



Field Guides Tour Report

Panama's Canopy Lodge: El Valle de Anton 2016

Dec 30, 2016 to Jan 6, 2017
John Coons & Danilo Rodriguez Jr.

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



A species unknown from the area until a few years ago, Barred Puffbird is now regularly seen and individuals often pose nicely. Photo by participant Howard Patterson.

It was such a treat to spend a week in Panama birding with you at the Canopy Lodge. We enjoyed a great bunch of birds while celebrating the New Year and Joanne's birthday at the same time. The Canopy Lodge was such a comfortable place to base ourselves for our daily excursions to a variety of habitats and be in awe of Danilo Jr's spotting ability. Starting at Metro Park in Panama City, just a short drive from our motel, we continued to El Valle where we encountered a lot of traffic heading to the beaches for the long weekend.

Once we were established at the Lodge we birded the adjacent trails, La Mesa, Altos del Maria, the Rio Indio and Jordanal Road, Cara Iguana, and the Pacific lowlands and the coast. Highlights were many and included lengthy views of a Fasciated Tiger-Heron which we saw catch and swallow a fish; a close Black Hawk-Eagle and stunning views of White Hawks; a Gray-cowled Wood-Rail basking in the sun; a pair of Tropical Screech-Owls on a perch right over the road; the fabulous Crested Owl, plus three Spectacled Owls during the day; a White-tipped Sicklebill feeding at a Heliconia flower and a scope view of a tiny male Green Thornbill; a pair of Orange-bellied Trogons hovering to pluck fruit from a tree; a Tody Motmot sitting patiently as we watched it in the scope; Barred, White-necked, and White-whiskered puffbirds; a pair of very uncommon Crimson-bellied Woodpeckers; closely perched Brown-hooded Parrots; two close Spot-crowned Antvireos; a wonderful Black-crowned Antpitta atop a rock and a scope view of Streak-chested Antpitta; our efforts to see a Brown-billed Scythebill; a brightly colored Golden-collared Manakin; a few tanager flocks that included Emerald and Silver-throated, and a wonderful pair of Rosy Thrush-Tanagers perched next to each other in the open; and our singing Wedge-tailed Grass-Finch -- among others.

We also had a handful of views of both three-toed and two-toed sloths and a Mantled Howler Monkey checking us out.

We were well cared for during the week, with wonderful dinners and celebratory wine. It was great birding with Danilo Jr, who is remarkable in his abilities. I hope to see all of you on another adventure in the near future.

--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 (*Ortalis cinereiceps*) – These were regular visitors to the banana feeders at the Canopy Lodge. At one point there were ten individuals on one of the platforms. We also saw and heard a few birds away from the Lodge.

BLACK GUAN (*Chamaepetes unicolor*) – During a pit stop at Altos del Maria a few of us saw a single bird walking along a moss covered limb in a tall tree. It got up into the bromeliads and out of sight before we could all get on it.

Ciconiidae (Storks)

WOOD STORK (*Mycteria americana*) – There were about five birds at the large pond at Juan Hombrom.

Fregatidae (Frigatebirds)

MAGNIFICENT FRIGATEBIRD (*Fregata magnificens*) – A good number were seen around the Panama Canal and along the coast during lunch on our last afternoon.

Phalacrocoracidae (Cormorants and Shags)

NEOTROPIC CORMORANT (*Phalacrocorax brasilianus*)

Anhingidae (Anhingas)

ANHINGA (*Anhinga anhinga leucogaster*) – One was seen flying high overhead while we birded the pond at Juan Hombrom.

Pelecanidae (Pelicans)

BROWN PELICAN (*Pelecanus occidentalis*)

Ardeidae (Herons, Egrets, and Bitterns)

FASCIATED TIGER-HERON (*Tigrisoma fasciatum*) – We had great looks at this locally rare bird along the river at the Canopy Lodge. We watched it grab a fish and swallow it whole.

GREAT BLUE HERON (*Ardea herodias*) – One was seen at the lake at Juan Hombrom.

GREAT EGRET (*Ardea alba*) – Several were seen in spots here and there throughout the trip.

SNOWY EGRET (*Egretta thula*) – At least one was at the lake at Juan Hombrom.

LITTLE BLUE HERON (*Egretta caerulea*) – A few were seen during the week but mostly on our last day in the late-morning.

TRICOLORED HERON (*Egretta tricolor*) – Danilo spotted one at the lake at Juan Hombrom.

CATTLE EGRET (*Bubulcus ibis*)

GREEN HERON (*Butorides virescens*) – Our first was at the lake where we had lunch at the lake at Altos del Maria.

