



Field Guides Tour Report

Western Panama: Chiriqui & Bocas del Toro 2018

Mar 18, 2018 to Mar 27, 2018

Jesse Fagan

For our tour description, itinerary, past triplists, dates, fees, and more, please VISIT OUR TOUR PAGE.



The group enjoys some evening birding from the tower at Tranquilo Bay. Photo by guide Jesse Fagan.

Another great tour to Western Panama. Awesome group, lots of laughs and smiles, great birds, and the food, wow, the food. Bocas del Toro was lovely. We had a fun time with our local guide, Ramon, along with the lodge owners, Jim, Jay, and Renee. Boat trips to the Changuinola Canal, Bird Island, Isla Popa, and the Green Acres Cacao Farm (chocolate rum!) were all very productive. Snowy Cotinga, Nicaraguan Seed-Finch, day-roosting Black-and-white Owl, and soaring Barred Hawk were all highlights. And, at least one person loved the snorkeling! The weather did cooperate for the most part except for a few waves and light rain as we headed to the mainland and the next part of our adventure: Mount Totumas Cloud Forest Reserve. By foot and 4X4 we explored all elevations of the property and La Amistad National Park. It is hard to beat the hummingbird show at Mount Totumas, but I think the calling bellbirds and courting quetzals did just that. Thanks to our hosts, Jeff, Alma, and Karin, and our local guide, Renaldo. It was a fantastic stay.

Until next time, I wish you the best on future travels and good birding.

Jesse aka Motmot (from Jacksonville, Florida)

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

Tinamidae (Tinamous)

HIGHLAND TINAMOU (*Nothocercus bonapartei*) – A heard only, but it was very close. Still a nice experience to hear it so well in the forest at Mount Totumas. [*]

Anatidae (Ducks, Geese, and Waterfowl)

BLACK-BELLIED WHISTLING-DUCK (*Dendrocygna autumnalis*)

BLUE-WINGED TEAL (*Spatula discors*)

AMERICAN WIGEON (*Mareca americana*) – A flock of 75 or so were at the mouth of the Changuinola River. A rare to uncommon winter visitor to Panama.

Cracidae (Guans, Chachalacas, and Curassows)

GRAY-HEADED CHACHALACA (*Ortalis cinereiceps*)

BLACK GUAN (*Chamaepetes unicolor*) – This Chiriqui Highland endemic was seen near dusk along Romelo's Trail.

Odontophoridae (New World Quail)

SPOTTED WOOD-QUAIL (*Odontophorus guttatus*) [*]

Podicipedidae (Grebes)

PIED-BILLED GREBE (*Podilymbus podiceps*)

Phaethontidae (Tropicbirds)

RED-BILLED TROPICBIRD (*Phaethon aethereus*) – What a ride out to Bird Island to see them at their nesting site! A very intimate experience.

Fregatidae (Frigatebirds)

MAGNIFICENT FRIGATEBIRD (*Fregata magnificens*)

Sulidae (Boobies and Gannets)

BROWN BOOBY (*Sula leucogaster*)

Phalacrocoracidae (Cormorants and Shags)

NEOTROPIC CORMORANT (*Phalacrocorax brasilianus*)

Pelecanidae (Pelicans)

AMERICAN WHITE PELICAN (*Pelecanus erythrorhynchos*) – A very rare visitor to Panama. We saw one at the mouth of the Changuinola River. It had been discovered a few weeks before.

BROWN PELICAN (*Pelecanus occidentalis*)

Ardeidae (Herons, Egrets, and Bitterns)

RUFESCENT TIGER-HERON (*Tigrisoma lineatum*) – One was seen on the grounds at Tranquilo Bay.

GREAT EGRET (*Ardea alba*)

SNOWY EGRET (*Egretta thula*)

LITTLE BLUE HERON (*Egretta caerulea*)

TRICOLORED HERON (*Egretta tricolor*)

CATTLE EGRET (*Bubulcus ibis*)

GREEN HERON (*Butorides virescens*)

YELLOW-CROWNED NIGHT-HERON (*Nyctanassa violacea*)

BOAT-BILLED HERON (*Cochlearius cochlearius*) – Cool, but a bit odd, seeing these behind the gas station during our pit stop. Nice looks at several nesting pairs.

