

Field Guides Tour Report
CANOPY LODGE EXTENSION

Mar 3, 2012 to Mar 7, 2012
Chris Benesh & Moyo Rodriguez



It's hard to beat a Bay-headed Tanager, a bird so stunning, even a branch cutting across its breast doesn't diminish its beauty! (Photo by guide Chris Benesh)

For some of us, our next stop after our Canopy Tower stay was a visit to the Canopy Lodge. Our first afternoon was spent enjoying the steady stream of birds coming to the lodge feeders, along with a late afternoon walk up the road to the Canopy Adventure.

The following morning, we set off for a day at the Altos del Maria, a housing development devoted to reforesting habitat while providing for low-intensity housing.

Day three was a morning spent at La Mesa, an area of mixed forest and second growth north of El Valle, and a productive afternoon visit to Valle Chiquito (think Tody Motmot).

Our final morning saw us heading down to the Pacific lowlands, where we spent a bird-filled morning birding ricefields and lowland forests before heading to Santa Clara for lunch and goodbyes.

There were quite a few highlights, which included point-blank views of Lesser Yellow-headed Vultures, a swift-flying Aplomado Falcon, a day-roosting Mottled Owl, a feeding White-tipped Sicklebill, a male Snowcap, multiple Orange-bellied Trogons, a memorable Tody Motmot, Spotted Barbtail, lots of flycatchers, Tawny-faced Gnatwren, lots of colorful tanagers, Orange-billed Sparrow, and Chestnut-headed Oropendola.

--Chris

For more information about this tour, including future departures, visit our website at www.fieldguides.com. And to see this same triplist online, go to <http://www.fieldguides.com/triplists/pac12b-extLIST.pdf> and you will find the list in its entirety.

KEYS FOR THIS LIST

One of the following keys may be shown in brackets for individual species as appropriate: * = heard only, I = introduced, E = endemic, N = nesting, a = austral migrant, b = boreal migrant

BIRDS

Cracidae (Guans, Chachalacas, and Curassows)

GRAY-HEADED CHACHALACA (*Oreortyx cinereiceps*)

Fregatidae (Frigatebirds)

MAGNIFICENT FRIGATEBIRD (*Fregata magnificens*)

Pelecanidae (Pelicans)

BROWN PELICAN (*Pelecanus occidentalis*)

Ardeidae (Herons, Egrets, and Bitterns)

GREAT BLUE HERON (*Ardea herodias*)

GREAT EGRET (*Ardea alba*)

SNOWY EGRET (*Egretta thula*)

LITTLE BLUE HERON (*Egretta caerulea*)

CATTLE EGRET (*Bubulcus ibis*)

BLACK-CROWNED NIGHT-HERON (AMERICAN) (*Nycticorax nycticorax hoactli*)

BOAT-BILLED HERON (SOUTHERN) (*Cochlearius cochlearius panamensis*)

Threskiornithidae (Ibises and Spoonbills)

WHITE IBIS (*Eudocimus albus*)

GLOSSY IBIS (*Plegadis falcinellus*)

Cathartidae (New World Vultures)

BLACK VULTURE (*Coragyps atratus*)

TURKEY VULTURE (*Cathartes aura*)

LESSER YELLOW-HEADED VULTURE (*Cathartes burrovianus*)

– Really fantastic views of this species along the coastal ricefields at Juan Hombron.

Accipitridae (Hawks, Eagles, and Kites)

GRAY-HEADED KITE (*Leptodon cayanensis*)

SWALLOW-TAILED KITE (*Elanoides forficatus*)

WHITE-TAILED KITE (*Elanus leucurus*)

WHITE HAWK (*Leucopternis albicollis*) – Moyo spotted a couple of these at Altos del Maria.

COMMON BLACK-HAWK (*Buteogallus anthracinus*)

SAVANNA HAWK (*Buteogallus meridionalis*)

ROADSIDE HAWK (*Buteo magnirostris*)

BROAD-WINGED HAWK (*Buteo platypterus*)

Falconidae (Falcons and Caracaras)

CRESTED CARACARA (*Caracara cheriway*)

YELLOW-HEADED CARACARA (*Milvago chimachima*)

APLOMADO FALCON (*Falco femoralis*) – Great views of one at Juan Hombron that we watched snatch a rodent from a



The delightful little Tody Motmot is one of the star attractions of the El Valle region. (Photo by guide Chris Benesh)

Snowy Egret.

