

## Trip Report — Panama's Canopy Lodge: El Valle de Anton 2025

December 28, 2025-January 4, 2026 with Chris Benesh & local  
guide Tino Sanchez



The group standing just outside the dining area at the Canopy Lodge. Photo by Mary Trombley.

This year's Holiday Canopy Lodge tour will perhaps be remembered for two things: the outstanding camaraderie of our group and the sketchy execution of "dry season" by mother nature. Late December into January is normally considered the start of the dry season in central Panama. This year's tour faced quite a bit more rain than is the norm. Thankfully, we did not see rain every day, and when it was raining, there were alternative places to spend time enjoying a variety of species visiting feeders. From our base in El Valle de Anton, we visited several sites including the cloud forests of Altos del

Maria, the Pacific lowlands of Juan Hombron, Anton, and Santa Clara, and various locations along the Rio Indio.



The trip got off to a great start with this Graceful Black-throated Trogon literally at our feet at the Metro Park. Photo by Mary Trombley.

Our tour was skillfully co-lead by Tino Sanchez, veteran Canopy family guide and bird artist who entertained us rain or shine. Danilo Rodriguez Jr also helped out on a couple of days when we were in 4x4s. So many great memories from the trip. One in particular transpired on our way to Altos del Maria. While we were zooming along, a bird was spotted tangled in some barbed wire fencing. We decided to investigate further and realized that it was a Mottled Owl, exhausted but still alive. We shifted into rescue mode and spent the next 15 minutes or so carefully extracting the owl from the wiring. Thankfully, Danilo had connections in El Valle, and he was able to arrange to someone to retrieve the owl and take it to a rehab center. Lefty, as we soon coined it, touched all of our hearts and we made a point of visiting it the following day.



The Canopy Adventure area near the lodge proved wonderful for Sunbittern. We watched this one foraging along the creek. Photo by Chris Benesh.

Other memorable wildlife experiences included seeing a small Central American Boa begin to consume a Blue-gray Tanager it had caught while we were watching feeders nearby! Our exploration of the Canopy Adventure property turned up a wonderfully cooperative Sunbittern that we watched at length as it foraged along the fast-rushing stream. There we were also treated to a splendid Crested Owl that had been found roosting there earlier. In addition, a roosting Mottled Owl was also found nearby. At the lodge itself, a cooperative White-tipped Sicklebill proved a star attraction, feeding on flowering heliconia flowers and perching for long periods nearby. The feeders at the lodge were visited by a large assortment of species from tiny euphonias to massive Gray-cowled Wood Rails and Gray-headed Chachalacas.



A huge bonus there was this roosting Crested Owl, a splendid owl that is always a treat to see. Photo by Chris Benesh.

There were some standout totals noted. Nineteen species of hummingbirds were encountered. Twenty species of raptors (hawks, owls, and falcons), four trogons and five motmots, and thirty species of tyrant flycatchers were also notable. Other notables included the striking Rosy Thrush-Tanager, currently considered a monotypic family. Dusky-faced Tanagers were frequent visitors to the lodge, and represent a tiny family of birds recently split off from the rest of the tanagers. And finally, seeding bamboo around Panama City stimulated seldom encountered Slate-colored Seedeaters to break out in song.



This terrific White-tipped Sicklebill spent a lot of time at the Canopy Lodge. Photo by Chris Benesh.

As I mentioned at the start, this was an exceptional group and that really helped to make the trip a success! Thanks to all of you for all that you contributed. I wish you all the best and look forward to our paths crossing again in the future.



One of the most desired species was Rosy Thrush-Tanager, a member of the monotypic family Rhodinocichlidae. Thanks to Tino, we succeeded. Photo by Mary Trombley.

**Mammals seen on the tour:**

- Geoffroy's Tamarin (*Saguinus geoffroyi*)
- Mantled Howler Monkey (*Alouatta palliata*)
- Hoffmann's Two-toed Sloth (*Choloepus hoffmanni*)
- Brown-throated Three-toed Sloth (*Bradypus variegatus*)
- Red-tailed Squirrel (*Sciurus granatensis*)
- Central American Agouti (*Dasyprocta punctata*)
- Coyote (*Canus latrans*)
- White-tailed Deer (*Odocoileus virginianus*)



One of the non-avian highlights was this Brown-throated Three-toed Sloth. Photo by Chris Benesh.

