

ITEC Seven-Day Birding Program Itinerary

Day	Location	Time Period	Activity	Forest Type and Elevation	No. of Potential Species*
1	Panama City	3:30-5:30 pm	Ancon Hill (if clients arrive early), hotel check-in	Tropical Moist Elevation: 100m	200
2	Panama City	6:00-11:00 am	Pipeline Road	Tropical Moist Elevation: 50m	600+
2	Panama City → Bocas del Toro (flight)	3:30-4:30 pm	Field Station Check-in	Tropical Wet Elevation: 10m	240
2	Bocas, ITEC Field Station	5:00-6:00 pm	Bird at Station	Tropical Wet Elevation: 10	240
3	Bocas, mainland	6:00-11:00 am	Soroopta Canal	Tropical Wet-swamp forest Elevation: 0m	417
3	Bocas	1:00-3:00 pm	Bird Island (weather permitting)	Tropical Marine Elevation: 0m	30
3	Bocas, Isla Colon	3:00-5:30 pm	Starfish Beach	Mangroves/Beach Elevation: 0m	46
4	Bocas, Isla Colon	6:00-11:00 am	Bird at Station Marsh, Pasture and Forest	Tropical Wet Elevation: 10m	240
4	Bocas, Isla Colon	1:00-2:30 pm	Optional Snorkeling Trip	Tropical Marine/coral reef	---
4	Bocas Town	3:30-5:30 pm	Optional town trip to Bocas del Toro	----	---
5	Ojo de Agua	6:00 am-12:00pm	Bird road to Ojo de Agua, multiple stops, hotel check-in, relax by the pool.	Tropical Wet, Mid-elevation, Premontane, Elev. 0-500m	365
5	Ojo de Agua	3:00-5:00 pm	Bird vicinity of hotel or Changuinola River	Premontane, Elev. 500 m.	365
6	Ojo de Agua → Chiriqui Mountains → Gualaca → Boquete	6:00 am-5:00 pm	Bird road to Boquete, over the Chiriqui Mts., multiple stops on both Caribbean and Pacific sides. Hotel check-in	Tropical Wet, Premontain, Montane and Seasonal. Elevation: 0→2000 →1500m	427
7	Boquete	6:00 am-12:00 pm	Bajo Mono Trail	Montane cloud forest, 2000m	353
7	Boquete	2:00-5:00 pm	Bird around Boquete	Montane (town) Elevation: 1500m	353
8	David → Panama City	3:00 pm	Hotel Check-in or flight home	----	

*Number of species recorded for the area (Angehr and Dean, 2010, Birds of Panama, Cornell Univ. Press)