

FALL AT PANAMA'S CANOPY TOWER

OCTOBER 16-23, 2010

PANAMA:

FALL AT EL VALLE'S CANOPY LODGE EXTENSION

OCTOBER 23-28, 2010

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Panama is without doubt one of the premier birding destinations in the Neotropics. It is famed for its rare combination of easy access to extensive, high-quality habitat, good food and water, comfortable accommodations, and high diversity of birds—all within a compact geographic area. While ideal for those new to the Neotropics, VENT's Panama tours also offer plenty of challenges and local specialties for those who have birded elsewhere in the region. Our focus will be on finding, identifying, and observing a wealth of wonderful tropical birds, including trogons, toucans, motmots, puffbirds, manakins, antbirds, and tanagers. We'll take time to sort out the look-a-likes, learn a bit about the plant associations and habitats, and call up many of the more skulking species.

Among the pleasures of a visit here is the opportunity to stay at the Canopy Tower Ecolodge & Nature Observatory, a lodge located amidst spectacular birding in Soberania National Park. Offering the chance to hear the dawn chorus, to gaze upon seldom-seen denizens of the upper reaches of the forest, and to remain in such beautiful surroundings without sacrificing amenities, this innovative venture has taken its place as one of Central America's very finest ecotourist hotels.

This special departure occurs during an excellent time for observing hawk migration through Panama. Virtually the entire U.S. population of Broad-winged and Swainson's hawks, plus hundreds of thousands of Turkey Vultures, migrate to South America through Panama. With the right weather conditions, spectacular flights can be observed. The Canopy Tower provides an ideal site from which to observe this phenomenon. Imagine sitting in a comfortable chair on the roof of the lodge while you view exciting tropical species and observe one of the world's greatest hawk spectacles.

The quaint community of El Valle de Antón lies sixty miles to the west of Panama City. Nestled in the crater of an extinct volcano and surrounded by stark ridges and forested hills, El Valle is considered a 'secret' and scenic getaway for many Panamanians. A cool and refreshing climate makes for a welcome change from the warmer lowlands, and at over 2000 feet, this part of Panama presents visual and sensual differences from the area around the Canal Zone.

Featuring excellent cuisine, beautiful accommodations, and an abundance of birds, the pleasures of a stay at the Canopy Lodge are revealed immediately upon arrival. Feeding stations set amid flower-filled gardens host a dazzling array of beautiful tropical tanagers, euphonias, motmots, and honeycreepers for what has to be one of the most enchanting experiences in the American tropics.

Nearby, verdant forests and gardens support an alluring diversity of birds that one simply cannot find around the Canopy Tower. Field trips into the foothills may produce such species as Blue-throated Toucanet, Orange-bellied Trogon, Black-crowned Antpitta, Tody Motmot, and Silver-throated, Bay-headed, and Dusky-faced tanagers. A day trip to Altos del Maria provides opportunities for a whole new suite of higher elevation species as well.

Our specific day-to-day itinerary of both sections of these tours will be kept flexible, allowing us to take advantage of local weather and birding conditions. Having such comfortable bases in the midst of so much fine birding gives us leeway in planning our activities.

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October 16, Day 1: Arrival in Panama City and Transfer to the Canopy Tower. Participants are encouraged to fly to Panama City on either American Airlines Flight 959 from Miami or Continental Airlines Flight 888 from Houston, which are both scheduled to arrive in the evening. Passengers on either flight will be met at the airport and transferred to the Canopy Tower, which is about 45 minutes away. For those not on either of these flights, private transfers can be arranged for an additional fee.

NIGHT: Canopy Tower Ecolodge & Nature Observatory, Gamboa

October 17, Day 2: Canopy Tower and Entrance Road. An early start this morning (6:00 a.m.) will find us on top of the Tower enjoying a cup of coffee or tea while watching the sunrise over the forested hillsides. The predawn chorus often includes the strange barks and moans of forest-falcons, the haunting calls of a tinamou, or the last hoots of an owl. As the light hits the treetops, the forest really begins to come alive. Birds begin singing and actively foraging, many of them close and often below us. Species regularly seen from here include incredible Keel-billed and Chestnut-mandibled toucans, Slaty-tailed Trogon, Masked Tityra, wintering Bay-breasted Warblers and Yellow-throated Vireos, and the stunning Slate-colored Grosbeak. Fruiting cecropias often harbor a nice variety of tanagers, including Plain-colored, White-shouldered, and Palm, Fulvous-vented Euphonia, and gorgeous Green Honeycreepers. We'll also keep a sharp eye out for two of the true prizes of the tree tops, the spectacular Blue Cotinga (increasingly scarce) and the brilliant Green Shrike-Vireo. We've had good luck seeing cotingas here (about half of our trips), often at close range, and the shrike-vireo, whose monotonous titmouse-like song can be heard in many areas of the tropics, can perhaps be viewed best here at the Tower. It can be hard to tear oneself away from the show to go inside for breakfast. Fortunately, the dining room has panoramic windows that will allow us to keep an eye out even while eating!

After breakfast we'll likely head back out to the top of the Tower for a raptor watch. A variety of forest species are possible from here, including such gems as White, Semiplumbeous, and Short-tailed hawks. In fall, the Tower serves as an excellent spot to observe migrating raptors as well. We will spend some time here hoping to observe flights of migrating Broad-winged and Swainson's hawks and Turkey Vultures. Our fall 2009 tour witnessed an incredible sight of roughly 369,000 raptors pouring over the Tower in a four-hour period!

By mid-morning we'll tear ourselves away from the Tower and begin working our way down the one-mile entrance road. As we descend Semaphore Hill, a host of new birds will greet us. Broad-billed and Rufous motmots, various trogons, Chestnut-backed Antbird, and Blue-crowned and Red-capped manakins are among the many possibilities. Ant swarms are sometimes encountered along this road as well, with a variety of attendant antbirds and woodcreepers possible.