Cathartidae (New World Vultures)

BLACK VULTURE (*Coragyps atratus*)

TURKEY VULTURE (*Cathartes aura*)

LESSER YELLOW-HEADED VULTURE (*Cathartes burrovianus*) – We had a few good looks at low flying birds over the lake, pastures, and agricultural fields in the Juan Hombrom area. On a few we could see the multiple colors on the yellowish head.

Pandionidae (Osprey)

OSPREY (*Pandion haliaetus*) – Wayne spotted one soaring about at the pond at Juan Hombrom.

Accipitridae (Hawks, Eagles, and Kites)

BLACK HAWK-EAGLE (*Spizaetus tyrannus*) – We had good views of a bird flying right overhead on our first morning at the bottom of the Las Minas Trail.

COMMON BLACK HAWK (*Buteogallus anthracinus*) – Danilo spotted one perched in a tree across the lake at Juan Hombrom.

ROADSIDE HAWK (*Rupornis magnirostris*)

WHITE HAWK (*Pseudastur albicollis*) – Our first was on La Mesa then we had a great look at three perched individuals during our morning in the Rio Indio area.

BROAD-WINGED HAWK (*Buteo platypterus*) – A few wintering birds were seen at a handful of locations.

SHORT-TAILED HAWK (*Buteo brachyurus*) – At least two birds, both light-morph individuals, were along the Rio Indio Road.

Rallidae (Rails, Gallinules, and Coots)

GRAY-COWLED WOOD-RAIL (*Aramides cajaneus*) – We had great looks at a bird bathing in the river that Danilo spotted just after lunch. This is a name change from Gray-necked Wood-Rail.

Charadriidae (Plovers and Lapwings)

SOUTHERN LAPWING (*Vanellus chilensis*) – There were several individuals in the short grass pasture and agricultural field near the chicken farm.

Jacaniidae (Jacanas)

WATTLED JACANA (BLACK-BACKED) (*Jacana jacana hypomelaena*) – There were about 12 birds around the edge of the lake at Juan Hombrom. A few were wearing their deceptive immature plumage.

Scolopacidae (Sandpipers and Allies)

WHIMBREL (HUDSONIAN) (*Numenius phaeopus hudsonicus*) – A single bird was with a few Willets on the beach at Santa Clara.

SANDERLING (*Calidris alba*) – Three individuals were a ways down the beach at Santa Clara just before we had lunch.

SPOTTED SANDPIPER (*Actitis macularius*) – We saw one bird on the log in the lake at Altos del Maria.

SOLITARY SANDPIPER (*Tringa solitaria*) – Wayne spotted one along the edge of the lake at Juan Hombron but just as we got it in the scope it got out of view in tall vegetation.

WILLET (*Tringa semipalmata*) – A fair number were on the beach at Santa Clara including one right in front of Raul's house.

Laridae (Gulls, Terns, and Skimmers)

LAUGHING GULL (*Leucophaeus atricilla*) – This is the only gull to regularly expect along the coast in Panama.

Columbidae (Pigeons and Doves)

ROCK PIGEON (*Columba livia*) [I]

PALE-VENTED PIGEON (*Patagioenas cayennensis*) – Our first birds were scoped just outside the hotel along the Panama Canal.

PLAIN-BREASTED GROUND-DOVE (*Columbina minuta elaeodes*) – We scoped one perched on the power line in the savanna of the Pacific lowlands.

RUDDY GROUND-DOVE (*Columbina talpacoti*)

WHITE-TIPPED DOVE (*Leptotila verreauxi*)

GRAY-CHESTED DOVE (*Leptotila cassinii*) – We had one or two individuals that we flushed from the forest floor.

Cuculidae (Cuckoos)

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

SQUIRREL CUCKOO (*Piaya cayana*) – During the week we saw a few but our first morning at Metro Park afforded a great view of one in nice light.

Strigidae (Owls)

TROPICAL SCREECH-OWL (*Megascops choliba luctisonus*) – Danilo led us to a day roost with two birds perched next to each other that he had found a few days earlier. We had a front and back view of the pair.

CRESTED OWL (*Lophotrix cristata*) – One of the highlights of the trip was having a fantastic look at this spectacular forest owl along the trail at the Canopy Lodge. Danilo found it while looking for a roosting Mottled Owl.

SPECTACLED OWL (*Pulsatrix perspicillata*) – A search of an open forest patch at Cara Iguana found three adult plumaged individuals. This is another great looking tropical owl.

FERRUGINOUS PYGMY-OWL (FERRUGINOUS) (*Glaucidium brasilianum ridgwayi*) – Just before reaching the beach at Santa Clara we stopped at a spot and got one of these tiny owls tooting back to us. Of course, it only took Danilo about three seconds to spot it in the giant tree for a scope look.

