



Panama *Canopy Camp*

Tour Leader: Janice Travis

November 17-25, 2026

Itinerary Overview:

November 17: Arrival in Panama City, Panama
November 18: Transfer to Canopy Camp with Birding Stops
November 19: "Nando's Trail" and Birding the Pan-American Highway to Yaviza
November 20: Nuevo Vigia Embera Village
November 21: Harpy Eagle Quest
November 22: El Salto Road and Aruza Lagoons/Las Lagunas Road
November 23: Quebrada Felix
November 24: San Francisco Reserve - Transfer to Panama City
November 25: Departure from Panama City, Panama
*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:

November 17: Arrival in Panama City, Panama

Once we arrive in Panama City, Panama, you can shuttle to the airport hotel where we will meet for a welcome dinner before our early start the next morning!

-Overnight: Riande Aeropuerto Hotel or similar

November 18: Transfer to Canopy Camp with Birding Stops

After an early breakfast at our hotel, we will depart for Canopy Camp Darien! The journey to the Camp is approximately 5 hours, but we will make stops along the way in exciting birding areas. As we drive east along the Pan-American Highway, we will scan for roadside birds and open-field raptors including Savanna Hawk and Crested Caracara. Our first scheduled stop will be at the bridge at Bayano Lake, a great opportunity to stretch our legs and see what is present along the lakeside. This reservoir supports large numbers of waterbirds, including a colony of Neotropic Cormorants, as well as Anhinga, Cocoi Heron, and Bare-throated Tiger-Heron. We will scan the water's edge for Purple Gallinule, Pied Water-Tyrant, Smooth-billed Ani, and Ruddy-breasted Seedeater. A short trail leading from the water's edge is a great place to search for Black Antshrike, Bare-crowned Antbird, Rufous-winged Antwren, and Golden-collared Manakin. At another great stop along the way, Río Mono Bridge, the surrounding forest is home to One-colored Becard, Black-headed Tody-Flycatcher, Blue Cotinga, Pied Puffbird, Orange-crowned Oriole, Blue Ground Dove, and more. We will also scan the river below for Green-and-rufous Kingfisher and the elusive Fasciated Tiger-Heron. While enjoying a lovely Panamanian lunch, the hummingbirds at the feeders will no doubt capture our attention, as Long-billed Starthroat, Sapphire-throated Hummingbird, Scaly-breasted Hummingbird, Black-throated Mango, and more take their lunch as well—great hummingbird photo opportunities abound here!

After a delicious lunch, we will head back to the Pan-American Highway and continue east. We will carry on from here to Canopy Camp and arrive before daylight fades so we can settle into our tents and get acquainted with the setting. After a delicious dinner, we will gather to have a meeting about the

days to come and settle into our tents for the night.



Fasciated Tiger-Heron

Overnight: Canopy Camp

November 19: "Nando's Trail" and Birding the Pan-American Highway to Yaviza

Yellow-throated and Keel-billed Toucans sound a morning chorus from the towering Cuipo trees beside the camp. Step out of your tent to a spectacular view of Darién! Chestnut-headed Oropendola, Black-crowned Tityra, Pale-bellied Hermit, Barred Puffbird, Olivaceous Piculet, White-headed Wren, Ruddy Pigeon, Black-tailed Trogon, Rufous-tailed Jacamar, Spot-crowned Barbet, Yellow-breasted Flycatcher, and Sooty-headed Tyrannulet can be found around the camp open areas. After breakfast in the open-air dining room, we will spend the morning birding "Nando's Trail", a wide, loopy trail through the mature secondary-growth forest beside the camp! We will seek out Royal Flycatcher, Black Antshrike, Slaty-backed Forest-Falcon, Tiny and Semiplumbeous Hawks, Great Potoo, Gray-cheeked Nunlet, White-fronted Nunbird, Double-banded Graytail, and Russet-winged Schiffornis. Golden-collared and Golden-headed Manakins lek throughout these woods! There is plenty of time for a siesta in the early afternoon during the hottest part of the day. In the afternoon we will drive to the very end of the Panamerican Highway, scanning and stopping for birds along the road. Here we will search for various regional specialties and other fascinating species including Black Oropendola, Black Antshrike, Spectacled Parrotlet, Rufous-tailed Jacamar, Laughing Falcon, Pearl Kite, and Black-collared Hawk. Marshy roadsides along the highway are a great place to find Pied Water-Tyrant, Ruddy-breasted Seedeater, Yellow-hooded Blackbird, Limpkin, and more. Arriving at the end of the highway, the bustling frontier town of Yaviza will give us a feel for daily life in the Darien. The cemetery in town is a great place to look for tanagers, motmots, and flycatchers, and Bicolored Wrens have recently nested here. After a cold drink and a snack, we will head back to the Camp.

