

Panama: Tranquilo Bay | Species List

March 18 – 25, 2023 | with Naturalist Journeys



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Compiled by Greg Butcher

BIRDS (324 species recorded, of which 21 were heard only):

(HO)= Distinctive enough to be counted as heard only, pointed out to the group.

(#) after family is number of species in the family.

(#) after species is the number of days of 10 the bird was seen or heard.

(E) = Endemic to Costa Rica.

(RE) = Endemic to the region, typically Costa Rica and Panama, sometimes shared with Nicaragua.

DUCKS, GEESE AND SWANS: Anatidae (1)

Muscovy Duck *Cairina moschata*— I'm not sure we ever got great looks at these. They are a big black duck with large white wing patches. We have many feral Muscovies in the United States, and most of them have more white patches mixed with the black. No one seems to know why a Latin American duck is called "Muscovy."

Black-bellied Whistling-Duck *Dendrocygna autumnalis*— We saw small groups of this species on two days: the first day on the mainland from the bus, and in the Rio Changuinola from the boats. These are resident ducks, although they are also found in the southern United States.

Blue-winged Teal *Spatula discors*— A number of these birds were coming and going across the Rio Changuinola while we ate lunch across the river. They were all on migration back to North America.

GUANS AND CURASSOWS: Cracidae (4)

Gray-headed Chachalaca *Ortalis cinereiceps*— We saw this turkey-like species on three different days: on our first trip to the mainland, along the Changuinola Canal, and from the first bridge on our trip to the highlands.

PIGEONS AND DOVES: Columbidae (15)

Rock Pigeon (1) *Columba livia*— I only saw this bird in Panama City.

Pale-vented Pigeon *Patagioenas cayennensis*— We probably saw or heard this species every day. At many places it was the most common pigeon.

Scaled Pigeon *Patagioenas speciosa*— These birds flew overhead both nights we were on the canopy tower, and at Isla Popa.

White-crowned Pigeon *Patagioenas leucocephala*— I thought we would see more of these birds since they are found at Tranquilo Bay (Isla Bastimentos). I recorded them once there, once on Isla Popa, and once on the Changuinola Canal.

Short-billed Pigeon *Patagioenas nigrirostris*— This was the most frequently heard pigeon at Tranquilo Bay (Bastimentos Island). Its four-note call: "I-have-short-bill!" with the emphasis on the second and fourth notes. We saw them frequently on the Miconia bush with all the berries at the T.

Ruddy Ground-Dove *Columbina talpacoti*— This was a common bird at the Radisson Panama Canal and on our first day on the mainland at low elevations. We didn't see it at Tranquilo Bay.

Gray-headed Dove *Leptotila plumbeiceps*— Heard only in the forest at Tranquilo Bay.

CUCKOOS AND ALLIES: Cuculidae (4)

Groove-billed Ani *Crotophaga sulcirostris*— This is essentially a black cuckoo. We saw one or two in shrubs on the first full day in the lowlands.

Mangrove Cuckoo *Coccyzus minor*— Not so easy to find is this species that lives in the mangroves near the dock we used every day at Tranquilo Bay. We got one to respond to tape on our last day on the island.

Squirrel Cuckoo *Piaya cayana*— A dramatic-looking bird that is surprisingly easy to find. We found them on three occasions – on the first full day in the lowlands, on Isla Popa, and on the last full day in the highlands.

NIGHTJARS: Caprimulgidae (2)

Short-tailed Nighthawk *Lurocalis semitorquatus*— We found two roosting on a tree branch along Changuinola Canal.

SWIFTS: Apodidae (2)

White-collared Swift *Streptoprocne zonaris*— (2) Seen at Savegre Mountain Lodge and near La Gamba.

Gray-rumped Swift *Chaetura cinereiventris*— Swifts are hard! They fly high overhead making their field marks challenging to discern. This is a large swift that flew overhead when we were on the Continental Divide Road.

White-chinned Swift *Cypseloides cryptus*— Another small swift, we saw this one on the last evening from the tower.

Lesser Swallow-tailed Swift *Panyptila cayennensis*— This is a medium-sized swift. Although it is called “swallow-tailed,” the tail usually comes to a single, long point, which makes it the easiest of these four to identify. We saw it on three different days at Tranquilo Bay – the first and last days from the tower, and another afternoon from the garden.

HUMMINGBIRDS: Trochilidae (23)

White-necked Jacobin *Florisuga mellivora*— We had distant looks at a female one afternoon in the garden at Tranquilo Bay. The male is a stunner!

Bronzy Hermit *Glaucis aeneus*— Hermits are the green and rufous hummingbirds with curved beaks. Bronzy is a small version, and we saw two on the same afternoon we had the White-necked Jacobin.

Stripe-throated Hermit *Phaethornis striigularis*— This was the most common hermit in the garden at Tranquilo Bay, but it kept getting chased off by the Rufous-tailed Hummingbirds. Some of us had leisurely looks when one found a spot to rest without being harassed by Rufous-tails.

Purple-crowned Fairy *Heliostyris barroti*— This is a long-tailed hummingbird with bright white underparts. We saw it twice in the garden, once in the afternoon, and once on the last full morning.

Purple-throated Mountain-gem *Lampornis calolaemus* – This is one of the specialty birds of the Talamanca Mountains shared by Costa Rica and Panama. We saw it on the Continental Divide Road.