Apodidae (Swifts)

WHITE-COLLARED SWIFT (*Streptoprocne zonaris*) – While watching the group of Band-rumped Swifts we saw a 2-3 larger ones that turned out to be this species.

SHORT-TAILED SWIFT (*Chaetura brachyura*) – One or two were seen near the hotel in Panama City and we had a better look a little later at Metro Park.

BAND-RUMPED SWIFT (*Chaetura spinicaudus*) – About 12 individuals were flying overhead along the Jordanal Road. As they banked we could see the pale band on the rump.

Trochilidae (Hummingbirds)

WHITE-NECKED JACOBIN (*Florisuga mellivora*) – A couple of birds were seen during the week but we never had a great look.

WHITE-TIPPED SICKLEBILL (*Eutoxeres aquila*) – We had a good view of this very odd hummingbird as it fed at each flower of the heliconia plant at our first stop going to Altos del Maria.

BAND-TAILED BARBTHROAT (*Threnetes ruckeri*) – Though not a long view, we had a nice look at this species at Altos del Maria.

GREEN HERMIT (*Phaethornis guy*) – This large hummingbird visited the flowers along the trail at Las Minas.

STRIPE-THROATED HERMIT (*Phaethornis striigularis*) – We watched this smallish hermit feeding at a large red flower along the Las Minas Trail

BROWN VIOLETEAR (*Colibri delphinae*) – Not a real common species, we had two birds perched for scope views at Altos del Maria.

GREEN THORNTAIL (*Discosura conversii*) – A brilliant long-tailed male was perched for a lengthy scope view along the road above the Canopy Lodge. We later saw a female along the road near Jordanal.

WHITE-VENTED PLUMELETEER (*Chalybura buffonii*)

BRONZE-TAILED PLUMELETEER (*Chalybura urochrysis*) – Our only sighting was along the trail at Las Minas of an individual feeding at a flower complex. Some of us even saw the pink feet.

CROWNED WOODNYMPH (*Thalurania colombica*) – We encountered several individuals during the week, mostly at the forest edge above the Lodge.

WHITE-TAILED EMERALD (*Elvira chionura*)

SNOWY-BELLIED HUMMINGBIRD (*Amazilia edward collata*) – Great views of the one visiting the feeders at the Lodge. [E]

RUFOUS-TAILED HUMMINGBIRD (*Amazilia tzacatl*)

SAPPHIRE-THROATED HUMMINGBIRD (*Lepidopyga coeruleogularis coeruleogularis*) – We had a perched female at the roadside stop on our way to the Pacific lowlands. [E]

VIOLET-BELLIED HUMMINGBIRD (*Damophila julie*) – A male was seen at Metro Park on our first morning.

Trogonidae (Trogons)

BLACK-THROATED TROGON (*Trogon rufus*) – On our first morning at Metro Park we had a great view of a male and female in the dry forest. I think the color combinations on this species is one of the prettiest of the trogons.

ORANGE-BELLIED TROGON (*Trogon aurantiiventris*) – Along the steep road to Altos del Maria we had a lengthy view of a pair that sallied out of the tree for several great views. This species has a rather limited range in Central America.

Momotidae (Motmots)

TODY MOTMOT (*Hylomanes momotula*) – After viewing our Spectacled Owl the caretaker of the property led us back to where he had seen a Tody Motmot. We followed it a bit and had scope views of this small motmot perched just a few feet off the ground.

LESSON'S MOTMOT (*Momotus lessonii lessonii*) – Formerly part of the Blue-crowned Motmot complex, this recently split species is found from southern Mexico to Panama and only about as far east as our locality. Blue-crowned Motmot no longer exists as a species. We saw this guy right near the Canopy Lodge.

RUFOUS MOTMOT (*Baryphthengus martii*) – This large motmot was seen several times around the Canopy Lodge including at least three on the banana feeder at one time.

BROAD-BILLED MOTMOT (*Electron platyrhynchum*) – A marvelous pair were seen in the forest near the El Macho waterfall.

Alcedinidae (Kingfishers)

RINGED KINGFISHER (*Megaceryle torquata*) – Danilo had a fly-over on our first day but I'm not sure anyone else saw it.

BELTED KINGFISHER (*Megaceryle alcyon*) – This wintering species was seen and heard at the small lake at Altos del Maria.

GREEN KINGFISHER (*Chloroceryle americana*) – We had a couple of encounters with this small kingfisher including one perched atop a rock in the river right at the Lodge.

Bucconidae (Puffbirds)

WHITE-NECKED PUFFBIRD (*Notharchus hyperrhynchus*) – We saw two individuals at Metro Park on our first morning.