After dinner, we will grab our spotlight and search the grounds for owls and other nocturnal wildlife. Central American Pygmy-Owl, Tropical Screech-Owl, Spectacled, Black-and-white, Mottled, and Crested Owls, and Common and Great Potoos may be heard and we'll try our best to call them in. Nocturnal mammals are common here and we'll scan for eyeshine of Kinkajou, Olingo, Western Night



Black-and-white Owl



Laughing Falcon

Monkey, and Central American Woolly Opossum, among others!

Overnight: Canopy Camp

November 20: Nuevo Vigia Embera Village

Today we have a full day of natural and cultural exploration! After an early breakfast at the Canopy Camp, we head towards the town of Las Peñitas. There we will grab our gear and board dugout canoes called “piraguas,” and start our journey along the Chucunaque River to Nuevo Vigia, an Embera village nestled north of the Panamerican Highway. Along the river, we will scan for Green Ibis, Yellow-backed and Yellow-tailed Orioles, Crested and Black Oropendolas, Chestnut-fronted Macaw, Ringed, Amazon, and Green Kingfishers, Gray-lined Hawk, and other riverside birds. We will turn up the Turquesa River and stop at a known spot for Dusky-backed Jacamar, a rare and range-restricted species! Hopefully, with some luck, we will see this amazing bird. A trail along the riverbank is a great place to call for Bare-crowned Antbird, Little Tinamou, and Red-billed Scythebill. Nuevo Vigia sits along the banks of the river, surrounded by mature secondary forest, ponds, and forest lagoons to explore! Around the village, we will scan the open areas for Spectacled Parrotlet, Black Oropendola, Striped Cuckoo, and Chestnut-fronted and Blue-and-yellow Macaws. The community maintains a small trail system through the forest, which leads us to a tranquil forest

lagoon. Golden-headed Manakin, Double-banded Graytail, Royal Flycatcher, Gray-cheeked Nunlet, and many other forest birds are likely. At the lagoon, we hope to see Green-and-rufous Kingfisher, and Capped and Agami Herons! We will head back to the village and find a shady spot to have lunch. The local artisans weave beautiful baskets, plates, and masks from dried palm leaves, colored with natural dyes from the forest plants and fruits, and carve cocobolo wood and tagua nuts into animals from the area. You are welcome to admire and purchase these Darien crafts, directly from the artisans themselves. After we visit the village, we will continue to explore the trails and open areas of this fantastic area of Darien! Dinner at Canopy Camp.

Overnight: Canopy Camp

November 21: Harpy Eagle Quest

Provided there is an active Harpy Eagle nest, we will spend the day visiting the nest site. Logistics for the day will be determined by where the nest is located.

Overnight: Canopy Camp



Harpy Eagle

November 22: El Salto Road and Aruza Lagoons/Las Lagunas Road

We will wake up for an early breakfast just after dawn as the birds start their morning chorus. Then we'll board the Canopy Camp's Birdmobile and head to El Salto Road. This 6-km long road extends northeast off the Panamerican Highway and for the first 2 kilometers, is bordered by mature secondary forest. Here we will scan the roadsides and forest for Orange-crowned Oriole, Blue Cotinga, Crane Hawk, Golden-green Woodpecker, Double-banded Graytail, Black-breasted Puffbird, White-eared

Conebill, and Blue-and-yellow and Chestnut-fronted Macaws. Harpy Eagle has even been seen here! At the end of the road, we will walk a short trail through a dense thicket in hopes of finding Bare-crowned Antbird, Pale-bellied Hermit, Bay Wren (eastern Panama race), Olivaceous Piculet, Streak-headed Woodcreeper, and more.

