



# PANAMA

Fall at El Valle's Canopy Lodge

*October 24 - 31, 2026*



*Orange-bellied Trogon © Barry Zimmer*

Straddling the Continental Divide, the foothills of Panama harbor a unique avifauna that includes both lowland and highland species, as well as birds of both the Pacific and Caribbean slopes. Our tour, designed to pick up where traditional Canal Zone tours leave off, offers some of Central America's most exciting birding, set amidst beautiful middle-elevation forest and in a refreshingly moderate climate.

This tour will be based in the very comfortable Canopy Lodge at El Valle, sister property to the famed Canopy Tower. Nestled in the crater of an extinct volcano, and surrounded by jagged ridges and hills, our lodge enjoys a magnificent scenic backdrop and ready access to lush forests that are alive with colorful hummingbirds and tanagers. Among the many species that we will be searching for are such gems as Spectacled Owl; Rufous-crested Coquette (rare); Snowcap; White-tipped Sicklebill (rare); Bronze-tailed Plumeleteer; Violet-headed Hummingbird; Veraguan Mango (endemic); Orange-bellied Trogon; Northern Emerald (Blue-throated) Toucanet; Tody Motmot; Spotted Woodcreeper; Dull-mantled Antbird; Tufted Flycatcher; Lance-tailed Manakin; Ochraceous Wren; Silver-throated, Dusky-

facéd, Tawny-crested, Black-and-yellow and Bay-headed tanagers; Common Chlorospingus; Scarlet-thighed Dacnis; the very rare Blue Seedeater; and the nearly mythical Rufous-vented Ground-Cuckoo.

This tour can be taken by itself or in combination with Panama's Darien Lowlands: Canopy Camp (October 31-November 8, 2026) and/or Fall at Panama's Canopy Tower (October 17-24, 2026).

## October 24, Day 1: Arrival in Panama City and Transfer to the Radisson Hotel Panama Canal

Participants arriving in Panama City's Tocumen International Airport (airport code PTY) anytime this afternoon or evening, will be met and transferred to the Radisson Hotel Panama Canal where a

room will be reserved in your name. Those arriving with some daylight may wish to bird around the hotel grounds, which often harbor a good variety of birds, including such possibilities as Yellow-headed Caracara, Pale-vented Pigeon, Blue-headed Parrot, Red-crowned Woodpecker, Social Flycatcher, Tropical Kingbird, Great Kiskadee, Blue-gray Tanager, Crimson-backed Tanager and Saffron Finch.

**NIGHT:** Radisson Hotel Panama Canal, Panama City

## October 25, Day 2: Panama City to El Valle

For those wishing to get a running start, we will meet in the hotel lobby at 6:00 a.m. for a one hour walk around the hotel grounds. Many common species can be found here, including a few which are difficult to see on the rest of our trip.



For those wishing to sleep in a bit, we will gather in the hotel lobby at 7:00 a.m. for breakfast. At 8:00 a.m., we will load up and leave Panama City behind, head across the Bridge of the Americas to the western side of the Canal and on to the foothills of El Valle. Although the drive takes about two and a half hours, we may make a roadside stop or two if something unusual is seen.

After turning off the Pan-American Highway, a narrow road winds up through dry hills for 28 km (17 miles), slowly increasing in elevation until we round a bend and El Valle de Antón comes into view. At nearly 2,300 feet in elevation, the views of the charming valley before us are memorable indeed. The climate here is refreshingly cooler than in the lowlands. 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 five nights.



*Crimson-backed Tanager © Barry Zimmer*

The Canopy Lodge's spacious guestrooms offer comfortable beds and private baths with 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. Further enhancing the delightful setting are feeding trays, which draw birds all day long. This is indeed a most relaxing way to bird.

After a tasty lunch, we will pay close attention to the feeders and explore the expansive grounds. Among the many species that visit the garden and feeders are Gray-cowled Wood-Rail; Rufous Motmot; Collared Aracari; Red-crowned Woodpecker; Clay-colored Thrush; Crimson-backed, Flame-rumped, Blue-gray, Palm, and Dusky-faced tanagers; Red-crowned Ant-Tanager; Bananaquit; Red-legged Honeycreeper; Orange-billed Sparrow; Buff-throated Saltator; Thick-billed Euphonia; and Chestnut-headed Oropendola (a colony of which sometimes nests on the hillside above).



