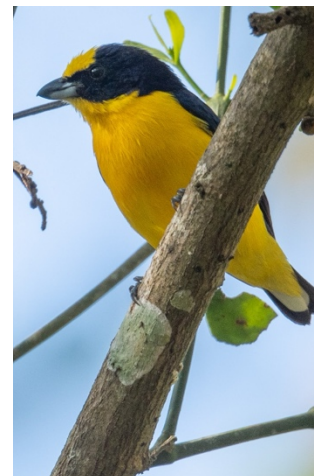


Western Panama: Tranquilo Bay w/ Mount Totumas Ext. | Species List
January 24 – February 3, 2022 | w/ Naturalist Journeys



With local expert guides: Stacy Hollis, Roger Morales, Ito Santamaria, Reinaldo Rodriguez, and Jeffrey Dietrich and 11 participants; Steve & Cindy, Bob & Amy, Kathleen, Christine, Patty, Eric, Peter, David & Janet.

Compiled by James P. Smith



Summary: A fascinating tour of Western Panama incorporating the humid Caribbean lowlands centered in the Bocas Del Toro archipelago and, by way of complete contrast, the Talamanca Mountain range at almost 2000 meters above sea level. The tour was greatly enhanced by extended stays at two exceptional lodges serviced by wonderful local guides, friendly staff and competent management. Field excursions varied from numerous boat trips in and around Tranquilo Bay to moderately strenuous birding hikes at Mount Totumas. Largely favorable weather was enjoyed throughout with rain only disrupting a field outing once at Tranquilo Bay and the crisp, cool air at Mount Totumas felt like a pure tonic after spending a week in the heat and humidity of the Caribbean Islands.

The following bird, mammal and reptile list is a reflection of the incredible bio-diversity that we experienced in Western Panama and testament to all who participated in this wonderful trip. Special thanks go to the hard working and gifted local guides; Stacy Hollis and Roger Morales from Tranquilo Bay Adventure Lodge, and Reinaldo Rodriguez and Jeffrey Dietrich from Mount Totumas Cloud Forest Lodge. Without them the compilation of this list would not have been possible. Of the 251 bird species recorded no less 23 species were Central American endemics, an impressive tally to say the least!

(LO) = leader only, not seen by the tour participants.

(HO)= Distinctive enough to be counted as heard only

(I)= Introduced

(RE)= Regional Endemic

BIRDS (251 species recorded, of which 3 were heard only):

DUCKS, GEESE AND SWANS: Anatidae (3)

Black-bellied Whistling-Duck *Dendrocygna autumnalis*—about 60 on the Changuinola River on Jan 27th offering great views and fine photo opportunities.

Muscovy Duck *Cairina moschata*— uncommon and local. At least 11 on the Changuinola River on Jan 27th.

Blue-winged Teal *Spatula discors*— perhaps as many as 50 on the Changuinola River on Jan 27th.

GUANS AND CURASSOWS: Cracidae (1)

Gray-headed Chachalaca *Ortalis cinereiceps*— a group of at least four near Mali on Jan 30th

GREBES: Podicipedidae (1)

Least Grebe *Tachybatus dominicus* – Jeffery Dietrich pointed out a single on the water as we drove past a small farmyard pond on the outskirts of Volcan on the departure day, Feb 3rd. This bird was only seen by participants in the third of a three-vehicle convoy.

PIGEONS AND DOVES: Columbidae (10)

Rock Pigeon *Columba livia* (I)—one individual ‘noticed’ as we drove through David on the transfer day.

Pale-vented Pigeon *Patagioenas cayennensis*—widespread in the lowlands throughout Tranquilo Bay and the surrounding area.

White-crowned Pigeon *Patagioenas leucocephala*—we did well to see this large, attractive Caribbean pigeon with one or two showing being found on the boat trips to Isla Popa (Jan 26th) and the Changuinola Canal (Jan 27th). Quite a rare bird in Panama.

Band-tailed Pigeon *Patagioenas fasciata*— generally associated with highland habitats, we found just the one pair at Mount Totumas, down-slope from the lodge near Loz Posos Hot Springs on Feb 1st.

Short-billed Pigeon *Patagioenas nigrirostris*— found daily around the cabanas at Tranquilo Bay, the whistled four-syllable song being the best means of detecting them. Absent from Mount Totumas.

Ruddy Ground-Dove *Columbina talpacoti*— a common, familiar Central American species that proved to be rather scarce on our tour with most sightings from or around the Radisson in Panama City, and a few at Punta Robalo on the transfer day.

White-tipped Dove *Leptotila verreauxi* – scarce and shy, only noted on the Pacific slope with one or two at Mount Totumas on two dates.

Chiriqui Quail-Dove *Zentrygon chiriquensis* (RE) (HO) – the deep resonant calls of this species were heard on two dates above and below Mount Totumas Lodge but, alas, an actual sighting of this Central American endemic didn't come our way.

Buff-fronted Quail-Dove *Zentrygon costaricensis* (RE) – perhaps the most brightly colored of the quail-doves, and a true denizen of highland cloud forest. Eric was lucky enough to find one during his solo ascent of Mount Totumas on Feb 2nd.

CUCKOOS AND ALLIES: Cuculidae (3)

Groove-billed Ani *Crotophaga sulcirostris*— small social gatherings were seen by the Changuinola River, the lowland meadows at Punta Robalo, and along the road at Chiriqui Grande.

Squirrel Cuckoo *Piaya cayana*— beautiful views of this impressive cuckoo along the Changuinola Canal on Jan 27th, and another during the transfer day on Jan 30th.

Mangrove Cuckoo *Coccyzus minor*— while kayaking through the mangroves with Stacy on Jan 29th, one very sweet sighting of a Mangrove Cuckoo!

NIGHTJARS: Caprimulgidae (2)

Short-tailed Nighthawk *Lurocalis semitorquatus*—fortunately, very fortunately in fact, this rare and local nightjar was fairly easy to see at dusk at Tranquilo Bay around the lodge and cabanas. Watching these short-tailed, ultra-distinctive nighthawks careening about the evening sky was surely one of the highlights of the tour. About five appeared around the lodge grounds at dusk on the 28th, just as Stacy and Roger predicted they would!

Common Pauraque *Nyctidromus albicollis*— a single appeared regularly before dawn just outside the Bellbird Lodge at Mount Totumas. And, as we departed for the airport on Feb 3rd, we encountered half-a-dozen or so on the dirt roads heading towards Volcan before first light.

SWIFTS: Apodidae (3)

White-collared Swift *Streptoprocne zonaris*— Central America's largest swift species graced the skies above Tranquilo Bay on Jan 26th (45) and 29th (15), best viewed from atop the famous Canopy Tower.

Vaux's Swift *Chaetura vauxi*— about a dozen over the Changuinola Canal on Jan 27th, and larger flocks of up to 45 above the cloud forest lodge at Mount Totumas on two dates.

Lesser Swallow-tailed Swift *Panyptila cayennensis*—two appeared high over the Tranquilo Bay gardens on Jan 25th and another made close sorties by the Vaux's Swift flock over the Changuinola Canal on the 27th

HUMMINGBIRDS: Trochilidae (23)

White-necked Jacobin *Florisuga mellivora* (LO) — a male perched above the cacao bean processing area during our tour at Green Acres Chocolate Farm on Jan 28th....amazingly proving to be the only one of the whole trip.

Bronzy Hermit *Glaucis aeneus*— a fast moving species ultimately enjoyed in the flowering plants in front of the staff housing area, or in front of the cabanas at Tranquilo Bay with one or two found on Jan 28th and 29th. There was also a roadside sighting with Ito near Mali on the transfer day, Jan 30th.

Long-billed Hermit *Phaethornis longirostris* – a single ‘bolted’ the through the forest at Green Acres Chocolate Farm giving its diagnostic loud, sharp call notes as it zipped by.

Stripe-throated Hermit *Phaethornis striigularis*— generally more visible and obvious than the Bronzy Hermit but still a fast moving little tyke favoring flowering plants in the gardens over feeders. Seen at Tranquilo Bay and Green Acres Chocolate Farm.