After lunch and an afternoon siesta, we will likely spend some time watching the hummingbird feeders around the base of the tower. While there is much seasonal variation, up to eight species are possible here. Among the more

regular visitors are the stunning White-necked Jacobin, Long-billed Hermit, the incomparable Violet-bellied Hummingbird, Blue-chested Hummingbird, Snowy-bellied Hummingbird, and White-vented Plumeleteer.

In the mid-afternoon we will head for the small town of Gamboa. Feeders here may produce a dazzling variety of tanagers (Crimson-backed, Flame-rumped, Blue-gray, and Palm), honeycreepers (Red-legged, Green, and occasionally Shining), as well as other species. Near Gamboa there are some nice wetlands where we'll seek out a whole new group of birds. Tiny White-throated Crakes dart about the marsh. Wattled Jacanas and Purple Gallinules walk on the floating vegetation. Greater Anis are often seen atop the brushy tangles, while Lesser Kiskadees prefer perches closer to the water. Sometimes a Capybara strolls by, and Rufescent Tiger-Herons are regular. A careful check of the shoreline might reveal a skulking Gray-necked Wood-Rail or a gorgeous American Pygmy-Kingfisher hiding in the shadows. The open field and edge habitats surrounding the marsh can be good for Squirrel Cuckoo, Barred Antshrike, Black-striped Sparrow, and Yellow-billed Cacique, in addition to a variety of raptors, hummingbirds, parrots, and flycatchers.

NIGHT: Canopy Tower Ecolodge & Nature Observatory, Gamboa

October 18, Day 3: Cerro Azul. An early start (about 4:30 a.m.) will take us to the foothills of Cerro Azul. We'll head directly for the gardens surrounding a private residence in this area. The view of Chagres National Park alone is worth the visit, but the birds can be equally compelling. Violet-capped, Snowy-bellied, and Violet-headed hummingbirds, Green Hermit, and Bronze-tailed Plumeleteer patrol the flower gardens. Even the rare White-tipped Sicklebill is possible. Red-lore and Mealy parrots can often be seen cruising by at eye level in the morning light. Fruiting trees in the yard typically attract some of the most colorful foothill birds including Speckled, Bay-headed, and Emerald tanagers and Scarlet-thighed and Blue dacnis. The very local and striking Rufous-winged Tanager, difficult to see anywhere else in its range, is regularly spotted here as well. Other birds we may encounter include Yellow-eared Toucanet, Stripe-cheeked Woodpecker (endemic), Paltry Tyrannulet, Scale-crested Pygmy-Tyrant, Spotted and Black-striped woodcreepers, Rufous-capped Warbler, and Yellow-faced Grassquit. It should be noted that many of these foothills birds can be hard to locate in a short visit, especially with unpredictable foothills weather, but the possibilities here are certainly enticing.

NIGHT: Canopy Tower Ecolodge & Nature Observatory, Gamboa

October 19, Day 4: Pipeline Road. Beginning just beyond the old Canal Zone town of Gamboa, Pipeline Road winds for miles through the forests and foothills of Soberania National Park. The combination of rich primary and secondary forests; clear, beautiful streams; lack of traffic (the road dead ends); and abundant birdlife make this arguably the most famous birding road in the world. One never knows quite what to expect here, but there will certainly be much to see. Perhaps we'll find a fruiting matchwood tree with three species of toucans and several trogons feeding in it. Maybe it will be a Black-breasted Puffbird or Broad-billed Motmot perched motionless at eye level, or a noisy troop of Purple-throated Fruitcrows working the forest edge. We may locate a lek of spectacular Golden-collared Manakins displaying on sunlit patches of the forest floor. The wild frenzy of wing snapping and jumping is truly an amazing sight. Fruiting cecropias lure honeycreepers, tanagers, and dacnis to their fruiting spikes. We'll always be on the alert for a foraging ant swarm with its attendant antbirds (the Spotted, Bicolored, and perhaps the stunning Ocellated) and woodcreepers (Northern Barred and Plain-brown among the possibilities). Other than the Darien, the very remote frontier zone between Panama and Colombia, Pipeline Road is the best area we've found in the Neotropics for locating ant swarms. Surely the whirl of activity around a swarm is one of the most exciting phenomena of the bird world. As the voracious ants march along the forest floor seeking smaller terrestrial prey, the birds pursue larger, more mobile insects and other arthropods. Because the birds are so intent on feeding, it is often possible to get very close views of them.

Some of the other birds we may encounter in the Pipeline Road area are Black Hawk-Eagle, Blue-headed and Mealy parrots, Slaty-tailed and Black-throated trogons, Rufous Motmot, Great Jacamar, Cinnamon Woodpecker, Scaly-throated Leaf-tosser, Fasciated and Western-Slaty antshrikes, Spot-crowned Antvireo, Streak-chested Antpitta (secretive), Brownish Flycatcher (Twistwing), and Chestnut-headed Oropendola. Late in the afternoon we will stop by the newly built Panama Rainforest Discovery Center near the beginning of Pipeline Road. A dozen or

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more hummingbird feeders adorn the deck of the center and often harbor seven or eight species of hummingbirds all within an arm's reach. Included among the possibilities are Long-billed and Stripe-throated hermits, brilliant Violet-crowned Woodnymphs, White-necked Jacobins, and Violet-bellied Hummingbirds. We'll have a full day to enjoy the riches of the famous Pipeline Road area.