Threskiornithidae (Ibises and Spoonbills)

GREEN IBIS (*Mesembrinibis cayennensis*)

Cathartidae (New World Vultures)

BLACK VULTURE (*Coragyps atratus*)

TURKEY VULTURE (*Cathartes aura*)

KING VULTURE (*Sarcoramphus papa*) – One was seen along the Fortuna Road.

Pandionidae (Osprey)

OSPREY (*Pandion haliaetus*)

Accipitridae (Hawks, Eagles, and Kites)

WHITE-TAILED KITE (*Elanus leucurus*)

SWALLOW-TAILED KITE (*Elanoides forficatus*) – These lovely birds were seen on both the Caribbean and Pacific sides.

DOUBLE-TOOTHED KITE (*Harpagus bidentatus*)

COMMON BLACK HAWK (*Buteogallus anthracinus*)

BARRED HAWK (*Morphnarchus princeps*) – Very cool to see this rare raptor (an adult) soaring over the forest of La Amistad NP.

ROADSIDE HAWK (*Rupornis magnirostris*)

WHITE HAWK (*Pseudastur albicollis*) – Another fantastic raptor that we watched (a pair) soaring over the forest at Fortuna.

BROAD-WINGED HAWK (*Buteo platypterus*)

RED-TAILED HAWK (COSTARICENSIS) (*Buteo jamaicensis costaricensis*) – A resident subspecies endemic to the Chiriqui Highlands.

Rallidae (Rails, Gallinules, and Coots)

WHITE-THROATED CRAKE (*Laterallus albigularis*) [*]

GRAY-COWLED WOOD-RAIL (*Aramides cajaneus*)

UNIFORM CRAKE (*Amaurolimnas concolor*) [*]

PURPLE GALLINULE (*Porphyrio martinica*)

COMMON GALLINULE (*Gallinula galeata*)

Jacanidae (Jacanas)

NORTHERN JACANA (*Jacana spinosa*)

Scolopacidae (Sandpipers and Allies)

WHIMBREL (*Numenius phaeopus*)

RUDDY TURNSTONE (*Arenaria interpres*) – A few shorebirds were seen (including this species; a group of 8) at the mouth of the Changuinola River.

SANDERLING (*Calidris alba*)

SPOTTED SANDPIPER (*Actitis macularius*)

Laridae (Gulls, Terns, and Skimmers)

LAUGHING GULL (*Leucophaeus atricilla*)

BROWN NODDY (*Anous stolidus*) – One was seen during our trip out to Bird Island.

ROYAL TERN (*Thalasseus maximus*)

SANDWICH TERN (*Thalasseus sandvicensis*)

Columbidae (Pigeons and Doves)

PALE-VENTED PIGEON (*Patagioenas cayennensis*)

SCALED PIGEON (*Patagioenas speciosa*) – Small numbers were seen from the tower at Tranquilo Bay.

WHITE-CROWNED PIGEON (*Patagioenas leucocephala*) – A seasonal visitor to Tranquilo Bay. We saw 5 or 6 regularly feeding in the fruiting trees near our cabins.

BAND-TAILED PIGEON (*Patagioenas fasciata*)

RUDDY PIGEON (*Patagioenas subvinacea*) [*]

SHORT-BILLED PIGEON (*Patagioenas nigrirostris*)

RUDDY GROUND-DOVE (*Columbina talpacoti*)

BLUE GROUND-DOVE (*Claravis pretiosa*)

WHITE-TIPPED DOVE (*Leptotila verreauxi*)

GRAY-HEADED DOVE (*Leptotila plumbeiceps*)

CHIRIQUI QUAIL-DOVE (*Zentrygon chiriquensis*) [*]

Cuculidae (Cuckoos)

GROOVE-BILLED ANI (*Crotophaga sulcirostris*)

SQUIRREL CUCKOO (*Piaya cayana*)

Strigidae (Owls)

MOTTLED OWL (*Ciccaba virgata*) [*]

BLACK-AND-WHITE OWL (*Ciccaba nigrolineata*) – We had one on a day roost at Green Acres Cacao Farm.

Caprimulgidae (Nightjars and Allies)

SHORT-TAILED NIGHTHAWK (*Lurocalis semitorquatus*) – Cool hearing and seeing them flying around the cabins at Tranquilo Bay.