Purple-crowned Fairy *Heliothryx barroti*— among the more aloof of the hummingbirds seen on the tour, this beauty twice appeared in the gardens of Tranquilo Bay Adventure Lodge, though too briefly to be seen by the whole group. We fared better on the transfer day with nice views by Route 10 in the foothills of the Caribbean slope.

Brown Violetear *Colibri delphinae* – small numbers (1 – 3) found daily at the Mount Totumas , especially the Colibri feeders near the Coffee House. This species rarely strays above 1400 meters so to have them daily around the lodge was most fortunate.

Lesser Violetear *Colibri cyanatus* – simply abundant at Mount Totumas Lodge both at the feeders and in the forest where the ‘stilted’, monotonous song could be heard throughout the day.

Green-breasted Mango *Anthracothorax prevostii*— a rather uncommon hummingbird in Panama, we found singles by the Changuinola Canal on Jan 27th, Green Acres Chocolate Farm on the 28th and Punta Robalo on the 30th.

Green Thorntail *Discosura conversii*— though somewhat backlit, we did have prolonged views of a male singing by Route 10 in the foothills of the Caribbean slope on Jan 30th.

Green-crowned Brilliant *Heliodoxa jacula*— one of the regulars at Mount Totumas, especially at the Colibri feeders where up to ten could be present at any one time.

Talamanca Hummingbird *Eugenes spectabilis* (RE) – very common at Mount Totumas favoring the Colibri feeders as well as the feeders at Bellbird Lodge.

Long-billed Starthroat *Heliomaster longirostris* – irregularly present at the feeders at Bellbird Lodge, in fact possibly the same returning individual - photographed by Steve on Jan 30th and Feb 1st. Theoretically a lowland/foothills species and another highly unusual visitor at 2000 meters above sea level.

White-bellied Mountain-gem *Lampornis hemileucus* (RE)—good views of a single by Route 10 in the foothills of the Caribbean slope on Jan 30th. It was very close to the only Green Thorntail of the tour!

White-throated Mountain-gem *Lampornis hemileucus* (RE)— scarce and only found at high elevation at Mount Totumas. Very small numbers of tan-breasted females visited the lodge feeders but we did have prolonged views of an adult male singing at Finca Del Sr. Vega on Feb 2nd.

Magenta-throated Woodstar *Calliphlox bryantae* (RE) – one of a dazzling array of regionally endemic hummingbirds at Mount Totumas Lodge, the male of this species displaying a relatively long forked tail best seen at the feeders by Bellbird Lodge.

Volcano Hummingbird *Selasphorus flammula* (RE) - a male was spotted and identified by lodge owner Jeffrey Dietrich on flowers near the Coffee House at Mount Totumas on Jan 31st. Jeffrey was genuinely excited about this bird and clearly indicated that it was a pretty rare visitor to Mount Totumas.

Scintillant Hummingbird *Selasphorus scintilla* (RE) – this tiny hummer was relatively common at Mount Totumas favoring the Colibri feeders near the Coffee House.

Violet Sabrewing *Campylopterus hemileucurus* – one of the more prolific and domineering hummingbirds at the Mount Totumas Lodge feeders, present in numbers each and every day and absolutely spectacular!

Crowned Woodnymph *Thalurania colombica*— this beautiful hummer was regularly present in the gardens at Tranquilo Bay Lodge often battling with Stripe-throated and Bronzy Hermits for their favorite food plants. Another was seen in the Caribbean foothills during the transfer day on Jan 30th.

Stripe-tailed Hummingbird *Eupherusa eximia* – another hummingbird species closely tied to highland cloud forest habitats, and another species found only at Mount Totumas on our tour with two to five individuals visiting the feeders every day.

Blue-chested Hummingbird *Amazilia amabilis*— one or two were reliably present in the gardens in front of the cabanas at Tranquilo Bay, plus a single by the Changuinola Canal on Jan 27th.

Snowy-bellied Hummingbird *Amazilia edward*— rather common at Mount Totumas Lodge, especially at the Colibri feeders where, in the late afternoon sunlight, they were a joy to behold.

Rufous-tailed Hummingbird *Amazilia tzacatl*— ubiquitous in the Caribbean lowlands, especially at Tranquilo Bay but absent from Mount Totumas.

RAILS, COOTS AND ALLIES: Rallidae (3)

Common Gallinule *Gallinula galeata*— three or four observed from the boat during the long day out on the Changuinola Canal and River.

Purple Gallinule *Porphyrio martinica*— a rather brief appearance by a single on the Changuinola River on Jan 27th.

White-throated Crake *Laterallus albigularis* (HO) — the distinctive trilling call, rising and falling in pitch, was heard multiple times from marshes on the Changuinola Canal, Green Acres Chocolate Farm and once even from the top of the Canopy Tower at Tranquilo Bay!

LIMPKIN: Aramididae (1)

Limpkin *Aramus guaruna* – a single found in marshes by the Changuinola River on the Jan 27th.

LAPWINGS AND PLOVERS: Charadriidae (3)

Southern Lapwing *Vanellus chilensis*— Jeffery pointed out a pair of lapwings as we drove past a small farmyard pond on the outskirts of Volcan on the day of departure, Feb 3rd. Seen by the participants in the third pick-up of a three-vehicle convoy.

Collared Plover *Charadrius collaris*— two or three on the beach at the mouth of the Changuinola River on Jan 27th. A highly attractive little plover, uncommon in Panama and one of the highlights of the tour.

Semipalmated Plover *Charadrius semipalmatus*— at least two on the beach at the mouth of the Changuinola River on the 27th.

JACANAS: Jacanidae (1)

Northern Jacana *Jacana spinosa*— beautiful views of up to 10 from the boat during our long day out on the Changuinola Canal and River.

SANDPIPERS AND ALLIES: Scolopacidae (2)

Ruddy Turnstone *Arenaria interpres*— at least three at the Changuinola River mouth on Jan 27th.

Spotted Sandpiper *Actitis macularius*— up to five observed on the boat trips to Isla Popa on Jan 26th, and along the Changuinola River on the 27th.

JAEGERS: Stercorariidae (1)

Parasitic Jaeger *Stercorarius parasiticus* – at least two observed while crossing the bay towards the Changuinola Canal on Jan 27th and another (probably Parasitic) seen from the tower at Tranquilo Bay on the 29th.

GULLS AND TERNS: Laridae (4)

Herring Gull *Larus argentatus* – one resting with Laughing Gulls and Royal Terns near Bocas Del Toro on Jan 27th

Laughing Gull *Leucophaeus atricilla*— despite being widespread in Central America this species proved quite scarce in the Bocas Del Toro archipelago with up to 20 recorded in coastal habitats on four days of the tour.

Royal Tern *Thalasseus maximus*— the only ‘common’ tern, frequently encountered on water crossings or sometimes seen from the top of the Canopy Tower. Noted on five days with maximum of 90 on Jan 27th, most of those on the Changuinola Estuary.

Sandwich Tern *Thalasseus sandvicensis*— a single picked out resting with Royal Terns on the Changuinola Estuary on the 27th.

TROPICBIRDS: Phaethontidae (1)

Red-billed Tropicbird *Phaethon aethereus* – absolutely sensational! What a privilege it was to visit this majestic ocean wanderer at Swan Cay (Bird Island), their only known breeding location in the southern Caribbean. Though a choppy ride out on the open ocean well worth proved well worth it with at least 16 of these beautiful pelagic birds careening about the cliffs, tail streamers flowing in the breeze right over the island and even over us on the boat! One of the highlights of the tour.

STORKS: Ciconiidae (2)

Jabiru *Jabiru mycteria* – magnificent views of the magnificent Jabiru!! A pair soaring over the Changuinola River on Jan 27th brought great excitement, especially for our local guides as Jabiru is a relatively rare visitor to Panama.

Wood Stork *Mycteria americana* – a high-flying individual gliding with a stream of Black Vultures over the Radisson Panama Canal Hotel on Jan 24th, and a pair on the Changuinola River on the 27th.