BARRED PUFFBIRD (*Nystalus radiatus*) – Virtually an unknown species in the area until a few years ago, we saw three or four individuals on our morning along the Rio Indio and Jordanal Road. One posed beautifully in nice light for photos.

WHITE-WHISKERED PUFFBIRD (*Malacoptila panamensis*) – We eventually saw three of these wonderful forest birds at the end of the road below Jordanal.

Capitonidae (New World Barbets)

SPOT-CROWNED BARBET (*Capito maculicoronatus maculicoronatus*) – A bird usually associated to the Atlantic slope we encountered these a few times on the Pacific side including two birds that came to feed on the bananas at the Lodge feeders. This was the first time I had seen them here. [E]

Ramphastidae (Toucans)

EMERALD TOUCANET (BLUE-THROATED) (*Aulacorhynchus prasinus caeruleogularis*) – We had good views of two birds amongst the dripping mossy limbs of the tall trees at Altos del Maria.

COLLARED ARACARI (*Pteroglossus torquatus*) – Another species that showed well at the feeders where they munched on bananas.

KEEL-BILLED TOUCAN (*Ramphastos sulfuratus*) – After some distant birds we finally caught up with this tropical icon.

Picidae (Woodpeckers)

BLACK-CHEEKED WOODPECKER (*Melanerpes pucherani*) – Before heading home along the bumpy road from Jordanal, this was one of the last new birds we saw.

RED-CROWNED WOODPECKER (*Melanerpes rubricapillus*)

LINEATED WOODPECKER (*Dryocopus lineatus*) – We had a few good looks at this large woodpecker.

CRIMSON-BELLIED WOODPECKER (*Campephilus haematogaster*) – One of the great woodpeckers of the American tropics, we saw two along the road at Altos del Maria that may have been near a nest site. Yip! Yip! Yip!

Falconidae (Falcons and Caracaras)

CRESTED CARACARA (*Caracara cheriway*) – A few were seen along the drives in the lowlands around the savannas at Juan Hombrom.

YELLOW-HEADED CARACARA (*Milvago chimachima*) – Quite common in some areas.

AMERICAN KESTREL (*Falco sparverius*) – A male was perched on a power line in the Juan Hombrom area.

PEREGRINE FALCON (*Falco peregrinus*) – Our first was atop a cell tower in the town of Anton, then we had two and maybe three birds soaring above us in the savannas at Juan Hombrom.

Psittacidae (New World and African Parrots)

ORANGE-CHINNED PARAKEET (*Brotogeris jugularis*) – There were a number of these flying about with our best looks on the first morning at Metro Park.

BROWN-HOODED PARROT (*Pyrilia haematotis*) – Sometimes a difficult parrot to find perched, we had good views of two in the top of roadside tree at eye level that Danilo spotted from the vehicle.

BLUE-HEADED PARROT (*Pionus menstruus*) – A fair number were flying over but we had trouble getting them to land in the open.

YELLOW-CROWNED PARROT (*Amazona ochrocephala panamensis*) – A pair flew in to the roadside trees in the open country near Juan Hombrom.

BROWN-THROATED PARAKEET (VERAGUAS) (*Eupsittula pertinax ocularis*) – A lowland specialty we had views at a couple from a distance as we drove to the Pacific coast, then we had about three more right overhead at another spot.

Thamnophilidae (Typical Antbirds)

GREAT ANTSHRIKE (*Taraba major*) – We only heard one down the slope along the road near Rio Indio but could not get it into view. [*]

BARRED ANTSHRIKE (*Thamnophilus doliatus*) – We had a couple of nice views with the first pair being at Cara Iguana while we were searching for the Rosy Thrush-Tanagers.

PLAIN ANTVIREO (*Dysithamnus mentalis*)

SPOT-CROWNED ANTVIREO (*Dysithamnus puncticeps*) – A male came in for a close view along the Candalario Trail.

CHECKER-THROATED ANTWREN (*Epinecrophylla fulviventris*) – After hearing one in the distance along the road on La Mesa we had a nice look at a cooperative male.

WHITE-FLANKED ANTWREN (*Myrmotherula axillaris*) – This little guy shined well near the small canyon on La Mesa.

SLATY ANTWREN (*Myrmotherula schisticolor*) – We saw one with a loose flock at Altos del Maria.

DOT-WINGED ANTWREN (*Microrhopias quixensis*)

DUSKY ANTBIRD (*Cercomacroides tyrannina*)

WHITE-BELLIED ANTBIRD (*Myrmeciza longipes*) – A few folks got a quick scope view of one at Metro Park before it slipped deeper into the vegetation.

CHESTNUT-BACKED ANTBIRD (*Poliocrania exsul*) – We had pretty good views of two birds that were working on the slope above us near the waterfall at the Canopy Lodge.

