



Field Guides Tour Report

Panama's Canopy Lodge: El Valle de Anton 2019

Dec 28, 2019 to Jan 4, 2020

Jesse Fagan & Tino Sanchez

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



Here we are after a successful New Year's Panama tour! This photo was taken at Playa Santa Clara, right on the beach with lots of frigatebirds and Brown Pelicans overhead. Best of birding in 2020.

We had a great time spending New Year's in Panama. What a way to welcome in 2020 -- in good company, surrounded by a beautiful forest, a rushing stream, and all those birds! The wine and food weren't too bad, either! The Canopy Lodge was our base for all five nights and it didn't disappoint. Easy access to very birdy spots like Altos del Maria in the foggy highlands, Cerro Gaital and its lush epiphytic forest full of bromeliads and orchids, and the Pacific lowlands where we enjoyed open country birding and a lunch on the beach. There were certainly lots of birding highlights, including the zebra-striped Barred Antshrike, the crested Striped Cuckoo, the snazzy Rufous Motmot (first bird of the 2020 year?!; it's always a good day when you see a motmot), or was it the rare Black-crowned Antpitta? They were all great, of course, but the consensus reached was that it was the gaudy Rufous-crested Coquette that stole your hearts. And to think the "coquette" refers to its coquettish or flirtatious behavior!

Thanks to this fun and friendly group: Carol, Deb, Sonia, Pam, John, and Anthony. I really enjoyed guiding you all in Panama and look forward to our next adventure. Of course, this trip wouldn't have been a success without our local guide, Tino. Also, we must thank the staff at The Canopy Lodge and many thanks to Raul Arias.

All the best in 2020,

Jesse aka Motmot (from Lima, Peru)

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 (*Ortalis cinereiceps*) – Fairly common around El Valle and the Canopy Lodge grounds. Visited the feeders a few times.

BLACK GUAN (*Chamaepetes unicolor*) – Endemic to the highlands of W Panama and Costa Rica. Seen a few times at Altos del Maria (mostly in the fog).

Columbidae (Pigeons and Doves).

ROCK PIGEON (*Columba livia*) [I]

PALE-VENTED PIGEON (*Patagioenas cayennensis*) – A couple of times in the lowlands.

PLAIN-BREASTED GROUND-DOVE (*Columbina minuta elaeodes*) – Scoped nicely along Juan Hombron road. Very similar to a female Ruddy Ground-Dove. This species can be quite local and in low numbers through its distribution.

RUDDY GROUND-DOVE (*Columbina talpacoti*) – Common in the lowlands.

WHITE-TIPPED DOVE (*Leptotila verreauxi*) – Seen and heard a few times in the El Valle area.

GRAY-CHESTED DOVE (*Leptotila cassinii*) [*]

PURPLISH-BACKED QUAIL-DOVE (*Zentrygon lawrencii*) – Amazing look in the fog at a curious bird that approached our group very closely. Endemic to the highlands of Panama and Costa Rica.

Cuculidae (Cuckoos).

SMOOTH-BILLED ANI (*Crotophaga ani*) – We had good looks at both anis in the hot lowlands at Juan Hombron, but Groove-billed was by far the most common.

GROOVE-BILLED ANI (*Crotophaga sulcirostris*)

STRIPED CUCKOO (*Tapera naevia*) – Awesome looks at this open country species. It perched for long scope views.

SQUIRREL CUCKOO (*Piaya cayana*) – Seen several times on tour. Often gliding across the road.

Trochilidae (Hummingbirds).

WHITE-NECKED JACOBIN (*Florisuga mellivora*) – A female was perched in the forest at Valle Chiquito.

WHITE-TIPPED SICKLEBILL (*Eutoxeres aquila*) – Awesome scope views of this very rare species at Altos del Maria. It had staked out several nice Heliconia flowers.

GREEN HERMIT (*Phaethornis guy*) – Good numbers in the El Valle forest. Often heard zipping by "squeek!"

LONG-BILLED HERMIT (*Phaethornis longirostris*) – The largest of the hermits was seen a few times around El Valle. Much less common than the previous species.

STRIPE-THROATED HERMIT (*Phaethornis striigularis*) – This was the smallest of the hermits, seen a few times sneaking into the lower flowers at the lodge. Also, heard several times in the forest at their exploded leks.

BROWN VIOLETEAR (*Colibri delphinae*) [*]

BLACK-THROATED MANGO (*Anthracothorax nigricollis*) – One was seen perched in Metro Park. Nearly our first bird of the tour.