BAT FALCON (*Falco ruficularis*)

PEREGRINE FALCON (*Falco peregrinus*)

Rallidae (Rails, Gallinules, and Coots)

WHITE-THROATED CRAKE (*Laterallus albigularis*)

GRAY-NECKED WOOD-RAIL (*Aramides cajanea*)

PURPLE GALLINULE (*Porphyrio martinica*)

Charadriidae (Plovers and Lapwings)

SOUTHERN LAPWING (*Vanellus chilensis*)

Jacanidae (Jacanas)

WATTLED JACANA (*Jacana jacana*)

Scolopacidae (Sandpipers and Allies)

WILLET (*Tringa semipalmata*)

WHIMBREL (AMERICAN) (*Numenius phaeopus hudsonicus*)

Laridae (Gulls, Terns, and Skimmers)

LAUGHING GULL (*Leucophaeus atricilla*)

SANDWICH TERN (CABOT'S) (*Thalasseus sandvicensis acuflavidus*)

ELEGANT TERN (*Thalasseus elegans*)

Columbidae (Pigeons and Doves)

SCALED PIGEON (*Patagioenas speciosa*)

PLAIN-BREASTED GROUND-DOVE (*Columbina minuta*) – Good views of this species at Juan Hombron.

RUDDY GROUND-DOVE (*Columbina talpacoti*)

WHITE-TIPPED DOVE (*Leptotila verreauxi*)

Psittacidae (Parrots)

BROWN-THROATED PARAKEET (VERAGUAS) (*Aratinga pertinax ocularis*)

ORANGE-CHINNED PARAKEET (*Brotogeris jugularis*)

BROWN-HOODED PARROT (*Pyrilia haematotis*)

BLUE-HEADED PARROT (*Pionus menstruus*)

RED-LORED PARROT (SALVIN'S) (*Amazona autumnalis salvini*)

YELLOW-CROWNED PARROT (*Amazona ochrocephala panamensis*) – Another highlight of our visit to Juan Hombron.

Cuculidae (Cuckoos)

SQUIRREL CUCKOO (*Piaya cayana*)

STRIPED CUCKOO (*Tapera naevia*)

GROOVE-BILLED ANI (*Crotophaga sulcirostris*)

Strigidae (Owls)

MOTTLED OWL (*Ciccaba virgata*) – Terrific views of one roosting at the Canopy Lodge.

Trochilidae (Hummingbirds)

WHITE-TIPPED SICKLEBILL (*Eutoxeres aquila*) – What an unusual hummingbird! Well seen feeding on heliconia flowers.

GREEN HERMIT (*Phaethornis guy*)

STRIPE-THROATED HERMIT (*Phaethornis striigularis*)

VERAGUAN MANGO (*Anthracothonax veraguensis*)

GREEN-CROWNED BRILLIANT (*Heliodoxa jacula*)



Easily one of the most charismatic hummingbirds of the area, the tiny Snowcap is at the eastern edge of its Panamanian range here in El Valle. (Photo by guide Chris Benesh)

GARDEN EMERALD (*Chlorostilbon assimilis*)

VIOLET-HEADED HUMMINGBIRD (*Klais guimeti*)

WHITE-VENTED PLUMELETEER (*Chalybura buffonii*)

BRONZE-TAILED PLUMELETEER (*Chalybura urochrysa*)

VIOLET-CROWNED WOODNYMPH (*Thalurania colombica*)

SNOWCAP (*Microchera albocoronata*) – A beautiful male seen at Altos del Maria was a trip favorite for several.

BLUE-CHESTED HUMMINGBIRD (*Amazilia amabilis*)

SNOWY-BELLIED HUMMINGBIRD (*Amazilia edward edward*)

RUFOUS-TAILED HUMMINGBIRD (*Amazilia tzacatl*)

Trogonidae (Trogons)

ORANGE-BELLIED TROGON (*Trogon aurantiiventris*)

Momotidae (Motmots)

TODY MOTMOT (*Hylomanes momotula*) – Great looks at this petite species at Valle Chiquito.