FRIGATEBIRDS: Fregatidae (1)

Magnificent Frigatebird *Fregata magnificens*— how lovely it was to be in place where frigatebirds could be seen almost every day soaring over the coastal lowlands – up to 30 on at least six days of the tour including good numbers of breeding pairs at Swan Cay (Bird Island).

BOOBIES AND GANNETS: Sulidae (1)

Brown Booby *Sula leucogaster*— wonderful views at Swan Cay (Bird Island) on Jan 27th along with multiple pairs of tropicbirds and frigatebirds. Most of the boobies were crisply marked adults but a few browner immatures were noted loafing around the colony as well.

ANHINGAS: Anhingidae (1)

Anhinga *Anhinga anhinga*— a single was seen well from the boats on our big day out on the Changuinola River.

CORMORANTS Phalacrocoracidae (1)

Neotropic Cormorant *Phalacrocorax brasilianus*— small numbers noted on five days in the coastal lowlands with around 30 along the Changuinola Canal and River being the most seen in one day.

PELICANS: Pelecanidae (1)

Brown Pelican *Pelecanus occidentalis*— noted daily in the coastal lowlands with around 40 on the Changuinola River being the maximum in one day.

HERONS AND EGRETS: Ardeidae (9)

Rufescent Tiger-Heron *Tigrisoma lineatum* — Eric came across one on the Jungle Trail at Tranquilo Bay with the same bird being relocated with the whole group the very next day. An uncommon heron, this individual proved to be the only one seen during the entire tour.

Great Blue Heron *Ardea herodias*— two sightings of this winter visitor to Panama with singles on the Changuinola Canal on Jan 27th and another near Punta Robalo on the 30th.

Great Egret *Ardea alba*— Inexplicably scarce with one or two seen on only three dates on the tour, all of them from the coastal lowlands.

Snowy Egret *Egretta thula*— scarce, with four on the Changuinola Canal and River on Jan 27th.

Little Blue Heron *Egretta caerulea*— recorded on four dates in the coastal lowlands with 12 being found on the Changuinola Canal and River on Jan 27th.

Tricolored Heron *Egretta tricolor*— a single seen in flight from the Canopy Tower at Tranquilo Bay on Jan 25th, and five on the Changuinola Canal and River on the 27th.

Cattle Egret *Bubulcus ibis*— seen on four dates, always near livestock including 15 on the transfer day, and three downslope from Mount Totumas Lodge near Loz Pozos Hot Springs on Feb 1st. The sole heron species that we recorded at elevation after leaving the lowlands.

Green Heron *Butorides virescens*— multiple views along the Changuinola Canal on Jan 27th and two seen near Mali on the transfer day on the 30th.

Yellow-crowned Night-Heron *Nyctanassa violacea*— great views of an adult cryptically concealed in mangroves near Isla Popa on Jan 26th and another along the Changuinola Canal on the 27th.

IBIS AND SPOONBILLS: Theskiornithidae (3)

White-faced Ibis *Plegadis chihi* — a rare bird in Central America, and exceptionally rare in Panama with a single expertly picked out from the Glossy Ibis flock on the Changuinola River by local guide Roger Morales. Roger managed to produce diagnostic photos using a digital 'super zoom' camera putting the identification beyond doubt.

Glossy Ibis *Plegadis falcinellus* — about eight on the Changuinola River on Jan 27th.

Green Ibis *Mesembrinibis cayennensis*— an uncommon species proving to be scarce on this trip with pair perched in trees on Isla Popa on Jan 26th and drive-by views of another as we pulled out of Punta Robalo on the 30th.

NEW WORLD VULTURES: Cathartidae (2)

Black Vulture *Coragyps atratus*— recorded daily with the largest concentrations in Panama City at the beginning of the tour where kettles of up to 60 could be seen over and around the Radisson Panama Canal.

Turkey Vulture *Cathartes aura*— seen daily though not appearing in large flocks at this time of year with up to eight noted at multiple locations throughout the trip.

OSPREY: Pandionidae (1)

Osprey *Pandion haliaetus*— a cosmopolitan species seen on just one day of the tour by the Radisson Panama Canal Hotel on Jan 24th.

HAWKS, KITES AND EAGLES: Accipitridae (10)

Swallow-tailed Kite *Elanoides forficatus*— fantastic views of at least one soaring over wooded farmland at Mount Totumas on Feb 2nd, quite possibly the most majestic of all soaring raptors to be found in Central America!

Snail Kite *Rostrhamus sociabilis* – great views of a juvenile along the Changuinola River on Jan 27th. A highly localized species in Panama and not expected in the West Caribbean.

Double-toothed Kite *Harpagus bidentatus*— a rather unobtrusive kite with an accipiter-like demeanor, seen on just two days of the tour with singles at the Changuinola Canal and Green Acres Chocolate Farm.

Common Black-Hawk *Buteogallus anthracinus*—noted on four days of the tour, all in the coastal lowlands especially on the boat trips to Isla Popa and the Changuinola Canal.

Great Black-Hawk *Buteogallus urubitinga*— one or two seen every day from Bellbird Lodge at Mount Totumas ultimately leading to the finding of a nest in the valley below, discovered by local guide Reinaldo Rodriguez.

Zone-tailed Hawk *Buteo albonotatus* – super views of a crisply marked adult soaring right over the boats at Isla Popa on Jan 26th. Two perched Common Black-Hawks were also in the same area so with three blackish raptors in view at the same time there was understandable confusion over the identification of each individual bird. But even so, Steve managed to secure photos of a clear, unambiguous Zone-tailed Hawk, quite a rarity on Panama's Caribbean slope.

Roadside Hawk *Rupornis magnirostris*— this familiar Central American raptor was noted on four consecutive days after the first along the Changuinola Canal on Jan 27th.

White Hawk *Pseudastur albicollis*— a party of three of these spectacular broad-winged raptors were visible over woodland at Green Acres Chocolate Farm on Jan 28th.

Broad-winged Hawk *Buteo platypterus*— small numbers of wintering birds were seen soaring over and around Mount Totumas each day, including perhaps as many as six on Feb 1st.

Red-tailed Hawk *Buteo jamaicensis* — a pair at Mount Totumas, usually seen only briefly or soaring high above the lodge, were determined to be of the Central American form (*B. j. costaricensis*), a relatively uncommon breeding bird restricted to the higher elevations in Western Panama.

OWLS: Strigidae (1)

Mottled Owl *Ciccaba virgate* (HO) — heard but not seen on a couple of evenings at Tranquilo Bay, usually in the area of the service ramp. The call was distinctive, a low, yelping hoot 'whooh'.

TROGONS: Trogonidae (3)

Slaty-tailed Trogon *Trogon massena*— a pair seen well along the Changuinola Canal on Jan 27th.

Gartered Trogon *Trogon caligatus*— super views of a male during the lunch break on the Changuinola River, initially located by its 'pygmy-owl' like tooting calls notes.

Collared Trogon *Trogon collaris*— only found at Mount Totumas with a pair seen on the Big Tree loop on Jan 31st plus singles heard or seen close to Bellbird Lodge on Feb 1st and 2nd.

KINGFISHERS: Alcedinidae (5)

Ringed Kingfisher *Megaceryle torquata*— the largest kingfisher in the region showed well on four dates in the Caribbean lowlands with about six along the Changuinola Canal and River on Jan 27th.

Belted Kingfisher *Megaceryle alcyon*— found wintering in very small numbers at Tranquilo Bay and the surrounding areas.

Amazon Kingfisher *Chloroceryle amazona*— super views of several along the Changuinola Canal/River on Jan 27th and another near the village of Mali on the transfer day.

American Pygmy Kingfisher *Chloroceryle aenea*— a major scoop for the Stacy-led kayaking group on Jan 28th with a single found in the mangroves close to Tranquilo Bay.

Green Kingfisher *Chloroceryle americana*— surprisingly scarce with one near the entrance to the Changuinola Canal on the 27th being the only sighting of the tour.

