

# Mount Totumas Cloud Forest

4 days / 3 nights

*Escape civilization and connect with nature at Chiriqui province's remote, high points. Enjoy comfortable accommodations, stunning views, challenging hikes, and abundant flora and fauna.*



## Day 1 - Arrival at Mount Totumas

Early this morning you will be picked up at your hotel in Panama City for a short transfer to the domestic airport. After a 1-hour flight, you arrive at David Airport you meet your local bilingual Naturalist guide who takes you for a 90-minute ride Northeast to the small mountain town of Volcan. From here you continue for another 20 kilometers West, and for the most part of the journey, you will be on a very irregular and rough mountain road which can only be maneuvered by a good 4x4 car until you reach the lodge. Enjoy a full-day guided hike or bird-watching tour (depending on your interest) at Mount Totumas before your guide departs.

3 NIGHTS AT MOUNT TOTUMAS  
(LD)

## Day 2 - Mount Totumas

There are 9 well-marked trails over 30 km to hike and explore, some easier, some more strenuous. The trails can be self-guided, or if you prefer having a private Naturalist or Birding guide accompany you during your stay, let us know in advance! Hiking trails include waterfalls, hot springs, scenic views, and primary cloud forest. For the adventurous hikers destinations in the adjoining La Amistad National Park are full day trips to visit homesteads or climb the challenging peak of Mount Totumas at 2630m. The mission is to protect and preserve the 400 acres of Mount Totumas Cloud Forest which represents an important buffer zone for the wilderness of La Amistad National Park. The protection of this wilderness is the dominant principle that guides the owner's decisions when planning infrastructure and projects. The restoration and reforestation of the former upper pastures is a key component of this mission. Physical and ethical sustainable methods are practiced.

(BLD)

### Day 3 - Mount Totumas

Buffer zones play a critical role in providing habitat for altitudinal migrants as well as vital corridors for the few remaining apex predators that are still managing to thrive here. At Mount Totumas you will find a great variety of flora and fauna. Birders will have the opportunity to observe many of the more than 200 species of highland specialties and migrants that have been spotted on the reserve. In breeding season The Resplendent Quetzal is very common and easily observed as is the Three Wattled Bellbird, Black Guan, Crested Guan and the elusive Highland Tinamou, 15 species of hummingbird have been spotted at the feeders including the less common Magenta-Throated Woodstar, Brown-Violet Ear, Fiery-Throated Hummingbird, and Long-Billed Starthroat. Entomologists will be amazed by the great variety of Lepidoptera and herpetology; botanists may enjoy a wide array of orchids, bromeliads, flowers, and trees! Landscaping the common area around the cabins is designed to attract wildlife, specifically hummingbirds and butterflies. A greenhouse and vegetable gardens provide organic produce guests are being offered when available. You will find about 6 acres of coffee plantations dedicated to bird-friendly shade-grown coffee at 1850m. The reserve currently counts more than 1,500 trees. Do not expect any "adrenalized" nature experiences at Mount Totumas such as zip lines through the canopy. You are being offered the opportunity to disconnect, unplug from the digital malaise, and reconnect spiritually to the natural world.

(BLD)

### Day 4 - Descend from Mount Totumas | Finca Ceriana Volcán

This morning you will be picked up at Mount Totumas by your private Naturalist Guide and descend to the town of Volcan. You will enjoy a nature hike and picnic lunch at Finca Ceriana, which forms part of a privately protected area for the conservation of flora and fauna in the region. One of its unique characteristics is the number of bird species and other animals from the upper and lower mountain areas. The property is part of the biological corridor that hosts the famous volcano lagoons and a large variety of animal and plant species. Apart from being an important migration zone for birds, the biological corridor of the lagoons and Finca Ceriana is vital for the well-being of the protected areas of La Amistad International Park and Baru Volcano National Park. The farm offers its visitors easy nature trails for outdoor activities, particularly bird watching. The total area counts 10 hectares of protected land and nearly 2 kilometers of nature trails, in addition to one of the most beautiful views to Costa Rica's Golfo Dulce, or sweet golf, and Osa peninsula as well as to Punta Burica in Panama. This afternoon, transfer to David Airport for your flight back to Panama City. Upon arrival, transfer to your hotel in Panama City.

*For avid birders, there is a surcharge for today's tour\*.*

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## TRIP DETAILS

### TRIP CLASSIFICATION

- Moderate hiking 2-4 hours per day with rolling, slippery hills.
- Lodge accommodation comfortable

### INCLUDED

- Roundtrip transportation from your Panama City hotel to Albrook domestic airport
- Domestic flights to and from David
- Private bilingual Naturalist guide (Day 1 + 4)
- Lodge accommodation with private bathroom, hot water and Wi-Fi Internet
- Full Board at Mount Totumas (B-Breakfast, L-Lunch, D-Dinner)

### NOT INCLUDED

- International airfare
- Panama City hotel
- Guided tours with a local guide on-site (Day 2+3); surcharge for birding guide (Day 1+4)
- Meals not specified in the itinerary
- Alcoholic beverages
- Personal equipment
- Gratuities

### WHAT TO BRING

- Reusable water bottle
- Binoculars
- Day pack or dry sack
- Hat
- Sunscreen
- Insect repellent
- Lightweight/quick dry cotton clothes
- Long pants and fleece sweater for the cool mornings and nights
- Rain gear
- Windbreaker
- Swimwear
- Hiking shoes or rubber boots for the trails during rainy season from May-December
- Toiletries and personal medications



### **DISCLAIMER & NOTES**

- Prices and itineraries are correct at the time of publishing, however, they are subject to change due to tidal/weather or local conditions, availability, or factors beyond our control.
- Mount Totumas is located very remotely on a mountain surrounded by many hills, steep trails, and high elevation. Good physical condition and health are required.
- Weight restrictions apply to luggage in commercial and chartered flights within Panama. If flying with Air Panama, each passenger has the right to check 2 pieces of luggage of up to 50 lbs (23 kg) each. Excess baggage charges assessed by commercial carriers are the responsibility of the passenger. You may store the luggage that you don't need while away from the city at your hotel or at our Ancon Expeditions office.



## ACCOMMODATION

### Mount Totumas, Chiriqui



Welcome to the highest lodge in Panama! At 1,900 m above sea level, Mount Totumas' cabins were built from sustainable timber harvested from the reserve's 2nd growth forests and, where possible, dead or dying trees were harvested. Mount Totumas supports the local cottage industries and all the furniture in the cabins was made by local craftsmen using the lodge's own timber. The lodge has a total of 11 rooms spread over four different accommodation areas. The Bellbird Lodge is our top choice for travelers who are looking for spacious and comfortable accommodations. The Bellbird Lodge has three Double rooms, 1 Couple Suite (1 King), and 1 Triple Suite (1 King + 2 Twin), all with bathrooms (and the suites even come with a private balcony offering stunning views over the cloud forest). The Coffee House has 4 private rooms with a balcony. The Cabin is perfect for families or friends offering a loft-style accommodation and fits up to 7 guests. The Howler Tree Cabin is a 20-foot-high tree house and is the most intimate accommodation in the middle of the forest, perfect for a couple that seeks more privacy. Mount Totumas is powered with renewable energy from a micro hydropower station and guests can enjoy hot water, electricity, and complimentary Wi-Fi Internet (except at the Tree House). Chef Alma brings her expertise in Asian and European cuisine and creates dishes that have the power to pull guests away from the views out the window.

**Address:** Mount Totumas Cloud Forest Resort, La Amistad International Park, Chiriqui

**Website:** <http://www.mounttotumas.com>