

## Itinerary

### **Day 0: Thu, Oct 26 – Arrival day**

Please plan to arrive anytime today. Our hotel provides a complimentary airport shuttle and will transport you to our hotel. A room will be reserved in your name but is not included in the cost of the trip. ***Night In Panama City***

### **Day 1: Fri, Oct 27 – Canopy Lodge Grounds & Feeders**

Our local guide & driver will pick us up this morning for the 3 hr. drive to the Canopy Lodge, located in the mountains of El Valle de Antón, nestled in the cloud forests of Cerro Gaital Natural Monument. After a brief orientation, a welcome drink and snack, we'll turn our attention to birding the Lodge's fruit & hummingbird feeders and grounds. Crimson-backed, Blue-gray, White-lined, Flame-rumped, Dusky-faced & Plain-colored Tanagers are commonly seen, as are Red-crowned Ant-Tanager, Thick-billed Euphonia, Chestnut-headed Oropendola, Streaked & Buff-throated Saltators, Lineated & Red-crowned Woodpeckers, Red-legged Honeycreepers, Yellow-faced Grassquit, Social Flycatcher, Ruddy Ground Dove, Barred Antshrike, Clay-colored Thrush, Rufous Motmot, Rufous-tailed, Snowy-bellied & Violet-headed Hummingbirds, White-vented Plumeleteer, and Garden Emerald – just to name a few! ***Night at Canopy Lodge***

### **Day 2: Sat, Oct 28 - Las Minas Trail; Cara Iguana**

After breakfast (during which we watch for Orange-billed Sparrow and Bay Wren calling just around the dining area), we head to Las Minas, an excellent trail for Panamanian birding. The road follows the ridge line, with sweeping vistas of forested mountains, speckled with grasslands and small fincas. The views from here are fantastic, as on a clear day near the summit both the Atlantic and Pacific Oceans can be seen! Specialties of the region include Wedge-tailed Grass-Finch, Black-and-yellow, Bay-headed & Emerald Tanagers, Tawny-capped Euphonia, Scale-crested Pygmy-Tyrant, Spot-crowned Antvireo, Gray-headed Kite, Barred Hawk, Ornate Hawk-Eagle, White-tipped Sicklebill, Green Thorntail, Orange-bellied (Collared) & Black-throated Trogons, Tawny-faced Gnatwren, Plain Antvireo, the endemic Stripe-cheeked Woodpecker, Spotted Woodcreeper, and Black Guan. A forested slope here is also our best chance for Black-crowned Antpitta and Black-headed Antthrush!

After lunch back at the Lodge and a siesta, we head to Cara Iguana Trail, where we enjoy outstanding foothill birding in some of the last remaining stands of quality Pacific dry forest. Exclusive Panamanian birding opportunities in this area include Lesser Elaenia, Yellow-olive & Panama Flycatchers, Pale-eyed Pygmy-Tyrant, Yellow-bellied Elaenia, Lance-tailed Manakin, Rufous-breasted & Rufous-and-white Wrens, Rosy Thrush-Tanager, Tody & Lesson's Motmots, and Long-billed Gnatwren. Also resident are Striped Cuckoo, Little Tinamou, Common Potoo, Dusky & White-bellied Antbirds, Barred Antshrike, White-winged Becard, Tropical Screech-Owl and Bat Falcon. Hummers to watch for in particular are Garden Emerald, Long-billed Starthroat and White-vented Plumeleteer. During migration we look for Bay-breasted, Chestnut-sided, Black-throated Green & Worm-eating Warblers, and of course we'll be on the lookout for any migrating raptors as well. ***Night at Canopy Lodge***

### **Day 3: Sun, Oct 29 – La Mesa Road; Mata Ahogado**

After breakfast, we continue our quest for more lifers with a trip to La Mesa Road. This area, which is a visually pleasing blend of secondary forest, scrubby pastures, overgrown fincas and grassy edges, is home to many of the area's specialties. Here we look for such great birds as Spot-crowned Barbet, Cinnamon Becard, Scarlet-thighed Dacnis, Silver-throated, Golden-hooded, Tawny-crested & Bay-headed Tanagers. Hummingbirds include White-tipped Sicklebill, Rufous-crested Coquette, Crowned

Woodnymph, and Black-throated Mango. Also resident are Northern Emerald-Toucanet, Bran-colored Flycatcher, and Orange-bellied (Collared) Trogon. After lunch, we are off to bird the scrubby roadsides of Mata Ahogado. Good birds here are Rosy Thrush-Tanager, Black-headed Saltator, Great Antshrike, White-ruffed Manakin, White-thighed Swallow, White-bellied Antbird, Tody Motmot, and hummers such as Long-billed Starthroat, Rufous-crested Coquette and, when the Inga is in bloom, Snowcap! We will also listen for Purplish-backed Quail-Dove. **Night at Canopy Lodge**

