

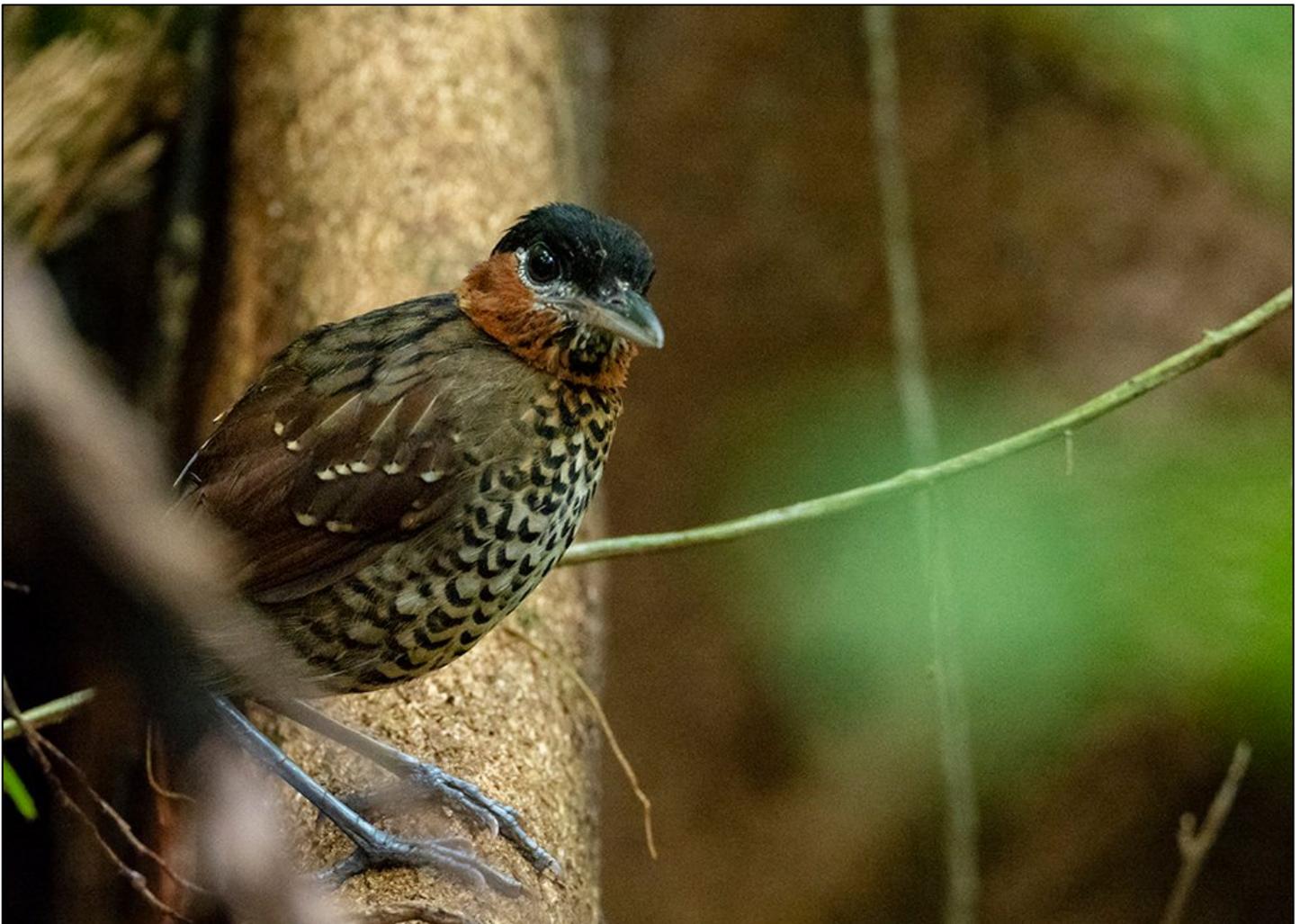


A [Tropical Birding](https://goo.gl/y1e8mp) Set Departure **BIRDING TOUR** (<https://goo.gl/y1e8mp>)

PANAMA Birding Tour

1–14 February, 2019

Report and photos by ANDRES VASQUEZ N, the guide for this tour



One of the most desired birds in Panama is this Black-crowned Antpitta or Gnatpitta. We found this individual in Nusagandi during a long walk up and down steep trails in Kuna Yala territory.

Panamá is a beautiful small country that is home to nearly 1000 species of birds thanks to its location, varied topography, and tropical climate. On this tour, we tried to see as much as possible in only 13 birding days. We basically crossed from one end of the country to the other both in latitude and longitude, being close to the border with Costa Rica while birding in Chiriqui, and not too far from Colombia while birding in the East, plus scanning the Pacific Ocean one day and being a few miles away from the Atlantic Ocean on the next one. The good road infrastructure and internal airline routes also made it easy to get around as needed.



This White-whiskered Puffbird was a patient poser for our cameras in Cerro Azul

In terms of birding and wildlife watching, Panama does not take second place to any country in Central America. With various encounters with **sloths, tamanduas, Tayras, Lesser Capybaras, coatis, howlers, tamarins, and capuchins**, the “mammaling” was also superb! In regards to the birds we finished with a list of 428 species recorded of which highlights were the magnificent **Resplendent Quetzal**, the bizarre **Black-crowned Antpitta**, 6 species of puffbirds, 21 antbirds, 30 hummingbirds, 5 toucans including the cartoonish **Keel-billed Toucan**, and many superb tanagers from which **Black-and-yellow, Speckled, and Rufous-winged** were stand outs, along with many more other birds and mammals.

Some participants had joined the tour specifically for chasing several bird families like the cryptic **Wrenthrush** (AKA **Zeledonia**), the unique **Rosy Thrush-Tanager**, the enigmatic **Sapayoa**, the dullish “Mitrospingid” **Dusky-faced Tanager** and the hulking **Prong-billed Barbet**. Other special birds that were mentioned by the group members as memorable, included **Pheasant Cuckoo, Golden-headed, Lance-tailed, Red-capped, Golden-collared, Orange-collared, and White-**

ruffed Manakins, the endemic Yellow-green Tyrannulet, Whooping, Rufous, Broad-billed and Lesson's Motmots, Blue Cotinga, Long-tailed Silky-Flycatcher, Flame-throated Warbler, Speckled Mourner, Streak-chested Antpitta, and tons more.



Hoffman's Two-toed Sloths were seen in three different locations

February 1st Arrival day in Panama City; Chepo area: Officially this was the arrival day but since all the participants were in Panama already by the previous night we decided to do an additional bird excursion as a warm up for the tour. Just after lunch, we met our local Panamanian guide Luis Paz who was with us during the entire tour; he was a great person to be around and an outstanding birder who is always up to date with the latest bird news and stake outs.

That afternoon we drove towards the area of *Chepo*, only about 40 minutes from our airport hotel. Here we started our bird list with some open area birds, most of which we saw later on but at the time it felt great to be already birding along the isthmus. Among the notable species we saw that afternoon we should mention **Red-crowned Woodpecker (photo below)**, **Yellow-crowned Euphonia**, **Red-breasted Meadowlark**, **Savanna Hawk**, **Fork-tailed Flycatcher**, **White-tailed Kite**, **Crested and Yellow-headed Caracaras**, **Orange-chinned Parakeet**, various species of *Tyrant flycatchers*, **Tropical Mockingbird**, and a large group of **Orchard and Baltimore Orioles** that were feeding in a flowering tree.



One of the best mammal sightings of the trip also occurred that afternoon when a very active **Hoffman's Two-Toed Sloth** was spotted next to the road, very close to eye-level moving along an open set of vines. We stepped out of the van to enjoy from close this wonderful animal as it moved higher into a far more leafed out tree canopy. We headed back to our hotel for our first dinner together as a group in the late afternoon.

