

West Panama: Tranquilo Bay w/Mt. Totumas Extension Species List | February 7- 18, 2026 with Naturalist Journeys



Compiled by guide James Petersen with local guide Roger and Reinaldo. Our clients included Linda, Dave, Jeff, Carol, Jeff, Betsy, David, Bill, Betty.

Once arriving, the group met up in the hotel lobby in Panama City and took the short flight and boat ride to get to Tranquilo Bay. Once there, the birding started with the feeders being overrun with what turned into the daily looks at Bananaquits, Prothonotary Warblers and Shinning Honeycreepers. The days blended together as we alternated short and long days. The shorter days were birding the nearby Islands, lower mainland and Tranquilo Bay itself, getting looks at Snowy Cotinga, Purple-throated Fruit Crow and Rufous-tailed Hummingbirds. Those afternoons were spent birding the property, going up in the Canopy Tower or trying to identify the many species of butterflies that were frequenting the gardens.

The longer days we spent further afield, with two days of higher elevation birding, allowing us to get looks at many species of Tanagers including Black and Yellow Tanager as well as three species of Trogons! We ended the main tour with a trip down the Snyder Canal and Changuinola River with many looks at many wading birds and Snail Kites.

After the main tour, several of us continued to the extension at Mt. Totumas. Here we were overwhelmed with the number of hummingbird species found at the lodge's feeders. Here we spent the days with morning and afternoon walks, picking up such species as Collared Trogon, Black Guan and hearing the distinctive "bonk" of Three-wattled Bellbirds as they called from their canopy haunts. That's not to forget the nesting pair of Resplendent Quetzals that put on a show for us a few of the afternoons. This all lead to a fantastic tour where we had 308 species of birds, 14 species of mammals, 14 species of Amphibians and Reptiles and 29 species of Butterflies/Insects.

BIRDS 308 species were recorded of which 15 were heard only, 21 were regionally endemic and 2 were introduced. Details are included below.

The eBird link below details the 308 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.

[West Panama: Tranquilo Bay | February 7-14, 2026 | eBird Trip Report](#)

[Mt. Totumas Extension | February 14-18, 2026 | eBird Trip Report](#)

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

MAMMALS: (14)

Derby's Woolly Opossum *Caluromys derbianus* — This species of Opossum was seen sporadically throughout our time at Tranquilo Bay. We most often observed this species either after dinner before heading back to our respective cabins or early morning before breakfast.

Brown-throated Three-toed Sloth *Bradypus variegatus* — This large brown sloth was seen every day during our time at Tranquilo Bay. We had a stunning 10 seen one of the days we birded the grounds and we were also lucky enough to see a baby hanging off mom while trying to reach a leaf!

Central American Agouti *Dasyprocta punctata* — This small brown mammal was only seen on the extension, most often in the morning when it was quietly eating fallen seeds before breakfast.

Western Pygmy Squirrel *Microsciurus mimulus* — We observed this small, reddish mammal on our two high altitude days, one ending at a pull out and the other day starting at the pull put.

Red-tailed Squirrel *Sciurus granatensis* — We observed this squirrel once during the main tour, in the Bosque Palo Seco area. It was a daily sighting on the extension, most often observed eating seed underneath the feeders.

White-throated Capuchin *Cebus capucinus* — We had numerous sightings of a family group of these monkeys as they came to raid the bananas in the morning at Tranquilo Bay. There was one memorable sighting where a mom had a baby on her back was the first one on the deck and grabbed 4 bananas in one swipe.

Mantled Howler Monkey *Alouatta palliata* — The roaring of this monkey was a common sound through both the main tour and the extension. We would randomly catch glimpses of these dark monkeys in the treetops while birding the mainland.

Geoffery's Spider Monkey *Ateles geoffroyi* — We had good looks at a group of this species while taking an afternoon hike on the big tree trail while on the extension.

White-nosed Coati *Nasua narica* — We only observed this species once; while coming back down from high elevation, one was on the side of the road and quickly ran off after seeing our bus on day 6.