VERAGUAN MANGO (*Anthracothorax veraguensis*) – This regional endemic was seen at a flowering tree on the Juan Hombron road. [E]

RUFOUS-CRESTED COQUETTE (*Lophornis delattrei*) – A good spot by Tino (one of many) as we were walking out of the tall forest at Altos del Maria. Nice bird!

GREEN-CROWNED BRILLIANT (*Heliodoxa jacula*) – One or two at Altos del Maria.

LONG-BILLED STARTHROAT (*Heliomaster longirostris*) – One was perched along the entrance road outside of Canopy Lodge on our first afternoon of birding.

GARDEN EMERALD (*Chlorostilbon assimilis*) – This tiny hummingbird was seen a few times, but oddly, only females. Where were the males?

WHITE-VENTED PLUMELETEER (*Chalybura buffonii*) – Small numbers at the lodge in the surrounding forest.

BRONZE-TAILED PLUMELETEER (*Chalybura urochrysis*) – This is the dark hummingbird with pink feet, which helps with the i.d.!

CROWNED WOODNYMPH (*Thalurania colombica*) – Seen several times in the moist forest around El Valle.

WHITE-TAILED EMERALD (*Elvira chionura*) – One studied well at the mini-golf spot at Altos del Maria. It was perched briefly, but then foraged in the canopy showing its white tail nicely. Endemic to the Chiriqui Highlands.

SNOWCAP (*Microchera albocoronata*) – We finally found a perched female at Altos del Maria. Not quite as range-restricted as the previous species, but endemic to Central America.

BLUE-CHESTED HUMMINGBIRD (*Amazilia amabilis*) – Small numbers seen on the tour.

SNOWY-BELLIED HUMMINGBIRD (*Amazilia edward collata*) – This was a regular visitor to the hummingbird feeders at Canopy Lodge. [E]

RUFOUS-TAILED HUMMINGBIRD (*Amazilia tzacatl*) – The most common hummingbird recorded on the tour.

SAPPHIRE-THROATED HUMMINGBIRD (*Lepidopygia coeruleogularis coeruleogularis*) – Fairly range-restricted; Panama and N Colombia. It was seen in the lowlands at Juan Hombron. [E]

Rallidae (Rails, Gallinules, and Coots).

GRAY-COWLED WOOD-RAIL (*Aramides cajaneus*) – We worked hard to see one at the compost pile, then they were climbing all over the fruit feeders at Canopy Lodge. Go figure!

Charadriidae (Plovers and Lapwings).

SOUTHERN LAPWING (*Vanellus chilensis*) – This species, within the last 20 years, has expanded into Central America as the forests have been cut and there are more connected open areas.

Jacanidae (Jacanas).

WATTLED JACANA (BLACK-BACKED) (*Jacana jacana hypomelaena*) – This is another species that has recently expanded into Central America (now reports from Costa Rica).

Scolopacidae (Sandpipers and Allies).

WHIMBREL (HUDSONIAN) (*Numenius phaeopus hudsonicus*) – Seen on the beach at Playa Santa Clara.

SANDERLING (*Calidris alba*) – Small numbers running with the waves at Playa Santa Clara.

SPOTTED SANDPIPER (*Actitis macularius*) – Just one in a marshy area long the Juan Hombron Rd.

WILLET (*Tringa semipalmata*) – Most appeared to be "Western" Willets.

Laridae (Gulls, Terns, and Skimmers)

LAUGHING GULL (*Leucophaeus atricilla*) – All of the species in this family were recorded in medium-sized flocks at Playa Santa Clara. They were mixed together, but a couple were large flocks of Sandwich Terns. The Common Terns really stood out (good spot, Anthony) being smaller and in non-breeding plumage with black carpal bars.

COMMON TERN (*Sterna hirundo*)

ROYAL TERN (AMERICAN) (*Thalasseus maximus maximus*)

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

Ciconiidae (Storks)

WOOD STORK (*Mycteria americana*) – Lots soaring in the thermals along the Juan Hombron Rd.

Fregatidae (Frigatebirds)

MAGNIFICENT FRIGATEBIRD (*Fregata magnificens*) – We really got to study the different plumages during our lunch stop at Playa Santa Clara.

Phalacrocoracidae (Cormorants and Shags)

NEOTROPIC CORMORANT (*Phalacrocorax brasilianus*) – Seen in Panama City on the first day and again in the hot lowlands at Juan Hombron.

Pelecanidae (Pelicans)

BROWN PELICAN (*Pelecanus occidentalis*) – Common along the Pacific Coast.

