



Tico Tours Panama: Canal Zone and Cerro Azul

Duration- 7 Days

Day 1: Arrival to Panama City

You are met at the airport and driven to the Albrook Inn for a welcome dinner and night. The Hotel is located in a nice area, surrounded by nature and with easy access to the main bird spots of the Panama Canal Rainforest. Night: Albrook Inn (D)

Day 2: Metropolitan Nature Park

With a list of 267 species, the Metro Park is the largest tropical forest park within the limits of a Latin American City, a good place to find birds of the Pacific forest of the Panama Canal. We'll look for specialties like the Panama endemic Yellow-green Tyrannulet (rare), Lance-tailed Manakin, Pheasant Cuckoo and Rosythrush Tanager. Afternoon visit to the Panama Canal visitor center (Optional). Night: Albrook Inn (BLD)

Day 3: Pipeline Road

Day of birding on the Pipeline Road and the surrounding areas of the Soberania National Park. From a new observation tower, 100 feet high, enjoy views of several canopy dwellers, such as Blue Cotinga and Scaled Pigeons. Visit to the Rainforest Discovery Center, where Slaty-tailed Trogon, Black-breasted Puffbird and Broad-billed Motmot are easy to approach. During lunch we will be surrounded by hummingbird feeders; afternoon visit to the ammo-dumps, to look for water birds. Night: Ivan's B&B (Gamboa) (BLD)

Day 4: Old Gamboa Road & Plantation Road

Explore another hot spot at the Canal corridor, looking for Spectacled Owls and Blue-crowned Motmot. Scan the Summit Ponds for kingfishers and nesting Boat-billed Herons. Bird walk under the evergreen forest of Plantation Road, there are

possibilities to find army ant-swarms and many of the birds that follow these ants, such as Spotted Antbird, and the spectacular Ocellated Antbird. Night: Ivan's B&B (Gamboa) (BLD)

Day 5: Cerro Azul Foothills

Visit to the Chagres National Park. The 129,000 hectares of forest, protects the headwaters of the Chagres River, the main provider of water of the Panama Canal. From the gated community of Cerro Azul there is easy access to several trails and roads that leads into the Park. Visit to Birder's Views, a lookout with hummingbird feeders and trails where we'll go in search of the national endemic Striped-cheeked Woodpecker, Rufous-crested Coquette and Violet-capped Hummingbird. Gardens and feeders lure a colorful mixture of tanagers such as Emerald, Bay-headed, Speckled, and Rufous-wing Tanagers. Night: Hostal Casa de Campo (BLD)

Day 6: Cerro Azul

Birding around the lodge grounds and the Chagres National Park, this day we'll continue birding the eastern foothills of Panama around Las Nubes area, visit to Monte Fresco to look for mixed flocks of tanagers such as Golden Hooded and Bay Headed Tanager. Night: Hostal Casa de Campo (BLD)

Day 7: Departure to International Airport

Morning birding around the hotel grounds looking for Yellow-bellied Seedeater, Swallow-tailed Kite and a nearby active colony of Chestnut-headed Oropendolas. (B) Transfer to Tocumen Airport (PTY)

INCLUDES: Bird guide, accommodations, meal as indicated, fees to parks, and transportation by mini bus.

NOT INCLUDED: International Airfares, meals not specified in the itinerary, cancellation insurance, alcoholic beverages, extras in hotels, gratuities etc.

ACCOMODATIONS: Albrook Inn, located in the Old Canal Zone is comfortable with private rooms, AC and hot water. Ivan's B&B has private rooms with AC and Bathrooms. Hostal Casa de Campo (Cerro Azul) excellent lodge located on the edge of the Chagres National Park.