



PANAMA BIRD & WILDLIFE PHOTOGRAPHY TOUR

CENTRAL PANAMA, CHIRIQUI, CHANGUINOLA (9 days)

+ EXTENSIONS: DARIEN (4 days) + BOCAS DEL TORO (4 days)



Panama is one of the best ornithological destinations in Latin America, and an ideal introduction to the birds and wildlife of the Neotropics (the biological region that includes Central and South America, plus the Caribbean). Perfectly connected with direct flights from many of the main US and European airports, Panama is one of the safest, most stable countries in Latin America, with the best infrastructures in the region. Despite its small size, Panama has a surprisingly varied geography, with habitats from sea level to 3,400 meters in the Chiriqui Highlands. Being located closer to the Equator than the rest of Central America, its biodiversity is extraordinary: about a thousand bird species, mammals, 450 reptiles and amphibians, 1,500 butterflies...

Tamandúa is a local company dedicated to organizing and guiding the best bird and nature watching and photography trips in Panama. We manage our own Cloud Forest Reserve with exclusive facilities designed by and for photographers, and we are constantly exploring the country in search of the most productive routes and the best accommodations to access the most interesting habitats and species.

Tamandúa is certified as a Type A Travel Agency (the highest category in Panama), with all the licenses and permits to operate as a Tour Agent throughout the country.

ITINERARY

DAY 1. ARRIVAL TO PANAMA CITY, SUMMIT RAINFOREST RESORT

DAY 2. LAKE GATUN AND SOBERANIA NATIONAL PARK

DAY 3. FLIGHT TO DAVID, CERRO PUNTA

DAY 4. TAMANDUA CLOUD FOREST RESERVE

DAY 5. CERRO PUNTA, LAS CUMBRES

DAY 6. CHIRIQUE LOWLANDS, CHANGUINOLA

DAY 7. CHANGUINOLA

DAY 8. CHANGUINOLA AND DAVID

DAY 9. RETURN TO PANAMA CITY

+BOCAS DEL TORO EXTENSION

DAY 1. BOCAS DEL TORO, ISLA COLON

DAY 2. BOCAS DEL TORO

DAY 3. BOCAS DEL TORO

DAY 4. FLIGHT TO PANAMA CITY

+DARIEN EXTENSION

DAY 1. PANAMA CITY TO DARIEN

DAY 2. DARIEN, HARPY EAGLE NEST

DAY 3. HARPY OR CRESTED EAGLE, SAN FRANCISCO RESERVE AND RETURN TO PANAMA CITY

DAY 4. RETURN HOME

ITINERARY DESCRIPTION

DAY 1. ARRIVAL TO PANAMA CITY, SUMMIT RAINFOREST RESORT

Arrival at Panama City's Tocumen International Airport, where Tamandúa staff will pick you up and drive you in a private vehicle to the Summit Rainforest Resort:

<https://www.summitrainforestpanama.com/>

If you arrive early in the day, there's plenty of wildlife to be found in the forest trails at the resort: mammals like **Geoffroy's Tamarin**, **Brown-throated Three-toed Sloth**, **Central American Agouti** can be easily seen during the day, as well as birds like **Collared Aracari**, **Cinnamon Woodpecker**, **Black-tailed Trogon**, among many others.

There are butterfly and frog enclosures at the resort, and at night **Red-eyed Tree Frogs** can be found along the trails.



DAY 2. LAKE GATUN AND SOBERANIA NATIONAL PARK

Early morning boat ride to Lake Gatun, the main reservoir for the Panama Canal surrounded by lush rainforest. We will be mostly searching for primates: **White-faced Capuchin**, **Mantled Howler**, **Geoffroy's Tamarin**, plus a variety of water birds.

Later in the morning we will visit Rainforest Discovery Center, a private reserve inside Soberania National Park where feeders attract several species of lowland forest hummingbirds. Trogons, motmots and manakins can be seen and photographed in the reserve, and if we're lucky we may find an army ant swarm with its following of antbirds, including **Ocellated Antbird** and, occasionally, **Rufous-vented Ground-Cuckoo**. Diurnal mammals include **Brown-throated Three-toed Sloth**, **White-nosed Coati** and **Central American Agouti**. **Leaf Litter Toads** (*Rhinella alata*) are common along the trails.

