



TOP BIRDING LODGES OF PANAMA with the Illinois Ornithological Society

June 26-July 5, 2018

Guides: Adam Sell and Josh Engel with local guides

Check out the trip photo gallery at

www.redhillbirding.com/panama2018gallery2

Panama may not be as well-known as Costa Rica as a birding and wildlife destination, but it is every bit as good. With an incredible diversity of birds in a small area, wonderful lodges, and great infrastructure, we tallied more than 300 species while staying at two of the best birding lodges anywhere in Central America. While staying at Canopy Tower, we birded Pipeline Road and other lowland sites in Soberanía National Park and spent a day in the higher elevations of Cerro Azul. We then shifted to Canopy Lodge in the beautiful, cool El Valle de Anton, birding the extensive forests around El Valle and taking a day trip to coastal wetlands and the nearby drier, more open forests in that area. This was the rainy season in Panama, but rain hardly interfered with our birding at all and we generally had nice weather throughout the trip.

The birding, of course, was excellent! The lodges themselves offered great birding, with a fruiting Cecropia tree next to the Canopy Tower which treated us to eye-level views of **tanagers, toucans, woodpeckers, flycatchers, parrots, and honeycreepers**. Canopy Lodge's feeders had a constant stream of birds, including **Gray-cowled Wood-Rail** and **Dusky-faced Tanager**. Other bird highlights included **Ocellated** and **Dull-mantled Antbirds**, **Pheasant Cuckoo**, **Common Potoo** sitting on an egg(!), **King Vulture**, **Black Hawk-Eagle being harassed by Swallow-tailed Kites**, five species of **motmots**, five species of **trogons**, five species of **manakins**, and 21 species of **hummingbirds**. We did well with mammals, too, seeing **Northern Tamandua**, **Central American Woolly Opossum**, **Panamanian Night Monkey**, **Olingo**, and **Geoffroy's Tamarin**. We were also lucky enough to see a **Fer-de-lance** crossing a road from the safety of a vehicle!

TOP 5 BIRDS

1. Common Potoo
2 (tie). Rufous-crested Coquette
2 (tie). Pheasant Cuckoo
2 (tie). Crowned Woodnymph

2 (tie). Collared Aracari



The happy group in the Canopy Lodge's lovely outdoor lounge.

Day 1: Panama City to Canopy Tower

Some of the group had arrived the previous night and got a morning start to the famous Canopy Tower; others arrived in the afternoon and arrived with plenty of daylight for birding. Canopy Tower is perfectly placed atop a hill in the heart of Soberanía National Park, adjacent to the Panama Canal, in the middle of the rainforest. The rooftop is in the forest canopy, offering a spectacular vantage point to see birds, with the skyscrapers of Panama City as a distant backdrop.

The early group got a head start, finding a female **Blue Cotinga**, one of the area's most famous avian residents, along with a number of raptors, including **Short-tailed Crane**, and **Zone-tailed Hawks**, and **Hook-billed Kite**. They also had a very close troop of **Geoffroy's Tamarin**. Once the rest of the group arrived, there were still plenty of birds to see. From big birds like **Keel-billed Toucan** and **Red-lored** and **Mealy Parrots** to the diminutive **Yellow-bellied Tyrannulet** and **Tropical Gnatcatcher**, plus a brief visit by the female **cotinga**. We also had great views of **Plain-colored** and **Golden-hooded Tanager**, **Fulvous-vented Euphonia**, **Blue Dacnis**, and a distant **Capped Heron**. It was a great way to start the trip. Plus an **Olingo** visited the fruiting cecropia right outside the dining room window as we ate dinner, and a **Southern Woolly Opossum** visited after most people had gone back to their rooms.

Day 2: Soberanía National Park

We started the morning on the famed Canopy Tower rooftop, drinking coffee while getting to know the birds of the forest canopy. It was a foggy morning, but we still managed some good birds, including **Black-headed Tody-Flycatcher**, **Yellow-margined Flycatcher**, **Scaled Pigeon**, and a close family group of **Collared Aracaris**. We heard **Slaty-backed Forest-Falcon** and **Green Shrike-Vireo**, but neither would show themselves.



Keel-billed Toucan was a common sight from the Canopy Tower rooftop. Photo by Josh Engel.

After breakfast, we walked from the lodge down the forested entrance road. We were excited to have scope views of **Fasciated Antshrike** and **Black-bellied Wren**, two birds that aren't known for showing off like that! We encountered a few mixed flocks as well, getting great views of **Cinnamon Woodpecker**, **Bicolored Antbird**, and **Plain-brown Woodcreeper**. Some people got lucky and saw a male **Blue-crowned Manakin** and everyone had nice looks at **Crane Hawk** and **Double-toothed Kite**. We also simultaneously spotted a **Brown-throated Three-toed Sloth** and a **Hoffman's Two-toed Sloth**, always popular finds in the lowland rain forest.