Ardeidae (Herons, Egrets, and Bitterns)

GREAT BLUE HERON (*Ardea herodias*) – One wintering bird was at Juan Hombron.

GREAT EGRET (*Ardea alba*) – Great Egret, Snowy Egret, Little Blue Heron, Cattle Egret, and Green Heron were all seen over multiple days at different sites around El Valle and in the lowlands.

SNOWY EGRET (*Egretta thula*)

LITTLE BLUE HERON (*Egretta caerulea*)

TRICOLORED HERON (*Egretta tricolor*) – A pair were seen at Laguna de Juan on the Juan Hombron Rd. Formerly known as Louisiana Heron.

CATTLE EGRET (*Bubulcus ibis*)

GREEN HERON (*Butorides virescens*) – Panama is about as far south as Green Herons occur. They are replaced on the other side of the canal zone by Striated Heron.

Threskiornithidae (Ibises and Spoonbills)

GLOSSY IBIS (*Plegadis falcinellus*) – We saw a huge flock along the Juan Hombron Rd. Maybe, 150 individuals?

Cathartidae (New World Vultures)

BLACK VULTURE (*Coragyps atratus*) – Black and Turkey vultures were seen every day of the tour. Common in this area.

TURKEY VULTURE (*Cathartes aura*)

LESSER YELLOW-HEADED VULTURE (*Cathartes burrovianus*) – This species was only found in the hot lowlands on the Juan Hombron Rd.

Pandionidae (Osprey)

OSPREY (*Pandion haliaetus*) – A pair were hanging around the highland lake at Altos del Maria.

Accipitridae (Hawks, Eagles, and Kites)

SAVANNA HAWK (*Buteogallus meridionalis*) – A couple were seen in the (not surprisingly) open savanna along the Juan Hombron Rd.

ROADSIDE HAWK (*Rupornis magnirostris*) – Seen a couple of times on this tour.

GRAY-LINED HAWK (*Buteo nitidus blakei*) – An immature was perched distantly on the Juan Hombron Rd.

BROAD-WINGED HAWK (*Buteo platypterus*) – Singles on most days, especially common at Altos del Maria. This species winters in Panama.

SHORT-TAILED HAWK (*Buteo brachyurus*) – A dark and a light morph were seen on the tour.

Strigidae (Owls)

TROPICAL SCREECH-OWL (*Megascops choliba luctisonus*) [*]

SPECTACLED OWL (*Pulsatrix perspicillata*) – A good bird. Seen at a day roost at Cara Iguana. Thanks to the local groundskeeper!

FERRUGINOUS PYGMY-OWL (FERRUGINOUS) (*Glaucidium brasilianum ridgwayi*) – Our last new bird of the trip! Seen in the parking area of our lunch spot at Playa Santa Clara.

MOTTLED OWL (*Ciccaba virgata*) – A day roosting pair was seen in the dense moist forest at Canopy Adventure.

Trogonidae (Trogons)

ORANGE-BELLIED TROGON (*Trogon aurantiiventris*) – These were seen a few times in the moist forest around El Valle. Recently lumped again with Collared Trogon.

Momotidae (Motmots)

TODY MOTMOT (*Hylomanes momotula*) – Glimpsed by a few, but mostly a heard. Incredible concentration along the Valle Chiquito road.

LESSON'S MOTMOT (*Momotus lessonii lessonii*) – Nice looks at Valle Chiquito in the scope.

RUFIOUS MOTMOT (*Baryphthengus martii*) – A regular visitor to the Canopy Lodge fruit feeder. Our first bird of 2020, for some!

BROAD-BILLED MOTMOT (*Electron platyrhynchum*) – Nice looks at Altos del Maria. It's always a good day when you see a motmot! ;-)

Alcedinidae (Kingfishers)

GREEN KINGFISHER (*Chloroceryle americana*) – Singles on a couple of the rivers at El Valle.

Capitonidae (New World Barbets).

SPOT-CROWNED BARBET (*Capito maculicoronatus maculicoronatus*) – A near-endemic to Panama, but also found in NW Colombia, just over the border. Good looks above the Canopy Lodge on our first morning of birding. [E]

Ramphastidae (Toucans).

NORTHERN EMERALD-TOUCANET (BLUE-THROATED) (*Aulacorhynchus prasinus caeruleogularis*) – The subspecies here has a blue throat and is endemic to the Chiriqui Highlands.

COLLARED ARACARI (*Pteroglossus torquatus*) – Several feeding in a Cecropia tree along the lower portions of Altos del Maria.

