



Field Guides Tour Report

Panama's Canopy Lodge: El Valle de Anton 2015

Dec 27, 2015 to Jan 3, 2016
John Coons with Danilo Rodriguez Jr.

For our tour description, itinerary, past triplists, dates, fees, and more, please [VISIT OUR TOUR PAGE](#).



Danilo spotted this exquisite Crested Owl perched during the day just off the trail at the Canopy Lodge. (Photo by participant Betsy Fulmer)

We enjoyed a very birdy week over New Years at the comfortable Canopy Lodge, nestled in the pleasant foothills of the state of Coclé. We could have done with a little less wind on a day or two but overall the weather was quite good.

Starting in Panama City, we saw a few birds at our hotel before heading to Metropolitan Park for a couple hours of birding before our drive to the Lodge. We had a nice morning there with a good introduction to the birds as well as a few goodies such as White-necked Puffbird, Common Potoo, Great Black Hawk, Rufous-and-white Wren, and Whooping Motmot.

Crossing the Panama Canal we made our way to the Lodge for lunch where we checked the feeders that became very busy when a few bananas were laid out. Gray-headed Chachalacas, Thick-billed Euphonias, Clay-colored Thrushes, Flame-rumped and Crimson-backed tanagers, and a few Central American Agoutis were a near-constant presence at the feeders. That first afternoon we diverted from the norm to drive a short distance to a private reserve where we were the first group to visit. Here we had a wonderful look at a calling Tody Motmot and a close view of a bright male Rosy Thrush-Tanager, two toughies.

Over the next five days we birded a variety of habitats, each with its special birds. A few of our best were right at the Lodge, where along the forest trails we saw the Crested Owl that Danilo spotted above the trail, a Sunbittern patrolling the banks of the stream, a pair of Mottled Owls, and had a brief encounter with a Rufous-vented Ground-Cuckoo, one of the most sought-after birds in Central America. It was also great to see one of the great tropical phenomena, a swarming group of army ants, along a trail we walked. While there were not a lot of birds attending the swarm we had nice looks at Bicolored Antbird and Plain-brown Woodcreeper, and just seeing the ants in action was a thrill.

Other highlights of our stay included the perched White Hawk with a snake in its talons, a pair of Tropical Screech-Owls at the Lodge, a feeding White-tipped Sicklebill, tiny male and female Green Thorntails, a beautiful male Snowcap, five species of motmots, a handful of Barred Puffbirds, Spot-crowned Barbet, the Aplomado Falcon perched right over the road, great views of a Spot-crowned Antwren, an out-of-range Least Flycatcher, and the Sulphur-rumped and Emerald tanagers at our lunch spot, among others.

The staff at the Lodge was attentive to our every need and created great meals. It was wonderful to join Canopy Lodge owner Raul Arias, his wife Denise, and their friends to celebrate the New Year at his home, thankfully well before midnight. It was great to have Danilo Jr. as our local guide and driver; his spotting ability was amazing. And it was wonderful to bird the Holidays with you in Panama -- I hope we get a chance to do it again.

--John

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*) – These were common visitors to the feeders at the Lodge. As many as nine were present at one time. We saw one away from the Lodge.

BLACK GUAN (*Chamaepetes unicolor*) – We had a brief encounter with one high in a tree at Altos del Maria. It never showed well as we could only see it move between branches.

Odontophoridae (New World Quail)

CRESTED BOBWHITE (*Colinus cristatus*) – We had two right along the roadside on our way to the Pacific lowlands.

Ciconiidae (Storks)

WOOD STORK (*Mycteria americana*) – There were a couple of encounters in the Pacific lowlands including a soaring flock of at least 100 individuals.

Fregatidae (Frigatebirds)

MAGNIFICENT FRIGATEBIRD (*Fregata magnificens*)

Phalacrocoracidae (Cormorants and Shags)

NEOTROPIC CORMORANT (*Phalacrocorax brasilianus*) – One flew past us at the beach at Santa Clara.

Anhingidae (Anhingas)

ANHINGA (*Anhinga anhinga leucogaster*)

Pelecanidae (Pelicans)

BROWN PELICAN (*Pelecanus occidentalis*) – There were several perched on a boat off the shore from the beach house.

Ardeidae (Herons, Egrets, and Bitterns)

GREAT EGRET (*Ardea alba*)

LITTLE BLUE HERON (*Egretta caerulea*) – One flew over us as we birdied along the lower part of the Altos del Maria road.

CATTLE EGRET (*Bubulcus ibis*)

GREEN HERON (*Butorides virescens*) – We saw a couple here and there.

