

West Panama: Tranquilo Bay Species List | October 11—18, 2026 with Naturalist Journeys



Compiled by guide Dave Mehlman with local guide Brenda Sánchez. Our clients included Anne, Bill, Charles, Linda, Sharon, and Peg.

This tour was a wonderful exploration of western Panama's Bocas del Toro Province from our very comfortable base at Tranquilo Bay Eco Adventure Lodge on Isla Bastimentos. Gathering in Panama City, we enjoyed a short flight over the Cordillera to Bocas del Toro town where we met our guides for the week, Brenda and Yoel. After a short ride in a boat, we arrived at the Lodge dock and immediately retreated into the natural world, surrounded by rainforest, plants, and numerous birds and mammals. From the pair of sloths that we saw walking into the dock to the dolphins swimming in the sea as we departed, it was a non-stop adventure. The birds were amazing, with incredible views of posing American Pygmy Kingfishers, noisy Red-billed Tropicbirds at their nesting island, bathing Crowned Woodnymphs and other hummingbirds, and numerous tanagers, euphonias, and warblers constantly. White-faced Capuchins amused us with their antics as they came to the porch to claim the morning banana rations and many slots were spotted throughout the week.

Daily trips included walks on Isla Bastimentos, trips to the mainland to explore the lowlands and the higher elevations on both sides of the Continental Divide, a memorable trip through the Snyder Canal to the Changuinola River with lunch on the bank and a trip to the beach at the mouth, and excursions to nearby islands. Very memorable was a trip out in the open ocean to Swan Cay/Isla Pájaros to experience the action at a Red-billed Tropicbird and Brown Booby colony (with squadrons of Magnificent Frigatebirds overhead!). We also enjoyed a fabulous morning snorkeling at a nearby reef as well as a night walk full of frogs, toads, insects, and a few caimans. When not birding or wildlife-watching, we relished great conversations over meals, comfortable accommodations, and some amazing drinks made with the new blender! Great friendships were made between our group and the Tranquilo Bay staff and the memories made during the trip will linger for a great while.

BIRDS 251 species were recorded plus one hybrid (Golden-collared x White-collared Manakin). Details are included below.

The eBird link below details the 251 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.

[Naturalist Journeys Panamá, Tranquilo Bay | October 2026 | eBird Trip Report](#)

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

MAMMALS (9):

Brown-throated Three-toed Sloth *Bradypus variegatus* — Easily found on several days at Tranquilo Bay

Hoffmann's Two-toed Sloth *Choloepus hoffmanni* — A pair greeted us on arrival the first day to Tranquilo Bay from the tops of the mangroves

Central American Agouti *Dasyprocta punctata* — Seen by some in the group at the Radisson in Panama City

Central American Dwarf (Pygmy) Squirrel *Microsciurus alfari* — Seen along the Continental Divide Road in the cloud forest on both visits to that location

White-throated Capuchin *Cebus capucinus* — Frequent visitors to the Lodge porch where they grabbed bananas off the deck in the morning; we also saw a group in the woods on one visit to the hummingbird pool

Mantled Howler Monkey *Alouatta palliata* — Heard on the two birding trips to the mainland in the lowlands and seen on the Snyder Canal boat trip

Common Raccoon *Procyon lotor* — Recorded on two days from the porch at Tranquilo Bay

Lesser White-lined Bat *Saccopteryx leptura* — Roosting during daylight hours under the eaves of the cabins at Tranquilo Bay

Common Bottlenose Dolphin *Tursiops truncatus* — Observed from the boat on several trips and occasionally from the dock at Tranquilo Bay

REPTILES AND AMPHIBIANS (16):

Spectacled Caiman *Caiman crocodilus* — One or two seen in the small pond on the property near the radio tower

Green Iguana *Iguana iguana* — Only recorded on one day

Brown Basilisk *Basiliscus vittatus* — Adults or young seen on several days

Border Anole *Anolis limifrons* — Relatively common at Tranquilo Bay and recorded on three days

Ghost (Canopy) Anole *Anolis lemurinus* — Recorded once during the tour

Mourning Gecko *Lepidodactylus lugubris* — Seen inside the main dining room

Brown Vinesnake *Oxybelis aeneus* — One was very memorably in a palm by the steps to the dining room on our first walk at Tranquilo Bay

Central American Boa *Boa imperator* — Seen on the night walk on the ground near the main building

Salmon-bellied Racer *Mastigodryas melanolomus* — Recorded on one day of the tour

Red-eyed Tree Frog *Agalychnis callidryas* — Several seen on the night walk, including a pair in amplexus

Striped Rocket Frog *Allobates talamancae* — Heard throughout the forests on Isla Bastimentos, but never seen

Strawberry Poison Dart Frog *Oophaga pumilio* — A fascinating of rapid biological diversification, we found several variants of this species (aka Blue Jeans) at different sites during the tour

Vaillant's Frog *Lithobates vaillanti* — Several found on the night walk

Green Climbing Toad *Incilius coniferus* — Young or adults found several times, including during the night walk

Savage's Thin-toed Frog *Leptodactylus savage* — One found on the night walk

Almirante Robber Frog *Craugastor talamancae* — Several found on the night walk

LOCATIONS AND NOTES:

Day 1: Sunday, Oct. 11; morning birding at Radisson Hotel Panama Canal; Panama City to Bocas del Toro flight; afternoon walk on Tranquilo Bay grounds and tower

Day 2: Monday, Oct. 12; boat to Punta Róbalo, Punta Róbalo road to highway, Willy Mazú bridge, Palo Seco Protective Forest, Tanager Spot/Mi Ranchito Kiosk, Continental Divide Road

Day 3: Tuesday, Oct. 13; Tranquilo Bay, Isla Popa, trail to hummingbird pool

Day 4: Wednesday, Oct. 14; Snyder Canal, Changuinola River, Swan Cay/Bird Island

Day 5: Thursday, Oct. 15; boat to Tierra Oscura, lowland birding, Tranquilo Bay

Day 6: Friday, Oct. 16; boat to Punta Róbalo, Punta Róbalo road to highway, Tanager Spot/Mi Ranchito Kiosk, Continental Divide Road, Fortuna Dam, El Níspero Restaurant/Hornitos, km 43, Continental Divide Road, Rambalá gas station

Day 7: Saturday, Oct. 17; pre-breakfast on the tower; snorkeling; afternoon walk on Tranquilo Bay grounds; night walk on Tranquilo Bay grounds

Day 8: Sunday, Oct. 18; Tranquilo Bay, Bocas del Toro to Panama City flight; Panama City hotels