NIGHT: Canopy Tower Ecolodge & Nature Observatory, Gamboa

October 20, Day 5: Achioté Road and Fort San Lorenzo. Another early morning departure (about 4:30 a.m.) will find us heading towards Colon on Panama's Atlantic coast and crossing the locks to the west side of the Canal. Our destination will be Achioté Road, one of Central Panama's most famous birding spots. The early morning activity along this road is marvelous. Semiplumbeous Hawk; Double-toothed Kite; Violaceous, Slaty-tailed, and White-tailed trogons; Blue-headed Parrot; Black-breasted and Pied puffbirds; Cinnamon Woodpecker; Purple-throated Fruitcrow; Golden-collared Manakin; Black-chested Jay; Yellow-backed and Yellow-tailed orioles; and Scarlet-rumped and Yellow-rumped caciques can all be seen here. Though harder to find, Achioté specialties such as Spot-crowned Barbet, Bare-crowned Antbird, and White-headed Wren will be targeted as well.

Edge habitats near the town itself could yield Greater Ani, Long-tailed Tyrant and Thick-billed Seed-Finch. A quick stop on our return at Gatun Locks might reveal Savanna Hawk and Red-breasted Blackbird.

We'll end the day by boarding a train in Colon for the 50-mile journey from sea to sea. This was the first trans-continental railroad in the world and has recently been privatized and completely rebuilt. Crossing the isthmus at sunset should provide a perfect ending to the day. En route we'll keep a watch out for Snail Kites and other birds in Gatun Lake. Upon arrival at the station near Panama City, we'll be met and transferred back to the Canopy Tower.

NIGHT: Canopy Tower Ecolodge & Nature Observatory, Gamboa

October 21, Day 6: Gamboa and Summit Gardens. Much of the morning will be spent walking along Old Gamboa Road. The trail here leads through more open country and thus yields a different variety of birds. Jet Antbird; Rufous-breasted, Buff-breasted, and Plain wrens; Lance-tailed Manakin; and Rosy Thrush-Tanager are among the many possibilities. The nearby police academy ponds often produce Boat-billed Heron, kingfishers, Southern Rough-winged Swallow, Lesser Kiskadee, and Rusty-margined Flycatcher. More common open country species such as Orange-chinned Parakeet, Red-crowned Woodpecker, and Buff-throated and Streaked saltators should also be in evidence.

Our afternoon plans will be somewhat flexible depending upon which species we are missing. We may choose to walk along Plantation Road just below the tower. The forests here harbor a good variety of species including such possibilities as Black-throated and Slaty-tailed trogon, Cocoa Woodcreeper, Rufous Motmot, Crimson-crested Woodpecker, Chestnut-backed Antbird, Checker-throated and White-flanked Antwren, White-necked Puffbird, and Blue-black Grosbeak. Alternatively, we may head for Summit Gardens which can be good for a variety of edge species.

NIGHT: Canopy Tower Ecolodge & Nature Observatory, Gamboa

October 22, Day 7: Metropolitan Natural Park. The entire morning will be devoted to the drier forests of the Metropolitan Natural Park area. The avifauna here is quite different from that around the Canopy Tower. Among the many possibilities are Gray-headed Chachalaca, Pheasant Cuckoo (scarce and seasonal), Blue-crowned Motmot, White-necked Puffbird, Lineated Woodpecker, Fasciated Antshrike, White-bellied and Dusky antbirds, Yellow-crowned Tyrannulet, Lance-tailed Manakin, Golden-fronted Greenlet, Rufous-breasted and Rufous-and-white wrens, Long-billed Gnatwren, and Crimson-backed Tanager. In addition, we'll spend some time searching for two of the real specialty birds of this area: the endemic Yellow-green Tyrannulet (rare) and the magnificent Rosy Thrush-Tanager, both of which can be found in this park.

In the afternoon we will head to the Miraflores Locks to watch a ship transit the locks and spend time in the newly built visitor center.

NIGHT: Canopy Tower Ecolodge & Nature Observatory, Gamboa

October 23, Day 8: Departure for Home or Begin Extension. Participants not continuing on our Panama: Fall at El Valle's Canopy Lodge Extension will be provided with group transfers from the Canopy Tower to the airport in time for various morning flights home.

PANAMA: FALL AT EL VALLE'S CANOPY LODGE EXTENSION

OCTOBER 23-28, 2010

October 23, Day 1: Canopy Tower to El Valle. We'll depart the Canopy Tower some time this morning, arriving in El Valle in time for lunch. En route, we may make some stops in the dry Pacific lowlands. Though this region is heavily settled, birds are abundant throughout the fields and woodlots.

Soon after diverging from the Pan-American Highway, we'll come to charming El Valle de Antón. At nearly 2000 feet, the climate is cooler here and less humid than in the lowlands, but still dominated by dry Pacific weather. The three forested peaks of Cerro Gaital Natural Monument loom over the valley and impart a sense of tranquility. Everywhere around the town are lovely landscaped gardens, colorful with flowers and shaded by open groves of trees, while nearby hillsides are covered in secondary forest. Birds are abundant in this patchwork of habitats. We will make our way through the bustling little town en route to the Canopy Lodge, our home for the next four nights.

The Canopy Lodge's guestrooms offer large comfortable beds, private baths and tasteful interior decoration. The grounds meanwhile, are a birder's paradise! The gardens and walkways are often loaded with birds. In fact, it is not uncommon to record 60 species from the property alone in a single visit. Greatly enhancing the delightful setting are feeding stations that attract hordes of birds every morning and afternoon. This is indeed an incredible way to bird. For added effect, a beautiful clear stream tumbles past the open-air dining room.

After a tasty lunch we will spend the remainder of the afternoon birding and exploring the expansive grounds, paying close attention to the feeders and flowering bushes. We may see Gray-headed Chachalaca, White-tipped Dove, Red-crowned Woodpecker, Black-chested Jay, Bananaquit, Blue-gray and White-lined tanagers, Black-striped Sparrow, Buff-throated Saltator, and Chestnut-headed Oropendola (a colony of which nests on the hillside above).