Threskiornithidae (Ibises and Spoonbills)

GLOSSY IBIS (*Plegadis falcinellus*)

Cathartidae (New World Vultures)

BLACK VULTURE (*Coragyps atratus*) – Seen daily.

TURKEY VULTURE (*Cathartes aura*) – Also seen daily.

LESSER YELLOW-HEADED VULTURE (*Cathartes burrovianus*) – We had about three sightings in the Juan Hombron area of the Pacific lowlands, including one that passed close to us.

Pandionidae (Osprey)

OSPREY (*Pandion haliaetus*)

Accipitridae (Hawks, Eagles, and Kites)

HOOK-BILLED KITE (*Chondrohierax uncinatus*) – We saw one in Metro Park on our first morning. It was perched a couple of times but didn't sit long in the scope for long views.

GRAY-HEADED KITE (*Leptodon cayanensis*) – A couple of these forest raptors were seen near El Valle.

BLACK HAWK-EAGLE (*Spizaetus tyrannus*) – Nice looks at a soaring bird that was spotted along the Rio Jordanal village. It flew closer and landed in a treetop for pretty good perched views.

SAVANNA HAWK (*Buteogallus meridionalis*) – This open-country specialist showed about four times on our last day in the Pacific lowlands, including one on a power pole on our drive back to Panama City.

GREAT BLACK HAWK (*Buteogallus urubitinga*) – We had good close views of an immature bird at the visitor's center and Metro Park.

ROADSIDE HAWK (*Rupornis magnirostris*) – Surprisingly, our only sighting was at the end of the Rio Jordanal road.

WHITE HAWK (*Pseudastur albicollis*) – We had a few nice looks at flying birds but our best was the adult that flew in carrying a snake and landed for a nice scope view.

BROAD-WINGED HAWK (*Buteo platypterus*) – A handful of these wintering birds were seen.

SHORT-TAILED HAWK (*Buteo brachyurus*) – A couple of these were seen flying overhead and showed the distinctive black hood.

Eurypygidae (Sunbittern)

SUNBITTERN (*Eurypyga helias*) – Nice looks at this unusual species right along the river at the Canopy Lodge. We had to walk in on the forest trail to

find it working along the stream edge.

Rallidae (Rails, Gallinules, and Coots)

GRAY-NECKED WOOD-RAIL (*Aramides cajaneus*) – A few were heard in the early morning and one was seen by a few folks who walked along the stream edge before breakfast.

Recurvirostridae (Stilts and Avocets)

BLACK-NECKED STILT (*Himantopus mexicanus*) – At least two were spotted at the marshy lake in the Pacific lowlands.

Charadriidae (Plovers and Lapwings)

SOUTHERN LAPWING (*Vanellus chilensis*) – Several were seen in a couple of pasture-like lawns near El Valle.

Jacanidae (Jacanas)

WATTLED JACANA (BLACK-BACKED) (*Jacana jacana hypomelaena*) – We encountered a few distant birds at the marshy-lake.

Scolopacidae (Sandpipers and Allies)

SPOTTED SANDPIPER (*Actitis macularius*)

Laridae (Gulls, Terns, and Skimmers)

LAUGHING GULL (*Leucophaeus atricilla*) – There were a good number along the beach at Santa Clara.

SANDWICH TERN (CABOT'S) (*Thalasseus sandvicensis acuflavidus*) – A couple flew past the sunbathers on the beach at Santa Clara.

Columbidae (Pigeons and Doves)

ROCK PIGEON (*Columba livia*) [I]

PLAIN-BREASTED GROUND-DOVE (*Columbina minuta elaeodes*) – Nice looks at a pair in the road in the Juan Hombron area.

RUDDY GROUND-DOVE (*Columbina talpacoti*)

WHITE-TIPPED DOVE (*Leptotila verreauxi*)

Cuculidae (Cuckoos)

SQUIRREL CUCKOO (*Piaya cayana*)

RUFIOUS-VENTED GROUND-CUCKOO (*Neomorphus geoffroyi*) – One of the very difficult birds of Central America. We slipped into the forest one morning where two had been seen the day before at an antswarm and after some waiting heard the bill-clacking and eventually saw this forest bird walking up the slope. A few folks managed to see it a couple of other times through the closer vegetation.

SMOOTH-BILLED ANI (*Crotophaga ani*) – There were a few along the roadsides in the El Valle area.

GROOVE-BILLED ANI (*Crotophaga sulcirostris*) – We ran into a small group in the Pacific lowlands.