TOUCAN-BARBETS: Semnornithidae (2)

Red-headed Barbet *Eubucco bourcierii* – among the more spectacular species favoring the feeders at Mount Totumas with a female visible most mornings from the bird blind near the Coffee House and a stunning male that routinely visited the Bellbird Lodge feeders – pure eye candy!

Prong-billed Barbet *Semnornis frantzii* (RE) — a pair seen/heard very well during our higher elevation excursion to Finca Del Sr. Vega at about 6690 ft above sea level. Mount Totumas. A Central American endemic closely associated with cloud forest habitat.

TOUCANS: Ramphastidae (4)

Northern Emerald-Toucanet (Blue-throated) *Aulacorhynchus prasinus (caeruleogularis)* — it was something of a struggle to see this species well but we did eventually have good views at Finca Del Sr. Vega at about 6690 ft above sea level, Mount Totumas.

Collared Aracari *Pteroglossus torquatus*— rather aloof on this trip with just a single seen in flight during the cruise to Isla Popa on Jan 26th and three or four near Mali on the transfer day.

Yellow-throated Toucan *Ramphastos ambiguus*— up to half-a-dozen heard and seen reasonably well during the cruise to Isla Popa on Jan 26th.

Keel-billed Toucan *Ramphastos sulfuratus*— rather more widespread than its Yellow-throated cousin with up to six seen in the Caribbean lowlands on four dates.

WOODPECKERS: Picidae (8)

Yellow-bellied Sapsucker *Sphyrapicus varius* - a single noted during a very busy morning along the Changuinola Canal on Jan 27th

Black-cheeked Woodpecker *Melanerpes pucherani*— most easily found around the cabanas at Tranquilo Bay but also encountered during the visit to Green Acres Chocolate Farm, and near Mali on the transfer day.

Red-crowned Woodpecker *Melanerpes rubricapillus* – exceptionally good views of several in the grounds of the Radisson Panama Canal hotel on the 24th but totally absent from the Caribbean lowlands. The next sighting on the tour was from Mount Totumas on Jan 31st. This species is closely tied to the Pacific slope and not an expected bird in the Caribbean lowlands.

Pale-billed Woodpecker *Campephilus guatemalensis*— exquisite looks at this beast during a visit to Green Acres Chocolate Farm on Jan 28th.

Lineated Woodpecker *Dryocopus lineatus*— a pair at Tranquilo Bay on at least three dates, most frequently seen in the gardens by the cabanas.

Golden-olive Woodpecker *Colaptes rubiginosus*— excellent views of an adult and a fully-fledged youngster on the lower slopes of Mount Totumas below Loz Pozos Hot Springs on Feb 1st.

Acorn Woodpecker *Melanerpes formicivorus* – one of the more visible woodpeckers at Mount Totumas where they were noted daily, often frequenting the gigantic Mexican Elms just upslope from Bellbird Lodge.

Hairy Woodpecker *Picoides villosus* – the distinctive tan-colored subspecies *P. v. extimus* was found at the higher elevations on Mount Totumas on two dates during our stay.

FALCONS AND CARACARAS: Falconidae (4)

Yellow-headed Caracara *Milvago chimachima*— seen on five days of the tour, all in coastal lowland areas including the Panama Canal and Tranquilo Bay. This species is apparently undergoing a range expansion on the Caribbean slope.

Laughing Falcon *Herpetotheres cachinnans*— excellent views of singles on the boat trips to Isla Popa and the Changuinola Canal.

Bat Falcon *Falco ruficularis*— this perky little falcon was regularly present at Tranquilo Bay, especially when viewing from atop the Canopy Tower but also along the Changuinola River on Jan 27^t plus an exceptionally close bird by the road at Fortuna Reservoir on Jan 30th.

Peregrine Falcon *Falco peregrinus*— an adult watched flying around the cliffs at Swan Cay (Bird Island) on Jan 27th, perhaps scouting for an opportunistic meal?!

PARROTS: Psittacidae (6)

Blue-headed Parrot *Pionus menstruus*— one of the more frequently seen (and heard) parrots in the coastal lowlands with especially good views from atop the Canopy Tower at Tranquilo Bay.

Red-lored Parrot *Amazona autumnalis*— the most common (and vocal!) parrot on the tour with large numbers flying past the Canopy Tower at Tranquilo Bay in the evenings. The loud, raucous screeching accompanied many of the birding walks around Tranquilo Bay. Not seen at the higher elevations.

Mealy Parrot *Amazona farinosa*— the largest *Amazona* parrot in the region proved quite difficult and aloof for us at times with just three pairs seen during the tour; at Isla Popa, the Changuinola Canal and Green Acres Chocolate Farm.

Sulphur-winged Parakeet *Pyrrhura hoffmanni* (RE)— restricted to the highlands and seen only in flight with fast moving flocks moving through the valleys at Mount Totumas near Bellbird Lodge with 12 – 30 seen on three days of the tour.

Crimson-fronted Parakeet *Psittacara finschi*— a large flock of around 45 viewed across the street from the Terpel Gas Station at Chiriqui Grande during a ‘comfort break’ on Jan 30th.

Orange-chinned Parakeet *Brotogeris jugularis* – a couple of noisy, fast-moving flocks flew over the Radisson Panama Canal Hotel during our afternoon bird walk on Jan 24th, a species seemingly at home in urban environments.

ANTBIRDS: Thamnophilidae (6)

Black-crowned Antshrike *Thamnophilus atrinucha*— the accelerating song of this species was heard most mornings at Tranquilo Bay but the actual songster was only seen once during an afternoon birding walk on the Jungle Trail on Jan 25th.

Barred Antshrike *Thamnophilus doliatus* — wonderful views of a fine, ‘barred’ male by the coastal footpath next to the Radisson Panama Canal hotel during the afternoon bird walk on Jan 24th

White-flanked Antwren *Myrmotherula axillaris*— Roger skillfully picked this one out during a walk on the Jungle Trail after a rain delayed the start at Tranquilo Bay on the 29th.

Dot-winged Antwren *Microrhopias quixensis*— pairs seen on the Jungle Trail and around the edge of the gardens near the cabanas at Tranquilo Bay. In both cases they remained high in the canopy and were extremely difficult to see well.

Slaty Antwren *Myrmotherula schisticolor* – Reinaldo picked out a pair feeding in the sub-canopy by the Big Tree Loop at Mount Totumas on Jan 31st.

Chestnut-backed Antbird *Poliocrania exsul*— heard far more frequently than actually seen though a few in the group did have some views by the paved walkway between the cabanas and others managed to get glimpses during the birding walks on the Jungle Trail.

TAPACULOS: Rhinocryptidae (1)

Silvery-fronted Tapaculo *Scytalopus argentifrons* (RE) (HO) — we had the great fortune to hear one call repeatedly on the Big Tree Loop at Mount Totumas on Jan 31st but alas, despite 13 pairs of eyes facing in the right direction, Eric was the only one among us to glean something of a view of this regional endemic and true denizen of the highland cloud forest.

OVENBIRDS AND WOODCREEPERS: Furnariidae (4)

Cocoa Woodcreeper *Xiphorhynchus susurrans* — singles watched along the Changuinola Canal on Jan 27th and at Green Acres Chocolate Farm on the 28th.

Streak-headed Woodcreeper *Lepidocolaptes souleyetii* — good/excellent views along the Changuinola Canal, Green Acres Chocolate Farm and on the mainland during transfer day.

Spot-crowned Woodcreeper *Lepidocolaptes affinis* — very similar to Streak-headed Woodcreeper in appearance and most easily separated by vocals and range, this species being restricted to the highlands and found only on the Mount Totumas extension.

Red-faced Spinetail *Cranioleuca erythrops* — found only at Mount Totumas with pairs in the sub-canopy on the Big Tree Loop on Jan 31st and also downslope near Loz Pozos Hot Springs on Feb 1st.

MANAKINS: Pipridae (2)

Golden-collared Manakin *Manacus vitellinus* — this beautiful manakin could be found displaying and foraging every day in the gardens right outside the cabanas, one of the great benefits of staying at Tranquilo Bay!

