

Western Panama: Tranquilo Bay w/ Mt. Totumas Ext. | Species List April 9 – 15 & April 15 – 20, 2023 | with Naturalist Journeys



With Roger Morales at Tranquilo Bay, Reinaldo Rodriguez and Jeffrey Dietrich at Mount Totumas, Naturalist Journeys guide Dave Mehlman and participants: Dick, Elizabeth, Jim, Larry, Linda, Liz, Pam, and Steve

Compiled by Dave Mehlman

(G) = guides only, not seen by the tour participants.

(H) = distinctive enough to be counted as heard only

(I) = Introduced

eBird trip report, main tour: [Naturalist Journeys by leader Dave Mehlman in the Western Caribbean of Panama, through Tranquilo Bay Eco-Adventure Lodge, with local guide Roger Morales. - eBird Trip Report](#)

BIRDS (235 species recorded, of which were 10 heard only, 9 were seen by guides only):

TINAMOUS: Tinamidae (1)

Great Tinamou, *Tinamus major*—(H) Heard on the Isla Popa boat trip

DUCKS, GEESE AND SWANS: Anatidae (2)

Black-bellied Whistling-Duck *Dendrocygna autumnalis*—Seen in the wetlands along the Punta Róbal road on both visits and in the Changuinola River

Blue-winged Teal *Spatula discors*—Changuinola River

GUANS AND CURASSOWS: Cracidae (1)

Gray-headed Chachalaca *Ortalis cinereiceps*—Punta Róbal road, Isla Popa boat trip

PIGEONS AND DOVES: Columbidae (6)

Rock Pigeon *Columba livia*—(I) Seen in Bocas town on arrival

Pale-vented Pigeon *Patagioenas cayennensis*—A widespread and commonly seen and heard at Tranquilo Bay and elsewhere; recorded every day of the tour

White-crowned Pigeon *Patagioenas leucocephala*—Found on 3 days at Tranquilo Bay, usually in the same spot

Short-billed Pigeon *Patagioenas nigrirostris*—Regularly seen and heard almost every day at Tranquilo Bay; sometimes feeding on *Miconia* berries

Ruddy Ground-Dove *Columbina talpacoti*—Found along the Punta Róbal road on both visits

Gray-chested Dove *Leptotila cassinii*—Snyder Canal

CUCKOOS AND ALLIES: Cuculidae (3)

Groove-billed Ani *Crotophaga sulcirostris*—Found along the Punta Róbal road on both visits and at Green Acres Chocolate Farm

Squirrel Cuckoo *Piaya cayana*—Well seen along the Punta Róbal road

Mangrove Cuckoo *Coccyzus minor*—Seen by some in the group on the boardwalk at Tranquilo Bay

NIGHTJARS: Caprimulgidae (1)

Common Pauraque *Nyctidromus albicollis*—One flushed from the ground after lunch on the Changuinola River

POTOOS: Nyctibiidae (1)

Great Potoo *Nyctibius grandis*—Seen perched in a tree from the boat on the Snyder Canal

SWIFTS: Apodidae (3)

Chestnut-collared Swift *Streptoprocne rutila*—A large group seen flying overhead and identified by Roger at Tranquilo Bay one day

White-collared Swift *Streptoprocne zonaris*—Seen multiple times on both visits to the Cordillera, generally flying very fast high overhead

Chimney Swift *Chaetura pelagica*—(G) Seen by Dave and Roger flying over the water from the boat when coming back from Bird Island

HUMMINGBIRDS: Trochilidae (14)

White-necked Jacobin *Florisuga mellivora*—Seen on 2 days at Tranquilo Bay

Bronzy Hermit *Glaucis aeneus*—Once at Tranquilo Bay

Green Hermit *Phaethornis guy*—Continental Divide road

Long-billed Hermit *Phaethornis longirostris*—Green Acres Chocolate Farm

Stripe-throated Hermit *Phaethornis striigularis*—Seen on most days at Tranquilo Bay around the Lodge and cabins

Green-breasted Mango *Anthracothorax prevostii*—Tranquilo Bay, Snyder Canal

White-bellied Mountain-gem *Lampornis hemileucus*—Seen on the road along the continental divide on the first visit

Purple-throated Mountain-gem *Lampornis calolaemus*—Seen on the road along the continental divide on the first visit

Garden Emerald *Chlorostilbon assimilis*—Found on the day we traveled over on the Pacific slope in the Fortuna Forest Reserve along the highway

Crowned Woodnymph *Thalurania colombica*—Seen on 3 days at Tranquilo Bay, including at the hummingbird pool, and once on the road into the Cordillera

Black-bellied Hummingbird *Eupherusa nigriventris*—Seen on the road along the continental divide on the second visit

Snowy-bellied Hummingbird *Amazilia edward*—Found on the day we traveled over on the Pacific slope in the Fortuna Forest Reserve along the highway

Rufous-tailed Hummingbird *Amazilia tzacatl*—The most frequently encountered hummingbird, these were found on 6 days at Tranquilo Bay and a few other sites

Blue-chested Hummingbird *Amazilia amabilis*— Seen on 3 days at Tranquilo Bay and at Snyder Canal

RAILS, COOTS AND ALLIES: Rallidae (4)

Gray-cowled Wood-Rail *Aramides cajaneus*—Seen on the Punta Róbal road and heard at Tranquilo Bay

Common Gallinule *Gallinula galeata*—Changuinola River

Purple Gallinule *Porphyrio martinica*—Changuinola River

White-throated Crake *Laterallus albigularis*—(H) heard at the continental divide road and Snyder Canal

LIMPKIN: Aramididae (1)

Limpkin *Aramus guaruna*—Changuinola River

STILTS AND AVOCETS: Recurvirostridae (1)

Black-necked Stilt *Himantopus mexicanus*—Changuinola River

LAPWINGS AND PLOVERS: Charadriidae (3)

Southern Lapwing *Vanellus chilensis*—Found along the Punta Róbaló road on both visits and in the Changuinola River

Collared Plover *Charadrius collaris*—At least 2 at the Changuinola River mouth

Semipalmated Plover *Charadrius semipalmatus*—Changuinola River mouth

JACANAS: Jacanidae (1)