*Rufous Motmot © Barry Zimmer*

Later in the afternoon, we will begin exploring the many side roads and trails nearby. There are a number of species possible along the road above the lodge in the vicinity of the Canopy Adventure. Here we will search for Lineated Woodpecker, Black-chested Jay, Bay Wren, Rufous-capped Warbler, and Tawny-crested Tanager among others. Nearby forest trails could yield Cocoa Woodcreeper, Scaly-breasted Wren, and Orange-billed Nightingale-Thrush. This will be our first chance for the Tody Motmot, found locally in these forests but often elusive. We will also keep a close eye out for Brown-throated Three-toed Sloth and the locally uncommon Geoffroy's Tamarin.

**NIGHT:** Canopy Lodge, El Valle de Antón

## October 26, Day 3: La Mesa & the Cara Iguana Trail

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.” This area is on the crest of the ridge along 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 and shade the dense understory.

This area is home to some fantastic foothill birds not found in the forests below or the Canal area. Among these, tanagers are the dominant group with potential for gems like Emerald (scarce), Bay-headed, Silver-throated, Golden-hooded, and Tawny-crested tanagers; Tawny-capped Euphonia; and Scarlet-thighed Dacnis.



*Bay-headed Tanager © Barry Zimmer*

Hummingbirds are also diverse here and possibilities include some real foothill specialties like White-tipped Sicklebill (rare), Green Hermit, Green-crowned Brilliant, Rufous-crested Coquette (scarce), Violet-headed Hummingbird, Crowned Woodnymph and Bronze-tailed Plumeleeter. A hike along the Las Minas Road offers opportunities to see a variety of species including Orange-bellied Trogon, Broad-billed Motmot, Northern Emerald (Blue-throated) Toucanet, Spotted Woodcreeper, Plain & Spot-crowned antvireos, Chestnut-backed Antbird, Scale-crested Pygmy-Tyrant, Common Chlorospingus and Wedge-tailed Grass-Finch among others. We will return to the Lodge at mid-day for lunch.

Following an early afternoon break, we will venture out the Cara Iguana Trail on the outskirts of El Valle itself. Drier forests here often harbor a different set of birds altogether. Roadside Hawk, Tropical Screech-Owl, Lesson's Motmot, Tody Motmot (decreasing with development in this area), Long-billed Starthroat, Barred Antshrike, White-bellied Antbird (a real skulker), Lance-tailed Manakin, Isthmian Wren, Rufous-and-white Wren, and the challenging Rosy Thrush-Tanager are among the possibilities here. Additionally, for several years in a row now, a pair of Spectacled Owls has been roosting in one area with some regularity. Although far from guaranteed, we have had good success on recent tours.

**NIGHT:** Canopy Lodge, El Valle de Antón



*Tody Motmot © Barry Zimmer*

## October 27-28, Days 4 & 5: Altos del Maria

Two full days will be spent at the avian rich Altos del Maria, a remnant cloud-forest type habitat that is over 3,000 feet above sea level. Here we may find several species not readily available elsewhere on the tour. Orange-bellied Trogon, Spotted Woodcreeper, Dull-mantled Antbird, Scale-crested Pygmy-Tyrant, Tufted Flycatcher, White-ruffed Manakin, Ochraceous Wren, Gray-breasted Wood-Wren, Silver-throated Tanager, Black-and-yellow Tanager, and Common Chlorospingus are among the expected fare. Less numerous but still possible targets include Red-faced Spinetail, Spotted Barbtail, Brown-billed Scythebill, and Rufous-browed Tyrannulet. The greatest potential prizes of this location are the stunning Black-crowned Antpitta and the incomparable Snowcap. The antpitta is secretive and generally difficult to see, but we have a chance of finding one of these spectacular ground dwellers. Numbers of the tiny, wine-colored Snowcap may vary seasonally, but we have had some success at finding this jewel on recent trips. Additionally, Altos del Maria can be a good area to find a variety of raptors. Double-toothed Kite, the amazing White Hawk, Barred Hawk (very uncommon to rare), Black Hawk-Eagle and Bat Falcon are among the possibilities. At any rate, our visits to Altos del Maria will certainly prove memorable.