DAY 3. FLIGHT TO DAVID, CERRO PUNTA

Early morning flight (45 min with Copa Airlines) from Panama to David, capital of the western province of Chiriquí. 1-hr drive to Cerro Punta, in the Chiriquí Highlands, in time for lunch. In the afternoon, visit the private gardens and feeders that Tamandúa manages for photography and observation of hummingbirds and other highland birds, with several endemic species of the Talamanca mountain range: **White-throated** and **Purple-throated Mountain-Gem**, **Talamanca Hummingbird**, **Lesser Violetear**, **Snowy-bellied Hummingbird**, **Scintillant Hummingbird**, **Violet Sabrewing**, **Green-crowned Brilliant**, **Volcano Hummingbird**, **Thick-billed Euphonia**, **White-naped Brushfinch**, **Chestnut-crowned Brushfinch**, **Rose-breasted Grosbeak**, **Long-tailed Silky Flycatcher**, **Mountain Elaenia**, **Slaty Flowerpiercer**, **Acorn Woodpecker**...

Dinner and accommodation Hotel Dos Ríos (<https://www.dosrios.com.pa>)

DAY 4. TAMANDUA CLOUD FOREST RESERVE

Departure from the hotel after breakfast. Tamandua manages a 103 ha. private reserve in the heart of the cloud forest, bordering La Amistad National Park. Several species of mountain hummingbird and forest birds visit the feeders, including several regional endemics. Elusive birds such as **Wrenthrush** or **Silver-fronted Tapaculo** can be found very close to our lodge. **Resplendent Quetzals** often perch within a few meters of the deck (several pairs of **Resplendent Quetzal** nest inside the Reserve between mid-February and late April).

At night, **Central American Cacomistles** and **Northern Olingo** come to feed regularly, and we set up lights and blankets to attract insects, particularly moths and beetles. The insects attract many forest birds in the early morning light, including skulking and elusive species like **Streak-breasted Treehunter**, **Grey-**

breasted Wood Wren, Flame-throated Warbler, as well as regional endemics like Collared Redstart, Yellow-thighed Brushfinch, Large-footed Finch.

Hummingbirds are numerous and very active and approachable in the reserve: **Fiery-throated Hummingbird**, **Violet Sabrewing**, **Talamanca Hummingbird**, **Stripe-tailed Hummingbird**, **White-throated Mountain-Gem**, all offer excellent watching and photo opportunities both in flight and on perches.

Dinner and accommodation at the Hotel Dos Ríos.



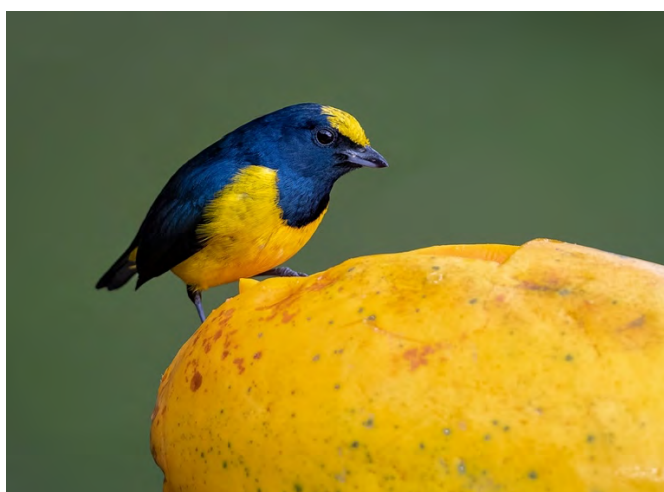
DAY 5. CERRO PUNTA, CHIRIQUI HIGHLANDS

Departure after breakfast, to reach a private reserve where Tamandúa has exclusive access. Here we will search for species such as **Volcano Hummingbird**, **Scintillant Hummingbird**, **Slate-throated Redstart**, **Cost Rican Pygmy-owl**, and other highland birds. A resident population of the extremely elusive **Maroon-chested Ground-Dove** offers unparalleled watching and photo opportunities.

Lunch at Tamandua Cafe.