Northern Jacana *Jacana spinosa*—Easily seen in shallow wetlands along the Punta Róbaló road, Snyder Canal, and Changuinola River

SANDPIPERS AND ALLIES: Scolopacidae (7)

Ruddy Turnstone *Arenaria interpres*—Changuinola River mouth

Sanderling *Calidris alba*—Changuinola River mouth

Least Sandpiper *Calidris minutilla*—Changuinola River mouth

Pectoral Sandpiper *Calidris melanotos*—Changuinola River

Western Sandpiper *Calidris mauri*—Changuinola River mouth

Spotted Sandpiper *Actitis macularius*—Isla Popa boat trip, Changuinola River and mouth

Willet *Tringa semipalmata*—along the Changuinola River and at the mouth

JAEGERS: Stercorariidae (2)

Parasitic Jaeger *Stercorarius parasiticus*—Seen from the boat on the Snyder Canal trip

Pomarine Jaeger *Stercorarius pomarinus*—Seen on the boat ride from Bocas town to Tranquilo Bay, first day

GULLS AND TERNS: Laridae (4)

Laughing Gull *Leucophaeus atricilla*—Changuinola River and mouth

Royal Tern *Thalasseus maximus*—Seen on both trips to Punta Róbaló and on the Changuinola River and mouth

Sandwich Tern *Thalasseus sandvicensis*—Seen on both trips to Punta Róbaló and on the Changuinola River and mouth

Brown Noddy *Anous stolidus*—One bird at Bird Island

TROPICBIRDS: Phaethontidae (1)

Red-billed Tropicbird *Phaethon aethereus*—Bird Island

FRIGATEBIRDS: Fregatidae (1)

Magnificent Frigatebird *Fregata magnificens*—Regularly encountered on the tour while on the water or near it

BOOBIES AND GANNETS: Sulidae (2)

Brown Booby *Sula leucogaster*—Large numbers at Bird Island, where they nest, but also seen on several of the boat trips to various sites

Red-footed Booby *Sula sula*—Bird Island

CORMORANTS Phalacrocoracidae (1)

Neotropic Cormorant *Phalacrocorax brasilianus*—Seen on both trips to Punta Róbaló and on the Changuinola River

PELICANS: Pelecanidae (1)

Brown Pelican *Pelecanus occidentalis*—Found on 4 days of the tour when on or near water

HERONS AND EGRETS: Ardeidae (9)

Bare-throated Tiger-Heron *Tigrisoma mexicanum*—Snyder Canal

Great Blue Heron *Ardea herodias*—Punta Róbaló road and Changuinola River

Great Egret *Ardea alba*—Punta Róbaló road and Changuinola River

Snowy Egret *Egretta thula*—Punta Róbaló road and Changuinola River

Little Blue Heron *Egretta caerulea*—Isla Popa boat trip and Changuinola River

Tricolored Heron *Egretta tricolor*—Punta Róbaló road and Changuinola River

Cattle Egret *Bubulcus ibis*—Seen on most days when off Isla Bastimentos in the lowlands with cattle pasture

Green Heron *Butorides virescens*—Punta Róbaló road, Isla Popa boat trip, Snyder Canal, and Changuinola River

Black-crowned Night-Heron *Nyctanassa violacea*—Roosting in a large tree behind the Super Centro El Económico

IBIS AND SPOONBILLS: Theskiornithidae (3)

Glossy Ibis *Plegadis falcinellus*—Small flock of 7 birds on a Changuinola River sandbar

Green Ibis *Mesembrinibis cayennensis*—Seen on both trips on the Punta Róbaló road and once at Tranquilo Bay

Roseate Spoonbill *Platalea ajaja*—Changuinola River

NEW WORLD VULTURES: Cathartidae (2)

Black Vulture *Coragyps atratus*—Seen every day at most sites, usually soaring

Turkey Vulture *Cathartes aura*—Seen every day at most sites, usually soaring

OSPREY: Pandionidae (1)

Osprey *Pandion haliaetus*—Punta Róbaló road, Snyder Canal, Changuinola River, and Green Acres Chocolate Farm; it was not clear whether these were migrants or birds of the resident, Caribbean subspecies, or both

HAWKS, KITES AND EAGLES: Accipitridae (11)

Swallow-tailed Kite *Elanoides forficatus*—Seen during the first trip to the Continental Divide and on the Snyder Canal trip

Snail Kite, *Rostrhamus sociabilis*—Changuinola River

Double-toothed Kite *Harpagus bidentatus*—Several seen at Green Acres Chocolate Farm

Plumbeous Kite *Ictinia plumbea*—Isla Popa boat trip

Common Black-Hawk *Buteogallus anthracinus*—Seen one day at Tranquilo Bay, on the Isla Popa boat trip, and Changuinola River

Great Black-Hawk *Buteogallus urubitinga*—Seen on the continental divide road on the second visit

Roadside Hawk *Rupornis magnirostris*—Punta Róbaló road and Changuinola River

Broad-winged Hawk *Buteo platypterus*—A small kettle flew over us on the first visit to the Punta Róbaló road

Short-tailed Hawk *Buteo brachyurus*—One flew overhead on the second visit to the Continental Divide road

Swainson's Hawk *Buteo swainsoni*—A few were seen on the first visit to the Punta Róbaló road

Red-tailed Hawk *Buteo jamaicensis*—Second trip to the Cordillera Talamánca, Pacific side

OWLS: Strigidae (1)

Mottled Owl *Ciccaba virgata*—(H) Calling at Tranquilo Bay one early morning

TROGONS: Trogonidae (3)

Slaty-tailed Trogon *Trogon massena*—Isla Popa boat trip

Gartered Trogon *Trogon caligatus*—Punta Róbaló road, first trip

Collared Trogon *Trogon collaris*—One, of the orange-bellied form, seen in the Fortuna Forest on the Pacific side next to the road

KINGFISHERS: Alcedinidae (5)

Ringed Kingfisher *Megaceryle torquata*—Seen on the first trip to the mainland in the lowlands, on the Isla Popa boat trip, and Snyder Canal