Strigidae (Owls)

TROPICAL SCREECH-OWL (*Megascops choliba luctisonus*) – A regular sound at night near the rooms at the Canopy Lodge we had wonderful looks at one, then two, individuals right next to the building.

CRESTED OWL (*Lophotrix cristata*) – Danilo spotted a wonderful individual perched just above the trail at the Lodge. This is a quite fancy tropical owl. Yip! Yip! Yip!

FERRUGINOUS PYGMY-OWL (FERRUGINOUS) (*Glaucidium brasilianum ridgwayi*) – One of our last new birds, we had good daytime scope views at the beach house at Santa Clara.

MOTTLED OWL (*Ciccaba virgata*) – Danilo found a pair of these forest birds while we were searching for the ground-cuckoo at the Lodge. They were perched in a dense thicket near the trail.

Nyctibiidae (Potoos)

COMMON POTOO (*Nyctibius griseus*) – The guard at Metro Park found a well-camouflaged individual perched on a tree branch on our first morning.

Apodidae (Swifts)

WHITE-COLLARED SWIFT (*Streptoprocne zonaris*)

Trochilidae (Hummingbirds)

WHITE-NECKED JACOBIN (*Florisuga mellivora*) – One birds was seen high in a tree along the Rio Jordanal road.

WHITE-TIPPED SICKLEBILL (*Eutoxeres aquila*) – We had a 2-3 visits to a heliconia flower by this unique hummingbird which landed on the flower as it fed.

GREEN HERMIT (*Phaethornis guy*) – A couple of these large hummers visited the feeders at the Lodge.

STRIPE-THROATED HERMIT (*Phaethornis striigularis*) – Among the few that we saw, we had great scope views of one perched along the road just above the Lodge. We also walked through a large lek of many individuals along one of the trails but I'm not sure we even saw one there.

BROWN VIOLETEAR (*Colibri delphinae*) – Danilo spotted one perched on a limb while we birded at Altos del Maria and we got it in the scope for a nice view.

PURPLE-CROWNED FAIRY (*Heliostyryx barroti*) – This fancy hummingbird was seen well as it fed in a flowering shrub along the Rio Indio road.

GREEN THORNTAIL (*Discosura conversii*) – A nice male and female showed well along the road leading to Rio Jordanal. This is a tiny hummingbird but a great one.

GREEN-CROWNED BRILLIANT (*Heliodoxa jacula*)

GARDEN EMERALD (*Chlorostilbon assimilis*) – The males were quite bright green in the sun, just like an emerald.

WHITE-VENTED PLUMELETEER (*Chalybura buffonii*)

BRONZE-TAILED PLUMELETEER (*Chalybura urochrysis*) – Moyo got us on a bird that kept returning to the same perch. We could even see the pink feet that is distinctive on this species.

CROWNED WOODNYMPH (*Thalurania colombica*) – We saw a few of these with our best looks at the bottom of the Mine Trail above the Lodge.

SNOWCAP (*Microchera albocoronata*) – This rather local species showed well and we got a scope view of a male showing its namesake crown.

SNOWY-BELLIED HUMMINGBIRD (*Amazilia edward collata*) – Seen daily at the feeders at the Lodge but you had to put in a few minutes to see

it. [E]

RUFOUS-TAILED HUMMINGBIRD (*Amazilia tzacatl*) – A common and widespread species in Panama.

SAPPHIRE-THROATED HUMMINGBIRD (*Lepidopyga coeruleogularis coeruleogularis*) – We found a female tending to a nest right over the road near Juan Hombron. [E]

VIOLET-BELLIED HUMMINGBIRD (*Damophila julie*) – One of our first birds, we had a male at Metro Park on our morning there before heading to the Lodge.

Trogonidae (Trogons)

SLATY-TAILED TROGON (MASSENA) (*Trogon massena hoffmanni*) – We saw two along the trail to Las Minas on La Mesa.

ORANGE-BELLIED TROGON (*Trogon aurantiiventris*) – Danilo spotted a silent bird sitting right at the edge of one of the roads at Altos del Maria.

Momotidae (Motmots)

TODY MOTMOT (*Hylomanes momotula*) – We rearranged our schedule on our first day to visit a private reserve and were rewarded with great looks at this rather uncommon species.

BLUE-CROWNED MOTMOT (LESSON'S) (*Momotus coeruliceps lessonii*) – We saw a couple of these at Cara Iguana during our second afternoon at the Lodge. This is the form that is found from southern Mexico to western Panama and the foothills.