Crowned Woodnymph *Thalurania colombica*— This was the second most common hummingbird of the trip. We saw it on three different days in the garden and twice on the trip to the highlands.

Black-bellied Hummingbird *Eupherusa nigriventris* – This is another specialty bird of the Talamancas. Unfortunately, it moved past quickly, and I'm not sure who got a good look at it.

Snowcap *Microchera albocoronata*— This is a small, brown hummer that behaved just like the Black-belly – a quick fly-by.

Blue-chested Hummingbird *Amazilia amabilis*— Another small hummer, we first saw it at Green Acres Chocolate Farm, then several times in the garden at Tranquilo Bay.

Rufous-tailed Hummingbird *Amazilia tzacatl*— This was the bully defending the sugar-water feeders in the garden. We saw it almost everywhere during our trip.

Blue-throated Goldentail *Chlorestes eliciae*— A beautiful small hummingbird that we saw at Green Acres Chocolate Farm before the rain.

RAILS, COOTS AND ALLIES: Rallidae (3)

Gray-cowled Wood-Rail *Aramides cajaneus*— We heard this bird nearly every day from the mangroves at Tranquilo Bay. I think only Aida and Mario got to see it.

Common Gallinule *Gallinula galeata*— We had distant views of this mostly black waterbird on the Changuinola River, I think just before lunch.

Purple Gallinule *Porphyrio martinica*— It's always fun to see a purple bird! We had one on the first full day in the lowlands and two from the boats on the Changuinola Canal. At least one was a young one.

White-throated Crake *Laterallus albigularis*— A crake is a small rail, and almost all rails are more often heard than seen, which was the case for this bird. We heard it several times, but never saw it.

PLOVERS AND LAPWINGS: Charadriidae (5)

Black-bellied Plover *Pluvialis squatarola*— A couple of birds were across the river near the mouth at the end of the canal. They were far away and in nonbreeding plumage – so they didn't have a black belly.

Southern Lapwing *Vanellus chilensis*— We saw this species at the Radisson Panama Canal the evening before the trip began, and on the first full day in the lowlands. It doesn't look anything like a Killdeer, but it acts like one.

Semipalmated Plover *Charadrius semipalmatus*— This is a migrant heading to The Arctic to breed. We found a few at the mouth of the Changuinola River and saw another on the shore at Miramar while waiting for our boat so we could return from the highlands.

JACANAS: Jacanidae (1)

Northern Jacana *Jacana spinosa*— What colorful birds! Lots of yellow and such long legs and toes! There were many on the first full day in the lowlands and on the Changuinola Canal.

SANDPIPERS AND ALLIES: Scolopacidae (11)

Whimbrel *Numenius phaeopus*— Karen and Dayna saw one in Miramar while waiting for the boat. Three flew by the boat on one of our trips across the bay.

Ruddy Turnstone *Arenaria interpres*— There were a couple in the shorebird flock at the mouth of the river – black, white, and brown (ruddy?).

Sanderling *Calidris alba*— There were many at the mouth of the Changuinola River, all in nonbreeding (gray and white) plumage.

Least Sandpiper *Calidris minutilla*— All of these sandpipers (except Spotted) are heading to The Arctic to breed. There were a couple of these small shorebirds mixed in with the big flock at the mouth of the river. Most people were able to see them through one of the telescopes.

Pectoral Sandpiper *Calidris melanotos*— This species is like a bigger version of the Least Sandpiper. We were able to see them side by side at the mouth of the Changuinola River.

Spotted Sandpiper *Actitis macularius*— We saw these on several days, but they were all in unspotted, nonbreeding plumage, almost always bobbing their tails up and down. They breed in the northern U.S. and Canada, not as far north as the other sandpipers.

Greater Yellowlegs *Tringa melanoleuca*— One breeding plumaged bird in a small wetland by the road on the first full day in the lowlands.

GULLS, TERNS AND SKIMMERS: Ciconiidae (5)

Laughing Gull *Leucophaeus atricilla*— A few were mixed in with the Royal Terns on posts near shore in the bays. Seen from the boats.

Royal Tern *Thalasseus maximus*— Very common on posts near shore in the bays. Also, a big flock near the mouth of the Changuinola River at the far end of the canal.

Sandwich Tern *Thalasseus sandvicensis*— A small flock near the Royal Terns at the mouth of the Changuinola River. Also, a few mixed in with Royal Terns on posts on some days, but not all.

Pomarine Jaeger *Stercorarius pomarinus*— One boat saw this species on the first boat trip from Bocas Town to Tranquilo Bay. Aida and Mario also saw one in the water near Bocas Town the day they went shopping.

FRIGATEBIRDS: Fregatidae (1)

Magnificent Frigatebird *Fregata magnificens*— Many were seen from the boats to and from Tranquilo Bay. What effortless fliers they are!

BOOBIES AND GANNETS: Sulidae (1)

Brown Booby *Sula leucogaster*— A couple were seen from the boats to and from Tranquilo Bay. Brown seabirds with white bellies.

ANHINGAS: Anhingidae (1)

Anhinga *Anhinga anhinga*— (1) Seen on the Tarcoles River boat tour.

