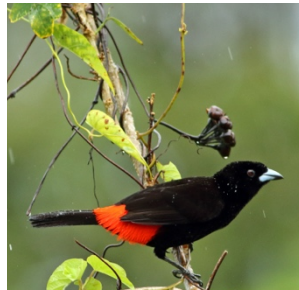


# Western Panama: Tranquilo Bay & Mt. Totumas Extension April 3 – 10 & April 10 – 14, 2022 | Species List



**With Guide James P. Smith, local expert guides: Stacy Hollis and Roger Morales at Tranquilo Bay, and Reinaldo Rodriguez and Jeffrey Dietrich at Mount Totumas and 10 participants; Kathy, Lee, Sandy, Karen, Dawn & Mike, Ruth, Nancy & Mike, and Bobbie**

Compiled by James P. Smith



*Green Honeycreeper, Michael Freeman; Green-and-black Poison Dart Frog, Mike Samuel; White-faced Capuchin, James P. Smith; Scarlet-rumped Tanager, Mike Samuel; Great Potoo, James P. Smith; Magnificent Frigatebirds, Mike Samuel; Group, James P. Smith.*

**Summary:** Perhaps the ultimate Western Panama tour, centered in the Bocas Del Toro archipelago amid the humid Caribbean lowlands and, by way of complete contrast, an optional extension to the Talamanca Mountains at almost 2000 meters above sea level. We chose two exceptional lodges for this adventure, both of them served by friendly staff, competent management and talented local guides. Field excursions at Tranquilo Bay included relaxed birding walks around the lodge property and boat trips to a number of islands in the archipelago, as well as two trips to the mainland on the Caribbean slope. Continuing on to Mount Totumas, a reduced group enjoyed an easy road transfer over the Continental Divide descending the Pacific slope and passing through David before reaching Mount Totumas Lodge at just under 2000 meters above sea level. Outings at Mount Totumas were largely on foot sometimes involving short vehicle transfers and moderately strenuous birding hikes. The tour did take place at the beginning of the rainy season and we experienced intermittent tropical rainfall on several days in the lowlands.

The incredible bio-diversity of Western Panama was always on display and the following species list is testament to all of our sharp-eyed group. Special thanks go to our gifted local guides; Stacy Hollis and Roger Morales from Tanquilo Bay Adventure Lodge, and Reinaldo Rodriguez and Jeffrey Dietrich from Mount Totumas Cloud Forest Lodge. Of the 302 bird species recorded no less 23 species were Central American Endemics. The array of bird species was considerably bolstered by the extra-ordinary migration that we experienced on this trip including the spectacular migration of raptors for which Panama is justly renowned.

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

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

(I)= Introduced

(RE)= Regional Endemic

**BIRDS (302 species recorded of which 11 were heard only and 3 were leader only sightings):**

#### **DUCKS, GEESE AND SWANS: Anatidae (3)**

**Black-bellied Whistling-Duck** *Dendrocygna autumnalis*—about 25 on the Changuinola River on April 7<sup>th</sup> plus smaller flocks in the meadows at Punta Robalo on the 5<sup>th</sup> and 8<sup>th</sup>.

**Muscovy Duck** *Cairina moschata*— a scatter of wild, countable ‘Muscovys’ with small numbers (2 – 4) encountered at Isla Popa, Punta Robalo and the Changuinola River.

**Blue-winged Teal** *Spatula discors*— a surprise flock of 9 in flight from the Cañazas Road, Ngäbe-Buglé on April 5<sup>th</sup> and perhaps as many as 120 on the Changuinola River on the 7<sup>th</sup>.

#### **GUANS AND CURASSOWS: Cracidae (3)**

**Gray-headed Chachalaca** *Ortalis cinereiceps*— groups of three to four were found at Punta Robalo and the Changuinola Canal.

**Crested Guan** *Penelope purpurascens* (LO) – a party three visited the coffee plantation above Bellbird Lodge, Mount Totumas on April 12<sup>th</sup> but were only seen by JPS. Also, a captive, non-countable bird was seen with domestic fowl in Chiriqui Grande on the 8<sup>th</sup>.

**Black Guan** *Chamaepetes unicolor* (RE) – what a fabulous spot by Kathy! A single perched up but remarkably well-hidden for such a large, pheasant-like species at Finca Del Sr. Vega, Mount Totumas. A relatively rare species, and a Central American endemic!

#### **PIGEONS AND DOVES: Columbidae (10)**

**Pale-vented Pigeon** *Patagioenas cayennensis*— the most widespread of the pigeons and doves in the Caribbean lowlands.

**Scaled Pigeon** *Patagioenas speciosa* – two singles, both teed up high on snags but rather distant. One from the boats at Isla Popa on April 4<sup>th</sup> and another at Tranquilo Bay on the 6<sup>th</sup>.



**White-crowned Pigeon** *Patagioenas leucocephala* - this large, attractive Caribbean pigeon was present regularly in the gardens at Tranquilo Bay with one or two recorded on five dates of the tour. A fairly rare bird in Panama and a treat to have them so close almost every day.

**Band-tailed Pigeon** *Patagioenas fasciata*—typically associated with the highlands, we found large flocks at Mount Totumas often seen passing above and below Bellbird Lodge, and the surrounding coffee plantations and forest.

**Short-billed Pigeon** *Patagioenas nigrirostris*— found regularly feeding on fruits around the cabanas at Tranquilo Bay, the four-syllable song usually being the first sign of their presence.

**Ruddy Ground-Dove** *Columbina talpacoti*— a familiar Central American species found in small numbers at Punta Robalo and along the on the Cañazas Road with most seen during the longer drive on the transfer day to Mount Totumas.

**Blue Ground-Dove** *Claravis pretiosa* – two by the road during the downpour at Punta Robalo on April 5<sup>th</sup> were a nice surprise and the only sighting of the whole tour.

**Gray-chested Dove** *Leptotila cassinii* – one was identified by Roger as it flew across the Cañazas Road April 8<sup>th</sup>.

**White-tipped Dove** *Leptotila verreauxi* (LO) – scarce and only noted by JPS with one or two at Mount Totumas on April 11<sup>th</sup> .

**Chiriqui Quail-Dove** *Zentrygon chiriquensis* (RE) (HO) – the deep resonant calls of this species were heard on the Quetzal Trail at Mount Totumas on April 13<sup>th</sup> but, alas, the vocalist never showed itself.

### **CUCKOOS AND ALLIES: Cuculidae (3)**

**Groove-billed Ani** *Crotophaga sulcirostris*— small gatherings were easily seen by the Changuinola River, the lowland meadows at Punta Robalo, and along the Cañazas Road.

**Squirrel Cuckoo** *Piaya cayana*— beautiful views of this impressive cuckoo along the Changuinola Canal on April 7<sup>th</sup> with at least five seen during the day.

**Mangrove Cuckoo** *Coccyzus minor*— fantastic views of this often aloof denizen of the mangroves at Isla Pop on the April 4<sup>th</sup> and the Changuinola Canal on the 7<sup>th</sup>

### **NIGHTJARS: Caprimulgidae (2)**

**Short-tailed Nighthawk** *Lurocalis semitorquatus*—fortunately, very fortunately in fact, this rare and localized nightjar wasn't too difficult to see at dawn and dusk at Tranquilo Bay. We even tried to see them at dawn from the lodge's balcony and two duly appeared, just as Stacy and Roger predicted they would – Wow!!

**Common Pauraque** *Nyctidromus albicollis*— a single often appeared and called just before first light right outside Bellbird Lodge at Mount Totumas.

### **POTTOOS: Nyctibiidae (1)**

**Great Potoo** *Nyctibius grandis* – to have seen one Great Potoo up close on the tour would have been extraordinary but to see three individuals along the Changuinola Canal in just one day was almost too good to be true. Not only is this species rare and local within its range but it's also the largest nightjar-like bird in the region, brilliantly cryptic in plumage and curiously weird to observe, perched in vertical roosting/hiding posture on thick horizontal beams right over the canal. Surely one of the highlights of the tour?!

### **SWIFTS: Apodidae (4)**

**White-collared Swift** *Streptoprocne zonaris*— small flocks of Central America's largest swift graced the skies above the Cañazas Road, Ngäbe-Buglé on April 5<sup>th</sup> and 8<sup>th</sup>, and Mount Totumas on the 11<sup>th</sup> and 12<sup>th</sup>.

**Vaux's Swift** *Chaetura vauxi*—large flocks of up to 25 above the cloud forest lodge at Mount Totumas on at least two dates.

**Gray-rumped Swift** *Chaetura cinereiventris* – fairly small flocks seen reasonably well directly above the Cañazas Road, Ngäbe-Buglé on April 5<sup>th</sup> and 8<sup>th</sup>

**Lesser Swallow-tailed Swift** *Panyptila cayennensis*—four appeared high over the Tranquilo Bay cabanas on April 6<sup>th</sup> and appeared to be moving North-west.

### **HUMMINGBIRDS: Trochilidae (22)**

**Bronzy Hermit** *Glaucis aeneus*— this fast moving species was ultimately found in around flowering plants in front of the cabanas at Tranquilo Bay on the afternoon of April 6<sup>th</sup>. It showed fairly well at the time but proved to be the only sighting during our visit.

**Rufous-breasted Hermit** *Glaucis hirsutus* – one of a number of hummingbirds identified by Roger along Route 10 in the Chiriqui Grande foothills shortly after we were turned around by the Ngäbe protest blocking the road on April 8<sup>th</sup>.

**Green Hermit** *Phaethornis guy* – one identified by Roger by Route 10 in the Chiriqui Grande foothills just after we were turned around by the Ngäbe protest blocking the road on April 8<sup>th</sup>. We also saw another with Reinaldo, downstream from Loz Pozos Hot Springs at Mount Totumas on the 12<sup>th</sup>.

**Long-billed Hermit** *Phaethornis longirostris* – a single called as it bolted through the forest at Green Acres Chocolate Farm giving its diagnostic sharp call notes, and another was seen foraging by the Cañazas Road on the 8<sup>th</sup>

**Stripe-throated Hermit** *Phaethornis striigularis*— a fast moving little devil favoring flowering plants in the gardens of Tranquilo Bay with one to three seen there on four dates.