WHOOPIING MOTMOT (WHOOPIING) (*Momotus subrufescens conexus*) – Nice looks at three individuals at Metro Park on our first morning. This is a fairly recent split from Blue-crowned Motmot and is the form that is found in the Canal Zone area of Panama. The Whooping Motmot extends from there to NW South America.

RUFOUS MOTMOT (*Baryphthengus martii*) – We had several sightings of this robust motmot, including those that came to the fruit feeder at the Lodge.

BROAD-BILLED MOTMOT (*Electron platyrhynchum*)

Alcedinidae (Kingfishers)

BELTED KINGFISHER (*Megaceryle alcyon*) – One was flying about the lake at Altos del Maria.

GREEN KINGFISHER (*Chloroceryle americana*) – We saw one or two a few times along the stream at the Lodge.

Bucconidae (Puffbirds)

WHITE-NECKED PUFFBIRD (*Notharchus hyperrhynchus*) – It was somewhat of a surprise to see this great bird sitting out in the open on a tree limb at Metro Park.

BARRED PUFFBIRD (*Nystalus radiatus*) – This species was only "discovered" in the Canopy Lodge area a few years ago. We saw a handful along the roads to Rio Indio and Rio Jordanal and we heard a few more, so it is not an uncommon bird on the Caribbean slope.

Capitonidae (New World Barbets)

SPOT-CROWNED BARBET (*Capito maculicoronatus maculicoronatus*) – We saw and heard a nice male along the Rio Jordanal road. This is a bizarre family of neotropical birds. [E]

Ramphastidae (Toucans)

EMERALD TOUCANET (BLUE-THROATED) (*Aulacorhynchus prasinus caeruleogularis*) – This form was recently split into its own species but has rejoined the more encompassing Emerald Toucanet group again. It is only found in the highlands of western and central Panama.

COLLARED ARACARI (*Pteroglossus torquatus*)

KEEL-BILLED TOUCAN (*Ramphastos sulfuratus*) – We saw a few of these large, colorful, and easily recognizable tropical birds. It is always a favorite.

Picidae (Woodpeckers)

BLACK-CHEEKED WOODPECKER (*Melanerpes pucherani*)

RED-CROWNED WOODPECKER (*Melanerpes rubricapillus*) – A common species around the lodge and other non-montane areas we visited.

SMOKY-BROWN WOODPECKER (*Picoides fumigatus*) – We had good views of a responsive individual at Altos del Maria.

LINEATED WOODPECKER (*Dryocopus lineatus*) – Sort of the Pileated equivalent for tropical America we had a couple of individuals.

Falconidae (Falcons and Caracaras)

BARRED FOREST-FALCON (*Micrastur ruficollis*) – There was one stealthily on the fringe of the army antswarm we sort of saw through the trees along the Candelaria Trail. This small falcon keys on birds feeding at antswarms that get too engrossed in the feeding frenzy and let their guard down.

CRESTED CARACARA (*Caracara cheriway*) – A few were seen in the Pacific lowlands.

YELLOW-HEADED CARACARA (*Milvago chimachima*) – We saw one or two on our first morning around Panama City then we saw them again in the Pacific lowlands.

APLOMADO FALCON (*Falco femoralis*) – We enjoyed great views of this wonderful bird as it flew in and perched right over the road while we walked at Juan Hombron.

BAT FALCON (*Falco ruficularis*) – We saw a couple of these small falcons.

PEREGRINE FALCON (*Falco peregrinus*) – One took a dive at some waterfowl at the marshy pond in the Pacific lowlands and we eventually spotted it sitting quietly in the trees.

Psittacidae (New World and African Parrots)

ORANGE-CHINNED PARAKEET (*Brotogeris jugularis*) – A small and common parrot in most habitats.

BROWN-HOODED PARROT (*Pyrilia haematotis*) – We had a few perched for a scope view along the roadside near El Valle but they didn't stay long.

BLUE-HEADED PARROT (*Pionus menstruus*) – This was the common larger parrot that we saw flying over many times and finally got a few perched in good light.

BROWN-THROATED PARAKEET (VERAGUAS) (*Eupsittula pertinax ocularis*) – Another local species in our area, we had a very nice look at two feeding in a flowering shrub in the Pacific lowlands.

Thamnophilidae (Typical Antbirds)

GREAT ANTSHRIKE (*Taraba major*) – It took some working but we got this skulker to sit still for a scope view through the branches while we birded along the Rio Indio road.

BARRED ANTSHRIKE (*Thamnophilus doliatus*) – A female plumaged bird that was singing showed well for us along the roadside in the Pacific lowlands.