Red-capped Manakin *Ceratopipra mentalis* — scarce, being found on just two days at Tranquilo Bay and once at Green Acres Chocolate Farm, all but one were olive-toned females.

COTINGAS: Cotingidae (4)

Purple-throated Fruitcrow *Querula purpurata* — wonderful views of up to five at Green Acres Chocolate Farm on Jan 28th, their presence betrayed by their remarkable fluty, whistled calls.

Rufous Piha *Lipagus unirufus* — we stumbled across a single individual on the Antenna Road in the Palo Seco Forest Reserve during the transfer day on Jan 30th.

Three-wattled Bellbird *Procnias tricarunculatus* — ‘bellbirds’ were literally just arriving at the high elevations when we arrived for the Mount Totumas portion of the tour. Though they were heard each day, actual views were much more difficult to achieve but we did eventually have good looks at a couple of singing males. Jeffrey even managed to scope one for some of the group from Bellbird Lodge itself!

Snowy Cotinga *Carpodectes nitidus* — beautiful views of this stunning bird as we weaved our way through the mangroves at Isla Popa on Jan 26th.

BECARDS AND TITYRAS: Tityridae (1)

Masked Tityra *Tityra semifasciata* — we observed two to four at Isla Popa, Green Acres Chocolate Farm and Tranquilo Bay, most of them fairly high in the canopy and sub-canopy.

TYRANT FLYCATCHERS: Tyrannidae (25)

Stub-tailed Spadebill *Platyrinchus cancrominus* (HO) — the distinctive call notes of this species were heard on the Jungle Trail at Tranquilo Bay on the afternoon of Jan 28th. In Panama this species is restricted to the Bocas Del Toro Archipelago.

Ochre-bellied Flycatcher *Mionectes oleagineus* — notably, a single was close to the cabanas at Tranquilo Bay on Jan 29th, seen in the morning and on the afternoon bird walks.

Black-capped Pygmy-Tyrant *Myiornis atricapillus* — we would have certainly missed this tiny, fast moving sub-canopy dweller had it not been for Roger’s sharp hearing and finely tuned field skills.

Yellow-margined Flycatcher *Tolmomyias assimilis* – good views of a single foraging near a feeding flock at Green Acres Chocolate Farm on Jan 28th.

Brown-capped Tyrannulet *Ornithion brunneicapillus* – fast moving and difficult to observe, we eventually tracked down a pair at Green Acres Chocolate Farm on Jan 28th

Common Tody-Flycatcher *Todirostrum cinereum*— one by the Radisson Panama Canal Hotel during our afternoon bird walk on Jan 24th

Yellow-bellied Elaenia *Elaenia flavogaster*— two or three showed extremely well by the Radisson Panama Canal Hotel during our afternoon bird walk on Jan 24th but the only other sighting was a pair by the cabanas at Tranquilo Bay on Jan 29th

Mountain Elaenia *Elaenia frantzii* - a well named species being fairly common on Mount Totumas and the only species of *elaenia* present at high elevation.

Torrent Tyrannulet *Serpophaga cinerea*— at least two pairs of this delightful rock-loving ‘flycatcher’ along the Rio Colorado downslope from Mount Totumas Lodge.

Mistletoe Tyrannulet *Zimmerius parvus*— one was coaxed in to pygmy-owl call notes at Finca Del Sr. Vega, Mount Totumas on Feb 2nd. Formerly known as Paltry Tyrannulet.

Tufted Flycatcher *Mitrephanes phaeocercus*— a pair at Finca Del Sr. Vega, Mount Totumas on Feb 2nd, some 6690 ft above sea level.

Yellowish Flycatcher *Empidonax flavescens* – pretty good views of this resident, cloud forest dwelling *empidonax* at Mount Totumas on Feb 1st.

Tropical Pewee *Contopus cinereus*— excellent views of one by the road to Mali on the transfer day, Jan 30th.

Dark Pewee *Contopus lugubris* (RE) - fine views of this large, ‘dark’ pewee by the Rio Colorado on Feb 1st, another highlands specialty and regional endemic found at Mount Totumas.

Black Phoebe *Sayornis nigricans*— two by the Rio Colorado, Mount Totumas on Feb 1st and another just downslope from Mount Totumas Lodge on Feb 2nd.

Bright-rumped Attila *Attila spadiceus*— Stacy worked exceptionally hard to make sure that everyone in our group got to see the calling *Attila* on the Jungle Trail at Tranquilo Bay on Jan 26th.

Dusky-capped Flycatcher *Myiarchus tuberculifer*— more often heard than seen, this species was noted on four dates at Tranquilo Bay and we eventually had reasonably good views near the cabanas on Jan 29th.

Panama Flycatcher *Myiarchus panamensis* — good views of a single by the Mali road during the transfer day on Jan 30th.

Great Kiskadee *Pitangus sulphuratus*— fairly widespread in a variety of habitats in the lowlands and seen on six days of the tour.

Boat-billed Flycatcher *Megarynchus pitangua*— the trip got off to a great start with fantastic views of this species in the grounds of the Radisson Panama Canal Hotel on the 24th to be then followed by daily sightings throughout the tour, including at higher elevation on Mount Totumas. The most widespread of the larger flycatcher species seen on the tour.

Social Flycatcher *Myiozetetes similis*— similar in terms of distribution to the Boat-billed Flycatcher but rather fewer in number, found on only six days of the tour and being most common in the grounds of the Radisson Panama Canal Hotel on the 24th

Gray-capped Flycatcher *Myiozetetes granadensis*— fabulous views of a pair by the Mali road during the transfer day on Jan 30th.

Golden-bellied Flycatcher *Myiodynastes hemichrysus* (RE)— an attractive flycatcher closely associated with highland cloud forest with two on the Antenna Road in the Palo Seco Forest Reserve during the transfer day on Jan 30th and another downslope from Mount Totumas on Feb 1st.

Tropical Kingbird *Tyrannus melancholicus*— ‘TK’s were fairly common throughout the coastal lowlands, around Panama City and other built-up areas such as David and Volcan. Notably scarce at Mount Totumas being seen only one of the three field days there.

Fork-tailed Flycatcher *Tyrannus savanna* – one was foraging upslope from the Rio Colorado near Loz Pozos Hot Springs on Feb 1st. This species is rarely found above 1000 meters and evidently something of a rarity at Mount Totumas – Jeffery Dietrich got visibly excited about seeing this one! Somehow Steve also managed to get a decent record shot, despite the bird being some distance away.

VIREOS: Vireonidae (3)

Lesser Greenlet *Pachysylvia decurtata*— a small, rather bland ‘vireo’ often found amid feeding flocks at several locations on the lower Caribbean slope and once at Mount Totumas, downslope from the lodge.

Yellow-throated Vireo *Vireo flavifrons*— wintering individuals were found at Green Acres Chocolate Farm on Jan 28th, and the lodge area at Tranquilo Bay on Jan 29th.

Brown-capped Vireo *Vireo leucophrys*— a highlands resident at Mount Totumas with up to six seen or heard on all three field days.

CROWS AND JAYS: Corvidae (2)

Brown Jay *Psilorhinus morio*— though common in much of Central America, this large raucous jay is apparently absent from much of Panama with the exception of the West Caribbean slope where it’s regarded as uncommon so we did rather well to see about three in fields by the Changuinola River on Jan 27th.

Black-chested Jay *Cyanocorax affinis*— flocks of half-a-dozen or so of this most attractive jay were encountered at Green Acres Chocolate Farm on Jan 28th, and along the Mali road during the transfer day on Jan 30th.

SWALLOWS AND MARTINS: Hirundinidae (4)

Blue-and-white Swallow *Pygochelidon cyanoleuca*— small numbers (6 – 15) at Mount Totumas especially around Bellbird Lodge where a couple of pairs appeared to be scouting for nest sites on the lodge building itself.

Southern Rough-winged Swallow *Stelgidopteryx ruficollis*— a rather unobtrusive swallow noted at Panama City around the Radisson Hotel on the 24th and near the village of Mali on the 30th.

