Panama

Darién Extension

Best of Birding

Chiriquí Extension



Harpy Eagle by Dušan Brinkhuizen

The gateway between South and Central America, Panama's privileged location makes it one of the most spectacular birding destinations in the world. With a unique combination of Neotropical specialities from both North and South America, this is also an incredibly friendly land, where the sun rises over the Caribbean and sets in the Pacific.

Our Darién Extension will explore one of Central America's most remote wildernesses. The Province of Darién is located east of the Panama Canal, on the border of neighbouring Colombia and nowhere else in Panama does nature express itself so abundantly than in this region of isolated wilderness! We will be spending our time in the little-explored northern forested lowlands of the Darién. Very few birders have visited here and already some

very exciting species, including Panama's national bird, the huge and majestic Harpy Eagle, as well as Crested Eagle, Red-throated Caracara, Bare-crowned and Dull-mantled Antbirds, Black Antshrike, Black Oropendola, Double-banded Greytail, Dusky-backed Jacamar, Spectacled Parrotlet, Grey-cheeked Nunlet and Spot-breasted Woodpecker, among dozens of other Darién and Choco avian specialities, have been found in the locations that we will be birding. Further surprises are no doubt to be expected!

On our Best of Panama tour, we will explore some of the most accessible rainforests and high-altitude cloud forests the country has to offer. The native flora is simply stunning, and more than 10,000 species have already been identified within the country! Around 930 bird species – more than the number found in North America and Europe combined – make their home in this tropical paradise. With roughly 29% of its territory protected within 15 nature reserves, Panama is fast becoming a must-visit destination for birders and nature travellers the world over. We look forward to having you join us on this unforgettable birding and wildlife experience in the tropical forests of Central America!

The Chiriquí Extension visits the Western Highlands, a chain of volcanic mountains straddling the Panamanian and Costa Rican border. They host a unique and interesting avifauna that includes many regional highland endemics, and some of the world's most spectacularly beautiful birds! We will try to locate as many of the 50+ highland endemic species as time permits. One of the obvious targets will be the awe-inspiring Resplendent Quetzal, along with a host of highland hummingbirds, tanagers, trogons, and many others! We will visit the lush mid-elevations of the Caribbean slope, which harbours a very different suite of birds to those seen thus far, where possibilities may include the bizarre Bare-necked Umbrellabird, Emerald and Rufous-winged Tanagers and White-bellied Mountaingem whilst also dedicating time to finding the recently split Chiriquí Yellowthroat.