KEEL-BILLED TOUCAN (*Ramphastos sulfuratus*) – The pretty flying carnivore. Also known as The Flying Banana! Do you remember what they sound like?

Picidae (Woodpeckers).

RED-CROWNED WOODPECKER (*Melanerpes rubricapillus*) – Common. Seen every day of the tour.

LINEATED WOODPECKER (*Dryocopus lineatus*) – A splendid bird. Always a crowd pleaser!

Falconidae (Falcons and Caracaras).

CRESTED CARACARA (*Caracara cheriway*) – Seen in the lowlands at Juan Hombron.

YELLOW-HEADED CARACARA (*Milvago chimachima*) – Around El Valle and again in the lowlands. Another species expanding its range northward.

AMERICAN KESTREL (*Falco sparverius*) – One on the communications tower at the start of the Juan Hombron Road.

BAT FALCON (*Falco rufigularis*) – One was perched in several tall snags near our lakeside picnic spot.

PEREGRINE FALCON (*Falco peregrinus*) – One on our last day at along Juan Hombron Rd.

Psittacidae (New World and African Parrots).

ORANGE-CHINNED PARAKEET (*Brotogeris jugularis*) – Good numbers throughout the tour.

BROWN-HOODED PARROT (*Pyrilia haematotis*) – Always in flight, did we ever get them perched?!

BLUE-HEADED PARROT (*Pionus menstruus*) – The most common parrot on the tour. Seen every day of the tour in the foothills, but absent from the Pacific lowlands.

RED-LORED PARROT (SALVIN'S) (*Amazona autumnalis salvini*) – Two flew over the gas station during a bathroom break.

YELLOW-CROWNED PARROT (*Amazona ochrocephala panamensis*) – Flyovers while birding the Juan Hombron Rd.

BROWN-THROATED PARAKEET (VERAGUAS) (*Eupsittula pertinax ocularis*) – Fairly common in the Pacific lowlands.

Thamnophilidae (Typical Antbirds).

FASCIATED ANTSHRIKE (*Cymbilaimus lineatus*) [*]

BARRED ANTSHRIKE (*Thamnophilus doliatus*) – Several times we had nice looks at both male and female.

RUSSET ANTSHRIKE (*Thamnistes anabatinus*) – Seen in a mixed-species flock at La Mina.

PLAIN ANTIVIREO (*Dysithamnus mentalis*) – A pair were at Altos del Maria.

SPOT-CROWNED ANTIVIREO (*Dysithamnus puncticeps*) – This is a fairly limited-range bird and uncommon throughout. We had nice looks at a singing female at Cerro Gaital.

CHECKER-THROATED ANTWREN (*Epinecrophylia fulviventris*) – A pair were also seen at Cerro Gaital.

SLATY ANTWREN (*Myrmotherula schisticolor*)

DUSKY ANTIBIRD (*Cercomacroides tyrannina*) – A pair were in the understory at Metro Park.

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

CHESTNUT-BACKED ANTIBIRD (*Poliocrania exsul*) – Often heard, but we did manage some views at Cerro Gaital.

BICOLORED ANTIBIRD (*Gymnophithys bicolor bicolor*) – A roadside stop produced this species, but it never did show well.

Conopophagidae (Gnateaters).

BLACK-CROWNED ANTPITTA (*Pittasoma michleri michleri*) – Amazing experience with this difficult to see species. One of the hardest antpittas to encounter and only found in Costa Rica, Panama, and Colombia. Great bird! This is really a large gnateater!

Grallariidae (Antpittas).

STREAK-CHESTED ANTPITTA (*Hylopezus perspicillatus*) – Another fantastic experience with an antpitta in the tall forest near the lake at Altos del Maria. Showed very well in the scope.

Formicariidae (Antthrushes).

BLACK-FACED ANTTHRUSH (*Formicarius analis*) – We struggled a bit to show folks this one walking in the understory at Cerro Gaital.

Furnariidae (Ovenbirds and Woodcreepers).

WEDGE-BILLED WOODCREEPER (*Glyphorhynchus spirurus*) – Several were singing in the forest and seen well. Their small pointed bill is distinctive.

COCOA WOODCREEPER (*Xiphorhynchus susurrans*) – Fairly common in Metro Park and at La Mina in the moist forest.

SPOTTED WOODCREEPER (*Xiphorhynchus erythropygius*) – Fairly common in the mid-elevation foothill forest around El Valle.

