

Appalachian Audubon – Panama Trip

Costa Rica Focus is going to Panama in March 2020 ...and so are we!

Smaller than South Carolina but with almost 1,000 bird species, this country is an avian hotspot in Central America and has a rich cultural heritage to boot. This particular trip takes birders and nature watchers through all three major geographic zones of this beautiful nation, including the Western Highlands, the Central Canal Area and the Darien Jungle in the East. Come see birds as diverse as the 3-inch Scintillant Hummingbird (smallest bird in its range) and the Harpy Eagle, one of the largest birds of prey on Earth!

If the environment doesn't captivate you, the company will. Rodolfo "Rudy" Zamora of Costa Rica Focus is arguably the best birding guide in Central America, having grown up as a naturalist from his youth in Costa Rica. His encyclopedic knowledge of birds, wildlife and plants is only matched by his fun personality. People come to Central America as much for Rudy as they do the birds!

Full trip dates are March 2-16, but there are also options to explore the Western Highlands/Canal Area by itself or the Darien Jungle for Harpy Eagle. Click the links below for more information on each trip option. Spots are limited to 8 travelers.

Ultimate Panama Birding Adventure - 15 days/14 nights:

[15 Day Trip](#)

Panama City/Boquete - Western Highlands/Canal Area - 10 days/9 nights:

[10 Day Trip](#)

Darien Jungle - 7 days/6 nights:

[7 Day Trip](#)

Ready to book - Trip Registration:

[Register Here](#)

Still have some questions? Contact Tony Arnold at 2tonyarnold@gmail.com for more information.

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Violet-bellied Hummingbird



Harpy Eagle



Three-toed Sloth