WHOOPIING MOTMOT (WHOOPIING) (*Momotus subrufescens conexus*)

RUFOUS MOTMOT (*Baryphthengus martii*)

BROAD-BILLED MOTMOT (*Electron platyrhynchum*)

Alcedinidae (Kingfishers)

RINGED KINGFISHER (*Megaceryle torquata*)

AMAZON KINGFISHER (*Chloroceryle amazona*)

Ramphastidae (Toucans)

EMERALD TOUCANET (BLUE-THROATED) (*Aulacorhynchus prasinus caeruleogularis*)

COLLARED ARACARI (*Pteroglossus torquatus*)

KEEL-BILLED TOUCAN (*Ramphastos sulfuratus*)

Picidae (Woodpeckers)

BLACK-CHEEKED WOODPECKER (*Melanerpes pucherani*)

RED-CROWNED WOODPECKER (*Melanerpes rubricapillus*)

LINEATED WOODPECKER (*Dryocopus lineatus*)

Furnariidae (Ovenbirds and Woodcreepers)

PALE-BREASTED SPINETAIL (*Synallaxis albescens hypoleuca*)

RED-FACED SPINETAIL (*Cranioleuca erythroptera*)

SPOTTED BARBTAIL (*Premnoplex brunnescens*) – Nice looks at this species at Altos del Maria.

PLAIN XENOPS (*Xenops minutus*)

COCOA WOODCREEPER (*Xiphorhynchus susurrans*)

SPOTTED WOODCREEPER (*Xiphorhynchus erythropygius*)

BROWN-BILLED SCYTHERBILL (*Campylorhamphus pusillus olivaceus*) – Mostly heard, but glimpsed in flight by Deb.

Thamnophilidae (Typical Antbirds)

BARRED ANTSHRIKE (*Thamnophilus doliatus*)

RUSSET ANTSHRIKE (*Thamnistes anabatinus*)

PLAIN ANTIVIREO (*Dysithamnus mentalis*)

SPOT-CROWNED ANTIVIREO (*Dysithamnus puncticeps*)

CHECKER-THROATED ANTWREN (*Epinecrophyllos fulviventris*)

SLATY ANTWREN (*Myrmotherula schisticolor*)

WHITE-BELLIED ANTBIRD (*Myrmeciza longipes*)



A lot of birds can be described as cute and perky, but the Tufted Flycatcher positively epitomizes those terms! (Photo by guide Chris Benesh)

CHESTNUT-BACKED ANTBIRD (*Myrmeciza exsul*)

BICOLORED ANTBIRD (*Gymnopithys leucaspis bicolor*)

Tyrannidae (Tyrant Flycatchers)

SOUTHERN BEARDLESS-TYRANNULET (*Camptostoma obsoletum*)

MOUSE-COLORED TYRANNULET (MOUSE-COLORED)
(*Phaeomyias murina eremonoma*)

YELLOW-BELLIED ELAENIA (*Elaenia flavogaster*)

LESSER ELAENIA (*Elaenia chiriquensis*)

OLIVE-STRIPED FLYCATCHER (*Mionectes olivaceus*)

OCHRE-BELLIED FLYCATCHER (*Mionectes oleagineus*)

RUFOUS-BROWED TYRANNULET (*Phylloscartes superciliaris*)

PALTRY TYRANNULET (*Zimmerius vilissimus*)

SCALE-CRESTED PYGMY-TYRANT (*Lophotriccus pileatus*)

COMMON TODY-FLYCATCHER (*Todirostrum cinereum*)

WHITE-THROATED SPADEBILL (*Platyrinchus mystaceus*)

BRAN-COLORED FLYCATCHER (*Myiophobus fasciatus*)

TUFTED FLYCATCHER (*Mitrephanes phaeocercus*) – Another really cute flycatcher. Note that birds in Costa Rica and Panama are likely a different species than those Tufted Flycatchers further north.

WESTERN WOOD-PEWEE (*Contopus sordidulus*)

TROPICAL PEWEE (*Contopus cinereus*)

ACADIAN FLYCATCHER (*Empidonax virescens*) [*]

LONG-TAILED TYRANT (*Colonia colonus*) – Flycatchers are not often very popular, but everyone loves this species.

BRIGHT-RUMPED ATTLA (*Attila spadiceus*)

RUFOUS MOURNER (*Rhytipterna holerythra*)

DUSKY-CAPPED FLYCATCHER (*Myiarchus tuberculifer*) [*]

PANAMA FLYCATCHER (*Myiarchus panamensis*)

GREAT KISKADEE (*Pitangus sulphuratus*)

BOAT-BILLED FLYCATCHER (*Megarynchus pitangua*)

RUSTY-MARGINED FLYCATCHER (*Myiozetetes cayanensis*)

SOCIAL FLYCATCHER (*Myiozetetes similis*)

GRAY-CAPPED FLYCATCHER (*Myiozetetes granadensis*)

STREAKED FLYCATCHER (*Myiodynastes maculatus*)

TROPICAL KINGBIRD (*Tyrannus melancholicus*)

FORK-TAILED FLYCATCHER (*Tyrannus savana*)