**Purple-crowned Fairy** *Heliothryx barroti*—this beauty appeared at least three times in the gardens of Tranquilo Bay Adventure Lodge including once from the top of the Canopy Tower. Another gave excellent views by the road, downstream from Loz Pozos Hot Springs at Mount Totumas on the 12<sup>th</sup>.

**Lesser Violetear** *Colibri cyanatus* – rather common at Mount Totumas favoring the Colibri feeders as well as the feeders at Bellbird Lodge.

**Green-breasted Mango** *Anthracothorax prevostii*— one was found at a nest at Green Acres Chocolate Farm on April 6<sup>th</sup> and another seen in the Chiriqui Grande foothills on the 8<sup>th</sup>.

**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) – a large, impressive, highlands endemic common at Mount Totumas favoring the Colibri feeders as well as the feeders at Bellbird Lodge.

**Long-billed Starthroat** *Helioaster longirostris* – uncommon, with just a single by the Cañazas Road on April 8<sup>th</sup>, and one or two present at the feeders at Bellbird Lodge, Mount Totumas.

**White-throated Mountain-gem** *Lampornis hemileucus* (RE)—found only at the high elevations at Mount Totumas. Small numbers of females (1 – 3) visited the lodge feeders, especially the Colibri feeders, but few males were seen on this visit.

**Magenta-throated Woodstar** *Calliphlox bryantae* (RE) – a dazzling regional endemic found only high elevation. The male of this species displays a relatively long, deeply forked tail. Best seen at the Colibri feeders and by Bellbird Lodge with up to five each day at Mount Totumas Lodge.

**Scintillant Hummingbird** *Selasphorus scintilla* (RE) – scintillating indeed, a tiny endemic hummer appearing in numbers (6 – 10 daily) at Mount Totumas Lodge - favored the Colibri feeders near the Coffee House.

**Violet Sabrewing** *Campylopterus hemileucurus* – prolific and domineering at the Mount Totumas Lodge feeders, present in numbers (20+) each and every day, and absolutely spectacular!

**Bronze-tailed Plumeleteer** *Chalybura urochrysis* – another one of the hummingbirds identified by Roger by Route 10 in the Chiriqui Grande foothills shortly after we were turned around by the Ngäbe protest on April 8<sup>th</sup>. Uncommon on the Caribbean slope.

**Crowned Woodnymph** *Thalurania colombica*—rather widespread in the region but especially scarce on this trip with just three singles seen in the gardens at Tranquilo Bay Lodge often battling with Rufous-tailed Hummingbirds and Stripe-throated Hermits for first choice of flowering plants.

**White-tailed Emerald** *Microchera chionura* (RE) – two were picked out by Reinaldo as they foraged by the road downstream from Loz Pozos Hot Springs, Mount Totumas on the 12<sup>th</sup>. Rare, local and a regional endemic...one of the highlights of the extension.

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

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

**Rufous-tailed Hummingbird** *Amazilia tzacatl*— ubiquitous in the Caribbean lowlands and foothills, especially at Tranquilo Bay. Relatively easy to find in the lodge gardens and at the feeders.

**Blue-chested Hummingbird** *Amazilia amabilis*— one or two could be reliably found in the gardens in front of the cabanas at Tranquilo Bay Adventure Lodge, plus there was a single at the Chiriquí Grande Road foothills road (Route 10) on April 8<sup>th</sup>.

#### **RAILS, COOTS AND ALLIES: Rallidae (4)**

**Gray-cowled Wood-Rail** *Aramides cajaneus* – Mike F. chanced upon one of these large, forest-dwelling rails on the morning of the 4<sup>th</sup> at Tranquilo Bay.

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

**Purple Gallinule** *Porphyrio martinica*— nice views of two in the rain at Punta Robalo on April 5<sup>th</sup> and a single on the Changuinola River on the 7<sup>th</sup>.

**White-throated Crane** *Laterallus albigularis* — who would have thought that a ‘comfort stop’ by the Changuinola Canal could have produced views for our entire group of one of the most aloof of all cranes!! Otherwise our experience was perfectly typical and limited to hearing the distinctive trilling call multiple times from the marshes at Punta Robalo, Green Acres Chocolate Farm and the Cañazas Road.

#### **LIMPKIN: Aramididae (1)**

**Limpkin** *Aramus guaruna* – at least three found in marshes by the Changuinola River on April 7<sup>th</sup>.

#### **LAPWINGS AND PLOVERS: Charadriidae (4)**

**Black-bellied Plover** *Pluvialis squatarola* - two in non-breeding plumage on the beach at the mouth of the Changuinola River on April 7<sup>th</sup>.

**Southern Lapwing** *Vanellus chilensis*—several pairs of lapwings were found in damp or flooded meadows Punta Robalo, Changuinola River, and the Cañazas Road.

**Collared Plover** *Charadrius collaris*— beautiful views of a male on the beach at the mouth of the Changuinola River on April 7<sup>th</sup>. It wasn't shy and it's slightly agitated behavior may have indicated that it was paired with a female that was incubating eggs close by.

**Semipalmated Plover** *Charadrius semipalmatus*— at least three on the beach at the mouth of the Changuinola River on April 7<sup>th</sup>.

#### **JACANAS: Jacanidae (1)**

**Northern Jacana** *Jacana spinosa*— a very good tour for this species with small numbers being found at Punta Robalo, the Cañazas Road, and even behind the Terpel gas station at Chiriquí Grande! Plus we had beautiful views of up to 15 from the boats during our long day out on the Changuinola Canal and River – quite superb!

#### **SANDPIPERS AND ALLIES: Scolopacidae (5)**

**Whimbrel** *Numenius phaeopus* – prolonged views from the boats of a single migrant flying low over the water at Chiriquí Lagoon near Punta Robalo on April 5<sup>th</sup>.

**Sanderling** *Calidris alba* — at least three along the beautiful beach at the Changuinola River mouth.

**Semipalmated Sandpiper** *Calidris pusilla* (LO) – one appeared briefly with other shorebirds along the beach at the Changuinola River mouth but promptly disappeared amid all the other distractions in that area!

**Spotted Sandpiper** *Actitis macularius*— up to three observed on the boat trips to Isla Popa, Punta Robalo and along the Changuinola River.

**Solitary Sandpiper** *Tringa solitaria* – a single migrant in a flood meadow by the Changuinola River on April 7<sup>th</sup>.

#### **JAEGERS: Stercorariidae (2)**

**Parasitic Jaeger** *Stercorarius parasiticus* – at least two observed while crossing the bay towards the Changuinola Canal on April 7<sup>th</sup> and another five or so seen on the return to Tranquilo Bay later that same day.

**Pomarine Jaeger** *Stercorarius pomarinus* – a mighty Pomarine Jaeger was seen close to the Parasitics as we returned to Tranquilo Bay from Swan Cay on April 7<sup>th</sup>.

#### **GULLS AND TERNS: Laridae (4)**

**Laughing Gull** *Leucophaeus atricilla*—this species proved quite scarce in the Bocas Del Toro archipelago with very small numbers noted in coastal habitats on five days of the tour.

**Royal Tern** *Thalasseus maximus*—frequently encountered on water crossings or sometimes seen over the bay from the top of the Canopy Tower. Noted on six days with a maximum of 35 on April 7<sup>th</sup>, most of those on the Changuinola River and Estuary.

**Sandwich Tern** *Thalasseus sandvicensis*— a party of four were close to shore with Royal Terns near the dock at Punta Robalo on April 5<sup>th</sup>.

**Brown Noddy** *Anous stolidus* – we were on the verge of departing Swan Cay on April 7<sup>th</sup> when this bird suddenly appeared over the surf and rocks and then, as if right on cue, cruised past our boats at close range. This is a very rare bird on the Caribbean side of Panama and was one of the most exciting observations of the whole tour.

#### **TROPICBIRDS: Phaethontidae (1)**

**Red-billed Tropicbird** *Phaethon aethereus* – this majestic ocean wanderer breeds on the offshore rocky outcrop of Sway Cay (Bird Island), the only known breeding location in the southern Caribbean. Though the ride out (and back) was a little choppy it was well worth it to be up close to these red-billed beauties with tail streamers flowing in the breeze. A really magical experience and one of the highlights of the tour.

#### **STORKS: Ciconiidae (1)**

**Wood Stork** *Mycteria americana* – the flooded fields along the road to Punta Robalo held small numbers of Wood Storks each time we drove past including 10 on the transfer day, April 10<sup>th</sup>.

#### **FRIGATEBIRDS: Fregatidae (1)**

**Magnificent Frigatebird** *Fregata magnificens*— what a joy it was to be in place where frigatebirds could be seen every day soaring over the coastal lowlands – up to 150 on at least eight days of the tour including good numbers of nesting pairs at Swan Cay (Bird Island).

#### **BOOBIES AND GANNETS: Sulidae (1)**

**Brown Booby** *Sula leucogaster*— wonderful views at Swan Cay (Bird Island) on April 7<sup>th</sup> 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. We also saw multiple pairs at the nest, many with white, downy nestlings at varying stages of development.

#### **ANHINGAS: Anhingidae (1)**

**Anhinga** *Anhinga anhinga*— a single in riverside trees, seen reasonably well from the boats during the big day out on the Changuinola River.

#### **CORMORANTS Phalacrocoracidae (1)**

**Neotropic Cormorant** *Phalacrocorax brasilianus*— very small numbers noted on three days in the coastal lowlands with three along the Changuinola River being the most seen in one day.

#### **PELICANS: Pelecanidae (1)**

**Brown Pelican** *Pelecanus occidentalis*— daily fare in the coastal lowlands with around 50 on the Changuinola River and Estuary being the most.

#### **HERONS AND EGRETS: Ardeidae (10)**

**Pinnated Bittern** *Botaurus pinnatus* – “we just don’t get them” said Stacy commenting on Pinnated Bitterns, yet remarkably we found two in one week! The first was noticed by our driver Amado as it crept furtively through the sedges in the flooded fields at Punta Robalo on April 5<sup>th</sup>, only to be followed by another, this time spotted by Karen in the upper reaches of the

Changuinola River on the 7<sup>th</sup>. Described as ‘rare’ or ‘very rare’ in Western Panama we were truly fortunate to have this species grace our checklists on this particular tour.

