

Panama Active 4 Days

Panama City - Rafting - Birdwatching - Tropical Biodiversity

4 Days / 3 Nights

All year except April and May

Day 1 – Panama City

Pick up from PTY Tocumen airport for the transfer to your hotel, located inside the in the old quarter of Panama City. In the afternoon we visit the surroundings of our hotel, declared a World Heritage Site by UNESCO in 1997, thanks to its eclectic fusion of colonial, neoclassic and French architecture. While walking through the streets, squares and gravel roads and along the emblematic colonial buildings, our Guide will tell you many anecdotes and fact about the churches and palaces. Before sunset, you visit the Amador Causeway, where you have one of the city's most beautiful panoramic view.

Overnight at a Hotel in Panama City

Meals: -/-



Day 2 – Mamoni River Rafting

You will be picked up at the hotel around 7:00 a.m. We will arrive at the river an hour and a half later to start Mamoni Panama white water river rafting around 9:30 a.m.

After a quick safety briefing, you will don your helmet and life jacket and start with the adventure. Your guide will conduct a final safety check before you board a raft and push off onto the river. The excursion will see you paddling through Class III and IV for an exhilarating white-water rafting experience. (There are some rapids that we choose to hike due to safety considerations)

Lunch will be served at the riverside in the middle of the unspoiled Jungle You can then spend some time floating in the water, observing the colorful birds and monkeys, bathing in the warm water of the Mamoni River. The rafting concludes by 3:30 pm, and you should be back at your hotel by 5:30 pm.

Itinerary varies with actual water level.

Overnight at a Hotel in Panama City

Meals: B/L



Day 3 – Birding Burbayar – Return to Panama City or Tocumen Airport

At 7:00 am Pick up from your hotel in Panama City for the 1,5 hour transfer to the Burbayar Nature Reserve. This morning you will look for representative species of the area. The Burbayar bird list exceeds 300 species including specialties such as Sapayoa, Xenornis, Rufous-winged and Sulphur-rumped tanagers and Plumbeous hawk. The network of trails within the reserve is extensive and provides access to spotting birds and wildlife in general as well as natural river pools, waterfalls and exuberant tropical landscapes. Lunch and birding along the surrounding trails. After dinner explore one of the inner trails in search of nocturnal species.

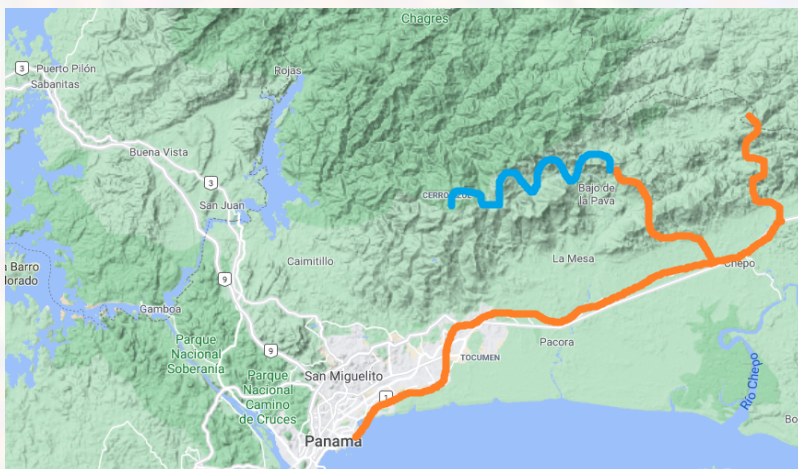
- Lodging at Burbayar
- Meals: B/L/D



Day 4 – Birding Burbayar – Return to Panama City or Tocumen Airport

Awake to the raucous call of the Howler monkeys and after a cup of coffee head out to the trails. Today you will again explore the trails surrounding the lodge. Return to have breakfast in the company of the resident hummingbirds. The feeders around the main house currently host 10 different species of hummingbirds. Mid-afternoon transfer back to Panama City or Tocumen Airport PTY.

- Meals: B,L,D



Car/Tourbus
Rafting at Mononi River

For more detailed information referring to this tour please contact:

admin@tripscouts-network.com

**Calle 63 Oeste, Urbanizacion Los Angeles, Local 32, Panamá City
— PANAMÁ — (+507 613 41 483 Tel+ whatsapp) +1 860 348 3883**

www.tripscouts-network.com

The Mamoni River was pioneered for Panama white water rafting/kayaking in 1998. The river is classified as Class III-IV. There are some rapids that we choose to hike due to safety considerations.