**Reptiles and Amphibians seen on the tour:**

Green Iguana (*Iguana iguana*)

Common Basilisk (*Basiliscus basiliscus*)

Cloudy Snail-eating Snake (*Sibon nebulatus*)

Central American Boa (*Boa imperator*)

Talamanca Rocket Frog (*Allobates talamancae*)

Brilliant Forest Frog (*Lithobates warszewitschii*)

Giant Toad (*Rhinella horribilis*)

You can see my complete trip report on eBird at this link: <https://ebird.org/tripreport/454269>

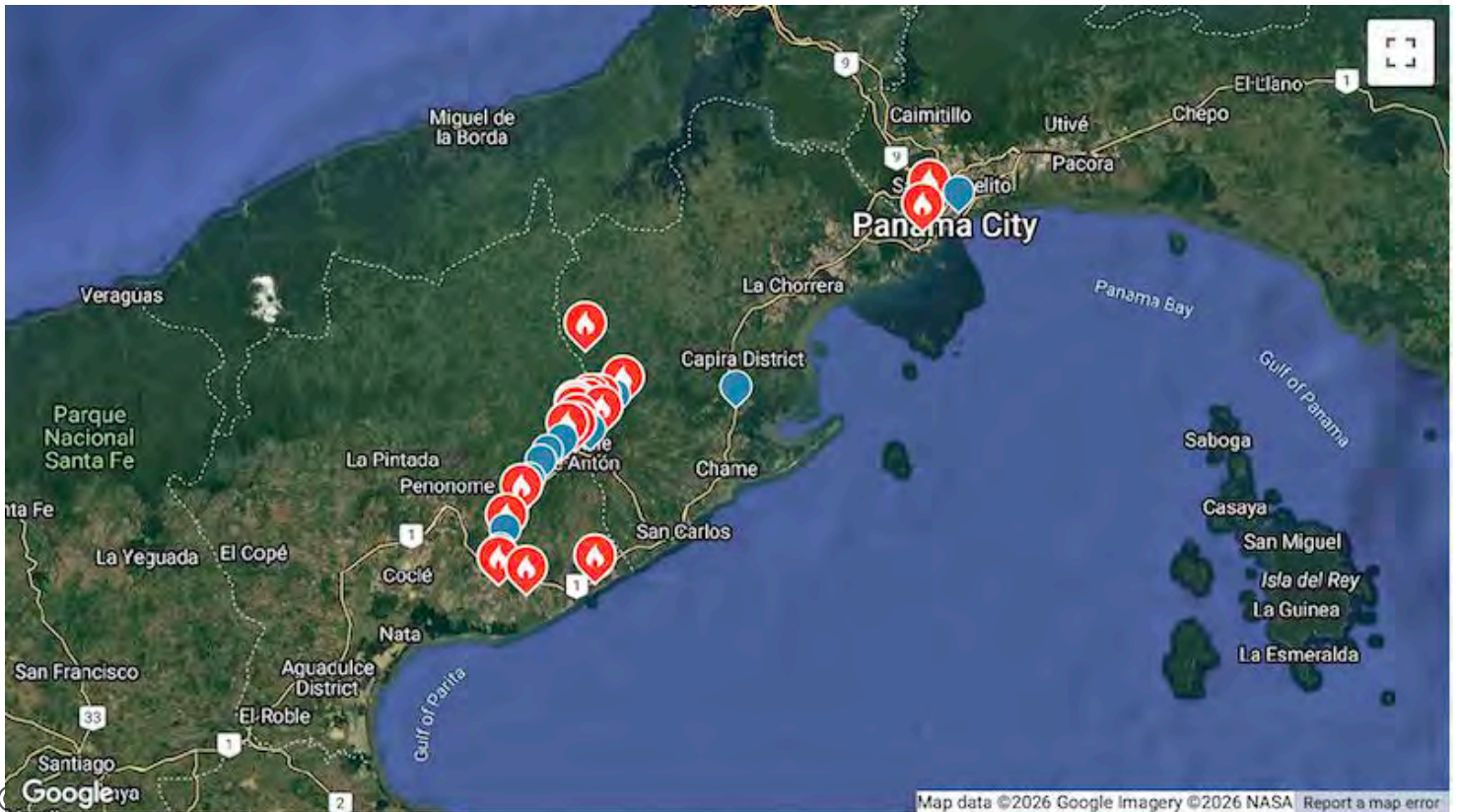
You can see my iNaturalist report of non-avian taxa at this link: <https://www.inaturalist.org/projects/field-guides-panama-canopy-lodge>