STRAIGHT-BILLED WOODCREEPER (*Dendroplex picus extimus*) – Wonderful interaction from a pair in the hot lowlands on the Pacific Slope. Good photos!

BROWN-BILLED SCYTHEBILL (*Campylorhamphus pusillus olivaceus*) – Awesome looks at this uncommon and oddly-billed woodcreeper.

PLAIN XENOPS (*Xenops minutus*) – Seen a few times on the tour.

SPOTTED BARBTAIL (*Premnoplex brunescens*) – One seen well at Altos del Maria.

RED-FACED SPINETAIL (*Cranioleuca erythrops*) [*]

Tyrannidae (Tyrant Flycatchers).

SOUTHERN BEARDLESS-TYRANNULET (*Camptostoma obsoletum*) – A small crested flycatcher of semi-arid habitat. Seen at Cara Iguana and in the Pacific lowlands.

MOUSE-COLORED TYRANNULET (NORTHERN) (*Phaeomyias murina eremonoma*) – One briefly (not seen by all) along the Juan Hombron Road. [E]

YELLOW-CROWNED TYRANNULET (*Tyrannulus elatus*) – Seen at Metro Park.

FOREST ELAENIA (*Myiopagis gaimardii*) [*]

GREENISH ELAENIA (GREENISH) (*Myiopagis viridicata accola*) – Seen at Metro Park, where it looks very similar to Forest Elaenia.

YELLOW-BELLIED ELAENIA (*Elaenia flavogaster*) – Its loud raucous calls were heard more often, but it was also seen a few times. A large, yellow-bellied flycatcher with a big crest.

OLIVE-STRIPED FLYCATCHER (*Mionectes olivaceus*) – Good numbers at Altos del Maria.

OCHRE-BELLIED FLYCATCHER (*Mionectes oleagineus*) – Found at lower elevations than the previous species, but also around El Valle in good numbers.

SEPIA-CAPPED FLYCATCHER (*Leptopogon amaurocephalus*) – One at Metro Park.

RUFIOUS-BROWED TYRANNULET (*Phylloscartes superciliaris*) – Finally caught up with this very local species at the mini-golf park at Altos del Maria. A good one to see so well as they are usually a canopy species.

MISTLETOE TYRANNULET (*Zimmerius parvus*) – Seen everyday of the tour. A recent split from "Paltry" Tyrannulet. Indeed, it is a mistletoe obligate.

SCALE-CRESTED PYGMY-TYRANT (*Lophotriccus pileatus*) – Seen well at Altos del Maria.

PALE-EYED PYGMY-TYRANT (*Atalotriccus pilaris wilcoxi*) [E*]

COMMON TODY-FLYCATCHER (*Todirostrum cinereum*) – Seen everyday of the tour. Yep, common.

YELLOW-OLIVE FLYCATCHER (YELLOW-OLIVE) (*Tolmomyias sulphurescens flavoolivaceus*) – A pair were vocal and approached close in the semi-arid scrub along the Juan Hombron Rd.

YELLOW-MARGINED FLYCATCHER (*Tolmomyias assimilis*) [*]

WHITE-THROATED SPADEBILL (*Platyrinchus mystaceus*) – Awesome looks on the forest trail at Altos del Maria.

RUDDY-TAILED FLYCATCHER (*Terenotriccus erythrurus*) – This tiny rufous flycatcher was seen in the forest at Metro Park.

SULPHUR-RUMPED FLYCATCHER (*Myiobius sulphureipygius*) – A good one to see. Uncommon and unpredictable in its range; seen at Altos del Maria.

TUFTED FLYCATCHER (COSTA RICAN) (*Mitrephanes phaeocercus aurantiiventris*) – Good numbers at Altos del Maria.

ACADIAN FLYCATCHER (*Empidonax virescens*) [*]

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

RUFIOUS MOURNER (*Rhytipterna holerythra*) – One was seen at Altos del Maria.

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

PANAMA FLYCATCHER (*Myiarchus panamensis*) – A pair were at Metro Park and then again in the Pacific lowlands. Seems fitting we would see this species in Panama, though its range includes Costa Rica and Colombia.

GREAT KISKADEE (*Pitangus sulphuratus*) – Common around areas with standing water. Seen more than a few times on tour.

BOAT-BILLED FLYCATCHER (*Megarynchus pitangua*) – One was in the lower sections of Altos del Maria in the open country. Very similar looking to the previous species, but the call is distinctive.

RUSTY-MARGINED FLYCATCHER (*Myiozetetes cayanensis*) – As with Great Kiskadee, almost always found around water. Nearly identical to the next species, but as with many species of birds, the calls are quite different.