Pipridae (Manakins)

WHITE-RUFFED MANAKIN (*Corapipo altera*)

LANCE-TAILED MANAKIN (*Chiroxiphia lanceolata*)

Tityridae (Tityras and Allies)

THRUSH-LIKE SCHIFFORNIS (*Schiffornis turdina*)

Vireonidae (Vireos)

YELLOW-GREEN VIREO (*Vireo flavoviridis*)

SCRUB GREENLET (*Hylophilus flavipes*)

RUFOUS-BROWED PEPPERSHRIKE (NORTHERN) (*Cyclarhis gujanensis perrygoi*) – Great looks at a singing bird at Juan Hombron. Another trip favorite.



*A color morph of the widespread Collared Trogon, or a good species on its own? Either way, the Orange-bellied Trogon is one handsome bird!
(Photo by guide Chris Benesh)*

Corvidae (Crows, Jays, and Magpies)

BLACK-CHESTED JAY (*Cyanocorax affinis*)

Hirundinidae (Swallows)

SOUTHERN ROUGH-WINGED SWALLOW (*Stelgidopteryx ruficollis*)

GRAY-BREASTED MARTIN (*Progne chalybea*)

BARN SWALLOW (*Hirundo rustica*)

Troglodytidae (Wrens)

RUFIOUS-BREASTED WREN (*Pheugopedius rutilus*)

PLAIN WREN (*Cantorchilus modestus*)

BAY WREN (*Cantorchilus nigricapillus*)

HOUSE WREN (*Troglodytes aedon*)

OCHRACEOUS WREN (*Troglodytes ochraceus ligea*) [E]

WHITE-BREASTED WOOD-WREN (*Henicorhina leucosticta*)

GRAY-BREASTED WOOD-WREN (*Henicorhina leucophrys*)

SCALY-BREASTED WREN (WHISTLING) (*Microcerculus marginatus luscini*)

Poliophtilidae (Gnatcatchers)

TAWNY-FACED GNATWREN (*Microbates cinereiventris*) –
Surprisingly good views of this often shy species.

LONG-BILLED GNATWREN (*Ramphocaenus melanurus*)

TROPICAL GNATCATCHER (*Poliophtila plumbea*)

Turdidae (Thrushes and Allies)

ORANGE-BILLED NIGHTINGALE-THRUSH (*Catharus aurantirostris*)

PALE-VENTED THRUSH (*Turdus obsoletus*)

CLAY-COLORED THRUSH (*Turdus grayi*)

Parulidae (New World Warblers)

NORTHERN WATERTHRUSH (*Parkesia noveboracensis*)

BLACK-AND-WHITE WARBLER (*Mniotilta varia*)

PROTHONOTARY WARBLER (*Protonotaria citrea*)

TENNESSEE WARBLER (*Oreothlypis peregrina*)

MOURNING WARBLER (*Geothlypis philadelphia*)

YELLOW WARBLER (*Setophaga petechia*)

CHESTNUT-SIDED WARBLER (*Setophaga pensylvanica*)

YELLOW-RUMPED WARBLER (MYRTLE) (*Setophaga coronata coronata*)

BLACK-THROATED GREEN WARBLER (*Setophaga virens*)

RUFIOUS-CAPPED WARBLER (*Basileuterus rufifrons*)

CANADA WARBLER (*Cardellina canadensis*)

Coerebidae (Bananaquit)

BANANAQUIT (*Coereba flaveola*)

Thraupidae (Tanagers and Allies)

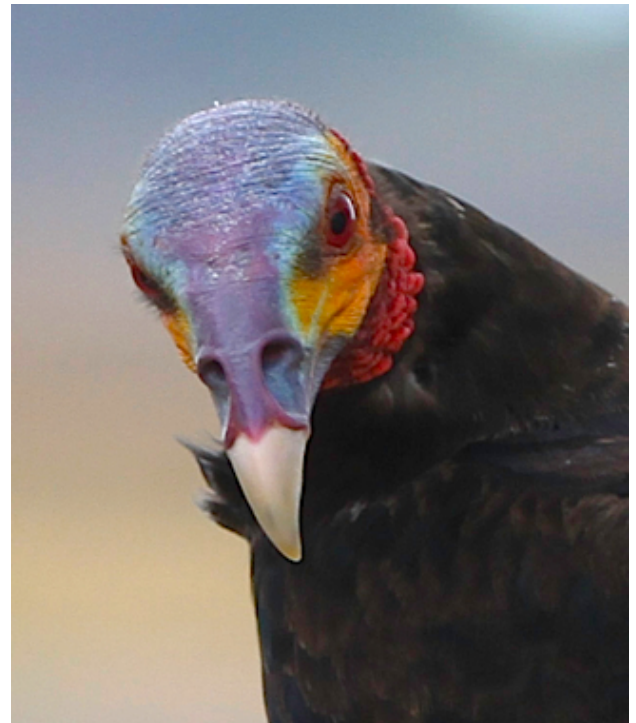
BLACK-AND-YELLOW TANAGER (*Chrysothlypis chrysomelas*)