Chris

# Field Guides Birding Tours -- PANAMA'S CANOPY LODGE, December 2025-January 2026 (with guide Chris Benesh and local guide Tino Sanchez)



29 Dec 2025 – 3 Jan 2026 (6 days) Link-only



📍 Panama  
Coclé | Panamá

👤 Chris Benesh, fgi Triplists



For a narrative summary of this tour, including a Field Guides photo gallery and additional media for this trip...

DATA FOR: [Group \(all people\)](#) ▾

 **229**





















Species Observed
























 **56**
























Checklists
























## Species Observed
























[Show all details](#)





















92	<b>Gray-headed Chachalaca</b> <i>Ortalis cinereiceps</i>	▶  12
3	<b>Crested Bobwhite</b> <i>Colinus cristatus</i>	▶  2
27	<b>Rock Pigeon</b> <i>Columba livia</i> *	▶  4
1	<b>Pale-vented Pigeon</b> <i>Patagioenas cayennensis</i>	▶  1
5	<b>Ruddy Ground Dove</b> <i>Columbina talpacoti</i>	▶  4
12	<b>White-tipped Dove</b> <i>Leptotila verreauxi</i>	▶  10
1	<b>Greater Ani</b> <i>Crotophaga major</i>	▶  1
5	<b>Smooth-billed Ani</b> <i>Crotophaga ani</i>	▶  1
13	<b>Groove-billed Ani</b> <i>Crotophaga sulcirostris</i>	▶  3
5	<b>Common Squirrel-Cuckoo</b> <i>Piaya cayana</i>	▶  3
197	<b>White-collared Swift</b> <i>Streptoprocne zonaris</i>	▶  1
1	<b>Lesser Swallow-tailed Swift</b> <i>Panyptila cayennensis</i>	▶  1
5	<b>White-tipped Sicklebill</b> <i>Eutoxeres aquila</i>	▶  5
1	<b>Green Hermit</b> <i>Phaethornis guy</i>	▶  1
3	<b>Long-billed Hermit</b> <i>Phaethornis longirostris</i>	▶  3
2	<b>Stripe-throated Hermit</b> <i>Phaethornis striigularis</i>	▶  2
2	<b>Brown Violetear</b> <i>Colibri delphinae</i>	▶  1
1	<b>Veraguan Mango</b> <i>Anthracothorax veraguensis</i>	▶  1
2	<b>Rufous-crested Coquette</b> <i>Lophornis delattrei</i>	▶  2
3	<b>Long-billed Starthroat</b> <i>Heliomaster longirostris</i>	▶  2
























- 3 **Garden Emerald** *Chlorostilbon assimilis* ▶  3
- 12 **Violet-headed Hummingbird** *Klais guimeti* ▶  11
- 1 **Bronze-tailed Plumeleteer** *Chalybura urochrysa* ▶  1
- 8 **White-vented Plumeleteer** *Chalybura buffonii* ▶  7
- 4 **Crowned Woodnymph** *Thalurania colombica* ▶  3
- 1 **Snowcap** *Microchera albocoronata* ▶  1
- 3 **Snowy-bellied Hummingbird** *Saucerottia edward* ▶  3
- 18 **Rufous-tailed Hummingbird** *Amazilia tzacatl* ▶  10
- 2 **Sapphire-throated Hummingbird** *Chrysuronia coeruleogularis* ▶  2
- 6 **Blue-chested Hummingbird** *Polyerata amabilis* ▶  2
- 1 **Violet-bellied Hummingbird** *Chlorestes julie* ▶  1
- 6 **Gray-cowled Wood-Rail** *Aramides cajaneus* ▶  5
- 1 **Purple Gallinule** *Porphyrio martinica* ▶  1
- 57 **Southern Lapwing** *Vanellus chilensis* ▶  8
- 1 **Wattled Jacana** *Jacana jacana* ▶  1
- 1 **Hudsonian Whimbrel** *Numenius hudsonicus* ▶  1
- 1 **Solitary Sandpiper** *Tringa solitaria* ▶  1
- 2 **Willet** *Tringa semipalmata* ▶  1
- 30 **Least Sandpiper** *Calidris minutilla* ▶  1
- 32 **Laughing Gull** *Leucophaeus atricilla* ▶  1
- 3 **Royal Tern** *Thalasseus maximus* ▶  2
- 1 **Sunbittern** *Eurypyga helias* ▶  1
- 2 **Wood Stork** *Mycteria americana* ▶  2
