In the afternoon, visit again the gardens that Tamandúa manages for photography and observation of hummingbirds and other mountain birds.

Dinner and accommodation at Hotel Dos Ríos.



DAY 6. CHIRIQUI LOWLANDS, CHANGUINOLA

After breakfast, we will leave our hotel fully packed and depending on weather conditions and the latest reports we will drive to Paraiso, in the Chiriqui Lowlands (1 hr), or Volcán (30 min), where we will search for lower altitude species like **Orange-collared Manakin**, **Spot-crowned Euphonia**, **Charming Hummingbird**, **Fiery-billed Aracari** and many more. We will visit a small family-owned property with a staggering abundance and variety of hummingbirds: **Long-billed** and **Plain-capped Starthroat**, **Crowned Woodnymph**, **Snowy-bellied Hummingbird**, **Blue-throated Golden-tail** and up to 24 hummer species are regularly seen at their feeders.

After lunch we will depart and drive for 4 hours from to Changuinola, in Panama's western Caribbean.

Dinner and overnight in Changuinola, Bocas Ridge Hotel (<https://www.bocasridge.com/en/>)

DAY 7. CHANGUINOLA

After breakfast, departure to a nearby family-owned guesthouse and estate, with excellent chances for frog photography: in situ **Red-eyed Tree Frog** (*Agalychnis callidryas*), several *Dendropsophus* tree frog species, **Red-webbed Tree Frog** (*Boana rufitella*), and a striking local mainland morph of the **Strawberry Poison-Frog** (*Oophaga pumilio*). The area is also very good for Caribbean bird specialties like **Chestnut-colored Woodpecker**, **Snowy Cotinga**, **White-collared Manakin** and a variety of owls.

Dinner and overnight: Bocas Ridge Hotel.



DAY 8. CHANGUINOLA AND DAVID

We will spend the morning in various areas in Changuinola, looking for different morphs of **Strawberry Poison-Frog** and **Green-and-black Poison-Frog** (*Dendrobates auratus*). After lunch we will start our drive towards the city of David.

Dinner and accommodation at Hampton by Hilton Hotel in David, conveniently located for your flight to Panama city the next day (<https://www.hilton.com/en/hotels/davidhx-hampton-david>)

DAY 9. MORNING FLIGHT TO PANAMA CITY

Flight arrives in Panama City at 10:35 am.