SOCIAL FLYCATCHER (*Myiozetetes similis*) – Common.

STREAKED FLYCATCHER (*Myiodynastes maculatus*) – One showed well during a break stop along the Juan Hombron Rd.

TROPICAL KINGBIRD (*Tyrannus melancholicus*) – Common; seen every day of the trip.

FORK-TAILED FLYCATCHER (*Tyrannus savana*) – Good looks in the Pacific lowlands.

Pipridae (Manakins).

LANCE-TAILED MANAKIN (*Chiroxiphia lanceolata*) – A male showed pretty well in Valle Chiquito.

WHITE-RUFFED MANAKIN (*Corapipo altera*) – Fairly common at the higher elevations around Altos del Maria. Heard more often than seen, however.

GOLDEN-COLLARED MANAKIN (*Manacus vitellinus*) – A few times on tour. There was a lek at Valle Chiquito.

Tityridae (Tityras and Allies).

MASKED TITYRA (*Tityra semifasciata*) – A pair in a Cecropia tree along the road up to Altos del Maria.

NORTHERN SCHIFFORNIS (NORTHERN) (*Schiffornis veraepacis dumicola*) – This used to be Thrush-like Schiffornis, but a recent study concluded there were around four species in the complex. This one is found from Mexico to W Panama. Voice is the main distinction. Seen at Cerro Gaital. [E]

WHITE-WINGED BECARD (*Pachyrhamphus polychopterus*) – A female was seen at Cara Iguana.

Vireonidae (Vireos, Shrike-Babblers, and Erpornis).

RUFIOUS-BROWED PEPPERSHRIKE (NORTHERN) (*Cyclarhis gujanensis perrygoi*) [E*]

SCRUB GREENLET (*Hylophilus flavipes*) [*]

GREEN SHRIKE-VIREO (*Vireolanius pulchellus*) [*]

LESSER GREENLET (*Pachysylvia decurtata*) – Common at Metro Park.

GOLDEN-FRONTED GREENLET (*Pachysylvia aurantiifrons aurantiifrons*) – Heard at Metro Park, but seen super well along Juan Hombron.

YELLOW-THROATED VIREO (*Vireo flavifrons*)

Corvidae (Crows, Jays, and Magpies).

BLACK-CHESTED JAY (*Cyanocorax affinis*) – Common around El Valle.

Hirundinidae (Swallows).

SOUTHERN ROUGH-WINGED SWALLOW (Stelgidopteryx ruficollis) – Seen a few times around El Valle.

GRAY-BREASTED MARTIN (Progne chalybea) – Seen in the lowlands; especially around gas stations.

Troglodytidae (Wrens).

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

HOUSE WREN (SOUTHERN) (Troglodytes aedon inquietus)

OCHRACEOUS WREN (Troglodytes ochraceus ligea) – This tiny arboreal wren, which likes to feed in bromeliads, was seen at Altos del Maria in the fog. [E]

RUFUS-BREASTED WREN (Pheugopedius rutilus) – One of the common wrens of thick understory on this tour.

RUFUS-AND-WHITE WREN (Thryophilus rufalbus) – A pair were seen at Metro Park. A very nice songster.

ISTHMIAN WREN (Cantorchilus elutus) – This is a Pacific Lowlands endemic, only found from SW Costa Rica to W Panama. It was fairly common on this tour.

BAY WREN (Cantorchilus nigricapillus) – An explosive voice. Very common on tour; there was a pair that sang daily from the stream at the lodge.

WHITE-BREASTED WOOD-WREN (Henicorhina leucosticta) – In the lowlands.

GRAY-BREASTED WOOD-WREN (Henicorhina leucophrys) – In the highlands.

Poliophtilidae (Gnatcatchers).

TAWNY-FACED GNATWREN (Microbates cinereiventris) – Fantastic views of this skulky understory species. Not common either, so a good one to find.

LONG-BILLED GNATWREN (Ramphocaenus melanurus) – Just a couple on the tour.

TROPICAL GNATCATCHER (Poliophtila plumbea) – A couple in the canopy at Metro Park.

Turdidae (Thrushes and Allies).

ORANGE-BILLED NIGHTINGALE-THRUSH (Catharus aurantiirostris) – One flew across the road at Valle Chiquito. Otherwise, mostly a heard only.

PALE-VENTED THRUSH (Turdus obsoletus) – Good numbers in the forest at Altos del Maria. Somewhat uncommon from Costa Rica to Ecuador.

