Chestnut-headed Oropendolas, Laughing Falcon and Gray, Crane and Great Black Hawks occur with 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 and Barred Antshrikes, Slaty-tailed Trogon, White-bellied Antbird, and Slaty-backed Forest-Falcon. A visit to Summit Ponds/Old Gamboa Road (10 min. away) will continue to add plenty of new species inc. specialities like Blue Ground-Dove, Jet Antbird, Lance-tailed Manakin, Black-tailed and Royal Flycatchers. Spectacled Owl is possible too.

On a visit to Miraflores Locks (and Museum) Magnificent Frigatebirds can be seen overhead.

#### Day 8: Canopy Tower – Panama City

Enjoy some final early morning birding if your flight time allows. Then your driver will take you back to Panama City for your flight home.

**Tour ends. A more detailed itinerary can be supplied on request. Extensions also available. Please ask for details.**

**Price per person (for single or double room occupancy): \$1375\* (green season 16 April – 15 Sept), \$1695\* (migration season 16 Sept – 15 Dec), \$2200\* (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 8. 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.

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