BICOLORED ANTBIRD (*Gymnopithys bicolor bicolor*) – We had one individual at the mini antswarm on Altos del Maria.

Conopophagidae (Gnateaters)

BLACK-CROWNED ANTPITTA (*Pittasoma michleri michleri*) – One of the most sought-after birds in Central America. We had a calling bird along the trail at Cerro Gaital. We ended up seeing it cross the trail and hop up on a rock for a nice view.

Grallariidae (Antpittas)

STREAK-CHESTED ANTPITTA (*Hylopezus perspicillatus*) – We had great scope views of a calling bird just off the trail at Altos del Maria. Danilo spotted it in the vegetation sitting quite still while vocalizing.

Furnariidae (Ovenbirds and Woodcreepers)

PLAIN-BROWN WOODCREEPER (*Dendrocincla fuliginosa*) – This was the other bird that was at the small antswarm.

COCOA WOODCREEPER (*Xiphorhynchus susurrans*) – We saw several and heard several more throughout the week.

SPOTTED WOODCREEPER (*Xiphorhynchus erythropygius*) – We had a good view of one along the Las Minas trail. This is a higher elevation species.

STRAIGHT-BILLED WOODCREEPER (*Dendroplex picus extimus*) – This pale headed species showed in the lowlands of the Juan Hombrom area.

BROWN-BILLED SCYTHEBILL (*Campylorhamphus pusillus olivaceus*) – This one took a lot of work. We finally heard one vocalizing at Altos del Maria and it took a lot of work to get a view of it. We had a scope look where the long bill could be seen high in a tree.

PLAIN XENOPS (*Xenops minutus*)

SPOTTED BARBTAIL (*Premnoplex brunescens*) – We saw two individuals at Altos del Maria, both with flocks that moved through the trees.

Tyrannidae (Tyrant Flycatchers)

SOUTHERN BEARDLESS-TYRANNULET (*Camptostoma obsoletum*)

MOUSE-COLORED TYRANNULET (NORTHERN) (*Phaeomyias murina eremonoma*) – We had good views of this local species in the Pacific lowlands. [E]

YELLOW TYRANNULET (*Capsiempis flaveola semiflava*) – We had good views of two birds along the road below Jordanal. This is a widespread tropical species that seems to get overlooked.

YELLOW-CROWNED TYRANNULET (*Tyrannulus elatus*) [*]

YELLOW-BELLIED ELAENIA (*Elaenia flavogaster*)

LESSER ELAENIA (*Elaenia chiriquensis*) – We had a quick look at one at the roadside stop on the drive to Anton in the Pacific lowlands.

OLIVE-STRIPED FLYCATCHER (*Mionectes olivaceus*) – A couple of these were seen during the week.

SEPIA-CAPPED FLYCATCHER (*Leptopogon amaurocephalus*) – One was seen along the forest trail on our arrival day at the Canopy Lodge.

PALTRY TYRANNULET (MISTLETOE) (*Zimmerius vilissimus parvus*) – Our first was at Metro Park where the bird may have been working on a nest.

SCALE-CRESTED PYGMY-TYRANT (*Lophotriccus pileatus*) – We had a couple of close views of these handsome little flycatchers.

PALE-EYED PYGMY-TYRANT (*Atalotriccus pilaris wilcoxi*) – We had great looks at this tiny flycatcher in the lowlands right down to the pale eye. [E]

COMMON TODY-FLYCATCHER (*Todirostrum cinereum*)

BLACK-HEADED TODY-FLYCATCHER (*Todirostrum nigriceps*) [*]

SULPHUR-RUMPED FLYCATCHER (*Myiobius sulphureipygius*)

TUFTED FLYCATCHER (COSTA RICAN) (*Mitrephanes phaeocercus aurantiiventris*) – We had good views of this dainty species just after the entrance station at Altos del Maria.

TROPICAL PEWEE (*Contopus cinereus*) – We had a couple of nice looks at this short-winged species.

ACADIAN FLYCATCHER (*Empidonax virescens*) [*]

LONG-TAILED TYRANT (*Colonia colonus*) – We saw two of these distinctive flycatchers on one tree in the Rio Indio area.

DUSKY-CAPPED FLYCATCHER (*Myiarchus tuberculifer*)

GREAT KISKADEE (*Pitangus sulphuratus*) – Most of our encounters were in the Panama City area.

BOAT-BILLED FLYCATCHER (*Megarynchus pitangua*)

RUSTY-MARGINED FLYCATCHER (*Myiozetetes cayanensis*)

SOCIAL FLYCATCHER (*Myiozetetes similis*) – Quite common.