**Great Blue Heron** *Ardea herodias*— two sightings of this transient and winter visitor to Panama with two on the Changuinola Canal on April 7<sup>th</sup> and another behind the Terpel gas station in Chiriquí Grande on the 8<sup>th</sup>.

**Great Egret** *Ardea alba*— seen on four dates on the tour, all of them in the coastal lowlands (mostly Punta Robalo and the Changuinola River).

**Snowy Egret** *Egretta thula*— a few found in coastal lowlands including the flooded fields at Punta Robalo and along the Changuinola River.

**Little Blue Heron** *Egretta caerulea*— recorded on four dates in the coastal lowlands with 10 being found on the Changuinola Canal and River on April 7<sup>th</sup>.

**Tricolored Heron** *Egretta tricolor*—one or two found on the flooded fields at Punta Robalo, and at least three on the Changuinola River on April 7<sup>th</sup>.

**Cattle Egret** *Bubulcus ibis*— very good numbers seen on at least six dates perhaps involving a ‘wave’ of migrants. Often found near livestock including 10 – 60 at sites such as Punta Robalo, the Cañazas Road and the Changuinola River, plus really fine views of a breeding colony behind the Terpel gas station in Chiriquí Grande!

**Green Heron** *Butorides virescens*— small numbers in singles or pairs at many wetland sites in the Caribbean lowlands though notably absent from the lodge area at Tranquilo Bay.

**Black-crowned Night-Heron** *Nyctanassa violacea*— good views of about four cryptically concealed along the Changuinola Canal on April 7<sup>th</sup>.

**Boat-billed Heron** *Cochlearius cochlearius* – one roosting behind the busy Terpel gas station at Chiriquí Grande on April 8<sup>th</sup>, neatly scoped by Stacy and Roger.

#### **IBIS AND SPOONBILLS: Theskiornithidae (3)**

**Glossy Ibis** *Plegadis falcinellus* – just the one individual, seen on the Changuinola River on April 7<sup>th</sup>.

**Green Ibis** *Mesembrinibis cayennensis*— an uncommon species but relatively obliging for our group with a nice sequence of sightings of up to 10 birds in the flood meadows near Punta Robalo, and at least two along the Changuinola River on April 7<sup>th</sup>.

**Roseate Spoonbill** *Platalea ajaja* – an absolutely great spot by Ruth along the Changuinola River on April 7<sup>th</sup>. Initially found in flight and then relocated foraging further upstream.

#### **NEW WORLD VULTURES: Cathartidae (2)**

**Black Vulture** *Coragyps atratus*— daily fare and one of the most familiar species of the tour being found in numbers, sometimes large concentrations, at almost all of the locations that we visited especially on the Caribbean lowland sites.

**Turkey Vulture** *Cathartes aura*— seen daily though in the Caribbean lowlands especially on the mainland where we enjoyed great streams and kettles of migrants heading NW with other raptors bound for North America. The migration was particularly heavy over Chiriquí Grande and the Cañazas Road, Ngäbe-Buglé on the 5<sup>th</sup>, 8<sup>th</sup> and 10<sup>th</sup> when up to 1500 passed over with other raptors on each of those days.

#### **OSPREY: Pandionidae (1)**

**Osprey** *Pandion haliaetus*— seemingly scarce on this trip with a single at Green Acres Chocolate Farm on the 6<sup>th</sup>, about five along the Changuinola Canal and River the next day and two migrating over the Cañazas Road, Ngäbe-Buglé on the 8<sup>th</sup>

#### **HAWKS, KITES AND EAGLES: Accipitridae (14)**

**Gray-headed Kite** *Leptodon cayanensis* – Roger first spotted and then scoped a perched adult from the Cañazas Road, Ngäbe-Buglé on the 8<sup>th</sup>. This is an uncommon lowland raptor and one of five species of kite that we saw that day – not too shabby!

**Swallow-tailed Kite** *Elanoides forficatus*— very nice views of a soaring pair above the foothills on the Chiriquí Grande Road (Route 10) on April 8<sup>th</sup>, and absolutely mind-boggling looks at eye-level, perhaps involving half-a-dozen or so birds at Mount Totumas. Surely a strong contender for the most majestic raptor in Central America?!

**Black Hawk-Eagle** *Spizaetus tyrannus* - a calling male engaged in a prolonged display flight over the Cañazas Road, Ngäbe-Buglé on April 8<sup>th</sup>.



**Ornate Hawk-Eagle** *Spizaetus ornatus* (HO) – a male heard calling and probably displaying at Mount Totumas throughout the morning of April 11<sup>th</sup> but, alas, he was never seen.

**Double-toothed Kite** *Harpagus bidentatus*— a really excellent tour for this species with extended views of perched and soaring individuals at Tranquilo Bay, Green Acres Chocolate Farm and the Cañazas Road. The prolonged views were welcomed from an identification perspective as this rather unobtrusive kite with accipiter-like demeanor could have been glossed over quite easily with so many migrant raptors passing through the area.

**Plumbeous Kite** *Ictinia plumbea* – we were treated to fine views of about four soaring over Tranquilo Bay on the first full morning in the field on April 4<sup>th</sup>. In the event, it would become a fine learning experience as a few days later tour participants came across its closely related cousin, Mississippi Kite.....and there were thousands of them! This is a breeding species in Central America versus Mississippi Kite which is purely migratory in the region.

**Mississippi Kite** *Ictinia mississippiensis* – the Cañazas Road on April 8<sup>th</sup> provided the venue for one of the most exciting events of the whole tour. After initially spotting some distant flocks we were about to climb into the tour vehicle when we were suddenly immersed in dense, swirling masses of Mississippi Kites right overhead. It was such an eerie experience having thousands of migrating raptors so close and yet they were so silent as they soared and glided right over us to audible gasps and ‘wows’ from our group. Moreover, the migration went on for some sometime as flock after flock moved through apace. By end of the afternoon we collectively estimated that some 3500 Mississippi Kites had passed through the area. On April 10<sup>th</sup>, in the early stages of the transfer to Mount Totumas, our reduced group experienced another massive migration of kites with about 2500 over the Punta Robalo road moving *en masse* between pulses of heavy tropical rain – a true migration spectacle.

**Common Black-Hawk** *Buteogallus anthracinus*—noted on four days of the tour, all in the coastal lowlands including a nesting pair that were often visible from the tower at Tranquilo Bay. The boat trips to Isla Popa and the Changuinola Canal provided us with the best and closest views.

**Roadside Hawk** *Rupornis magnirostris*— a fairly common Central American raptor with up to three noted on five days in the Caribbean lowlands, plus great flight views of a single individual above the Rio Colorado, Mount Totumas on April 12<sup>th</sup>.

**White Hawk** *Pseudastur albicollis*— a really wonderful tour for viewing this spectacular broad-winged raptor with one over the woodland at Green Acres Chocolate Farm, two in the Chiriqui Grande foothills and a perched individual from the La Mesa overlook on the Cañazas Road.

**Broad-winged Hawk** *Buteo platypterus*— we witnessed some truly spectacular movements of this species and all of the days that we visited the mainland saw migrations of thousands of Broad-wings, often in mixed streams with Turkey Vultures and Swainson’s Hawks. Numbers will always be difficult to estimate during a tour but, conservatively, we estimated 1200 to 5000 on four days of the tour. In addition, there was a much smaller movement of 25 Broad-wings below Mount Totumas on April 12<sup>th</sup>. The latter surprised Reinaldo, our local guide, as he only rarely sees migration of Broad-winged Hawks on the Pacific slope.

**Short-tailed Hawk** *Buteo brachyurus* – continuing the excellent sequence of raptor sightings on this particular tour, we enjoyed this species at Isla Popa, the Cañazas Road, Tranquilo Bay and Mount Totumas, all of them single individuals.

**Swainson’s Hawk** *Buteo swainsoni* – though not as abundant as Broad-winged Hawk, this species was still heavily involved in the migration events over the mainland with hundreds mixed in with other migrating raptors at Punta Robalo, the Chiriqui Grande foothills and the Cañazas Road.

**Red-tailed Hawk** *Buteo jamaicensis* – a pair at Mount Totumas, seen rather briefly on just two dates of the tour. They were usually soaring high above the lodge or the surrounding valleys and appeared to be of the Central American breeding form (*B. j. costaricensis*), a relatively uncommon raptor in Western Panama restricted to the higher elevations.

## **OWLS: Strigidae (2)**

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

**Central American Pygmy-Owl** *Glaucidium griseiceps* – Roger new of a nest site along the Cañazas Road, Ngäbe-Buglé that he and Stacy had located with another tour group the week before our visit. Fortunately for us the nest was still active and before too long we were listening to the territorial tooting calls of the male rapidly followed by fine views of both birds in the pair on either side of the road. This was no small event. In fact, this pair furnished only the second ever observation of the



species for the entire Caribbean slope of Western Panama and the first proof of breeding. Moreover, the first record dated back some 42 years prior to an observation at the Changuinola Canal in 1980. Fortune, once again, favored our hard working group and we probably wouldn't have visited this particular site had Route 10 not been blocked by the Ngäbe protest – what an amazing day!

#### **TROGONS: Trogonidae (4)**

**Resplendent Quetzal** *Pharomachrus mocinno* – this spectacular trogon was high on the 'wish list' for participants on the extension and they were not disappointed. Reinaldo, our local guide, understood the situation and duly delivered with two beautiful males seen well on the first full field day at Mount Totumas. We went on to hear more quetzals calling, sometimes in the valley directly below Bellbird Lodge, but had to wait another two days before having views of another. This time it was a young male lacking the elongated tail feather but still was very showy and ultimately remained in view for a while. Rare and local in Panama, and a species that will engage in seasonal movements.

**Slaty-tailed Trogon** *Trogon Massena* (HO) – the distinctive, rhythmic 'aw' notes were heard very well at Isla Popa, Chiriqui Grande and the Cañazas Road but, alas, we somehow missed actually seeing this widespread species.

**Gartered Trogon** *Trogon caligatus*— super views of a female at Green Acres Chocolate Farm on April 6<sup>th</sup>.

**Collared Trogon** *Trogon collaris*—found only at Mount Totumas with a pair seen on the Big Tree Loop on April 11<sup>th</sup> and another on the Quetzal Trail on the 13<sup>th</sup>.