After lunch and a rest, the group split up, with part going to the Miraflores Locks, where they watched several boats pass through the locks and learned about the history of the Panama Canal. The other part of the group went birding at the Ammo Dump Ponds. They had out-of-this-world looks at the usually very shy **White-throated Crake**, along with **Black-bellied Whistling Duck chicks**, **Lesser Kiskadee**, **Yellow-olive Flycatcher**, **Ruddy-breasted Seedeater**, and many other **flycatchers**, **waterbirds**, and **seed eaters**.

Day 3: Pipeline Road, Summit Ponds, and Old Gamboa Road

Today was our visit to the legendary Pipeline Road. It lived up to its reputation, with an excellent diversity of forest birds. A major highlight was tracking down a singing **Pheasant**

Cuckoo, which provided incredible looks as it dried out from early morning rains. We also had excellent looks at four species of trogon: **White-tailed**, **Gartered**, **Slaty-tailed**, and **Black-throated**, and we heard a fifth, **Black-tailed**. We found two roosting **Great Potoos** doing their best imitation of a branch. Some people saw a **Black-faced Antthrush** walking on the ground and a male **Golden-collared Manakin**, and everybody had great looks at **Song Wren**, **Black-breasted Puffbird**, and **Purple-throated Fruitcrow**. As we were on our way out, in the vehicle, our local guide Alex came to a quick stop when he heard and then very impressively spotted the miniature **Black-capped Pygmy-Tyrant**, which cooperated for outstanding views.

We headed back out in the afternoon to another nearby spot, Summit Ponds. We parked the car and immediately found a **Pale-eyed Pygmy Tyrant**, another mini-flycatcher. Not long after, we noticed a few birds at an army ant swarm. Here we saw a pair of **White-bellied Antbirds**, **Red-throated Ant-Tanager**, and our best views yet of **Whooping Motmot**, while we watched the ant swarm attacking spiders that didn't have the time or guile to flee.

Walking towards the ponds, a mixed canopy flock had **Golden-fronted Greenlet**, **Paltry Tyrannulet**, **Yellow-olive Flycatcher**, and several other confusing little gray birds! We got sorted with those and made it to the ponds, where we quickly found four species of kingfishers: **Ringed**, **Amazon**, **Green**, and the amazing **American Pygmy**. A short way away, a **Scaled Pigeon** and a **Yellow-crowned Parrot** shared a treetop and a few **Slaty-tailed Trogons** chased each other around. It was a productive afternoon, and we happily returned to the tower for dinner.



A wonderful find was this Pheasant Cuckoo drying out after overnight rains. Photo by Tamima Itani.

Day 4: Cerro Azul

We were up early to make the hour-and-a-half drive east to the higher elevations of Cerro Azul and Cerro Jefe. We arrived in good time and spent much of the day birding the roads and trails of Los Altos de Cerro Azul. We were hoping for tanagers and they showed up for us, including **Speckled, Bay-headed, Rufous-winged, and Emerald**. We had nice views of **Scale-crested Pygmy-Tyrant, Long-billed Gnatwren, and Spotted Woodcreeper**. Our next stop started with a **King Vulture** soaring over the hills and peaked when our guide Alex spotted a **Common Potoo** sitting over its single egg. We eventually made our way to our lunch stop, featuring one of the world's great hummingbird feeder setups. There were more than 100 hummingbirds at any given time, and by the time we were finished we had tallied 11 species, including the rare **Violet-capped Hummingbird**, which made infrequent visits, but just enough for everyone to get great views. **White-necked Jacobin** was by far the most common, with many **Snowy-bellied, Bronze-tailed Plumeleteer**, and a single **Long-billed Starthroat** also featuring. It was also a real pleasure to get great views of **Shining** and **Red-legged Honeycreepers** among the passerines coming to the various feeders as well.

We spent a little more time in the afternoon birding around Cerro Azul, finding quite a few birds, including **Red-capped** and **White-ruffed Manakin, Yellow-green Vireo, Black-striped Woodcreeper**, and **Violet-bellied** and **Violet-headed Hummingbirds**.

We made it back to Canopy Tower in good time, had a rest, ate dinner, then some people returned out for a night drive. It turned out to be a great drive, with a spectacular **Fer-de-lance** right on the road, and great views of **Olingo**, a female **Panamanian Night Monkey** with a baby on her back, a **Southern Woolly Opossum**, and a **Hoffman's Two-toed Sloth**.



Crowned Woodnymph, one of eleven species of hummingbirds that showed off for us at a private feeder setup in Cerro Azul. Photo by Josh Engel.

