

PANAMA

TRANQUILO BAY, BOCAS DEL TORO

April 8 – 15, 2018

DETAILED ITINERARY

Day 1, April 8: Arrive in Panama City at Tocumen International Airport. You will be met at the airport and transferred to a hotel near the domestic airport to stage for an early morning departure tomorrow. You might want to relax by the hotel's pool or simply rest, or you could take a taxi to see the city or the nearby Amador Causeway and Biodiversity Museum. There are several options if you care to explore on your own, but whatever you decide, you will have the rest of the day to yourself.

[Country Inn & Suites or similar \(no meals\)](#)

Day 2, April 9: We will fly from Panama City to Bocas del Toro early in the day in order to enjoy a full day at Tranquilo Bay. We will likely make a short stop at Isla Popa to search for Snowy Cotinga on our way to Bastimentos Island. Upon arrival, we will settle in our lovely rooms before joining our guides for a birding tour of the property. Manakin lek, canopy tower, hummingbird bathing spot, and "Pineapple Hill" are some of the spots we might enjoy today.



[Overnight Tranquilo Bay \(BLD\)](#)

Day 3, April 10: Today we will enjoy a leisurely full day of birding as we cruise down the Soropta Canal. This waterway was once used to move bananas to market and is now kept open by locals. We might encounter Ringed, Green, Amazon, and Green-and-rufous Kingfishers, an assortment of herons and egrets, multiple raptors, and many passerines that inhabit the mangrove forest. On our first visit to this canal, we had great looks at Least Bittern and Masked Duck. At the end of the canal, we will walk on a Caribbean beach where we will search for shorebirds, seabirds, and nighthawks that frequently roost on driftwood there. Before returning to the lodge, we'll venture out to Swan Caye, commonly known as "Bird island", to watch Red-billed Tropicbirds and Brown Boobies as they fly in and out of their nests.

[Overnight Tranquilo Bay \(BLD\)](#)



Day 4, April 11: This morning we will take a short boat trip to a nearby chocolate farm. Here, we will bird the forest and search for some of the many poison dart frogs that inhabit the area. We may see a demonstration of how chocolate is made from the cacao beans, if the group is interested. We will return to the lodge for lunch and have a short rest before going back out in the boats for some snorkeling. Snorkelers will have the opportunity to visit Jellyfish Lagoon as part of their afternoon activities. Participants who do not want to snorkel might enjoy observing the upside-down jellyfish from the boat; alternatively, people who do not want to go out for snorkeling or to just enjoy the afternoon on the boats can opt to bird on the trails at Tranquilo Bay or simply relax at the lodge.

[Overnight Tranquilo Bay \(BLD\)](#)

Day 5, April 12: Today we will depart early to travel in boats to Chiriquí Grande on the mainland. We will spend a full day birding the area between Chiriquí Grande and La Fortuna Lake. We expect a wide diversity in our sightings today, with several species of tanager (Speckled, Tawny-crested, Flame-colored, Bay-headed, Emerald, Blue-and-gold, Dusky-faced, and more) heading the bill. With some luck, this could be a 100+ species day!

[Overnight Tranquilo Bay \(BLD\)](#)

Day 6, April 13: Today we will search for birds on some of the other nearby islands by boat, including Isla Popa for another chance at the Snowy Cotinga. We will enjoy the luxury of a hot lunch at the lodge and a midday siesta. On our final afternoon, participants may opt to further explore the trails with one of the guides or go snorkeling near the lodge.

[Overnight Tranquilo Bay \(BLD\)](#)

Day 7, April 14: We will enjoy a hearty breakfast before heading back to Bocas Town to catch our flights to Panama City. Upon our arrival at the Albrook Airport, we will travel a short distance to Miraflores Locks of the Panama Canal where we will visit the museum and spend some time watching ships go through the canal as interpreters give information on the history and operation of the canal. In the afternoon we will be transferred to the Riande Aeropuerto Hotel where we will check in so we can freshen up before gathering for our farewell dinner.

[Overnight Riande Hotel, Panama City \(BLD\)](#)

Day 8, April 15: Participants will take the hotel shuttle at their convenience to the nearby Tocumen International Airport (5 min drive) for flights home. (B)