CORMORANTS: Phalacrocoracidae (1)

Neotropic Cormorant *Nannopterum brasilianum*— We found five perched on posts just as our boat was taking off from the mainland on our return to Tranquilo Bay, and we saw another at the mouth of the Changuinola River.

PELICANS: Pelecanidae (1)

Brown Pelican *Pelecanus occidentalis*— Who doesn't enjoy seeing a pelican "whose beak can hold more than his belly can?" We saw them several times near Bocas Town and at least once from Tranquilo Bay. (And on the Panama Canal the night before the trip started.)

HERONS AND EGRETS: Ardeidae (10)

Least Bittern *Ixobrychus exilis*— One boat had a close fly-by along the Changuinola Canal – very lucky as it's a tough bird to see!

Bare-throated Tiger-Heron *Tigrisoma mexicanum*— One adult was walking on land at the lunch stop along the Changuinola River.

Rufescent Tiger-Heron *Tigrisoma lineatum*— There was some controversy about this identification, but I saw a long, dark chestnut side of the neck and very dark streaks down the front. All the similar species would show more tan than what I saw on this bird. It was found from the boat on the Changuinola Canal.

Great Blue Heron *Ardea herodias*— We saw a couple of these winter visitors to Panama – one on our first full day in the lowlands and one at the mouth of the Changuinola River.

Great Egret *Ardea alba*— We saw this species at the same places we had the Great Blue Heron.

Snowy Egret *Egretta thula*— (5) Seen at multiple locations.

Little Blue Heron *Egretta caerulea*— Adults are solid blue, but young ones are all white and difficult to separate from Snowy Egrets. And they can look calico during the transition! We saw this species on several different days.

Tricolored Heron *Egretta tricolor*— Only two seen in flight near the dock at Punto Robalo on our first full day in the lowlands. They are blue and maroon, and their white belly is the best identification mark.

Cattle Egret *Bubulcus ibis*— This was by far the most common wading bird of the trip, although it doesn't really wade, preferring inland fields. We found at least 40 nests of this species at the back of the pond at our favorite restroom stop.

Green Heron *Butorides virescens*— The smallest of the herons, it can be easy to overlook, but we saw five individuals on three different days.

Black-crowned Night-Heron *Nycticorax nycticorax*— Hugo thought the bird in the telescope at the pond behind the restrooms was going to be a Boat-billed Heron, but he quickly realized it was an adult, Black-crowned Night-Heron.

Yellow-crowned Night-Heron *Nyctanassa violacea*— Several of us saw an adult flying down the Changuinola Canal ahead of our boat.

IBIS AND SPOONBILLS: Threskiornithidae (2)

Green Ibis *Mesembrinibis cayennensis*— We had good scope looks at them near the Tranquilo Bay dock on the early morning walk on the last full day. We also found them on our first full day in the lowlands.

NEW WORLD VULTURES: Cathartidae (4)

Turkey Vulture *Cathartes aura*— Seen every day. We saw many migrants in kettles heading back to North America. There were also Panamanian residents with a white mark on top of their heads along with the red. Both types of Turkey Vultures show black on the leading half of their underwing and silver/gray on the trailing half.

OSPREY: Pandionidae (1)

Osprey *Pandion haliaetus*— We saw three Ospreys “Fish Hawks” from the boat on Changuinola day. Only a few will stay the summer in Panama; most are already back in North America where they breed.

HAWKS, KITES AND EAGLES: Accipitridae (9)

Swallow-tailed Kite *Elanoides forficatus*— (5) Seen in multiple locations.

Double-toothed Kite *Harpagus bidentatus*— (2) Seen on the entrance road to Esquinas Rainforest Lodge and near Aguirre.

Mississippi Kite *Ictinia mississippiensis*— Mississippi and Plumbeous Kites are challenging to distinguish at a distance, but close-up, Mississippi is paler than Plumbeous. These are migrants and we saw one at Isla Popa and eight in the mist on the Continental Divide Road.

Plumbeous Kite *Ictinia plumbea*— These birds are migrating to breed in Panama and neighboring countries. We got looks at Isla Popa and in the large flocks of migrating raptors at Miramar while waiting to return from our highlands trip.

Snail Kite *Rostrhamus sociabilis*— This is the same species as the famous Everglades Kite of Florida. We had one on the Changuinola River.

Common Black Hawk *Buteogallus anthracinus*— To fulfill its name, we saw this species in at least six different places, including Tranquilo Bay.

Barred Hawk *Leucopternis princeps*— This one was frustrating! At our first stop on the way to the highlands, this bird perched on a tree on a ridge, but it was obscured from view, so most of us just got a quick look as it flew away.

Roadside Hawk *Rupornis magnirostris*— Also “canal-side hawk” and “trail-side hawk” it was our second most common hawk after common black hawk. Gray and rufous, with a pale eye, we saw it several times at Tranquilo Bay and on many of our trips.

White Hawk *Pseudastur albicollis*— White is an amazing color in nature! We saw four different birds on our first full day in the lowlands.

Gray Hawk *Buteo plagiatus*— Very similar to Broad-winged but gray instead of brown. We had a low-flying bird on our first full day in the lowlands.

Broad-winged Hawk *Buteo platypterus*— My wife Linda just saw one in northern Virginia! I counted 10 on our first day in the lowlands, all headed north, and we had four more on our trip to the highlands.