#### **MOTMOTS: Motmotidae (1)**

**Lesson's Motmot** *Motmotus lessonii* – one was heard calling at Mount Totumas on April 11<sup>th</sup> and another seen in flight below Loz Pozos Hot Springs on the 12<sup>th</sup> which, despite a prolonged effort, couldn't be located once it landed.

#### **KINGFISHERS: Alcedinidae (5)**

**Ringed Kingfisher** *Megaceryle torquata*— the largest kingfisher in the region showed well around the channels and mangroves near Isla Popa on April 4<sup>th</sup> but was rather scarce after that with several along the Changuinola Canal and River on the 7<sup>th</sup>, and another one or two at Punta Robalo on the 8<sup>th</sup>.

**Belted Kingfisher** *Megaceryle alcyon*— most wintering individuals had dispersed to northern climes but we still found singles at Isla Popa on April 4<sup>th</sup> and the Changuinola River on the 7<sup>th</sup>.

**Amazon Kingfisher** *Chloroceryle amazona*— despite its large size, this brutish kingfisher could be tricky to see but we managed to find two along the Changuinola Canal/River on April 7<sup>th</sup>.

**American Pygmy Kingfisher** *Chloroceryle aenea*— two were spotted close to the entrance of the Changuinola Canal on April 7<sup>th</sup>, the most fantastic start to our day-long adventure by boat.

**Green Kingfisher** *Chloroceryle americana* — scarce, with one near Isla Popa on April 4<sup>th</sup> and another close to the entrance to the Changuinola Canal on the 7<sup>th</sup>.

#### **PUFFBIRDS: Bucconidae (1)**

**White-necked Puffbird** *Notharchus hyperrhynchus* – a frighteningly good spot by Roger from a moving boat on the Changuinola River on April 7<sup>th</sup>. Fortunately for us the bird remained in the same spot for some time and, despite it being high up and partially hidden by the canopy, everyone on both boats had fine views of the largest puffbird to occur in the region.

#### **TOUCAN-BARBETS: Semnornithidae (2)**

**Red-headed Barbet** *Eubucco bourcierii* – just one individual visited the feeders at Mount Totumas on April 11<sup>th</sup>

**Prong-billed Barbet** *Semnornis frantzii* (RE) — a pair seen and heard very well just before the entrance gate to Finca Del Sr. Vega, Mount Totumas at about 2100 meters above sea level. A Central American endemic closely associated with cloud forest habitat, seen on April 13<sup>th</sup>.

#### **TOUCANS: Ramphastidae (4)**

**Northern Emerald-Toucanet (Blue-throated)** *Aulacorhynchus prasinus (caeruleogularis)* — Mount Totumas delivered an excellent series of sightings with two to four seen on each of the full field days around the lodge.

**Collared Aracari** *Pteroglossus torquatus*— rather scarce with just a single seen in flight during the cruise along the Changuinola Canal on the 7<sup>th</sup> and a pair in the Chiriqui Grande foothills on the 8<sup>th</sup>.

**Yellow-throated Toucan** *Ramphastos ambiguus*— a pair were heard and seen reasonably well during the cruise to Isla Popa on April 4<sup>th</sup>.

**Keel-billed Toucan** *Ramphastos sulfuratus*— much more widespread than the Yellow-throated Toucan with up to six in the Caribbean lowlands and foothills on six dates.

#### **WOODPECKERS: Picidae (7)**

**Black-cheeked Woodpecker** *Melanerpes pucherani*— most easily found around the cabanas at Tranquilo Bay where the views were often excellent but also encountered during the visit to Punta Robalo on April 5<sup>th</sup>, and Green Acres Chocolate Farm on the 6<sup>th</sup>.

**Red-crowned Woodpecker** *Melanerpes rubricapillus* – a totally unexpected bird in the Caribbean lowlands of Panama, picked out and photographed by Roger at the Terpel gas station, Chiriqui Grande on April 8<sup>th</sup>.

**Pale-billed Woodpecker** *Campephilus guatemalensis*— wonderful views of this beast at Green Acres Chocolate Farm on April 6<sup>th</sup>.

**Lineated Woodpecker** *Dryocopus lineatus*— singles heard, seen and photographed at Tranquilo Bay, Camino a Punta Róbal, and the Cañazas Road.

**Golden-olive Woodpecker** *Colaptes rubiginosus*— remarkably close views of an adult on the slopes below Bellbird Lodge, Mount Totumas on April 12<sup>th</sup>

**Acorn Woodpecker** *Melanerpes formicivorus* – found only at Mount Totumas often frequenting the giant Mexican Elms just upslope from Bellbird Lodge, but also several found below the lodge along the access road close to the quarry area.

**Hairy Woodpecker** *Picoides villosus* – the distinctive tan-colored subspecies *P. v. extimus* was seen at Mount Totumas on just one date, April 13<sup>th</sup>

#### **FALCONS AND CARACARAS: Falconidae (5)**

**Yellow-headed Caracara** *Milvago chimachima*—apparently undergoing a range expansion on the Caribbean slope, seen on five days of the tour in the lowlands plus a single below Mount Totumas on April 12<sup>th</sup>.

**Laughing Falcon** *Herpetotheres cachinnans*— a wonderful tour for views of this uncommon species. Seen on the boat trip to Isla Popa, plus roadside singles at Camino a Punta Róbal and the Cañazas Road.

**Merlin** *Falco columbarius* – single migrants passed through quickly at Tranquilo Bay on April 3<sup>rd</sup> and the Cañazas Road on the 5<sup>th</sup>.

**Bat Falcon** *Falco rufigularis*— this smart little falcon proved to be unusually scarce on this particular tour though, somewhat fittingly, we did find a perched individual during our ‘mega’ day for raptors on the Cañazas Road, Ngäbe-Buglé on April 8<sup>th</sup>.

**Peregrine Falcon** *Falco peregrinus*— single individuals of this uncommon migrant were seen from atop the Canopy Tower at Tranquilo Bay on two occasions and over the Changuinola Canal on April 7<sup>th</sup>.

#### **PARROTS: Psittacidae (8)**

**Blue-headed Parrot** *Pionus menstruus*— frequently seen (and heard) throughout our stay at Tranquilo Bay in the coastal lowlands in general. The best views came from atop the Canopy Tower in the late afternoon sunlight.

**White-crowned Parrot** *Pionus senilis* – Roger spotted a photogenic pair by the Cañazas Road, Ngäbe-Buglé on April 8<sup>th</sup>, a rather uncommon species in Panama.

**Red-lored Parrot** *Amazona autumnalis*—large numbers flew past the Canopy Tower at Tranquilo Bay especially in the evenings where the loud, raucous screeches of this species accompanied much of the general birding around Tranquilo Bay as well as several other locations in the Caribbean lowlands.

**Mealy Parrot** *Amazona farinosa*— the tour got off to a very good start with views of the largest *Amazona* parrot in the region on the first afternoon at Tranquilo Bay. The species proved quite difficult and aloof for the rest of the tour with a single, also at Tranquilo Bay on April 9<sup>th</sup>, being the only other sighting.

**Sulphur-winged Parakeet** *Pyrrhura hoffmanni* (RE)—restricted to the highlands. Fast moving, screeching flocks passed over Bellbird Lodge, Mount Totumas on at least two days of the tour.

**Barred Parakeet** *Bolborhynchus lineola* (LO) – a single flew over Bellbird Lodge, Mount Totumas on April 11<sup>th</sup>. It was calling but would certainly have gone unnoticed had it not been for Reinaldo's sharp hearing and reactions. A local and rare species in Panama.

**Olive-throated Parakeet** *Eupsittula nana* – excellent views of a flock of six in waterside trees by the Chanquinola Canal on April 7<sup>th</sup>.

**Crimson-fronted Parakeet** *Psittacara finschi* (RE) — this Central American endemic was found at Isla Popa, Camino Punta Robalo and by Route 10 in the Chiriqui Grande foothills. We were fortunate enough to find a pair with an active nest at the latter site serving to highlight just what an excellent tour we'd had for viewing this species.

#### **ANTBIRDS: Thamnophilidae (5)**

**Black-crowned Antshrike** *Thamnophilus atrinucha*— an excellent showing of this species at Tranquilo Bay during the afternoon bird walk on the Jungle Trail on April 4<sup>th</sup>. Observations of this species tend to be limited the male's distinctive 'yaffle' song but this time around we great views and even managed a few photos. Another was heard singing at Green Acres Chocolate Farm on the 6<sup>th</sup>.

**White-flanked Antwren** *Myrmotherula axillaris*— Roger skillfully picked out a family group of this species during the afternoon walk on the Jungle Trails at Tranquilo Bay April 4<sup>th</sup>.

**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 proved difficult to see well.

**Slaty Antwren** *Myrmotherula schisticolor* – Reinaldo picked out several, including a couple of 'sooty' males, feeding in the mid-story by the road below Loz Pozos Hot Springs, Mount Totumas April 12<sup>th</sup>.

**Chestnut-backed Antbird** *Poliocrania exsul* (HO) —frequently heard at Tranquilo Bay, on four dates in fact but few, if any in our group, managed to get actual glimpses. This species certainly lived up to its reclusive reputation!

#### **OVENBIRDS AND WOODCREEPERS: Furnariidae (7)**

**Cocoa Woodcreeper** *Xiphorhynchus susurrans* – one was watched at reasonably close range on the Cañazas Road on April 5<sup>th</sup> with another heard at Green Acres Chocolate Farm the next day.

**Streak-headed Woodcreeper** *Lepidocolaptes souleyetii*—a very nice sequence of observations with good views of one or two at Green Acres Chocolate Farm, along the Changuinola Canal, and along the Cañazas Road.

**Spot-crowned Woodcreeper** *Lepidocolaptes affinus* – very similar to Streak-headed Woodcreeper in overall appearance and most easily separated by crown patter, vocals and range. Restricted to the highlands on this particular tour being found only on the Mount Totumas extension on two dates.

**Plain Xenops** *Xenops minutus* – sensational views of this diminutive treerunner-like species with a pair putting on a show at Green Acres Chocolate Farm on April 6<sup>th</sup>.