BLACK-CROWNED ANTSHRIKE (*Thamnophilus atrinucha*) – Previously know as Western Slaty-Antshrike, we saw one along the Rio Indio road.

PLAIN ANTVIREO (*Dysithamnus mentalis*)

SPOT-CROWNED ANTVIREO (*Dysithamnus puncticeps*) – We enjoyed great looks at the local species in the small canyon on La Mesa.

CHECKER-THROATED ANTWREN (*Epinecrophylla fulviventris*) – After chasing one around for awhile we ended up with great looks at a male and female.

WHITE-FLANKED ANTWREN (*Myrmotherula axillaris*)

SLATY ANTWREN (*Myrmotherula schisticolor*)

DOT-WINGED ANTWREN (*Microrhopias quixensis*)

DUSKY ANTBIRD (*Cercomacroides tyrannina*) – We had pretty good looks at Metro Park on our first morning.

WHITE-BELLIED ANTBIRD (*Myrmeciza longipes*) [*]

CHESTNUT-BACKED ANTBIRD (*Myrmeciza exsul*) – This forest bird with the bare blue skin around the eye popped up on the Rio Indio Road.

DULL-MANTLED ANTBIRD (*Myrmeciza laemosticta*) – Unfortunately, our only encounter was with two birds that shot across the trail and wouldn't appear again.

COLORADO ANTBIRD (*Gymnopathys bicolor bicolor*) – We had nice looks at about 3-4 individuals feeding at the large antswarm on the Candalaria Trail.

Furnariidae (Ovenbirds and Woodcreepers)

PLAIN-BROWN WOODCREEPER (*Dendrocincla fuliginosa*) – One bird was also attending the army antswarm along the Candalaria Trail.

WEDGE-BILLED WOODCREEPER (*Glyphorhynchus spirurus*) – We saw this smallish woodcreeper on about three different days.

COCOA WOODCREEPER (*Xiphorhynchus susurrans*) – Several were seen during our week.

SPOTTED WOODCREEPER (*Xiphorhynchus erythropygius*) – This higher elevation species showed well along the Las Minas Road and at Altos del Maria.

PLAIN XENOPS (*Xenops minutus*)

RED-FACED SPINETAIL (*Cranioleuca erythropus*) – This montane species was seen by a few folks at Altos del Maria.

Tyrannidae (Tyrant Flycatchers)

BROWN-CAPPED TYRANULET (*Ornithion brunneicapillus*) – We had pretty good views of this small flycatcher just over our heads in a rather low tree at the end of the Rio Jordana Road. This species is often a canopy dweller and is difficult to see this well.

SOUTHERN BEARDLESS-TYRANULET (*Camptostoma obsoletum*) – We saw and heard a few more with our first at Metro Park.

YELLOW TYRANULET (*Capsiempis flaveola semiflava*) – One individual was singing at Metro Park and came in about the same time we got distracted by something else.

YELLOW-CROWNED TYRANULET (*Tyrannulus elatus*) – We had a couple of calling birds at Cara Iguana and even got scope views of one that stayed perched for quite awhile.

YELLOW-BELLIED ELAENIA (*Elaenia flavogaster*)

OLIVE-STRIPED FLYCATCHER (*Mionectes olivaceus*)

PALTRY TYRANULET (MISTLETOE) (*Zimmerius vilissimus parvus*) – Several were seen including one that was missing its tail.

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

PALE-EYED PYGMY-TYRANT (*Atalotriccus pilaris wilcoxi*) – We had a rather close calling individual that would not come out of the dry forest for a look. [E*]

SOUTHERN BENTBILL (*Oncostoma olivaceum*) – One was with a mixed-species flock on our first morning at Metro Park.

COMMON TODY-FLYCATCHER (*Todirostrum cinereum*) – This unusual little flycatcher showed well in the Juan Hombron area of the Pacific lowlands.

BRAN-COLORED FLYCATCHER (*Myiophobus fasciatus*)

TUFTED FLYCATCHER (COSTA RICAN) (*Mitrephanes phaeocercus aurantiiventris*) – A quite conspicuous bird of the higher elevation forests we had a few at Altos del Maria.

TROPICAL PEWEE (*Contopus cinereus*)

LEAST FLYCATCHER (*Empidonax minimus*) – We found one in a weedy field along the lower part of the road to Altos del Maria. This is a quite uncommon species in Panama but is certainly more common than the few records indicate.

LONG-TAILED TYRANT (*Colonia colonus*) – A rather fancy looking flycatcher, we saw a couple around El Valle.

BRIGHT-RUMPED ATTILA (*Attila spadiceus*) [*]

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

PANAMA FLYCATCHER (*Myiarchus panamensis*) – Another specialty of Panama, we saw one in the Cara Iguana area above El Valle.