Itinerary & Map

Darién Extension

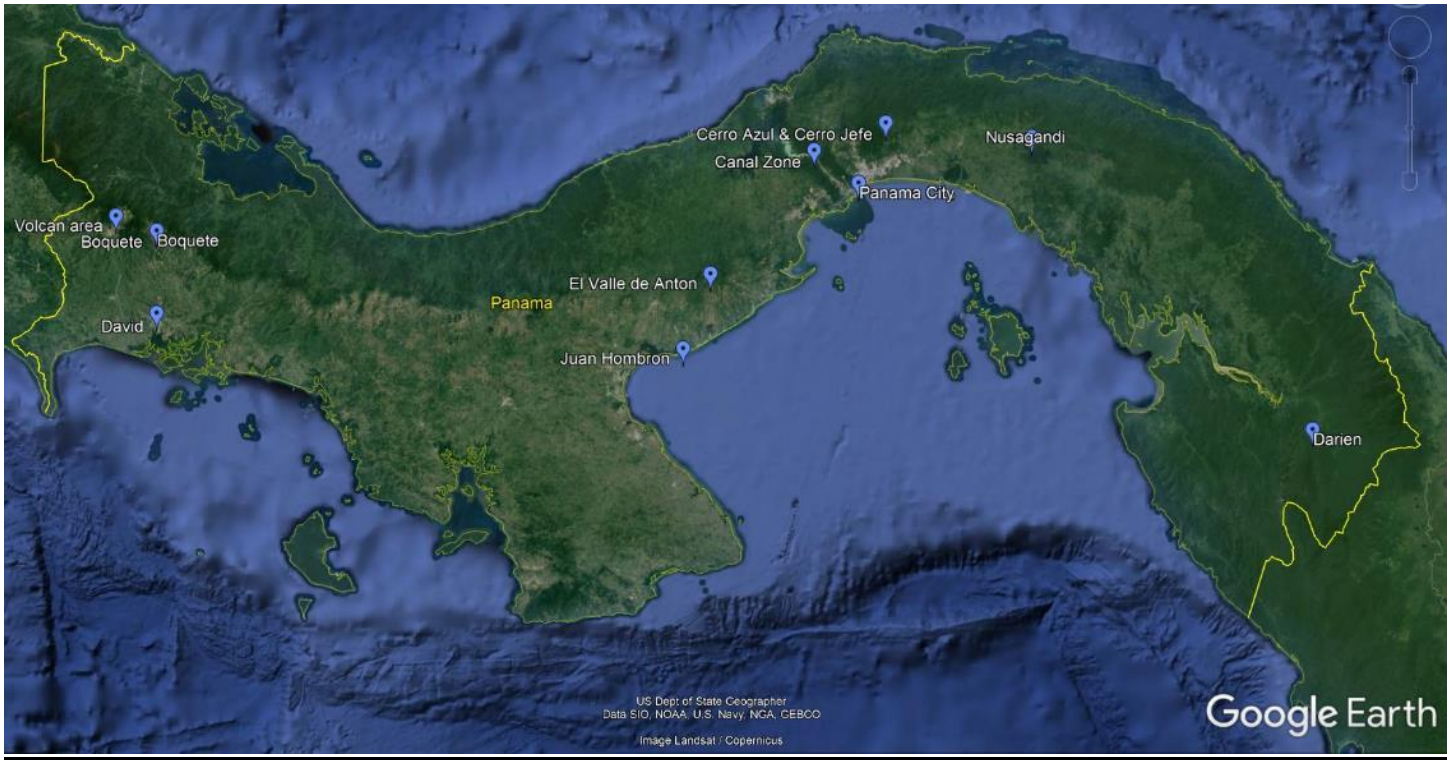
Day 1	**Arrival in Panama City**
Day 2	**Panama City to the Darién via Nusagandi & San Francisco**
Days 3 to 5	**Darién & surrounds**
Day 6	**Darién to Panama City & final departure**

Best of Birding

Day 1	**Arrival in Panama City**
Day 2	**Cerro Azul & environs**
Days 3 & 4	**Canal Zone: Semaphore Hill Road, Ammo Dump Pond, Soberania National Park, Pipeline Road & Rainforest Discovery Centre**
Day 5	**Metropolitan National Park & transfer to Valle de Anton**
Day 6	**Cerro Gaital National Park**
Day 7	**Pacific lowlands of El Chiru, Santa Clara & Juan Hombron**
Day 8	**Altos del Maria**
Day 9	**Valle de Anton to Panama City & final departure**

Chiriquí Extension

Day 1	**Panama City, flight to David, transfer to Boquete**
Day 2	**Fortuna & surrounds**
Day 3	**Volcan Baru & Boquete area**
Day 4	**Boquete to Volcan via Sendero Los Quetzales**
Day 5	**La Amistad National Park & Los Lagos de Volcan**
Day 6	**Volcan to David, flight to Panama City & final departure**



Birding sites in detail

Nusagandi. From Panama City, we head out along the Pan-American Highway towards the Darién. As day breaks, we will keep our eyes open along the way for Savanna Hawk, Crested Caracara, and other roadside birds.



Sapayoa by Adam Riley

The extensive Caribbean rainforest around Nusagandi is home to some of our most-wanted species. Along these wet trails, we will search for the enigmatic Sapayoa, as well as White-eared Conebill, Slate-throated Gnatcatcher, Green Hermit, Green Honeycreeper, Stripe-throated Wren, Carmiol's, Rufous-winged and Sulphur-rumped Tanager, Buff-throated Foliage-gleaner and Blue-fronted Parrotlet.