**NIGHTS:** Canopy Lodge, El Valle de Antón

## October 29, Day 6: Pacific Lowlands of Juan Hombrón and El Chirú

The final area that we will visit will be the rice fields and forest edges of Juan Hombrón and the village of El Chirú near the Pacific Coast. Here open farm country, scattered hedgerows, and grasslands play host to an entirely different group of birds. Among the many possibilities are the likes of Lesser Yellow-headed Vulture, Savanna Hawk, Common Black-Hawk, Aplomado Falcon, Crested Bobwhite, Wattled Jacana, Southern Lapwing, Ferruginous Pygmy-Owl, the recently split Veraguan Mango (endemic), Sapphire-throated Hummingbird, Groove-billed Ani, Brown-throated Parakeet, Yellow-crowned Parrot, Straight-billed Woodcreeper, Barred Antshrike, Rufous-browed Peppershrike, Fork-tailed Flycatcher, Mouse-colored Tyrannulet, Lance-tailed Manakin, and Blue-black Grassquit. We will also visit the beaches near Santa Clara where a variety of coastal species should be seen including Magnificent Frigatebird, Brown Pelican, and possibly Blue-footed Booby. It is not uncommon to add 40 or more species to the trip list on this day alone.

We will likely return with enough time for another afternoon feeder vigil back at the Lodge. A variety of possible new birds could be added to our ever-growing list such as Gray-headed Chachalaca, Rufous-tailed and Snowy-bellied hummingbirds, Purple-crowned Fairy (uncommon), Social Flycatcher, Squirrel Cuckoo, Plain-colored Tanager, Red-legged Honeycreeper, and Orange-billed Sparrow (best at dawn and dusk). Even the rarely seen Sunbittern is occasionally spotted in the tumbling stream that passes by the front of the lodge.

**NIGHT:** Canopy Lodge, El Valle de Antón

## October 30, Day 7: Morning at El Valle; Return to Panama City

Our last day will be somewhat flexible. We will likely choose between a return to the La Mesa area or to the Cara Iguana trail. This will be dependent upon which species we still need. We will also likely make a stop at the Canopy Adventure just above the lodge. This is 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 refuge is to provide much-needed employment for the local population. The refuge currently employs ten

adults to safeguard its treasures. Highly sought-after birds that we might search for here include White Hawk, Sunbittern (rare), Mottled Owl, Tody Motmot, Black-chested Jay, and Orange-billed Nightingale-Thrush among the more widespread forest birds. We will return to the lodge around 10:30 a.m. to give us some time to pack before an early lunch. After lunch, we will head back towards Panama City and should arrive at the hotel in the mid to late afternoon. They may be time for an optional late afternoon walk around the hotel grounds.

**NIGHT:** Crowne Plaza Panama Airport Hotel, Tocumen

## October 31, Day 8: Departure for Home

Participants not continuing on Panama's Darien Lowlands: Canopy Camp (October 31-November 8, 2026) can use the hotel's complimentary shuttle service to Tocumen International Airport for morning or afternoon flights home.

### **ESSENTIAL TOUR INFORMATION**

**TOUR SIZE:** This tour will be limited to 10 participants. However, VENT reserves the right to increase the tour limit by one in order to accommodate a couple when only one space is available.

**TOUR LEADER:** Kevin Burke with the assistance of local guides



**Kevin Burke** is originally from the Shenandoah Valley in Virginia. He grew up running around in the woods and trails of Shenandoah National Park. His family spent many summers camping and hiking in the park. One of Kevin's favorite activities was jumping in the river and turning over every rock to see what was underneath. This eventually earned him the nickname "Hellgrammite Kid." This early exposure to the natural world has vaulted into a lifelong obsession with the outdoors. Kevin was introduced to birding while spending summers in

Rhode Island at his grandmother's house. She would point out all the feeder birds and help him identify them. These early encounters helped foster a love for birds. An early Ornithology class at

Hocking College in Ohio rekindled his love for birds. He has been birding every day since. He went on to get a Bachelor of Science in Ecotourism and Conservation Ecology from the University of Idaho. Kevin has been involved with leading bird trips in some capacity for almost 20 years. He has led birding trips all throughout the United States, Costa Rica, Ecuador, and the Dominican Republic. His birding journeys have also taken him to some spectacular locations such as Portugal, Colombia, The Bahamas, and Canada. This is truly a lifelong obsession. He currently resides with his family in Hendersonville, North Carolina. Kevin's wife and two kids also enjoy birding. They have fun kayaking, hiking, and camping in the mountains that surround their home. One of their favorite activities is jumping on the paddle board and kayaks and leisurely floating the French Broad River near their house.

**TOUR FEES: \$4,395** per person based on double occupancy in standard double accommodations at the Canopy Lodge or as a single in small single accommodations at the Canopy Lodge (see Canopy Lodge Accommodations section below).

**\$4,770** per person for occupying standard double accommodations as a single at the Canopy Lodge (see Canopy Lodge Accommodations section below).

**\$4,695** per person based on double occupancy in premium double accommodations at the Canopy Lodge (see Canopy Lodge Accommodations section below).