GREAT KISKADEE (*Pitangus sulphuratus*) – These were more conspicuous in the Pacific lowlands.

RUSTY-MARGINED FLYCATCHER (*Myiozetetes cayanensis*) – We saw a few and in direct comparison to the similar Social Flycatcher.

SOCIAL FLYCATCHER (*Myiozetetes similis*) – Pretty common throughout.

STREAKED FLYCATCHER (*Myiodynastes maculatus*)

TROPICAL KINGBIRD (*Tyrannus melancholicus*) – Common in virtually all the habitats we visited.

FORK-TAILED FLYCATCHER (*Tyrannus savana*) – Another Pacific lowland species, we saw one at our hotel in Panama and again the final day near the coast.

Pipridae (Manakins)

LANCE-TAILED MANAKIN (*Chiroxiphia lanceolata*) – Betsy saw a male at the Fonseca Reserve where we could not get them into view. They were otherwise pretty quiet for us.

WHITE-RUFFED MANAKIN (*Corapipo altera*) [*]

GOLDEN-COLLARED MANAKIN (*Manacus vitellinus*) [*]

Tityridae (Tityras and Allies)

MASKED TITYRA (*Tityra semifasciata*) – This rather odd species appeared well a few times for us.

CINNAMON BECARD (*Pachyramphus cinnamomeus*) – Nice looks at a pair at the end of the Rio Jordanal Road.

WHITE-WINGED BECARD (*Pachyramphus polychopterus*) – We had great looks at a singing male on our first morning at Metro Park, then we saw a female plumaged individual along the Rio Jordanal Road.

Vireonidae (Vireos, Shrike-Babblers, and Erpornis)

SCRUB GREENLET (*Hylophilus flavipes*) [*]

LESSER GREENLET (*Pachysylvia decurtata*) [*]

RUFOUS-BROWED PEPPERSHRIKE (NORTHERN) (*Cyclarhis gujanensis perrygoi*) – A quite local bird in the areas we visited, we had a nice close view of one right along the roadside as we birded our way to the coast. [E]

Corvidae (Crows, Jays, and Magpies)

BLACK-CHESTED JAY (*Cyanocorax affinis*) – After seeing a few fleeting birds we had nice looks at a small group that passed over us along the road just outside of El Valle.

Hirundinidae (Swallows)

SOUTHERN ROUGH-WINGED SWALLOW (*Stelgidopteryx ruficollis*) – This was the most common swallow we encountered.

GRAY-BREASTED MARTIN (*Progne chalybea*)

BARN SWALLOW (*Hirundo rustica*) – A few were seen over the pastures in the Pacific lowlands.

Troglodytidae (Wrens)

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

HOUSE WREN (SOUTHERN) (*Troglodytes aedon inquietus*) – This was a quite common song in many places.

OCHRACEOUS WREN (*Troglodytes ochraceus ligea*) – One of these montane species came in right overhead in a moss-claden tree at Altos del Maria. [E]

RUFOUS-BREASTED WREN (*Pheugopedius rutilus*) – A frequent voice, we saw them our first day at Metro Park then better the following day at Cara Iguana.

RUFOUS-AND-WHITE WREN (*Thryophilus rufalbus*) – One of the prettier of the wrens, we had good looks at Metro Park.

PLAIN WREN (*Cantorchilus modestus*)

BAY WREN (*Cantorchilus nigricapillus*)

WHITE-BREASTED WOOD-WREN (*Henicorhina leucosticta*) – We finally got good views in the forest along the trails at the Canopy Lodge.

GRAY-BREASTED WOOD-WREN (*Henicorhina leucophrys*) – Another higher elevation species, we saw them at Altos del Maria.

Poliophtilidae (Gnatcatchers)

LONG-BILLED GNATWREN (*Ramphocaenus melanurus*) – This smallish bird with the long bill came in right above us near El Valle.

TROPICAL GNATCATCHER (*Poliophtila plumbea*)

Turdidae (Thrushes and Allies)

CLAY-COLORED THRUSH (*Turdus grayi*) – The most common visitor to the feeders at the Lodge, they were always there when bananas were present.

Mimidae (Mockingbirds and Thrashers)

TROPICAL MOCKINGBIRD (*Mimus gilvus*) – Seen by some near the hotel in Panama City and briefly on our final day, this species has actually been introduced to Panama from South America. [I]

Parulidae (New World Warblers)

LOUISIANA WATERTHRUSH (*Parkesia motacilla*) – There was one along the stream during our walk at Altos del Maria but it didn't show for us.