February 2nd Metropolitan Park and Juan Diaz Mangroves: Our first full day started with one of the classic birding locations of Panama, the famed *Parque Natural Metropolitano*. We arrived quite early and started by birding around the parking lot of the registration office. Lifers came fast and furious as the morning chorus was heard. The first of those was a male **Slaty-tailed Trogon**, then a **Purple-crowned Fairy** perched right next to it. This was followed by a small group of **Black-chested Jays** that mobbed a family of **Keel-billed Toucans** that were calling from the top of a nearby tree. **Golden-hooded and Plain-colored Tanagers** were feeding in some fruiting tangles and a lone **Yellow-crowned Tyrannulet** responded to our whistles.



We moved on from that spot and stopped at the *El Castillo* area, where we started a walk that would take all morning long. Firstly though, birding right at the start of the trail was great with **Crimson-crested Woodpeckers**, **Yellow-backed Orioles**, **Whooping Motmots** (photo above), and **Lance-tailed Manakins**, a pair of **White-necked Puffbirds**, **Yellow-olive Flycatcher**, **Forest Elaenia**, the rarely seen **Northern Parula**, and the first of many **Red-throated Ant-Tanagers**. We basically stayed at that one spot for over an hour since birds just kept on coming to us. Soon after, we tried to call in (with success) a pair of **Rufous-and-white Wrens** followed by another pair of different wrens, this time **Rufous-breasted**.

The main goal for the morning however, made us wait a little and it was only at about 10am that it started singing from its usual territory. I am refereeing to the only member of the *Rhodinocichlidae* family, the loud and beautiful **Rosy Thrush-Tanager** (photo below). It took a long, suspenseful time for the family chasers but finally both female and male showed up, the first being more cautious and shy showing only briefly and the latter being more obliging and allowing the photo below.



With the big pressure for the day taken off of my shoulders, we then proceeded on the longish loop trail scoring a bunch of new birds. We were shown by a local birder a roosting **Common Potoo** and right after a nice flock showed up containing species like **Black-crowned Antshrike**, **Dusky Antbird**, **White-shouldered Tanager**, **Lesser and Golden-fronted Greenlets**, **Plain-brown Woodcreeper**, **Ochre-bellied Flycatcher** and a couple more. Away from the flock, a **Pheasant Cuckoo** started singing nearby and we managed to bring it in for great close up flight views as it came charging us and suddenly swooping above our heads. Later on we found two different trogons, **Black-throated** and **Gartered Trogons** too.

We had a brief break on some benches located at a viewpoint at the highest spot in the park from where we could see the modern Panama City and the iconic Canal from the same spot.

When we started the loop back, it was a bit quiet since it was already past 11am but suddenly a pair of **White-bellied Antbirds** started to call and we managed to track one down for a few of the participants to see well; sadly not everyone saw it then. Towards the end of the loop we found another major flock, surprising for the time of day; it got us **Fasciated Antshrike**, **Southern Bentbill**, **Olivaceous Woodcreeper**, **Brown-capped Tyrannulet**, and the other big target, **Yellow-green Tyrannulet**, endemic to Panama.



A male **Black-throated Trogon** was seen at eye-level

With our bag full of birds after a great morning, we moved on for lunch in the city. We had to battle the horrible traffic of the capital streets before and after lunch since we basically needed to cross it from northwest to southeast to reach the coastal area we were going to bird in the afternoon. We arrived at our first birding site, the Juan Diaz mangrove area, with hot temperatures still prevailing, where we found a few new birds despite of the suffocating heat. The first was a couple of **Yellow-crowned Euphonias**, then a pair of **Isthmian Wrens**, afterwards an **Osprey**, and then a **Straight-billed Woodcreeper**. A few migrant warblers were also seen, the bright **Prothonotary Warbler** being the most outstanding.



Later in the afternoon we moved towards a beach area called *Costa del Este* where we found a few thousand shorebirds, but a bit too distant to be able to distinguish them all apart. I am sure we missed a few species among the big masses of birds but we could see, but we managed to pick out **Western, Least, and Spotted Sandpipers, Willet, Whimbrel, Wilson's and Semipalmated Plovers, Cocoi Heron, Great and Snowy Egrets, White Ibis, Black-necked Stilts, Magnificent Frigatebird** and **Laughing Gull**.

One of the favorites of the day however was the resident subspecies of **Yellow Warbler** sometimes referred to as **Mangrove Warbler** (photo above) which in this part of the world it was a full rusty head.

February 3rd Cerro Azul and surroundings: We had breakfast the earliest the hotel could provide it and then headed towards the mountain range just northeast of the capital city where the abrupt change of elevation brought a good amount of specialties. A couple of stops on the way to our final destination produced **Rufous-capped Warbler**, **Yellow-faced Grassquit** (photo below), **Buff-rumped Warbler**, **Black Phoebe**, and a few migratory warblers that are common in Panama at this time of the year.



Upon arrival to the main birding area we found the wind was very strong that kept birds sort of quiet; the wind-chill effect also made things a bit cold but as soon as the sun started shining some birds started singing and moving around us. We quickly found a small flock with **Cocoa and Long-tailed Woodcreepers**, **Carmioli's Tanagers**, **Scarlet-rumped Caciques**, **Mistletoe Tyrannulet**, and a pair of **Masked Tityras**, **Scale-crested Pygmy-Tyrant** and a single female **White-ruffed Manakin**; later in the day we found a nice male of this manakin. One of the best birds of the flock was a very cooperative **Northern Barred Woodcreeper**.

When the flock had past, we moved to another spot where we found a small group of passerines feeding on a tree; they turned out to be a group of **Scarlet-thighed and Blue Dacnises** plus **Green Honeycreepers**. In the same area but at eye-level we found a nice male **White-whiskered Puffbird** (photo on next page) that allowed us close approach.



The rest of the morning we spent it in front of some very active feeders that belong to an American resident in Panama who decided to live here few years back. He allows people in his backyard for a bit of money for the sugar and fruit. Here we had a blast with literally hundreds of birds frantically feeding from the numerous feeders set out.

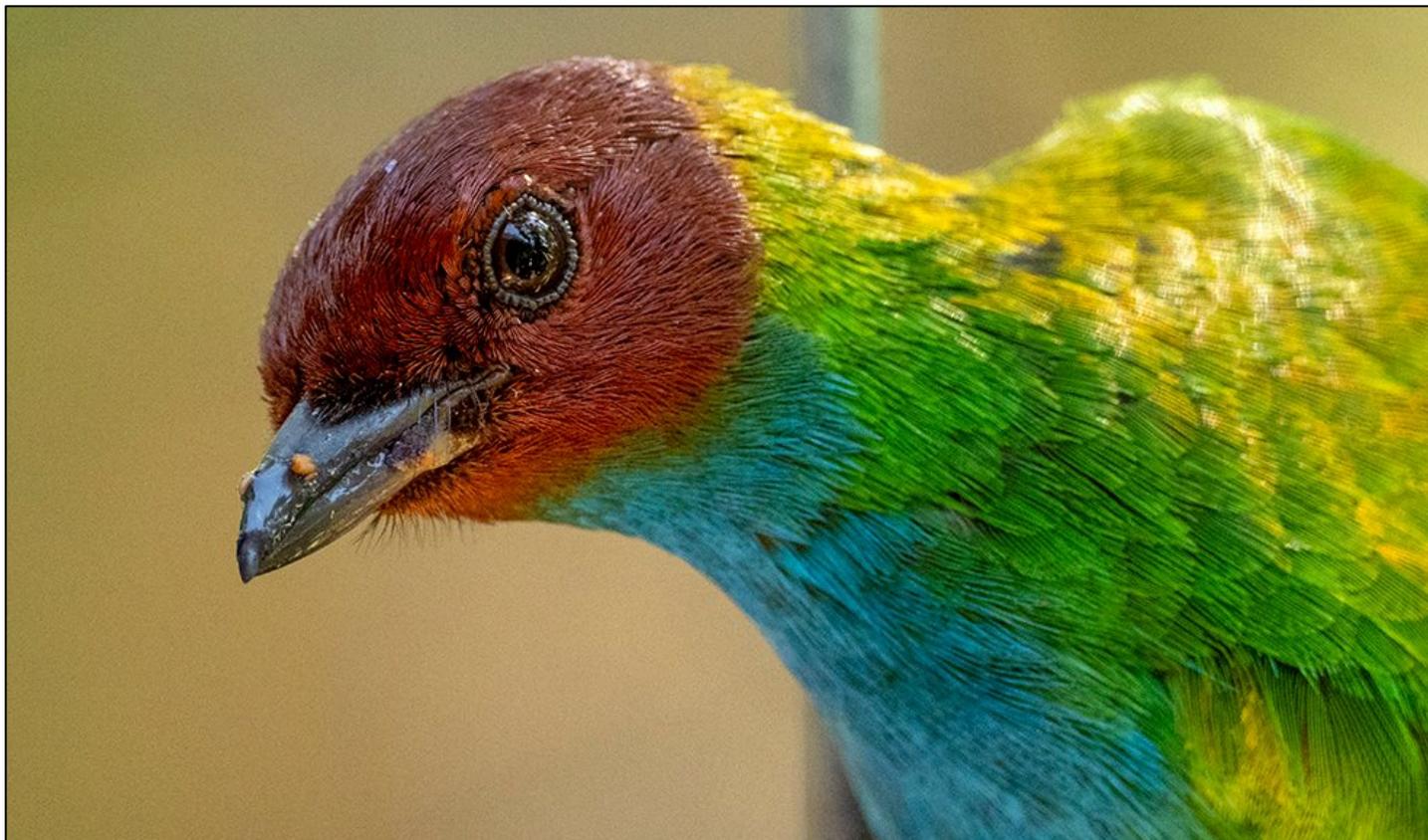
Among the hummers we saw were **Crowned Woodnymph, Bronze-tailed Plumeleteer, Snowy-bellied and Rufous-tailed Hummingbirds, White-necked Jacobins, and Blue-chested Hummingbird**. Other birds we saw were **Bay-headed, Plain-colored, Palm, Crimson-backed, Blue-gray and Hepatic Tanagers, Shining and Red-legged Honeycreepers, Bananaquit, Rufous Motmot, and Variable Seedeater**.