- 31 **Magnificent Frigatebird** *Fregata magnificens* ▶  5
- 1 **Blue-footed Booby** *Sula nebouxii* ▶  1
- 16 **Neotropic Cormorant** *Nannopterum brasilianum* ▶  1
- 8 **White Ibis** *Eudocimus albus* ▶  1
- 14 **Little Blue Heron** *Egretta caerulea* ▶  2
- 1 **Snowy Egret** *Egretta thula* ▶  1
- 3 **Green Heron** *Butorides virescens* ▶  2
- 53 **Western Cattle-Egret** *Ardea ibis* ▶  8
- 15 **Great Egret** *Ardea alba* ▶  7
- 1 **Great Blue Heron** *Ardea herodias* ▶  1
- 43 **Brown Pelican** *Pelecanus occidentalis* ▶  2
- 80 **Black Vulture** *Coragyps atratus* ▶  17
- 37 **Turkey Vulture** *Cathartes aura* ▶  11
- 3 **Lesser Yellow-headed Vulture** *Cathartes burrovianus* ▶  3
- 1 **Pearl Kite** *Gampsonyx swainsonii* ▶  1
- 1 **Black Hawk-Eagle** *Spizaetus tyrannus* ▶  1
- 1 **Double-toothed Kite** *Harpagus bidentatus* ▶  1
- 2 **Savanna Hawk** *Buteogallus meridionalis* ▶  2
- 7 **Roadside Hawk** *Rupornis magnirostris* ▶  5
- 3 **Broad-winged Hawk** *Buteo platypterus* ▶  2
- 1 **Zone-tailed Hawk** *Buteo albonotatus* ▶  1
- 1 **Short-tailed Hawk** *Buteo brachyurus* ▶  1
- 1 **Swainson's Hawk** *Buteo swainsoni* ▶  1
























- 2 **Tropical Screech-Owl** *Megascops choliba* ▶  1
- 1 **Crested Owl** *Lophotrix cristata* ▶  1
- 1 **Ferruginous Pygmy-Owl** *Glaucidium brasilianum* ▶  1
- 2 **Mottled Owl** *Strix virgata* ▶  2
- 2 **Slaty-tailed Trogon** *Trogon massena* ▶  1
- 2 **Gartered Violaceous Trogon** *Trogon caligatus* ▶  2
- 4 **Graceful Black-throated Trogon** *Trogon tenellus* ▶  1
- 3 **Collared Trogon** *Trogon collaris* ▶  2
- 1 **Tody Motmot** *Hylomanes momotula* ▶  1
- 5 **Lesson's Motmot** *Momotus lessonii* ▶  2
- 4 **Whooping Motmot** *Momotus subrufescens* ▶  1
- 5 **Rufous Motmot** *Baryphthengus martii* ▶  5
- 1 **Broad-billed Motmot** *Electron platyrhynchum* ▶  1
- 2 **Green Kingfisher** *Chloroceryle americana* ▶  2
- 5 **Spot-crowned Barbet** *Capito maculicoronatus* ▶  2
- 2 **Northern Emerald-Toucanet** *Aulacorhynchus prasinus* ▶  1
- 11 **Keel-billed Toucan** *Ramphastos sulfuratus* ▶  8
- 17 **Red-crowned Woodpecker** *Melanerpes rubricapillus* ▶  11
- 1 **Crimson-crested Woodpecker** *Campephilus melanoleucos* ▶  1
- 4 **Lineated Woodpecker** *Dryocopus lineatus* ▶  4
- 4 **Crested Caracara** *Caracara plancus* ▶  3
- 10 **Yellow-headed Caracara** *Daptrius chimachima* ▶  5
- 1 **Bat Falcon** *Falco ruficularis* ▶  1
























