

PANAMA

TRANQUILO BAY, BOCAS DEL TORO

April 8 – 15, 2019

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 a 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. [Wyndham Hotel Albrook Mall 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 afternoon at Tranquilo Bay. Upon arrival, we will settle in our lovely rooms before enjoying a hot lunch at the lodge. After lunch, we will join 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: After a delicious Panamanian breakfast, we will leave the dock at 6:00AM and travel by boat to the town of Punta Robalo on the mainland. Today we will be birding in the Palo Seco Protection

Forest, 167,000 hectares, that is one of the most vital areas of La Amistad Biosphere Reserve. This incredible area consisting of wet Atlantic forest, foothills and watersheds is part of BirdLife International Endemic Bird Area Central American Caribbean Slope, EBA019. It is a hotbed for restricted range species and altitudinal migrants, like the Three-wattled Bellbird, and is one of the most important protected areas in the Neotropics. Snowy Cotinga; Chestnut-colored and Cinnamon woodpecker; Rufous-tailed Jacamar; Crimson-colored, Speckled, Emerald, and Silver-throated tanagers; Lattice-tailed Trogon; Bronze-tailed Plumeleteer; Green Hermit; Slaty Spinetail; Dull-mantled Antbird; and Band-backed and Black-throated wrens are all possibilities on the outing. We will also make every effort to see the elusive Lanceolated Monklet. Other lowland specialties include Brown Jay, White-crowned Parrot, White-collared Seedeater, Olive-crowned Yellowthroat, Cinnamon and White-winged Becards, Long-billed Gnatwren, Wedge-billed Woodcreeper, Black-and-Yellow Tanager, Buff-rumped Warbler, Torrent Tyranulet, Crimson-fronted Parakeets, and Red-fronted Parrotlet. Mammal sightings in the area might include sloths, Mantled Howler Monkeys, Red-brocket Deer, squirrels, and several species of bats. In the late afternoon we will work our way back through the lowland foothills scanning for kettles of raptors, Snowy and Blue Cotingas, and finally some marsh birds such as various sandpipers, three species of ibis, Southern Lapwings, Blue-winged Teal, Black-bellied Whistling-Ducks, and Common Gallinule. A fresh picnic lunch will be served in the field and we will return to the lodge in the evening.

[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 birding around Isla Popa, the best site to spot the elusive Snowy Cotinga. Participants will have the option to go snorkeling instead of birding. Snorkelers will have the opportunity to visit Jellyfish Lagoon as part of their afternoon activities.

[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 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 7, April 14: On our final morning, participants may opt to further explore the trails with one of the guides or go snorkeling near the lodge. We will enjoy a hearty lunch before heading back to Bocas Town to catch our flights to Panama City. Upon our arrival at the Albrook Airport, we will be transferred to a hotel near the Tocumen International Airport where we will check in so we can freshen up before gathering for our farewell dinner.

[Overnight Crowne Plaza Hotel or similar, 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)