Swainson’s Hawk *Buteo swainsoni*— Broad-winged Hawks breed in the eastern United States; Swainson’s breed in the west. Nonetheless, they tend to migrate together. We saw 100+ on our first full day in the lowlands and at least one more at Miramar waiting for the boat to take us back to Tranquilo Bay.

TROGONS: Trogonidae (7)

Slaty-tailed Trogon *Trogon massena*— Trogons are some of the most interesting tropical birds, and Green Acres Chocolate Farm produced two species, both with good views. Slaty-tailed is green, red, and gray, and we had a pair.

Gartered Trogon *Trogon caligatus*— This species has a blue and yellow male and a gray and yellow female.

KINGFISHERS: Alcedinidae (5)

Ringed Kingfisher *Megaceryle torquata*— This is the largest kingfisher, and we saw three birds on Isla Popa and three more along the Changuinola Canal.

Belted Kingfisher *Megasceryle alcyon*— This is the only one of the kingfishers that doesn't live year-round in Panama, instead breeding in North America. It is similar to Ringed Kingfisher but is smaller with much less rufous. We saw one along the Changuinola Canal.

Amazon Kingfisher *Chloroceryle amazona*— This is the largest of the green kingfishers, about the same size as Belted. We also saw this one along the Changuinola Canal.

American Pygmy Kingfisher *Chloroceryle aenea*— This is a tiny, green-backed bird that we saw at Isla Popa.

Green Kingfisher *Chloroceryle americana*— This was the most common kingfisher. We saw it in three places: on the first full day in the lowlands, on Isla Popa, and along the Changuinola Canal. It can be seen from south Texas all the way to Argentina!

PUFFBIRDS: Bucconidae (1)

Pied Puffbird *Notharchus tectus*— This was a surprise – a pair of puffbirds high in a tree at Green Acres Chocolate Farm. It wasn't even the species of puffbird I thought we might see! Luckily, the pair sat for a long time, allowing good views through the telescope.

TOUCANS: Ramphastidae (3)

Collared Aracari *Pteroglossus torquatus*— Aracaris are small toucans. We saw one on the first full day in the lowlands, then a group of eight at Green Acres Chocolate Farm.

Yellow-throated Toucan *Ramphastos ambiguus*— Some of us had a close fly-by at Isla Popa, and others saw one at the first stop in the highlands.

Keel-billed Toucan *Ramphastos sulfuratus*— I had the best view I've ever had at Green Acres Chocolate Farm. We had an individual in the scope calling and waving his beak for a very long time! There was a second individual at the chocolate farm riling up the one in the scope, plus two more in the highlands.

WOODPECKERS: Picidae (9)

Black-cheeked Woodpecker *Melanerpes pucherani* – This was the most common woodpecker of the trip, seen or heard every day.

Red-crowned Woodpecker *Melanerpes rubricapillus*— This species is closely related to Black-cheeked and to Red-bellied of the eastern United States. All three sound very similar. We had one at the Radisson Panama Canal the afternoon before the trip, and another at our favorite rest stop (supermarket) in the lowlands.

Pale-billed Woodpecker *Campephilus guatemalensis*— This bird is a close relative of the Ivory-billed Woodpecker. We saw one at Green Acres Chocolate Farm.

Lineated Woodpecker *Dryocopus lineatus*— A close relative of the Pileated Woodpecker of the United States and Canada. We had one in the lowlands and one at our first stop en route to the highlands.

FALCONS AND CARACARAS: Falconidae (6)

Laughing Falcon *Herpetotheres cachinnans*— To an older person like me, this is a "lone ranger bird" because the facemask looks like the old-time TV character. We saw one in the lowlands on the first full day and another along the Changuinola River. This species catches and eats a lot of snakes.

Crested Caracara *Caracara cheriway*— This is the black and white caracara. We found one on our first full day in the lowlands.

Yellow-headed Caracara *Milvago chimachima*— And this is the brown and tan caracara, that we saw at the Radisson Panama Canal the afternoon before the trip, then again near the dock on the mainland on our first full day. Caracaras are related to falcons but are scavengers rather than chasing live prey like other falcons.

Bat Falcon *Falco rufigularis*— I think this is the smallest falcon (a smaller one is called a falconet). We saw one in the lowlands on the first full day and another at Isla Popa. It has a distinctive, falcon-like hood.

PARROTS: Psittacidae (11)

Orange-chinned Parakeet *Brotogeris jugularis*— These were seen only at Radisson Panama Canal the afternoon before the trip. They aren't expected on the Caribbean side of Panama.

Blue-headed Parrot *Pionus menstruus*— We saw this relatively small parrot almost every day, including frequently at Tranquilo Bay.

Red-lored Parrot *Amazona autumnalis*— This was by far the most common parrot of the trip. We heard it every day at Tranquilo Bay (Bastimentos Island) and saw many fly-bys in the evenings. We saw and heard them other places as well. A “lore” is a colored spot between the eye and the beak.

Mealy Parrot *Amazona farinosa*— We had a couple of fly-bys from the tower at Tranquilo Bay. They are tough to distinguish from Red-lored; you needed to see the front view to be sure they didn’t have red lores!

Brown-hooded Parrot *Pyrilia haematotis* – This is a small parrot; we saw a small flock in the highlands.