It was soon past noon and we were quite hungry but still very entertained with the feeders. We had to call it there and head towards the restaurant we were going to have lunch. A large tree just next to the building had an active colony of **Chestnut-headed Oropendolas** which we enjoyed while eating. We also saw there our first **Social Flycatcher, Tropical Pewees and Black-and-white Warblers**.



Shining Honeycreeper above and Red-legged Honeycreeper below visiting the feeders





Bay-headed Tanager above and Bronze-tailed Plumeleteer below



In the afternoon, we drove towards a higher spot within the same area, *Cerro Jefe* where we birded until late in the day. Due to the winds and sun, things were very quiet for most of the time but we found a small flock after not seeing or hearing a single chip note for a couple hours. This flock held however a couple of very cool birds: **Tawny-capped Euphonias**, a male and a couple females, and a group of five **Black-and-yellow Tanagers** which compensated for a mostly birdless afternoon.

We then moved towards another spot where Luis had a stake out for **White-ruffed Manakin** (photo below) and this time we got a very nice male that sat for ages on a branch, annoyingly backlit from every angle; I did as much as I could to get a better spot for the photo but did not manage any better than the following photo. Late in the day we headed back to our hotel to prepare our bags for next day's early flight towards the city of *David* in the west-most province of Panama, *Chiriquí*.



February 4th Flight to David; drive to Volcan: We took the earliest flight possible from the Panama City International Airport to *David* in order to have a little time in the morning to bird en route to *Volcan* once we landed in the province of *Chiriquí*. This was scuppered by the delay we suffered to our flight due to unexplained reasons from the air company. We only arrived close to 10am and then drove for about an hour towards the foothills of *Volcan Baru*.

Luis had arranged a great plan for lunch in a local reserve of a friend of his, called *Birding Paradise* in the tiny town of *Paraiso*. As a welcoming sign, a pair of **Lesson's Motmots** (photo below) was seen perched right next to the main house.



The owner of the reserve, *Mishael*, was our local guide there and took us immediately after our arrival into his best birding spots before the end of the morning. The trail that leads to the river produced **Black-striped Sparrow**, **Yellow-throated Vireo**, **Chiriqui Foliage-gleaner** and a few other passerines. Once at the river, we got a pair of **Riverside Wrens** that skulked their way towards us. Nearby, during a short walk we found **Elegant Euphonias**, **Yellow-bellied Flycatcher**, **Slaty Spinetail** (**photo below**), **Yellow Tyrannulet** and one of the favorite birds of the trip for one participant, the always beautiful **Fiery-billed Aracari**.

Back at the house for lunch we also enjoyed the feeders *Mishael* keeps. Those were busy with hummers and tanagers. New for the list at the feeders were **Long-billed Starthroat**, **Brown Violetear**, and **Scaly-breasted and Charming Hummingbirds**. Also new for us was the beautiful **Scarlet-rumped Tanager**.



After lunch, we took a break before starting birding again, trying to wait out the hottest time in the shade watching the feeders but sooner rather than later we started seeing new birds right behind the house. A group of **Crimson-fronted and Brown-throated Parakeets** flew in and perched on the nearby tree tops so we rushed to get our scopes to get close up views.

And since we were already out, we started birding other corners of the property where we found great birds like **Orange-collared Manakin**, **White-throated Thrush**, **Pale-breasted Spinetail**, and **Spot-crowned Euphonia**, among others. At about 5h30pm we called it a day and headed to our hotel in Volcan before dark.

February 5th - 6th Volcan Baru

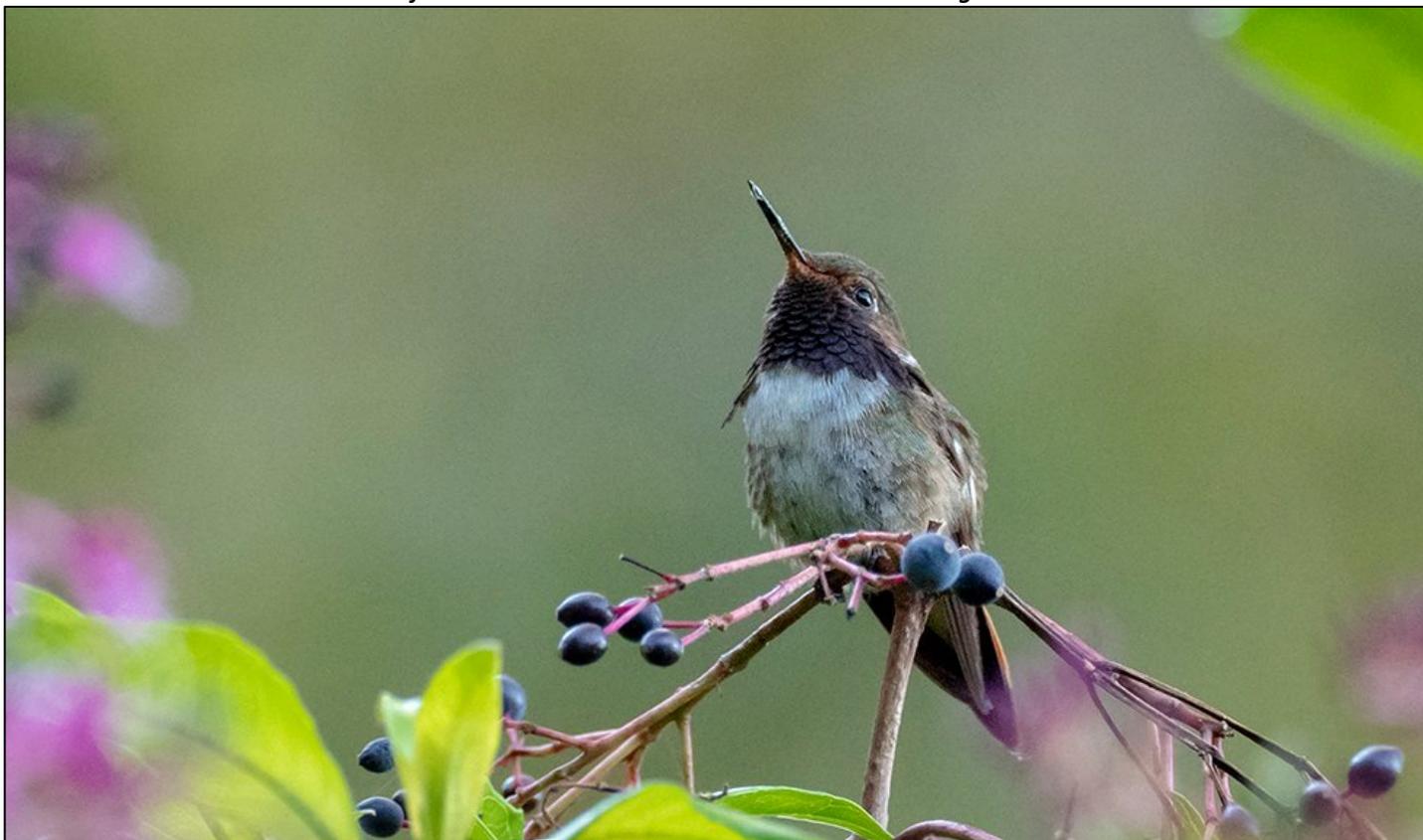
area and La PILA: The highlands of *Chiriquí* are home to countless avian specialties and this is why we dedicated more than two full days in the area. The first one we spent birding the *Volcan Baru National Park* from two different ends. In the morning, we visited the famed *Sendero de los Quetzales* where we had a blast and as a proof of that, literally the first bird that we got in the scope was the unique **Resplendent Quetzal** (photo on right); we found females and a lone male. The light was still low and therefore photos are a little dark but it was for sure great to see these birds which literally disappeared when it got brighter. After we got this big target in the bag, we then one-by-one started finding other specialties without having to move from the very same spot for about 2.5 hours; it was ridiculous, as if it had been planned to be like that.