NORTHERN WATERTHRUSH (*Parkesia noveboracensis*)

GOLDEN-WINGED WARBLER (*Vermivora chrysoptera*) – We had good looks at about three individuals during our week. One of the best looking warblers.

BLUE-WINGED WARBLER (*Vermivora cyanoptera*) – A seemingly, uncommon bird on the wintering grounds we saw one in the small canyon at La Mesa.

BLACK-AND-WHITE WARBLER (*Mniotilta varia*) – We saw a handful during our week.

TENNESSEE WARBLER (*Oreothlypis peregrina*)

MOURNING WARBLER (*Geothlypis philadelphia*) – We had nice views of this usual skulker as one picked through the ground vegetation right on the edge of the road above the Canopy Lodge.

AMERICAN REDSTART (*Setophaga ruticilla*)

MAGNOLIA WARBLER (*Setophaga magnolia*)

BAY-BREASTED WARBLER (*Setophaga castanea*) – This was the most common of the wintering warblers we saw.

BLACKBURNIAN WARBLER (*Setophaga fusca*) – I believe we only saw one with a flock at Altos del Maria.

YELLOW WARBLER (*Setophaga petechia*) – These were most common at Metro Park in Panama City.

CHESTNUT-SIDED WARBLER (*Setophaga pensylvanica*) – Seen just about daily, they were still in winter plumage.

RUFOUS-CAPPED WARBLER (CHESTNUT-CAPPED) (*Basileuterus rufifrons mesochrysus*) – Several were encountered during our stay with a couple making appearances at the feeders at the Lodge.

BUFF-RUMPED WARBLER (*Myiothlypis fulvicauda*) – There was one that frequented the stream at the Lodge but our best view was along the creek walk at Altos del Maria where the buff rump shone like a flashlight.

CANADA WARBLER (*Cardellina canadensis*) – A fair number of these great northern breeders were seen.

Thraupidae (Tanagers and Allies)

WHITE-SHOULDERED TANAGER (*Tachyphonus luctuosus*) – Our first were at Metro Park then we saw them again at Cara Iguana.

TAWNY-CRESTED TANAGER (*Tachyphonus delatrii*) – We enjoyed nice looks at a group that we looked down upon from the bridge just up the road from the Lodge.

WHITE-LINED TANAGER (*Tachyphonus rufus*)

FLAME-RUMPED TANAGER (LEMON-RUMPED) (*Ramphocelus flammigerus icteronotus*) – These were frequent visitors to the feeders at the Lodge.

CRIMSON-BACKED TANAGER (*Ramphocelus dimidiatus*) – A very sharply marked tanager, there were usually a few around the Lodge feeders whenever there were bananas.

BLUE-GRAY TANAGER (*Thraupis episcopus*)

PALM TANAGER (*Thraupis palmarum*)

GOLDEN-HOODED TANAGER (*Tangara larvata*)

PLAIN-COLORED TANAGER (*Tangara inornata*) – This very well named tanager is ...well, quite plain.

BAY-HEADED TANAGER (*Tangara gyrola*) – We had a few around La Mesa and along the Rio Indio road. This form has a quite bluish belly.

EMERALD TANAGER (*Tangara florida*) – This handsome tanager was first seen at our lunch spot at La Jordanal, then we had a much better view just down the road in the mixed-species flock.

SILVER-THROATED TANAGER (*Tangara icterocephala*) – We ended up seeing several in the higher elevations of Altos del Maria.

SCARLET-THIGHED DACNIS (*Dacnis venusta*) – Another fancy little tanager that we also saw with the big flock we encountered near La Jordanal.

BLUE DACNIS (*Dacnis cayana*)

SHINING HONEYCREEPER (*Cyanerpes lucidus*) – We saw a couple of these colorful birds with the bright yellow legs.

RED-LEGGED HONEYCREEPER (*Cyanerpes cyaneus*)

GREEN HONEYCREEPER (*Chlorophanes spiza*)

SULPHUR-RUMPED TANAGER (*Heterospingus rubrifrons*) – We had nice looks at one in the flowering tree at our lunch spot along the Rio Jordanal. This was the birds with the white tufts on its flanks. This species is a write-in on our list and we forgot to include it with our daily list.

BLACK-AND-YELLOW TANAGER (*Chrysothlypis chrysomelas*) – Surprisingly, we only saw one along the road at Altos del Maria.