**Scaly-throated Foliage-gleaner** *Anabacerthia variegaticeps* – unexpectedly excellent views of this skulker near the entrance gate to Finca Del Sr. Vega, Mount Totumas on April 13<sup>th</sup>.

**Slaty Spinetail** *Synallaxis brachyura* – a tricky, skulking species that only rarely emerges from cover. We were therefore extremely fortunate to have views of two working through the scrub and understory along the road to Punta Robalo on April 5<sup>th</sup>.

**Red-faced Spinetail** *Cranioleuca erythrops*— only seen at Mount Totumas with a pair building a nest in the mid-story on the Big Tree Loop on April 11<sup>th</sup> and another pair on the Quetzal Trail on April 13<sup>th</sup>.

#### **MANAKINS: Pipridae (2)**

**Golden-collared Manakin** *Manacus vitellinus*—this stunning species could be found with ease foraging and displaying and every single day at Tranquilo Bay. The males were found mostly in the gardens outside the cabanas as well as at numerous other locations on the mainland.

**Red-capped Manakin** *Ceratopipra mentalis*— rather scarce, with three or four being found on most days at Tranquilo Bay. Thankfully their number included several handsome, red capped males!

#### **COTINGAS: Cotingidae (4)**

**Purple-throated Fruitcrow** *Querula purpurata*— wonderful views of three at Green Acres Chocolate Farm, their presence given away by the distinctively fluty, whistled calls.

**Three-wattled Bellbird** *Procnias tricarunculatus*— ‘bellbirds’ could be heard singing each and every day at Mount Totumas, though actual views were sometimes difficult to secure. Even so, we ultimately had fantastic views of a couple of singing males including one that could be scoped across the valley from Bellbird Lodge!

**Snowy Cotinga** *Carpodectes nitidus*— beautiful views of this stunning species as we weaved our way through the mangroves at Isla Popa on April 4<sup>th</sup>. Snowy Cotingas understandably caused quite a stir among our group on the boats!

**Blue Cotinga** *Cotinga nattererii* – a couple of stunning males were spotted by Stacy and Roger at La Mesa overlook on the Cañazas Road, Ngäbe-Buglé on April 5<sup>th</sup>.

#### **BECARDS AND TITYRAS: Tityridae (4)**

**Masked Tityra** *Tityra semifasciata*— fairly widespread in the lowlands, we found up to six at Punta Robalo, Green Acres Chocolate Farm, the Changuinola Canal, the Cañazas Road and Tranquilo Bay, most of them fairly high in the canopy. Also, two were elevation, downslope from Mount Totumas below Loz Pozos hot springs on April 12<sup>th</sup>.

**Black-crowned Tityra** *Tityra inquistitor* – super views of a pair during one of our stops on the Cañazas Road, Ngäbe-Buglé on April 5<sup>th</sup>

**Barred Becard** *Pachyrhamphus versicolor* – a beautiful male on the Big Tree Loop at Mount Totumas on April 11<sup>th</sup>. An uncommon highlands species and the smallest becard in the region.

**Cinnamon Becard** *Pachyrhamphus cinnamonus* – nice views of a pair in roadside trees during the downpour at Punta Robalo on April 5<sup>th</sup>, and another found on the Cañazas Road, Ngäbe-Buglé, also the 5<sup>th</sup>

#### **TYRANT FLYCATCHERS: Tyrannidae (27)**

**Stub-tailed Spadebill** *Platyrinchus cancrominus* (HO) — the diagnostic call notes of this species could be heard on the Jungle Trail at Tranquilo Bay on the afternoon of April 4<sup>th</sup>. This species has a fascinating distribution in Panama and is restricted entirely to the Bocas Del Toro Archipelago.

**White-throated Spadebill** *Platyrinchus mystaceus* – a single heard and ultimately seen on the Quetzal Trail at Mount Totumas on April 13<sup>th</sup>, the only species of spadebill likely to be encountered at 2000 meters above sea level.

**Black-capped Pygmy-Tyrant** *Myiornis atricapillus* – this tiny, fast moving canopy dweller would have been missed had it not been for Roger’s sharp hearing and field skills – on the Cañazas Road, Ngäbe-Buglé, on April 8<sup>th</sup>

**Common Tody-Flycatcher** *Todirostrum cinereum*— singles or pairs were found in a number of widespread locations such as Punta Robalo, the Changuinola Canal and several sites on the Cañazas Road, Ngäbe-Buglé.

**Black-headed Tody-Flycatcher** *Todirostrum atricapillus* – one was skillfully picked out by Roger along the Changuinola Canal on the 7<sup>th</sup>.

**Yellow-bellied Elaenia** *Elaenia flavogaster*— the lazy, wheezing calls of this species were heard many times on the tour with actual sightings at Punta Robalo, Green Acres Chocolate Farm, Changuinola Canal, the Cañazas Road, Tranquilo Bay, and Mount Totumas. Widespread though not particularly numerous anywhere.

**Mountain Elaenia** *Elaenia frantzii* – rather common at Mount Totumas and the only species of *elaenia* present at the higher elevations.

**Rough-legged Tyrannulet** *Phyllomyias burmeisteri* - a tiny, uncommon resident of higher elevations that appeared twice at Mount Totumas; at Loz Pozos Hot Springs on April 12<sup>th</sup> and at Finca Del Sr. Vega on the 13<sup>th</sup>

**Mistletoe Tyrannulet** *Zimmerius parvus*— formerly called Paltry Tyrannulet, we found this species at Loz Pozos Hot Springs, Mount Totumas April 12<sup>th</sup> and at Finca Del Sr. Vega on the 13<sup>th</sup>.

**Yellowish Flycatcher** *Empidonax flavescens* – pretty good views of this resident, cloud forest *empidonax* at Mount Totumas April 11<sup>th</sup> and 13<sup>th</sup>.

**Olive-sided Flycatcher** *Contopus cooperi* - a migrant by the Rio Colorado at Mount Totumas on April 12<sup>th</sup> conveniently teed up high in classic fashion just after observing a couple of migrant Western Wood-Pewees.

**Western Wood-Pewee** *Contopus sordidulus* – a small passage of migrants at high elevation on Mount Totumas with at least six seen on April 13<sup>th</sup>.



**Eastern Wood-Pewee** *Contopus virens* – small numbers of migrants noted in the Caribbean lowlands most notably on April 7<sup>th</sup> with about nine seen along the Changuinola Canal and River.

**Dark Pewee** *Contopus lugubris* (RE) – excellent views of this regional endemic at Mount Totumas on three consecutive days with one or two teed up on snags by the Rio Colorado.

**Black Phoebe** *Sayornis nigricans*— one by the Rio Colorado, Mount Totumas April 12<sup>th</sup> and another just downslope from Mount Totumas Lodge on the same date.

**Long-tailed Tyrant** *Colonia colonis* – one showed exceptionally well on the Cañazas Road, Ngäbe-Buglé on April 8<sup>th</sup>.

**Bright-rumped Attila** *Attila spadiceus* (HO) — calling *attilas* were heard at Isla Popa on April 4<sup>th</sup> and the Chanquinola Canal on the 7<sup>th</sup>.

**Dusky-capped Flycatcher** *Myiarchus tuberculifer*— more often heard than seen, noted on two dates at Tranquilo Bay and along the Chanquilo Canal and River on the 7<sup>th</sup>.

**Great Crested Flycatcher** *Myiarchus crinitus* – the distinctive ‘*wheeeep*’ call of this species was heard on at least four days in the Caribbean lowlands with one neatly photographed by Mike S. at Punta Robalo on April 5<sup>th</sup>.

**Great Kiskadee** *Pitangus sulphuratus*— widespread in a variety of locations in the Caribbean lowlands and seen on seven days of the tour. A pair high elevation by the Rio Colorado, Mount Totumas on April 12<sup>th</sup> were far less expected.

**Boat-billed Flycatcher** *Megarynchus pitangua*—daily sightings throughout the tour including at higher elevation on Mount Totumas. One of the most widespread flycatchers seen and heard on the tour, best detected by its distinctive vocals.

**Social Flycatcher** *Myiozetetes similis*— noted on the Caribbean slope on just four days of the tour with up to four at Punta Robalo, the Changuinola Canal and the Cañazas Road, Ngäbe-Buglé

**Gray-capped Flycatcher** *Myiozetetes granadensis*—nice views of this Social Flycatcher ‘look-alike’ by the Cañazas Road, Ngäbe-Buglé on April 5<sup>th</sup> and 8<sup>th</sup>.

**Golden-bellied Flycatcher** *Myiodynastes hemichrysus* (RE)—absolutely incredible views of a pair nest building by a waterfall on the Big Tree Loop, and another pair vocalizing (think squeaky rubber duck!) at Finca Del Sr. Vega at about 2000 meters above sea level, all at Mount Totumas.

**Sulphur-bellied Flycatcher** *Myiodynastes luteiventris* – how exciting to have a migrant drop in to the gardens at Tranquilo Bay during an afternoon bird walk on the 4<sup>th</sup>! A non-breeding transient species in Panama.

**Tropical Kingbird** *Tyrannus melancholicus*— ‘TKs’ were fairly common throughout the coastal lowlands, foothills and in built-up areas such as Chiriqui Grande, David and Volcan. We even found a few at the higher elevations at Mount Totumas.

**Eastern Kingbird** *Tyrannus tyrannus* – fall-out!! Perhaps the best way to describe the sudden appearance of at least a dozen in the early stages of our boat tour along the Changuinola Canal on April 7<sup>th</sup>.

### **VIREOS: Vireonidae (6)**

**Rufous-browed Peppershrike** *Cylarhis gujanensis* – sensational views of a singing male on the Roble Loop at Mount Totumas on April 12<sup>th</sup>. Despite being a fairly large passerine this species can be notoriously difficult to see well, even when constantly singing as this bird was. Fortunately for us we were so high up on the trail that it was possible to look down on this bird singing in the canopy – an absolute triumph!

**Green Shrike-Vireo** *Vireolanius pulchellus* (HO) – a single bird was heard singing as we were watching a massive migration of Mississippi Kites over the Cañazas Road, Ngäbe-Buglé on April 8<sup>th</sup>.

**Lesser Greenlet** *Pachysylvia decurtata*— a rather bland little vireo usually found amid feeding flocks, noted on just three dates at Tranquilo Bay and the Changuinola Canal.