Bayano Lake. Panama's second largest lake, which supports a large colony of Neotropic Cormorants, and is a good place to look for Cocoi Heron, Anhinga, Purple Gallinule and Pied Water Tyrant. A short trail leading from the water's edge is a great place to search for Black Antshrike, Bare-crowned Antbird and Rufous-winged Antwren. We will stop at the Rio Mono Bridge not far from the lake, where the surrounding forest is home to One-colored Becard, Orange-crowned Oriole, Blue Cotinga, Pied Puffbird, Blue Ground Dove and more. We'll scan the river below for Green-and-rufous Kingfisher and Fasciated Tiger Heron.

Darién & surrounds. Over the next few days, we shall take advantage of several quiet roads and trails within the Darién. As the sun rises over eastern Panama we will start by scanning the towering treetops for Keel-billed



White-fronted Nunbird by David Hoddinott

and Yellow-throated Toucans, Red-lored Amazon, Black and Crested Oropendolas, Red-throated Caracara, White-headed Wren, Sooty-headed Tyrannulet, Barred Puffbird, Pale-bellied Hermit, Golden-headed and Golden-collared Manakins, White-fronted Nunbird, Black-billed Flycatcher, Sooty-headed Tyrannulet, Orange-crowned Oriole, Black Antshrike, Grey-cheeked Nunlet, Double-banded Greytail and Ochre-lored Flatbill. Semiplumbeous Hawk, Slaty-backed Forest Falcon and Ornate Hawk-Eagle are also possible.



Grey-cheeked Nunlet by DušanBrinkhuizen

We will visit Las Lagunas Road, a countryside road through open farmland, dry scrub, and roadside habitat. Along the roadsides, we hope to see Striped Cuckoo, Red-breasted Blackbird, Spot-breasted Woodpecker, White-headed Wren, Yellow-breasted Flycatcher, Giant, Shiny and Bronzed Cowbirds, Southern Lapwing, Muscovy Duck, and Laughing and Aplomado Falcons, while even Little and Dwarf Cuckoos have been seen in thickets along this road.

We will also scan the pond at the end of the road for Black-capped Donacobius (a bird that has proven taxonomically challenging to classify in recent years due to uncertain affinities) and Yellow-hooded Blackbird. As dusk approaches, we shall scout around for nocturnal denizens of the forest including Short-tailed Nighthawk and Black-and-white Owl.



Purple-throated Fruitcrow by Adam Riley

On at least one morning, we shall explore areas near the Chucunaque River, whilst another will be dedicated to a search for the mighty Harpy Eagle – most likely in Darién National Park.

The large property of the Tierra Nueva Foundation houses a technical school with a focus on applications in agriculture and is working towards sustainable development for the people of Darién. The property protects extensive mature secondary growth rainforest, and we will spend a few hours exploring the trails in hopes of finding Black-billed Flycatcher, Red-rumped and Golden-green Woodpeckers, Slaty-backed Forest Falcon, Spot-crowned Barbet, Purple-throated Fruitcrow, Cinnamon, One-colored and Cinereous Becards, the eastern race of the Chestnut-backed Antbird (which shows white spots on the wings), White-eared Conebill, Orange-crowned Oriole and, if we are very lucky, perhaps even a spectacular Great Curassow!

Cerro Azul & environs. We'll travel east of Panama City to the foothills of Chagres National Park. Here we will ascend into the foothills of Cerro Azul (750 m) and Cerro Jefe (1 000 m). These peaks, covered in elfin cloud forest, are home to some special birds, including Bay-headed, Speckled, Rufous-winged and Black-and-yellow Tanagers, the endemic Stripe-cheeked Woodpecker, Yellow-eared Toucanet and Russet Antshrike.



Violet-capped Hummingbird by Adam Riley

Aside from all these glorious birds, one of the main draw cards to this area are the hummingbirds; we will visit some of the gardens and residences in the area, as their feeders attract dozens of White-necked Jacobin, Snowy-bellied and Rufous-tailed Hummingbird, endemic Violet-capped Hummingbird, Rufous-crested Coquette, Green Hermit, Crowned Woodnymph, Violet-headed and Blue-chested Hummingbird, and both White-vented and Bronze-tailed Plumeleteer. Hummingbirds are not the only denizens prevalent at these easy meals, with Rufous-capped Warbler, Black-cheeked Woodpecker, Blue-grey, Crimson-backed, Summer, Palm and Bay-headed Tanager, alongside Shining, Red-legged and Green Honeycreeper, and both Thick-billed and Yellow-crowned Euphonia taking advantage.