The list of the main birds seen there went like this: **Long-tailed Silky-Flycatcher**, **Black-cheeked Warbler**, **Black-faced Solitaire**, **Rough-legged Tyrannulet**, **Yellow-thighed Finch**, **Flame-throated Warbler**, **Ruddy-capped Nightingale-Thrush**, **White-throated Mountain-gem**, **Stripe-tailed**, **Volcano and Scintillant Hummingbirds**, **Red-faced Spinetail**, **Northern Emerald-Toucanet**, **Yellow-winged Vireo**, **Chestnut-capped Brush-Finch**, **Flame-colored Tanager**, and **Slaty Flowerpiercer**. Of course several other more common things were seen there as well but with the ones mentioned above alone it is an impressive list for basically a 10-square-feet-in-2.5-hours birding session. Later in the morning we did a little walk up the hill in search of some other birds and managed to pick up **Sooty-capped Chlorospingus**, **Yellowish Flycatcher**, **Slate-throated Redstart**, **Red-tailed Hawk** and a very elusive **Ochraceous Wren** that not everyone saw at the time.



Black-faced Solitaire above and a male *Volcano Hummingbird* below





Yellow-thighed Finch above and Black-cheeked Warbler below



The next morning we visited *La Amistad International Park (PILA)* which is a nature reserve protected in partnership by both Costa Rica and Panama on its respective sides of the border. Here our main goal was to find the unique **Wrenthrush** AKA *Zeledonia* (photo below) which is the only member of its family and therefore a big target despite the modest appearance of this dark bird.



There was of course some overlap with the birds that we saw the previous day but we also go a good number of new birds here like **Torrent Tyrannulet** and **American Dipper** on the river right at the gate of the park. We also saw **Barred Becard**, **Spot-crowned Woodcreeper**, **Collared Redstart**, **Rufous-browed Peppershrike**, **Tufted Flycatcher**, the much-desired **Prong-billed Barbet**, **Gray-breasted Wood-Wren** and a few other things.

During the two afternoons we visited a couple of secondary birding sites, including a bed and breakfast that has hummingbird feeders where we found **Violet Sabrewing** as the only new species for the place. Other interesting birds found in the *Volcan* area included **Acorn Woodpecker**, **Bat Falcon**, **Barred Parakeets**, **Yellow-bellied Siskin**, **Blue-and-white Swallow**, **Mourning Dove**, **Mountain Thrush**, **Common Chlorospingus**, **Mourning Warbler**, and **Rose-breasted Grosbeak**, among others.



Yellowish Flycatcher above and Collared Redstart below





American Dipper above and Torrent Tyrannulet below



February 7th Chiriqui to Gamboa: With one more day in the province of *Chiriqui* we decided to bird the foothills again since there were several things we had missed before so first thing in the morning we did was drive back towards the *Birding Paradise* reserve where we arranged breakfast and birding during the first hours of the morning. Upon arrival and while coffee was still brewing, we went up the deck to bird from an advantage point which was a good move since we managed to see a few new birds before breakfast. These included the elusive **Orange-billed Nightingale-Thrush**, **Gray-cowled Wood-Rail**, **White-crowned Parrot**, **Gray-chested Dove**, and **Streak-headed Woodcreeper**.

After a hearty breakfast that included Chiriquian Tortilla, fresh fruit, hot coffee and mango juice, we moved back into the same trail we did last time we visited but this time we managed to see a few things we had missed before, including **Speckled Tanager**, **Olivaceous Piculet**, **Blue-black Grosbeak**, **Greenish Elaenia**, and **Bronzed Cowbird**. Birding along the river, we managed to see the one and only **Sunbittern** but sadly not for long since it was shy and walked swiftly away. Another of the targets was the local **Black-hooded Antshrike** which we managed to see well, both female and male. Just before leaving **Scarlet-rumped Tanagers** (photo below) came to eat fruit at the feeders next to the house and we managed to snap a couple photos.



Just past mid-morning we decided to move on and bird another spot within the foothills, this time just on the road next to the *Macho Monte River* where Luis had a good stake out for **Golden-olive Woodpecker**. We also found there the only **Tropical Parula** for the trip, a group of *euphonias* that gave us great views and a few other things. One sighting that was very interesting by one of the experienced participants of the group was a small group of swifts that were flying below the bridge that crosses the narrowest section of the river right where some very steep and tall rock walls create a narrow grotto. She described to me (since I was not there to see it myself) a perfect a Band-rumped Swift but since that species is not present there, the only other possibility is the rare **Costa Rican Swift** which she is convinced that is what it was.



Later on, we moved on and went for lunch already in the city of *David* where we found a great burger place that popped to our internet search as a much recommended place. We decided to give it a try and we were not disappointed at all. With only a couple hours to bird in the afternoon before we needed to take our flight back to *Panama City* we birded a forested patch just next to the airport where we found a bird that I particularly wanted to see, **Veraguan Mango** (photo above); we saw a perfect female with the green central stripe down its breast and a juvenile with chestnut inner flanks. Other birds seen here were **Mouse-colored Tyrannulet**, **Boat-billed Flycatcher**, **Summer Tanager** and a few others we had already seen. Then we took our plane and landed in Panama for a 45min ride afterwards towards *Gamboa*.

February 8th to 10th Gamboa, Pipeline Road and surroundings: We had 3 nights in the impressive *Gamboa Resort* that we used as a base to explore arguably the most famous of the birding locations in Panama, the *Pipeline Road*. Apart from this spot we also visited a few nearby locations that complimented very well the stay here. In fact, we started by birding the extensive protected woodland that belongs to the *Gamboa Resort* on the first morning.

We went to the base of the cable cars that the resort uses as a tourist attraction, but for birders the area holds lots of good birds. New birds came fast and furious starting with **Slaty-tailed Trogon** and finishing with **Blue Cotinga** but in between we got **Golden-collared Manakin** (photo below), **Cinnamon Woodpecker**, **Yellow-tailed Oriole**, **Yellow-rumped Cacique**, **Yellow-margined Flycatcher**, **Flame-rumped Tanager**, and a heard only **Jet Antbird**. From the same spot, we were amused by some mammals that were eating fruit from the tall canopy of a tree; in there we got **White-faced Capuchins**, **White-nosed Coatis**, and a **Tayra** that had climbed up a long way from its usual feeding areas.