**Yellow-throated Vireo** *Vireo flavifrons*— most wintering individuals appeared to have dispersed northward and we only found one on the tour, on the Punta Robalo road on April 5<sup>th</sup>.

**Brown-capped Vireo** *Vireo leucophrys*— a fairly common resident in the highlands at Mount Totumas with up to six seen or heard on four days of our visit.

**Red-eyed Vireo** *Vireo olivaceus* – the tour was timed perfectly to overlap with the migration of this North American breeder and migrants were recorded in the lowlands on four dates including at Tranquilo Bay, plus an impressive concentration of 10 – 12 along the Changuinola Canal on April 7<sup>th</sup>.

### **CROWS AND JAYS: Corvidae (2)**

**Brown Jay** *Psilorhinus morio*— a fairly common jay throughout much of Central America but absent from most of Panama with the exception of the West Caribbean slope. We therefore did rather well to see Brown Jays in the fields by Punta Robalo on the 5<sup>th</sup> and the 10<sup>th</sup>.

**Black-chested Jay** *Cyanocorax affinis*— small flocks of half-a-dozen or so of this attractive jay were encountered at Green Acres Chocolate Farm on April 6<sup>th</sup>, and along the Cañazas Road, Ngäbe-Buglé on the 5<sup>th</sup> and the 8<sup>th</sup>

#### **SWALLOWS AND MARTINS: Hirundinidae (7)**

**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 nesting on the lodge building.

**Southern Rough-winged Swallow** *Stelgidopteryx ruficollis*— a rather unobtrusive swallow with just one pair found along the Cañazas Road, Ngäbe-Buglé on April 5<sup>th</sup>

**Gray-breasted Martin** *Progne chalybea*— pairs were found along the Cañazas Road, Ngäbe-Buglé on April 5<sup>th</sup> and 8<sup>th</sup>, and behind the Terpel gas station at Chiriqui Grande on the 8<sup>th</sup>.

**Bank Swallow** *Riparia riparia* – at least a dozen migrants moving north-west low over the bay at Chiriqui Lagoon as we approached Punta Robalo in the rain on April 10<sup>th</sup>.

**Barn Swallow** *Hirundo rustica* – hundreds of migrants moved west and north-west every day in all weathers throughout our time in Caribbean lowlands....and yet the species was puzzlingly absent from Mount Totumas.

**Cliff Swallow** *Petrochelidon pyrrhonota* – tens of migrants moved west and north-west through the Caribbean lowlands on three dates of the tour.

**Mangrove Swallow** *Tachycineta albilinea*— this dapper little swallow showed well along the Changuinola Canal on April 7<sup>th</sup> with at least six seen well.

#### **GNATCATCHERS: Polioptilidae (1)**

**White-browed Gnatcatcher** *Polioptila plumbea*—this crisp looking gnatcatcher was found on four days in the Caribbean lowlands including the lodge grounds at Tranquilo Bay, and often close to mixed feeding flocks. Formerly named Tropical Gnatcatcher.

#### **WRENS: Troglodytidae (6)**

**House Wren** *Troglodytes aedon*— singles and/or pairs were found Green Acres Chocolate Farm, Tranquilo Bay, the Changuinola Canal and Cañazas Road.

**Ochraceous Wren** *Troglodytes ochraceus* (RE) – one singing above the Quetzal Trail at Mount Totumas on April 13<sup>th</sup>. Somewhat surprisingly (for a small wren), the bird spent most of its time high in the sub-canopy and proved extremely difficult to see well.

**Black-throated Wren** *Pheugopedius atrogularis* (RE) (HO) — this super skulking Central American endemic was ‘heard-only’ along the Changuinola Canal on April 7<sup>th</sup>.

**Canebrake Wren** *Cantorchilus zeledoni* (RE) (HO) — another wren and another skulking Central American endemic, heard-only in the waterside vegetation along the Changuinola Canal on the 7<sup>th</sup>

**Bay Wren** *Cantorchilus nigricapillus*— a very beautiful wren, heard much more frequently than seen. Eventually we tracked down a single on the Jungle Trail at Tranquilo Bay on April 6<sup>th</sup> and a pair by the Changuinola Canal on the 7<sup>th</sup>.

**Gray-breasted Wood-Wren** *Henicorhina leucophrys* (HO) — sadly no views of this highland wren though we did hear it well at Mount Totumas on April 13<sup>th</sup>.

#### **DIPPERS: Cinclidae (1)**

**American Dipper** *Cinclus mexicanus*— a highly localized species in Panama, we enjoyed exceptional views of at least one pair on the Rio Colorado below Mount Totumas Lodge on April 12<sup>th</sup>.

#### **MOCKINGBIRDS AND THRASHERS: Mimidae (2)**

**Tropical Mockingbird** *Mimus gilvus* – rather uncommon with the first being seen on the Pacific slope during the transfer from Tranquilo Bay followed by a couple of singles at Mount Totumas.

**Gray Catbird** *Dumetella carolinensis*— two late migrants along the Changuinola Canal on April 7<sup>th</sup>.

#### **THRUSHES: Turdidae (6)**

**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 could be heard every day. We had to work quite hard to secure good views compounded by the fact that the birds were nesting during our visit in mid-April. We actually stumbled across two nests containing eggs as the birds seemed to choose nesting sites in the most covered embankments right next to walking trails!

**Ruddy-capped Nightingale-Thrush** *Catharus frantzii* —tremendous views of this uncommon highlands thrush at Finca Del Sr. Vega and along the Quetzal Trail at Mount Totumas on April 13<sup>th</sup>.

**Swainson's Thrush** *Catharus ustulatus* – one of the more visible Nearctic migrants in Caribbean lowlands and found almost daily throughout the tour. Absolutely prolific at Mount Totumas where Jeffrey Dietrich had mentioned that the species stages there for up to six weeks, fattening up before the next major step in the migration. During our visit the coffee plantations, cloud forest edge and gardens were alive with the 'pwip', 'quips' and wiry ascending warbles of vocalizing Swainson's Thrushes present in the hundreds.

**Mountain Thrush** *Turdus plebejus*— up to half-a-dozen noted at Mount Totumas, around the lodge buildings and on the surrounding wooded trails.

**White-throated Thrush** *Turdus assimilis*— a singing bird near the Colibri feeders at Mount Totumas on the 10<sup>th</sup> proved extremely difficult to see but we had better luck on the Big Tree Loop the following day.

**Clay-colored Thrush** *Turdus grayi*— fairly plentiful throughout the Caribbean lowlands and to a lesser extent at Mount Totumas. Noted in a wide variety of locations on every day of the tour.

#### **OLD WORLD SPARROWS: Passeridae: (1)**

**House Sparrow** *Passer domesticus* - a single at Punta Robalo on April 5<sup>th</sup> was the only House Sparrow reported for the whole tour.

#### **SILKY-FLYCATCHERS: Ptiliognathidae (1)**

**Long-tailed Silky-flycatcher** *Phainoptila caudatus* (RE) — we enjoyed wonderful views of this beautiful Central American endemic at Finca Del Sr. Vega at Mount Totumas on April 13<sup>th</sup>

#### **FINCHES AND EUPHONIAS: Fringillidae (8)**

**Elegant Euphonia** *Chlorophonia elegantissima* – sensational views of this stunning euphonia along the road below Loz Pozos Hot Springs on April 12<sup>th</sup>. We found at least four individuals and even had the privilege of watching a pair build a nest in a moss covered fork. One of the highlights of the tour.

**Golden-browed Chlorophonia** *Chlorophonia callophrys* (RE) — what a tour we had for this stunner!! Close views of several at high elevation at Mount Totumas on three consecutive dates including four individuals at Finca Del Sr. Vega, Mount Totumas on April 13<sup>th</sup>. A remarkable species to observe both in terms of beauty and camouflage, blending in beautifully with its environment.

**Yellow-crowned Euphonia** *Euphonia luteicapilla* (RE) — a Central American endemic that was heard at Green Acres Chocolate Farm on April 6<sup>th</sup> and seen, finally, along the Cañazas Road on the 8<sup>th</sup>.

**Spot-crowned Euphonia** *Euphonia imitans* (RE) - Reinaldo pointed out a pair as they landed in a leafless tree by the Rio Colorado below Mount Totumas Lodge on April 12<sup>th</sup>. Uncommon and local in Panama.

**Olive-backed Euphonia** *Euphonia gouldi*— pairs were seen at the Cañazas Road, Green Acres Chocolate Farm and the Changuinola Canal on three days of the tour, all the sightings coming from the humid Caribbean lowlands.

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

**Lesser Goldfinch** *Spinus psaltria* – scarce, with just one pair at Mount Totumas on April 11<sup>th</sup> and completely absent from the Caribbean lowlands during the whole of our stay at Tranquilo Bay.

**Yellow-bellied Siskin** *Spinus xanthogastrus* – very much a highlands species, uncommon and local in Central America, we did incredibly well at Mount Totumas with great views of several pairs on three days including at least eight at Finca Del Sr. Vega, Mount Totumas on April 13<sup>th</sup>.

#### **NEW WORLD SPARROWS: Passerellidae (6)**

**Common Chlorospingus** *Chlorospingus flavopectus*— three were found by Route 10 in the Chiriqui Grande foothills on April 8<sup>th</sup>, and we also came across pairs or small groups following feeding flocks at Mount Totumas on three days of our stay in the highlands.

**Black-striped Sparrow** *Arremonops conirostris*— sightings of this large, often skulking sparrow came from Punta Robalo, the Cañazas Road and along the Changuinola Canal where one showed reasonably well on April 7<sup>th</sup>.

**Chestnut-capped Brushfinch** *Arremon brunneinucha*— Dawn had excellent views of this handsome ‘sparrow’ from the bird blind by the Coffee House, Mount Totumas on April 11<sup>th</sup>.

**Rufous-collared Sparrow** *Zonotrichia capensis*— plentiful at Mount Totumas, especially around the lodge buildings and feeders. A few also took advantage of the moth trap at Bellbird Lodge, picking off the remnants at first light with several other avian visitors. Two were also by Route 10 in the Chiriqui Grande foothills on April 8<sup>th</sup>.

**White-naped Brushfinch** *Atlapetes albinucha*— super views of this large, attractive highlands sparrow along the entrance road below the Coffee House, Mount Totumas on April 11<sup>th</sup>.