Day 5: Canopy Tower to Canopy Lodge

We were up on the tower again early, but dense fog again surrounded us, making viewing difficult. We had many of the usual suspects in the fruiting cecropia right next to the tower, including **Golden-hooded Tanager** and **Collared Aracari**, with three species of **swift** flying around: **Vaux's**, **Short-tailed**, and **Band-rumped**. After breakfast, we returned to the tower, where most of the group lucked out with great views of a **Green Shrike-Vireo**, always a most-wanted tower bird. It was a sign of things to come (i.e. a delayed departure). As people started filtering out into the parking lot, word started filtering back that there was an ant swarm developing right there. Pretty soon we were inundated with great views of ant-following birds, including **Northern Barred** and **Plain-brown Woodcreeper**, **Spotted Antbird**, and, best of all, a gorgeous and cooperative **Ocellated Antbird**. We couldn't believe our luck, but to top it off, a **Great Tinamou** showed up and walked around right below us, too! As if that wasn't all enough, our bus driver then spotted a sleeping **Northern Tamandua** in a tree just outside of the gate!

We did eventually hit the road, stopping for local delicacies on the way to the beautiful Valle de Anton and the gorgeous Canopy Lodge. The forested grounds with a river and fruit feeders right off the deck quickly got us over-stimulated, and before too long we had added **Buff-rumped Warbler**, **Gray-cowled Wood-Rail**, and **Flame-rumped Tanager** to our growing list.



One of the most beautiful of all antbirds, we found this Ocellated Antbird attending an army ant swarm right next to the Canopy Tower parking lot as we were getting ready to leave. Good timing! Photo by Tamima Itani.

We set out in the afternoon walking along the forested road near the Lodge. A flock of **Tawny-crested** and **Dusky-faced Tanagers** was in the undergrowth and a **Short-tailed Hawk** soared overhead. We continued our **sloth** hot streak, with our 10th of the trip. Part of the group continued on a small trail into the forest, with great success finding the **Tody Motmot** they were hoping for, getting great views of this rare motmot. We also found **Red-crowned Ant-Tanager** along the trail and a **White Hawk** flew in and landed in the distance. Amazingly, as we returned to the Lodge, we spotted another **White Hawk**, perched a little too in the open, as a flock of **Black-chested Jays** noticed and chased it off. A couple of (the?) others had headed back early, finding **Olive-striped Flycatchers** bathing on the road and **Blue-headed Parrots** perched in a tree.

Day 6: El Valle

After a nice early morning at the Lodge, which included three **Spot-crowned Barbets** in a treetop on the grounds, we set out after breakfast to La Mesa. We stopped at a big **Chestnut-headed Oropendola** colony, where a **Giant Cowbird**, an oropendola nest parasite, was in attendance. Continuing higher, we birded along the road, then off the road on a forested trail. We found a great fruiting tree, which held **Scarlet-thighed Dacnis**, **Silver-throated Tanager**, **White-lined Tanager**, **Spot-crowned Barbet**, and other frugivorous birds. Along the road we also found **Orange-bellied Trogon**, **Chestnut-capped Brushfinch**, **Wedge-billed Woodcreeper**, and **Rufous-and-white Wren**. The trail was quiet but punctuated by activity, the most exciting

of which was a **Black-crowned Antpitta**, that some in the group got to see well. It was, as to be expected of it, very difficult to see. We heard **Orange-billed Nightingale-Thrush** in the same area, but likewise it wouldn't come out for us.

We set out again in the afternoon, stopping in at the Sunday market in town before birding on the quiet Cara Iguana road. Our first mission was to see if the local **Spectacled Owl** family was around, and sure enough, it was. We had great views of two adults and a juvenile right near their nest site. The roadside was full of birds, and we enjoyed good views of **Lineated Woodpecker**, **Striped Cuckoo**, **Yellow-bellied** and **Lesser Elaenias**, **Isthmian Wren**, and other birds of the forest edge. We continued our **sloth** streak as well, finding two more **Three-toed Sloths** on our afternoon walk. Just as we were finishing up our evening checklist in the Lodge's sitting area, a **Northern Tamandua**, our second of the trip, showed up in a tree just outside.

Day 7: Pacific Coast

We headed down in elevation today for a change in pace, though our first birding stops were just outside El Valle, where **Wedge-tailed Grass-Finch** showed beautifully. We made a few additional stops as we descended, getting brief looks at **Crested Bobwhite** and very nice looks at **Lesson's Motmot**, **Fork-tailed Flycatcher**, **Rufous-browed Peppershrike**, **Blue-headed Parrot**, and a roosting **Common Nighthawk**. Reaching the lower elevation grasslands, we were treated to spectacular views of a family group of **Aplomado Falcons**, with the youngster showing especially well. The roadside trees held **Mouse-colored Tyrannulet**, **Northern Scrub-Flycatcher**, **Golden-fronted Greenlet**, and **Straight-billed Woodcreeper**. The wet fields held a variety of waders, **Common Black-Hawk**, **Lesser Yellow-headed Vulture**, and some very cooperative **Savannah Hawks**. After a bit of effort, everyone got great looks at **Lance-tailed Manakin** along the road, and in the same area a **Sapphire-throated Hummingbird** sat long enough for everyone to get scope views.