To finish the first morning we visited a nearby pond where we got the only **Rufescent Tiger-Heron** of the tour, the first **Purple Gallinules**, some **Gray-breasted Martins** and a few **Mangrove Swallows**.

We spent the other two mornings birding the *Pipeline Road* but only on the first one we climbed the outstanding *Discovery Center Canopy Tower*. From the canopy heights we saw tons of great things like a couple distant **Yellow-throated Toucans**, closer **Brown-hooded Parrots**, **Black-capped Pygmy-Tyrant**, **Mealy and Red-lored Parrots**, **Scaled and Short-billed Pigeons**, but we did not manage to attract a constant-calling *Green Shrike-Vireo* that never stopped singing nearby.



Walking the road we saw in two mornings a huge amount of birds, many of those very special and I even got a nice lifer in the shape of a **Speckled Mourner** (photo above). Some of the other great birds that are worth mentioning include **Great Tinamou** tame and in the open, **Russet-winged Schiffornis**, **Ocellated**, **Bicolored**, **Spotted** and **Chestnut-backed Antbirds**, **Moustached**, **Dot-winged**, **Checker-throated** and **White-flanked Antwrens**, **Streak-chested Antpitta**, **Gray-headed Kite** on a nest above the trail, a soaring **Ornate Hawk-Eagle**, **Bright-rumped Attila**, **Rufous** and **Broad-billed Motmots**, **Black-breasted Puffbird**, **Olivaceous Flatbill**, **Black-striped Woodcreeper**, **Ruddy-tailed Flycatcher**, **Purple-throated Fruitcrow**, **Red-capped** and **Blue-crowned Manakins**, **Black-bellied** and **Song Wrens**, **White-breasted Wood-Wren**, **Double-toothed Kite** and a bunch of birds that we had seen before.



Streak-chested Antpitta (above) was selected as one of the favorites for the trip



Spotted Antbird assisting to an antswarm above and *Great Tinamou* feeding on the road below





Russet-winged Schiffornis, discrete but with a beautiful song, above and the loud *Bright-rumped Attila* below



The afternoons were more relaxed after a good rest in the middle of the hot days. We visited several spots like *Summit Ponds*, *La Marina Area along the Chagres River*, and we even ventured towards the dry *Madden forest*. During these times we found a few cool birds like **Boat-billed Heron**, **Anhinga**, **Amazon and Green Kingfishers** plus **American Pygmy-Kingfisher** (photo below), a female **Golden-winged Warbler**, **Striated and Green Herons**, **Long-billed Hermits**, **Scrub Greenlet**, **Gray-headed Chachalacas**, and the only species of waterfowl we saw, **Black-bellied Whistling-Duck**.



February 11th Nusangdi: The afternoon of the 10th we had done the drive between *Gamboa* and *Nusagandi* with a brief stop in the outskirts of *Panama City* for lunch. Having arrived in good time in *Nusagandi* we still had sunshine for birding so we took the car and went for a short ride and birded the forested narrow road that leads to the Atlantic Ocean.

It started a bit slow due to the strong wind that was hitting the area but soon enough we found a very nice flock with **Wedge-billed Woodcreeper**, **Golden-hooded**, **Rufous-winged**, **Black-and-Yellow**, and **Speckled Tanagers** plus one that is a good find for the area, **Sulphur-rumped Tanager**. We also tried and a few of the group saw a skulking **Bay Wren**.

The morning of the 11th was one that we might not forget in a long time give all we walked up and down a couple trails in search of one specific bird that in for sure one of the main targets of the entire trip, the dull but taxonomically puzzling *Sapayoa*. This formerly considered part of the manakin family now is proved to be closer related to Asian broadbills than to any American birds. This is why we needed to first, change from the luxurious *Gamboa Resort* into a very modest and rustic lodge named *Garduk*, ran by a very nice family, members of the *Guna Yala community*. Second we got our rain gear ready for the very humid forest and the ones that had rubber boots changed into those for the walk. Third, we gathered all the information from the owners of the lodge that keep notice of the last sightings of the bird and then ventured inside the trails following their instructions.



The superb Black-crowned Antpitta, a great prize we found in Nusagandi

We were sent to a the last spot the bird had been seen which was on a trail that neither Luis nor I had been before so the *Guna Yala* community assigned us with a local indigenous guide, for whom, it happened to be only his second time along this trail in his life. Happily we knew exactly where to go, the river at the bottom of this trail which was very well demarcated with only one blurry spot. What was unclear has how long it would take us and how steep were some parts of the trail. It was quite an experience.

The strenuous trail was however very productive, especially when we got to the bottom of the hill next to the river. Here we found a very nice flock with birds like **Dusky-faced Tanager**, **Green Hermit** (photo below), **Dull-mantled Antbird**, **White-flanked Antwren**, **Olive-striped Flycatcher**, **Ocellated Antbird**, and a few other things we had already seen. The main target did not want to come into scene despite being a very good place for it and having a flock moving right in the same area which normally would make any bird get more active. After spending there almost an hour waiting for the Sapayoa to call or pop up, we decided to give it up here and head back to go try later at a different spot. The climbing back up was slower of course and it was way more productive in terms of birds that on the way down.



One of the best birds of the tour suddenly started singing from the distance though so I felt not very confident initially but after a few tries, the superb **Black-crowned Antpitta** started to approach. We got very excited and happily the bird came into view just shortly before it disappeared inside thick undergrowth. We needed some extra effort and patience until it finally gave all the participants good views and a chance for me to snap a couple shots. Further up we found a flock with a couple new birds like **Spot-crowned Antvireo**, **Green Manakin**, and **Scaly-breasted Wren**. We also picked up a **Stripe-throated Hermit** on a Lek and later we got surprised by a pair of **Great Curassows** that were walking on the trail in front of us but got spooked and swiftly disappeared; only a couple of the participants managed to see them.