Your introduction to El Valle will conclude this evening with a delicious meal.

NIGHT: Canopy Lodge, El Valle de Antón

October 24, Day 2: Canopy Lodge, La Mesa and Cariguana. Today we will begin exploring out from the lodge, but not before spending the first hour after breakfast working the lodge grounds another time. Though birding is good here throughout the day, it is these early morning hours when activity is at its peak. Predictably, the birding will be extraordinary. Freshly stocked feeding trays brim with birds. Red-legged Honeycreepers and Thick-billed Euphonias dance through the bushes and onto the feeding trays, looking like living jewels. Clay-colored Thrushes appear by the dozens, seemingly everywhere, and Black-chested Jays survey the scene imperiously from exposed snags. Even the Rufous Motmot visits the feeders. Surely one of Panama's most glorious birds, it appears with a flourish, brandishing an impossibly burnt orange breast and belly.

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A procession of tanagers appears like clockwork. First come the soft Blue-grays, followed by the velvety Flame-rumped and Crimson-backed. Then come the rest: White-lined, Palm, and the odd olive and black Dusky-faced. Even the Red-crowned Ant-Tanager has overcome its distrust of open space and ventures forth from the nearby forest.

Wandering through the flower-lined walkways can produce a good variety of hummingbirds. Rufous-tailed is the most common, but many others are seen almost as often. Radiating metallic colors in the morning light, these feathered sprites appear from out of nowhere, often bearing angelic names as beautiful as the birds themselves. Possibilities include Green Hermit, Green Thorntail, White-vented Plumeteer, Snowy-bellied and Violet-headed hummingbirds, Purple-crowned Fairy, Violet-crowned Woodnymph, Garden Emerald, and Stripe-throated Hermit.

Remarkably, the rarely seen Rufous-crested Coquette occurs in the garden on a sporadic basis. This diminutive bird is not found regularly on any other VENT tour aside from the Canopy Lodge.

From El Valle, a country road leads a short distance up through scattered farms and forest to the back side of three tall peaks, a flat area known locally as "La Mesa," where we will spend the remainder of the morning. At 2800 feet, this area sits below the crest of the Continental Divide. For much of the year, it is brushed by clouds passing over from the Caribbean slope. The frequent misting creates a super moist environment, where the remaining forests are fantastically sculpted and laden with epiphytes that shade the dense understory.

This area is home to some fantastic foothill birds not found in the forests below or in the Canal Zone. Among these, tanagers are the dominant group, with potential for gems like Emerald, Bay-headed, Golden-hooded, Flame-rumped, Tawny-crested, and Silver-throated. But up here, there is a seemingly endless supply of birds of all kinds. We'll naturally look at whatever we come across, which likely will be a lot. A good representation of the birds of this elevation includes Bat Falcon, Lineated Woodpecker, Keel-billed Toucan, Emerald (Blue-throated) Toucanet, Orange-bellied Trogon, Spotted Woodcreeper, Paltry Tyrannulet, Tawny-capped Euphonia and Scarlet-thighed Dacnis, while Canada and Mourning warblers are found here in the winter months.

Following lunch at the lodge and an afternoon break, we'll head across the narrow valley to the other side of El Valle and a trip to Cariguana. Literally translated to Iguana's Face, this area is said to be named for the appearance of a nearby mountain. To us, the main interest here is the birds, and the afternoon is a prime time to look for a number of special species. A gradually ascending gravel road skirts a large patch of dense forest where the fabulous Tody Motmot resides. We'll try to locate it, in addition to such other dandies as Blue-crowned Motmot, Lance-tailed Manakin, White-bellied Antbird, Rufous-and-white Wren, and Yellow-crowned Euphonia.

NIGHT: Canopy Lodge, El Valle de Antón

October 25, Day 3: Altos del Maria. This morning we'll load up in four-wheel drive vehicles for a trip across the mountains to Altos del Maria, a remnant cloud-forest habitat at 3000 feet. Altos del Maria, literally translated to "Highlands of Maria," represents the altitudinal highpoint of the trip, and because it sits on the Caribbean slope, gives us chances for a number of species not possible elsewhere on our route.

Strategic stops at a number of locations will expose us to several impressive stretches of forest. Birds are typically plentiful, but we will focus our efforts on finding more challenging species like Orange-bellied Trogon, Brown-billed Scythebill, Rufous-browed Tyrannulet, Dull-mantled Antbird, Ochraceous and Gray-breasted Wood-wrens, and the special local subspecies of Common Bush-Tanager. The greatest potential prize of this location is the stunning Black-crowned Antpitta. Though secretive and sometimes difficult to see, we have a decent chance of finding one of these spectacular ground dwellers.

NIGHT: Canopy Lodge, El Valle de Antón

October 26, Day 4: El Chiru & La Zamia Trail. We will depart around 5:30a.m. to head for the dry Pacific lowlands around the small community of El Chiru. Many of the species here will be new for us, with some highly sought birds among the many possibilities. Savannah Hawk, Aplomado Falcon, Pearl Kite, Crested Caracara, Crested Bobwhite, Brown-throated Parakeet, Sapphire-throated Hummingbird, Veraguan Mango, Mouse-colored Tyrannulet, and Rufous-browed Peppershrike will all be targeted.

We will likely spend the afternoon walking a forest trail at La Zamia, a forest patch on the west side of El Valle. Sometimes moving a short distance can make a big difference in habitat and birdlife. Though only 15 minutes from the lodge, time here may give us our best opportunity to find Blue-crowned Motmot and Black-faced Anthrush, among the more common species.

Time-permitting, a final afternoon on the lodge grounds will put us back in the company of some old friends and possibly some new acquaintances. Orange-chinned Parakeet, Social Flycatcher, Yellow-bellied Elaenia, Barred Antshrike, and Palm Tanager are all expected.