**We had great fun throwing fish to the Magnificent Frigatebirds at our oceanfront lunch spot.
Photo by Tamima Itani.**

Lunch was on a beautiful piece of private land, right on the beach. Not only was it a great setting to enjoy our picnic, but there were **Blue-footed** and **Brown Boobies** offshore, a **Ferruginous Pygmy-Owl** in the garden, **Bat Falcons** overhead, and Tamima bought some freshly-caught fish from the local fisherman to feed to the many **Magnificent Frigatebirds** hanging out over the beach.

We had a bit of time for afternoon birding, checking out some rice paddies near the coast. There were lots of wading birds and we had nice views of **Pale-breasted Spinetail** and **Yellow-crowned Parrots**. We were surprised to see two **Coyotes** strolling through the rice paddies .

Day 8: El Valle

After our breakfast at the Lodge, we left town to bird along the very steep road that leads into the Los Altos del Maria. We found some nice mixed tanager flocks along the road, which included **Silver-throated** and **Emerald Tanager**, **Tawny-capped Euphonia**, and **Common Chlorospingus**. A **Russet Antshrike** joined one flock and sat still enough for the whole group to get scope views. **Northern Emerald-Toucanets** were feeding in a cecropia and a **Black Hawk-Eagle** sailed overhead. We worked hard when we heard a **Dull-mantled Antbird** to see it, but with little success. So we were especially pleased when a short while later a second one started singing up the road and we got excellent views. Along that same stretch of road, a few people glimpsed a female **Snowcap** and a few others had nice views of **Northern Schiffornis**. On the

other hand, singing **Ochraceous Wren** and **White-throated Spadebill** would not show themselves at all.

After our midday siesta, we headed back out, to the lovely road through Valle Chiquito. On the way, we stopped to look for **Rosy Thrush-Tanager**, now placed in a family of its own, which mostly skulked deep in the thickets, but a few people saw it well. We also had a very cooperative **Tody Motmot**, which allowed several in the group to catch up on that bird, the trip's fifth motmot species. Once in Valle Chiquito, we had **Golden-collared Manakins** wing-snapping all around us, but only a few people got views. It was a beautiful, sunny afternoon, so we frequently scanned the skies for raptors, but were rewarded only with a single **Short-tailed Hawk**. We had nice views of many common birds, like **Red-legged Honeycreeper**, **Panama Flycatcher**, **Lineated Woodpecker**, **Swallow-tailed Kite**, and **Squirrel Cuckoo**.

After dinner, we headed out around the Lodge to look for owls, and almost immediately had point-blank looks at a **Tropical Screech-Owl**. Not a bad way to end the day.



We had wonderful views of the unique Black-and-yellow Tanager. Photo by Tamima Itani.

Day 9: El Valle to Panama City

We had one day remaining to enjoy the mountains around El Valle. We headed upslope again, this time to Cerro Gaital. Along the way, we stopped to check a few spots for Sunbittern, without success. We did see a tree full of **Keel-billed Toucans**, a few **Black-chested Jays**, and some people saw our first **White-collared Swift** of the trip. We made it up to Gaital, where

Bicolored Antbirds greeted us at the trailhead. We waited patiently for **White-tipped Sicklebill** to show up at their favorite heliconia flowers. While much of the group decided to climb a bit higher to wait near a larger patch of flowers, a sicklebill showed up at the two flowers down below for those who stayed! Returning to the cars, a couple people were lucky enough to see a **White-tailed Emerald** in the canopy.

We had a final, short afternoon to enjoy the feeders and Lodge. A **Chestnut-headed Oropendola** nipped into the feeders for a bite of banana. A few of us took a walk up the road, getting nice views of **Spot-crowned Barbet** along the road and **Dot-winged Antwren** along a nearby trail. Then it was time to pack up, eat an early dinner, and make our way to Panama City for our farewells at the end of an outstanding experience in Panama.

BIRD LIST. 306 species, including 17 heard only. Taxonomy follows the Clements/eBird Checklist, 2017 update. Names in *Field Guide to the Birds of Panama* by Angehr and Dean are in parentheses. (H) denoted heard only. IUCN Red List status listed for threatened and near-threatened species: CR=Critically Endangered, EN=Endangered, VU=Vulnerable, NT=Near-threatened.

Great Tinamou (NT) - *Tinamus major*
 Little Tinamou (H) - *Crypturellus soui*
 Black-bellied Whistling-Duck - *Dendrocygna autumnalis*
 Gray-headed Chachalaca - *Ortalis cinereiceps*
 Crested Bobwhite - *Colinus cristatus*
 Wood Stork - *Mycteria americana*
 Magnificent Frigatebird - *Fregata magnificens*
 Blue-footed Booby - *Sula nebouxii*
 Brown Booby - *Sula leucogaster*
 Neotropic Cormorant - *Phalacrocorax brasilianus*
 Anhinga - *Anhinga anhinga*
 Brown Pelican - *Pelecanus occidentalis*
 Great Egret - *Ardea alba*
 Snowy Egret - *Egretta thula*
 Little Blue Heron - *Egretta caerulea*
 Cattle Egret - *Bubulcus ibis*
 Green Heron - *Butorides virescens*
 Striated Heron - *Butorides striata*
 Capped Heron - *Pilherodius pileatus*
 Black-crowned Night-Heron - *Nycticorax nycticorax*
 Yellow-crowned Night-Heron - *Nyctanassa violacea*

