

Western Panama: Tranquilo Bay w/Mt. Totumas Ext. Species List | November 7-18, 2025 With Naturalist Journeys



Guides: Mason Flint (NJ), Brenda Sanchez (Tranquilo Bay), Reinaldo Rodriguez (Mount Totumas) and participants Heather, Julie, Bill, Lois, Robin, Boudewijn, and Jan.



Tranquilo Bay Eco Lodge provides a comfortable and relaxing base to explore the nearby islands in the Bocas del Toro archipelago and take excursions to the mainland. With the expert guidance of Brenda and others team members at the lodge, we alternated between longer days and shorter days closer to the lodge. We had a couple of days of periodic rain and one day of fog and one bumpier than usual boat ride to Changuinola Canal but otherwise the conditions were great. We were particularly lucky to find several difficult to see species on the

mainland including Lattice-tailed Trogon, Middle-American Leafcutter, Brown-billed Scythebill, and Black-capped and Scale-crested Pygmy-Tyrant. Seeing the Red-billed Tropicbirds at Isla Pajaros was another highlight. We recorded a total of 232 bird species during our stay at Tranquilo Bay including a few heard only.

Mount Totumas provided a stark contrast with spectacular mountain scenery next to the border with Costa Rica and many different birds. With the help of Reinaldo, the talented guide at the lodge, we explored trails around the lodge area, relaxed by the feeders, and made half-day excursions below the lodge to Los Pazos and above the lodge to Finca Del. Sr. Vega. Highlights included 17 species of hummingbirds including high-altitude specialists such as Talamanca and White-throated Mountain-gem, Ornate Hawk-Eagle, Costa-Rican Pygmy-Owl, the difficult White-throated Spadebill and Eye-ringed Flatbill, and regional endemics such as Golden-bellied Flycatcher, Yellow-winged Vireo, Black-faced Solitaire, and both Long-tailed and Black-and-yellow Silky Flycatcher. We recorded a total of 121 bird species during our stay at Mount Totumas including a few heard only. The total for the tour including the extension was 303!

The eBird Trip Reports for the main tour and the extension are at the links below. If you're new to eBird, be sure to click "Show All Details" on the right side of the list to expand the report to reveal where and when each of the birds were seen.

[Western Panama: Tranquilo Bay | November 7-13, 2025 | eBird Trip Report](#)

[Western Panama: Mount Totumas Ext. | November 14-18, 2025 | eBird Trip Report](#)

We also saw at least 17 species of mammals and 10 species of reptiles and amphibians. Details for these sightings are summarized below.

MAMMALS: (17)

Northern Tamandua *Tamandua mexicana* — We saw this medium-sized anteater during our slow cruise through the Changuinola Canal.

Derby's Woolly Opossum *Caluromys derbianus* — We recorded this species every night while at Tranquilo Bay.

Brown-throated Three-toed Sloth *Bradypus variegatus* — We saw these every day around the Tranquilo Bay lodge garden including adults with young.

Hoffmann's Toe-toed Sloth *Choloepus hoffmanni* — Less common than the three-toed sloth, we saw this longer-snouted and browner sloth a few times during the Tranquilo Bay portion of the trip.

Central American Agouti *Dasyprocta punctata* — Robin, Boudewijn, and Mason spotted one outside the Radisson hotel on arrival day.

Western Dwarf Squirrel *Microsciurus mimulus* — Sometimes referred to as Western Pygmy Squirrel, we saw this small tree squirrel twice during visits to the continental divide.

Variegated Squirrel *Sciurus variegatoides* — We saw this medium-sized tree squirrel during our visit to Tierra Oscura (Darkland) Road.

Red-tailed Squirrel *Sciurus granatensis* — This small rufous squirrel was seen near the feeders at Mount Totumas.

Panamanian White-faced Capuchin *Cebus imitator* — Also known as Central American White-faced Capuchin, families visited the Tranquilo Bay lodge porch area every day.

Central American Spider Monkey *Ateles geoffroyi* — Also known as Geoffroy's Spider Monkey, some in the group caught glimpses of this large monkey on our last full day at Mount Totumas.

Mantled Howler Monkey *Alouatta palliata* — Heard several times, we got great looks at this mostly black howler during our walk along Tierra Oscura (Darkland) Road.

Panamanian Night Monkey *Aotus zonalis* — Another highlight at Tranquilo Bay, a couple of sharp-eyed travelers found one hiding along the stairway up to the deck at Tranquilo bay. These nocturnal monkeys sometimes appear at the lodge in small groups but less often lately so this was a good catch.

Common Raccoon *Procyon lotor* — The same species that are common in the United States, we saw a few sleeping in the trees from the Tranquilo Bay deck.

Lesser White-lined Bat *Saccopteryx leptura* — Seen almost daily at Tranquilo Bay.

Common Bottlenose Dolphin *Tursiops truncatus* — We saw a few during boat trips out of Tranquilo Bay.

Water Buffalo *Bubalus bubalis* — Admittedly not wild animals but we enjoyed watching several wallowing in the mud along Camino Punta Robalo.

Alston's Singing Mouse *Scionomys teguina* — Also known as Short-tailed Singing Mouse, we saw this tiny mouse daily under the feeders at Mount Totumas.

REPTILES AND AMPHIBIANS: (10)

Spectacled Caiman *Caiman crocodilus* — Seen twice during the first two days of the trip including a small one in a small pond on the Tranquilo Bay grounds.

Green Iguana *Iguana iguana* — Seen at least twice including during our boat trip through the Changuinola Canal.

Brown Basilisk *Basiliscus vittatus* — Seen at least twice around the Tranquilo Bay lodge grounds.

Red-eyed Tree Frog *Agalychnis callidryas* — We saw one perched up in...a tree...during our night walk at Tranquilo Bay.

Savage's Thin-toed Frog *Leptodactylus savagei* — Seen during the night walk at Tranquilo Bay.

Green Climbing Toad *Inciulus coniferus* — Seen during our loop walk at Tranquilo Bay.

Strawberry Poison Dart Frog *Oophaga pumilio* — Seen on at least three days in various color morphs.

Striped Rocket Frog *Allobates talamancae* — Also known as Talamanca Rocket Frog, recorded at least one day during the first part of the trip.

Mourning Gecko *Lepidodactylus lugubris* — This gecko peeked at us through the window while we did the checklist most evenings at Tranquilo Bay.

Common Blunt-headed Tree Snake *Lmantodes cenchra* — Those who joined the night walk at Tranquilo Bay got great looks at this slender snake resting on a broad leaf.