Olive-throated Parakeet *Eupsittula nana* – We saw a flock of these parakeets on the Changuinola River.

Red-fronted Parrotlet *Touit costaricensis* – Hugo and I were surprised to see a flock of 12 flying by at Miramar while we were waiting for the boat to pick us up from the highlands.

ANTBIRDS: Thamnophilidae (4)

Black-crowned Antshrike *Thamnophilus atrinucha* – This species was heard calling anytime we were in the forest at Tranquilo Bay. The call is a long series of nasal notes ending with a growl. Several people got to see both a male and a female; they are frequently found in pairs.

White-flanked Antwren *Myrmotherula axillaris* – Although both species of antwren are common in the Tranquilo Bay forest, they are seldom easy to see, yet several people had good looks at this species on the last full morning on the island.

Dot-winged Antwren *Microrhopias quixensis*— Some of us saw this species on the same morning, but it was quite shy! Neither species is related to wrens. Many antbirds travel with army ants to eat insects flushed by the large numbers of army ants, but these two antwrens are more likely to be found in mixed flocks and not near army ants.

Chestnut-backed Antbird *Poliocrania exsul*— Another relatively common forest bird at Tranquilo Bay, several of us got looks at this gray and brown bird with bare blue skin around the eyes.

Dull-mantled Antbird – Okay, so maybe this bird isn’t as colorful as the Chestnut-backed Antbird, but is it really dull? We had one of these in low vegetation at our first stop en route to the highlands.

TAPACULOS: Rhinocryptidae (1)

Silvery-fronted Tapaculo *Scytalopus argentifrons*— I have never seen this species, but we heard four at close range when we were on the Continental Divide. They are notoriously difficult to see.

OVENBIRDS AND WOODCREEPERS: Furnariidae (9)

Wedge-billed Woodcreeper *Glyphorhynchus spirurus*— This is one of the smallest woodcreepers. The wedge-shaped bill is diagnostic if well seen, but woodcreepers are rarely well seen even though they perch on tree trunks just like woodpeckers do. We saw one of this species at Green Acres Chocolate Farm.

Cocoa Woodcreeper *Xiphorhynchus susurrans*— Hugo heard several of this species, and some of us got to see one during our first full day in the lowlands.

Streak-headed Woodcreeper *Lepidocolaptes souleyetii*— This was the common woodcreeper along the Changuinola Canal.

MANAKINS: Pipridae (3)

Golden-collared Manakin *Manacus vitellinus* – Manakins are famous because the males dance in leks, which are arenas cleaned out by the males to stage their performances. We heard some of the strange noises the males of this species make in the Tranquilo Bay forest, but I’m not sure anyone got great looks at the dances. We saw a number of the red-legged, green females in the fruiting bush by the T, and we saw the gorgeous yellow, black, and green males both at Tranquilo Bay and along Changuinola Canal.

Red-capped Manakin *Ceratopipra mentalis*— (The females look similar to Golden-collareds, without the red legs, but the males couldn’t be more different, with their red caps and yellow eyes. We saw at least one male at Tranquilo Bay.

COTINGAS: Cotingidae (2)

Snowy Cotinga *Carpodectes nitidus* – A few of us got lucky near the end of the boat trip through Isla Popa and had great looks at a snow-white cotinga in a cecropia tree.

BECARDS AND TITYRAS: Tityridae (5)

Black-crowned Tityra *Tityra inquisitor* – Tityras have a lot of white on them, but they're not as spectacular as a Snowy Cotinga or a White Hawk. Luckily, they perch in the open; unfortunately, they are sometimes high in a tree. Black-crowned was the rarer of the two tityras. We had one at Changuinola River and one in the garden at Tranquilo Bay.

Masked Tityra *Tityra semifasciata*— Masked Tityras are black and white with a lot of red around the eye and on the beak. We saw them in the garden at Tranquilo Bay and at Isla Popa and the chocolate farm.

Cinnamon Becard *Pachyrhamphus cinnamomeus*— There are several all-cinnamon birds in Panama. This species sat still for us on our first full day in the lowlands (the road from Punta Robalo past the supermarket).

ROYAL FLYCATCHER AND ALLIES: Oxyruncidae (2)

Royal Flycatcher *Onychorhynchus coronatus*— One of the boats had really good looks at this species along the Changuinola Canal. We didn't see the full crest, but we did see the crest feathers extend backwards on top of its head.

TYRANT FLYCATCHERS: Tyrannidae (27)

Ochre-bellied Flycatcher *Mionectes oleagineus*— We found a small group of this species in the forest near Tranquilo Bay on the last full morning.

Black-capped Pygmy-Tyrant *Myiornis atricapillus* – We really lucked out with this tiny thing! It is normally very hard to see, but one perched out in the open to give most of us really good looks. It is distinctive for a small bird with white spectacles over a gray head, and almost no tail!

Common Tody-Flycatcher *Todirostrum cinereum*— Another distinctive small flycatcher with an odd-shaped beak. We saw this species in the lowlands on the way to the supermarket and again on the Changuinola River.

Yellow Tyrannulet *Capsiempis flaveola*— OK, I like to pretend that all birds are exciting, but this is a small green and yellow flycatcher. We saw this one near the Yellow-bellied Elaenia near the dock on the mainland (Punto Robalo).