Boat-billed Heron - *Cochlearius cochlearius*
 White Ibis - *Eudocimus albus*
 Glossy Ibis - *Plegadis falcinellus*
 Black Vulture - *Coragyps atratus*
 Turkey Vulture - *Cathartes aura*
 Lesser Yellow-headed Vulture - *Cathartes burrovianus*
 King Vulture - *Sarcoramphus papa*
 Osprey - *Pandion haliaetus*
 White-tailed Kite - *Elanus leucurus*
 Hook-billed Kite - *Chondrohierax uncinatus*
 Swallow-tailed Kite - *Elanoides forficatus*
 Black Hawk-Eagle - *Spizaetus tyrannus*
 Double-toothed Kite - *Harpagus bidentatus*
 Crane Hawk - *Geranospiza caerulescens*
 Common Black Hawk - *Buteogallus anthracinus*
 Savanna Hawk - *Buteogallus meridionalis*
 Roadside Hawk - *Rupornis magnirostris*
 White Hawk - *Pseudastur albicollis*
 Gray-lined (Gray) Hawk - *Buteo nitidus*
 Short-tailed Hawk - *Buteo brachyurus*
 Zone-tailed Hawk - *Buteo albonotatus*
 White-throated Crake - *Laterallus albigularis*
 Gray-cowled (Gray-necked) Wood-Rail - *Aramides cajaneus*
 Purple Gallinule - *Porphyrio martinica*
 Black-necked Stilt - *Himantopus mexicanus*
 Southern Lapwing - *Vanellus chilensis*
 Wattled Jacana - *Jacana jacana*
 Whimbrel - *Numenius phaeopus*
 Laughing Gull - *Leucophaeus atricilla*
 Common Tern - *Sterna hirundo*
 Pale-vented Pigeon - *Patagioenas cayennensis*
 Scaled Pigeon - *Patagioenas speciosa*
 Plain-breasted Ground-Dove (H) - *Columbina minuta*
 Ruddy Ground-Dove - *Columbina talpacoti*
 White-tipped Dove - *Leptotila verreauxi*
 Gray-chested Dove (H) - *Leptotila cassinii*
 Mourning Dove - *Zenaida macroura*
 Greater Ani - *Crotophaga major*
 Smooth-billed Ani - *Crotophaga ani*
 Groove-billed Ani - *Crotophaga sulcirostris*

Striped Cuckoo - *Tapera naevia*
 Pheasant Cuckoo - *Dromococcyx phasianellus*
 Squirrel Cuckoo - *Piaya cayana*
 Tropical Screech-Owl - *Megascops choliba*
 Spectacled Owl - *Pulsatrix perspicillata*
 Ferruginous Pygmy-Owl - *Glaucidium brasilianum*
 Common Nighthawk - *Chordeiles minor*
 Great Potoo - *Nyctibius grandis*
 Common Potoo - *Nyctibius griseus*
 White-collared Swift - *Streptoprocne zonaris*
 Vaux's Swift - *Chaetura vauxi*
 Short-tailed Swift - *Chaetura brachyura*
 Band-rumped Swift - *Chaetura spinicaudus*
 Lesser Swallow-tailed Swift - *Panyptila cayennensis*
 White-necked Jacobin - *Florisuga mellivora*
 White-tipped Sicklebill - *Eutoxeres aquila*
 Green Hermit - *Phaethornis guy*
 Long-billed Hermit - *Phaethornis longirostris*
 Stripe-throated Hermit - *Phaethornis striigularis*
 Purple-crowned Fairy - *Heliathryx barroti*
 Rufous-crested Coquette - *Lophornis delattrei*
 Long-billed Starthroat - *Helimaster longirostris*
 Garden Emerald - *Chlorostilbon assimilis*
 Violet-headed Hummingbird - *Klais guimeti*
 White-vented Plumeleteer - *Chalybura buffonii*
 Bronze-tailed Plumeleteer - *Chalybura urochrysia*
 Crowned (Green-crowned) Woodnymph - *Thalurania colombica*
 White-tailed Emerald - *Elvira chionura*
 Snowcap - *Microchera albocoronata*
 Blue-chested Hummingbird - *Amazilia amabilis*
 Snowy-bellied Hummingbird - *Amazilia edward*
 Rufous-tailed Hummingbird - *Amazilia tzacatl*
 Violet-capped Hummingbird (NT) - *Goldmania violiceps*
 Sapphire-throated Hummingbird - *Lepidopyga coeruleogularis*
 Violet-bellied Hummingbird - *Juliomyia julie*
 Slaty-tailed Trogon - *Trogon massena*
 Black-tailed Trogon (H) - *Trogon melanurus*
 White-tailed Trogon - *Trogon chionurus*
 Gartered (Violaceous) Trogon - *Trogon caligatus*
 Black-throated Trogon - *Trogon rufus*