This includes all meals from breakfast on Day 2 through dinner on Day 7, accommodations as stated in the itinerary, all ground transportation during the tour, and guide services provided by the tour leaders. It does **not** include airfare to nor from Panama City. The fee also excludes laundry, personal expenses, and other items of a personal nature. For information about gratuities, please see the "TIPPING" sub-section below. If the minimum group size is not met, each participant will be charged a small-group supplement—shared equally and communicated in advance—to allow the tour to proceed.

**REGISTRATION & DEPOSIT:** You may register for this tour through the VENT [website](#) or by calling our office (512-328-5221). The initial deposit for this tour is **\$1,000** per person. At 180 days VENT will collect a second deposit that brings the total deposit amount to 40% of the tour price. We accept MasterCard and Visa for both deposits.

**PAYMENTS:** All tour payments may be made by credit card (MasterCard or Visa), check, money order, or bank transfer (contact the VENT office for bank transfer information). These include initial deposits, second deposits, interim payments, final balances, special arrangements, etc. Full payment of the tour fee is due 120 days (June 26, 2026) prior to the tour departure date.

**EXTRA ARRANGEMENTS:** Should you wish to make arrangements to arrive early or extend your stay, please contact the VENT office at least two months prior to your departure date. We can very easily make hotel arrangements and often at our group rate, if we receive your request with enough advance time.

**FUEL SURCHARGES:** Our prices are based on fuel prices at the time of itinerary publication. While we will do everything possible to maintain our prices, it may be necessary to institute a fuel surcharge.

**TIPPING:** An important part of the value of a VENT tour is knowing that tips for local service providers at our destinations—restaurant staff, hotel staff, drivers, local guides, and various other support staff—are included in your tour fee. If you would like to offer any of your local guides an additional tip, \$5 to \$10 a day is a common amount.

Tips for your VENT tour leader(s) are **not** included, but it is customary to tip one or both if you feel that you have received exceptional service. To assist in your planning, we recommend tipping your VENT tour leader(s) \$15 to \$20 per day, or the equivalent of approximately 2–4% of the tour fee.

If you plan to give tips by cash, they should be given directly to your tour leader at the end of the tour and **not** sent to the VENT office. Some of our tour leaders use mobile payment applications such as Venmo, PayPal, and Wise. If you would like to use this method, please ask your tour leaders directly whether they can accept tips through such an application.

We emphasize that tipping is optional and that these amounts are only recommendations. The amount you decide to tip is based entirely on your experience and at your discretion.

## **CANCELLATION & REFUNDS**

### **CANCELLATION BY PARTICIPANT:**

- **More than 120 days prior to the tour start date:** A refund of all monies paid will be issued, less 50% of the deposit (including initial and second deposit)
- **120 days or fewer prior to the tour start date:** No refund will be provided.
- **Optional add-ons:** Some tours offer optional add-ons that are designated as non-refundable. Any such add-ons are clearly identified as non-refundable at the time of booking. By selecting and purchasing an optional add-on, the participant acknowledges and accepts its non-refundable status. Fees paid for non-refundable add-ons are not refundable under any circumstances, regardless of when the tour is cancelled.

This cancellation policy applies to all participants and all tours (Pre-Tours and Extensions are considered self-contained tours separate from the main tour). Because unexpected events can occur, we strongly recommend the purchase of travel insurance.

#### **CANCELLATION BY VENT:**

If VENT cancels a tour prior to departure without cause or good reason, VENT will provide the participant a full refund, which will constitute full settlement to the participant.

If VENT cancels or delays a tour or any portion of a tour as a result of any Force Majeure event, VENT will use its reasonable best efforts to refund any payments on the balance of the tour fee to participant; provided that, VENT will have no obligation to provide a participant with a refund and will not be liable or responsible to a participant, nor be deemed to have defaulted under or breached any applicable agreement, for any failure or delay in fulfilling or performing any term of such agreement. A **“Force Majeure”** event means any act beyond VENT’s control, including, without limitation, the following: (a) acts of God; (b) flood, fire, earthquake, hurricane, epidemic, pandemic or explosion; (c) war, invasion, hostilities (whether war is declared or not), terrorist threats or acts, riot or other civil unrest; (d) government order, law or actions; (e) embargoes or blockades; (f) national or regional emergency; (g) strikes, labor stoppages, labor slowdowns or other industrial disturbances; (h) shortage of adequate power or transportation facilities; and (i) any other similar events or circumstances beyond the control of VENT.

This VENT Cancellation & Refunds policy does not apply to air tickets purchased through VENT or to any special arrangements, such as additional hotel nights, that fall outside of the services described in the tour itinerary.