COMMON PAURAUQUE (*Nyctidromus albicollis*)

Apodidae (Swifts)

SPOT-FRONTED SWIFT (*Cypseloides cherriei*) – Wow. A super rare bird anywhere, but especially so in Panama where there are few records. We got photos so we were certain of the i.d. Seen during our canal boat ride.

WHITE-COLLARED SWIFT (*Streptoprocne zonaris*)

CHIMNEY SWIFT (*Chaetura pelagica*) – Several were identified near dusk from the Tranquilo Bay tower.

VAUX'S SWIFT (*Chaetura vauxi*)

GRAY-RUMPED SWIFT (*Chaetura cinereiventris*) – Good studies of several low-flying individuals on Tower Road.

LESSER SWALLOW-TAILED SWIFT (*Panyptila cayennensis*)

Trochilidae (Hummingbirds)

WHITE-NECKED JACOBIN (*Florisuga mellivora*)

GREEN HERMIT (*Phaethornis guy*)

LONG-BILLED HERMIT (*Phaethornis longirostris*)

STRIPE-THROATED HERMIT (*Phaethornis striigularis*)

BROWN VIOLETEAR (*Colibri delphinae*)

LESSER VIOLETEAR (*Colibri cyanotus*)

PURPLE-CROWNED FAIRY (*Heliodyx barroti*)

GREEN-CROWNED BRILLIANT (*Heliodoxa jacula*)

TALAMANCA HUMMINGBIRD (*Eugenes spectabilis*) – This was formerly Magnificent Hummingbird. This species is a Chiriqui Highland endemic. Seen nicely at Mount Totumas.

LONG-BILLED STARTHROAT (*Heliomaster longirostris*) – One was seen at El Paraiso.

WHITE-THROATED MOUNTAIN-GEM (*Lampornis castaneiventris*) – Fairly common at the Mount Totumas feeders.

MAGENTA-THROATED WOODSTAR (*Calliphlox bryantae*) – This special hummingbird was seen well at the Mount Totumas feeders. Rare in Costa Rica and W Panama.

SCINTILLANT HUMMINGBIRD (*Selasphorus scintilla*)

VIOLET-HEADED HUMMINGBIRD (*Klais guimeti*) – Nice seeing this species in the foothills near Willie Mazou.

VIOLET SABREWING (*Campylopterus hemileucurus*)

CROWNED WOODNYMPH (*Thalurania colombica*)

STRIPE-TAILED HUMMINGBIRD (*Eupherusa eximia*)

WHITE-TAILED EMERALD (*Elvira chionura*) – Excellent to find this species along the entrance road to Mount Totumas. Good looks at two different females.

BLUE-CHESTED HUMMINGBIRD (*Amazilia amabilis*)
SNOWY-BELLIED HUMMINGBIRD (*Amazilia edward niveoventer*)
RUFOUS-TAILED HUMMINGBIRD (*Amazilia tzacatl*)

Trogonidae (Trogons)

RESPLENDENT QUETZAL (*Pharomachrus mocinno*) – Wonderful experiences with several males courting a female at Mount Totumas.
GARTERED TROGON (*Trogon caligatus*)
COLLARED TROGON (*Trogon collaris*)

Momotidae (Motmots)

LESSON'S MOTMOT (*Momotus lessonii lessonii*) [*]

Alcedinidae (Kingfishers)

RINGED KINGFISHER (*Megaceryle torquata*)
BELTED KINGFISHER (*Megaceryle alcyon*)
AMAZON KINGFISHER (*Chloroceryle amazona*)
GREEN KINGFISHER (*Chloroceryle americana*)
AMERICAN PYGMY KINGFISHER (*Chloroceryle aenea*) – This smallest of the kingfishers was seen a few times during our boat ride through the Changuinola Canal.

Bucconidae (Puffbirds)

LANCEOLATED MONKLET (*Micromonacha lanceolata*) [*]

Galbulidae (Jacamars)

RUFOUS-TAILED JACAMAR (*Galbula ruficauda*) [*]

Semnornithidae (Toucan-Barbets)

PRONG-BILLED BARBET (*Semnornis frantzii*) – This Chiriqui Highland endemic was seen at the Divide and again along Romelo's Trail at Mount Totumas.