**Yellow-thighed Brushfinch** *Atlapetes tibialis* (RE) – two or three of this well named species were pointed out by Jeffrey along the track leading to Finca Del Sr. Vega, Mount Totumas on April 13<sup>th</sup>, just one element of a remarkably busy morning that featured a number of regional endemics.

#### **NEW WORLD BLACKBIRDS: Icteridae (10)**

**Red-breasted Meadowlark** *Sturnella militaris*— fabulous views of at least six at Punta Robalo on April 5<sup>th</sup> and the grazing pasture by the Changuinola River the 7<sup>th</sup>.

**Montezuma Oropendola** *Psarocolius montezuma*— a stellar tour for seeing and hearing this large, weirdly beautiful oropendula. The trademark liquid gurgles became a familiar sound throughout our stay at Tranquilo Bay with flocks moving low over the lodge and cabanas, or stopping to feed in the lush gardens. Flocks were best seen from atop the Canopy Tower where up to 30 were seen most days.

**Scarlet-rumped Cacique** *Cacicus uropygialis* – about four were heard well and seen rather badly along the Cañazas Road on April 8<sup>th</sup>, an uncommon species on the humid Caribbean slope.

**Black-cowled Oriole** *Icterus prosthemelas*— a resident oriole found in the Caribbean lowlands. A single appeared briefly along the Cañazas Road on April 5<sup>th</sup>, and several pairs were along the Changuinola Canal on the 7<sup>th</sup>.

**Baltimore Oriole** *Icterus galbula*— migrants were noted in the Caribbean lowlands on three dates with at least 10 along the Changuinola Cal on April 7<sup>th</sup>.

**Shiny Cowbird** *Molothrus bonariensis* – a pair at one of our stops on the Cañazas Road April 5<sup>th</sup>. A locally uncommon but expanding species on the Caribbean slope.

**Bronzed Cowbird** *Molothrus aeneus* – up to half-a-dozen in rough pasture at Mount Totumas on April 12<sup>th</sup> and 13<sup>th</sup>.

**Giant Cowbird** *Molothrus oryzivorus*— rather scarce but seen well at a number of lowland sites including Punta Robalo, the Cañazas Road, and the Canopy Tower at Tranquilo Bay. This species is a brood parasite of Montezuma Oropendula.

**Melodious Blackbird** *Dives dives* – rare in Panama and only recently discovered in the Western part of country, we came across one pair at Punta Robalo on April 5<sup>th</sup>.

**Great-tailed Grackle** *Quiscalus mexicanus*— quite common in urban areas and villages as well as being found in rough pasture and wetlands in the lowlands and foothills. One near Loz Pozos at Mount Totumas was less expected and even surprised our local guide Reinaldo.

#### **NEW WORLD WARBLERS: Parulidae (20)**

**Northern Waterthrush** *Parkesia noveboracensis*— singles found most days in a variety of wet lowland locations but most often found in the gardens and mangrove forests at Tranquilo Bay. Absent from Mount Totumas.



**Golden-winged Warbler** *Vermivora chrysoptera* – a super reward for those braving the downpours at Punta Robalo on April 5<sup>th</sup>, an uncommon transient in Western Panama.

**Black-and-white Warbler** *Mniotilta varia*— two migrants seen well from the boats along the Changuinola Canal on April 7<sup>th</sup>.

**Prothonotary Warbler** *Protonotaria citrea*— migrants present in good numbers on the afternoon of our arrival at Tranquilo Bay when about 10 birds were seen but our tour must have timed with a sudden mass departure to North American breeding grounds and we saw only two singles after that with the last on April 6<sup>th</sup>.

**Tennessee Warbler** *Oreothlypis peregrina*— easily the most abundant of the North American wood-warblers to be found on the tour and seen in numbers on every single day in Caribbean lowlands. Prolific at Tranquilo Bay where the balcony feeders often supported 10 or 15 birds at a time. Far less frequent at Mount Totumas.

**Mourning Warbler** *Geothlypis philadelphia* – two fabulous ‘hooded’ males were seen on the tour, one gracing the roadside vegetation at Punta Robalo on April 5<sup>th</sup> and another perched on barbed wire and fence posts by the Changuinola Canal on the 7<sup>th</sup>. A North American breeder and a scarce migrant in Western Panama.

**Olive-crowned Yellowthroat** *Geothlypis semiflava*—two seen in the rank vegetation by the Changuinola Canal April 7<sup>th</sup>, an uncommon skulking warbler of the Caribbean lowlands that ultimately gave great views as we watched from the boats.

**American Redstart** *Setophaga ruticilla*— a single moving within a feeding flock by the Changuinola Canal on April 7<sup>th</sup>. Surprisingly, the only one of the whole tour.

**Tropical Parula** *Setophaga pitayumi* – a stunning singing male put on the most fabulous show by the Rio Colorado at Mount Totumas on April 12<sup>th</sup>.

**Magnolia Warbler** *Setophaga magnolia* – a single migrant in the rain at Camino a Punta Róbal on April 5<sup>th</sup>.

**Bay-breasted Warbler** *Setophaga castanea*— we found two migrants from the roadside by Route 10 in the Chiriquí Grande Road foothills on April 8<sup>th</sup>.

**Blackburnian Warbler** *Setophaga fusca*— one of these little stunners appeared at the lodge’s balcony feeders during the deluge at Tranquilo Bay on April 9<sup>th</sup>, and two more were seen at Mount Totumas on the 12<sup>th</sup> and 13<sup>th</sup>.

**Yellow Warbler (Northern)** *Setophaga petechia*— we came across several small feeding flocks of north-bound migrants at Punta Robalo (5), the Changuinola Canal (6) and the Changuinola River (5).

**Yellow Warbler (Mangrove)** *Setophaga petechia erithacorides* – the distinctive rufous-hooded form of yellow warbler, often called ‘Mangrove Yellow Warbler’, was spotted and seen really well in the mangroves during the boat trip to Isla Popa on April 4<sup>th</sup>.

**Chestnut-sided Warbler** *Setophaga pensylvanica*— one of the more frequent warbler species seen on the tour, recorded on seven days in the Caribbean lowlands including several with chestnut colored flanks right in front of the cabanas at Tranquilo Bay on most days.

**Black-throated Green Warbler** *Setophaga virens* – several found amid feeding flocks on a long walk on the Big Tree Loop, Mount Totumas on April 11<sup>th</sup>.

**Golden-crowned Warbler** *Basileuterus culicivorus*— a resident warbler and a denizen of the highlands. We found pairs near Loz Pozos Hot Springs on April 12<sup>th</sup> and Finca Del Sr. Vega on the 13<sup>th</sup>.

**Canada Warbler** *Cardellina canadensis* – Roger spotted a migrant near the staff housing at Tranquilo Bay April 6<sup>th</sup>, a bird that unfortunately slipped away before members of the group could see it. We had better luck at Mount Totumas where Reinaldo picked out couple of migrants associating with a pair of Slate-throated Redstarts along the Quetzal Trail on the 13<sup>th</sup>.

**Wilson’s Warbler** *Cardellina pusilla*— migrants destined for the boreal forests of North America were at Mount Totumas on April 10<sup>th</sup> (2) and 12<sup>th</sup> (5).

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

#### **MITROSPINGIID TANAGERS: Mitrospingidae (1)**

**Dusky-faced Tanager** *Mitrospingus cassinii*— we found a small, noisy group right by Route 10 in the Chiriquí Grande foothills on April 8<sup>th</sup>, and another small flock on the Cañazas Road on the same day.

#### **CARDINALS, GROSBEAKS AND ALLIES: Cardinalidae (9)**

**Flame-colored Tanager** *Piranga bidentate* — a stunningly beautiful highlands species easily found in some numbers every day at Mount Totumas, often near the feeders at Bellbird Lodge.

**White-winged Tanager** *Piranga leucoptera* — one of the species involved in the tanager ‘extravaganza’ right by the road below Loz Pozos Hot Springs, Mount Totumas on April 12<sup>th</sup>. A small tanager with bold white wing bars on black wings, the males with deep red plumage and a blackish mask — a most attractive species.

**Red-throated Ant-Tanager** *Habia fuscicauda* — pairs seen on the jungle trails at Tranquilo Bay on April 4<sup>th</sup> and the Changuinola Canal on the 7<sup>th</sup>.

**Black-faced Grosbeak** *Corythraustes poliogaster* — a small group of four of these noisy grosbeaks along the Cañazas Road on April 8<sup>th</sup>.

**Rose-breasted Grosbeak** *Pheucticus ludovicianus* — a very nice showing of migrants bound for North America with 10 along the Changuinola Canal on April 7<sup>th</sup> and 5 at Mount Totumas on the 13<sup>th</sup>, plus one to three on four other dates of the tour.

**Summer Tanager** *Piranga rubra* — migrants destined for North America were found throughout the Caribbean lowlands portion of the trip but only once during the Mount Totumas extension.

**Scarlet Tanager** *Piranga olivacea* — a North American breeding bird and transient through Panama, we found up to five including some breeding plumage males at Tranquilo Bay on the 3<sup>rd</sup>, 5<sup>th</sup> and 6<sup>th</sup> of April and several along the Changuinola Canal on the 7<sup>th</sup>.

**Indigo Bunting** *Passerina cyanea* — a small arrival of migrants in the early stages of the tour with two at Tranquilo Bay on April 4<sup>th</sup>, and at least three in the rain at Punta Robalo on the 5<sup>th</sup>. Their number included a number of vibrant blue males that really brought a smile to Roger’s face as he’d never seen an adult male before!

**Blue-black Grosbeak** *Cyanoloxia cyanoides* — a pair were often present in the gardens right in front of the cabanas at Tranquilo Bay, the male often having onsite battles with its own reflection in the glass door at cabana#2! Despite being so bold and singing frequently throughout the day, they were actually quite difficult to see well and photograph. Pairs were also found at Punta Robalo and the Changuinola Canal.

#### **TANAGERS AND ALLIES: Thraupidae (25)**

**Tawny-crested Tanager** *Tachyphonus delatrii* — fairly common at Tranquilo Bay being found in the lodge gardens or along the Jungle Trails on five dates of the tour. The ‘tawny’ crown of the black males actually looked closer to golden in the field.