Belted Kingfisher *Megaceryle alcyon*—Isla Popa boat trip and Snyder Canal

Amazon Kingfisher *Chloroceryle amazona*—In the pond behind the El Centro SuperEconómico on the first trip and Snyder Canal

American Pygmy Kingfisher *Chloroceryle aenea*—Snyder Canal

Green Kingfisher *Chloroceryle americana*—Isla Popa boat trip and Snyder Canal

TOUCAN-BARBETS: Semnornithidae (1)

Prong-billed Barbet *Semnornis frantzii*—(H) Fortuna Reserve, Pacific side

TOUCANS: Ramphastidae (3)

Northern Emerald-Toucanet *Aulacorhynchus prasinus*—Fortuna Reserve, Pacific side; these were of the Blue-throated subspecies

Yellow-throated Toucan *Ramphastos ambiguus*—Isla Popa boat trip and Snyder Canal; these were the Chestnut-mandibled subspecies

Keel-billed Toucan *Ramphastos sulfuratus*—Found on 4 days at Punta Róbaló road, Isla Popa boat trip, Snyder Canal, and Green Acres Chocolate Farm

WOODPECKERS: Picidae (5)

Acorn Woodpecker *Melanerpes formicivorus*—Fortuna Reserve, Pacific side

Black-cheeked Woodpecker *Melanerpes pucherani*—Regularly encountered on several days at Tranquilo Bay and in the Palo Seco Reserve and on Isla Popa

Pale-billed Woodpecker *Campephilus guatemalensis*—Seen from the boat at Isla Popa

Lineated Woodpecker *Dryocopus lineatus*—Snyder Canal and once at Tranquilo Bay

Golden-olive Woodpecker *Colaptes rubiginosus*—Fortuna Reserve, Pacific side

FALCONS AND CARACARAS: Falconidae (5)

Laughing Falcon *Herpetotheres cachinnans*—(H) Snyder Canal

Yellow-headed Caracara *Milvago chimachima*—Found on 4 days at Tranquilo Bay, Punta Róbaló road, and Isla Popa boat trip

Merlin *Falco columbarius*—(G) seen by Roger and Dave from the boat on the way back from Green Acres

Bat Falcon *Falco ruficularis*—Isla Popa boat trip

Peregrine Falcon *Falco peregrinus*—Snyder Canal

PARROTS: Psittacidae (5)

Blue-headed Parrot *Pionus menstruus*—Recorded on 4 days, usually flying by, at Tranquilo Bay, Punta Róbaló road, Isla Popa, and Green Acres Chocolate Farm

Red-lored Parrot *Amazona autumnalis*—The most frequently seen parrot, these large Amazons were seen or heard almost every day at Tranquilo Bay and at Punta Róbaló road, Isla Popa, and Green Acres Chocolate Farm

Mealy Parrot *Amazona farinosa*—Green Acres Chocolate Farm

Sulphur-winged Parakeet *Pyrrhura hoffmanni*—(G) Seen by Roger in the Fortuna Reserve

Olive-throated Parakeet *Eupsittula nana*—Isla Popa boat trip

ANTBIRDS: Thamnophilidae (4)

Black-crowned Antshrike *Thamnophilus atrinucha*—Seen by the group at Green Acres Chocolate Farm and by the guides and some of the group on 3 days at Tranquilo Bay

White-flanked Antwren *Myrmotherula axillaris*—One afternoon walk at Tranquilo Bay

Dot-winged Antwren *Microrhophias quixensis*—One afternoon walk at Tranquilo Bay

Chestnut-backed Antbird *Poliocrania exsul*—Green Acres Chocolate Farm

OVENBIRDS AND WOODCREEPERS: Furnariidae (4)

Wedge-billed Woodcreeper *Glyphorhynchus spirurus*—Seen on the first trip to the Continental Divide and at Green Acres Chocolate Farm

Cocoa Woodcreeper *Xiphorhynchus susurrans*—Punta Róbaló road

Spotted Woodcreeper *Xiphorhynchus erythropygius*—Seen on the first trip to the Continental Divide

Streak-headed Woodcreeper *Lepidocolaptes souleyetii*—Punta Róbaló road and Snyder Canal

MANAKINS: Pipridae (2)

Golden-collared Manakin *Manacus vitellinus*—Seen on 5 days at Tranquilo Bay, usually feeding on *Miconia* berries; Isla Bastimentos is in a well-known hybrid zone between Golden-collared and White-collared Manakin, which normally occurs to the west of the Changuinola River

Red-capped Manakin *Ceratopipra mentalis*—Found on 4 days at Tranquilo Bay, where males and females often came to eat *Miconia* berries

COTINGAS: Cotingidae (2)

Purple-throated Fruitcrow *Querula purpurata*—Green Acres Chocolate Farm

Snowy Cotinga *Carpodectes nitidus*—Isla Popa boat trip

BECARDS AND TITYRAS: Tityridae (2)

Masked Tityra *Tityra semifasciata*—Seen on 3 days at Tranquilo Bay, even from the dining room porch

Black-crowned Tityra *Tityra inquistitor*—Isla Popa boat trip

TYRANT FLYCATCHERS: Tyrannidae (21)

Stub-tailed Spadebill *Platyrinchus cancrominus*—(H) Tranquilo Bay

White-throated Spadebill *Platyrinchus mystaceus*—Continental Divide road

Ochre-bellied Flycatcher *Mionectes oleagineus*—Once at Tranquilo Bay

Common Tody-Flycatcher *Todirostrum cinereum*—In the trees at the lunch spot on the Changuinola River

Yellow-bellied Elaenia *Elaenia flavogaster*—Punta Róbaló road on first visit and Snyder Canal

Mountain Elaenia *Elaenia frantzii*—Fortuna Dam

Mistletoe Tyrannulet *Zimmerius parvus*—Continental Divide road and in the Fortuna Reserve

Olive-sided Flycatcher *Contopus cooperi*—Continental Divide road and one day at Tranquilo Bay right off the dining room porch

Northern Tropical Pewee *Contopus bogotensis*—A pair feeding fledged young at the picnic site on the Changuinola River

Eastern Wood-Pewee *Contopus virens*—The most commonly encountered pewee, these were seen at Tranquilo Bay and many other sites visited