Ramphastidae (Toucans)

NORTHERN EMERALD-TOUCANET (BLUE-THROATED) (*Aulacorhynchus prasinus caeruleogularis*)
YELLOW-THROATED TOUCAN (CHESTNUT-MANDIBLED) (*Ramphastos ambiguus swainsonii*)
KEEL-BILLED TOUCAN (*Ramphastos sulfuratus*)

Picidae (Woodpeckers)

ACORN WOODPECKER (*Melanerpes formicivorus*)
BLACK-CHEEKED WOODPECKER (*Melanerpes pucherani*)
RED-CROWNED WOODPECKER (*Melanerpes rubricapillus*)
HAIRY WOODPECKER (COSTA RICAN) (*Picoides villosus extimus*)
GOLDEN-OLIVE WOODPECKER (*Colaptes rubiginosus*)

Falconidae (Falcons and Caracaras)

BARRED FOREST-FALCON (*Micrastur ruficollis*) [*]
CRESTED CARACARA (*Caracara cheriway*)
LAUGHING FALCON (*Herpetotheres cachinnans*)
PEREGRINE FALCON (*Falco peregrinus*)

Psittacidae (New World and African Parrots)

BLUE-HEADED PARROT (*Pionus menstruus*)
WHITE-CROWNED PARROT (*Pionus senilis*)
RED-LORED PARROT (*Amazona autumnalis*) – Wonderful eye-level views of birds in flight and perched from the tower at Tranquilo Bay.
MEALY PARROT (*Amazona farinosa*) – A couple of Mealys were mixed in with the dusk flight at TB, but not many.
SULPHUR-WINGED PARAKEET (*Pyrrhura hoffmanni*) – Good numbers in the Mount Totumas area.
OLIVE-THROATED PARAKEET (AZTEC) (*Eupsittula nana astec*)
CRIMSON-FRONTED PARAKEET (*Psittacara finschi*)

Thamnophilidae (Typical Antbirds)

GREAT ANTSHRIKE (*Taraba major*) [*]
BLACK-CROWNED ANTSHRIKE (*Thamnophilus atrinucha*)
RUSSET ANTSHRIKE (*Thamnistes anabatinus*)
PACIFIC ANTWREN (*Myrmotherula pacifica*) – Awesome looks of a responsive male at Green Acres Cacao Farm.
WHITE-FLANKED ANTWREN (*Myrmotherula axillaris*)
SLATY ANTWREN (*Myrmotherula schisticolor*)
DOT-WINGED ANTWREN (*Microrhopias quixensis*)
CHESTNUT-BACKED ANTBIRD (*Poliocrania exsul*)
DULL-MANTLED ANTBIRD (*Sipia laemosticta*) – Nice experience seeing this antbird so well during one of our stops along the Fortuna Road.

Rhinocryptidae (Tapaculos)

SILVERY-FRONTED TAPACULO (*Scytalopus argentifrons*) – Seen pretty well by a few folks; certainly heard by everyone at several spots.

Formicariidae (Anthrushes).

RUFOUS-BREASTED ANTTHRUSH (*Formicarius rufipectus*) – This one got so close! [*]

Furnariidae (Ovenbirds and Woodcreepers).

WEDGE-BILLED WOODCREEPER (*Glyphorhynchus spirurus*)

STRONG-BILLED WOODCREEPER (*Xiphocolaptes promeropirhynchus*) – One showed extremely well at a stop along the Fortuna Road. It came in and perched high in the open.

COCOA WOODCREEPER (*Xiphorhynchus susurrans*)

SPOTTED WOODCREEPER (*Xiphorhynchus erythropygius*)

STREAK-HEADED WOODCREEPER (*Lepidocolaptes souleyetii*)

SPOT-CROWNED WOODCREEPER (*Lepidocolaptes affinis*)

PLAIN XENOPS (*Xenops minutus*)

SCALY-THROATED FOLIAGE-GLEANER (*Anabacerthia variegaticeps*) – One of our last new birds, seen on the return of our long hike into La Amistad NP.

LINEATED FOLIAGE-GLEANER (*Syndactyla subalaris*)

STREAK-BREASTED TREEHUNTER (*Thripadectes rufobrunneus*) – Really cool to eventually catch up well with this Chiriqui Highland endemic. Seen along Romelo's Trail at Mount Totumas.

BUFF-THROATED FOLIAGE-GLEANER (*Automolus ochrolaemus*)

SPOTTED BARBTAIL (*Premnoplex brunnescens*) [*]

RED-FACED SPINETAIL (*Cranioleuca erythroptus*)

Tyrannidae (Tyrant Flycatchers).