We have a full afternoon of birding ahead of us as we explore the open fields and roadside thickets of Las Lagunas Road, ending at the Aruza Lagoons. This wonderful matrix of habitats attracts a great diversity of birds, including Giant Cowbird, Spot-breasted Woodpecker, Chestnut-fronted Macaw, Little Cuckoo, White-headed Wren, Rufescent Tiger-Heron, Red-breasted Blackbird, Yellow-breasted and Dark-billed Flycatchers, Greater Ani, Muscovy Duck, Striped Cuckoo, and other open area birds. White-eared Conebill, Great Antshrike, and Gray-cheeked Nunlet are also possibilities here along the scrubby roadsides. We will try to call for Dwarf and Gray-capped Cuckoos in a small patch of forest. The Aruza Lagoon is a large wetland bordered by cattle farms, where we will hopefully find Black-capped Donacobius, Yellow-hooded Blackbird, Gray-breasted Crake, Pied Water-Tyrant, Capped Heron, and Amazon and Green-and-rufous Kingfishers. As dusk approaches, we will make our way back to the Canopy Camp for cocktails and dinner.

Overnight: Canopy Camp

November 23: Quebrada Felix

Quebrada Felix is nestled in the base of the Filo del Tallo Hydrological Reserve and is just a short drive from the Canopy Camp. Surrounded by tall trees and mature lowland forest, we will walk the rocky stream in search of some of Panama's most wanted species, including Black-crowned Antpitta, Scaly-throated Leaftosser, Speckled Mourner, Ocellated Antbird, Rufous-winged and Moustached Antwrens, White-fronted Nunbird, Wedge-billed Woodcreeper, Royal Flycatcher, and the endemic Stripe-cheeked Woodpecker. It is also a great spot to find Fasciated Tiger-Heron, Green-and-rufous



Wing-banded Antbird

Kingfisher, Bicolored Antbird, Golden-crowned Spadebill, Double-banded Graytail, and much more.
Overnight: Canopy Camp

November 24: San Francisco Reserve - Transfer to Panama City

We will have some time before breakfast to enjoy the Canopy Camp birds one last time as families of White-headed Wrens jaunt around the forest edges and Scaly-breasted and Violet-bellied Hummingbirds visit the nectar feeders. After breakfast, we will say our goodbyes to the Canopy Camp and make our way back toward Panama City. Along the way, we will stop at San Francisco Nature Reserve, a privately owned forest reserve protecting 1,300 acres. The reserve serves as a wildlife refuge and protects the headwaters of the major rivers in the area. Open fields, ponds, marshland, streams, mature secondary, and even pockets of primary forest are found in the reserve, and it is home to hundreds of species of birds. We will walk the wide road and check out some of the forest trails for Choco Sirystes, Bare-crowned Antbird, White-fronted Nunbird, Great Jacamar, Russet-winged Schiffornis, Royal Flycatcher, Rufous Piha, Central American Pygmy-Owl, Black-and-white Hawk-Eagle, the endemic Yellow-green Tyrannulet, Boat-billed Heron, Blue and Plain-breasted Ground-Doves, and many others. Even the rare Wing-banded Antbird has been recorded here! We will have lunch in Torti, and with full stomachs, make our way back to Panama City, where we will end our Panama birding adventure with a wonderful farewell dinner at our hotel.

Overnight: Riande Aeropuerto Hotel or Similar

November 25: Departure from Panama City, Panama



White-headed Wren



Gray-cheeked Nunlet

Trip Details:

Cost:

Price per person from Panama City, Panama: \$3,899

Single Supplement: \$500

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 (August 19, 2026).

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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