Orange-bellied Trogon - *Trogon aurantiiventris*
 Tody Motmot - *Hylomanes momotula*
 Lesson's (Blue-crowned) Motmot - *Momotus lessonii*
 Whooping (Blue-crowned) Motmot - *Momotus subrufescens*
 Rufous Motmot - *Baryphthengus martii*
 Broad-billed Motmot - *Electron platyrhynchum*
 Ringed Kingfisher - *Megaceryle torquata*
 Amazon Kingfisher - *Chloroceryle amazona*
 Green Kingfisher - *Chloroceryle americana*
 American Pygmy Kingfisher - *Chloroceryle aenea*
 White-necked Puffbird - *Notharchus hyperrhynchus*
 Black-breasted Puffbird - *Notharchus pectoralis*
 White-whiskered Puffbird - *Malacoptila panamensis*
 Spot-crowned Barbet - *Capito maculicoronatus*
 Northern Emerald-Toucanet - *Aulacorhynchus prasinus*
 Collared Aracari - *Pteroglossus torquatus*
 Yellow-throated (Chestnut-mandibled) Toucan (NT) - *Ramphastos ambiguus*
 Keel-billed Toucan - *Ramphastos sulfuratus*
 Black-cheeked Woodpecker - *Melanerpes pucherani*
 Red-crowned Woodpecker - *Melanerpes rubricapillus*
 Cinnamon Woodpecker - *Celeus loricatus*
 Lineated Woodpecker - *Dryocopus lineatus*
 Slaty-backed Forest Falcon (H) - *Micrastur mirandoleii*
 Collared Forest-Falcon (H) - *Micrastur semitorquatus*
 Crested Caracara - *Caracara cheriway*
 Yellow-headed Caracara - *Milvago chimachima*
 American Kestrel - *Falco sparverius*
 Aplomado Falcon - *Falco femoralis*
 Bat Falcon - *Falco ruficularis*
 Orange-chinned Parakeet - *Brotogeris jugularis*
 Brown-hooded Parrot - *Pyrilia haematotis*
 Blue-headed Parrot - *Pionus menstruus*
 Red-lored Parrot - *Amazona autumnalis*
 Yellow-crowned Parrot - *Amazona ochrocephala*
 Mealy Parrot (NT) - *Amazona farinosa*
 Fasciated Antshrike - *Cymbilaimus lineatus*
 Barred Antshrike - *Thamnophilus doliatus*
 Black-crowned (Western Slaty-) Antshrike - *Thamnophilus atrinucha*
 Russet Antshrike - *Thamnistes anabatinus*
 Plain Antvireo - *Dysithamnus mentalis*

Spot-crowned Antwreos (H) - *Dysithamnus puncticeps*
 Checker-throated Antwren - *Epinecrophylla fulviventris*
 White-flanked Antwren - *Myrmotherula axillaris*
 Slaty Antwren (H) - *Myrmotherula schisticolor*
 Dot-winged Antwren - *Microrhopias quixensis*
 Dusky Antbird - *Cercomacroides tyrannina*
 White-bellied Antbird - *Myrmeciza longipes*
 Chestnut-backed Antbird - *Poliocrania exsul*
 Dull-mantled Antbird - *Sipia laemosticta*
 Bicolored Antbird - *Gymnopithys bicolor*
 Spotted Antbird - *Hylophylax naevioides*
 Ocellated Antbird - *Phaenostictus mcleannani*
 Black-crowned Antpitta - *Pittasoma michleri*
 Streak-chested Antpitta (H) - *Hylopezus perspicillatus*
 Black-faced Antthrush - *Formicarius analis*
 Olivaceous Woodcreeper - *Sittasomus griseicapillus*
 Plain-brown Woodcreeper - *Dendrocincla fuliginosa*
 Wedge-billed Woodcreeper - *Glyphorhynchus spirurus*
 Northern Barred-Woodcreeper - *Dendrocolaptes sanctithomae*
 Cocoa Woodcreeper - *Xiphorhynchus susurrans*
 Black-striped Woodcreeper - *Xiphorhynchus lachrymosus*
 Spotted Woodcreeper - *Xiphorhynchus erythropygius*
 Straight-billed Woodcreeper - *Dendroplex picus*
 Plain Xenops - *Xenops minutus*
 Pale-breasted Spinetail - *Synallaxis albescens*
 Brown-capped Tyrannulet - *Ornithion brunneicapillus*
 Southern Beardless-Tyrannulet - *Camptostoma obsoletum*
 Mouse-colored Tyrannulet - *Phaeomyias murina*
 Yellow-crowned Tyrannulet - *Tyrannulus elatus*
 Forest Elaenia - *Myiopagis gaimardii*
 Yellow-bellied Elaenia - *Elaenia flavogaster*
 Lesser Elaenia - *Elaenia chiriquensis*
 Olive-striped Flycatcher - *Mionectes olivaceus*
 Sepia-capped Flycatcher (H) - *Leptopogon amaurocephalus*
 Paltry Tyrannulet - *Zimmerius vilissimus*
 Northern Scrub-Flycatcher - *Sublegatus arenarum*
 Black-capped Pygmy-Tyrant - *Myiornis atricapillus*
 Scale-crested Pygmy-Tyrant - *Lophotriccus pileatus*
 Pale-eyed Pygmy-Tyrant - *Atalotriccus pilaris*
 Southern Bentbill - *Oncostoma olivaceum*

