



Panama

Canopy Lodge

Tour Leaders: Whitney Lanfranco and Local Guide

September 1-8, 2025

Located in El Valle, Canopy Lodge provides wonderful accommodations to accompany great birding. This lodge is situated to allow us to explore a variety of elevations which results in a diverse species list. Targets include Wedge-tailed Grass-finch, Spot-crowned Barbet, Black-crowned Antpitta, Rufous-vented Ground-Cuckoo, Yellow-eared Toucanet, Spectacled Owl, Rosy Thrush-Tanager, Dusky-faced Tanager, and much more!

Itinerary Overview:

September 1: Arrival in Panama City, Panama and Transfer to Canopy Lodge

September 2: Las Minas and Cara Iguana

September 3: La Mesa Road and Valle Chiquito

September 4: Full Day at Altos del Maria

September 5: Cerro Gaital and Mata Ahogado

September 6: Full Day in the Pacific Lowlands

September 7: Full Day in the Caribbean Lowlands

September 8: Departure

* This is a general itinerary, our day-by-day schedule (outside of travel days) can change based on local conditions and bird reports.

Detailed Itinerary:

September 1: Arrival in Panama City, Panama and Transfer to Canopy Lodge

Upon arrival, we will transfer to Canopy Lodge. We will gather for a welcome dinner and have time to relax before our early start tomorrow.

Overnight: Canopy Lodge



Spectacled Owls

September 2: Las Minas and Cara Iguana

We'll want to be up at dawn to see the morning activity as the birds come in for breakfast at the feeders. During our breakfast, we will watch for Orange-billed Sparrows around the lodge and Bronze-tailed Plumeleteers at the nectar feeders. This morning, we will be heading up the hill to Las Minas Road, a pleasing blend of forest and roadside habitat at higher elevation overlooking the vast valleys where we hope to find Silver-throated, Emerald, and Hepatic Tanagers, Tawny-capped Euphonia, Orange-bellied Trogon, Black-faced Grosbeak, Black-crowned Antpitta, Northern Emerald-Toucanet, Wedge-tailed Grass-Finch, and many other foothills specialties. The hard-to-see Black-headed Antthrush and Scaled Antpitta have been recorded here!

After some rest and relaxation, we will take a short drive to Cara Iguana Road, where a short stretch of dry forest hosts a nice diversity of bird life. We will check one of the properties in this quiet neighborhood for Spectacled Owls, and explore the roadsides for Barred Antshrike, Lesser Elaenia, Lance-tailed Manakin, Rufous-and-white Wren, Tropical Screech-Owl, and Garden Emerald.

Overnight: Canopy Lodge

September 3: La Mesa Road and Valle Chiquito

After breakfast, we will continue our quest for more birds with a trip to La Mesa Road. This area, which is a visually pleasing blend of secondary forest, scrubby pastures, overgrown fincas, and grassy borders, 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, and Bay-headed Tanagers, Spot-crowned Antwreos, and Spotted Woodcreeper.

Hummingbirds include White-tipped Sicklebill, Rufous-crested Coquette, Crowned Woodnymph, and Black-throated Mango. Other residents are Northern Emerald-Toucanet, Bran-colored Flycatcher, Scale-crested Pygmy-Tyrant, and Collared Trogon.

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 will search for Green Kingfisher and listen for Sepia-capped Flycatcher. We will also admire a nice colony of Chestnut-headed Oropendolas in a Cecropia tree. We will try for Tody Motmot, Yellow-throated Vireo, Yellow-backed Oriole, White-bellied Antbird, Gray-chested Dove, Yellow-billed Cacique, Zone-tailed and Gray-lined Hawks, Black Hawk-Eagle, Lance-tailed Manakin, Panama Flycatcher, Black-headed Tody-Flycatcher, Little Tinamou, Long-billed Starthroat, and Garden Emerald. Wrens are abundant here, with Black-bellied, Rufous-and-white, Bay, and Rufous-breasted Wrens all lurking about in the thickets!

Overnight: Canopy Lodge



Golden-hooded Tanager

September 4 - Full Day at Altos del Maria

An early breakfast before dawn calls once again, but we won't want to waste any daylight today! We will spend a full day at the highest elevation we will reach during our time in Panama, indulging in the pristine cloud forest and its wonderful birds and wildlife! We'll leave the lodge at dawn in 4x4 vehicles and head up the steep roads to Altos del Maria, a gated community nestled in these mist-shrouded mountains. The matrix of roads allows us to explore many areas of these highlands, as we search the mature humid forests for Spotted Woodcreeper, Black Guan, Ochraceous Wren, Streak-chested Antpitta, Black-crowned Antpitta, Gray-breasted Wood-Wren, Tufted Flycatcher, Ornate Hawk-Eagle, Tawny-crested Tanager, Slate-colored Grosbeak, Rufous-browed Tyrannulet, Russet Antshrike, Yellow-eared Toucanet, and other highland specialties.



Black-crowned Antpitta

Hummingbirds are abundant here and we will look for Garden and White-tailed Emeralds, Bronze-tailed Plumeleteer, Band-tailed Barbthroat, Purple-throated Mountain-Gem, Green Hermit, Brown Violetear, and the exquisite Snowcap. Rarities such as Brown-billed Scythebill, Crimson-bellied Woodpecker, and Three-wattled Bellbird have been recorded here! By noon we will relax around a small lake and enjoy a delicious picnic lunch. There is much more birding to do after lunch, as we continue to look for Red-faced Spinetail, Bared Forest-Falcon, Sulphur-rumped Flycatcher, Black-and-yellow, Bay-headed, Silver-throated, and Tawny-crested Tanagers along another forest trails. By mid-afternoon, we will make our way back to the Canopy Lodge for some time to relax before dinner.