Bright-rumped Attila *Attila spadiceus*—Snyder Canal, Green Acres Chocolate Farm, and once at Tranquilo Bay

Dusky-capped Flycatcher *Myiarchus tuberculifer*—Found on the first trip to the Continental Divide and on 2 days at Tranquilo Bay

Great Crested Flycatcher *Myiarchus crinitus*—Found on 6 days at Tranquilo Bay

Great Kiskadee *Pitangus sulphuratus*—Recorded on 5 days of the tour at many low elevation sites, including Tranquilo Bay

Boat-billed Flycatcher *Megarynchus pitangua*—Snyder Canal and once at Tranquilo Bay

Social Flycatcher *Myiozetetes similis*—Snyder Canal

Gray-capped Flycatcher *Myiozetetes granadensis*—Seen twice in one day at Palo Seco Protected Forest and Punta Róbal road

Golden-bellied Flycatcher *Myiodynastes hemichrysus*—Continental Divide road

Sulphur-bellied Flycatcher *Myiodynastes luteiventris*—Seen on the first trip to the Continental Divide

Tropical Kingbird *Tyrannus melancholicus*—Punta Róbal road, Isla Popa boat trip, and Snyder Canal

Eastern Kingbird *Tyrannus tyrannus*—Found on 4 days, occasionally in large flocks, everywhere from the Continental Divide road to Tranquilo Bay

VIREOS: Vireonidae (3)

Lesser Greenlet *Pachysylvia decurtata*—Seen or heard on 4 days at Tranquilo Bay, Snyder Canal, and Green Acres Chocolate Farm

Philadelphia Vireo, *Vireo philadelphicus*—Seen once from the Lodge porch at Tranquilo Bay

Red-eyed Vireo *Vireo olivaceus*—A very frequently seen migrant, found in the *Miconia* at Tranquilo Bay and many other sites

CROWS AND JAYS: Corvidae (2)

Brown Jay *Psilorhinus morio*—(G) Seen by Dave while driving on Punta Róbal road

Black-chested Jay *Cyanocorax affinis*—Green Acres Chocolate Farm

SWALLOWS AND MARTINS: Hirundinidae (6)

Blue-and-white Swallow *Pygochelidon cyanoleuca*—A species of high elevations, these were easily seen at Fortuna Dam

Gray-breasted Martin *Progne chalybea*—Snyder Canal and Fortuna Dam

Mangrove Swallow *Tachycineta albilinea*—Changuinola River

Bank Swallow *Riparia riparia*—(G) Changuinola River

Barn Swallow *Hirundo rustica*—A commonly seen migrant, often while going in the boat from one place to another

Cliff Swallow *Petrochelidon pyrrhonota*—Punta Róbal road

GNATCATCHERS: Polioptilidae (1)

White-browed Gnatcatcher *Polioptila plumbea*—Very well seen on 3 days at Tranquilo Bay

WRENS: Troglodytidae (8)

House Wren *Troglodytes aedon*—Heard or seen on 5 days of the tour at several sites

Black-throated Wren *Pheugopedius atrogularis*—(H) Snyder Canal

Rufous-and-white Wren *Thryophilus rufalbus*—Found on the day we traveled over on the Pacific slope in the Fortuna Forest Reserve along the highway

Canebrake Wren *Cantorchilus zeledoni*—Snyder Canal

Isthmian Wren *Cantorchilus elutus*—Found on the day we traveled over on the Pacific slope in the Fortuna Forest Reserve along the highway

Bay Wren *Cantorchilus nigricapillus*—Snyder Canal

White-breasted Wood-Wren *Henicorhina leucosticta*—(H) Palo Seco Reserve

Gray-breasted Wood-Wren *Henicorhina leucophrys*—(H) Continental Divide road

MOCKINGBIRDS AND THRASHERS: Mimidae (1)

Gray Catbird *Dumetella carolinensis*—Seen once at Tranquilo Bay and again on the Snyder Canal

THRUSHES: Turdidae (4)

Slaty-backed Nightingale-Thrush *Catharus fuscater*—(H) Continental Divide road

Swainson's Thrush *Catharus ustulatus* – A very common and frequently seen bird at Tranquilo Bay and elsewhere; often feasting on *Miconia* berries

White-throated Thrush *Turdus assimilis*—In the trees at Fortuna Dam

Clay-colored Thrush *Turdus grayi*—Frequently encountered, reported on 7 days of the tour at various sites

OLD WORLD SPARROWS: Passeridae: (1)

House Sparrow *Passer domesticus* – (G) Bocas town

FINCHES AND EUPHONIAS: Fringillidae (6)

Elegant Euphonia *Chlorophonia elegantissima*—Fortuna Forest Reserve

Yellow-crowned Euphonia *Euphonia luteicapilla*—At the Super Centro El Económico

White-vented Euphonia *Euphonia minuta*—Seen on 3 days at Tranquilo Bay, another fan of *Miconia* berries

Thick-billed Euphonia *Euphonia lanirostris*—Fortuna Reservoir and Forest Reserve

Olive-backed Euphonia *Euphonia gouldi*—Punta Róbal road, Palo Seco Reserve, and Green Acres Chocolate Farm

Tawny-capped Euphonia *Euphonia anaeae*—Continental Divide Road

NEW WORLD SPARROWS: Passerellidae (3)

Common Chlorospingus *Chlorospingus flavopectus*—Found on the Continental Divide Road, Palo Seco Forest

Black-striped Sparrow *Arremonops conirostris*—Snyder Canal

Rufous-collared Sparrow *Zonotrichia capensis*—Fortuna Reservoir

NEW WORLD BLACKBIRDS: Icteridae (7)

Red-breasted Meadowlark *Sturnella militaris*—Punta Róbal road

Chestnut-headed Oropendola *Psarocolius wagleri*—Found at Green Acres Chocolate Farm and on the second road trip to the Continental Divide along the highway

Montezuma Oropendola *Psarocolius montezuma*—Seen on most days of the tour, usually when flying overhead

Baltimore Oriole *Icterus galbula*—Seen on 3 days at Tranquilo Bay and on the Isla Popa boat trip