- 1 **Peregrine Falcon** *Falco peregrinus* ▶  1
- 8 **Orange-chinned Parakeet** *Brotoyeris jugularis* ▶  2
- 4 **Brown-hooded Parrot** *Pyrilia haematotis* ▶  2
- 9 **Blue-headed Parrot** *Pionus menstruus* ▶  4
- 7 **Red-lored Amazon** *Amazona autumnalis* ▶  1
- 2 **Yellow-crowned Amazon** *Amazona ochrocephala* ▶  1
- 1 **Fasciated Antshrike** *Cymbilaimus lineatus* ▶  1
- 4 **Barred Antshrike** *Thamnophilus doliatus* ▶  3
- 2 **Black-crowned Antshrike** *Thamnophilus atrinucha* ▶  2
- 2 **Russet Antshrike** *Thamnistes anabatinus* ▶  1
- 2 **Plain Antvireo** *Dysithamnus mentalis* ▶  1
- 2 **Dusky Antbird** *Cercomacroides tyrannina* ▶  1
- 2 **White-bellied Antbird** *Myrmeciza longipes* ▶  1
- 1 **Black-faced Antthrush** *Formicarius analis* ▶  1
- 1 **Plain-brown Woodcreeper** *Dendrocincla fuliginosa* ▶  1
- 1 **Wedge-billed Woodcreeper** *Glyphorhynchus spirurus* ▶  1
- 3 **Cocoa Woodcreeper** *Xiphorhynchus susurrans* ▶  3
- 4 **Spotted Woodcreeper** *Xiphorhynchus erythropygius* ▶  2
- 1 **Straight-billed Woodcreeper** *Dendroplex picus* ▶  1
- 1 **Brown-billed Scythebill** *Campylorhamphus pusillus* ▶  1
- 3 **Spotted Barbtail** *Premnoplex brunescens* ▶  2
- 1 **Red-faced Spinetail** *Cranioleuca erythrops* ▶  1
- 1 **Lance-tailed Manakin** *Chiroxiphia lanceolata* ▶  1

- 1 **White-ruffed Manakin** *Corapipo altera* ▶  1
- 1 **Golden-collared Manakin** *Manacus vitellinus* ▶  1
- 1 **Red-capped Manakin** *Ceratopipra mentalis* ▶  1
- 1 **White-winged Becard** *Pachyramphus polychopterus* ▶  1
- 1 **Olive-striped Flycatcher** *Mionectes galbinus* ▶  1
- 1 **Ochre-bellied Flycatcher** *Mionectes oleagineus* ▶  1
- 2 **Rufous-browed Tyrannulet** *Phylloscartes superciliaris* ▶  1
- 3 **Scale-crested Pygmy-Tyrant** *Lophotriccus pileatus* ▶  3
- 1 **Pale-eyed Pygmy-Tyrant** *Atalotriccus pilaris* ▶  1
- 1 **Southern Bentbill** *Oncostoma olivaceum* ▶  1
- 8 **Common Tody-Flycatcher** *Todirostrum cinereum* ▶  6
- 5 **Yellow-olive Flatbill** *Tolmomyias sulphurescens* ▶  3
- 4 **Southern Beardless-Tyrannulet** *Camptostoma obsoletum* ▶  2
- 4 **Mouse-colored Tyrannulet** *Nesotriccus murinus* ▶  2
- 1 **Yellow Tyrannulet** *Capsiempis flaveola* ▶  1
- 1 **Yellow-crowned Tyrannulet** *Tyrannulus elatus* ▶  1
- 1 **Forest Elaenia** *Myiopagis gaimardii* ▶  1
- 1 **Yellow-bellied Elaenia** *Elaenia flavogaster* ▶  1
- 1 **Lesser Elaenia** *Elaenia chiriquensis* ▶  1
- 7 **Mistletoe Tyrannulet** *Zimmerius parvus* ▶  6
- 1 **Bran-colored Flycatcher** *Myiophobus fasciatus* ▶  1
- 4 **Tufted Flycatcher** *Mitrephanes phaeocercus* ▶  4
- 2 **Northern Tropical Pewee** *Contopus bogotensis* ▶  1