Gray-breasted Martin *Progne chalybea*— a pair along the Chaguinola Canal on Jan 27th.

Mangrove Swallow *Tachycineta albilinea*— this dapper little swallow showed well along the Chaguinola Canal on Jan 27th with at least six present followed by several near Green Acres Chocolate Farm on the 28th, and at Punta Robalo on the 30th.

GNATCATCHERS: Polioptilidae (2)

Long-billed Gnatwren *Ramphocaenus melanurus*— excellent views of this skulking species from the boats along the Chaguinola Canal on Jan 27th.

White-browed Gnatcatcher *Polioptila plumbea*—we found this smart, crisp looking passerine on four days in the Caribbean lowlands including within the lodge grounds at Tranquilo Bay – often close to feeding flocks of other species. Formerly named Tropical Gnatcatcher.

WRENS: Troglodytidae (5)

House Wren *Troglodytes aedon*— singles and/or pairs were found at the Radisson Hotel in Panama City, Green Acres Chocolate Farm, Tranquilo Bay and during the transfer day.

Black-throated Wren *Pheugopedius atrogularis* (RE) — this extremely skulking Central American endemic was ‘heard-only’ along the Changuinola Canal on Jan 27th, but we fared better on the transfer day with one heard and then seen alongside the road to Mali.

Canebrake Wren *Cantorchilus zeledoni* (RE) — another skulking Central American endemic, seen and heard in waterside vegetation along the Changuinola Canal on Jan 27th

Bay Wren *Cantorchilus nigricapillus*— a large, beautiful wren that was heard much more frequently than it was actually seen. Eventually we tracked down a pair on the Jungle Trail at Tranquilo Bay on Jan 29th. Otherwise, heard-only on four other dates.

Gray-breasted Wood-Wren *Henicorhina leucophrys*— pretty good views of this highland wren along the Antenna Road during the transfer day on Jan 30th, and there was another sighting by the Rio Colorado at Mount Totumas on Feb 1st.

DIPPERS: Cinclidae (1)

American Dipper *Cinclus mexicanus*— Uncommon and highly localized in Panama, we enjoyed exceptional views of at least one pair of Dippers on the Rio Colorado below Mount Totumas Lodge on Feb 1st.

MOCKINGBIRDS AND THRASHERS: Mimidae (2)

Tropical Mockingbird *Mimus gilvus* — rather uncommon with the first being seen in urban Volcan during the transfer day on Jan 30th followed by singles at Mount Totumas during each day of our stay.

Gray Catbird *Dumetella carolinensis*— a single found wintering along the Changuinola Canal on Jan 27th.

THRUSHES: Turdidae (5)

Black-faced Solitaire *Myadestes melanops* (RE)—the incredibly beautiful, ethereal song of this species was very much a feature of our stay at Mount Totumas and heard every day. In fact, it was a perfect time of year to be in this particular mountain range as the males sang from exposed song posts allowing for fabulous views of a normally shy and aloof species.

Ruddy-capped Nightingale-Thrush *Catharus frantzii* — we found a single of this uncommon highlands *Turdid* near Loz Pozos Hot Springs on Feb 1st.

Mountain Thrush *Turdus plebejus*— very common at Mount Totumas both around the lodge building and the surrounding woodland and trails with 15 – 30 seen most days, certainly outnumbering the more widespread Clay-colored Thrush in the highlands.

White-throated Thrush *Turdus assimilis*— a singing bird near Loz Pozos Hot Springs on Feb 1st. proved extremely difficult to see but was eventually coaxed into view for a lucky few in the group.

Clay-colored Thrush *Turdus grayi*— plentiful around the Radisson Hotel in Panama City and to a lesser extent at Mount Totumas but decidedly scarce at Tranquilo Bay where it was recorded on only two dates.

SILKY-FLYCATCHERS: Ptiliogonatidae (1)

Long-tailed Silky-flycatcher *Phainoptila caudatus* (RE) — we enjoyed wonderful views of this beautiful Central American endemic on all three full field days at Mount Totumas where small parties of up to three could be found in the young coffee plantation just upslope from Bellbird Lodge – sensational!

FINCHES AND EUPHONIAS: Fringillidae (7)

Golden-browed Chlorophonia *Chlorophonia callophrys* (RE)—close views of two pairs at higher elevation at Finca Del Sr. Vega, Mount Totumas on Feb 2nd. A remarkable species both in terms of beauty and camouflage inspiring audible gasps from our group.

Yellow-crowned Euphonia *Euphonia luteicapilla* (RE) — up to three at Green Acres Chocolate Farm on Jan 28th. A Central American endemic.

Thick-billed Euphonia *Euphonia lanirostris*— at least one bright male seen during the afternoon bird walk at the Radisson Panama Canal Hotel on Jan 24th.

Olive-backed Euphonia *Euphonia gouldi*— rather scarce with a pair seen at Green Acres Chocolate Farm on Jan 28th and about four near Mali on the transfer day.

White-vented Euphonia *Euphonia minuta*— the gardens in front of the cabanas at Tranquilo Bay Adventure Lodge was easily the best place to see this species with up to four individuals present on at least three dates.

Lesser Goldfinch *Spinus psaltria* — small flocks of up to 20 were noted at the Radisson Panama Canal Hotel on Jan 24th, and on each day at Mount Totumas though the species was completely absent from the Caribbean lowlands.

Yellow-bellied Siskin *Spinus xanthogastrus* — nice views of about two pairs at high elevation at Finca Del Sr. Vega, Mount Totumas on Feb 2nd. Very much a highlands species, uncommon and local in Central America.

NEW WORLD SPARROWS: Passerellidae (5)

Common Chlorospingus *Chlorospingus flavopectus*— fairly common at the high elevations, we found pairs or small groups often following feeding flocks at Mount Totumas and along the Antenna Road during the transfer day on Jan 30th.

Black-striped Sparrow *Arremonops conirostris*— one showed reasonably well along the Changuinola Canal on Jan 27th just as we were struggling to get views of a Canebrake Wren in the same area.

Chestnut-capped Brushfinch *Arremon brunneinucha*— excellent views of this handsome 'sparrow' from the bird blind by the Coffee House, Mount Totumas on Jan 31st and Feb 2nd.

Rufous-collared Sparrow *Zonotrichia capensis*— plentiful at Mount Totumas, especially around the lodge buildings and feeders. A really beautiful sparrow and a joy to have them around every day.

White-naped Brushfinch *Atlapetes albinucha*— super views of this large, attractive sparrow from the bird blind by the Coffee House feeders, Mount Totumas on all three full field days at the lodge. .

NEW WORLD BLACKBIRDS: Icteridae (8)

Eastern Meadowlark *Sturnella magna*— a single in flight over rough pasture by the Changuinola River on Jan 27th and perhaps half-a-dozen or so upslope from Loz Pozos Hot Springs on Feb 1st.

Red-breasted Meadowlark *Sturnella militaris*— fabulous views of at least one pair in rough pasture by the Changuinola River on Jan 27th, and several in fields by the road to Mali during the transfer day on Jan 30th.

Montezuma Oropendola *Psarocolius montezuma*— the weird, liquid gurgles emanating from this species became a familiar sound throughout our stay at Tranquilo Bay with flocks moving low over the cabanas or sometimes stopping to feed in the lush gardens surrounding the Canopy Tower. Flocks of up to 30 were seen every day in the Caribbean lowlands.

Black-cowled Oriole *Icterus prothemelas*— a single appeared rather briefly along the Changuinola Canal on Jan 27th

Orchard Oriole *Icterus spurius* — at least three wintering individuals in the grounds of the Radisson Panama Canal Hotel on Jan 24th.

Baltimore Oriole *Icterus galbula*— rather widespread in a variety of habitats with one to six seen on six dates during the tour.

Giant Cowbird *Molothrus oryzivorus*— rather scarce but seen well from the Canopy Tower at Tranquilo Bay and along the Changuinola Canal. This species is a brood parasite of Oropendulas.

Great-tailed Grackle *Quiscalus mexicanus*— most abundant in urban areas such as Panama City, David and Volcan but also small flocks found in the pasture by the Changuinola River on Jan 27th.

