

September 5-12, 2026

8 days | 7 nights

Birding Bash: A Tranquilo Bay Takeover

Birding & Wildlife of Western Panama

If you've dreamed of an escape to an island paradise that's teeming with hundreds of species of birds and exotic creatures, and a trip dedicated to exploring every crevice of it, then you won't want to miss this (literally) immersive exploration of Panama's Caribbean coast.

Cost: \$2,500/double occupancy

Limited quadruple rooms are available at a reduced rate. Ask us for details and availability ASAP.

Itinerary overview

Day 1: Arrival Bocas Del Toro & Tranquilo Bay

Day 2: Mainland Birding

Day 3: Isla Popa | Birding Onsite

Day 4: Zapatilla Cayes

Day 5: San San Pond Sak

Day 6: Lowland Birding | Tranquilo Bay

Day 7: Tranquilo Bay Birding & Wildlife

Day 8: Depart Tranquilo Bay

Daily Overview

Note: Daily itinerary details and order may change.

Day 1 | **Arrival Bocas Del Toro & Tranquilo Bay**

- Departure Panama City
- Arrival Bocas del Toro | Tranquilo Bay Orientation
- Lunch at Lodge
- Garden Birding | Tower
- Bird & Wildlife Checklist
- Dinner at Lodge
- Accommodations: Tranquilo Bay

Day 2 | **Mainland Birding**

- Breakfast at Lodge
- Fortuna Forest Birding
- Lunch in Field
- Fortuna Forest Birding
- Bird & Wildlife Checklist
- Dinner at Lodge
- Accommodations: Tranquilo Bay

Day 3 | **Isla Popa | Birding Onsite**

- Breakfast at Lodge
- Isla Popa Birding & Frogs
- Lunch at Lodge
- Birding Onsite
- Bird & Wildlife Checklist
- Dinner at Lodge
- Night Hike Option 1
- Accommodations: Tranquilo Bay

Day 4 | **Zapatilla Cayes**

- Breakfast at Lodge
- Zapatilla Cayes Beach Outing
- Lunch at Lodge
- Water or Land Activities
- Bird & Wildlife Checklist
- Dinner at Lodge
- Accommodations: Tranquilo Bay

Day 5 | **San San Pond Sak**

- Breakfast at Lodge
- San San Pond Sak Wetlands National Park
- Lunch in Field
- Shorebirds & Bird Island
- Bird & Wildlife Checklist
- Dinner at Lodge
- Accommodations: Tranquilo Bay

Day 6 | **Lowland Birding | Tranquilo Bay**

- Breakfast at Lodge
- Tierra Oscura Road
- Lunch at Lodge
- Tranquilo Bay Birding
- Bird & Wildlife Checklist
- Dinner at Lodge
- Night Hike Option 2
- Accommodations: Tranquilo Bay

Day 7 | **Tranquilo Bay Birding & Wildlife**

- Morning Tower Birding
- Breakfast at Lodge
- Morning Snorkeling
- Lunch at Lodge
- Birds & Wildlife | Tower
- Bird & Wildlife Checklist
- Dinner at Lodge
- Accommodations: Tranquilo Bay

Day 8 | **Depart Tranquilo Bay**

- Morning Tower Birding
- Breakfast at Lodge
- Depart Tranquilo Bay for Flight from Bocas to Panama City

Full Details

We're buying out the entire ecolodge (nine cabanas total) for a weeklong birding bash filled with all the sights, sounds, good eats, special adventures, and fun times that we can manage!

We'll be based at Tranquilo Bay's incredible private cabanas that are tucked into the junction of picturesque rainforest, luscious mangrove thickets, and a full kilometer of coastline all to ourselves. Each day, we'll check out a different location and aspect of the surrounding Isla Bastimentos National Marine Park via **hikes, boat rides, kayaking, snorkeling, and the onsite canopy-height observation tower**. We'll spend dedicated time marveling at iconic animals such as three-toed sloths, several species of poison dart frogs, critically endangered hawksbill sea turtles, and capuchins and night monkeys, all while enjoying each bird species we encounter along the way.

