

Santa Fe Amphibian & birding trip



Santa Fe & Hector Gallego National Parks with Panama Wildlife Conservation

Day 1. Your trip starts with a comfortable ride from Santiago city to the community of Santa Fe. After arriving and settling in. A short walk around Bermejo Waterfall and visit to Santa Fe town. After the tour, you will be taken out for dinner followed by a presentation of Panama Wildlife Conservation about their work to protect the critically endangered Harlequin toads in this region.

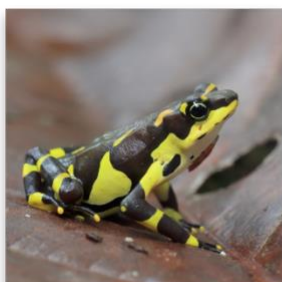
Day 2. We start early, with breakfast served at 5:00 am. At approximately 5:30 am, we depart for a 30-minute drive to the Caribbean side, heading to the community of Alto Ortiga within Hector Gallego National Park. Arriving at first light gives us the best chance to begin our search for the very rare and unique harlequin toads. Throughout the morning and early afternoon, we will also look out for the region's rich birdlife, as this area is well known for its diversity of tropical species. In addition to amphibians and birds, we are likely to encounter interesting reptiles, insects, and a wide variety of native plants.

In the afternoon, we return to our accommodation to rest and freshen up, before heading out again for dinner.

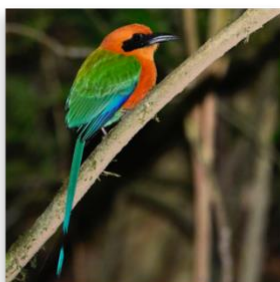
Day 3. Next morning we say goodbye to Santa Fe and return to Santiago.

Cost per person: **\$340 USD.**

Send us an email for more information: info@panamawildlife.org



Harlequin Toad



Rufous Motmot



Rainbow-billed Toucan



Fer-de-lance

Panama Wildlife Conservation Charity

Registered charity in England and Wales (1165769) | Panama Legal Status No. 347-PJ-347
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Panama Office

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What to Bring

To ensure you are comfortable, safe, and fully prepared for early morning wildlife exploration, please review the checklist below.

Clothing (Lightweight & Quick-Dry Recommended)

- Long-sleeved breathable shirts (2-3)
- Lightweight hiking trousers (avoid jeans)
- Light rain jacket or poncho (tropical showers are common)
- Comfortable evening clothes for town
- Sleepwear
- Hat or cap for sun protection
- Extra socks (important in humid conditions)

Footwear

- Waterproof hiking boots with good grip
- Comfortable sandals or shoes for evenings
- Optional: lightweight rubber boots (if you prefer extra protection in wet areas)

Daypack Essentials (For Field Excursions)

- Small backpack
- Refillable water bottle
- Insect repellent (strongly recommended)
- Sunscreen (reef-safe preferred)
- Personal medications
- Basic toiletries
- Hand sanitizer

Wildlife Observation Gear

- Binoculars (highly recommended for birding) – Provided by us too
- Camera with zoom lens (optional but ideal)
- Headlamp or small flashlight (for early departures) – Provided by us too

Health & Safety

- Travel insurance (required)
- Any personal prescriptions
- Lightweight long sleeves help prevent insect bites
- Motion sickness tablets if sensitive to winding mountain roads

Important Notes

- Expect humid, tropical conditions.
- Trails may be muddy and uneven.
- Wildlife sightings depend on natural conditions — patience and quiet observation increase success.
- Please respect follow your guide's instructions at all times.

Climate Overview

Santa Fe is cooler than lowland Panama but still tropical:

- Daytime: 22–28°C (72–82°F)
- Early mornings: Fresh and humid
- Rain possible year-round