On our way down to the river, we will get the chance to go through ECOFARMS Panama, organization committed to the conservation and restoration of tropical rainforest in the Mamoni river region. We will travel through the last remaining strips of primary and secondary forests in the area, used by scientists to conduct research about tropical biodiversity. To find out more about their work, visit their website: www.ecofarmspanama.org (on low water conditions we might take out from Ecofarms).

The Burbayar Nature Reserve is a well-known birding destination for eastern Panama, Pacific and Caribbean slope and foothill species. It is situated in a low saddle on the Continental Divide where the convergence of species is very high and dynamic. The reserve is in the middle of the narrowest section of the Isthmus of Panama which is used by literally millions of birds during their migration from the north and from the south of the American continent. It is also located within the Choco-Darien biogeographic region.

Burbayar Nature Reserve is located on the San Blas mountain range at an average elevation of 375 meters above sea level, and it is composed of premontane humid tropical rainforest. The 60-hectare (148-acre) private reserve borders the Nargana Wilderness Area encompassed within the Mesoamerican Biological Corridor, extending from southern Mexico to the Darien National Park in eastern Panama.

Burbayar (bur.βa.'jar) means the Spirit of the Mountain in the language spoken by the Guna, our neighbors.

Burbayar's habitat is rich in plant and animal life and it is home to representative species such as Jaguar, Tapir and Harpy eagle, animals that require extensive and healthy environments to thrive. Since 1998, when the reserve was established, the increase in wildlife abundance and diversity has been noticeable and recorded. Troops of Geoffroy's tamarin monkeys, a species endemic to Panama, are common findings as well as families of Collared peccaries, Tamandua and Pacca. Rivers and creeks that traverse the reserve, as

well as bromeliad leaves and other humid crevices in tree trunks are teeming with frogs and other amphibians. The bountiful flowering plants attract butterflies and trees are used by dozens of species of birds to nest, feed and rest.

The Burbayar bird list exceeds 300 species including specialties such as Sapayoa, Xenornis, Yellow-eared toucanet, Rufous-winged and Sulphur-rumped tanagers and Plumbeous hawk. The network of trails within the reserve is extensive and provides access to spotting birds and wildlife in general as well as natural river pools, waterfalls and exuberant tropical landscapes.

In addition to being home to Pacific, Caribbean slope and foothill bird species it also host many of the Eastern Panama specialties.

For over 20 years Burbayar has served the scientific community as a prime location for their work thanks to its accessibility, protection status and life abundance. Organizations such as the Smithsonian Tropical Research Institute (STRI), Gorgas Institute for Health Research and Yaguará carry out field research within the reserve on a permanent or regular basis.

Only 90 minutes away from Panama City; 60 minutes from Tocumen International Airport and 2 hours from Colon, Burbayar is the most accessible private nature reserve in Panama. And from Burbayar, northbound, one can reach the San Blas islands in 30 minutes. It takes the same time to reach Bayano Lake on the opposite direction. This unique advantage offers more possibilities to explore different habitats and to encounter new cultures.

At Burbayar we are committed to the protection of the rainforest and the wildlife found within the reserve, to provide the opportunity to visitors to explore, learn and enjoy its natural attributes, to offer support to science in favor of conservation. We are also working with our neighbors to guarantee the area's long term conservation status and sustainable economy through ecotourism. The best way to accomplish this is by educating the future generations. Burbayar supports the local school by providing workshop on environmental education and guide training.

About the Lodge:

Burbayar Lodge reopened its doors in 2019 under new management maintaining the same tradition of homestay hospitality. The lodge underwent important renovations and it now offers inviting cabins with private bathrooms, comfortable orthopedic mattresses, ceiling fans and 24-hour electricity. Other creature comforts include reading lamps and charging stations for cameras, smart phones and other electronic equipment. The cabins are strategically located within a short distance of each other and of the main house, but with the necessary privacy. The screened windows have shutters which may be opened or closed as desired.

The main house offers a common living room, a reference library, hammocks and hummingbird feeders. The dining hall is located in the main house's front terrace where all meals are served family style. Meals are well balanced following Panamanian traditional cooking. The kitchen is prepared to accommodate special menus as long as they are requested in advance.

T R I P S C O U T S
P A N A M A

A drinking water dispenser is located at the main house which is accessible at all times. Guest are expected to bring their own reusable bottles.

The pathways between the cabins and main house are exceptional for bird and butterfly watching and visits by Geoffroy's tamarins and other small mammals are not uncommon.

The gardens are natural and host a variety of tropical plants including unique orchids.

Accessibility: 90 kilometers away from Panama City

Accommodations: 6 private cabins

Meals: Breakfast, lunch and dinner (family style). Wine and beer available (honor bar)

Electricity: Yes

Communication: Cellular signal is available and most providers offer roaming service.