NIGHT: Canopy Lodge, El Valle de Antón

October 27, Day 5: El Valle and Return to Panama City. Just above El Valle lies "The Canopy Adventure," a private reserve that protects tall tropical moist forest along a clear foothill stream dominated by a 200 foot high waterfall. The goal of the preserve is to provide much-needed employment for the local population, which would otherwise be cutting the forests for fuel and agriculture. The refuge currently employs ten young men to safeguard its treasures.

On this final morning at El Valle, we'll work sections of the entire property, from the lodge grounds all the way to the Canopy Adventure. There are always so many birds around El Valle that each outing is sure to produce something new for the trip. Some distinct possibilities are White Hawk, Mottled Owl, Blue-headed Parrot, Collared Aracari, Green-crowned Brilliant, Bay Wren, Orange-billed Nightingale-Thrush, Streaked Saltator, and Orange-billed Sparrow. The forest above the lodge will give us another chance for the Tody Motmot, found locally here, but typically elusive.

After a final delicious meal at the Canopy Lodge, we will transfer to our hotel in Panama City, where we'll enjoy a farewell dinner and spend our last evening together.

NIGHT: Country Inn and Suites Canal, Panama City

October 28, Day 6: Departure for Home. Participants will be provided with transfers to the airport in time for morning or early afternoon flights home.

TOUR SIZE: Each section will be limited to 14 participants.

TOUR LEADERS: Barry Zimmer and a local leader

Barry Zimmer has been birding since the age of eight. His main areas of expertise lie in North and Central America, but his travels have taken him throughout much of the world, including such exotic locales as Japan, Russia, Madagascar, Africa, and New Zealand. Barry is a longtime member of the New Mexico Bird Records Committee, and served on the Texas Bird Records Committee for 12 years. He has co-authored three books: *Birds of the Trans-Pecos*, *A Birder's Guide to the Rio Grande Valley*, and *Birds and Birdfinding in the El Paso Area*. Barry has a keen interest in nature photography, having captured over 1,000 species of birds on film. His other interests include sports (a diehard Red Sox fan), cooking, and movies. He received his degree in psychology at the University of Texas in El Paso. Barry resides in El Paso with his wife, Yvonne, and their daughter, Alexandra.

FINANCIAL ARRANGEMENTS: The fee for Fall at Panama's Canopy Tower is **\$2795** per person in double occupancy from Panama City, Panama for occupying a standard guestroom (Canopy Room) at the Canopy Tower. This includes all meals, seven nights shared accommodations in one of the five Canopy Rooms (see ACCOMMODATIONS section below), ground transportation during the tour, tipping, park entrance fees, and guide services provided by the tour leaders. It does not include airfare from your home to Panama City and return, airport departure taxes, alcoholic beverages, special gratuities, phone calls, laundry, or items of a personal nature. Rates are based upon group tariffs; if the tour does not have sufficient registration, a small-party supplement may have to be charged.

The fee for Fall at Panama's Canopy Tower is **\$2995** per person in double occupancy from Panama City, Panama for occupying a premium room at the Canopy Tower. This includes all meals, shared accommodations for seven nights in either the Blue Cotinga Suite or Harpy Eagle Suite (see CANOPY TOWER ACCOMMODATIONS section below), ground transportation during the tour, tipping, park entrance fees, and guide services provided by the tour leaders. It does not include airfare from your home to Panama City and return, airport departure taxes, alcoholic beverages, special gratuities, phone calls, laundry, or items of a personal nature. Rates are based upon group tariffs; if the tour does not have sufficient registration, a small-party supplement may have to be charged.

The fee for Fall at Panama's Canopy Tower is **\$2345** per person in single occupancy from Panama City, Panama for occupying a single room at the Canopy Tower. This includes all meals, single accommodations for seven nights in a single room with a shared bath (see CANOPY TOWER ACCOMMODATIONS section below), ground transportation during the tour, tipping, park entrance fees, and guide services provided by the tour leaders. It does not include airfare from your home to Panama City and return, airport departure taxes, alcoholic beverages, special gratuities, phone calls, laundry, or items of a personal nature. Rates are based upon group tariffs; if the tour does not have sufficient registration, a small-party supplement may have to be charged.

The fee for Panama: Fall at El Valle's Canopy Lodge Extension is **\$1595** per person in double occupancy from Panama City, Panama. This includes all meals, all lodging as described in the tour itinerary, ground transportation during the tour, tipping, park entrance fees, and guide services provided by the tour leaders. It does not include airfare from your home to Panama City and return, airport departure taxes, alcoholic beverages, special gratuities, phone calls, laundry, or items of a personal nature. Rates are based upon group tariffs; if the tour does not have sufficient registration, a small-party supplement may have to be charged.

The single supplement for the Panama: Fall at El Valle's Canopy Lodge Extension is **\$340** for occupying a standard double room with a private bath for four nights at the Canopy Lodge (see CANOPY LODGE ACCOMMODATIONS section below) and a single room for one night at the Country Inn and Suites Canal. You will be charged a single supplement if you desire single accommodations, or if you prefer to share but have no roommate and we cannot provide one for you. Rates are based upon group tariffs; if the tour does not have sufficient registration, a small-party supplement may have to be charged.

The fee for Panama: Fall at El Valle's Canopy Lodge Extension is **\$1395** per person in single occupancy from Panama City, Panama for occupying a single room in a separate building for four nights at the Canopy Lodge (see CANOPY LODGE ACCOMMODATIONS section below). This includes all meals, single accommodations for four nights in a single room at the Canopy Lodge, a single room for one night at the Country Inn and Suites Canal, ground transportation during the tour, tipping, park entrance fees, and guide services provided by the tour leaders. It does not include airfare from your home to Panama City and return, airport departure taxes, alcoholic beverages, special gratuities, phone calls, laundry, or items of a personal nature. Rates are based upon group tariffs; if the tour does not have sufficient registration, a small-party supplement may have to be charged.