Shiny Cowbird *Molothrus bonariensis*—Punta Róbal road

Giant Cowbird *Molothrus oryzivorus*—Punta Róbal road

Great-tailed Grackle *Quiscalus mexicanus*—Seen on several days at multiple sites on the mainland

NEW WORLD WARBLERS: Parulidae (11)

Northern Waterthrush *Parkesia noveboracensis*—Found on several days at Tranquilo Bay, often in the mangroves beside the boardwalk

Black-and-white Warbler *Mniotilta varia*—Seen on 2 days at Tranquilo Bay

Prothonotary Warbler *Protonotaria citrea*—Isla Popa

Tennessee Warbler *Oreothlypis peregrina*—One of the most common North American migrants on the tour, found on every day at Tranquilo Bay and in a few other spots

Mourning Warbler *Geothlypis philadelphia*—Seen along the Punta Róbal road and Snyder Canal

Olive-crowned Yellowthroat *Geothlypis semiflava*—Snyder Canal

American Redstart *Setophaga ruticilla*—Found once at Tranquilo Bay

Tropical Parula *Setophaga pitiayumi*—Seen on first visit to the Cordillera

Yellow Warbler *Setophaga petechia*—Seen on the Isla Popa boat trip (probably of the resident Mangrove subspecies and in the Fortuna Reserve (probably a migrant)

Chestnut-sided Warbler *Setophaga pensylvanica*—Recorded on 6 days, regularly at Tranquilo Bay and on the Punta Róbal road

Canada Warbler *Cardellina canadensis*—(G) Punta Róbal road

CARDINALS, GROSBEAKS AND ALLIES: Cardinalidae (8)

Hepatic Tanager *Piranga flava*—Fortuna Reservoir

Summer Tanager *Piranga rubra*—Found on 3 days at Tranquilo Bay and Snyder Canal

Scarlet Tanager *Piranga olivacea*—Regularly seen at Tranquilo Bay feeding on *Miconia* berries

Flame-colored Tanager *Piranga bidentata*—Fortuna Forest Reserve, on the Pacific side of the Cordillera, along the road

Red-throated Ant-Tanager *Habia fuscicauda*—Seen on the Snyder Canal boat trip and a Tranquilo Bay

Black-faced Grosbeak *Corythoeca poliogaster*—A high elevation species, found on the second visit to the Continental Divide

Rose-breasted Grosbeak *Pheucticus ludovicianus*—2 days at Tranquilo Bay

Blue-black Grosbeak *Cyanoloxia cyanoides*—Snyder Canal

TANAGERS AND ALLIES: Thraupidae (24)

Tawny-crested Tanager *Tachyphonus delatrii*—On 2 days at Tranquilo Bay

White-lined Tanager *Tachyphonus rufus*—Punta Róbal road and Snyder Canal

Scarlet-rumped Tanager *Ramphocelus passerinii*—Punta Róbal road and Snyder Canal

Blue-gray Tanager *Thraupis episcopus*—Regularly encountered at many places

Palm Tanager *Thraupis palmarum*—Snyder Canal

Golden-hooded Tanager *Tangara larvata*—(G) Snyder Canal

Speckled Tanager *Ixothraupis guttata*—First trip to Continental Divide

Plain-colored Tanager *Tangara inornata*—Seen on most days at Tranquilo Bay

Bay-headed Tanager *Tangara gyrola*—Fortuna Forest Reserve, Pacific side

Silver-throated Tanager *Tangara icterocephala*—High elevation forest species, seen on both trips to the Cordillera

Scarlet-thighed Dacnis *Dacnis venusta*—seen on both trips to the Cordillera, perhaps best at Fortuna Dam

Blue Dacnis *Dacnis cayana*—2 days at Tranquilo Bay

Shining Honeycreeper *Cyanerpes lucidus*—Seen almost every day at Tranquilo Bay, where frequently found feeding on *Miconia* berries

Red-legged Honeycreeper *Cyanerpes cyaneus*—Punta Róbal road

Green Honeycreeper *Chlorophanes spiza*—Seen on Snyder Canal and several times in the *Miconia* at Tranquilo Bay

Blue-black Grassquit *Volatinia jacarina*— (G) Seen by Roger one day at Tranquilo Bay
Thick-billed Seed-Finch *Sporophila funerea*—Seen by Dave at Bocas del Toro airport and by the group at Snyder Canal and Punta Róbaló road
Nicaraguan Seed-Finch *Sporophila nuttingi*—Snyder Canal
Variable Seedeater *Sporophila corvina*—Found on 7 days of the tour at Tranquilo Bay and most other lowland sites visited
Morelet's Seedeater *Sporophila moreletii*—Punta Róbaló road
Bananaquit *Coereba flaveola*—A widespread and generally easy to see species at Tranquilo Bay and many other sites; also fed on *Miconia* berries
Yellow-faced Grassquit *Tiaris olivaceus*—Fortuna Reservoir in the roadside grasses
Buff-throated Saltator *Saltator maximus*—along the Punta Róbaló road and once at Tranquilo Bay
Cinnamon-bellied Saltator *Saltator grandis*— Punta Róbaló road and Snyder Canal

MAMMALS (11 species)

Gray Four-eyed Opossum *Philander opossum*—(G) Seen by Dave on his walk to one of the early breakfasts at Tranquilo Bay
Brown-throated Three-toed Sloth *Bradypus variegatus*—Extraordinarily common and easy to see at Tranquilo Bay, including a few mothers with dependent young
Hoffmann's Two-toed Sloth *Choloepus hoffmanni*—Found on the first trip to the Continental Dive, Green Acres Chocolate Farm, and once at Tranquilo Bay
Greater Sac-winged (White-lined) bat *Saccopteryx bilineata*—roosting on the side of Larry's cabin at Tranquilo Bay
Alfaro's Pygmy-Squirrel *Microsciurus alfari*—Found on the first trip to the Continental Divide
Red-tailed Squirrel *Sciurus granatensis*—Snyder Canal
White-throated Capuchin *Cebus capucinus*—A troop came to the Tranquilo Bay lodge porch several days to eat bananas
Mantled Howler Monkey *Alouatta palliata*—(H) Green Acres Chocolate Farm
Panamanian Night Monkey *Aotus zonalis*—several eating bananas on the Tranquilo Bay porch one night after dinner
Nine-banded Armadillo *Dasypus novemcinctus*—Seen on the side of the Continental Divide road on both visits