Common Tody-Flycatcher - *Todirostrum cinereum*
 Black-headed Tody-Flycatcher - *Todirostrum nigriceps*
 Olivaceous Flatbill - *Rhynchocyclus olivaceus*
 Yellow-olive Flycatcher - *Tolmomyias sulphurescens*
 Yellow-margined Flycatcher - *Tolmomyias assimilis*
 White-throated Spadebill (H) - *Platyrinchus mystaceus*
 Golden-crowned Spadebill - *Platyrinchus coronatus*
 Ruddy-tailed Flycatcher - *Terenotriccus erythrurus*
 Sulphur-rumped Flycatcher - *Myiobius sulphureipygius*
 Tufted Flycatcher (H) - *Mitrephanes phaeocercus*
 Bright-rumped Attila - *Attila spadiceus*
 Rufous Mourner - *Rhytipterna holerythra*
 Dusky-capped Flycatcher - *Myiarchus tuberculifer*
 Panama Flycatcher - *Myiarchus panamensis*
 Lesser Kiskadee - *Pitangus lictor*
 Great Kiskadee - *Pitangus sulphuratus*
 Boat-billed Flycatcher - *Megarynchus pitangua*
 Rusty-margined Flycatcher - *Myiozetetes cayanensis*
 Social Flycatcher - *Myiozetetes similis*
 Streaked Flycatcher - *Myiodynastes maculatus*
 Piratic Flycatcher - *Legatus leucophaeus*
 Tropical Kingbird - *Tyrannus melancholicus*
 Fork-tailed Flycatcher - *Tyrannus savana*
 Purple-throated Fruitcrow - *Querula purpurata*
 Blue Cotinga - *Cotinga nattererii*
 Lance-tailed Manakin - *Chiroxiphia lanceolata*
 White-ruffed Manakin - *Corapipo altera*
 Blue-crowned Manakin - *Lepidothrix coronata*
 Golden-collared Manakin - *Manacus vitellinus*
 Red-capped Manakin - *Ceratopipra mentalis*
 Masked Tityra - *Tityra semifasciata*
 Northern (Thrush-like) Schiffornis - *Schiffornis veraepacis*
 Russet-winged (Thrush-like) Schiffornis - *Schiffornis stenorhyncha*
 White-winged Becard - *Pachyramphus polychopterus*
 Rufous-browed Peppershrike - *Cyclarhis gujanensis*
 Scrub Greenlet - *Hylophilus flavipes*
 Green Shrike-Vireo - *Vireolanius pulchellus*
 Lesser Greenlet - *Pachysylvia decurtata*
 Golden-fronted Greenlet - *Pachysylvia aurantiifrons*
 Yellow-green Vireo - *Vireo flavoviridis*

Black-chested Jay - *Cyanocorax affinis*
 Southern Rough-winged Swallow - *Stelgidopteryx ruficollis*
 Gray-breasted Martin - *Progne chalybea*
 Mangrove Swallow - *Tachycineta albilinea*
 Scaly-breasted (Southern Nightingale) Wren - *Microcerculus marginatus*
 House Wren - *Troglodytes aedon*
 Ochraceous Wren (H)- *Troglodytes ochraceus*
 Black-bellied Wren - *Pheugopedius fasciatoventris*
 Rufous-breasted Wren - *Pheugopedius rutilus*
 Rufous-and-white Wren - *Thryophilus rufalbus*
 Isthmian (Plain) Wren - *Cantorchilus elutus*
 Bay Wren - *Cantorchilus nigricapillus*
 Buff-breasted Wren (H) - *Cantorchilus leucotis*
 White-breasted Wood-Wren - *Henicorhina leucosticta*
 Gray-breasted Wood-Wren - *Henicorhina leucophrys*
 Song Wren - *Cyphorhinus phaeocephalus*
 Long-billed Gnatwren - *Ramphocaenus melanurus*
 Tropical Gnatcatcher - *Polioptila plumbea*
 Orange-billed Nightingale-Thrush (H) - *Catharus aurantiirostris*
 Pale-vented Thrush (H) - *Turdus obsoletus*
 Clay-colored Thrush - *Turdus grayi*
 Tropical Mockingbird - *Mimus gilvus*
 Rosy Thrush-Tanager - *Rhodinocichla rosea*
 Rufous-capped Warbler - *Basileuterus rufifrons*
 Buff-rumped Warbler - *Myiothlypis fulvicauda*
 Gray-headed Tanager - *Eucometis penicillata*
 White-shouldered Tanager - *Tachyphonus luctuosus*
 Tawny-crested Tanager - *Tachyphonus delatrii*
 White-lined Tanager - *Tachyphonus rufus*
 Flame-rumped (Lemon-rumped) Tanager - *Ramphocelus flammigerus*
 Crimson-backed Tanager - *Ramphocelus dimidiatus*
 Blue-gray Tanager - *Thraupis episcopus*
 Palm Tanager - *Thraupis palmarum*
 Speckled Tanager - *Ixothraupis guttata*
 Golden-hooded Tanager - *Tangara larvata*
 Plain-colored Tanager - *Tangara inornata*
 Rufous-winged Tanager - *Tangara lavinia*
 Bay-headed Tanager - *Tangara gyrola*
 Emerald Tanager - *Tangara florida*
 Silver-throated Tanager - *Tangara icterocephala*