DUSKY-FACED TANAGER (*Mitrospingus cassinii*)

TAWNY-CRESTED TANAGER (*Tachyphonus delatrii*)

WHITE-LINED TANAGER (*Tachyphonus rufus*)

CRIMSON-BACKED TANAGER (*Ramphocelus dimidiatus*)



A striking portrait of a Lesser Yellow-headed Vulture begs the question: should color-blind people be allowed to name birds? (Photo by guide Chris Benesh)

FLAME-RUMPED TANAGER (Ramphocelus flammigerus)

BLUE-GRAY TANAGER (Thraupis episcopus)

PALM TANAGER (Thraupis palmarum)

SILVER-THROATED TANAGER (Tangara icterocephala)

BAY-HEADED TANAGER (Tangara gyrola)

GOLDEN-HOODED TANAGER (Tangara larvata)

SCARLET-THIGHED DACNIS (Dacnis venusta)

GREEN HONEYCREEPER (Chlorophanes spiza)

RED-LEGGED HONEYCREEPER (Cyanerpes cyaneus)

STREAKED SALTATOR (Saltator striatipectus)

BUFF-THROATED SALTATOR (Saltator maximus)

BLACK-HEADED SALTATOR (Saltator atriceps)

SLATE-COLORED GROSBEAK (Saltator grossus)

Emberizidae (Buntings, Sparrows and Allies)

BLUE-BLACK GRASSQUIT (Volatinia jacarina)

VARIABLE SEEDEATER (Sporophila corvina hoffmannii)

YELLOW-FACED GRASSQUIT (Tiaris olivaceus)

CHESTNUT-CAPPED BRUSH-FINCH (Arremon brunneinucha)

ORANGE-BILLED SPARROW (Arremon aurantirostris)

BLACK-STRIPED SPARROW (Arremonops conirostris)

COMMON BUSH-TANAGER (CENTRAL PANAMA) (Chlorospingus ophthalmicus punctulatus)

Cardinalidae (Cardinals and Allies)

HEPATIC TANAGER (HIGHLAND) (Piranga flava testacea) – Vocalizations of birds here are quite different than those in North America.

SUMMER TANAGER (Piranga rubra)

SCARLET TANAGER (Piranga olivacea)

RED-CROWNED ANT-TANAGER (Habia rubica)

BLACK-FACED GROSBEAK (Caryothraustes polioaster)

ROSE-BREASTED GROSBEAK (Pheucticus ludovicianus)

BLUE-BLACK GROSBEAK (Cyanocompsa cyanoides)

Icteridae (Troupials and Allies)

EASTERN MEADOWLARK (Sturnella magna)

GREAT-TAILED GRACKLE (Quiscalus mexicanus)

SHINY COWBIRD (Molothrus bonariensis)

GIANT COWBIRD (Molothrus oryzivorus)

YELLOW-BACKED ORIOLE (Icterus chrysater)

BALTIMORE ORIOLE (Icterus galbula)

CHESTNUT-HEADED OROPENDOLA (Psarocolius wagleri)

Fringillidae (Siskins, Crossbills, and Allies)

YELLOW-CROWNED EUPHONIA (Euphonia luteicapilla)

THICK-BILLED EUPHONIA (Euphonia lanirostris)

WHITE-VENTED EUPHONIA (Euphonia minuta)

TAWNY-CAPPED EUPHONIA (Euphonia anneae)

LESSER GOLDFINCH (Spinus psaltria)

MAMMALS

BROWN-THROATED THREE-TOED SLOTH (Bradypus variegatus)

VARIEGATED SQUIRREL (Sciurus variegatoides)

RED-TAILED SQUIRREL (*Sciurus granatensis*)
MONTANE SQUIRREL (*Syntheosciurus brochus*)
CENTRAL AMERICAN AGOUTI (*Dasyprocta punctata*)

ADDITIONAL COMMENTS

Totals for the tour: 204 bird taxa and 5 mammal taxa