CLAY-COLORED THRUSH (Turdus grayi) – Common. The national bird of Costa Rica, btw.

Mimidae (Mockingbirds and Thrashers).

TROPICAL MOCKINGBIRD (TROPICAL) (Mimus gilvus tolimensis) – Several in the lowlands at Juan Hombron. [I]

Fringillidae (Finches, Euphonias, and Allies).

YELLOW-CROWNED EUPHONIA (Euphonia luteicapilla) – "deet deet", the ubiquitous call of this species.

THICK-BILLED EUPHONIA (Euphonia lanirostris) – Seen in most habitats and a regular visitor to the fruit feeder.

WHITE-VENTED EUPHONIA (Euphonia minuta) – This was a good find in the foggy forest at Altos del Maria.

TAWNY-CAPPED EUPHONIA (Euphonia anae) – Fairly common in the moist foothills around El Valle.

LESSER GOLDFINCH (Spinus psaltria) – A few times on the tour.

Rhodinocichlidae (Thrush-Tanager).

ROSY THRUSH-TANAGER (Rhodinocichla rosea) [*]

Passerellidae (New World Sparrows).

COMMON CHLOROSPINGUS (CENTRAL PANAMA) (Chlorospingus flavopectus punctulatus) – The one with the white spot behind the eye. Yep, common in the mixed-species flocks at Altos del Maria.

BLACK-STRIPED SPARROW (Arremonops conirostris) – Seen at Cara Iguana near El Valle.

ORANGE-BILLED SPARROW (Arremon aurantiirostris) – Seen regularly on the grounds of Canopy Lodge.

CHESTNUT-CAPPED BRUSHFINCH (Arremon brunneinucha) – Awesome looks at our first stop below the entrance to Altos del Maria (where we saw the sicklebill). Watch for the white throat!

Icteridae (Troupials and Allies).

EASTERN MEADOWLARK (Sturnella magna) – One on a fencepost along the Juan Hombron Rd.

CHESTNUT-HEADED OROPENDOLA (Psarocolius wagleri) – Just a couple during the tour.

YELLOW-BACKED ORIOLE (Icterus chrysater gairaudii) – Fantastic, close views of a singing pair at Valle Chiquito.

BALTIMORE ORIOLE (Icterus galbula) – Just one on the lower slopes of Altos del Maria.

GIANT COWBIRD (Molothrus oryzivorus) – Just one flying over at Cara Iguana.

GREAT-TAILED GRACKLE (Quiscalus mexicanus) – Seen in most cities and towns. Our first bird of the trip?

Parulidae (New World Warblers).

LOUISIANA WATERTHRUSH (Parkesia motacilla) – We saw one very well along the stream at the Canopy Lodge.

NORTHERN WATERTHRUSH (Parkesia noveboracensis) – One was along the small pond at Metro Park.

GOLDEN-WINGED WARBLER (Vermivora chrysoptera) – A couple of "normal" birds were seen, but a "Brewster's" Warbler was more exciting for the guide! According to Sibley, this was a backcross adult male. This is a first generation bird with pure parents from either species.

BLACK-AND-WHITE WARBLER (Mniotilta varia) – Small numbers in the moist forest.

PROTHONOTARY WARBLER (Protonotaria citrea) – One was seen down in the Pacific lowlands.

TENNESSEE WARBLER (Oreothlypis peregrina) – Small numbers throughout the tour.

MOURNING WARBLER (Geothlypis philadelphia) – Singles over several days.

BAY-BREASTED WARBLER (Setophaga castanea) – Good numbers in the moist forest above El Valle.

BLACKBURNIAN WARBLER (Setophaga fusca) – A couple of female-plumaged birds were seen at Altos del Maria.

YELLOW WARBLER (*Setophaga petechia*) – More common in the hot lowlands.

CHESTNUT-SIDED WARBLER (*Setophaga pensylvanica*) – One of the more common wintering warblers on this tour.

BLACK-THROATED GREEN WARBLER (*Setophaga virens*) – Just one at Altos del Maria.

RUFIOUS-CAPPED WARBLER (CHESTNUT-CAPPED) (*Basileuterus rufifrons mesochrysus*) – Seen most days on tour.

BUFF-RUMPED WARBLER (*Myiothlypis fulvicauda*) – Their loud song was heard daily along the stream.

CANADA WARBLER (*Cardellina canadensis*) – Good numbers above the Canopy Lodge at several sites.