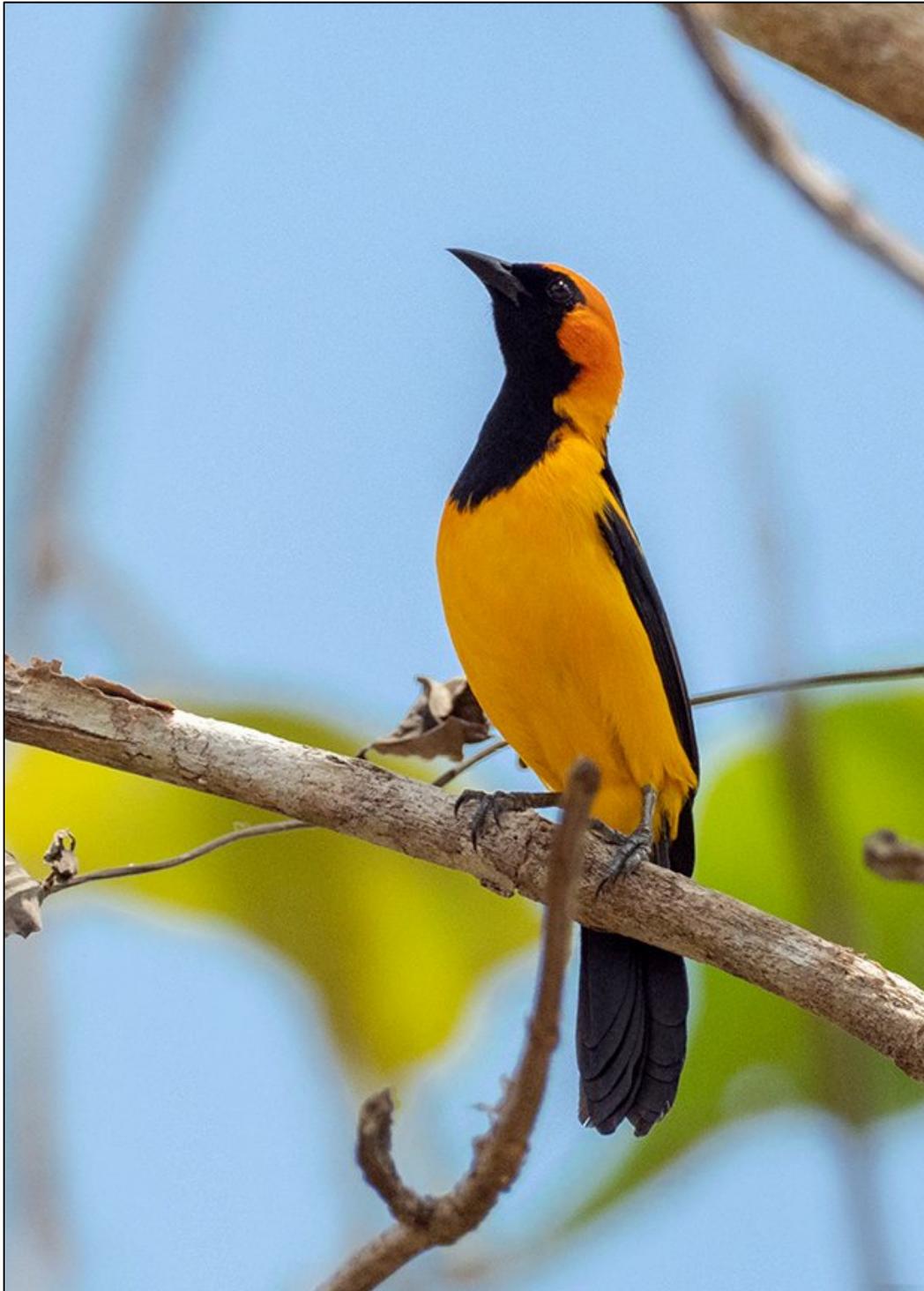
By the time we were back out of the trail it was already past noon so we just went for lunch back at the lodge. We had a short rest after a hearty meal and before too long we headed back inside the forest, this time through a different trail which was shorter and not as physically challenging. This was going to be the last chance for the **Sapayoa** since we needed to move on after this outing. We tried in one spot with no luck and so we were getting quite nervous when we got to the second and last spot and it was quiet. Suddenly two individuals of this enigmatic bird started singing but, after what it felt like an eternity, the birds did not approach. We were forced to do some bush-wagging to get closer and still birds did not come. One final off-trail walk was needed and happily we managed to see the two birds that were singing. We were just as happy as we were relieved.



Snowy-bellied Hummingbird, from the feeders at Torti, Hotel Avicar

After all this we just headed back to the lodge to pick up our things to drive towards our next destination on the east most part of the province of Panama, *Tortí*. We had about two-hour drive and for sure by then we were going to be arriving in the dark so we could only do a short stop at *Lake Bayano* where Luis picked up a **Pied Water-Tyrant** foraging near a distant pond.

February 12th El Salto and Torti: We decided to push our birdlist a little higher so we bent the original itinerary a little and drove towards the province of *Darien* in search of a few birds that are restricted to the east-most part of Panama. We had to have a very early start today with a 5am departure and breakfast on the go on a typical truckers' diner where we could buy a few pastries with some coffee; we needed to do this so that we can get in good time after a couple cool birds; they were totally worth it.



Orange-crowned Oriole, an eastern Panama specialty

We arrived just past dawn to the forested road to *Rio El Salto* where we started birding right away. The very first stop produced one of the most wanted birds for the area, the small but very attractive **Gray-cheeked Nunlet** plus **Red-throated Caracara**, **Rufous-winged Antwren**, **Pied Puffbird**, **Red-rumped Woodpecker**, and a few more. Other two of the big targets of the day were seen not too far ahead on the road: first a pair of striking **White-headed Wrens** was seen foraging along the canopy, and second, a single male **Golden-green Woodpecker** was spotted with knocking on a tall tree trunk.



Rufous-tailed Jacamar just about to engorge a *Morpho* recently beaten up against the branch to get rid of most of the wings

The road ends at a river that we could not cross but there is a trail that started right there. We walked in and out the trail which was very productive. We found a pair of **Red-billed Scythebills**, **Red-rumped Woodpeckers**, **White-eared Conebills**, a young **Gray-lined Hawk**, a pair of **Orange-crowned Orioles**, a soaring **Black-and-white Hawk-Eagle**, a female **Rufous-tailed Jacamar** devouring a butterfly, and a few common flock birds.



Little Cuckoo from the north area of Tori River

These areas get very hot quite early and by just past mid-morning the activity dies out; since it only gets active again past 3 or 4pm we decided to head back to *Torti* for lunch and for a little rest waiting the heat out. In the afternoon we visited the *Torti River* where we found a few trip birds on a relaxed birding afternoon. The most unusual bird there, at least for Panama, was a very cooperative **Little Cuckoo**. We also found there **Pacific Antwren, Northern Waterthrush, Spotted, Least, and Solitary Sandpiper, Carib Grackles, Killdeer, Lineated Woodpecker, Black-necked Stilts**, among others.



February 13th San Francisco and return to Panama City: Our last birding day had arrived and we still had ahead of us one last great birding hotspot to visit, the famed *San Francisco Reserve*. We started by birding the open grounds at the base of the hills where we found at least 4 or 5 individuals of **Barred Puffbird** ([photo above](#)) together with other cool birds like **Band-rumped Swifts** flying below eye level while drinking water from the a pond, and a lone **Long-tailed Tyrant** catching insects from an exposed perch. From this spot Luis found a **White Hawk** nesting on a tree half way up the hills; it was a great find since it was sort of camouflaged but we enjoyed great views of this bird with the scope.

Later in the morning, we moved on towards the forested hills where we hiked for a bit. During this walk we found the always desired **Royal Flycatcher** plus **Buff-rumped Warblers**, **White-vented Plumeleteer**, **Song Wren**, **Black-striped Woodcreeper**, and weirdly not a lot more. We decided to check on a different area of the reserve and we got lucky with some hummingbirds since in one single spot we found **Band-tailed Barbthroat**, **Rufous-breasted Hermit**, **Pale-bellied Hermit**, and **Blue-throated Goldentail**. The very same spot produced one of the memorable small passerines of the tour on the shape of a **Golden-headed Manakin** (photo below) that was lekking on the same *Heliconia* patch we got the hummers mentioned.



We tried in a couple other spots within the reserve but by that time it was already too hot and sunny so we decided to head back to the hotel for lunch. There was not a lot of time for a rest in the middle of the day since we needed to head back to Panama City in the afternoon doing a couple of planned stops so not too long after desert we got our luggage in the car and started the drive.

Having been asked by some of the participants about some handicrafts and souvenirs that they wanted to take back home, Luis arranged a visit to a village of the *Embera* ethnic group where he sometimes takes visitors to. It was a great stop to see these very nice and welcoming people that with their talented hands made beautiful weaved masks and bread baskets, so delicate and well done that I bought three of them myself.

This visit was done during the hot hours of the afternoon and when we left the village we did a quick birding stop for a **Spot-breasted Woodpecker** (**photo below**) that Luis had seen in the area before. The bird responded very nicely and we managed satisfactory photos of this attractive woodpecker.



We did one final bird stop right on the bridge above the *Rio Mono*, a small river very close to the large *Bayano Lake*. Here we found only a few birds that we had already seen like **Black-throated Trogon** and **Black-headed Tody-Flycatcher (photo below)**, and **Plain Xenops**. Happily, we managed to add at least a couple of birds to the list, a perched up **Crane Hawk** and a female **Blackpoll Warbler** which is quite rare for Panama.



After this last birding stop we just called it a day and drove back to our hotel near the international airport of Panama. We had our last dinner together and we had a great time talking about the most memorable experiences and birds from the trip.

See the final list below!

FINAL CHECKLIST:

A total of **428** species were recorded during the 13 days of the tour. Out of those, **408** were SEEN, **20** were Heard Only (**H**) and only **13** were seen only by the Tour Leader (**L**). Worth mentioning, we found **12** species of mammals. See the detailed list for this trip below.