GRAY-CAPPED FLYCATCHER (*Myiozetetes granadensis*) – We had a good view of this Atlantic slope specialty on the morning we went to Jordanal.

STREAKED FLYCATCHER (*Myiodynastes maculatus*)

TROPICAL KINGBIRD (*Tyrannus melancholicus*) – We saw these daily.

FORK-TAILED FLYCATCHER (*Tyrannus savana*) – We saw a few in the Juan Hombrom area on our last day.

Pipridae (Manakins)

LANCE-TAILED MANAKIN (*Chiroxiphia lanceolata*) – Amazingly, we had a scope view of a colorful male. This is a species that is often tough to get a decent look at.

WHITE-RUFFED MANAKIN (*Corapipo altera*) – We saw two males and a female feeding on small fruits at Altos del Maria.

GOLDEN-COLLARED MANAKIN (*Manacus vitellinus*) – A male put on a pretty good show along the trail on La Mesa. The bright yellow really lit up the forest.

Tityridae (Tityras and Allies)

MASKED TITYRA (*Tityra semifasciata*) [*]

NORTHERN SCHIFFORNIS (NORTHERN) (*Schiffornis veraepacis dumicola*) – After hearing a couple we had a nice look on La Mesa. [E]

CINNAMON BECARD (*Pachyrhamphus cinnamomeus*) – A pair of birds were seen along the road in the Rio Indio/Jordanal area.

WHITE-WINGED BECARD (*Pachyrhamphus polychopterus*) – We had nice views of a singing bird as we birded along the road going up La Mesa.

Vireonidae (Vireos, Shrike-Babblers, and Erpornis)

RUFOUS-BROWED PEPPERSHRIKE (NORTHERN) (*Cyclarhis gujanensis perrygoi*) – A quite local species in Panama we had great looks at this species at our first stop as we headed to the Pacific lowlands. [E]

SCRUB GREENLET (*Hylophilus flavipes*) – A few of us had a look at a singing bird along the La Mesa road.

LESSER GREENLET (*Pachysylvia decurtata*) – Our only view was a neck breaker at Metro Park.

GOLDEN-FRONTED GREENLET (*Pachysylvia aurantiifrons aurantiifrons*)

YELLOW-THROATED VIREO (*Vireo flavifrons*) – We saw one of these North American breeders at Altos del Maria.

Corvidae (Crows, Jays, and Magpies)

BLACK-CHESTED JAY (*Cyanocorax affinis*) – We had a few good looks at this quite large jay after hearing our first at Metro Park.

Hirundinidae (Swallows)

BLUE-AND-WHITE SWALLOW (*Pygochelidon cyanoleuca*) – This was the fairly common swallow we encountered at the higher elevations throughout the trip.

SOUTHERN ROUGH-WINGED SWALLOW (*Stelgidopteryx ruficollis*)

GRAY-BREASTED MARTIN (*Progne chalybea*) – Many were seen around Panama City and the Canal.

MANGROVE SWALLOW (*Tachycineta albilinea*) – A few were seen by some near the hotel near the Panama Canal.

BARN SWALLOW (*Hirundo rustica*) – These wintering birds were seen in the lowlands in the Juan Hombrom area.

Troglodytidae (Wrens)

SCALY-BREASTED WREN (WHISTLING) (*Microcerculus marginatus luscini*) – We heard a few giving their repeated single note call and, I believe, a few folks got a glimpse of one in the little canyon on La Mesa.

HOUSE WREN (SOUTHERN) (*Troglodytes aedon inquietus*)

OCHRACEOUS WREN (*Troglodytes ochraceus ligea*) – We had a bird calling from the moss-laden trunk of a large tree at Altos del Maria but could not get it to come in to view. [E]

RUFOUS-BREASTED WREN (*Pheugopedius rutilus*)

RUFOUS-AND-WHITE WREN (*Thryophilus rufalbus*) – After not seeing this species on our first morning we had a nice view of one along the road to Rio Indio. This species has a beautiful song.

ISTHMIAN WREN (*Cantorchilus elutus*) – We had a pretty good view of one on our way to the Pacific lowlands. This new species name is a recent split from the Plain Wren.

BAY WREN (*Cantorchilus nigricapillus*) – We saw a few around the Canopy Lodge, Wayne saw the first ones near the compost pile along the trail.

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

GRAY-BREASTED WOOD-WREN (*Henicorhina leucophrys*) – We had a great look at a responsive individual on the roadside at Altos del Maria.

Poliophtilidae (Gnatcatchers)

TAWNY-FACED GNATWREN (*Microbates cinereiventris*) – We followed two calling birds along the roadside on La Mesa. The birds ran out of bushes and shot across the road in front of us.