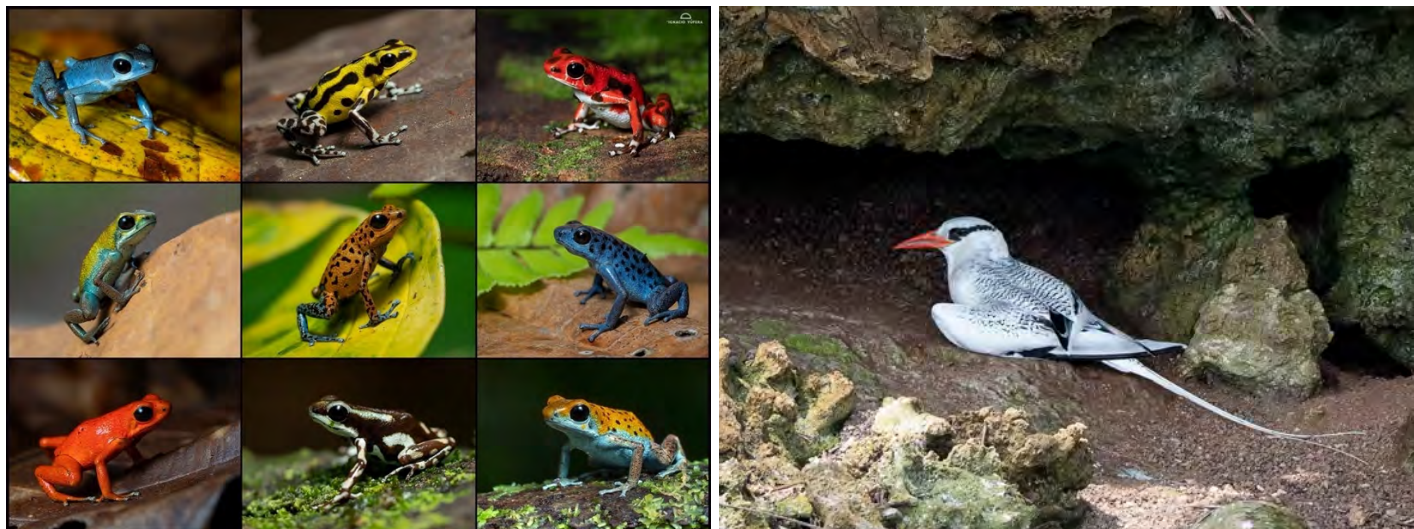
+EXTENSION: BOCAS DEL TORO



DAY 1. BOCAS DEL TORO, ISLA COLON

After breakfast, from David we will drive to the port of Almirante mainland Bocas del Toro, from where a boat will take us to our accommodation in Isla Colon, Diver's Paradise Hotel: <https://diversparadise.com>

From Isla Colon we will take boat rides to different islands, depending on weather and sea conditions, in search of different morphs of the **Strawberry poison-frog**. The Caribbean archipelago of Bocas del Toro is where this fascinating species, the world's most polymorphic vertebrate, shows the largest and most stunning variety of colors and patterns. We will also search for species like **Green-and-Black Poison Frog** (*Dendrobates auratus*) and **Caribbean Poison Frog** (*Phyllobates lugubris*).



DAYS 2 & 3. BOCAS DEL TORO ISLANDS

We will spend two full days island-hopping and visiting different locations, depending on sea and weather conditions, in search of the most spectacular morphs of *Oophaga pumilio*, as well as **Green-and-Black Poison-Frog** (*Dendrobates auratus*), and birds like **Purple-throated Fruit-crow** and several toucans and trogons. The mangroves surrounding the islands are one of the few reliable sites in the Caribbean to find the stunning **Snowy Cotinga** and many other birds. Depending on weather and sea conditions, we will visit Isla Pájaro (Bird Island), the only breeding colony of **Red-billed Tropicbird** in the SW Caribbean. Dinner and accommodation at Diver's Paradise Hotel.

DAY 4. FLIGHT TO PANAMA CITY

Early morning flight from Isla Colon to Panama City. From Albrook Airport we will drive to the nearby Soberania National Park and Pipeline Road, with a visit to the Rainforest Discovery Center, a non-profit concession and reserve within the national park, located 2 km inside the front gate of Pipeline Road. It has a tower above the forest canopy (you will need to walk up and down 175 steps), plus trails, forest pond, and feeders that attract several lowland hummingbird species.

Alternatively, you may prefer to spend the day in Panama City, shopping or visiting the Colonial Quarter (Casco Antiguo).

Dinner and accommodation for your last night in Panama City, at Crowne Plaza Airport Hotel.

(<https://www.ihg.com/crowneplaza/hotels/us/en/panama/pcyap/hoteldetail>)

If this is the end of your tour, we will drive you the next day to the airport for your return flight home.

