

Cerro Hoya birding trip



Cerro Hoya National Park with Hotel Heliconia & Panama Wildlife Conservation

Day 1. Your trip starts with a comfortable ride from Santiago city to [Hotel Heliconia](#) on the west coast of the Azuero Peninsula. After arriving and settling in, you get a tour of the property. The owners of the hotel bought 8 ha of pasture in 2007 and reforested the area.

By now, you will find a young tropical forest with trees up to 20 m high and a diverse bird community. Lance-tailed manakins. Black-hooded antshrikes, gray-cowled woodrails and more are frequently seen during the tour. After the tour, you will be served dinner followed by a presentation of Panama Wildlife Conservation about their work to protect the great green macaw in this region.

Day 2. We get up early: breakfast is served at 5 am. Around 5h30 we will drive to the Cerro Hoya National Park to get there at first light and start searching for the **great green macaws**. During the day, we may also see orange-throated manakins,

Panama Wildlife Conservation Charity

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chestnut-backed antbirds, brown-backed doves, king vultures and, with luck, the **Azuero parakeet**. Besides birds we are also likely to encounter some monkeys, the Azuero Howler monkey is the most common but we may also encounter the endemic Azuero spider monkeys. We will have a picnic lunch in the park before returning to Hotel Heliconia.

In the afternoon we return to Hotel Heliconia for dinner.

Day 3. Next morning we say goodbye to Hotel Heliconia and return to Santiago.

Optional, for the intrepid: there is an endemic hummingbird extension. This is a **three day two night** expedition to the rarely visited cloud forest of Cerro Hoya. Here you can find the glow-throated hummingbird and the Azuero forms of the black-cheeked warbler and the purple-throated mountaingem.

This is physically fairly demanding, with a steep climb to the cloud forest over rough trails. It usually takes about 6 hours to get to the campsite. The campsite is primitive and you will sleep in small tents or hammocks. But there are great rewards. The glow-throated hummingbird is the main star. Cost per person: \$900.

The cloud forest, beautiful of itself, is also home to other endemic forms and subspecies.

The Azuero forms of the Purple-throated mountaingem, the black-cheeked warbler and the white-naped brushfinch are all relatively easily found. In addition, at the right time, the elusive Red-necked Woodrail breeds here.

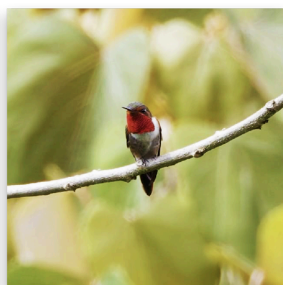
Group Minimum: 2

Cost: **1-2 People: \$700 USD. | 3-4 People: \$500**

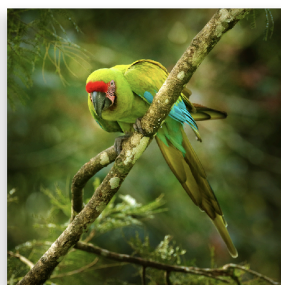
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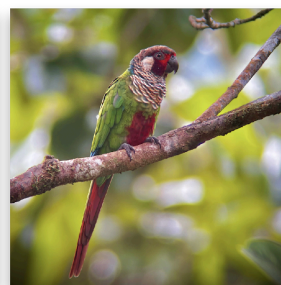
Orange-throated Manakin



Glow-throated Hummingbird



Great Green Macaw



Azuero Parakeet

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

Azuero (Cerro Hoya) is warmer than the Panamanian highlands, but it remains tropical:

- **During the day:** Hot and humid in the foothills, but it becomes temperate as you go up. In the lowlands, temperatures reach **28°C - 31°C (82°F - 88°F)**. At the summit, they are more pleasant, ranging from **15°C - 25°C (59°F - 77°F)**.
- **Early mornings:** Cool, humid, and shrouded in mist.
- **Rainfall:** Intense and persistent during the rainy season (May to December).