Canal Zone: Semaphore Hill Road, Ammo Dump Pond, Soberania National Park, Pipeline Road & Rainforest Discovery Centre. We have time to work our way through the many habitats and locations of the 'Canal Zone'. Our precise itinerary will remain fluid, adapting to whichever species or areas that provide the best returns.



Boat-billed Heron by Adam Riley

Semaphore Hill, surrounded on either side by lowland humid rainforest has up to 5 species of trogon, Fasciated and Black-crowned Antshrikes, Red-capped and Blue-crowned Manakins, Broad-billed and Rufous Motmots, White-whiskered Puffbird, Double-toothed Kite, Spotted Antbird, Great Tinamou, Black-faced Antthrush, and many flycatchers, including Bright-rumped Attila, Yellow-margined and Olivaceous Flatbills, Dot-winged, White-flanked and Checker-throated Antwrens, Olivaceous Woodcreeper and White-shouldered Tanager.

Nearby Ammo Dump Ponds, a large water body replete with surrounding wetlands and forest, offers a great variety of birds to be seen! Rufescent Tiger Heron, Little Blue Heron, White-throated Crake, Snail Kite, Wattled Jacana, Boat-billed Heron, Grey-necked Wood Rail, Ringed, Amazon and Green Kingfishers, along with American Pygmy Kingfisher, can be found in and around the pond. The surrounding areas are great habitats for Greater and Smooth-billed Anis, Black-

striped Sparrow, Crimson-backed and Blue-grey Tanagers, Variable, Yellow-bellied and Ruddy-breasted Seedeaters, Grey-breasted Martin, Mangrove and Southern Rough-winged Swallows, Streaked Flycatcher and Tropical Kingbird, all of which are commonly found here. Over the Panama Canal, we will watch for Magnificent Frigatebird and Brown Pelican.



Rufous Motmot by Tuomas Seimola

The private Rainforest Discovery Centre gives us access to a 40-metre-high canopy tower, perhaps one of the best towers in all Central America, never mind Panama. This is sure to be a major highlight, even for those of you who don't like heights very much. With the canopy at eye level, we can look forward to a host of species normally seen in flight or from below only. Red-lored Amazon, Scaled Pigeon, Blue-headed Parrot, giant Keel-billed and Yellow-throated Toucans, Collared Aracari and one of our major targets for the day, Blue Cotinga. Canopy flocks often contain hidden gems, so we shall be on the lookout for Green Shrike-Vireo, Black-chested Jay, White-necked Puffbird, Slaty-tailed Trogon, Yellow-rumped Cacique and the diminutive jewel, Red-legged Honeycreeper.

After thoroughly gorging ourselves on a healthy treat of new species, we shall return to terra firme and spend the remainder of the day walking the Pipeline Road. This old dirt road, built to access a pipeline installed along the canal during World War II, is now surrounded by some of the best mature secondary forests in all Central America! Over 400 bird species have been recorded here. As we walk along the first portion of the road through Caribbean slope forest, we hope to see a plethora of forest species including White-bellied Antbird, Little Tinamou, Black-bellied Wren, Southern Bentbill, Golden-collared Manakin, Purple-throated Fruitcrow, White-winged Becard, Crimson-crested and Lineated Woodpeckers, White-tailed Trogon, Russet-winged Schiffornis and Streak-chested Antpitta! We also hope to come across an ant swarm, where Spotted, Bicolored and Ocellated Antbirds, Northern Barred Woodcreeper, Song Wren, Grey-headed Tanager and others gather for a feeding frenzy. Pipeline Road is, in addition, a great place to search for rainforest mammals, including White-faced Capuchin, White-nosed Coati and Northern Tamandua. If we are lucky, we may find several other specialities, including Speckled Mourner, Spot-crowned Antvireo and Moustached Antwren.