REPTILES, AMPHIBIANS, FISH (16 species)

Spectacled Caiman *Caiman crocodilus*
Green Iguana *Iguana iguana*—Snyder Canal
Green Basilisk *Basiliscus plumifrons*—Snyder Canal
Brown Basilisk *Basiliscus vittatus*
Middle American Ameiva *Holcosus festivus*
Smooth Helmeted Basilisk *Corytophanes cristatus*
Canopy/Ghost Anole *Anolis lemurinus*
Cryptic Slender Anole *Anolis cryptolimifrons*
Mourning Gecko *Lepidodactylus lugubris*
Hawksbill Sea Turtle *Eretmochelys imbricata*—a mating pair found in open ocean water on the way back from Bird Island
Talamanca Rocket Frog *Allobates talamancae*—Green Acres Chocolate Farm
Strawberry Poison Dart Frog *Oophaga pumilio*—Isla Popa, Snyder Farm, Isla Bastimentos (Tranquilo Bay)

Green-and-black Poison Dart Frog *Dendrobates auratus*— Green Acres Chocolate Farm
Savage's Thin-toed Frog *Leptodactylus savagei*—found by Dave outside his cabin one rainy evening
Climbing Toad *Incillus coniferous*
Spotted Eagle Ray *Aetobatus narinari*—small group of small individuals seen during the Isla Popa boat trip

LOCATIONS AND NOTES:

Day 1: Sunday, April 9: charter flight, Panama City Albrook to Bocas del Toro, boat to Tranquilo Bay, Tranquilo Bay Lodge
Day 2: Monday, April 10: boat to Punta Róbal, Punta Róbal road, Palo Seco Forest, Fortuna Forest, Continental Divide road
Day 3: Tuesday, April 11: Isla Popa boat trip, Tranquilo Bay Lodge
Day 4: Wednesday, April 12: Snyder Canal, Changuinola River and Mouth, Bird Island, Tranquilo Bay Lodge
Day 5: Thursday, April 13: Green Acres Chocolate Farm, Tranquilo Bay Lodge
Day 6: Friday, April 14: boat to Punta Róbal, Punta Róbal road, Fortuna Dam, Reservoir, and Forest, Continental Divide road
Day 7: Saturday, April 15: Tranquilo Bay Lodge
Day 8: Saturday, April 16: Departures from Bocas del Toro, first day of extension

eBird trip report, extension: [Naturalist Journeys Tranquilo Bay-Mt. Totumas extension, Panama, April 2023 - eBird Trip Report](#)

BIRDS (123 species recorded, of which were 7 heard only, 2 were seen by guides only):

GUANS AND CURASSOWS: Cracidae (1)

Crested Guan *Penelope purpurascens*—One morning at Totumas

NEW WORLD QUAIL: Odontophoridae (1)

Spotted Wood-Quail *Odontophorus guttatus*—(H) Heard on at least two mornings at the Lodge

PIGEONS AND DOVES: Columbidae (3)

Band-tailed Pigeon *Patagioenas fasciata*—Seen all days at Totumas, usually flying by in variable sized flocks

Short-billed Pigeon *Patagioenas nigrirostris*—(H) Heard the last morning at Tranquilo Bay

Chiriqui Quail-Dove *Zentrygon chiriquensis*—(H) Calling in the distance on one of the Totumas hikes

CUCKOOS AND ALLIES: Cuculidae (1)

Groove-billed Ani *Crotophaga sulcirostris*—Punta Róbal road

SWIFTS: Apodidae (2)

White-collared Swift *Streptoprocne zonaris*—Once at Totumas

Vaux's Swift *Chaetura vauxi*—Seen flying overhead one day at Totumas

HUMMINGBIRDS: Trochilidae (12)

Brown Violetear *Colibri delphinae*—Uncommon at Totumas feeders

Lesser Violetear *Colibri cyanotus*—Common at Totumas feeders

Green-crowned Brilliant *Heliodoxa jacula*—Common at Totumas feeders

Talamanca Hummingbird *Eugenes spectabilis*—Common at Totumas feeders

Long-billed Starthroat *Heliomaster longirostris*—Very uncommon at Totumas feeders, perhaps just one bird visiting regularly

White-throated Mountain-gem *Lampornis castaneiventris*—Seen on 2 days on the Totumas trails

Magenta-throated Woodstar *Philodice bryantae*—Seen every day at Totumas feeders

Scintillant Hummingbird *Selasphorus scintilla*—Regular at Totumas feeders, but hard to see given its small size and being frequently chased away by larger species

Violet Sabrewing *Campylopterus hemileucurus*—Common and aggressive at Totumas feeders, easily seen every day

Stripe-tailed Hummingbird *Eupherusa eximia*—Regular at Totumas feeders

Snowy-bellied Hummingbird *Amazilia edward*—Seen every day at Totumas feeders

Blue-throated Goldentail *Chlorestes eliciae*—Only seen once at Totumas feeders; a rare species, only seen about 2 times in 10-15 years per Jeff Dietrich

LAPWINGS AND PLOVERS: Charadriidae (1)

Southern Lapwing *Vanellus chilensis*—Seen in a field on the high elevation road trip

GULLS AND TERNS: Laridae (2)

Royal Tern *Thalasseus maximus*—Punta Róbaló boat dock on arrival after boat ride from Tranquilo Bay

Sandwich Tern *Thalasseus sandvicensis*—Punta Róbaló boat dock on arrival after boat ride from Tranquilo Bay

FRIGATEBIRDS: Fregatidae (1)

Magnificent Frigatebird *Fregata magnificens*—Seen during boat ride from Tranquilo Bay to Punta Róbaló

PELICANS: Pelecanidae (1)

Brown Pelican *Pelecanus occidentalis*—Seen during boat ride from Tranquilo Bay to Punta Róbaló

HERONS AND EGRETS: Ardeidae (1)

Cattle Egret *Bubulcus ibis*—Punta Róbaló road

IBIS AND SPOONBILLS: Theskiornithidae (1)