**White-lined Tanager** *Tachyphonus rufus* — rather scarce with a pair along the Punta Robalo Road on the 5<sup>th</sup>, and a single along the Cañazas Road on April 8<sup>th</sup>.

**Scarlet-rumped Tanager (Passerini’s)** *Ramphocelus passerinii passerinii* — found at Punta Robalo, the Changuinola Canal and the Cañazas Road in good numbers, the scarlet rump of the males absolutely ‘glowing’ in flight.

**Scarlet-rumped Tanager (Cherrie’s)** *Ramphocelus passerinii costaricensis* (RE) — very similar to Scarlet-rumped and best separated by range. A single near Bellbird Lodge on April 11<sup>th</sup> and two below Loz Pozos Hot Springs on April 12<sup>th</sup>, quite unusual at such high elevation.

**Blue-gray Tanager** *Thraupis episcopus* — not only one of the more familiar Central American tanagers, but seemingly very common in Panama. Seen daily throughout the tour including at Mount Totumas at almost 2000 meters above sea level.

**Palm Tanager** *Thraupis palmarum* — a superficially nondescript but actually rather attractive tanager present in small numbers at Tranquilo Bay and all the suitable locations that we visited in the Caribbean lowlands.

**Golden-hooded Tanager** *Tangara larvata* — always one of the more ‘sought-after’ tanagers, we came across this beauty at multiple locations including Isla Popa, the Changuinola Canal, Tranquilo Bay, close to Loz Pozos Hot Springs at Mount Totumas

**Speckled Tanager** *Ixothraupis guttata* — at least four foraging around epiphytes by the road below Loz Pozos Hot Springs, Mount Totumas on April 12<sup>th</sup>. Yet another stunning tanager to grace our checklists.

**Plain-colored Tanager** *Tangara inornata* — common throughout the Caribbean lowlands but completely absent from Mount Totumas. A well named species, often present in the gardens right in front of the cabanas at Tranquilo Bay.

**Bay-headed Tanager** *Tangara gyrola* — at least two right by the road below Loz Pozos Hot Springs on April 12<sup>th</sup>, and close to the Silver-throated, Speckled and White-winged Tanagers present there — quite the morning for tanagers!

**Silver-throated Tanager** *Tangara icterocephala* — one of the more spectacular species to grace the higher elevations at Mount Totumas, We found about six by the roadside below Loz Pozos Hot Springs on April 12<sup>th</sup>.

**Scarlet-thighed Dacnis** *Dacnis venusta*— a stunning little *dacnis* found on three consecutive days at Mount Totumas including a group of five right outside Bellbird Lodge on the 13<sup>th</sup>. Apparently more of a foothills species so it was somewhat surprising to find it at 2000 meters above seas level.

**Blue Dacnis** *Dacnis cayana*—several pairs could often be found in the gardens of the lodge at Tranquilo Bay feeding on berries right in front of the cabanas, as well as small numbers noted along the Cañazas Road and the Changuinola Canal.

**Shining Honeycreeper** *Cyanerpes lucidus*—a stunning honeycreeper that often gave fantastic views right outside Cabana #3 at Tranquilo Bay as well as at the lodge's balcony feeders. Found at Tranquilo Bay on five days with the most (6+) being seen on the afternoon of our arrival on April 3<sup>rd</sup>.

**Green Honeycreeper** *Chlorophanes spiza*— the lush gardens of Tranquilo Bay provided a major attraction for honeycreepers with Green being the largest of the group, seen on four days the tour. Sometimes visible from atop the Canopy Tower.

**Slaty Flowerpiercer** *Diglossa plumbea* (RE) —the unique upturned, hooked bill of this species was quite easy to observe at close range at Mount Totumas as several would favor the hummingbird feeders and flowering plants near Bellbird Lodge. Found on at least three days of the extension.

**Blue-black Grassquit** *Volatinia jacarina* – one of several seed-eating species found in numbers in the fields along the Punta Robalo Road with around 15 there on April 5<sup>th</sup>. Found only in the lowlands on four days of the tour.

**Thick-billed Seed-Finch** *Sporophila funereal* – a smaller seed-finch than the Nicaraguan found in the lowlands with about six at Punta Robalo on April 5<sup>th</sup>, and a pair along the Changuinola Canal on the 7<sup>th</sup>.

**Nicaraguan Seed-Finch** *Sporophila nuttingi* (RE) — about three found in the damp, rank vegetation along the edge of the Changuinola Canal on April 7<sup>th</sup>. The massive, flesh-pink conical bill of the male really stood out against the blackish plumage as the birds sang from elevated song posts in the fields. A regional endemic, uncommon or rare throughout its range.

**Variable Seedeater** *Sporophila corvina*— small numbers at Tranquilo Bay, Punta Robalo and other sites throughout the Caribbean lowlands but absent from Mount Totumas.

**Morelet's Seedeater** *Sporophila moreletti*—very small flocks were present in the grasslands by Punta Robalo on the 5<sup>th</sup>, 8<sup>th</sup> and 10<sup>th</sup> of April

**Bananaquit** *Coereba flaveola*— good numbers found each and every day at Tranquilo Bay where the abundance of flowering plants and well serviced balcony feeders always provided an attraction for this nectar loving species.

**Yellow-faced Grassquit** *Tiaris olivaceus*— noted 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 the grasses alongside the lodge's entrance road where a couple of the males would show incredibly well.

**Buff-throated Saltator** *Saltator maximus*— widespread though not especially common anywhere being found at Punta Róbalo, along the Changuinola Canal and at Mount Totumas where we had the best views by the road below Loz Pozos Hot Springs on April 12<sup>th</sup>

**Cinnamon-bellied Saltator** *Saltator grandis* - a single at Camino a Punta Róbalo on the 5<sup>th</sup> and at least two teed up and singing by the Chanquinola Canal on April 7<sup>th</sup>. Formerly called Grayish Saltator.

**Streaked Saltator** *Saltator striatipectus* – two seen rather briefly by Big Tree Loop on April 11<sup>th</sup>. Not especially expected at Mount Totumas as this species generally favors lowlands and foothills.

#### MAMMALS (12 species recorded):

**Crab-eating Raccoon** *Procyon cancrivorus* – nocturnal but two or three often present around the lodge freeloading off the balcony feeders.

**Paca** *Cuniculus paca* – Mike F. was fortunate enough to see one of these elusive mammals at Tranquilo Bay on the morning of April 4<sup>th</sup>.

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

**Brown-throated Three-toed Sloth** *Bradypus variegatus*— common but always welcome in the grounds of Tranquilo Bay Adventure Lodge and at other locations in the Caribbean lowlands. Very photogenic and obliging.

**Hoffmann's Two-toed Sloth** *Choloepus hoffmanni*— just the one found on this tour, but it did give very good views...at Green Acres Chocolate Farm on April 6<sup>th</sup>.

**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. They could also be seen in flight soon after sunset.

**Red-tailed Squirrel** *Sciurus granatensis*— noted on two dates at Mount Totumas.

**White-throated Capuchin** *Cebus capucinus*— common at Tranquilo Bay where they were frequent visitors to the lodge gardens and balcony feeders. Fairly bold at times especially off the lodge's balcony when they were most easily photographed. Not seen at Mount Totumas.

**Mantled Howler Monkey** *Alouatta palliata*— encountered in wooded habitats on just two dates in the Caribbean lowlands though seen well at the Changuinola Canal on April 7<sup>th</sup>. Much more common at Mount Totumas where they could be heard regularly from Bellbird Lodge and seen aplenty on the Big Tree Loop.

**Central American Spider Monkey** *Ateles geoffroyi* — found in the mature forest on the Big Tree Loop and the Puma Loop at Mount Totumas with unforgettable views of several females carrying young through the canopy.

**Atlantic Bottlenose Dolphin** *Tursiops truncatus* — small numbers were seen fairly frequently in Tranquilo Bay, often close to the dock of the adventure lodge.

#### REPTILES AND AMPHIBIANS (13 species recorded):

**Black River Turtle** *Rhinoclemmys funerea*- at least one noted basking along the Changuinola Canal on the 7<sup>th</sup>

**Green Iguana** *Iguana iguana* — two along the Changuinola Canal on April 7<sup>th</sup> including an impressively large male.

**Brown Basilisk** *Basiliscus vittatus* — two or three could often be found in the grounds of the lodge, sometimes lending themselves to photos.

**Helmeted Basilisk** *Corytophanes cristatus* — one of the more fascinating reptiles of the tour, first spotted by Stacy resting on vertical stem close to the paved walkway through the lodge. Apparently a canopy dweller and quite unusual as close to ground level as we saw it. It's a sit-and-wait predator and watched it 'waiting' on the same vertical stem on at least five days of the tour at Tranquilo Bay.

**Middle American Ameiva** *Holcosus festivus* — spotted in the grounds of Tranquilo Bay Lodge several times and neatly photographed by Mike S.

**Yellow-headed Gecko** *Gonatodes albogularis* — at least two at Green Acres Chocolate Farm on April 6<sup>th</sup>, one of many critters pointed out by Stacy's expert eye.

**Canopy Anole** *Anolis lemurinus* — a really beautiful anole pointed out to us by Stacy near the staff housing area on April 4<sup>th</sup>. Like the Helmeted Basilisk, this was also a canopy dweller that had the good courtesy to come down to ground level and give us super views!

**Border (Slender) Anole** *Anolis limifrons*— singles found at Green Acres Chocolate Farm and Chiriqui Grande.

**Emerald Swift** *Sceloporus malachiticus* — a few at Mount Totumas including a couple at Bellbird Lodge routinely basking on the side of the lodge building!

**Brown Vinesnake** *Oxybelis aeneus* — super views of one at Tranquilo Bay Adventure Lodge on the first afternoon, April 3<sup>rd</sup>.

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

**Strawberry Poison Dart Frog** *Oophaga pumilio*— Stacy took a small group on the jungle trails at Tranquilo Bay and found a couple of these tiny amphibians in the rain on April 9<sup>th</sup>.

**Green-and-black Poison Dart Frog** *Dendrobates auratus*— beautiful views of these in the leaf litter, one of many highlights from our visit to Green Acres Chocolate Farm on April 6<sup>th</sup>.