**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.**

## **TRAVEL INSURANCE**

**SUGGESTED OPTIONS:** To safeguard against losses due to illness, accident, or other unforeseen circumstances, we strongly recommend the purchase of travel insurance as soon as possible after making a deposit. VENT has partnered with **Redpoint Travel Protection** as our preferred travel insurance provider. Through Redpoint, we recommend its comprehensive Ripcord plan, which includes a medical evacuation benefit. With this in mind, it is important to note that medical evacuation is not offered by Redpoint as a stand-alone policy or benefit. For travelers not interested in comprehensive travel insurance, VENT recommends **Medjet** and its **MedjetAssist®** plan. Medjet is not an insurance company, and Medjet Assist is not an insurance product; rather, Medjet is a membership-based air-medical transport company specializing in moving hospitalized travelers from an admitting hospital to a medical facility of choice. Medjet does not provide medical evacuation service from the point of injury or illness; yet, the MedjetAssist plan offers robust enough travel protection to satisfy the medical evacuation insurance requirement in place for many VENT tours.

### **About Redpoint Travel's Ripcord Plan**

Ripcord is a completely integrated travel insurance program with single contact for emergency services, travel assistance, and insurance claims. Critical benefits include comprehensive travel insurance for trip cancellation/interruption, medical evacuation from your point of injury or illness to your hospital of choice; medical expense coverage, death of pet, and much more. Optional expanded insurance coverage is available and includes items such as evacuation coverage in case of a natural disaster or political or security reasons, waiver for pre-existing

medical conditions exclusion, and a “Cancel for Any Reason” benefit. Ripcord is available to U.S. and non-U.S. residents.\*

For a price quote or to purchase travel insurance, please visit: [Ripcord Travel Insurance](#); or click the **Ripcord** logo on our website (click Help > Preparation and Insurance > Trip Insurance); or call +1-415-481-0600. Pricing is based on age, trip cost, trip length, and level of coverage.

\*To be eligible for the pre-existing medical condition exclusion waiver and the optional Cancel for Any Reason (CFAR) upgrade, you must purchase your policy within 15 days of making your first trip payment. The CFAR benefit provides reimbursement for 75% of covered costs, and increases the policy premium by approximately 50%. Policies may be purchased either for the full value of the tour fee at the time of deposit or in segments as individual tour payments are made (deposit, second deposit, final balance, additional arrangements, etc.). The “pay as you go” approach reduces up-front expense and ensures that the amount paid toward your full policy premium is in proportion to the amount paid toward the full tour fee. If you choose to “pay as you go,” you must cover each deposit or payment within 15 days, and insure all non-refundable trip costs in order to maintain the CFAR benefit. Please refer to the policy for a full description of coverage.

Redpoint considers COVID-19 illness as any other seasonal respiratory illness. Providing only a positive Covid-19 test result will likely not be considered a covered event per the terms and conditions of the company's policy. Redpoint maintains a [Coronavirus FAQ page](#) on its website that addresses questions and concerns travelers may have regarding COVID-19 and Redpoint's policy. We strongly recommend that you visit the page for an overview of relevant topics.

### **About Medjet’s MedjetAssist Plan**

MedjetAssist is a membership program that functions like AAA for motorists. The company’s primary service is air medical transport. Critical benefits of MedjetAssist include a staff on call and ready to provide assistance 24 hours a day, 7 days a week; all-expenses-paid air medical transport in the United States and internationally to medical facility of choice, regardless of medical necessity; repatriation of remains; and no exclusions for pre-existing conditions.

For travelers under 75, MedjetAssist may be purchased as Short-Term Memberships of 8, 15, 21, and 30 days, or Regular Annual Memberships from 1 to 5 years. For travelers 75–84, Medjet offers a Diamond Membership that is the same program but with a few additional conditions.

For a price quote or to purchase MedjetAssist, please visit: [Medjet.com/VentBird](https://www.Medjet.com/VentBird) or call 1-800-527-7478. Pricing is based on type and term of membership.

## **GETTING THERE & REQUIRED TRAVEL DOCUMENTS**

**AIR TRAVEL:** 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. Per person fees apply for each set of travel arrangements: \$50 domestic; \$75 international.\* Many of our travelers choose to make their own air travel arrangements, but we emphasize the benefits to using our services. If you book your air arrangements yourself, Victor Emanuel Travel is unable to provide support in managing any flight delays and/or cancellations that could occur before and during a tour. When you purchase air tickets through Victor Emanuel Travel, our staff has ready access to your air ticket record and can provide assistance as problems arise. Please feel free to call the VENT office to confirm your air arrangements. **Please be sure to check with the VENT office prior to purchasing your air ticket to confirm that the tour is sufficiently subscribed to operate. VENT cannot be held responsible for any air ticket penalties.**

\*An air ticket will be purchased by Victor Emanuel Travel on behalf of the traveler with the traveler's consent. A purchase is considered final upon receipt of payment. If a ticket is subsequently reissued at the behest of the traveler (i.e. voluntary change of plans), the same fee rates apply for the reissue process, in addition to any fees that may be charged by the airline.