It's hard to guess which excursion will be your favorite—contenders include a comfortable **boat ride up a historic canal** with a beachside picnic lunch, followed by a stop at Bird Island to observe **thousands of nesting frigatebirds and tropicbirds** that surround us; kayaking up a small creek to a **thrilling exploration of an active bat cave**; or a full day of birding on the mainland clear up the slope to the **cloud forests along the continental divide**. Then again, our frequent sunset observations from the canopy tower at Tranquilo, a spur-of-the-moment swim in the bay, **night hikes** that will surely lead to exciting finds, or our **guided snorkeling adventures** might take the cake for you.

We'll balance our exciting activities with plenty of free time to explore **Tranquilo Bay's private 200 acres** on your own—or relax in your cabana, or enjoy photography from the hummingbird bathing pools or the tower, or whatever floats your fancy! Speaking of floating, **kayaks and snorkels are always available** at the dock throughout our stay. Our **locally-sourced meals** and social hours will be at the cozy eating area and peaceful balconies surrounding it. Hot showers, air conditioning, and luxurious beds await us each night. Plus, we'll learn of Tranquilo's **commitment to supporting local economies** and **many measures of environmental sustainability** each day.

Tranquilo Bay is on Bastimentos Island, and we access it via a boat ride from the mainland. We'll use boats daily to get to nearby islands and spend ample time in kayaks, snorkeling, and swimming. Therefore, **this trip is ideal for water lovers**. Our hikes will be no more than a few miles each on moderate terrain; to get to the top of the observation tower, we'll go up several flights of stairs. We're traveling in the rainy season (lovingly referred to as "green season"!), so an occasional afternoon shower will likely occur, and we'll adjust our schedule as needed to accommodate. Watching a heavy tropical downpour from a **comfortable covered hammock in sleepy post-lunch bliss** is a bucket list experience in itself!

Whether you're a seasoned birder, an all-around nature enthusiast, or eager to learn more about the Neotropics, you'll feel at home. We lead tours worldwide and focus on tailored experiences celebrating the natural world. Here, we're joined by Tranquilo's resident naturalist, Brenda Sánchez, an expert on local avifauna, mammals, herps, and ecosystems. Ready to escape yet? **We'll meet you in Panama!**

Essential Tour Information

Destination: Tranquilo Bay Ec lodge in Bocas del Toro, Panama

Tour Dates: September 5-12, 2026

Tour Size Limit: 18

Notes on Tour Size Exceptions (if any): There are a limited number of single and quadruple rooms available to dictate final tour size.

Tour Leaders: Mollee Brown, Brenda Sanchez, and local guides

Tour Costs & Payment Information

Price (per person, double occupancy): \$2,500

Single Supplement: \$3,400 per person, single occupancy

Quadruple rate: \$1,500 per person, quadruple occupancy

Limited spots available in each; contact for availability.

What the Fee Includes:

- Meals included from dinner on day 1 through breakfast on day 8
- Accommodations
- Ground transportation to all locations from and back to Bocas del Toro airport
- Guide services

What the Fee Does *Not* Include:

- International or domestic airfare
- Laundry
- Personal expenses
- Alcoholic beverages

Registration & Deposits

How to Register: Email or text Mollee to request terms, submit your deposit, and complete your registration.

Initial Deposit Required: \$500

Second Deposit Details: Remaining balance due on July 1.

Accepted Payment Methods: Zelle or PayPal preferred.

Refund Policy

Because of the timing of this tour, refunds are not guaranteed. Contact Mollee for details.

Getting There

Air Travel: Flights should be booked to Tocumen International Airport (PTY) airport in Panama City, then from the Marcos A. Gelabert International Airport (PAC) airport in Panama City to Bocas del Toro Isla Colón (BOC) airport. We can help coordinate and book domestic flights. It is recommended that you arrive in Panama City the night before your domestic flight, and stay at least one night after. We'll follow up with flight details after your registration.

Tipping

Suggested Optional Tips for Local Guides: We suggest you bring a tip for Brenda and local guides, plus staff at Tranquilo Bay. Tipping is fully optional, but \$5-10 dollars per day for local guides, and the same for hotel staff, is a general recommendation.

How to Provide Tips (cash, apps, etc.): US cash is best and accepted throughout Panama.