BROWN-CAPPED TYRANULET (*Ornithion brunneicapillus*)

MOUSE-COLORED TYRANULET (*Phaeomyias murina*) – Seen during our gas station stop in the Pacific lowlands.

YELLOW-BELLIED ELAENIA (*Elaenia flavogaster*)

LESSER ELAENIA (*Elaenia chiriquensis*) [*]

MOUNTAIN ELAENIA (*Elaenia frantzii*)

TORRENT TYRANULET (*Serpophaga cinerea*)

OCHRE-BELLIED FLYCATCHER (*Mionectes oleagineus*)

SLATY-CAPPED FLYCATCHER (*Leptopogon superciliaris*)

PALTRY TYRANULET (*Zimmerius vilissimus*)

BLACK-CAPPED PYGMY-TYRANT (*Myiornis atricapillus*) – Incredible views of this tiny passerine while birding a side trail into the Fortuna Road forest. It was at eye-level and very close!

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

COMMON TODY-FLYCATCHER (*Todirostrum cinereum*)

BLACK-HEADED TODY-FLYCATCHER (*Todirostrum nigriceps*) – Another tiny passerine seen well during our boat ride along the Changuinola Canal. A small bird with a big call.

WHITE-THROATED SPADEBILL (*Platyrinchus mystaceus*) – Nice looks in the forest at Mount Totumas.

TUFTED FLYCATCHER (*Mitrephanes phaeocercus*)

DARK PEWEE (*Contopus lugubris*)

TROPICAL PEWEE (*Contopus cinereus*)

YELLOW-BELLIED FLYCATCHER (*Empidonax flaviventris*) – We had one at Mount Totumas. This is at their southern most wintering area. No more east and south of here!

ACADIAN FLYCATCHER (*Empidonax virescens*) [*]

YELLOWISH FLYCATCHER (*Empidonax flavescens*)

BLACK PHOEBE (*Sayornis nigricans*)

BRIGHT-RUMPED ATTILA (*Attila spadiceus*)

DUSKY-CAPPED FLYCATCHER (*Myiarchus tuberculifer*)

GREAT KISKADEE (*Pitangus sulphuratus*)

BOAT-BILLED FLYCATCHER (*Megarynchus pitangua*)

SOCIAL FLYCATCHER (*Myiozetetes similis*)

GRAY-CAPPED FLYCATCHER (*Myiozetetes granadensis*)

GOLDEN-BELLIED FLYCATCHER (*Myiodynastes hemichrysus*) – One was seen at the Divide and several others at Mount Totumas.

PIRATIC FLYCATCHER (*Legatus leucophaeus*)

TROPICAL KINGBIRD (*Tyrannus melancholicus*)

EASTERN KINGBIRD (*Tyrannus tyrannus*) – A rare, but regular, winter visitor to W Panama. Seen on the canal.

FORK-TAILED FLYCATCHER (*Tyrannus savana*)

Cotingidae (Cotingas).

THREE-WATTLED BELLBIRD (*Procnias tricarunculatus*) – Wonderful experiences with this unique species. We heard them daily at Mount Totumas and enjoyed several displays in the scope.

SNOWY COTINGA (*Carpodectes nitidus*) – We found one during our boat ride to Isla Popa. Endemic to Central America.

Pipridae (Manakins).

WHITE-RUFFED MANAKIN (*Corapipo altera*)

ORANGE-COLLARED MANAKIN (*Manacus aurantiacus*) [*]

GOLDEN-COLLARED MANAKIN (*Manacus vitellinus*) – Nice views of several lekking males at Tranquilo Bay. A hybrid zone exists in the Changuinola Canal area between White-collared X Golden-collared; this is called "Almirante" Manakin.

RED-CAPPED MANAKIN (*Ceratopipra mentalis*)

Tityridae (Tityras and Allies)

MASKED TITYRA (*Tityra semifasciata*)

BARRED BECARD (*Pachyrhamphus versicolor*)

CINNAMON BECARD (*Pachyrhamphus cinnamomeus*)

WHITE-WINGED BECARD (*Pachyrhamphus polychopterus*) – We eventually got one to show waaaay up in the trees above us at Green Acres Cacao Farm.