**BAGGAGE:** Please limit baggage to one piece of luggage and one carry-on. The airlines now strictly enforce baggage regulations. Excess baggage charges, which can be substantial, are the personal responsibility of each participant. Please consult your pre-departure materials and/or airline to find out specific weight restrictions.

As a precaution against lost luggage, we suggest that you pack a change of clothes, toiletries, medications, important travel documents, optics, and any other essential items in your carry-on

bag. Due to ever-changing circumstances in the government's attempts to improve airport security, we recommend that you check the website of the [Transportation Security Administration \(TSA\)](#) for information pertaining to permissible carry-on items.

#### **TRAVEL DOCUMENTS:**

**PASSPORTS:** A passport valid for at least three months beyond your planned departure from Panama is required.

**VISAs:** Visas are not required for U.S. citizens traveling to this destination. If you hold a passport from another country, please check with your consulate or embassy for the most accurate guidance.

**IMPORTANT:** The visa details above are current for U.S. citizens as of June 19, 2026. Because entry requirements can change without notice, we kindly remind all participants to double-check the latest information before traveling. Travelers using non-U.S. passports are responsible for confirming any entry requirements that apply to their home country.

**CANOPY LODGE ACCOMMODATIONS:** In their main building, the Canopy Lodge has a total of six standard double guestrooms and two premium rooms. Each premium room has more space than a standard room, windows on two walls and a king bed. A building adjacent to the main building houses four single rooms. These rooms are about two-thirds the size of the doubles but of equal quality. Based on room availability, singles have a choice of paying a supplement to occupy one of the standard double guest rooms or one of the single rooms in a separate building without paying a supplement. 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.

**PANAMA CITY ACCOMMODATIONS:** The Radisson Hotel Panama Canal in Panama City is located right along the Pacific entrance to the Panama Canal. Rooms have balconies that face out onto the Canal, so that one can sit out and watch ships coming and going. The grounds of the hotel also offer very good birding with 30 or more species possible in a short walk. It is, however, an older property, and despite recent renovations, has some issues with older plumbing that can be bothersome. There are certainly newer hotels in the middle of Panama City that offer more luxuries, but lack the location and birds. We feel that the advantages of staying along the Canal with birding right on the grounds, outweigh any of the inconveniences.

**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 and short-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 (or overshoes such as NEOS) are essential during the rainy season (May through December), as the trails can be muddy, but may not be necessary during the dry season (January through April). A small umbrella and/or rain gear are essential as well.

**CLIMATE:** The climate in the El Valle region is generally cooler than that of the Canal Zone. Mornings and evenings are cooler (may get down into the low 60s) while midday temperatures usually do not exceed the low 80s. Clouds, drizzle, and overcast skies frequently prevail in higher areas, leading to damp conditions. Rain is possible at any season, but is more likely from May through December when some rain is expected on a daily basis. At areas such as La Mesa and Los Altos del Maria, some rain, fog or mist is likely at any season. Along the Pacific Coast near El Chirú, one can expect hotter temperatures and drier conditions. Midday highs in this area may reach the 90s.

**SCHEDULE:** Breakfast times will vary from 5:00 a.m. to 7:00 a.m. (most days it will be around 6:00 a.m.). Some days we will be out in the field the entire day taking lunch with us, while on others we will return to the Lodge for lunch and an afternoon break. Walks on this tour will vary in length from very short distances to up to two miles and at a generally leisurely pace. Terrain will vary from level ground to trails with varying amounts of ups and downs. Some steep trails and roads are possible in the higher elevations. It should also be noted that restrooms are not readily available in many parts of Panama that we will be birding. When they are available, we will take advantage of them, but “bush breaks” will be necessary through much of the trip.

**PHOTOGRAPHY:** With the increase in digital photography of late, the following are requested. If you are interested in obtaining a digiscoped shot through the VENT scope, please ask the leader to assist you to avoid scratching the lens of the scope. If you use flash for photography, please refrain from doing so until all participants have seen the bird, as sudden flash may scare the bird away. Thank you for your cooperation.