Turdidae (Thrushes and Allies)

PALE-VENTED THRUSH (*Turdus obsoletus*) – We had two individuals in the afternoon on Altos del Maria.

CLAY-COLORED THRUSH (*Turdus grayi*) – These were quite common around the Lodge and especially at the feeder.

Mimidae (Mockingbirds and Thrashers)

TROPICAL MOCKINGBIRD (TROPICAL) (*Mimus gilvus tolimensis*) – This species is actually introduced into Panama from South America. [I]

Parulidae (New World Warblers)

NORTHERN WATERTHRUSH (*Parkesia noveboracensis*)

GOLDEN-WINGED WARBLER (*Vermivora chrysoptera*) – We saw a couple of males and a female of these gorgeous warblers.

TENNESSEE WARBLER (*Oreothlypis peregrina*)

MOURNING WARBLER (*Geothlypis philadelphia*) – Near the Candalaria Trail we had at least six individuals calling from the grassy vegetation at one time. At least one popped up for a good view.

BAY-BREASTED WARBLER (*Setophaga castanea*) – A good number were seen during the week.

BLACKBURNIAN WARBLER (*Setophaga fusca*) – Joanne saw one near the Lodge.

YELLOW WARBLER (*Setophaga petechia*)

CHESTNUT-SIDED WARBLER (*Setophaga pensylvanica*) – We saw a few but not many during the winter. One was hanging around with a Golden-winged Warbler.

YELLOW-RUMPED WARBLER (MYRTLE) (*Setophaga coronata coronata*) – This is a rather rare wintering warbler this far south. We saw one feeding around a large pile of chaff from the chicken farm on La Mesa.

BLACK-THROATED GREEN WARBLER (*Setophaga virens*) – Our only one was in the little canyon on La Mesa.

RUFOUS-CAPPED WARBLER (CHESTNUT-CAPPED) (*Basileuterus rufifrons mesochrysus*) – These were quite conspicuous at a few places and showed up near the feeders at the Lodge.

BUFF-RUMPED WARBLER (*Myiothlypis fulvicauda*) – We enjoyed good views of one at the compost pit along the trail at the Lodge where it would have been snatching up insects. This is a very vocal species and we heard a few during the week.

CANADA WARBLER (*Cardellina canadensis*) – We saw about four individuals, always a great species to see well.

Thraupidae (Tanagers and Allies)

WHITE-SHOULDERED TANAGER (*Tachyphonus luctuosus*)

TAWNY-CRESTED TANAGER (*Tachyphonus delatrii*) – We had a few groups of these handsome and noisy tanagers around the Lodge.

WHITE-LINED TANAGER (*Tachyphonus rufus*) – Howard spotted our first one along the roadside on our way down from Altos del Maria.

FLAME-RUMPED TANAGER (LEMON-RUMPED) (*Ramphocelus flammigerus icteronotus*) – A common visitor to the feeders at the Lodge we saw many brightly plumaged males and females.

CRIMSON-BACKED TANAGER (*Ramphocelus dimidiatus*)

BLUE-GRAY TANAGER (*Thraupis episcopus*)

PALM TANAGER (*Thraupis palmarum*)

GOLDEN-HOODED TANAGER (*Tangara larvata*) – Another nicely plumaged tanager, we saw several at the mid-elevations.

PLAIN-COLORED TANAGER (*Tangara inornata*) – This is a very aptly names species. We saw our first along the Rio Indio Road.

BAY-HEADED TANAGER (*Tangara gyrola*) – This form, which we saw each day around the Lodge, has a brighter blue belly than those in other parts of its range.

EMERALD TANAGER (*Tangara florida*) – A brilliant tanager with beautifully subtle markings, we had great looks at a few.

SILVER-THROATED TANAGER (*Tangara icterocephala*)

SCARLET-THIGHED DACNIS (*Dacnis venusta*) – There were a few of these nicely colored small tanagers along the Rio Indio road and Altos del Maria.

BLUE DACNIS (*Dacnis cayana*)

SHINING HONEYCREEPER (*Cyanerpes lucidus*) – We saw one near Jordanal.

RED-LEGGED HONEYCREEPER (*Cyanerpes cyaneus*)

GREEN HONEYCREEPER (*Chlorophanes spiza*)

BLACK-AND-YELLOW TANAGER (*Chrysothlypis chrysomelas*) – A higher elevation species we had a couple or three encounters with this sharply marked species.

WEDGE-TAILED GRASS-FINCH (*Emberizoides herbicola*) – We enjoyed great views of a singing bird at the top of the Las Minas Trail. This is a very local species within Panama.

BLUE-BLACK GRASSQUIT (*Volatinia jacarina*) – We finally ran into this widespread species in the Pacific lowlands.