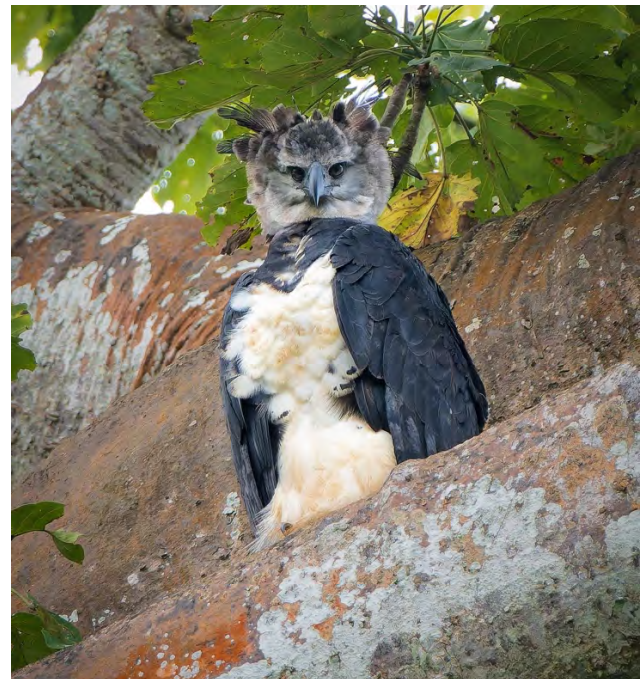
+EXTENSION: DARIEN

DAY 1. PANAMA CITY - DARIEN

We will drive from Panama City to Torti, roughly half-way to Darién on the Pan-American Highway. The roadside restaurant where we will stop for lunch has hummingbird feeders with **Black-throated Mango**, **White-necked Jacobin**, **Sapphire-throated** and **Scaly-breasted Hummingbird**.

Later we will drive back to the Pan-American towards the town of Meteti, with our passports ready for the police checkpoint at the entrance of the Darién province.

Overnight at Bellagio Hotel in Meteti.



DAY 2. HARPY EAGLE, CRESTED EAGLE NESTS

Morning drive to Yaviza, where we will take a boat ride to the forest community where the Harpy Eagle nest is located. We are in permanent contact with the indigenous communities on whose lands the Harpy breeding pairs are located, and we generally have one or more accessible nests. In the last few years, **Crested Eagle** nests are also often active in the area. Viewing and photography conditions may vary depending on the location of the nest, and we will organize our two full days in Darien accordingly.

On the way to and from the nests, we will search for lowland forest species like **Barred Puffbird**, **Dusky-backed Jacamar**, **Golden-green Woodpecker**, **Agami Heron**, **Orange-crowned Oriole**, **Black Antshrike**, **Black Oropendola**, **Crested** and **Mottled Owl**.

Overnight Bellagio hotel.

DAY 3. EAGLE NESTS, SAN FRANCISCO RESERVE AND RETURN TO PANAMA CITY

Depending on the previous day's success, we will spend the morning visiting a Harpy or Crested Eagle nest, and searching for different forest birds.

In the afternoon we will start our return to Panama City, and on the way we will stop at the San Francisco forest reserve, where we will look for **Slaty-tailed** and **Black-tailed Trogon**, and many other forest species.

Night at the Summit Rainforest Resort Hotel (<http://www.summitrainforestpanama.com>)

DAY 4. RETURN HOME

Tamandua staff will drive you to the airport in time for your return flight.

PRICES:

MAIN TOUR

1 person: US\$ 3,490

Group of 2-4: US\$ 2,490 pp

Group of 4-5: US\$ 2,390 pp

Group of 6-7: US\$ 2,290 pp

Group of 8-9: US\$ 2,099 pp

Single Supplement: US\$ 320 pp

+BOCAS DEL TORO EXTENSION with accommodation in Isla Colon (Bocas Town), Divers Paradise Hotel <https://bocasdiversparadise.com/>

1 person: US\$2,320

Group of 2-4: US\$ 1,990 pp

Group of 4-5: US\$ 1,790 pp

Group of 6-7: US\$ 1,590 pp

Group of 8-9: US\$ 1,390 pp

Single Supplement: US\$ 270 pp

+BOCAS DEL TORO EXTENSION with accommodation in Isla Bastimentos, Tranquilo Bay Lodge www.tranquilobay.com

1 person: US\$ 4,890

Group of 2-4: US\$ 4,699 pp

Group of 4-5: US\$ 4,499 pp

Group of 6-7: US\$ 4,149 pp

Group of 8-9: US\$ 3,749 pp

Single Supplement: US\$ 420 pp

+DARIEN EXTENSION (Harpy eagle)

1 person: US\$2,050

Group of 2-4: US\$ 1,690 pp

Group of 4-5: US\$ 1,490 pp

Group of 6-7: US\$ 1,190 pp

Group of 8-9: US\$ 1000 pp

Single Supplement: US\$ 180 pp

Price includes:

- Accommodation
- All meals
- Snacks, soft drinks
- Transport to and from airports, 4WD vehicles when needed
- English-speaking guides, drivers
- All entrance fees (reserves, indigenous communities, national parks)
- Boats to islands
- Domestic flights

Not included:

- International flights
- Tips, Laundry
- Alcoholic beverages

(All photos ©Ignacio Yúfera / Tamandúa)