Keel-billed Toucan by Adam Riley

On one morning, we'll enjoy a boat cruise on Lago Gatun, a large artificial lake completed in 1913 as part of the Panama Canal project. This is a very enjoyable, and relaxing way to spend the morning whilst taking advantage of some excellent bird and wildlife watching, and photography. We'll find several typical waterfowl, kingfishers, herons, and even large numbers of Snail Kite, as well as various species of monkey and sloth. If we're lucky, we'll also pass one or two of the massive container and cruise ships as they make their way towards the Panama Canal locks, getting a proper appreciation for the size of these gargantuan vessels.



Rosy Thrush-Tanager by Tuomas Seimola

Metropolitan National Park. This is the largest tropical forest park found within city limits in Latin America. Whilst not particularly large, only 232 hectares, the park has a staggering species record with a bird list of more than 250, as well as 45 species of mammal and more than 280 species of tree.

High on our list of target species here is the endemic Panamanian Tyrannulet, whilst this is also a fabulous location to get good views of Lance-tailed Manakin. With a little luck, we could also find the desirable Rosy Thrush-Tanager, Fasciated Antshrike, Southern Bentbill or Tiny Hawk. If we find a mixed feeding flock, the action could well erupt with Lesser and Scrub Greenlet cavorting amongst migrant warblers, Slaty-tailed, White-tailed and Gartered Trogon, Dusky and White-bellied Antbird, Yellow-crowned and Brown-capped Tyrannulet, Greenish Elaenia, Panamanian and Streaked Flycatchers and up to 5 species of wren.



Lance-tailed Manakin by Adam Riley

Cerro Gaital National Park. At an elevation of 1 000m, Cerro Gaital is covered in dense, humid cloud forests. We will take a slow walk along a rocky trail through the forest, a great place to search for Blue-throated Toucanet, Plain Antvireo, Scale-crested Pygmy Tyrant, Collared Trogon (orange-bellied form), Barred Forest Falcon, White-tipped Sicklebill, Green Hermit, Green-crowned Brilliant, Scarlet-thighed Dacnis, White-ruffed Manakin, Common Bush Tanager and Slaty Antwren.

We will also visit the Cara Iguana track, where a blend of dry forest and open area gives us the opportunity to find some different species, including Lance-tailed Manakin, Tody Motmot, Rufous-breasted Wren, Lesser Elaenia, Yellow-olive Flatbill, Panamanian Flycatcher, Barred Antshrike, White-bellied Antbird, Garden Emerald, Long-billed Gnatwren and Pale-eyed Pygmy Tyrant.

Pacific lowlands of El Chiru, Santa Clara & Juan Hombron. The Pacific lowlands are host to dry forest, scrubby fields, and sandy beaches. At El Chiru, we will search out the dry forest specialists, including Pale-eyed Pygmy Tyrant, Golden-fronted Greenlet, the near-endemic Veraguan Mango, Crested Bobwhite, Northern Scrub Flycatcher, Mouse-colored Tyrannulet, Rufous-browed Peppershrike, Plain-breasted and Blue Ground Doves, Red-breasted Blackbird, Striped Cuckoo, Yellow-crowned Amazon, and Brown-throated Parakeet.



Veraguan Mango by Adam Riley

At the popular Santa Clara beach, we will spend some time scanning the beach and open water for Cabot's, Royal and Elegant Terns, Franklin's and Laughing Gulls, Nazca, and Brown Booby, Least, Western and Spotted Sandpipers, Sanderling, Willet and Hudsonian Whimbrel. We hope to find Sapphire-throated Hummingbird working the coastal shrubbery.

Then we will head off to the rice fields of Juan Hombron to search for several scarce Panamanian raptors including Lesser Yellow-headed Vulture, Savanna Hawk, Pearl Kite and Aplomado Falcon, as well as the more common Yellow-headed and Northern Crested Caracaras and Roadside, Grey-lined and Short-tailed Hawks. Other Pacific lowland species we hope to find today include Southern Lapwing, Tricolored Heron, Wood Stork, Glossy Ibis, Ferruginous Pygmy Owl, Straight-billed Woodcreeper and Pale-breasted Spinetail.