CANOPY TOWER ACCOMMODATIONS: The Canopy Tower has a total of 2 suites (Blue Cotinga and Harpy Eagle), five standard double guestrooms (Canopy Rooms) and 5 single rooms with a shared bath. Both suites and all Canopy Rooms have private bathrooms. All rooms will be pre-reserved on a first-come, first-served basis. You will be advised of your specific room assignment at the time of your registration.

Please also note that since there is no elevator, all guests will climb 3 to 4 flights of stairs to reach their rooms, the dining area and observation deck.

CANOPY LODGE ACCOMMODATIONS: The Canopy Lodge has a total of 8 standard double guestrooms each with a private bath in their main building and 4 single rooms each with a private bath in a separate building on the grounds. Based on room availability, singles have a choice of paying a supplement to occupy a standard double guest room or a paying a discounted tour fee to occupy one of the single rooms in a separate building. The single rooms are considerably smaller and less fancy than the doubles. All rooms will be pre-reserved on a first-come, first-served basis. You will be advised of room availability and your specific room assignment at the time of your registration.

TOUR REGISTRATION: To register for this tour, please contact the VENT office. The deposit for this tour is **\$500** per person per tour part. If you prefer to pay your deposit by check, your tour space will be held for 10 days to allow time for the VENT office to receive your deposit and completed registration form. If you prefer to pay your deposit using a credit card, your deposit must be made with MasterCard or Visa at the time of registration. The VENT registration form should then be completed, signed, and returned to the VENT office. Full payment of the tour fee is due 120 days prior to the tour departure date.

CANCELLATION POLICY: Cancellation penalties and refunds are based on the following schedule: if cancellation is made 120 days or more before the tour departure date, a cancellation fee of **\$250** per person will be charged unless the deposit is transferred to a new registration for another VENT tour that will operate within the next 12 months, in which case the cancellation fee will be **\$100** per person. If cancellation is made fewer than 120 days before departure date, no refund is available. This policy and fee schedule also applies to pre-trip and post-trip extensions. *We strongly recommend the purchase of trip cancellation insurance for your protection.*

<u>If you cancel:</u>	<u>Your refund will be:</u>
120 days or more before departure date	Your deposit minus \$250*
Fewer than 120 days before departure date	No refund available

*Unless the deposit is transferred to a new registration for another VENT tour that will operate within the next 12 months, in which case the cancellation fee will be \$100 per person.

FUEL AND FUEL SURCHARGES: In the uncertain, often volatile oil market of late, it is difficult – if not impossible – to predict fuel costs over the long term, and more specifically, at the time of operation of this departure. Our prices are based upon the prevailing fuel rates at the time of itinerary publication. While we will do everything possible to maintain our prices, if the fuel rates increase significantly, it may be necessary to institute a fuel surcharge.

TRIP CANCELLATION & MEDICAL EVACUATION INSURANCE: A brochure and application form for optional coverage for baggage, illness, and trip cancellation can be obtained through the VENT office. **We strongly recommend that you purchase trip cancellation insurance as soon as possible to protect yourself against losses due to accidents or illness. VENT recommends Travel Insured International as our preferred insurance provider.** Check with your insurance agent regarding coverage you may presently have via other insurance policies that may cover illness during your trip. **Waiver for pre-existing conditions is available; however, stipulations apply, usually requiring the purchase of the insurance soon after registering.** Optional expanded insurance coverage is available and includes items such as work-related cancellation, medical upgrade, and a “Cancel for Any Reason” clause among others. **Contact Travel Insured International prior to registration for details.** Not all insurance providers provide the same levels of coverage. If you purchase insurance through a company other than Travel Insured International, please be advised that rules and stipulations may be different.

IMPORTANT NOTE: Please read your itinerary carefully to see whether or not your tour/cruise requires MANDATORY Medical Insurance which covers you for emergency evacuation/repatriation during the trip.

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This coverage is included in the Worldwide Trip Protector plan offered by Travel Insured International. If you do not choose to purchase the insurance through Travel Insured International, you will need to do so through another insurance provider. A good website for information and acquisition of emergency evacuation/repatriation insurance is: www.insuremytrip.com.

Victor Emanuel Nature Tours is not a participant in the California Travel Consumer Restitution Fund. California law requires certain sellers of travel to have a trust account or bond. This business has a bond issued by Travelers in the amount of \$50,000. CST #2014998-50.

AIR INFORMATION: Victor Emanuel Travel is a full-service travel agency and wholly owned subsidiary of Victor Emanuel Nature Tours (VENT). Victor Emanuel Travel will be happy to make any domestic or international air travel arrangements from your home and return. Please feel free to call the VENT office to confirm your air arrangements.

BAGGAGE: In case your checked luggage is delayed, it's recommended that you pack all documents, medications, a change of clothes, your binoculars, and toiletry items in a carry-on bag.

CLIMATE: The climate in the Canal Zone of Central Panama is usually warm, with mornings in the 70s and afternoons in the 80s. Conditions at midday can be humid and very warm, with temperatures reaching into the lower 90s. Rainstorms may occur at any time of year, but are more likely during the rainy season, which runs from May into early December, when a shower of some sort is expected almost daily. Generally, the weather in Central Panama is mild and pleasant, with our activities corresponding to the cooler parts of the day and heightened bird activity.

The climate in the El Valle region is considerably cooler than that of the Canal Zone. Mornings and evenings are cooler while midday temperatures usually do not exceed the low 80s. Clouds and overcast skies frequently prevail in higher areas, leading to damp conditions.