Tinamidae (Tinamous)

- | | | | |
|---|----------------|--------------------------|---|
| 1 | Great Tinamou | <i>Tinamus major</i> | |
| 2 | Little Tinamou | <i>Crypturellus soui</i> | H |

Anatidae (Ducks, Geese, and Waterfowl)

- | | | | |
|---|------------------------------|-------------------------------|--|
| 3 | Black-bellied Whistling-Duck | <i>Dendrocygna autumnalis</i> | |
|---|------------------------------|-------------------------------|--|

Cracidae (Guans, Chachalacas, and Curassows)

- | | | | |
|---|------------------------|----------------------------|--|
| 4 | Gray-headed Chachalaca | <i>Ortalis cinereiceps</i> | |
| 5 | Great Curassow | <i>Crax rubra</i> | |

Odontophoridae (New World Quail)

- | | | | |
|---|--------------------|--------------------------------|---|
| 6 | Tawny-faced Quail | <i>Rhynchortyx cinctus</i> | H |
| 7 | Marbled Wood-Quail | <i>Odontophorus gujanensis</i> | H |

Columbidae (Pigeons and Doves)

- | | | | |
|----|---------------------|---------------------------------|--|
| 8 | Rock Pigeon | <i>Columba livia</i> | |
| 9 | Pale-vented Pigeon | <i>Patagioenas cayennensis</i> | |
| 10 | Scaled Pigeon | <i>Patagioenas speciosa</i> | |
| 11 | Band-tailed Pigeon | <i>Patagioenas fasciata</i> | |
| 12 | Short-billed Pigeon | <i>Patagioenas nigrirostris</i> | |
| 13 | Ruddy Ground-Dove | <i>Columbina talpacoti</i> | |
| 14 | Blue Ground-Dove | <i>Claravis pretiosa</i> | |
| 15 | White-tipped Dove | <i>Leptotila verreauxi</i> | |
| 16 | Gray-chested Dove | <i>Leptotila cassinii</i> | |
| 17 | Mourning Dove | <i>Zenaida macroura</i> | |

Cuculidae (Cuckoos)

- | | | | |
|----|-------------------|---------------------------------|---|
| 18 | Greater Ani | <i>Crotophaga major</i> | |
| 19 | Smooth-billed Ani | <i>Crotophaga ani</i> | |
| 20 | Striped Cuckoo | <i>Tapera naevia</i> | H |
| 21 | Pheasant Cuckoo | <i>Dromococcyx phasianellus</i> | |
| 22 | Little Cuckoo | <i>Coccyua minuta</i> | |
| 23 | Squirrel Cuckoo | <i>Piaya cayana</i> | |

Caprimulgidae (Nightjars and Allies)

24 Common Pauraque *Nyctidromus albicollis*

Nyctibiidae (Potoos)

25 Common Potoo *Nyctibius griseus*

Apodidae (Swifts)

26 White-collared Swift *Streptoprocne zonaris* L

27 Vaux's Swift *Chaetura vauxi*

28 Short-tailed Swift *Chaetura brachyura*

29 Band-rumped Swift *Chaetura spinicaudus*

30 Costa Rican Swift *Chaetura fumosa*

31 Lesser Swallow-tailed Swift *Panyptila cayennensis*

**Trochilidae
(Hummingbirds)**

32 White-necked Jacobin *Florisuga mellivora*

33 Rufous-breasted Hermit *Glaucis hirsutus*

34 Band-tailed Barbthroat *Threnetes ruckeri* L

35 Green Hermit *Phaethornis guy*

36 Long-billed Hermit *Phaethornis longirostris*

37 Pale-bellied Hermit *Phaethornis anthophilus*

38 Stripe-throated Hermit *Phaethornis striigularis*

39 Brown Violetear *Colibri delphinae*

40 Lesser Violetear *Colibri cyanotus*

41 Purple-crowned Fairy *Heliodytes barroti*

42 Black-throated Mango *Anthracothorax nigricollis*

43 Veraguan Mango *Anthracothorax veraguensis*

44 Long-billed Starthroat *Heliomaster longirostris*

45 White-throated Mountain-gem *Lampornis castaneiventris*

46 Volcano Hummingbird *Selasphorus flammula*

47 Scintillant Hummingbird *Selasphorus scintilla*

48 Garden Emerald *Chlorostilbon assimilis* L

49 Scaly-breasted Hummingbird *Phaeochroa cuvierii*

50 Violet Sabrewing *Campylopterus hemileucurus*

51 White-vented Plumeleteer *Chalybura buffonii*

52 Bronze-tailed Plumeleteer *Chalybura urochrysis*

53 Crowned Woodnymph *Thalurania colombica*

54	Stripe-tailed Hummingbird	<i>Eupherusa eximia</i>	
55	Blue-chested Hummingbird	<i>Amazilia amabilis</i>	
56	Charming Hummingbird	<i>Amazilia decora</i>	
57	Snowy-bellied Hummingbird	<i>Amazilia edward</i>	
58	Rufous-tailed Hummingbird	<i>Amazilia tzacatl</i>	
59	Sapphire-throated Hummingbird	<i>Lepidopyga coeruleogularis</i>	
60	Violet-bellied Hummingbird	<i>Juliomyia julie</i>	
61	Blue-throated Goldentail	<i>Hylocharis eliciae</i>	
	Rallidae (Rails, Gallinules, and Coots)		
62	Gray-cowled Wood-Rail	<i>Aramides cajaneus</i>	
63	Common Gallinule	<i>Gallinula galeata</i>	
64	Purple Gallinule	<i>Porphyrio martinica</i>	
65	White-throated Crake	<i>Laterallus albigularis</i>	H
	Recurvirostridae (Stilts and Avocets)		
66	Black-necked Stilt	<i>Himantopus mexicanus</i>	
	Charadriidae (Plovers and Lapwings)		
67	Southern Lapwing	<i>Vanellus chilensis</i>	
68	Wilson's Plover	<i>Charadrius wilsonia</i>	
69	Semipalmated Plover	<i>Charadrius semipalmatus</i>	
70	Killdeer	<i>Charadrius vociferus</i>	
	Jacanidae (Jacanas)		
71	Wattled Jacana	<i>Jacana jacana</i>	
	Scolopacidae (Sandpipers and Allies)		
72	Whimbrel	<i>Numenius phaeopus</i>	
73	Least Sandpiper	<i>Calidris minutilla</i>	
74	Western Sandpiper	<i>Calidris mauri</i>	
75	Spotted Sandpiper	<i>Actitis macularius</i>	
76	Solitary Sandpiper	<i>Tringa solitaria</i>	
77	Willet	<i>Tringa semipalmata</i>	
78	Lesser Yellowlegs	<i>Tringa flavipes</i>	
	Laridae (Gulls, Terns, and Skimmers)		
79	Laughing Gull	<i>Leucophaeus atricilla</i>	
	Eurypygidae (Sunbittern)		
80	Sunbittern	<i>Eurypyga helias</i>	

Ciconiidae (Storks)

- 81 Wood Stork *Mycteria americana*

Fregatidae (Frigatebirds)

- 82 Magnificent Frigatebird *Fregata magnificens*

Anhingidae (Anhingas)

- 83 Anhinga *Anhinga anhinga*

Phalacrocoracidae (Cormorants and Shags)

- 84 Neotropic Cormorant *Phalacrocorax brasilianus*

Pelecanidae (Pelicans)

- 85 Brown Pelican *Pelecanus occidentalis*

Ardeidae (Hérons, Egrets, and Bitterns)

- 86 Rufescent Tiger-Heron *Tigrisoma lineatum*

- 87 Great Blue Heron *Ardea herodias*

- 88 Cooi Heron *Ardea cooi*

- 89 Great Egret *Ardea alba*

- 90 Snowy Egret *Egretta thula*

- 91 Little Blue Heron *Egretta caerulea*

- 92 Tricolored Heron *Egretta tricolor*

- 93 Cattle Egret *Bubulcus ibis*

- 94 Green Heron *Butorides virescens*

- 95 Striated Heron *Butorides striata*

- 96 Yellow-crowned Night-Heron *Nyctanassa violacea*

L

- 97 Boat-billed Heron *Cochlearius cochlearius*

Threskiornithidae (Ibises and Spoonbills)