Vireonidae (Vireos, Shrike-Babblers, and Erpornis)

RUFOUS-BROWED PEPPERSHRIKE (*Cyclarhis gujanensis*) [*]

LESSER GREENLET (*Pachysylvia decurtata*)

YELLOW-THROATED VIREO (*Vireo flavifrons*)

YELLOW-WINGED VIREO (*Vireo carmioli*) – Seen well at Mount Totumas, but always up in the trees.

PHILADELPHIA VIREO (*Vireo philadelphicus*)

BROWN-CAPPED VIREO (*Vireo leucophrys*)

Corvidae (Crows, Jays, and Magpies)

AZURE-HOODED JAY (*Cyanolyca cucullata*) – One was seen all too briefly along Tower Road.

BROWN JAY (*Psilorhinus morio*)

BLACK-CHESTED JAY (*Cyanocorax affinis*)

Hirundinidae (Swallows)

BLUE-AND-WHITE SWALLOW (*Pygochelidon cyanoleuca*)

SOUTHERN ROUGH-WINGED SWALLOW (*Stelgidopteryx ruficollis*)

PURPLE MARTIN (*Progne subis*) – Several groups migrating over the tower one evening.

GRAY-BREASTED MARTIN (*Progne chalybea*)

MANGROVE SWALLOW (*Tachycineta albilinea*)

BARN SWALLOW (*Hirundo rustica*)

CLIFF SWALLOW (*Petrochelidon pyrrhonota*)

Troglodytidae (Wrens)

SCALY-BREASTED WREN (WHISTLING) (*Microcerculus marginatus luscini*) – Amazing looks at a responsive bird that sat up on a log in full view.

HOUSE WREN (*Troglodytes aedon*)

OCHRACEOUS WREN (*Troglodytes ochraceus*) – This tiny arboreal wren was seen at Mount Totumas, but its melodic whistled song was heard often.

RUFOUS-BREASTED WREN (*Pheugopedius rutilus*) [*]

BLACK-THROATED WREN (*Pheugopedius atrogularis*)

CANEBRAKE WREN (*Cantorchilus zeledoni*) [*]

ISTHMIAN WREN (*Cantorchilus elutus*)

BAY WREN (*Cantorchilus nigricapillus*)

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

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

Poliophtilidae (Gnatcatchers)

LONG-BILLED GNATWREN (*Ramphocaenus melanurus*) [*]

TROPICAL GNATCATCHER (*Poliophtila plumbea*)

Cinclididae (Dippers)

AMERICAN DIPPER (*Cinclus mexicanus*) – Really cool to see this species at its southern most terminus.

Turdidae (Thrushes and Allies)

BLACK-FACED SOLITAIRE (*Myadestes melanops*) – Great views, but more impressive is its fluty song in the tall forest of Mount Totumas.

ORANGE-BILLED NIGHTINGALE-THRUSH (*Catharus aurantiirostris*) [*]

SLATY-BACKED NIGHTINGALE-THRUSH (*Catharus fuscater*)

RUDDY-CAPPED NIGHTINGALE-THRUSH (*Catharus frantzii*)

BLACK-HEADED NIGHTINGALE-THRUSH (*Catharus mexicanus*) – What a great bird to see so well!

SWAINSON'S THRUSH (*Catharus ustulatus*)

MOUNTAIN THRUSH (*Turdus plebejus*)

PALE-VENTED THRUSH (*Turdus obsoletus*)

CLAY-COLORED THRUSH (*Turdus grayi*)

WHITE-THROATED THRUSH (*Turdus assimilis*)

Mimidae (Mockingbirds and Thrashers)

GRAY CATBIRD (*Dumetella carolinensis*)

TROPICAL MOCKINGBIRD (*Mimus gilvus*)

Ptilionotidae (Silky-flycatchers)

BLACK-AND-YELLOW SILKY-FLYCATCHER (*Phainoptila melanoxantha*) – Fortunate that we caught up with BOTH silky-flycatchers, both of which are endemic to the Chiriqui Highlands of CR and W Panama.

LONG-TAILED SILKY-FLYCATCHER (*Ptilionotus caudatus*)

Parulidae (New World Warblers)

NORTHERN WATERTHRUSH (*Parkesia noveboracensis*)

GOLDEN-WINGED WARBLER (*Vermivora chrysoptera*)

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

FLAME-THROATED WARBLER (*Oreothlypis gutturalis*) – Wonderful views over the trail of this normally treetop species during our return walk from La Amistad NP.

