

**Venture to Bocas Del Toro, Panama**  
**Tranquilo Bay Eco-Adventure Lodge**

**December 5-14, 2024**

**Itinerary**

**Day 1: Thurs, Dec 5                      Arrival in Panama City**

We will arrive in Panama City's Tocumen International Airport (PTY) today and transfer to our hotel on the other side of the city. We have shuttles booked to take us so we will try to coincide our arrival times. If you wish to arrive in Panama City ahead of time, there are plenty of nearby airport hotels. Once we get to our hotel we will have dinner and chat about the tour ahead. If you get to the hotel during the daylight there are often good birds in the gardens and around the Canal. Look for Black-throated Mango and Rufous-tailed Hummingbird, Red-crowned Woodpecker and Yellow-crowned and Thick-billed Euphonias. ***Night at Holiday Inn, Panama Canal***

**Day 2: Fri, Dec 6                              Transfer to Bocas Del Toro**

After breakfast at the hotel and maybe a little local birding, we'll head to the nearby Albrook Airport for our hour-long flight to the islands. Once we arrive we will be picked up and transfer across to Isla Bastimentos by speedboat. On the way we could see Magnificent Frigatebird, Laughing Gull and Royal Tern. Once we arrive at Tranquilo Bay Eco-Adventure Lodge we will have our orientation talk and do some birding around the grounds. Over 300 species have been recorded here and common birds around the lodge include: Red-ored Parrot, Green Ibis, Gray-cowled Wood-Rail and Common Black-Hawk. ***Nights at Tranquilo Bay Eco Adventure Lodge***

**Day 3: Sat, Dec 7                              Palo Seco Protection Forest**

Again we take our motor boat across to the mainland for some lowland and foothills birding. We will look for antbirds, such as Spot-crowned Antwren and Pacific Antwren. The impressive Black-faced Grosbeak occurs in these forests, along with White-ruffed Manakin, Olive-backed Euphonia and Cinnamon Becard. We will explore these forests before climbing a little higher into the Talamancas looking for Rufous Piha, Common Chlorospingus, Spotted Woodcreeper and Silvery-fronted Tapaculo.

**Day 4: Sun, Dec 8                              Tranquilo Bay/Isla Popa**

After some early morning birding around the lodge we will take a motorboat to a nearby island. This is a reliable spot for the beautiful Snowy Cotinga and on one tour we watched a male displaying over the trees. Common Black-Hawk and Osprey can also be seen, along with both Keel-billed and Yellow-throated Toucan. The rest of the day will be spent around the lodge and grounds, where we can watch the lek of the beautiful Golden-collared Manakin. During the evening flocks of Red-ored and Mealy Parrots come in to roost and we can view all this from the top of the viewing tower.

**Day 5: Mon, Dec 9                              San Pond Sak Wetlands (Soroopta Canal)**

Birding by boat is a great way to see the local birdlife and we will spend the morning slowly cruising along the banks of the Soroopta Canal. This canal was originally built to bring bananas down from parts of Costa Rica. One of the prize birds here is the rare Nicaraguan Seed-Finch. We could also see Amazon, Ringed and Green Kingfishers, Bare-throated Tiger-Heron, Bay and Black-throated Wrens, and a great selection of water and shorebirds. We will have our picnic lunch along the way before heading offshore

to sail around Swan Island. This small rocky islet is home to many nesting pairs of Brown Boobies and Red-billed Tropicbirds. We cannot land on the islet, so will enjoy the spectacle from our boat.

**Day 6: Tues, Dec 10                      Green Acres Chocolate Farm & Tranquilo Bay**

The nearby chocolate farm is a great birding location. We will take the boat over to the property and bird the forested trails. Some of our target birds will be Gartered and Black-tailed Trogon, Black-crowned and Masked Tityra, Pale-billed Woodpecker, Scarlet-thighed and Blue Dacnis and many others. Wintering warblers are also common in the varied habitats around Tranquilo Bay. Northern Waterthrush and Prothonotary Warblers are amongst the most common, but we can also expect Black-and-white, Bay-breasted, Chestnut-sided and Tennessee.

**Day 7: Wed, Dec 11                      Fortuna Forest Reserve**

Today we will again take the boat and motor across to the mainland. We will be picked up by a mini-bus to start our birding up into the Talamanca Range, which ranges from 600-1300 meters. The beginning of the road takes us through cattle pastures, marshes and small wood-lots, where we will stop and look for birds indicative of open country. We should see Gray-headed Chachalaca, Red-breasted Meadowlark, Yellow-headed and Crested Caracara and Brown Jay. As we climb higher into the mountains we should find Red-headed Barbet, Black Guan, Black-and-yellow Silky Flycatcher, Wrenthrush and many different hummingbirds.

**Day 7: Thurs, Dec 12                      Tranquilo Bay**

Today is our last full day at Tranquilo Bay. We will have the choice of relaxing around the lodge, swimming and enjoying the beach activities or looking for some birds we may have missed- there's always the chance of some uncommon northern migrants, such as Hooded, Prairie or Yellow-rumped Warblers.

**Day 10, Fri, Dec 13                      Departure from Bocas Del Toro**

After an early breakfast, we will head back to Bocas Del Toro Airport for our flight back to the mainland. We will have to re-cross the city back to Panama's Tocumen international airport to spend the night prior to our return flights home on Dec 14. Dinner and hotel are included in the tour cost.

***Night at Crowne Plaza, Tocumen International Airport, Panama City***

**Day 11, Sat, Dec 14                      Departure for home**

After breakfast, we will catch our flights back home.

***\*\*Itinerary is subject to change depending on weather conditions and the decisions of the guides. Some activities may be substituted or switched around on various days to give us the best chance at finding all our target species.***