

West Panama: Tranquilo Bay Species List December 30, 2025 – January 11, 2026 with Naturalist Journeys



Compiled by guide Peg Abbott, Naturalist Journeys guide, with the awesome local guide trio of Brenda, Roger and Matias at Tranquilo Bay Lodge, and Reinaldo at Mt. Totumas. Our festive and compatible holiday group included Cathy, Debbie, Don, Barb, Ann, Nancy, Jan, Bibiane, Thomas and Holly.

On this New Year's Eve journey we had great fun and great bird and wildlife sightings at two lodges in totally different habitats. Both were special and had great guides as well as food and hospitality. What's not to love! Highlights were many. At Tranquilo Bay the colorful array of birds at the feeders, Shining Honeycreeper and Prothonotary Warbler in profusion was a thrill. Seeing Pinnated and Least Bittern in the same wetland with cracking views, finding Mangrove Cuckoo with ease (plus Squirrel and Yellow-billed), and having Roger pick out Spot-fronted Swifts from the porch, a lifer even for Peg! Laughing Falcon at the lodge and eye-level looks a Bat Falcon on a bridge. A surprise Snowy Cotinga after we missed them at their normal spot. Finding highly range-restrict Nicaraguan Seed-Finch. And mornings and evenings atop the tower, with parrots flying to and from roosts and a view of the Bocas archipelago, wow. At Mt. Totumas we had gorgeous views of Resplendent Quetzal investigating nest holes and never got our fill of Flame-colored Tanagers and Red-headed Barbets in plain view at feeders. In all we had twenty-two species of hummingbirds, 8 woodpeckers, and 23 species of warblers, wow. We also found 18 species of mammals and over a dozen herps, plus many intriguing insects and butterflies. We all decided it was a stellar start to a new year!

BIRDS

234 species were recorded on the main tour, with 82 on our short highlands extension, 268 unique species overall. Details are included 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 and reveal where and when each of the birds were seen and how many.

[Tranquilo Bay | Dec. 30, 2025 – Jan. 7, 2026 | eBird Trip Report](#)

[Mt. Totumas Extension | Jan. 7-11, 2026 | eBird Trip Report](#)

Following is a list of the birds, mammals, reptiles and amphibians we were fortunate to observe during the main tour and extension.

MAMMALS: — (18 species)

Number following species is number of days seen.

Gray Four-eyed Opossum *Philander opossum* — (1) Seen at the lodge early one evening by a few of the group.

Derby's Woolly Opossum *Caluromys derbianus* — (6) Two individuals seen nightly, rich coloration, pretty adorable!

Northern Tamandua *mexicana* — (1) Incredible, long views on our Canal boat trip day, Captain Jim said it was highly unusual to get such commanding views. It stretched, preened, and moved on a major horizontal branch above the boat – wow!

Brown-throated Three-toed Sloth *Bradypus variegatus* — (7) Several individuals seen daily, several with babies, just incredible viewing, right in the garden.

Hoffmann's Two-toed Sloth *Choloepus hoffmanni* — (1) A recently fledged teenager was seen on the ground, moving to another tree, on the second walk to the hummingbird bathing area. Stopped everyone in their tracks to watch, what a sighting!

Central American Agouti *Dasyprocta punctata* — (1) Seen at the feeder area at Mt. Totumas, on the extension. Also seen in Panama City at the hotel on its grounds, at the start of the trip.

Neotropical River Otter *Lontra longicaudis* — (1) Roger spotted this and alerted us from the boat's top deck, most of us caught a glimpse of it moving into lush grass alongside the river. As they are secretive still a good sighting.

Red-tailed Squirrel *Sciurus granatensis* — (3) Seen daily on the extension, Mt. Totumas.

Western Dwarf (Pygmy) Squirrel *Microsciurus mimulus* — (1) Seen in the forest on our day to visit the Continental Divide.

White-throated Capuchin *Cebus capucinus* — (5) Seen at both locations, at Tranquilo Bay we saw them in the forest and also making a raid on bananas set out for them in the feeder area. Also seen in the woods at Mt. Totumas.

Geoffrey's Spider Monkey *Ateles geoffroyi* — (1) We ran into a fast and agile troop of this primate species on our walk to see the quetzals, as we returned. Extension only.

Mantled Howler Monkey *Alouatta palliata* — (7) Fairly common at both locations, we got scope views and also enjoyed hearing their loud calling.

White-nosed Coati *Nasua narica* — (1) Mt. Totumas, seen on the walk out along the entry road, a troop crossing the road.

Common Raccoon *Procyon lotor* — (4) They loved eating the large fruits off a huge tree that hung over the deck of the lodge. We saw 3-4 at a time at Tranquilo Bay.

Lesser White-lined Bat *Saccopteryx leptura* — (3) Seen roosting under the eave of a building at Tranquilo Bay.

Common Bottlenose Dolphin *Tursiops truncatus* — (5) Fantastic views from our boats as we cruised around the Bocas archipelago. So strong and so playful.

Alston's Singing Mouse *Scoiomyss teguina* — (2) Seen at the feeders at Mt. Totumas.

Short-tailed Shrew *Cryptotis sp.* — (1) A highland, cloud forest species. Ann found one that was a recent kill, in perfect condition we could study.

REPTILES AND AMPHIBIANS: — (15)

Spectacled Caiman *Caiman crocodilus* — (2) Seen in wetland areas of the lowlands. We got these impressive creatures in the scope for all to see well.

Emerald Swift (Green Spiny Lizard) *Sceloporus malachiticus* — (3) Seen on the extension at Mt. Totumas, hanging around the base of the feeder area.

Green Iguana *Iguana iguana* — (2) Great looks at these green giants when in wetland areas.

Green Basilisk *Basiliscus plumifrons* — (1) Seen on Changuinola Canal boat ride

Brown Basilisk *Basiliscus vittatus* — (3) Seen on our Canal day and around dock areas on other boat trips.

Cryptic Slender Anole *Anolis apletophallus* — (1) An endemic species to Panama in the lowlands, seen almost daily around the lodge.

Ground Anole *Anolis humilis* — (1) Seen as we got out to explore Isla Popa.

Turnip Tail Gecko *Thecadactylus rapicauda* — (1) A large gecko with a tail that looks swollen, noted on the first two days of our journey.

Mourning Gecko *Lepidodactylus lugubis* — (1) All females, this parthenogenic gecko kept us company at the bird checklist time, living in the lodge windowsill.

Brown Vinesnake *Oxybelis aeneus* — (1) A great find neat the lodge steps, trying to look camouflaged. As they eat lizards, the porch provided a good hangout for hunting. We went to get everyone and many photos ensued.

Central American Boa *Boa imperator* — (1) A massive big snake found as we came back from a morning outing, on the porch of one of the cabins!

Salmon-bellied Racer *Mastigodryas melanolomus* — (1) Slender with a pinkish belly, seen on day we were birding on the mainland.

Red-eyed Tree Frog *Agalychnis callidryas* — (1) Seen on the night walk at Tranquilo Bay

Striped Rocket Frog *Allobates talamancae* — (5) Heard nightly, finally seen on our night walk.

Strawberry Poison Dart Frog *Oophaga pumilio* — (2) Two distinct color varieties seen at two locations, this species shows a huge gradient of diversity among islands of the Bocas archipelago, a classic example of speciation in progress.

Green Climbing Toad *Incilius coniferus*— (1) Seen at night in our flashlights, on leaves near the Tranquilo Bay lodge pathways.

NOTABLE OTHER SPECIES

Several jelly fish, a host of gorgeous butterflies, a Spotted Eagle Ray (from the boat), and some great insects.