



PANAMA ESCAPE: SET DEPARTURE BIRDING TOUR

TOUR-SPECIFIC INFORMATION



Keel-billed Toucan is one of the incredible birds that can be seen in the rainforests of Panama.

ARRIVAL AND DEPARTURE DETAILS

After arrival in Panama, you will collect your luggage and find your driver, who will be waiting for you in the airport arrivals hall. The driver will be holding a sign with either Canopy Family, Birding Ecotours, or your name on it. You will be transferred to the lodge, where you will be greeted by your guide and staff and given a brief orientation, before settling in. Some folks choose to arrive in Panama a day before the official tour starts and stay at a hotel near the airport. We can arrange transfers for you to the hotel and then from the hotel to the lodge the next day. These exact details will be finalized before you arrive.

Transfers to the airport for departures home typically occur after breakfast. These are all included in the tour price and the exact timing will be sorted out in person to ensure you have enough time to make your flight (typically two and a half hours are recommended).

PHYSICAL REQUIREMENTS AND PACE

This is a short tour, with the idea of escaping the harshness of winters in the Northern Hemisphere, just like a migrating bird, for a week of enjoyable and relaxing birding in the paradise of Panama. The entire tour uses the incredible Canopy Tower Lodge as our home base. Staying in a single location allows us to really unpack, settle in, and enjoy our time. We will be birding the grounds near the lodge, scanning the forest canopy from the tower, and taking daily excursions out to some famous birding locations nearby. This tour is meant to serve as a relaxing experience to enjoy and learn some of the families and species of the Neotropics.

The overall pace for this tour is rated easy, with not much hiking or walking. Most of the birding is along roads and near the vehicle. However, we will walk up 3 km (2 miles) per day at birding pace. Around Canopy Tower we will be spend most of the time along paved roads and also at the lodge observation deck. There will be stairs that need to be climbed daily at the tower, however, guides and staff will be around to help with luggage and equipment as needed. During our visit to the Canopy Lodge almost all birding is along roads, except for the visit to the Canopy Adventure Center, where there is some steep terrain. Drives will be relatively short as we bird the roads and parks near the tower.

Come and enjoy a fabulous week of Neotropical birding with us at the tower!

WEATHER AND CLIMATE

Panama enjoys a tropical climate throughout the year, with two main seasons: dry and wet. Our Canopy Tower tour takes place right at the transition between these seasons, so occasional rain is likely. Since much of the birding here is in rainforest habitat, it's wise to be prepared for showers at any time. Pack essentials such as a raincoat, poncho, umbrella, and protective covers for your camera in your day bag. Rain showers are typically intermittent rather than continuous, so even if it rains, we can expect plenty of dry intervals for excellent birding opportunities.

Temperatures in Panama remain fairly consistent year-round. Around the Canopy Tower, daytime highs usually range from 82-88°F (28-31°C), with only slight cooling at night. Humidity is high

throughout the country, so staying well-hydrated is essential—and your guides will be there to remind you.

ACCOMMODATION

We will have the luxury of staying at the same location (Canopy Tower) for the entirety of the tour. This unique but rather small lodge includes dining, observation levels, and lodging. Please note that sound carries easily between rooms at the tower, so it's important to keep voices and other noise to a minimum—particularly during rest times such as early mornings, late nights, and midday breaks. While the excitement of heading out for birding each morning is completely understandable, we kindly ask that you keep that energy contained until we set off on our daily excursions.

Additionally, we unfortunately cannot always guarantee participants a single room. For those who do require a single room, we encourage an early booking which will certainly help your chances. We will do our best to accommodate your requests, however we are subject to the capacity limits of the Canopy Tower.

LAUNDRY

Laundry service is offered at Canopy Tower Lodge, with a 24-hour turnaround. Laundry charges can be settled at check-out.

WHAT TO BRING

Please kindly read the general list of what to bring on a birding tour, [here](#).

Layers and waterproof gear are always a good idea when visiting a rainforest area and humid environments. Please try to prepare for a wide variety of weather conditions.