Yellow-bellied Elaenia *Elaenia flavogaster* – Normally a very common species, we had two views of this one: one at Radisson Panama Canal the afternoon before the trip started, and then at the dock at the beginning of our first full day in the lowlands. It has a distinctive white spot in the middle of its punk-like crest.

Torrent Tyrannulet *Serpophaga cinerea*— This is a stream specialist. The bridge we were on seemed high because these two birds looked quite small when we saw them on the rocks in the stream below.

Northern Tropical Pewee *Contopus bogotensis*— Both Eastern and Western Wood-Pewees winter in Panama, and this species is a close relative. We saw one on the Changuinola River.

Black Phoebe *Sayornis nigricans*— Black Phoebes can be found in the United States, but the bird we saw from the bridge near the Torrent Tyrannulets is a resident of Panama, not a migrant from the U.S.

Bright-rumped Attila *Attila spadiceus*— This bird was very responsive to Hugo's tape playback, calling constantly, but never coming out fully into the open at Isla Popa.

Dusky-capped Flycatcher *Myiarchus tuberculifer*— (Another species from the southwestern United States with a resident (non-migratory) population in Panama. We saw one in the garden on our last full morning at Tranquilo Bay.

Great Crested Flycatcher *Myiarchus crinitus*— Similar to Dusky-capped, but a migrant to the eastern United States and Canada. We heard one in the forest at Tranquilo Bay, but I'm not sure if anyone got to see it. It should arrive here in northern Virginia any day now.

Great Kiskadee *Pitangus sulphuratus*— Yet another flycatcher with a large range that includes Texas. This and the next three birds all have black-and-white striped heads and bright yellow breasts and bellies. This is a large one with rufous wings. We saw it and heard "kis-ka-dee" every day.

Boat-billed Flycatcher *Megarynchus pitangua*— This large bird looks a lot like the kiskadee, but lacks the rufous, and its song isn't as easy to remember. We saw it on three different days, including in the Tranquilo Bay garden.

Social Flycatcher *Myiozetetes similis*— Also superficially similar to the kiskadee, but smaller with a shorter bill. We saw this bird in several places, but not in the highlands.

Gray-capped Flycatcher *Myiozetetes granadensis*— This is a small bird like the Social Flycatcher. We saw it twice in the lowlands near the docks.

Sulphur-bellied Flycatcher *Myiodynastes luteiventris* – A streaky flycatcher that was migrating through Panama from South America to breed in northern Central America, Mexico, and southeastern Arizona. We saw one in the lowlands after our stop at the supermarket.

Tropical Kingbird *Tyrannus melancholicus*— TK! It is one of the easiest species to see in Latin America and occasionally in the southwestern U.S. because it perches near the tops of trees. We saw it everywhere EXCEPT Tranquilo Bay!

Eastern Kingbird *Tyrannus tyrannus* – We saw migrants heading back to the United States at Changuinola Canal and Tranquilo Bay. They are social in migration, but not when they get on breeding territories up north.

VIREOS: Vireonidae (7)

Scrub Greenlet *Hylophilus flavipes*— This bird is a close relative of Lesser Greenlet that we saw only at the Radisson Panama Canal before the start of the trip.

Lesser Greenlet *Pachysylvia decurtata*— This is a small, resident tropical species that is greenish yellow with a gray head. We saw several on the Changuinola Canal and at Tranquilo Bay.

CROWS AND JAYS: Corvidae (2)

Black-chested Jay *Cyanocorax affinis* – I love colorful birds, so that includes jays! We saw two pairs of this species, one in the lowlands and the other at the chocolate farm.

SWALLOWS AND MARTINS: Hirundinidae (5)

Southern Rough-winged Swallow *Stelgidopteryx ruficollis*— We have Northern Rough-winged Swallows in the United States and Canada; but this species is a tropical resident. We saw several in our first full day in the lowlands.

Gray-breasted Martin *Progne chalybea*— Martins are large swallows. We saw these in several places, including nesting in front of our favorite supermarket!

Mangrove Swallow *Tachycineta albilinea*— These are related to Tree and Violet-green Swallows in North America. They were especially common on Isla Popa.

Barn Swallow *Hirundo rustica*— We hit a big migration of this species headed back to the United States and Canada. We saw them on the open water from the boats on several days.

GNATCATCHERS AND GNATWRENS: Polioptilidae (2)

White-browed Gnatcatcher *Polioptila bilineata*— Gnatcatchers are very small, active birds with long tails. We saw these in several places, including the garden at Tranquilo Bay.

WRENS: Troglodytidae (11)

House Wren *Troglodytes aedon*— Someday the ornithologists will decide that the House Wren is several different species. The ones we saw in Panama are resident there. We saw or heard House Wren everywhere except the highlands.

Ochraceous Wren *Troglodytes ochraceus*— The highlands have their own wrens, including this rusty-headed one along the Continental Divide Road.

Black-throated Wren *Pheugopedius atrogularis* – This bird along the Changuinola Canal was one I really wanted to see, but alas, we only heard it.

Bay Wren *Cantorchilus nigricapillus* – This species features male-female duets. Luckily, that's the most interesting thing about the species, because we heard it many times, but never saw it.

Gray-breasted Wood-Wren *Henicorhina leucophrys*— We have a theme here since this is another wren that we heard multiple times (but only in the highlands) and never saw.