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

VARIABLE SEEDEATER (VARIABLE) (*Sporophila corvina hoffmanni*)

YELLOW-BELLIED SEEDEATER (*Sporophila nigricollis*) – We had one along the Rio Indio Road.

BANANAQUIT (*Coereba flaveola*)

YELLOW-FACED GRASSQUIT (*Tiaris olivaceus*) – A good number were seen along the road edges above the Lodge in the La Mesa area.

DUSKY-FACED TANAGER (*Mitrospingus cassinii*)

ROSY THRUSH-TANAGER (*Rhodinocichla rosea*) – We had great views of a male and female perched next to each other on a branch in the Cara Iguana area. The male had a very bright red breast that was more red and less pink than any I had seen in the past. This is often a very difficult bird to see well. Yip! Yip! Yip!

BUFF-THROATED SALTATOR (*Saltator maximus*)

BLACK-HEADED SALTATOR (*Saltator atriceps*) – Mostly an Atlantic slope species, we had a few in a flock on La Mesa.

STREAKED SALTATOR (*Saltator striatipectus*)

Emberizidae (Buntings and New World Sparrows)

COMMON CHLOROSPINGUS (CENTRAL PANAMA) (*Chlorospingus flavopectus punctulatus*) – Formerly known as Common Bush-Tanager, we saw a few in the higher elevations of Altos del Maria.

BLACK-STRIPED SPARROW (*Arremonops conirostris*)

ORANGE-BILLED SPARROW (*Arremon aurantirostris*) – We had one of the best looks ever at this species in the forest near the Lodge. It sat still long enough for a scope view. It has a great combination of colors.

CHESTNUT-CAPPED BRUSHFINCH (*Arremon brunneinucha*) – A sharply marked individual responded well at our first stop at Altos del Maria. The white throat really shows well in the dark forest.

Cardinalidae (Cardinals and Allies)

SUMMER TANAGER (*Piranga rubra*) – We saw 3-4 of these wintering birds around the Canopy Lodge.

RED-CROWNED ANT-TANAGER (NORTHERN) (*Habia rubica vinacea*) – A few groups were seen along the trails near the Lodge and on La Mesa.

RED-THROATED ANT-TANAGER (RED-THROATED) (*Habia fuscicauda willisi*) – We encountered a group on a hillside near Jordanal.

BLACK-FACED GROSBEAK (*Caryothraustes poliogaster*) – We had a group passing overhead along the trail behind the lake at Altos del Maria but could not get them into sight. [*]

Icteridae (Troupials and Allies)

EASTERN MEADOWLARK (*Sturnella magna*)

GREAT-TAILED GRACKLE (*Quiscalus mexicanus*)

GIANT COWBIRD (*Molothrus oryzivorus*) – There were three individuals perched atop one of the chicken buildings at La Mesa.

BALTIMORE ORIOLE (*Icterus galbula*) – We saw two or three of these wintering birds during our stay.

SCARLET-RUMPED CACIQUE (*Cacicus uropygialis*) – We heard a few at Metro Park but never got a visual. [*]

YELLOW-RUMPED CACIQUE (*Cacicus cela*) [*]

CHESTNUT-HEADED OROPENDOLA (*Psarocolius wagleri*) – We had several encounters and heard them gurgling with the best views near the Lodge.

Fringillidae (Finches, Euphonias, and Allies)

YELLOW-CROWNED EUPHONIA (*Euphonia luteicapilla*) – At least one was seen as we headed into the Pacific lowlands.

THICK-BILLED EUPHONIA (*Euphonia lanirostris*) – This species was fairly common at the banana feeders at the Lodge.

TAWNY-CAPPED EUPHONIA (*Euphonia annae*) – One or two were seen each day we were around the Canopy Lodge.

MAMMALS

MANTLED HOWLER MONKEY (*Alouatta palliata*) – We saw a solitary male at Metro Park on our first morning.

HOFFMANN'S TWO-TOED SLOTH (*Choloepus hoffmanni*) – Our first was at Metro Park and then another on the way to Altos del Maria.

BROWN-THROATED THREE-TOED SLOTH (*Bradypus variegatus*) – We saw two females, both with babies in the vicinity of the Canopy Lodge.

RED-TAILED SQUIRREL (*Sciurus granatensis*) – There were a lot of these at the feeders at the Canopy Lodge.

CENTRAL AMERICAN AGOUTI (*Dasyprocta punctata*) – These were a daily visitor to the banana feeders at the Canopy Lodge. At one point there were ten individuals on one of the platform feeders. We also saw and heard a few away from the Lodge.

ADDITIONAL COMMENTS

Totals for the tour: 233 bird taxa and 5 mammal taxa