Overnight: Canopy Lodge



Brown-billed Scythebill

September 5: Cerro Gaital and Mata Ahogado

Today after breakfast, we proceed to Cerro Gaital, a steep, forested, mist-shrouded mountain that you see from the lodge! Cerro Gaital (3,500') is the namesake of Cerro Gaital Natural Monument, which protects more than 335 hectares of mature cloud forest. This area offers sightings of Black Guan, Northern Emerald-Toucanet, Collared Trogon, Spotted Barbtail, Common Chlorospingus, Silver-throated Tanager, Black-headed Antthrush, Slaty Antwren, Spot-crowned and Plain Antvireos, Black-faced Grosbeak, Blue Seedeater,

Rufous-capped Warbler, Gray-headed Kite, White Hawk, Tawny-capped Euphonia, Pale-vented Thrush, Northern Schiffornis, White-tailed Emerald, Green-crowned Brilliant, Violet-headed Hummingbird, and Crowned Woodnymph. Scaled Antpitta and Rufous-vented Ground-Cuckoo have also been recorded here!

After lunch we are off to Mata Ahogado, to spend the afternoon birding along the scrubby roadsides, often full of birds! 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.

Overnight: Canopy Lodge

September 6: Full Day in the Pacific Lowlands

The Pacific lowlands and its fantastic suite of birds await us today! We will make our way down to sea level and explore the dry scrub forest and open areas of El Chirú. There are many new birds to see down here and we will make a day of it. In these areas we will scan for Mouse-colored Tyrannulet, Rufous-browed Peppershrike, Crested Bobwhite, Ferruginous Pygmy-Owl, Gray-lined and Short-tailed Hawks, Yellow-headed Caracara, Red-breasted Blackbird, Yellow-crowned Parrot, Plain-breasted Ground-Dove, and Plain-breasted Spinetail. We will enjoy a delicious picnic lunch and soak up the sun at Santa Clara beach, all the while keeping an eye out for Sandwich, Royal, and Elegant Terns, Brown and Blue-footed Boobies, Whimbrel, Magnificent Frigatebird, Brown Pelican, and other pelagic and shorebirds. Over at the rice fields at Juan Hombron, we hope to see Lesser Yellow-headed Vulture, Savanna Hawk, Pearl Kite, Crested Caracara, and Groove-billed Ani.

Overnight: Canopy Lodge

September 7: Full Day in the Caribbean Lowlands

After breakfast, we depart for a fun-filled day of Caribbean slope birding! These fine, forested areas are not well-birded so who knows what might turn up! The first stop is at Rio Indio, a great spot



Crowned Woodnymph



Pearl Kite



Crested Oropendola

to try for the area's specialties Sulphur-rumped Tanager, Spot-crowned Barbet, and Barred Puffbird! We also look for Crested Oropendola, White-vented Euphonia, Buff-rumped Warbler, Long-tailed Tyrant, and raptors such as White and Gray-lined Hawks, and Black Hawk-Eagle, as well as White-collared and Band-rumped Swifts. Hummers to look for are Green, Long-billed, and Rufous-breasted Hermits, and White-necked Jacobin. We'll search for Lineated and Red-crowned Woodpeckers, Jet and Dusky Antbirds, Lesser and Yellow-bellied Elaenias, Tropical Pewee, Dusky, Piratic, and Gray-capped Flycatchers, Cinnamon and White-winged Becards, Black-chested Jay, Bay Wren, Tawny-capped Euphonia, and Emerald, Bay-headed, and Golden-hooded Tanagers! If that is not enough, we

hope to see Shining Honeycreeper, Yellow-bellied Seedeater, Thick-billed Seed-Finch, Black-striped Sparrow, and Streaked and Buff-throated Saltators! After a pleasant picnic lunch at a thatched-roof shelter on the Jordanal River, we bird our way back to the Canopy Lodge where a relaxing afternoon awaits us, but not until we check the feeders one last time!

Overnight: Canopy Lodge

September 8: Transfer to Panama City and Departure

We will leave the lodge in the morning to get to Panama City in time for afternoon flights.



Spot-crowned Barbet



Shining Honeycreeper

Trip Details:

Cost:

Price per person from Panama City, Panama: \$3,199

Single Supplement: N/A

Minimum Participants: 6

Maximum Participants: 10

Price Includes:

2 Expert Guides

Ground Transportation in Panama

All Lodging

All Meals

Park Entrance Fees

Price Does Not Include:

Airfare to and from Panama City, Panama

Airport Taxes

Passport and Visa Fees

Alcoholic Beverages

Personal Items

Travel Insurance

Tips

Deposit:

A deposit of \$500 per person is required to hold your spot on this tour. The remaining balance is due no later than 3 months prior to the scheduled start date of the tour (June 1, 2025).

If you have any questions about this tour or would like to sign up for it, please contact us at info@sabrewingnaturetours.com, by phone at 317-324-8505, or register through our website at sabrewingnaturetours.com.

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