MOCKINGBIRDS AND THRASHERS: Mimidae (1)

Gray Catbird *Dumetella carolinensis* – This is another species that I expect to see any day now in northern Virginia. Panama is as far south as it gets. We heard the distinctive “meow” sound and saw birds at Changuinola Canal and on our first stop in the highlands.

Tropical Mockingbird *Mimus gilvus*— A few folks saw this species from the bus as we were driving through a town in the lowlands.

THRUSHES: Turdidae (6)

Clay-colored Thrush *Turdus grayi*— We have American Robins while Panama and Costa Rica have their Clay-colored Thrushes. We saw or heard it every day (although I forgot to put it in eBird on two different days).

OLD WORLD SPARROWS: (2)

House Sparrow *Passer domesticus* – We almost missed this one, but it was in Bocas Town at the airport!

FINCHES AND EUPHONIAS: Fringillidae (6)

Yellow-crowned Euphonia *Euphonia luteicapilla*— (We did quite well with euphonias, seeing four species. They specialize in eating small berries such as mistletoes. This was one of two that we saw during our first full day in the lowlands.

Olive-backed Euphonia *Euphonia gouldi* – This was the other lowland/mainland species, and we also saw it at the chocolate farm. It looks very different from the other euphonias except for the small size and the forehead patch.

White-vented Euphonia *Euphonia minuta* – This was the common euphonia in the Tranquilo Bay garden.

Tawny-capped Euphonia *Euphonia annae* – This was the euphonia of the highlands.

NEW WORLD SPARROWS: Passerellidae (11)

Common Chlorospingus *Chlorospingus flavopectus*— This species is a very social bird of the highlands; we saw nine in just one day! Ornithologists used to think that this was a kind of tanager; now they think that it is related to sparrows.

Black-striped Sparrow *Arremonops conirostris*— This was a frustrating bird in the lowlands, but I think everyone eventually got a good look, either on the first full day or along the Changuinola Canal.

Rufous-collared Sparrow *Zonotrichia capensis*— This is a very common Latin American species that we saw near the reservoir during lunch.

BLACKBIRDS AND ORIOLES: Icteridae (12)

Red-breasted Meadowlark *Leistes militaris*— The North American meadowlarks all have yellow and black breasts, but several Latin American meadowlarks have red breasts. Like the North American meadowlarks, this species likes pastures. We saw it on our first full day in the lowlands.

Montezuma Oropendola *Psarocolius montezuma*— I love oropendolas! The males bow upside down as they gurgle. They build big hanging nests in large groups. This species has a very colorful face and beak with a bright yellow tail. And this species was very common – we saw it every day!

Chestnut-headed Oropendola *Psarocolius wagleri* – We saw this species, with an ivory-colored beak, at the first stop in the highlands.

Black-cowled Oriole *Icterus prothemelas* – This species is a permanent resident in the tropics. We saw several along the Changuinola Canal and River.

Baltimore Oriole *Icterus galbula*— When we saw this species, it was on its way back to Baltimore. We saw one on the Pacific side (before the trip officially began) and another on the Caribbean side (Isla Popa).

Orchard Oriole *Icterus spurius* – We also saw one of these North American breeders both on the Pacific side and on the Caribbean side (Changuinola River).

Giant Cowbird *Molothrus oryzivorus*— I think we only saw fly-bys on three separate days of this large blackbird that lays its eggs in oropendola nests and lets the oropendola raise its young.

Great-tailed Grackle *Quiscalus mexicanus*— We saw this common, large, iridescent blackbird on three different days in the lowlands. Surprisingly, it hasn't found Tranquilo Bay yet – there are benefits to being on an island!

NEW WORLD WARBLERS: Parulidae (15)

Northern Waterthrush *Parkesia noveboracensis*— This species hung out in the mangroves near the dock at Tranquilo Bay. In addition, we saw it at Radisson Panama Canal and Changuinola Canal.

Black-and-white Warbler *Mniotilta varia*— I think it was Judy and Sam who saw this species near their cabin at Tranquilo Bay.

Prothonotary Warbler *Protonotaria citrea*— We saw this bright yellow bird frequently from the dining-room porch at Tranquilo Bay.

Tennessee Warbler *Oreothlypis peregrina*— Was this the most common bird of the week? There was always at least one in the Miconia berry bush near the T. We saw mostly gray-headed spring males, but also some green-headed birds that could have been males or females.

Olive-crowned Yellowthroat *Geothlypis semiflava* – There are several resident warbler species in Panama, but this is the only one we saw. We found several on our first full day in the lowlands.

American Redstart *Setophaga ruticilla* – I was surprised to only record one – on Isla Popa. Adult males are orange and black, but the bird we saw was yellow and gray, either a female or a young male.

Yellow Warbler *Setophaga petechia*— North American breeding males are all yellow; the tropical residents have a maroon-colored head. I'm not sure we can identify the different females by plumage. We saw a resident male "Mangrove Warbler" on Isla Popa, and what was probably a migrant at Radisson Panama Canal before the start of the trip.

Chestnut-sided Warbler *Setophaga pensylvanica*— We saw this species every day of the trip, and I think all the birds we saw were adult males with the full chestnut sides.