**LAUNDRY SERVICE:** Laundry service is available at the Canopy Lodge.

**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.

**EQUIPMENT:** You should pack a pair of binoculars that are in good condition, along with a belt pack or day pack (good for carrying books, sunscreen, camera, 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 leaders will have a spotting scope; but if you have one and wish to bring it, please feel free to do so.

**INTERNET:** The Canopy Lodge has a computer available for guest use free of charge and Wi-Fi available in the dining area. Sometimes weather may affect internet access. The hotels in Panama City offer Wi-Fi.

**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

## **HEALTH & SAFETY**

**HEALTH:** VENT follows Centers for Disease Control and Prevention (CDC) recommendations for standard travel precautions, which includes vaccination against a variety of preventable diseases. Among these so-called Routine Vaccinations are measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, poliovirus vaccine (boosters for adult travelers), and Varicella (Chickenpox). You should also be up-to-date with Hepatitis A and Hepatitis B vaccinations.

If you are taking personal medication, prescription or over-the-counter, 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.

**COVID-19:** We continually emphasize that our number one priority is the health and safety of our customers and employees. Although VENT no longer maintains any of its COVID-era prevention protocols, we strongly recommend best practices for protecting yourself and your fellow travelers against COVID-19 illness. These measures include receiving the primary series vaccinations for those eligible, staying “Up to Date” with COVID-19 booster shots, wearing high filtration N-95 or KN-95 masks when in airports and on airplanes, and avoiding risky social settings in the lead-up to your tour. These recommendations are firmly rooted in CDC guidance for avoiding COVID-19.

**SUN EXPOSURE:** The sun’s ultraviolet rays are dangerous under prolonged exposure (sometimes only a matter of minutes), even in winter and early spring. Anytime you are outdoors you will want to protect your skin, including your lips, eyes, nose, and ears. A severe sunburn is potentially very painful and will affect your level of enjoyment. Always protect yourself when outdoors and be sure to bring an ample supply of high SPF sunscreen and lip balm. We strongly recommend the use of ultra-violet blocking, polarized sunglasses.

**BITING INSECTS:** Remove if not a concern, otherwise expand on it.

**INSECT REPELLENTS:** There are insect repellents for the skin and an insect repellent used to treat clothing that should not be applied to the skin.

Insect repellents for the skin are commonly available in three forms:

- **DEET:** (N,N-diethyl-meta-toluamide): A chemical compound that is marketed under various brand names (OFF!®, Cutter™, Ultrathon™, etc.) and offered in a variety of formulations including sprays, lotions, time-release preparations, and disposable wipes. The formulations will state a percentage of the active ingredient DEET on the packaging. DEET may be applied to exposed skin directly and/or sprayed on clothing. Please be careful when applying DEET as it can damage plastics and lens coatings.
- **Picaridin:** A synthetic formulation that is derived from piperine, a substance found in plants that produce black pepper.
- **Herbal insect repellents:** Various mixtures of organic ingredients such as oils from eucalyptus, citronella, cedar, and other herbs. The herbal repellents are more difficult to categorize

because of the difference in ingredients from one brand to another. There is considerable variation in their effectiveness.

Insect repellent for clothing is marketed in one approved formulation:

- **Permanone® (Permethrin):** is an odorless spray-on repellent that may be used for pre-treatment of clothing, gear, and tents. It should not be used directly on the skin or sprayed on clothing while it is being worn. The pre-treatment process requires a number of hours to complete and must be done outdoors, so it is best completed in advance of travel. Do-it-yourself pre-treatment must be repeated more often than commercial treatment using Insect Shield® technology. It is available at various outdoor stores and can easily be found online.
- **Insect Shield® apparel:** Clothing pre-treated with Permanone is made by a variety of manufacturers. It is available for purchase from some sporting goods suppliers. The clothing is advertised as retaining its repellency for up to 70 washings.

The US EPA offers a search tool to help choose a repellent that is best for a particular situation. For example, some repellents work for mosquitoes, but not for ticks.

<https://www.epa.gov/insect-repellents/which-insect-repellent-right-you>

In addition to your physician, a good source of general health information for travelers is the United States Centers for Disease Control and Prevention (CDC) in Atlanta Georgia. The CDC operates a 24-hour recorded Travelers' Information Line at 800-CDC-INFO (800-232-4636), or you can check their website at [www.cdc.gov/travel](http://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](http://www.phac-aspc.gc.ca/new_e.html) (click on travel health).