**Day 4: Mon, Oct 30 – Pacific Dry Forest and Santa Clara Beach – FULL DAY**

After breakfast we are off for a full day in the Pacific dry forest, with its unique cast of birds! Among the species we will be seeking out today are Gray-lined, Zone-tailed, Savanna & Short-tailed Hawks, Peregrine & Aplomado (rare) Falcons, White-tailed Kite, and Ferruginous Pygmy-Owl. We will also search for Crested Bobwhite, Pale-eyed Pygmy-Tyrant, Golden-fronted Greenlet, Grassland Yellow-Finch, Rufous-browed Peppershrike, Brown-throated Parakeet, Blue Ground Dove, Red-breasted Meadowlark, Fork-tailed Flycatcher, and Crested Oropendola. We will check an area on our way for roosting Common Potoo before looking for the near-endemic Veraguan Mango. We enjoy a picnic lunch at a popular beach at Santa Clara where we hope to spot Sapphire-throated Hummingbird working the coastal shrubbery. You may want to bring your bathing suits to take a dip in the warm waters of the Pacific Ocean (83F/28C). On the beach or flying by may be Least, Western & Spotted Sandpipers, Sanderling, Blue-footed & Brown Boobies, Sandwich, Royal & Elegant Terns, Willet, Whimbrel, and Franklin's & Laughing Gulls. At the Juan Hombron rice fields we hope to find Lesser Yellow-headed Vulture, Crested Caracara, Gray-cowled Wood-Rail, Northern Scrub-Flycatcher, Southern Lapwing, Straight-billed Woodcreeper, Pale-breasted Spinetail, Plain-breasted Ground Dove, Mouse-colored Tyrannulet, Common (or Mangrove) Black Hawk, and Pearl Kite. **Night at Canopy Lodge**

**Day 5: Tue, Oct 31 – Cerro Gaital; Valle Chiquito**

Our morning will be spent at Cerro Gaital, a steep, forested, mist-shrouded mountain that is visible from the lodge! Cerro Gaital (3,500') is the namesake of the Natural Monument, which protects more than 335 hectares of mature cloud forest. This area offers sightings of Black Guan, Northern Emerald-Toucanet, Spotted Barbtail, Common Chlorospingus, Black-headed Antthrush, Slaty Antwren, Black-faced Grosbeak, Blue Seedeater, Chestnut-capped Warbler, Pale-vented Thrush, Northern Schiffornis, White-tailed Emerald, Green-crowned Brilliant, and Violet-headed Hummingbird. Scaled Antpitta and Rufous-vented Ground-Cuckoo have also been recorded here! After lunch we are off to Valle Chiquito. This valley is accessible by a newly paved road and passes through nicely forested woodlands crossed by two rivers. At Rio de Jesus we search for Green Kingfisher and listen for Sepia-capped Flycatcher. We also admire a nice colony of Chestnut-headed Oropendolas in a Cecropia tree. We try for Tody Motmot, Yellow-backed Oriole, White-bellied Antbird, Gray-chested Dove, Yellow-billed Cacique, Black Hawk-Eagle, Lance-tailed Manakin, Panama Flycatcher, Black-headed Tody-Flycatcher, Little Tinamou, and more. Wrens are abundant here, with Black-bellied, Rufous-and-white, Bay, and Rufous-breasted Wrens all lurking about in the thickets! **Night at Canopy Lodge**

**Day 6: Wed, Nov 1 – Altos Del Maria – FULL DAY**

Departing early in the morning after breakfast, we drive from El Valle in 4x4 SUVs up into the mountains. Ascending an excellent paved road, we will climb a ridge to our destination, an expansive area of cloud forest at 3,600 ft. This area harbors an exciting variety of highland forest birds. Some of the characteristic species of this cloud forest include Yellow-eared Toucanet, Black Guan, Black-crowned Antpitta, Black-headed Saltator, White Hawk, Barred Forest-Falcon, Red-faced Spinetail, Spotted Barbtail, Russet & Great Antshrikes, Tufted & Sulphur-rumped Flycatchers, Rufous-browed Tyrannulet, Ochraceous Wren, Gray-breasted Wood-Wren, Green Shrike-Vireo, Yellow-billed Cacique, Slate-colored

Grosbeak, and Black-and-yellow, Bay-headed, Dusky-faced & Tawny-crested Tanagers. Even the bizarre Brown-billed Scythebill is seen here regularly. Hummers we may spot include Band-tailed Barbthroat, the exquisite Snowcap, Purple-throated Mountain-Gem, White-tipped Sicklebill, and Bronze-tailed Plumeleteer. After a picnic lunch in the field, we will drop down into a valley and climb to the ridge on the opposite side. Reaching some large swaths of mature humid forest along this ridge, we will explore some trails and roadside spots in search of even more forest birds. Around mid-afternoon, we will head back into El Valle for some relaxation time prior to dinner. ***Night at Canopy Lodge***

**Day 7: Thu, Nov 2 – Departure**

After a leisurely breakfast, and last minute birding around the lodge, we will drive back to Panamá City and catch our return flights home.