CLOTHING: As is the case for all our tropical tours, lightweight field clothing is the norm for Panama. This includes several pair of lightweight field pants, along with cool and comfortable long-sleeved shirts. A hat and sunscreen are recommended for protection from the sun.

Dark-colored or neutral clothing is suggested, as white or bright colors may frighten secretive birds. Lightweight and comfortable walking shoes are recommended, since some days we will spend a good bit of time on foot. Waterproof boots are essential as the trails can be muddy. A small umbrella and/or rain gear are essential as well.

LAUNDRY SERVICE: Laundry service is available at the Canopy Tower. Because the clothes are sent out to Panama City to be cleaned, expect items to be returned within 48 hours. Laundry service at the Canopy Lodge is handled in-house. Expect items to be returned within 24 to 36 hours.

CURRENCY: The U.S. Dollar is the official currency of Panama. VISA and American Express are most commonly used, but MasterCard and Diners Club are also accepted.

DOCUMENTS: A passport valid for at least six months beyond your planned departure from Panama is required. Visas are not required for entry by U.S. citizens. Prior to 2010, a tourist entry card was required and could be purchased at customs & immigration in Tocumen International Airport (\$5.00 U.S.). As of January 2010, this was no longer required, but it is conceivable that this could change yet again. Non-U.S. citizens should check with their local Panamanian consulate/embassy for instructions.

EQUIPMENT: You should pack a pair of binoculars that are in good repair, along with a belt pack or day pack (good for carrying books, sunscreen, extra digital storage media or film, etc.). As a precaution, it's a good idea to pack your binoculars, a change of clothing, toiletry items, medications, and travel documents in your airline carry-on bag. Your leader will have a spotting scope; but if you have one and wish to bring it, please feel free to do so.

HEALTH: No vaccinations are required for entry into Panama. As standard travel precautions, you should always be up to date with tetanus shots, and strongly consider inoculations against Hepatitis types A and B.

In general, it is always a good idea to consult your doctor before taking any immunizations. Health requirements change frequently and often vary from district to district within a country. The Centers for Disease Control and Prevention (CDC) in Atlanta advises that there is some risk of malaria in parts of the country. The areas visited on this tour are not at risk. The CDC is recommending precautions for travelers going out of these main areas. The CDC operates a 24-hour recorded Travelers' Information Line (877) FYI-TRIP. You can check the CDC website at www.cdc.gov/travel. Canadian citizens should check the website of the Public Health Agency of Canada: www.phac-aspc.gc.ca/new_e.html (click on travel health).

Your tetanus, polio, and yellow fever vaccinations should be current. The water is drinkable in Panama and the food is safe. Please do check with your doctor for your own personal needs and prescription drugs (which may or may not be available on tour).

If you are taking prescription medication or over-the-counter medicine, be sure to bring an ample supply that will allow you to get through the tour safely. Please consult your physician as necessary. Remember to pack all medication in your carry-on baggage, preferably in original containers or packaging. As airline baggage restrictions can change without warning, please check with your airline for procedures for packing medication.

INSECT PROTECTION: As chiggers can be a problem in some areas, we recommend you come prepared with a good repellent. Some of the name brand manufacturers (Cutter's and Off) produce a variety of products you will find useful. Pump-action dispensers are generally preferable to sprays, while lotions and sticks are especially good for quick and easy application to sensitive areas on the face, or when out in the field. Topsy gel is useful in reducing irritation from chigger bites or nettle stings (cortisone creams are now available without a prescription) Some people recommend sprinkling sulphur, which is available at both lodges, on your socks as a chigger deterrent.

A Note About Chiggers: This tour visits areas where chiggers are known to occur. Chiggers are tiny parasitic mites found in most warm weather areas of the southern United States and the world's tropics. They are especially numerous in grassy areas, where, in the immature stage, they attach themselves to other animals or humans who make contact with the grass as they pass by. Chiggers do not suck blood and the majority of the world's species do not carry disease. They do feed on bodily fluids, however, through a process in which a digestive enzyme is produced by the chigger which essentially liquefies the skin around the area where the chigger is attached. The chigger is not usually attached to the skin for more than a few hours before it either falls off or is knocked off. Our bodies respond by producing a hardened area as a defense against the chigger's digestive enzyme. Though the chigger may be long gone, it is the presence of the hardened area, and the body's natural process of reabsorbing it that typically causes intense itching, often lasting for a week or more. Chiggers like to attach themselves to areas of thin skin, like around the ankles, beltline, undergarment lines, knees, and elbows.

Chiggers can be avoided by following these procedures:

- Avoid walking, or standing in particular, in areas dominated by grass. These areas are where one is most likely to encounter chiggers.
- Tuck your pants into your socks to avoid direct skin-to-grass contact. Chiggers can find their way through clothing, but this is a standard and effective prevention technique commonly employed by many.
- Apply a cream-style insect repellent, such as "Cutters" to your body from the waist down BEFORE putting on your clothing.
- Spray your pants and socks with a spray repellent such as "Cutters" or "Off." Repellants with high concentrations of DEET (70-100%) are most effective. You do not need to apply these to your skin, only to clothing. (Be careful as DEET will damage plastics and lens coatings).

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- Powdered sulfur applied to waist, bottoms of pants, sock and boots is also effective at repelling chiggers. However, be warned that clothes will retain the sulfur odor for several washings.
- Shower at the end of each day in the field. Use a washcloth to vigorously rub your legs, feet, and ankles.

By following these methods, you should be able to avoid all chigger bites, as well as tick bites. If, however, you are bitten by chiggers anyway, you can reduce or eliminate the symptoms by applying benzocaine or hydrocortisone creams, calamine lotion, After Bite, or any number of anti-itch products. Sulphur is available for use at the Canopy Tower and Canopy Lodge.