Mitrospingidae (Mitrospingid Tanagers)

DUSKY-FACED TANAGER (*Mitrospingus cassinii*) – Unusual to see them coming into the fruit feeders. Good looks, however, at this skulky understory tanager.

Cardinalidae (Cardinals and Allies)

HEPATIC TANAGER (HIGHLAND) (*Piranga flava testacea*) – A close pair put on a show for us at Altos del Maria.

SUMMER TANAGER (*Piranga rubra*) – Heard a number of days, but also seen.

RED-CROWNED ANT-TANAGER (NORTHERN) (*Habia rubica vinacea*) – We saw both ant-tanagers nicely on this tour. Red-throated normally at slightly lower elevations.

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

BLUE-BLACK GROSBEAK (*Cyanoloxia cyanoides*) [*****]

Thraupidae (Tanagers and Allies)

WHITE-SHOULDERED TANAGER (*Tachyphonus luctuosus*) – A small flock was above Canopy Lodge on our first afternoon of birding.

TAWNY-CRESTED TANAGER (*Tachyphonus delatrii*) – A regular flock tanager on this tour.

WHITE-LINED TANAGER (*Tachyphonus rufus*) – Just one seen on the tour.

FLAME-RUMPED TANAGER (LEMON-RUMPED) (*Ramphocelus flammigerus icteronotus*) – Hard to beat the males: velvety black with bright yellow rumps!

CRIMSON-BACKED TANAGER (*Ramphocelus dimidiatus*) – Common in second growth and open country. Seen everyday of the tour.

BLUE-GRAY TANAGER (*Thraupis episcopus*) – The next three species of tanagers were all regular flock visitors or visiting the fruit feeders at Canopy Lodge. Golden-hooded was especially liked by everyone in the group.

PALM TANAGER (*Thraupis palmarum*)

GOLDEN-HOODED TANAGER (*Tangara larvata*)

PLAIN-COLORED TANAGER (*Tangara inornata*) – A group of five was seen during our first stop up to La Mina on the second day.

BAY-HEADED TANAGER (*Tangara gyrola*) – Five species of Tangara tanager seen on the tour. Emerald was by far the most fleeting with just a couple of encounters.

EMERALD TANAGER (*Tangara florida*)

SILVER-THROATED TANAGER (*Tangara icterocephala*)

SHINING HONEYCREEPER (*Cyanerpes lucidus*) – Watch for the yellow legs!

RED-LEGGED HONEYCREEPER (*Cyanerpes cyaneus*) – Watch for the red legs!

GREEN HONEYCREEPER (*Chlorophanes spiza*)

BLACK-AND-YELLOW TANAGER (*Chrysothlypis chrysomelas*) – A group of 10 were seen in the fog at our first stop below Altos del Maria. Endemic to Costa Rica and Panama.

BLUE-BLACK GRASSQUIT (*Volatinia jacarina*) – Just a few on the tour, but certainly common in the hot Pacific lowlands.

RUDDY-BREASTED SEEDEATER (*Sporophila minuta centralis*) – Seen along the Juan Hombron Rd.

THICK-BILLED SEED-FINCH (*Sporophila funerea*) – A pair were seen near the Straight-billed Woodcreeper spot at Juan Hombron.

VARIABLE SEEDEATER (VARIABLE) (*Sporophila corvina hoffmanni*) – Common. Everyday of the tour.

BANANAQUIT (*Coereba flaveola*) – Its electric chatter song was a constant sound of the forest.

YELLOW-FACED GRASSQUIT (*Tiaris olivaceus*) – Common in open country situations. We passed a lot of suitable habitat and saw them several times.

BUFF-THROATED SALTATOR (*Saltator maximus*) – The commonest saltator on the tour; Black-headed was also seen but not near as frequent as this species.

BLACK-HEADED SALTATOR (*Saltator atriceps*)

STREAKED SALTATOR (*Saltator striatipectus*) – Singles on different days of the tour.

Passeridae (Old World Sparrows)

HOUSE SPARROW (*Passer domesticus*) – At the gas station! [**I**]

MAMMALS

HOFFMANN'S TWO-TOED SLOTH (*Choloepus hoffmanni*) – A poor, wet individual was spotted at Cerro Gaital.

RED-TAILED SQUIRREL (*Sciurus granatensis*) – The common squirrel in the foothills. It visited the fruit feeders on a regular basis.

CENTRAL AMERICAN AGOUTI (*Dasyprocta punctata*) – Picking up the leftovers from the Red-tailed Squirrel.

ADDITIONAL COMMENTS

Totals for the tour: 241 bird taxa and 3 mammal taxa