- 1 **Eastern Wood-Pewee** *Contopus virens* ▶  1
- 2 **Northern Scrub-Flycatcher** *Sublegatus arenarum* ▶  1
- 3 **Dusky-capped Flycatcher** *Myiarchus tuberculifer* ▶  3
- 4 **Panama Flycatcher** *Myiarchus panamensis* ▶  4
- 9 **Great Kiskadee** *Pitangus sulphuratus* ▶  7
- 1 **Boat-billed Flycatcher** *Megarynchus pitangua* ▶  1
- 6 **Rusty-margined Flycatcher** *Myiozetetes cayanensis* ▶  4
- 16 **Social Flycatcher** *Myiozetetes similis* ▶  10
- 1 **Streaked Flycatcher** *Myiodynastes maculatus* ▶  1
- 24 **Tropical Kingbird** *Tyrannus melancholicus* ▶  15
- 3 **Fork-tailed Flycatcher** *Tyrannus savana* ▶  2
- 2 **Rufous-browed Peppershrike** *Cyclarhis gujanensis* ▶  1
- 1 **Lesser Greenlet** *Pachysylvia decurtata* ▶  1
- 3 **Golden-fronted Greenlet** *Pachysylvia aurantiifrons* ▶  1
- 3 **Yellow-throated Vireo** *Vireo flavifrons* ▶  3
- 1 **Philadelphia Vireo** *Vireo philadelphicus* ▶  1
- 40 **Black-chested Jay** *Cyanocorax affinis* ▶  13
- 8 **Gray-breasted Martin** *Progne chalybea* ▶  5
- 1 **Southern Rough-winged Swallow** *Stelgidopteryx ruficollis* ▶  1
- 2 **Blue-and-white Swallow** *Pygochelidon cyanoleuca* ▶  1
- 3 **Long-billed Gnatwren** *Ramphocaenus melanurus* ▶  2
- 1 **Scaly-breasted Wren** *Microcerculus marginatus* ▶  1
- 12 **Southern House Wren** *Troglodytes musculus* ▶  8

- 3 **Ochraceous Wren** *Troglodytes ochraceus* ▶  2
- 11 **Rufous-breasted Wren** *Pheugopedius rutilus* ▶  6
- 2 **Rufous-and-white Wren** *Thryophilus rufalbus* ▶  2
- 4 **Isthmian Wren** *Cantorchilus elutus* ▶  3
- 15 **Bay Wren** *Cantorchilus nigricapillus* ▶  12
- 1 **White-breasted Wood-Wren** *Henicorhina leucosticta* ▶  1
- 2 **Gray-breasted Wood-Wren** *Henicorhina leucophrys* ▶  2
- 5 **Tropical Mockingbird** *Mimus gilvus* \* ▶  3
- 60 **Clay-colored Thrush** *Turdus grayi* ▶  20
- 2 **House Sparrow** *Passer domesticus* \* ▶  1
- 5 **Yellow-crowned Euphonia** *Euphonia luteicapilla* ▶  4
- 17 **Thick-billed Euphonia** *Euphonia laniirostris* ▶  6
- 2 **Fulvous-vented Euphonia** *Euphonia fulvicrissa* ▶  2
- 8 **Tawny-capped Euphonia** *Euphonia anae* ▶  6
- 3 **Lesser Goldfinch** *Spinus psaltria* ▶  2
- 3 **Rosy Thrush-Tanager** *Rhodinocichla rosea* ▶  2
- 8 **Common Chlorospingus** *Chlorospingus flavopectus* ▶  2
- 5 **Black-striped Sparrow** *Arremonops conirostris* ▶  3
- 5 **Orange-billed Sparrow** *Arremon aurantiirostris* ▶  3
- 2 **Chestnut-capped Brushfinch** *Arremon brunneinucha* ▶  1
- 2 **Yellow-billed Cacique** *Amblycercus holosericeus* ▶  1
- 1 **Crested Oropendola** *Psarocolius decumanus* ▶  1
- 11 **Chestnut-headed Oropendola** *Psarocolius wagleri* ▶  8