MISC: Departure Tax - US \$40 (included in the price of your air ticket)
Electricity - 120 volts; plugs are the flat 2-pin American type.
Language - The official language is Spanish, but English is spoken.
Time - Eastern Standard Time

SUGGESTED READING: Our website at www.ventbird.com offers an affiliated online store that carries a wide variety of items for birding and nature lovers, including over 6,000 books. A portion of the sales from the store benefits the Cornell Lab of Ornithology. You might also want to visit such other online stores as www.amazon.com, and for those out-of-print and hard-to-find titles, www.abebooks.com, or www.buteobooks.com, which specializes in ornithology books.

Field Guides:

Ridgely, Robert S. and John Gwynne. *A Guide to the Birds of Panama*. (Second Edition). Princeton: Princeton University Press, 1992. This excellent field guide is highly recommended as your primary reference book on the birds. No other field guides are really necessary.

Emmons, Louise H. *Neotropical Rainforest Mammals: A Field Guide*. Chicago: The University of Chicago Press, 1997.

Glassberg, Jeffrey. *A Swift Guide to the Butterflies of Mexico and Central America*. Sunstreak Books, Inc. 2007.

Background Reading:

Chapman, Frank. *My Tropical Air Castle*. New York: Appleton and Company, 1929. Fun reading by an early ornithologist in Panama. Out of print; try www.abebooks.com.

Chapman, Frank. *Life in an Air Castle*. New York: Appleton-Century Co, 1938. Out of print; try www.abebooks.com.

Forsyth, Adrian and Ken Miyata. *Tropical Nature*. New York: Charles Scribner, 1987. Excellent introduction to many fascinating aspects of the tropical rainforest.

Hilty, Steven. 1994. *Birds of Tropical America*. Shelbourne, VT: Chapters Publishing, 1994. Subtitle: "A watcher's introduction to behavior, breeding and diversity."

Kricher, John C. *A Neotropical Companion*. Princeton: Princeton University Press, 1999. An excellent introduction to the rainforest.

McCullough, David. *A Path Between the Seas: The Creation of the Panama Canal*. New York: Simon and Schuster, 1999. An excellent history of the construction of the Panama Canal.

Richards, Paul W. *The Tropical Rain Forest: An Ecological Study*. Cambridge: Cambridge University Press, 1996. (Second Edition.) A more scientific review of the botanical structure of rainforests.

Gradwohl, Judy and Russell Greenberg. "The Formation of Antwren Flocks on Barro Colorado Island, Panama." *Auk* 97 (April 1980).

Munn, Charles A. and John W. Terborgh. "Multi-species Territoriality in Neotropical Foraging Flocks." *Condor* 81 (1979): 338-347.

Reference:

Croat, Thomas B. *Flora of Barro Colorado Island*. Stanford: Stanford University Press, 1978. A massive technical manual, but the best plant book available for the region.

Hilty, Steven L. and William L. Brown. *A Guide to the Birds of Colombia*. Princeton: Princeton University Press, 1986. An excellent field guide that has most of the birds of Panama in it; perhaps useful as an additional reference book.

Ridgely, Robert S., and Guy Tudor. *Birds of South America Volume I, The Oscine Passerines: Jays, Swallows, Wrens, Thrushes and Allies, Vireos, Wood-warblers, Tanagers, Icterids and Finches*. Austin: The University of Texas, 1989. Very useful reference, with range maps and illustrations of many species not previously illustrated.

Ridgely, Robert S., and Guy Tudor. *Birds of South America Volume II, The Suboscine Passerines: Ovenbirds and Woodcreepers, Antbirds, Gnatcatchers, and Tapaculos, Tyrant Flycatchers, Manakins and Cotingas*. Austin: The University of Texas, 1994. Very useful reference, with range maps and illustrations of many species not previously illustrated.

TIPPING: As noted in our itineraries, tipping (restaurants, porters, drivers, and local guides) is included on VENT tours. However, if you feel one or both of your VENT leaders or any local guides have given you exceptional service, it is entirely appropriate to tip. We emphasize that such tips are not expected and are entirely optional.

RESPONSIBILITY: Victor Emanuel Nature Tours, Inc. (VENT) and/or its Agents act only as agents for the passenger in regard to travel, whether by railroad, motorcar, motorcoach, boat, or airplane and assume no liability for injury, damage, loss, accident, delay, or irregularity which may be occasioned either by reason of defect in any vehicle or for any reason whatsoever, or through the acts or default of any company or person engaged in conveying the passenger or in carrying out the arrangements of the tour. VENT and its agents can accept no responsibility for losses or additional expenses due to delay or changes in air or other services, sickness, weather, strike, war, quarantine, or other causes. All such losses or expenses will have to be borne by the passenger, as tour rates provide for arrangements only for the time stated. The right is reserved to substitute hotels of similar category for those indicated and to make any changes in the itinerary where deemed necessary or caused by changes in air schedules. The right is reserved to cancel any tour prior to departure, in which case full refund will constitute full settlement to the passenger. The right is reserved to substitute leaders on any tour. When this is necessary, notification will be given to tour members. No refund will be made for any unused portion of the tour unless arrangements are made in sufficient time to avoid penalties. The prices of the tours are based on tariffs and exchange rates in effect on January 22, 2010 and are subject to adjustment in the event of any change therein. The right is reserved to decline to accept or to retain any person as a member of any tour. Baggage is at owner's risk entirely. The airlines concerned and their agents and affiliates are not to be held responsible for any act, omission, or event during the time passengers are not on board their aircraft. The passenger ticket in use by said airlines, when issued, shall constitute the sole contract between the airlines and the purchaser of these tickets and/or passenger. The services of any I.A.T.A.N. carrier may be used for these tours, and transportation within the United States may be provided by any member carrier of the Airline Reporting Corporation.