

Neotropical Birding at the Crossroads: the Birds of Panama

Philadelphia & Delaware Area Bird Clubs

Guide: Hernan Arauz

March 9-19, 2011

(Post-tour Darien extension March 19-24, 2011)

ITINERARY

Day 1 ARRIVE PANAMA

Night at GAMBOA RAINFOREST RESORT (D)

Day 2 PIPELINE ROAD & Discovery Center Tower – SOBERANIA NATIONAL PARK

Habitat: Lowland rainforest - central Panama

Access: 10 minute drive from Hotel

Representative species: Slaty-tailed Trogon, Black-throated Trogon, Red-capped Manakin, Golden-collared Manakin, Rusty-margined Flycatcher, Great Jacamar, Dot-winged Antwren, Song Wren, Western Slaty Antshrike, Purple-throated Fruitcrow, White-throated Crake, Olivaceous Flatbill, Great Tinamou, Black-breasted Puffbird, Ocellated Antbird, Bicolored Antbird, Blue Cotinga, Violet-bellied Hummingbird, White-necked Jacobin, among many other possibilities.

Picnic lunch at Discovery Center where we will climb to the Observation Tower above the Forest canopy.

Afternoon birding at Pipeline Rd.

Night at GAMBOA RAINFOREST RESORT (BLD)

Day 3 - METROPOLITAN NATURE PARK & Canopy Crane- Panama Canal / Miraflores Locks

Habitat: Lowland rainforest & dryforest - Central Panama

Access: 30 minutes from Hotel

Representative species: White-bellied Antbird, Lance-tailed Manakin, Rosy Thrush-tanager, Pheasant Cuckoo, White-necked Puffbird, Bat Falcon, Yellow-crowned Tyrannulet, Scrub and Golden-fronted Greenlet, Crimson-crested Woodpecker, White-shouldered Tanager, Yellow-backed Oriole.

Lunch is at the Miraflores Locks Restaurant, where we will enjoy the superb Panama Canal Visitor's Center and see the operation of the locks.

Afternoon drive to the top of Ancon Hill, overlooking Panama City and the Pacific entrance to the Canal. Bird the road coming down.

Night at GAMBOA RAINFOREST RESORT (BLD)

Day 4 – PANAMA CANAL JUNGLE BOAT

Habitat: Hotel grounds plus lake & forest edge

Access: Directly from hotel

Representative species: Crimson-backed Tanager, Piratic Flycatcher, Keel-billed Toucan, Flame-rumped Tanager, Red-legged Honeycreeper, Blue Dacnis, Chestnut-headed Oropendola, Anhinga, Wattled Jacana, Purple Gallinule, Gray-necked Wood-rail, Snail Kite, Greater Ani, Lesser Kiskadee, Yellow-rumped Cacique, Gray Hawk, Yellow-headed Caracara.

Afternoon flight to David and transfer to Boquete

Night at FINCA LERIDA LODGE (BLD)

Day 5 – THE HIGHLANDS: FINCA LERIDA

Habitat: Highland forest – Western Panama – Baru Volcan National Park

Access: All-wheel drive vehicles

Representative species: Resplendent Quetzal, Three-wattled Bellbird, Sulphur-winged Parakeet, Collared Redstart, Mountain Thrush, White-throated Mountain Gem, Yellow-winged Vireo, Volcano Hummingbird, Scintillant Hummingbird, Spot-crowned Woodcreeper.

Lunch at the Lodge followed by afternoon coffee tasting and birding
Lodge grounds.

Night at FINCA LERIDA LODGE (BLD)

Day 6 – TOWARDS VOLCAN

Habitat: Western foothills (Caldera Rd), lowland savannas (Querevalo Rd), highland humid forest (La Amistad International Park)

Access: Coaster Bus

Representative Species: (Caldera) Orange-collared Manakin, Long-billed Starthroat, Veraguan Mango, Scarlet-thighed Dacnis (Querevalo), Northern Jacana, Pearl Kite, Brown-throated Parakeet, Least Grebe (La Amistad), Flame-throated Warbler, Ruddy Treerunner, Brown-capped Vireo, Silvery-throated Jay, Black-cheeked Warbler.

Night at DOS RIOS HOTEL (BLD)

Day 7 – VOLCAN LAGOON & FINCA DRACULA

Habitat: Western foothills (lagoon), orchid farm w/ birds.

Access: Coaster Bus

Representative Species: (Lagoon) Spectacled Foliage Gleaner, White-winged Tanager, Fiery-billed Aracari, Red-headed Barbet, Green

Hermit (Fca Dracula), Silver-throated Tanager, Magnificent Hummingbird, Rose-breasted Grosbeak, Slaty Finch, Yellow-bellied Siskin.

Lunch at Cerro Punta.

Afternoon flight to Panama City and transfer to Cerro Azul.

Night at Hostel Casa de Campo (BLD)

Day 8 - CERRO AZUL AND CERRO JEFE (CHAGRES NATIONAL PARK)

Habitat: Eastern foothills

Representative species: Rufous-winged Tanager, Yellow-eared Toucanet, Green Hermit, Tacarcuna Bush-tanager, Tawny-faced Gnatwren, Carmiol's Tanager, Striped-cheeked Woodpecker (E), Spot-crowned Barbet, Black-and- yellow Tanager, Ruddy Woodcreeper, Chestnut-backed Antbird.

Lunch in Cerro Azul. Afternoon transfer to Burbayar Lodge

NIGHT AT BURBAYAR LODGE (BLD)

Day 9 – BURBAYAR – The Kuna Forest

Habitat: Eastern Foothills

Representative species: Black-headed Antthrush, Speckled Antshrike, Bicolored Hawk, Barred Forest-falcon, Black-crowned Antpitta, Sulphur-rumped Tanager, Slaty-winged Foliage Gleaner, Black-striped Woodcreeper,

Lunch at Burbayar. Afternoon transfer to Panama City

Night at Country Inn-Panama Canal (BLD)

Day 10 – Juan Diaz Mangroves, Old Panama Mudflats & Costa del Este.

Habitat: Coastal mudflats, mangroves.

Representative Species: (Costa del Este) Southern Lapwing, Cocoi Heron, Wattled Jacana, Least Sandpiper, Neotropic Cormorant (Mangroves), Straight-billed Woodcreeper, Sapphire-throated Hummingbird, Scaly-breasted Hummingbird, Mangrove Warbler, Green-and-rufous Kingfisher (Mudflats), Western Sandpiper, Short-billed Dowitcher, Gull-billed Tern, Magnificent Frigatebird, White Ibis.

Farewell dinner

Night at Country Inn-Panama Canal (BLD)

Day 11 – Departures or join extension

Prices:

6-8 pax: US \$2,350.0

Single supplement fee: US \$795.00

The above prices are per person and a 5% service tax must be added to them. The prices include the services and expenses of one birding guide and the land expenses of a tour leader traveling with the group in single occupancy basis.

Extension: The Ultimate Darien Experience. With a minimum of 6 participants, the price for this tour is US\$1,495.00 per person plus 5% tax including the costs of the tour leader. Please find the tour description attached to this message.

The extension runs March 19-24, 2011 including one last night in Panama City before departure.

The prices listed are good through November 30, 2011.