Green Ibis *Mesembrinibis cayennensis*—Punta Róbaló road

NEW WORLD VULTURES: Cathartidae (2)

Black Vulture *Coragyps atratus*—Found every day

Turkey Vulture *Cathartes aura*—Found almost every day

HAWKS, KITES AND EAGLES: Accipitridae (4)

Swallow-tailed Kite *Elanoides forficatus*—Found almost every day

Broad-winged Hawk *Buteo platypterus*—Found on one of the trail hikes at Totumas and on the lower elevation road trip

Swainson's Hawk *Buteo swainsoni*—One seen by Larry at Totumas

Red-tailed Hawk *Buteo jamaicensis*—Seen during the lower elevation road trip

OWLS: Strigidae (2)

Costa Rican Pygmy-Owl *Glaucidium costaricanum*—Excellent views of a calling bird by the picnic table on our last hike at Totumas

Mottled Owl *Ciccaba virgata*—(H) Heard in pre-dawn at Tranquilo Bay on departure day

TROGONS: Trogonidae (2)

Resplendent Quetzal *Pharomachrus mocinno*—Found on the high elevation road trip and once on the Totumas trails

Collared Trogon *Trogon collaris*—One day at Totumas

MOTMOTS: Momotidae (1)

Lesson's Motmot *Momotus lessonii*—One day at Totumas

NEW WORLD BARBETS: Capitonidae (1)

Red-headed Barbet *Eubucco bourcierii*—(H) One day at Totumas

TOUCANS: Ramphastidae (1)

Northern Emerald-Toucanet *Aulacorhynchus prasinus*—Seen on 2 days on the Totumas trails

WOODPECKERS: Picidae (4)

Olivaceous Piculet *Picumnus olivaceus*—Seen on one hike at Totumas Lodge

Acorn Woodpecker *Melanerpes formicivorus*—Seen on all hikes from Totumas Lodge

Hairy Woodpecker *Dryobates villosus*—Seen on one hike at Totumas Lodge

Smoky-brown Woodpecker *Dryobates fumigatus*—Seen on one hike at Totumas Lodge

FALCONS AND CARACARAS, Falconidae (1)

Collared Forest-Falcon *Micrastur semitorquatus*—(H) Heard on one hike at Totumas

PARROTS: Psittacidae (2)

Sulphur-winged Parakeet *Pyrrhura hoffmanni*—Seen on 3 days at Totumas, sometimes at the Lodge

Crimson-fronted Parakeet *Psittacara finschi*—At the Lodge on our last morning

OVENBIRDS AND WOODCREEPERS: Furnariidae (3)

Streak-headed Woodcreeper *Lepidocolaptes souleyetii*—Seen on the low elevation field trip

Spot-crowned Woodcreeper *Lepidocolaptes affinis*—Seen on one of the trail hikes and on the low elevation field trip

Red-faced Spinetail *Cranioleuca erythropis*— Seen on the low elevation field trip

COTINGAS: Cotingidae (1)

Three-wattled Bellbird *Procnias tricarunculatus*—Seen or heard on 3 days at Totumas on several outings, sometimes at a great distance

TYRANT FLYCATCHERS: Tyrannidae (15)

Yellow-bellied Elaenia *Elaenia flavogaster*—Seen on one hike at Totumas

Lesser Elaenia *Elaenia chiriquensis*—Seen one day at Totumas

Mountain Elaenia *Elaenia frantzii*—The regularly seen species of Elaenia at Totumas, we found these on 3 days

Torrent Tyrannulet *Serpophaga cinerea*—Seen in the Rio Colorado on the lower elevation road trip

Mistletoe Tyrannulet *Zimmerius parvus*—Found on the low elevation field trip and on the Totumas trails on the same day

Olive-sided Flycatcher *Contopus cooperi*— Found on the low elevation field trip and on the Totumas trails on the same day

Western Wood-Pewee *Contopus sordidulus*—Found on 2 days on various field trips

Yellow-bellied Flycatcher *Empidonax flaviventris*—Seen on one hike at Totumas

Black Phoebe *Sayornis nigricans*—Seen by the Rio Colorado on the low elevation road trip
Bright-rumped Attila *Attila spadiceus*—Seen on one hike at Totumas
Dusky-capped Flycatcher *Myiarchus tuberculifer*—Seen on the low elevation road trip
Great Kiskadee *Pitangus sulphuratus*—Only found on one hike at Totumas
Boat-billed Flycatcher *Megarynchus pitangua*—Seen on 3 days on various field trips
Golden-bellied Flycatcher *Myiodynastes hemichrysus*—Found on 2 days at Totumas
Tropical Kingbird *Tyrannus melancholicus*—Seen on 2 days on various field trips

VIREOS: Vireonidae (3)

Rufous-browed Peppershrike *Cyclarhis gujanensis*—Seen, after a bit of looking, on the high elevation field trip
Lesser Greenlet *Pachysylvia decurtata*—On the low elevation field trip
Brown-capped Vireo *Vireo leucophrys*—On the low elevation field trip

SWALLOWS AND MARTINS: Hirundinidae (3)

Blue-and-white Swallow *Pygochelidon cyanoleuca*—Seen every day at Totumas, often right around and over the lodge
Gray-breasted Martin *Progne chalybea*—Fortuna Dam
Barn Swallow *Hirundo rustica*—Seen during drive to Mt. Totumas

WRENS: Troglodytidae (3)

House Wren *Troglodytes aedon*—Seen one day at Totumas
Ochraceous Wren *Troglodytes ochraceous*—Found on our last afternoon walk on the Big Tree Loop
Gray-breasted Wood-Wren *Henicorhina leucophrys*—Seen or heard on 2 outings

DIPPERS: Cinclidae (1)

American Dipper *Cinclus mexicanus*—Seen in the Rio Colorado on the lower elevation road trip

MOCKINGBIRDS AND THRASHERS, Mimidae (1)

Tropical Mockingbird *Mimus gilvus*—Seen at the lunch spot in Volcán on the trip in to Totumas

THRUSHES: Turdidae (7)