- 21 **Giant Cowbird** *Molothrus oryzivorus* ▶  5
- 59 **Great-tailed Grackle** *Quiscalus mexicanus* ▶  11
- 1 **Louisiana Waterthrush** *Parkesia motacilla* ▶  1
- 1 **Northern Waterthrush** *Parkesia noveboracensis* ▶  1
- 1 **Golden-winged Warbler** *Vermivora chrysoptera* ▶  1
- 1 **Black-and-white Warbler** *Mniotilta varia* ▶  1
- 2 **Prothonotary Warbler** *Protonotaria citrea* ▶  2
- 10 **Tennessee Warbler** *Leiothlypis peregrina* ▶  6
- 1 **American Redstart** *Setophaga ruticilla* ▶  1
- 1 **Magnolia Warbler** *Setophaga magnolia* ▶  1
- 16 **Bay-breasted Warbler** *Setophaga castanea* ▶  12
- 2 **Blackburnian Warbler** *Setophaga fusca* ▶  2
- 4 **Northern Yellow Warbler** *Setophaga aestiva* ▶  2
- 5 **Chestnut-sided Warbler** *Setophaga pensylvanica* ▶  4
- 9 **Chestnut-capped Warbler** *Basileuterus delatirii* ▶  4
- 8 **Buff-rumped Warbler** *Myiothlypis fulvicauda* ▶  6
- 1 **Canada Warbler** *Cardellina canadensis* ▶  1
- 16 **Dusky-faced Tanager** *Mitrospingus cassinii* ▶  8
- 3 **Hepatic Tanager** *Piranga flava* ▶  2
- 3 **Summer Tanager** *Piranga rubra* ▶  3
- 2 **Red-crowned Ant-Tanager** *Habia rubica* ▶  1
- 2 **Red-throated Ant-Tanager** *Driophlox fuscicauda* ▶  1
- 1 **White-shouldered Tanager** *Loriotus luctuosus* ▶  1

- 2 **Tawny-crested Tanager** *Tachyphonus delatrii* ▶  2
- 7 **White-lined Tanager** *Tachyphonus rufus* ▶  2
- 15 **Flame-rumped Tanager** *Ramphocelus flammigerus* ▶  4
- 28 **Crimson-backed Tanager** *Ramphocelus dimidiatus* ▶  11
- 30 **Blue-gray Tanager** *Thraupis episcopus* ▶  12
- 12 **Palm Tanager** *Thraupis palmarum* ▶  7
- 3 **Golden-hooded Tanager** *Stilpnia larvata* ▶  2
- 12 **Plain-colored Tanager** *Tangara inornata* ▶  4
- 4 **Bay-headed Tanager** *Tangara gyrola* ▶  3
- 10 **Silver-throated Tanager** *Tangara icterocephala* ▶  3
- 1 **Blue Dacnis** *Dacnis cayana* ▶  1
- 2 **Shining Honeycreeper** *Cyanerpes lucidus* ▶  1
- 4 **Red-legged Honeycreeper** *Cyanerpes cyaneus* ▶  2
- 2 **Green Honeycreeper** *Chlorophanes spiza* ▶  1
- 1 **Black-and-yellow Tanager** *Chrysothlypis chrysomelas* ▶  1
- 2 **Wedge-tailed Grass-Finch** *Emberizoides herbicola* ▶  1
- 4 **Blue-black Grassquit** *Volatinia jacarina* ▶  2
- 10 **Variable Seedeater** *Sporophila corvina* ▶  5
- 2 **Slate-colored Seedeater** *Sporophila schistacea* ▶  1
- 11 **Bananaquit** *Coereba flaveola* ▶  6
- 9 **Yellow-faced Grassquit** *Tiaris olivaceus* ▶  4
- 12 **Buff-throated Saltator** *Saltator maximus* ▶  8
- 1 **Black-headed Saltator** *Saltator atriceps* ▶  1

5 **Streaked Saltator** *Saltator striatipectus*

▶  5

1 **Slate-colored Grosbeak** *Saltator grossus*

▶  1

ADDITIONAL TAXA

1 hermit sp. *Phaethornis sp.*

▶  1