TENNESSEE WARBLER (*Oreothlypis peregrina*)

OLIVE-CROWNED YELLOWTHROAT (*Geothlypis semiflava*) – Seen well in the open field behind Tranquilo Bay lodge.

AMERICAN REDSTART (*Setophaga ruticilla*)

TROPICAL PARULA (*Setophaga pitiayumi*)

MAGNOLIA WARBLER (*Setophaga magnolia*)

BLACKBURNIAN WARBLER (*Setophaga fusca*)

YELLOW WARBLER (*Setophaga petechia*)

CHESTNUT-SIDED WARBLER (*Setophaga pensylvanica*)

BLACK-THROATED GREEN WARBLER (*Setophaga virens*) – Chestnut-sided in the Caribbean lowlands; BTG in the highlands on the Pacific side.

BLACK-CHEEKED WARBLER (*Basileuterus melanogenys*) – Great looks at this Chiriqui endemic in the forest at Mount Totumas.

GOLDEN-CROWNED WARBLER (*Basileuterus culicivorus*)

COSTA RICAN WARBLER (*Basileuterus melanotis*) – A recent split from Three-striped Warbler. This is a Chiriqui Highland endemic that we saw well at Mount Totumas.

BUFF-RUMPED WARBLER (*Myiothlypis fulvicauda*)

WILSON'S WARBLER (*Cardellina pusilla*)

SLATE-THROATED REDSTART (*Myioborus miniatus*)

COLLARED REDSTART (*Myioborus torquatus*) – Such a jazzy bird.

Thraupidae (Tanagers and Allies)

WHITE-SHOULDERED TANAGER (*Tachyphonus luctuosus*)

TAWNY-CRESTED TANAGER (*Tachyphonus delatrii*)

WHITE-LINED TANAGER (*Tachyphonus rufus*)

PASSERINI'S TANAGER (*Ramphocelus passerinii*) – Passerini's common in the Caribbean lowlands; Cherrie's seen in the Pacific lowlands. The real difference here is with the females.

CHERRIE'S TANAGER (*Ramphocelus costaricensis*)

BLUE-GRAY TANAGER (*Thraupis episcopus*)

PALM TANAGER (*Thraupis palmarum*)

SPECKLED TANAGER (*Ixothraupis guttata*)

GOLDEN-HOODED TANAGER (*Tangara larvata*)

SPANGLE-CHEEKED TANAGER (*Tangara dowii*) – This regional endemic was seen well along Tower Road at the Divide.

PLAIN-COLORED TANAGER (*Tangara inornata*)

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*)

SLATY FLOWERPIERCER (*Diglossa plumbea*)

BLUE-BLACK GRASSQUIT (*Volatinia jacarina*)

THICK-BILLED SEED-FINCH (*Sporophila funerea*)

NICARAGUAN SEED-FINCH (*Sporophila nuttingi*) – Awesome to see this species considering its rather limited and small range. Seen during our canal boat ride.

VARIABLE SEEDEATER (*Sporophila corvina*)

BANANAQUIT (*Coereba flaveola*)

YELLOW-FACED GRASSQUIT (*Tiaris olivaceus*)

BUFF-THROATED SALTATOR (*Saltator maximus*)

STREAKED SALTATOR (*Saltator striatipectus*)

Passerellidae (New World Buntings and Sparrows)

YELLOW-THROATED CHLOROSPINGUS (*Chlorospingus flavigularis*) – A good bird to find at one of our stops along the Fortuna Road. A small flock was foraging in the fruiting trees often below eye-level.

SOOTY-CAPPED CHLOROSPINGUS (*Chlorospingus pileatus*) – Seen near the half-way point of our big hike into La Amistad NP.

COMMON CHLOROSPINGUS (*Chlorospingus flavopectus*)

BLACK-STRIPED SPARROW (*Arremonops conirostris*)

ORANGE-BILLED SPARROW (*Arremon aurantiirostris*)

CHESTNUT-CAPPED BRUSHFINCH (*Arremon brunneinucha*)

RUFOUS-COLLARED SPARROW (*Zonotrichia capensis*)

YELLOW-THIGHED FINCH (*Pselliophorus tibialis*) – Most of us didn't count this one until we finally saw the yellow thighs!