Black-faced Solitaire *Myadestes melanops*—Seen or heard on 3 days on the Totumas trails and field trips
Orange-billed Nightingale-Thrush *Catharus aurantiirostris*—(H) On the low elevation field trip
Ruddy-capped Nightingale-Thrush *Catharus frantzii*—Found on one afternoon hike
Swainson's Thrush *Catharus ustulatus*—A common and ubiquitous migrant at the height of its spring passage, these were seen every day on almost all trips and hikes
Mountain Thrush *Turdus plebejus*—Seen twice in one day on the Totumas trails
White-throated Thrush *Turdus assimilis*—Found on 3 days on various field trips
Clay-colored Thrush *Turdus grayi*—Seen at Fortuna Dam on the drive and every day at Totumas

SILKY-FLYCATCHERS: Ptiliognatidae (1)

Long-tailed Silky-flycatcher *Ptiliognys caudatus*—This elegant flycatcher-like species was found on 3 days on the Totumas trails; there was a nest at the start of the Roble Trail

FINCHES AND EUPHONIAS: Fringillidae (4)

Elegant Euphonia *Chlorophonia elegantissima*—Seen on the low elevation field trip
Golden-browed Chlorophonia *Chlorophonia callophrys*—This spectacular species was found on several hikes on the Totumas trails, usually in pairs

Yellow-crowned Euphonia *Euphonia luteicapilla*—Seen at Fortuna Dam on the trip from Tranquilo Bay
Spot-crowned Euphonia *Euphonia imitans*—Seen on the low elevation field trip

NEW WORLD SPARROWS: Passerellidae (5)

Common Chlorospingus *Chlorospingus flavopectus*—Seen on 3 days on Totumas trails and excursions
Chestnut-capped Brushfinch *Arremon brunneinucha*—Found on 1 hike at Totumas
Rufous-collared Sparrow *Zonotrichia capensis*—Common and easy to see right around the Lodge
White-naped Brushfinch *Atlapetes albinucha*— Found on 1 hike at Totumas
Yellow-thighed Brushfinch *Atlapetes tibialis*—Found on the high elevation road trip

NEW WORLD BLACKBIRDS: Icteridae (4)

Montezuma Oropendola *Psarocolius montezuma*—Seen while driving to Mt. Totumas
Baltimore Oriole *Icterus galbula*—Found 3 days at Totumas
Bronzed Cowbird *Molothrus aeneus*—Recorded on 2 days on trips around Totumas
Great-tailed Grackle *Quiscalus mexicanus*—Seen in Volcan on the trip to Totumas

NEW WORLD WARBLERS: Parulidae (9)

Northern Waterthrush *Parkesia noveboracensis*—Seen on the first day after arrival at Totumas
Flame-throated Warbler *Oreothlypis gutturalis*— Found on the high elevation road trip
Tropical Parula *Setophaga pitiayumi*—Found at the dairy on the low elevation road trip
Black-throated Green Warbler *Setophaga virens*— Found on the high elevation road trip
Black-cheeked Warbler *Basileuterus melanogenys*— Found on the high elevation road trip
Golden-crowned Warbler *Basileuterus culicivorus*—Totumas trails on one day
Buff-rumped Warbler *Myiothlypis fulvicauda*—Seen while driving in the truck on the low elevation road trip
Wilson's Warbler *Cardellina pusilla*—Seen on 3 days at Totumas, sometimes in the shrubs right around the lodge
Slate-throated Redstart *Myioborus miniatus*—Regularly encountered on the Totumas trails on 3 days

CARDINALS, GROSBEAKS AND ALLIES: Cardinalidae (3)

Scarlet Tanager *Piranga olivacea*—Totumas trails and on the low elevation road trip
Flame-colored Tanager *Piranga bidentata*—A conspicuous and noisy species at Totumas, seen every day
Rose-breasted Grosbeak *Pheucticus ludovicianus*—Found on 2 days at Totumas

TANAGERS AND ALLIES: Thraupidae (13)

Scarlet-rumped Tanager *Ramphocelus passerinii*—Totumas trails
Blue-gray Tanager *Thraupis episcopus*—Fortuna Dam, Totumas trails, and on the low elevation road trip
Palm Tanager *Thraupis palmarum*—Fortuna Dam
Speckled Tanager *Ixothraupis guttata*—Seen in the trees by the dairy farm on the low elevation road trip
Golden-hooded Tanager *Tangara larvata*—(G) Seen by Reinaldo and Dave on the low elevation road trip
Bay-headed Tanager *Tangara gyrola*—Totumas Lodge and trails and on the low elevation road trip
Silver-throated Tanager *Tangara icterocephala*—Totumas trails and on the low elevation road trip
Scarlet-thighed Dacnis *Dacnis venusta*—Fortuna Dam, Totumas Lodge and trails, and on the low elevation road trip
Slaty Flowerpiercer *Diglossa plumbea*—A pair would regularly forage in the flowering shrubs right by the Totumas Lodge; seen every day
Variable Seedeater *Sporophila corvina*—Punta Róbaló road
Yellow-faced Grassquit *Tiaris olivaceus*—Regularly found in open areas near the Lodge
Buff-throated Saltator *Saltator maximus*—(G) Seen by Dave on one day near the Lodge
Streaked Saltator *Saltator striatipectus*—Found on most walks near the Totumas Lodge

MAMMALS (3)

Gray Four-eyed Opossum *Philander opossum*—(G) seen by Dave the morning we left Tranquilo Bay

Mantled Howler Monkey *Alouatta palliata*—Heard every morning from the Lodge; a few were seen at a distance on the last day

Central American Spider Monkey *Ateles geoffroyi*—Seen from the Lodge one day

REPTILES AND AMPHIBIANS (1)

Central American Coral Snake *Micrurus isoazonus*—Found on one of our outings along the roads

LOCATIONS AND NOTES:

Day 1 (8): Sunday, April 16: travel, Tranquilo Bay Lodge to Mt. Totumas Ecolodge

Day 2 (9): Monday, April 17: Mt. Totumas Ecolodge

Day 3 (10): Tuesday, April 18: Mt. Totumas Ecolodge, Bajareque Trail (high elevation)

Day 4 (11): Wednesday, April 19: Mt. Totumas Ecolodge, lower elevations

Day 5 (12): Thursday, April 20: departures via David