CARDINAL-GROSBEAKS: Cardinalidae (6)

Summer Tanager *Piranga rubra*— This species breeds in the United States and Mexico. Note that it is now considered a "cardinal" and not one of the tanagers listed below. The similarities are because of beak adaptations for fruit-eating. We saw this species on four different days in the lowlands, including at Tranquilo Bay.

Scarlet Tanager *Piranga olivacea* – This species breeds in the United States and Canada. Since it's not a true tanager, what if we call it "Scarlet Cardinal?" We saw one winter-plumaged male along the Changuinola Canal. It can be separated from Summer Tanager by its smaller bill and dark wings.

Black-faced Grosbeak *Caryothraustes poliogaster* – Not all grosbeaks are related to each other either. The "grosbeak" is an adaptation to breaking open hard seeds. We saw a small group of this species in the highlands.

Blue-black Grosbeak *Cyanoloxia cyanooides*— We saw this species on the first day and the last full day at the edge of the garden at Tranquilo Bay.

TANAGERS AND ALLIES: Thraupidae (25)

Tawny-crested Tanager *Tachyphonus delatrii* – What's not to like about an all-black bird with a bleached orange mohawk? We saw this species on the first and last days in the Tranquilo Bay garden.

White-lined Tanager *Tachyphonus rufus* – This is one of those species where the supposed field mark in the name is difficult to see. The male is essentially all black. We saw this species on our first full day in the lowlands and at the first stop on our way to the highlands.

Crimson-collared Tanager *Ramphocelus sanguinolentus* – OK, here is some confusion for us. This species has more black patches than Crimson-backed has, including the face. It was seen in the highlands on the Caribbean slope.

Crimson-backed Tanager *Ramphocelus dimidiatus* – This species is nearly all red except for the wings and tail. We saw it only at the Radisson Panama Canal before the official start of the trip..

Scarlet-rumped Tanager *Ramphocelus passerinii*— This species was seen on four days in the lowlands, but not at Tranquilo Bay.

Blue-gray Tanager *Thraupis episcopus*— This is one of the easiest tanagers to see and identify. It's a nice soft blue, and it often perches in the open below the canopy. We saw it on four days in the lowlands.

Palm Tanager *Thraupis palmarum*— This species is easy to see, but not quite as easy to identify. It is gray-green and a bit similar to Plain-colored. We saw it on five days in the lowlands.

Golden-hooded Tanager *Tangara larvata*— This subtly beautiful tanager was frustratingly difficult to see for much of the trip. We did see it several times in the lowlands, but usually at a distance. I hope everyone got a good look at some point.

Plain-colored Tanager *Tangara inornata* – We saw this species on five days, including the first and last day at Tranquilo Bay. It's a small gray bird with darker wings and tail.

Emerald Tanager *Tangara florida* – Emerald is a cool color, and this bird also has interesting black patterns. We only had one look at this species in the highlands.

Silver-throated Tanager *Tangara icterocephala*— It's a funny name for a bright yellow and black bird! We saw several of them in low vegetation in the highlands.

Blue Dacnis *Dacnis cayana* – This is the lowland version of the Scarlet-thighed, with more blue and less black. We had several on the first and last day in the Tranquilo Bay gardens, and on a middle day on Changuinola Canal.

Shining Honeycreeper *Cyanerpes lucidus*— OK, so why not call this the Yellow-legged Honeycreeper? We had a couple along Changuinola Canal and several at the Tranquilo Bay garden.

Red-legged Honeycreeper *Cyanerpes cyaneus*— Males are blue-black, females are green. We had several near the dock in the lowlands and along the Changuinola Canal.

Green Honeycreeper *Chlorophanes spiza*— This was the common honeycreeper in the Tranquilo Bay gardens. The male is a beautiful bird with a black head and a yellow beak, but it isn't green! Turquoise maybe? At least the female is green.

Blue-black Grassquit *Volatinia jacarina*— We saw a couple of these small birds on our first full day in the lowlands in short shrubs.

Thick-billed Seed-Finch *Sporophila funerea*— Similarly, we saw of these slightly larger birds with larger bills on our first full day in the lowlands.

Nicaraguan Seed-Finch *Oryzoborus nuttingi* – This is a tough bird to see in Panama and we were at the southern edge of its range. Luckily, it popped up in a low tree early on along the Changuinola Canal. A large, pink bill on a small, black bird is memorable. It is sometimes referred to as Pink-billed Seed-Finch.

Variable Seedeater *Sporophila corvina*— OK, maybe this was the most common bird on the tour after Turkey Vulture. The males we saw were all black while the females were gray brown. In other parts of its range, the species can show lots of white. This species was everywhere in the lowlands; I forgot to record it in eBird one day.

Morelet's Seedeater *Sporophila moreletii*— This is one of the first birds we saw at the airport in Bocas Town. We also saw it in the lowlands the next day.

Bananaquit *Coereba flaveola*— One of the most common birds in the Tranquilo Bay gardens, we saw it every day when we were in the lowlands. It is found in all the Caribbean countries and South America.

Buff-throated Saltator *Saltator maximus*— Saltators are medium-sized, green-gray birds of forest edges. We saw this species at Isla Popa.

Cinnamon-bellied Saltator *Saltator grandis*— That's a pretty good name improvement to go from Grayish to Cinnamon-bellied! This was one of the first species we saw on our all-day trip to the lowlands.