### **SUGGESTED READING & TRIP PREPARATION**

A number of traditional booksellers and online stores list excellent inventories of field guides and other natural history resources that will help prepare you for this tour. We recommend [www.amazon.com](http://www.amazon.com) which has a wide selection; [www.buteobooks.com](http://www.buteobooks.com) and [www.nhbs.com](http://www.nhbs.com) which specialize in ornithology and natural history books; and [www.abebooks.com](http://www.abebooks.com) for out-of-print and hard-to-find titles.

#### ***Field Guides:***

**Birds:**

Ridgely, Robert S. and John Gwynne. A Guide to the Birds of Panama. (Second Edition). Princeton: Princeton University Press, 1992.

George R. Angehr and Robert Dean. The Birds of Panama: A Field Guide. Ithaca: Cornell University Press, 2010.

**Mammals:**

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

**Butterflies:**

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

**Background Reading:****Natural History:**

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](http://www.abebooks.com).

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

**Human History:**

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.

### ***CLO Apps***

***eBird. Cornell Lab of Ornithology.*** Among the largest and most successful citizen science projects in existence, eBird is an essential tool in promoting bird study and conservation. Among a range of benefits, eBird allows users to keep a variety of lists in a single application. When taxonomic splits are incorporated, lists are automatically updated. Additionally, trip leaders can share daily lists, so one only need accept a shared list and it will upload to your files. **Highly recommended.**

***Merlin Bird ID. Cornell Lab of Ornithology.*** Merlin is an app designed as a birding coach for beginning and intermediate birdwatchers. Excellent for use in the field, Merlin asks the observer a series of questions about his or her bird sighting, including date and location, and color, size, and behavior of a bird. Merlin then processes the viewer's responses to present a shortlist of possible identifications, from which the user can choose the likely bird. Species profiles include a brief physical description, photographs, and sound samples. The Photo ID feature allows anyone with a camera to snap a photo and obtain a list of suggestions. Merlin's Sound ID feature allows identification of birds through audible recognition. To use Merlin, download the app and the appropriate regional "pack." For this trip, please download the pack Europe. Highly recommended.

### **TERMS, CONDITIONS & RESPONSIBILITIES**

**Victor Emanuel Nature Tours, Inc.**, a Texas corporation, and/or its agents (together, "**VENT**") act only as agents for the participant 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 participant or in carrying out the arrangements of the tour. VENT accepts no responsibility for losses or additional expenses due to delay or changes in airfare or other services, sickness, weather, strike,

war, quarantine, terrorism, or other causes. All such losses or expenses will be borne by the participant, as tour rates only provide for arrangements for the time stated.

VENT reserves the right (i) to substitute hotels of similar category, or the best reasonable substitution available under the circumstances, for those indicated and (ii) to make any changes in the itinerary that are deemed necessary by VENT or which are caused by third party transportation schedules (i.e. railroad, motorcar, motorcoach, boat, airplane, etc.).

VENT reserves the right to substitute leaders or guides on any tour. Where VENT, in its sole discretion, determines such substitution is necessary, it will notify tour participants.

VENT reserves the right to cancel any tour prior to departure with or without cause or good reason. See the VENT Cancellation & Refunds policy set forth above.

Tour prices are based on tariffs and exchange rates in effect on January 19, 2026 and are subject to adjustment in the event of any change thereto.

VENT reserves the right to decline any participant's Registration Form and/or refuse to allow any participant to participate in a tour as VENT deems reasonably necessary, in its sole discretion.

VENT also reserves the right to remove any tour participant from any portion of a tour as VENT deems necessary, in its sole discretion, reasons for such removal include but are not limited to, medical needs, injury, illness, inability to meet physical demands of a tour, personality conflict or situations in which such removal is otherwise in the best interest of the tour, the tour group and/or such participant. A participant may also voluntarily depart from a tour. If a participant is removed from a tour or voluntarily departs from a tour, such participant will be responsible for any expenses associated with such removal or departure, including but not limited to, transportation, lodging, airfare and meals, and VENT will have no obligation to refund or reimburse any such removed or departed participant for any tour payments or deposits previously paid by such participant.

Baggage is carried at the participant's risk entirely. No airline company, its employees, agents and/or affiliates (the "**Airline**") is to be held responsible for any act, omission, or event during the time participants are not on board the Airline's aircraft. The participant ticket in use by any Airline, when issued, will constitute the sole contract between the Airline and the purchaser of

the tickets and/or the participant. The services of any I.A.T.A.N. carrier may be used for VENT tours, and transportation within the United States may be provided by any member carrier of the Airlines Reporting Corporation.

View the complete [Terms and Conditions](#) on our website.

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