WHITE-NAPED BRUSHFINCH (YELLOW-THROATED) (*Atlapetes albinucha brunnescens*)

Mitrospingidae (Mitrospingid Tanagers).

DUSKY-FACED TANAGER (*Mitrospingus cassinii*) – Good numbers in mixed-species flocks along the Fortuna Road.

Cardinalidae (Cardinals and Allies).

HEPATIC TANAGER (*Piranga flava*)

SUMMER TANAGER (*Piranga rubra*)

FLAME-COLORED TANAGER (*Piranga bidentata*)

WHITE-WINGED TANAGER (*Piranga leucoptera*)

RED-THROATED ANT-TANAGER (*Habia fuscicauda*)

CARMIOL'S TANAGER (*Chlorothraupis carmioli*)

BLACK-FACED GROSBEAK (*Caryothraustes polioaster*)

BLACK-THIGHED GROSBEAK (*Pheucticus tibialis*) – A nice surprise was finding this bird during a brief stop in the truck along the entrance road to Mount Totumas. Totally unexpected!

BLUE-BLACK GROSBEAK (*Cyanoloxia cyanoides*)

Icteridae (Troupials and Allies).

MONTEZUMA OROPENDOLA (*Psarocolius montezuma*)

BLACK-COWLED ORIOLE (*Icterus prothemelas*)

BALTIMORE ORIOLE (*Icterus galbula*)

BRONZED COWBIRD (*Molothrus aeneus*)

GIANT COWBIRD (*Molothrus oryzivorus*)

GREAT-TAILED GRACKLE (*Quiscalus mexicanus*)

Fringillidae (Finches, Euphonias, and Allies).

GOLDEN-BROWED CHLOROPHONIA (*Chlorophonia callophrys*) – Females were seen a few times in the forest at Mount Totumas.

YELLOW-CROWNED EUPHONIA (*Euphonia luteicapilla*) [*]

THICK-BILLED EUPHONIA (*Euphonia laniirostris*)

ELEGANT EUPHONIA (*Euphonia elegantissima*) – A pair were curiously exploring the quarry vegetation as if in preparation for nest building (?).

SPOT-CROWNED EUPHONIA (*Euphonia imitans*)

OLIVE-BACKED EUPHONIA (*Euphonia gouldi*)

WHITE-VENTED EUPHONIA (*Euphonia minuta*)

TAWNY-CAPPED EUPHONIA (*Euphonia anaeae*)

LESSER GOLDFINCH (*Spinus psaltria*)

YELLOW-BELLIED SISKIN (*Spinus xanthogastrus*)

Passeridae (Old World Sparrows).

HOUSE SPARROW (*Passer domesticus*)

MAMMALS

CENTRAL AMERICAN WOOLY OPOSSUM (*Caluromys derbianus*)

GRAY-BELLIED NIGHT MONKEY (*Aotus lemurinus*) – Henning was super excited to find these around the dining area at Tranquilo Bay.

MANTLED HOWLER MONKEY (*Alouatta palliata*) [*]

CENTRAL AMERICAN SPIDER MONKEY (*Ateles geoffroyi*)

BROWN-THROATED THREE-TOED SLOTH (*Bradypus variegatus*)

VARIEGATED SQUIRREL (*Sciurus variegatoides*)

RED-TAILED SQUIRREL (*Sciurus granatensis*)

ALFARO'S PYGMY SQUIRREL (*Microsciurus alfari*)

BOTTLENOSE DOLPHIN (*Tursiops truncatus*)

WHITE-NOSED COATI (*Nasua narica*)

ADDITIONAL COMMENTS

Other critters seen on the trip:

1) Green-and-black Poison Dart Frog (*Dendrobates auratus*) = Fairly common in the leaf litter at Green Acres Cacao Farm. From Wikipedia, "The very small amount of poison the frog possesses is enough to make a human heart stop beating. However, like most poison dart frogs, the green-and-black poison dart frog only releases its poison if it feels threatened, and wild specimens can be handled provided the human holding it is calm and relaxed."

2) Spectacled Cayman (*Caiman crocodilus*) = Seen on the pond behind the gas station on the mainland (where we saw the Boat-billed Herons)! Native to Central and South America; named for the bony ridge between the eyes that gives the resemblance to wearing spectacles.

Totals for the tour: 319 bird taxa and 10 mammal taxa