NEW WORLD WARBLERS: Parulidae (18)

Northern Waterthrush *Parkesia noveboracensis*— quite common and found every day wintering in a variety of lowland locations especially in the mangrove forests at Tranquilo Bay. None were seen in the highlands at Mount Totumas.

Louisiana Waterthrush *Parkesia motacilla* – super views of a couple of wintering individuals along the Rio Colorado at Loz Pozos Hot Springs on Feb 1st

Black-and-white Warbler *Mniotilta varia*— one of several species of wood-warbler found wintering at Mount Totumas with as many as three individuals associating with numerous feeding flocks.

Prothonotary Warbler *Protonotaria citrea*— unforgettable concentrations coming into the balcony feeders at Tranquilo Bay Adventure Lodge throughout our stay where they feasted mostly on bananas. Numbers were difficult to estimate but up to 25 could be present at any given time.

Flame-throated Warbler *Oreothlypis gutturalis* (RE) - visually stunning, restricted to the highlands (above 2000 meters) and a regional endemic, this species understandably generated a lot of excitement at Finca Del Sr. Vega, Mount Totumas on Feb 2nd

Tennessee Warbler *Oreothlypis peregrina*— easily the most widespread and common of the wood-warblers during the tour being seen on every single day. Abundant at Tranquilo Bay and only slightly less so at Mount Totumas.

Olive-crowned Yellowthroat *Geothlypis semiflava*— one seen by Roger and a few in the group in rank vegetation by the Changuinola Canal on Jan 27th but with an male Common Yellowthroat on view at the same, identification of the Olive-crowned became a little ambiguous.

Common Yellowthroat *Geothlypis trichas* – a single adult male seen well and photographed in the same area as the Olive-crowned Yellowthroat, the Black-striped Sparrow and the Canebrake Wren, by the Changuinola Canal on Jan 27th

American Redstart *Setophaga ruticilla*— a single moving within a feeding flock in the grounds of the Radisson Panama Canal Hotel on Jan 24th. Surprisingly, this would prove to be the only one of the whole tour.

Bay-breasted Warbler *Setophaga castanea*— rather excellent views of a single coming to drink and bathe in a puddle in the grounds of the Radisson Panama Canal Hotel on Jan 24th. Another single was seen during the transfer on Jan 30th.

Blackburnian Warbler *Setophaga fusca*— all of the sightings of this beautiful Nearctic breeder were at higher elevations with a single by the Antenna Road on Jan 30th, and two to three at Mount Totumas on Feb 1st and 2nd.

Yellow Warbler (Northern) *Setophaga petechia*— perhaps half-a-dozen or so moving around with feeding flocks in the grounds of the Radisson Panama Canal Hotel on Jan 24th.

Yellow Warbler (Mangrove) *Setophaga petechia erithacoides* – the distinctive rufous-hooded subspecies of yellow warbler, sometimes referred to as ‘Mangrove Yellow Warbler’, was seen well during the boat trip to Isla Popa on Jan 26th, and during Stacy’s kayak trip through the mangroves at Tranquilo Bay on the 29th.

Chestnut-sided Warbler *Setophaga pensylvanica*— the third most frequent species of warbler seen on the tour, recorded on five dates in the Caribbean lowlands including several right in front of the cabanas at Tranquilo Bay.

Black-throated Green Warbler *Setophaga virens* – several found amid feeding flocks close to Loz Pozos Hot Springs on Feb 1st, and at Finca Del Sr. Vega on Feb 2nd.

Golden-crowned Warbler *Basileuterus culicivorus*— a resident species that we found in the highlands at the Antenna Road during the transfer as well as near Loz Pozos Hot Springs on Feb 1st and Finca Del Sr. Vega on Feb 2nd.

Wilson's Warbler *Cardellina pusilla*— really nice views of one working the vegetation above the pond near the Coffee House, Mount Totumas on Jan 31st.

Slate-throated Redstart *Myioborus miniatus*— a real treat to observe this beautiful warbler on each day spent in the highlands with up to ten seen on most days at Mount Totumas.

Collared Redstart *Myioborus torquatus* (RE) - a pair found right by the entrance gate to Finca Del Sr. Vega on Feb 2nd, their agitated behavior suggesting they had a nest close by.

MITROSPINGIID TANAGERS: Mitrospingidae (1)

Dusky-faced Tanager *Mitrospingus cassinii*— excellent views of a large, noisy group right by busy Route 10 as we climbed up through the foothills of the Caribbean slope on Jan 30th.

CARDINALS, GROSBEAKS AND ALLIES: Cardinalidae (4)

Flame-colored Tanager *Piranga bidentate* — this stunning highlands species graced Mount Totumas in numbers every day during our visit, both at the Coffee House feeders and at Bellbird Lodge.

White-winged Tanager *Piranga leucoptera* – single males were found high in the canopy by the Puma Loop at Mount Totumas on Feb 1st and 2nd. Extremely difficult to observe well and best followed by their thin, squeaky calls.

Summer Tanager *Piranga rubra*— puzzlingly found only at the higher elevations on this tour with one to five wintering birds seen during the transfer day and during the Mount Totumas extension.

Blue-black Grosbeak *Cyanoloxia cyanoides*— a pair were often present in the gardens right in front of the cabanas at Tranquilo Bay. The bright whistling song of the male was pretty much a constant during our stay there but more often than not it could be really tricky to see. We also observed a pair by the Changuinola Canal on Jan 27th.

TANAGERS AND ALLIES: Thraupidae (25)

Tawny-crested Tanager *Tachyphonus delatrii*— rather common at Tranquilo Bay with noisy gregarious flocks equally at home in the lodge gardens or along the Jungle Trails with up to 15 recorded on five dates.

Scarlet-rumped Tanager (Passerini's) *Ramphocelus passerinii passerinii* — small numbers (2 – 5) found at Tranquilo Bay, Isla Popa, the Changuinola Canal and near Mali.

Scarlet-rumped Tanager (Cherrie's) *Ramphocelus passerinii costaricensis* (RE) – a female neatly photographed by Steve and Cindy at Bellbird Lodge, Mount Totumas on Jan 31st, a most unusual find at nearly 2000 meters in elevation.

Crimson-backed Tanager *Ramphocelus dimidiatus* – this spectacular tanager was among the better reasons to stay at the Radisson Panama Canal Hotel! They could be found in numbers right in the hotel grounds associating with Yellow-bellied Elaenias, Social Flycatchers and Blue-gray Tanagers among others.

Blue-gray Tanager *Thraupis episcopus*— a familiar Central American tanager, seen daily in the lowlands in a variety of habitats but one at Mount Totumas at 2000 meters above sea level was less expected.

Palm Tanager *Thraupis palmarum*— this rather nondescript tanager seemed to be abundant around the Radisson Hotel by the Panama Canal on Jan 24th with smaller numbers at Tranquilo Bay on several dates and near the village of Mali on Jan 30th.

Golden-hooded Tanager *Tangara larvata*— a much 'sought-after' tanager, we came across them at the Changuinola Canal, Tranquilo Bay, near Mali and close to Loz Pozos Hot Springs.

Plain-colored Tanager *Tangara inornata*— this well named species proved to be fairly common throughout the lowlands but completely absent from Mount Totumas.

Bay-headed Tanager *Tangara gyrola*— at least two right by the road along Route 10 as we climbed up through the foothills of the Caribbean slope on Jan 30th

Emerald Tanager *Tangara florida*— two seen very close to the Bay-headed Tanagers along Route 10 in the foothills of the Caribbean slope on Jan 30th - certainly one of the most attractive tanagers on the whole tour!

Silver-throated Tanager *Tangara icterocephala*— a spectacular species that graced Mount Totumas every day, often being present at the Coffee House feeders and by Bellbird Lodge.

Scarlet-thighed Dacnis *Dacnis venusta*— a pair seen rather briefly along the side of Route 10 in the foothills of the Caribbean slope on Jan 30th

Blue Dacnis *Dacnis cayana*— one or two pairs were sometimes found in the gardens of the lodge at Tranquilo Bay feeding on berries right in front of the cabanas, and another was at Green Acres Chocolate Farm on Jan 28th.