Common Raccoon *Procyon lotor* — This species was only seen from the deck at Tranquilo Bay on the first day

Lesser White-lined Bat *Saccopteryx leptura* — A uncommonly found roosting bat at Tranquilo Bay.

Seba's Short-tailed Bat *Carollia perspicillata* — We observed this bat on day 4 as they were flying around the cabins at dusk.

Common Bottlenose Dolphin *Tursiops truncatus* — Only observed twice on the trip, once while on the boats and once from the Canopy Tower.

Alston's Singing Mouse *Scoinomys teguina* — Only seen on the extension, where one was seen coming out of its burrow to grab a bunch of seeds before retreating to its hole.

REPTILES AND AMPHIBIANS: (14)

Spectacled Caiman *Caiman crocodilus* — Only seen once, while birding the Punta Rabalo Road in the nearby wetlands.

Green Iguana *Iguana iguana* — A monster of a Green Iguana was observed basking in the top of the tree while on the Changuinola River.

Green Basilisk *Basiliscus plumifrons* — We observed two of this species while birding the Snyder Canal.

Brown Basilisk *Basiliscus vittatus* — We observed this species twice throughout the trip, once by Tranquilo Bay and once along the canal.

Emerald Swift *Sceloporus malachiticus* — This medium sized green lizard was only observed around the main lodge and the coffee house while at Mount Totumas.

Border Anole *Anolis limifrons* — This brownish lizard was only observed days 1 and 3 of the trip.

Red-eyed Tree Frog *Agalychnis callidryas* — We observed an egg mass from this species while birding Tranquilo Bay.

Canal Zone Tree Frog *Boana rufitela* — We white frog while stopped to look for Bellbirds while on the Snyder Canal.

Striped Rocket Frog *Allobates talamancae* — We observed this small frog while both on the Canal and along the Buena Esperanza Road.

Strawberry Poison Dart Frog *Oophaga pumilio* — The ‘blue jean’ frog was seen on both Popa Island, the Canal and the Buena Esperanza Road.

Green-and-black Poison Dart Frog *Dendrobates auratus* — This larger green and black dart frog was observed while birding the Buena Esperanza Road

Mourning Gecko *Lepidodactylus lugubris* — This species was observed in the window on most nights of our evening checklist while at Tranquilo Bay.

Green Climbing Toad *Incilius coniferus* — This species was observed while at Tranquilo Bay.

Central American Bullfrog *Leptodactylus pentadactylus* — This species was also only observed on the grounds of Tranquilo Bay.

Butterflies and Insects: (29)

King Swallowtail *Papilio thoas*

Dyars Swallowtail *Battus ingenuus*

Polydamus Swallowtail *Battus Polydamas*

White Peacock *Anartia jatrophae*

Julia Butterfly *Dryas iulia*

Zebra Longwing *Heliconius charithonia*

Five Spotted Longwing *Heliconius hecalesia*

Sara Longwing *Heliconius sara*

Hermes Satyr *Hermeuptychia hermes*

Blue-gray Satyr *Magneuptychia libye*

Banded Owl Butterfly *Caligo atreus*

True Cattleheart *Parides eurimedes*

Iphidamas Cattleheart *Parides iphidamas*

Emerald Patch Cattleheart *Parides sesostris*

Green-celled Cattleheart *Parides childrenae*

Tropical Queen (Solider) *Danaus eresimus*

Monarch Butterfly *Danaus plexippus*

Teleus Longtail *Urbanus teleus*

Smooth-banded Sister *Adelpha cytherea*

Northern Green Longwing *Philaethria diatonica*

White-tipped Cycadian *Eumaeus godartii*

Malachite *Siproeta stelenes*

Euptychia Westwoodi

Three-spotted Skipper *Cymaenes tripunctus*

Glass wing species *Ithomiini species*

Praying Mantis Species *Mantodea species*

Lighting Bug species *Lamyridae species*

Hummingbird Moth species *Lepidoptera species*

Shimmering sugar golden ant *Camponotus sericeiventris*