Black-crowned Antpitta by Adam Riley

Altos del Maria. Ascending the excellent paved roads, we will climb a ridge to roughly 1 100m, where lush, mist-laden cloud forest and an enticing variety of highland forest birds await us. Some of the species we will be looking for here are Black-crowned and Streak-chested Antpittas, Black Guan, White Hawk, Ornate Hawk-Eagle, Brown-hooded Parrot, Spotted Woodcreeper, Red-faced Spinetail, Ochraceous Wren, Spotted Barbtail, White-vented Euphonia, Yellow-eared Toucanet, Grey-breasted Wood Wren, Pale-vented Thrush, Tufted Flycatcher, Sulphur-rumped Myiobius, Smoky-brown Woodpecker and even the bizarre Brown-billed Scythebill is seen here regularly. Hummingbirds are a common sight in these highlands, and we hope to find Green Hermit, Band-tailed Barbthroat, White-tailed Emerald, Green-crowned Brilliant, Purple-throated Mountaingem, White-tipped Sicklebill and the exquisite Snowcap (very rare here)!

Fortuna & surrounds. This is one of very few sites in Panama with accessible mid-elevation Caribbean slope forest. Though too numerous to list here, some of the specialities we hope to see include White-bellied Mountaingem, Green-crowned Brilliant, Red-fronted Parrotlet, Snowcap (very rare), Brown-billed Scythebill, Dull-mantled Antbird, Rufous-browed Tyrannulet, Golden-bellied Flycatcher, Blue-and-gold, Spangle-cheeked and Emerald Tanagers.



Talamanca Hummingbird by Clayton Burne

We will also visit the mid-elevation forests near Willy Mazu for Bare-necked Umbrellabird, Barred Hawk, Sulphur-winged Parakeet, Rufous Piha, Passerini's, Carmiol's and Dusky-faced Tanagers and Montezuma Oropendola. More time spent higher up the pass may reveal Azure-hooded Jay, Golden-olive Woodpecker, Golden-bellied Flycatcher, Costa Rican and Mourning Warblers and Spangle-cheeked Tanager.

Volcan Baru. We have an exciting day in store, as we head up Vulcan Baru. This dormant volcano is the highest point in Panama and is one of the only places in the world where one can view both the Pacific Ocean and the Caribbean Sea with the naked eye. Under normal circumstances, this is a 12–14-hour hike, climbing over 2 000m in vertical elevation. We won't be doing that of course, making use of specially adapted 4x4 vehicles to reach the summit in a little over two hours instead.

Birding action on the volcano is, of course, mostly restricted to the upper bamboo forests and stunted growth near the summit, where severely range restricted species such as Timberline Wren, Volcano Hummingbird, Sooty Thrush, and Volcano Junco occur, alongside other specials, like Ruddy Treerunner, Black-billed Nightingale-Thrush and Large-footed Finch.



Volcano Junco by Clayton Burne

Returning from the summit after dark, we will attempt to find the diminutive Unspotted Saw-Whet Owl, Costa Rican Pygmy Owl, Dusky Nightjar and Bare-shanked Owl.

Sendero Los Quetzales. This trail offers great access to the heart of the bromeliad and moss-laden cloud forests and oak highlands habitat that is home to a huge number of range-restricted species found only in the highlands of nearby Costa Rica and Panama.

High on our list of desirable species are species endemic to these forests. The early morning should reveal an

immediate haul of Purple-throated and White-throated Mountaingems, Slaty Flowerpiercer and Yellow-winged Vireo.



White-bellied Mountaingem by Adam Riley

The gaudy bird show will continue as we climb in elevation, with any number of exciting new species such as Black Guan, Band-tailed and Ruddy Pigeon, White-collared and Vaux's Swifts, Lesser Violetear, Admirable, Scintillant and Volcano Hummingbird, Resplendent Quetzal, Prong-billed Barbet, Blue-throated Toucanet, Acorn and Hairy Woodpecker, Silvery-fronted Tapaculo, Spot-crowned Woodcreeper, Buffy Tuftedcheek, Lineated Foliage-gleaner, Streak-breasted Treehunter, Mountain Elaenia, Dark Pewee, Brown-capped Vireo, Ochraceous Wren, Grey-breasted Wood-Wren, Black-faced Solitaire, Black-billed, Ruddy-capped and Slaty-backed Nightingale-Thrush, Mountain Thrush, Black-and-Yellow Phainoptila, gorgeous Long-tailed Silky Flycatchers, Flame-throated, Black-throated Green and Black-cheeked Warbler, Slate-throated and Collared Whitestart, Sooty-capped and Common Bush Tanager, Yellow-thighed Finch, White-naped Brushfinch, Flame-colored Tanager, Elegant Euphonia and Yellow-bellied Siskin.