BLUE-BLACK GRASSQUIT (*Volatinia jacarina*)

VARIABLE SEEDEATER (VARIABLE) (*Sporophila corvina hoffmannii*)

YELLOW-BELLIED SEEDEATER (*Sporophila nigricollis*)

BANANAQUIT (*Coereba flaveola*) – There were almost always a few around the Lodge dining area.

YELLOW-FACED GRASSQUIT (*Tiaris olivaceus*) – A fair number were along the road edges in the pastures at La Mesa.

DUSKY-FACED TANAGER (*Mitrospingus cassinii*) – A couple of individuals made an appearance at the feeders at the Lodge.

ROSY THRUSH-TANAGER (*Rhodinocichla rosea*) – A real highlight was hearing and then seeing a rather close bird at the Fonseca Reserve. This is a quite unusual tanager with a pinkish-orange breast color that is not represented on many other birds. Almost always a skulker, it is a real coup to see this species.

BUFF-THROATED SALTATOR (*Saltator maximus*)

BLACK-HEADED SALTATOR (*Saltator atriceps*) – A specialty of the Caribbean slope of Panama we had good looks along the Rio Indio road.

STREAKED SALTATOR (*Saltator striatipectus*)

SLATE-COLORED GROSBEAK (*Saltator grossus*) – Danilo spotted two of these at Cara Iguana.

Emberizidae (Buntings and New World Sparrows)

COMMON CHLOROSPINGUS (CENTRAL PANAMA) (*Chlorospingus flavopectus punctulatus*) – This is a recent name change. Formerly known as Common Bush-Tanager, we had a couple of loose flocks in the upper elevations of Altos del Maria.

BLACK-STRIPED SPARROW (*Arremonops conirostris*) – We had nice close views of a singing bird along the roadside outside of El Valle.

CHESTNUT-CAPPED BRUSHFINCH (*Arremon brunneinucha*) [*]

Cardinalidae (Cardinals and Allies)

HEPATIC TANAGER (HIGHLAND) (*Piranga flava testacea*) – There were two or three female plumaged individuals at Altos del Maria. This is a different subspecies than the one that occurs in the U.S. and could be a split one of these days.

SUMMER TANAGER (*Piranga rubra*) – We ended up seeing several males and a couple of females in various habitats.

RED-CROWNED ANT-TANAGER (NORTHERN) (*Habia rubica vinacea*)

RED-THROATED ANT-TANAGER (RED-THROATED) (*Habia fuscicauda willisi*) – We had some pretty good views at Metro Park on our first morning.

BLUE-BLACK GROSBEAK (*Cyanocompsa cyanoides*) – A female individual was chipping right above us just after we saw the Crested Owl along the trail at the Lodge.

Icteridae (Troupials and Allies)

EASTERN MEADOWLARK (*Sturnella magna*) – We had a few in the cattle pastures in the Pacific lowlands at Juan Hombron.

GREAT-TAILED GRACKLE (*Quiscalus mexicanus*)

GIANT COWBIRD (*Molothrus oryzivorus*)

CHESTNUT-HEADED OROPENDOLA (*Psarocolius wagleri*) – Although these large birds were not active at nesting colonies we saw a few perched and gurgling in a few locales.

Fringillidae (Finches, Euphonias, and Allies)

YELLOW-CROWNED EUPHONIA (*Euphonia luteicapilla*)

THICK-BILLED EUPHONIA (*Euphonia lanirostris*) – Our best views were at the feeders at the lodge.

FULVOUS-VENTED EUPHONIA (*Euphonia fulvicrissa*) – One or two were seen in fruiting trees along the Rio Indio and Rio Jordanal roads.

TAWNY-CAPPED EUPHONIA (*Euphonia anae*) – A rather sharply marked euphonia we saw a few in the Lodge area.

MAMMALS

HOFFMANN'S TWO-TOED SLOTH (*Choloepus hoffmanni*) – We saw two individuals at Metropolitan Park on our first morning. Neither had much to say.

BROWN-THROATED THREE-TOED SLOTH (*Bradypus variegatus*) – We encountered two in the Cara Iguana area.

VARIEGATED SQUIRREL (*Sciurus variegatoides*)

RED-TAILED SQUIRREL (*Sciurus granatensis*) – These guys were battling the birds for the bananas at the feeders at the Canopy Lodge.

CENTRAL AMERICAN AGOUTI (*Dasyprocta punctata*) – Often a quite shy species, they get bold where they are not hunted or chased by dogs and they were quite conspicuous at Metro Park and at the Lodge where they munched on fruit that fell off the feeder trays.

ADDITIONAL COMMENTS

Totals for the tour: 227 bird taxa and 5 mammal taxa