Scarlet-thighed Dacnis - *Dacnis venusta*
 Blue Dacnis - *Dacnis cayana*
 Shining Honeycreeper - *Cyanerpes lucidus*
 Red-legged Honeycreeper - *Cyanerpes cyaneus*
 Green Honeycreeper - *Chlorophanes spiza*
 Black-and-yellow Tanager - *Chrysothlypis chrysomelas*
 Wedge-tailed Grass-Finch - *Emberizoides herbicola*
 Blue-black Grassquit - *Volatinia jacarina*
 Ruddy-breasted Seedeater - *Sporophila minuta*
 Thick-billed Seed-Finch - *Sporophila funerea*
 Variable Seedeater - *Sporophila corvina*
 Yellow-bellied Seedeater - *Sporophila nigricollis*
 Bananaquit - *Coereba flaveola*
 Yellow-faced Grassquit - *Tiaris olivaceus*
 Buff-throated Saltator - *Saltator maximus*
 Black-headed Saltator - *Saltator atriceps*
 Streaked Saltator - *Saltator striatipectus*
 Slate-colored Grosbeak (H) - *Saltator grossus*
 Common Chlorospingus - *Chlorospingus flavopectus*
 Black-striped Sparrow - *Arremonops conirostris*
 Orange-billed Sparrow - *Arremon aurantiirostris*
 Chestnut-capped Brushfinch - *Arremon brunneinucha*
 Dusky-faced Tanager - *Mitrospingus cassinii*
 Hepatic Tanager - *Piranga flava*
 Red-crowned Ant-Tanager - *Habia rubica*
 Red-throated Ant-Tanager - *Habia fuscicauda*
 Carmiol's Tanager - *Chlorothraupis carmioli*
 Blue-black Grosbeak - *Cyanoloxia cyanoides*
 Eastern Meadowlark - *Sturnella magna*
 Red-breasted Meadowlark - *Sturnella militaris*
 Yellow-billed Caciue - *Amblycercus holosericeus*
 Crested Oropendola - *Psarocolius decumanus*
 Chestnut-headed Oropendola - *Psarocolius wagleri*
 Scarlet-rumped Caciue - *Cacicus uropygialis*
 Yellow-tailed Oriole - *Icterus mesomelas*
 Shiny Cowbird - *Molothrus bonariensis*
 Giant Cowbird - *Molothrus oryzivorus*
 Great-tailed Grackle - *Quiscalus mexicanus*
 Yellow-crowned Euphonia - *Euphonia luteicapilla*
 Thick-billed Euphonia - *Euphonia laniirostris*

Fulvous-vented Euphonia - *Euphonia fulvicrissa*
White-vented Euphonia - *Euphonia minuta*
Tawny-capped Euphonia - *Euphonia annae*
Lesser Goldfinch - *Spinus psaltria*
House Sparrow - *Passer domesticus*

MAMMAL LIST. 17 species.

Brown-throated Three-toed Sloth - *Bradypus variegatus*
Hoffmann's Two-toed Sloth - *Choloepus hoffmanni*
Northern Tamandua - *Tamandua mexicana*
Panamanian Night Monkey - *Aotus zonalis*
Geoffroy's Tamarin - *Saguinus geoffroyi*
White-faced Capuchin - *Cebus capucinus*
Mantled Howler Monkey - *Alouatta palliata*
Capybara - *Hydrochoerus hydrochaeris*
Central American Agouti - *Dasyprocta punctata*
Western dwarf Squirrel - *Microsciurus mimulus*
Red-tailed Squirrel - *Sciurus granatensis*
Variegated Squirrel - *Sciurus variegatoides*
Coyote - *Canis latrans*
White-nosed Coati - *Nasua narica*
Northern Olingo - *Bassaricyon gabbii*
White-tailed Deer - *Odocoileus virginianus*
Central American Woolly Opossum - *Caluromys derbianus*



White-throated Crake showed unbelievably well for us. Photo by Tamima Itani.



We had scope views of an incredibly cooperative Fasciated Antshrike. Photo by Tamima Itani.