

Panama: Tranquilo Bay & Mount Totumas Ext. Species List | March 1 – 12, 2025 with Naturalist Journeys



Compiled by Bryan Calk and local guides Brenda and Reinaldo, with Mary, Gay, Ann, Karen, Regina, Paul, Michael, Maleyne, Sandy, and Chauncey

This unforgettable journey through Panama offers a perfect blend of birdwatching, wildlife exploration, and breathtaking scenery. The first week at Tranquilo Bay on Bastimentos Island was a paradise for nature enthusiasts. From the moment we arrived, the adventure began with a birding walk around the lodge, spotting everything from the vibrant Golden-collared Manakin to many visits from White-faced Capuchins. The days that followed were filled with spectacular birding experiences, such as cruising to Isla Popa and witnessing the stunning Snowy Cotinga, while snorkeling in the crystal-clear waters revealed colorful coral reefs. We explored the remote Snyder Canal, discovering hidden gems like the roosting Short-tailed Nighthawks, and marveled at the spectacle of migrating vultures and kites soaring above the Talamanca Mountains. Even after long days in the field, there were always magical moments, like the glowing bioluminescent worms or the adorable Woolly Opossum making evening appearances. Brenda, our incredible guide, brought the landscape to life with her deep knowledge and passion for wildlife, ensuring that every day was filled with awe and discovery.

The second half of the adventure, the Mount Totumas extension, took us to new heights in the cloud forest of the Talamanca region. From the moment we arrived at the lodge, we were greeted by vibrant hummingbirds and the call of Mantled Howler Monkeys echoing through the trees. The next few days were filled with remarkable sightings, like the stunning Resplendent Quetzal perched just yards from the lodge, offering unforgettable views. We hiked through the forest in search of regional endemics and watched mixed flocks of a veritable rainbow of birds. The area also offered extraordinary views of the surrounding mountains, with each step revealing new wildlife, from the dramatic Three-wattled Bellbird to the beautiful Violet Sabrewing and Elegant Euphonia. As we bid farewell to the mountains, we reflected on the incredible experiences of the trip—each day a new chapter in our journey through Panama’s extraordinary landscapes and wildlife.

BIRDS: 281 species were recorded of which 14 were heard only, 20 were endemic and 2 were introduced. Details are included below.

The eBird link below details the 281 species of birds our group observed during the tour. If you’re new to eBird, be sure to click “Show All Details” on the right side of the list to expand the report and reveal where and when each of the birds were seen and how many.

[Panama: Tranquilo Bay | March 1-12, 2025 | eBird Trip Report](#)

MAMMALS (13):

Central American Spider Monkey *Ateles geoffroyi* - Seen moving through the canopy from across the valley at Mount Totumas

White-faced Capuchin *Cebus capucinus* - Coming to the porch at Tranquilo Bay for bananas, and also seen moving through the mangroves

Brown-throated Three-toed Sloth *Bradypus variegatus* - Seen on the grounds at Mount Totumas on several occasions and from the boat at Isla Popa

Hoffmann's Two-toed Sloth *Choloepus hoffmanni* - Seen with a baby one day while getting off the boat at Tranquilo Bay, as well as on both night walks there

Gray Four-eyed Opossum *Metachirus nudicaudatus* - One seen during a night walk at Tranquilo Bay

Derby's Woolly Opossum *Caluromys derbianus* - Coming for bananas on the deck during dinners at Tranquilo Bay

Variable Squirrel *Sciurus variegatoides* - A few seen in the field while birding the mainland during our stay at Tranquilo Bay, including at Fortuna Forest Reserve

Red-tailed Squirrel *Sciurus granatensis* - Seen best coming to the corn pile feeder at Mount Totumas

Common Raccoon *Procyon lotor* - Seen hanging out at the lodge at Tranquilo Bay

Common Bottlenose Dolphin *Tursiops truncatus* - A few seen by snorkelers during our trip to the reef by boat and while birding at Isla Popa

Lesser White-lined Bat *Saccopteryx leptura* - Roosting on a couple of the cabins daily at Tranquilo Bay

Sebas's Short-tailed Bat *Carollia perspicillata* - A few seen roosting under a folded palm frond at Tranquilo Bay

Mantled Howler Monkey *Alouatta palliata* - Mostly heard, but some seen well through the scope at Mount Totumas from the deck

REPTILES AND AMPHIBIANS (16):

Spectacled Caiman *Caiman crocodilus* - One in the small pond at Tranquilo Bay

Green Iguana *Iguana iguana* - A couple seen in the gardens and from the boats at Tranquilo Bay

Emerald Basilisk *Basiliscus plumifrons* - Seen during our trip up the Snyder Canal from the boat, hanging out on branches overhanging the water

Brown Basilisk *Basiliscus vittatus* - A few around the lodge and along the canal trip

Emerald Swift (Spiny Lizard) *Sceloporus malachiticus* - Several hanging out on the deck of Mount Totumas, including some very cute babies

Red-eyed Tree Frog *Agalychnis callidryas* - Several around the small pond at Tranquilo Bay, including eggs and tadpoles

Strawberry Poison Dart Frog *Oophaga pumilio* - Many color morphs found throughout the week at Tranquilo Bay, from Isla Popa and Bunea Esperanza and the Snyder Canal

Green and Black Poison Dart Frog *Dendrobatoides aurantiacus* - One found while birding the mainland at Buena Esperanza and Tierra Oscura

Mourning Gecko *Lepidodactylus lugubris* - All over the main lodge buildings at Tranquilo Bay

Green Climbing Toad *Incilius holdridgei* - A couple found, one at Isla Popa and others at Tranquilo Bay on the lodge grounds

Almirante Robber Frog *Craugastor almirante* - A couple found at Isla Popa while searching for Strawberry Poison Dart Frogs

Savage's Bullfrog *Lithobates catesbeianus* - Several around the grounds of Tranquilo Bay, shockingly large!

Pug-nosed Anole *Anolis capito* - One found along the trail to the hummingbird pools at Tranquilo Bay

Cryptic Slender Anole *Anolis limifrons* - One found at the hummingbird pools at Tranquilo Bay while waiting for the action to start again

Common Blunt-headed Vine Snake *Ahaetulla nasuta* - One spotted during our night walk at Tranquilo Bay, hanging out in the mangroves

Vaillant's Frog *Trachycephalus venulosus* - One during a night walk at the small pond at Tranquilo Bay