La Amistad International Park. The park is shared between Costa Rica and Panama, preserving a major tract of world-renowned tropical forest wilderness with extraordinary levels of biodiversity and endemism. We'll bird along wide trails or road edges enjoying the bromeliad and moss-laden cloud forests and oak highlands habitat that is home to a huge number of range-restricted species found only in the highlands of nearby Costa Rica and Panama. High on our list of desirable species endemic to these forests such as Purple-throated and White-throated Mountaingems, Slaty Flowerpiercer and Yellow-winged Vireo.



Wrenthrush by Adam Riley

The gaudy bird show will continue as we climb in elevation, with any number of exciting new species such as Black Guan, Band-tailed and Ruddy Pigeon, White-collared and Vaux's Swifts, Lesser Violetear, Talamanca, Scintillant and Volcano Hummingbird, Resplendent Quetzal, Prong-billed Barbet, Blue-throated Toucanet, Acorn and Hairy Woodpecker, Silvery-fronted Tapaculo, Spot-crowned Woodcreeper, Buffy Tuftedcheek, Lineated Foliage-gleaner, Streak-breasted Treehunter, Mountain Elaenia, Dark Pewee, Brown-capped Vireo, Ochraceous Wren, Grey-breasted Wood-Wren, Black-faced

Solitaire, Black-billed, Ruddy-capped and Slaty-backed Nightingale-Thrush, Mountain Thrush, Black-and-Yellow Phainoptila, gorgeous Long-tailed Silky Flycatchers, Flame-throated, Black-throated Green and Black-cheeked Warbler, Slate-throated and Collared Whitestart, Sooty-capped and Common Bush Tanager, Yellow-thighed Finch, White-naped Brushfinch, Flame-colored Tanager, Elegant Euphonia and Yellow-bellied Siskin.



Chiriqui Yellowthroat by Dušan Brinkhuizen

Los Lagos de Volcan. This is an area of three shallow volcanic lakes surrounded by remnant woodland. This well-known site has some great native habitat surrounding a few old crater lakes. Forests, marshes, and grasslands make this a fabulous birding site with a diverse array of great foothill and montane species. The water itself attracts little more than the odd American Coot or Northern Jacana. The star attraction here is the Chiriqui Yellowthroat, which is known from only a few sites anywhere on Earth. While searching for the yellowthroat, we may also come across new trip species such as Crested Guan, Bronzy Hermit, White-tailed Emerald, Scaly-throated and Buff-throated Foliage-gleaners, Pale-breasted Spinetail, Ochre-bellied and Slaty-capped Flycatcher and Yellow-throated Vireo.

Tour Grading & Key

Overall Ease		Moderate. Suitable for most birding / wildlife interest levels. Both extensions are moderate with some more taxing (optional) elements. A good level of fitness is necessary.
Birding Ease		Mostly easy, with several trickier forest species. Garden & lodge birding typically provides good visuals of most species.
Accommodation		Comfortable.
Walking / Trails		Mostly short walks on relatively flat ground. Some trails within forest can be narrow. Depending on weather conditions, some trails may be muddy & slippery. On both extensions, there are more difficult trails that can be steep, muddy, or even require some wading through water.
Vehicles / Roads		Good quality asphalt roads. Most drives are reasonably short. Specialised 4x4 vehicles on the Volcan Baru extension, a taxing and uncomfortable drive.
Photography		Worthwhile to good. Several fruit & hummingbird feeders. Photography more difficult within closed forest canopy.
Annoyances		Small biting insects can be numerous at times. Temperatures vary significantly with altitude.