Shining Honeycreeper *Cyanerpes lucidus*— at the beginning of our week at Tranquilo Bay, this stunning honeycreeper gave a few tantalizing glimpses at the lodge's balcony feeders, that's until we experienced a clear arrival on Jan 29th. That day at least five were present often wrestling with, and outcompeting, the abundant Prothonotary and Tennessee Warblers present at the same time.

Red-legged Honeycreeper *Cyanerpes cyaneus*— two in the gardens at Tranquilo Bay on Jan 29th, seemingly associated with the arrival of multiple Shining and Green Honeycreepers on the same day.

Green Honeycreeper *Chlorophanes spiza*— the lush gardens at Tranquilo Bay proved a major attraction for a number of species that engage in seasonal movements no more exemplified than the sudden appearance on three Green and five Shining Honeycreepers on Jan 29th. Both species gave excellent views and both could also be seen from the Canopy Tower at times.

Slaty Flowerpiercer *Diglossa plumbea* (RE) – a tiny highlands regional endemic with a unique upturned, hooked bill that favored the hummingbird feeders and flowering plants near Bellbird Lodge.

Nicaraguan Seed-Finch *Sporophila nuttingi* (RE) — one or two pairs found in the damp, rank vegetation along the edge of the Changuinola Canal on Jan 27th. The extraordinary flesh-colored conical bill of the male really stood out as the birds sang from elevated positions above the fields. Uncommon and local throughout its range.

Variable Seedeater *Sporophila corvina*— as its name implies this was indeed a 'variable' seedeater with the white bellied form being found in the grounds of the Raddisson Hotel by the Panama Canal, and the black bellied form being present in very small numbers at Tranquilo Bay and along the Changuinola Canal.

Morelet's Seedeater *Sporophila moreletii*— this species was absent from Tranquilo Bay but plentiful in small flocks by the Panama Canal, Punta Robalo and Volcan. Found at roadsides, field edges and gardens.

Bananaquit *Coereba flaveola*— small numbers found daily at Tranquilo Bay where the abundance of flowering plants and well serviced balcony feeders provided an ever-present attraction for this nectar loving species.

Yellow-faced Grassquit *Tiaris olivaceus*— found only at Mount Totumas where its presence was usually given away by the buzzy, insect-like song. Not shy but generally unobtrusive being found in grasses alongside the lodge's tracks.

Buff-throated Saltator *Saltator maximus*— rather widespread but not especially common anywhere being found along the Changuinola Canal, at Tranquilo Bay, and at Mount Totumas where we had the best views from bird blind near the Coffee House.

Cinnamon-bellied Saltator *Saltator grandis* - a single male, teed up and singing by the Changuinola Canal on Jan 27th. This bird may have been overlooked as we focused on seeing the Nicaraguan Seedfinch singing and feeding in the same area.

Streaked Saltator *Saltator striatipectus* – one seen briefly by the road near Loz Pozos Hot Springs on Feb 1st. Yet another unexpected bird for Mount Totumas as this species generally favors lowlands and foothills.

MAMMALS (19 species recorded):

Neotropical River Otter *Lontra longicaudis* – one rather briefly on the Changuinola River on Jan 27th.

Crab-eating Raccoon *Procyon cancrivorus* – two could usually be found after nightfall scavenging the remnants from the balcony feeders at Tranquilo Bay Adventure Lodge, or they were sometimes seen around the stairwell leading down to the mangrove forest.

Derby's Woolly Opossum *Caluromys derbianus*— one visited the balcony feeders at Tranquilo Bay Adventure Lodge on several evenings during our stay.

Northern Tamandua *Tamandua mexicana*— Eric observed one during a solo night walk at Tranquilo Bay.

Brown-throated Three-toed Sloth *Bradypus variegatus*— rather common in the grounds of Tranquilo Bay Adventure Lodge and at other locations in the Caribbean lowlands.

Hoffmann's Two-toed Sloth *Choloepus hoffmanni*—seen rather less frequently than the Three-toed Sloth but found in similar areas; Tranquilo Bay, Changuinola Canal and the Chocolate Farm.

Proboscis Bat *Rhynchonycteris naso* – small, communal day roosts were found on tree trunks at Tranquilo Bay and along the Changuinola Canal.

Greater sac-winged bat *Saccopteryx bilineata* – small numbers roosting on several of the cabanas at Tranquilo Bay including those close to the dock, as well as on rotting tree trunks by the Changuinola Canal. Could also be seen in flight soon after sunset.

Red-tailed Squirrel *Sciurus granatensis*— noted at a small number of locations at Tranquilo Bay, the mainland and at Mount Totumas.

Western Night Monkey *Aotus lemurinus* – what a treat! A party of three night monkeys visited the balcony feeders during dinner on our very last evening at Tranquilo Bay!

White-throated Capuchin *Cebus capucinus*— fairly common at Tranquilo Bay where they were frequent visitors to the balcony feeders, much to the chagrin of Jay and Jim!

Mantled Howler Monkey *Alouatta palliata*— heard and encountered in wooded habitats throughout the tour and seen well at sites such as the Changuinola Canal and the Big Tree Loop at Mount Totumas.

Central American Spider Monkey *Ateles geoffroyi* – found close to the woodland canopy on the Big Tree Loop and the Puma Loop at Mount Totumas with unforgettable views of an inquisitive female carrying a youngster on Jan 31st.

White-nosed Coati *Nasua narica*— very nice views of one 'raiding' the feeders by the bird blind at Mount Totumas.

Collared Peccary *Pecari tajacu*— at least one, possibly more, observed on the Big Tree Loop at Mount Totumas on Jan 31st.

Nine-banded Armadillo – one observed rather briefly by the Puma Trail at Mount Totumas on Feb 2nd.

Alston's Singing Mouse *Scotinomys teguina* – several small, dark mice could be seen free-loading at the base of the feeders near the Coffee House at Mount Totumas. Jeffrey Dietrich, lodge owner, thought they were most likely singing mice, a species restricted to the highland cloud forests of Central America.

Atlantic Bottlenose Dolphin *Tursiops truncatus* – small numbers, usually three or four, were found fairly frequently in Tranquilo Bay, quite often close to the dock of the adventure lodge.

REPTILES AND AMPHIBIANS (10 species recorded):

Green Iguana *Iguana iguana* – fairly plentiful along the Changuinola Canal and River on Jan 27th including some impressively large males.

Border Anole *Anolis limifrons*— singles found at Tranquilo Bay and Green Acres Chocolate Farm.

Emerald Swift *Sceloporus malachiticus* – also known as Green Spiny Lizard, we found a few at Mount Totumas and with a couple regularly at Bellbird Lodge, sometimes basking on the side of the lodge building.

Central American Boa *Boa imperator*— Eric came across one of these impressive beasts near the service dock during a solo night walk at Tranquilo Bay.

Brown Vinesnake *Oxybelis aeneus* (LO) — super views of one moving across the paved walkway at Tranquilo Bay Adventure Lodge.

Green Climbing Toad *Incilius coniferus* – Stacy pointed out several during the bird walks at Tranquilo Bay.

Limon robber frog *Pristimantis cerasinus* – at least one by the Jungle Trail at Tranquilo Bay on Jan 28th, neatly photographed by Steve.

Talamanca Rocket Frog *Allobates talamancae*— fantastic views of these in the leaf litter, their presence usually betrayed by their high-pitched rhythmic ‘song’. Present at Tranquilo Bay and Green Acres Chocolate Farm.

Strawberry Poison Dart Frog *Oophaga pumilio*— Stacy and Roger found several of these tiny amphibians just off the Jungle Trail at Tranquilo Bay on Jan 29th.

Green-and-black Poison Dart Frog *Dendrobates auratus*— beautiful views of these in the leaf litter, one of the highlights from our visit to Green Acres Chocolate Farm on Jan 28th.

Photos by Cynthia Broste.