Financial Arrangements and Important Notes

Tour dates, prices, single supplement, approximate flight costs and tour spaces are displayed on our website.

Tour inclusions:

- All meals from dinner on day 1 to breakfast on day 6 of the Darién Extension;
- All meals from dinner on day 1 to lunch on day 9 of the Best of Birding tour;
- All meals from dinner on day 1 to breakfast on day 6 of the Chiriquí Extension;
- All lodgings;
- Drinking water;
- All ground transportation during the tour;
- All reserve entrance fees;
- All guiding services.
- Tips for local guides, drivers and services.

Tour exclusions:

- Visa fees;
- ANY flights;
- Any beverages (including mini-bar charges at hotels);
- Optional excursions;
- No tips or gratuities;
- Telephone calls, laundry, and other items of a personal nature.

Single Supplement: The single supplement cost for this tour will be charged if you wish to have single accommodation. If RBL cannot provide you with a rooming partner for these nights although you choose to share, the single supplement will become applicable. We will make all reasonable efforts to ensure that a rooming partner is found if you do wish to share.

Tipping: As noted above, gratuities (drivers, hotel staff, restaurants etc.) are included on this tour. However, this does NOT include your Rockjumper leader/s. If you feel that they have given you excellent service, it is entirely appropriate to tip them at your discretion.

- **Due to constantly fluctuating exchange rates, we quote our tours in 4 currencies. The tour price is fixed only in the currency printed in bold, and the actual cost in the other currencies listed will be adjusted according to prevailing exchange rates at the time of final invoicing. The same applies to approximate flight and single supplement rates.**
- **Rates are based upon group tariffs; if the tour does not have sufficient registrations, a small group supplement will be offered to confirm the tour.**
- **Tour prices are subject to unforeseen increases in tour related costs and may have to be adjusted as a result.**
- **The designated tour leader/s may be changed at short due to unforeseen circumstances.**
- **The itinerary is indicative only. Changes may need to be made to the order in which the tour is conducted, or some of the venues we visit closer to departure. We will attempt to adhere as close to the original program as possible.**

- It can be hot, with harsh sun in some areas of Panama, especially along the coast, so please come prepared with hats and sun cream for protection. Humidity levels are also high throughout most of the country, especially in the Darién.
- Temperatures can be very cold, to freezing atop Volcan Baru on the Chiriquí Extension.
- The drive up Volcan Baru is in specialised 4x4 vehicles. This is however a taxing and uncomfortable drive which should not be considered by any participants that have back problems or are pregnant. Medication to counter motion sickness is strongly recommended.
- Mosquitoes and tiny bloodsucking flies can be numerous at times and it's advisable to pack a good supply of DEET or another effective insect repellent.
- There are some long days in the field taking advantage of available habitat, but overall, the tour pace is relaxed, and the walking is easy.
- Accommodation throughout the trip is quite comfortable and a variety of western and local cuisines are available throughout the tour.

Arrival and Departure Details

The Darién Extension begins with an arrival day on day 1, and you are free to arrive at any time. The tour will conclude in Panama City in the late afternoon of day 6.

The Best of Birding tour begins with an arrival day on day 1, and you are free to arrive at any time. It is recommended that you arrive in Panama City by 15:00 in order to be transferred to our lodgings in the Gamboa area. The tour will conclude in Panama City by mid-morning of day 9.

The Chiriquí Extension begins on day 1 with a mid-day flight from Panama City to David. The tour will conclude in Panama City after a mid-day flight from David on day 6.

The above information in respect of arrivals and departures is a guide only. Precise arrival and departure information will be sent to you in your Tour Confirmation package once the tour has been officially confirmed. If you wish to arrive early and/or depart late and would like assistance in this regard, kindly contact the Rockjumper office.

Tocumen International Airport, Panama City (IATA: PTY) is the main port of entry and departure for this tour.

Visa requirements differ by country, nationality of the traveller and duration and purpose of your intended stay. It may be necessary to obtain a visa or an electronic travel authorization in advance of your travel. It is therefore vitally important that you check with your travel agent/consulate/embassy for exact visa requirements.

DO NOT book any flights until the Rockjumper Team have officially confirmed the tour.