- 98 White Ibis *Eudocimus albus*

Cathartidae (New World Vultures)

- 99 King Vulture *Sarcoramphus papa*

- 100 Black Vulture *Coragyps atratus*

- 101 Turkey Vulture *Cathartes aura*

Pandionidae (Osprey)

- 102 Osprey *Pandion haliaetus*

Accipitridae (Hawks, Eagles, and Kites)

- 103 White-tailed Kite *Elanus leucurus*

- 104 Gray-headed Kite *Leptodon cayanensis*

- 105 Swallow-tailed Kite *Elanoides forficatus*

106	Black Hawk-Eagle	<i>Spizaetus tyrannus</i>	L
107	Ornate Hawk-Eagle	<i>Spizaetus ornatus</i>	
108	Black-and-white Hawk-Eagle	<i>Spizaetus melanoleucus</i>	
109	Snail Kite	<i>Rostrhamus sociabilis</i>	
110	Double-toothed Kite	<i>Harpagus bidentatus</i>	
111	Crane Hawk	<i>Geranospiza caerulescens</i>	
112	Black-Hawk sp.	<i>Buteogallus sp.</i>	
113	Savanna Hawk	<i>Buteogallus meridionalis</i>	
114	Roadside Hawk	<i>Rupornis magnirostris</i>	
115	White Hawk	<i>Pseudastur albicollis</i>	
116	Semiplumbeous Hawk	<i>Leucopternis semiplumbeus</i>	H
117	Gray-lined Hawk	<i>Buteo nitidus</i>	
118	Red-tailed Hawk	<i>Buteo jamaicensis</i>	
	Strigidae (Owls)		
119	Tropical Screech-Owl	<i>Megascops choliba</i>	H
	Trogonidae (Trogons)		
120	Resplendent Quetzal	<i>Pharomachrus mocinno</i>	
121	Slaty-tailed Trogon	<i>Trogon massena</i>	
122	Black-tailed Trogon	<i>Trogon melanurus</i>	
123	White-tailed Trogon	<i>Trogon chionurus</i>	H
124	Gartered Trogon	<i>Trogon caligatus</i>	
125	Black-throated Trogon	<i>Trogon rufus</i>	
	Momotidae (Motmots)		
126	Lesson's Motmot	<i>Momotus lessonii</i>	
127	Whooping Motmot	<i>Momotus subrufescens</i>	
128	Rufous Motmot	<i>Baryphthengus martii</i>	
129	Broad-billed Motmot	<i>Electron platyrhynchum</i>	
	Alcedinidae (Kingfishers)		
130	Ringed Kingfisher	<i>Megaceryle torquata</i>	
131	Amazon Kingfisher	<i>Chloroceryle amazona</i>	
132	American Pygmy Kingfisher	<i>Chloroceryle aenea</i>	
133	Green Kingfisher	<i>Chloroceryle americana</i>	
	Bucconidae (Puffbirds)		
134	White-necked Puffbird	<i>Notharchus hyperrhynchus</i>	
135	Black-breasted Puffbird	<i>Notharchus pectoralis</i>	

136	Pied Puffbird	<i>Notharchus tectus</i>	
137	Barred Puffbird	<i>Nystalus radiatus</i>	
138	White-whiskered Puffbird	<i>Malacoptila panamensis</i>	
139	Gray-cheeked Nunlet	<i>Nonnula frontalis</i>	
	Galbulidae (Jacamars)		
140	Rufous-tailed Jacamar	<i>Galbula ruficauda</i>	
	Capitonidae (New World Barbets)		
141	Spot-crowned Barbet	<i>Capito maculicoronatus</i>	H
	Semnornithidae (Toucan-Barbets)		
142	Prong-billed Barbet	<i>Semnornis frantzii</i>	
	Ramphastidae (Toucans)		
143	Northern Emerald-Toucanet	<i>Aulacorhynchus prasinus</i>	
144	Collared Aracari	<i>Pteroglossus torquatus</i>	
145	Fiery-billed Aracari	<i>Pteroglossus frantzii</i>	
146	Yellow-throated Toucan	<i>Ramphastos ambiguus</i>	
147	Keel-billed Toucan	<i>Ramphastos sulfuratus</i>	
	Picidae (Woodpeckers)		
148	Olivaceous Piculet	<i>Picumnus olivaceus</i>	
149	Yellow-bellied Sapsucker	<i>Sphyrapicus varius</i>	
150	Acorn Woodpecker	<i>Melanerpes formicivorus</i>	
151	Black-cheeked Woodpecker	<i>Melanerpes pucherani</i>	
152	Red-crowned Woodpecker	<i>Melanerpes rubricapillus</i>	
153	Smoky-brown Woodpecker	<i>Dryobates fumigatus</i>	H
154	Red-rumped Woodpecker	<i>Dryobates kirkii</i>	
155	Crimson-crested Woodpecker	<i>Campephilus melanoleucos</i>	
156	Lineated Woodpecker	<i>Dryocopus lineatus</i>	
157	Cinnamon Woodpecker	<i>Celeus loricatus</i>	
158	Golden-green Woodpecker	<i>Piculus chrysochloros</i>	
159	Golden-olive Woodpecker	<i>Colaptes rubiginosus</i>	
160	Spot-breasted Woodpecker	<i>Colaptes punctigula</i>	
	Falconidae (Falcons and Caracaras)		
161	Slaty-backed Forest-Falcon	<i>Micrastur mirandollei</i>	H
162	Red-throated Caracara	<i>Ibycter americanus</i>	
163	Crested Caracara	<i>Caracara cheriway</i>	
164	Yellow-headed Caracara	<i>Milvago chimachima</i>	

165	Laughing Falcon	<i>Herpotheres cachinnans</i>	L
166	Bat Falcon	<i>Falco ruficularis</i>	
	Psittacidae (New World and African Parrots)		
167	Barred Parakeet	<i>Bolborhynchus lineola</i>	
168	Orange-chinned Parakeet	<i>Brotogeris jugularis</i>	
169	Brown-hooded Parrot	<i>Pyrilia haematotis</i>	
170	Blue-headed Parrot	<i>Pionus menstruus</i>	
171	White-crowned Parrot	<i>Pionus senilis</i>	L
172	Red-lored Parrot	<i>Amazona autumnalis</i>	
173	Yellow-crowned Parrot	<i>Amazona ochrocephala</i>	
174	Mealy Parrot	<i>Amazona farinosa</i>	
175	Brown-throated Parakeet	<i>Eupsittula pertinax</i>	
176	Crimson-fronted Parakeet	<i>Psittacara finschi</i>	
	Sapayoidae (Sapayoa)		
177	Sapayoa	<i>Sapayoa aenigma</i>	
	Thamnophilidae (Typical Antbirds)		
178	Fasciated Antshrike	<i>Cymbilaimus lineatus</i>	
179	Great Antshrike	<i>Taraba major</i>	H
180	Barred Antshrike	<i>Thamnophilus doliatus</i>	
181	Black-crowned Antshrike	<i>Thamnophilus atrinucha</i>	
182	Black-hooded Antshrike	<i>Thamnophilus bridgesi</i>	
183	Black Antshrike	<i>Thamnophilus nigriceps</i>	H
184	Spot-crowned Antwren	<i>Dysithamnus puncticeps</i>	
185	Checker-throated Antwren	<i>Epinecrophylla fulviventris</i>	
186	Moustached Antwren	<i>Myrmotherula ignota</i>	
187	Pacific Antwren	<i>Myrmotherula pacifica</i>	
188	White-flanked Antwren	<i>Myrmotherula axillaris</i>	
189	Rufous-winged Antwren	<i>Herpsilochmus rufimarginatus</i>	
190	Dot-winged Antwren	<i>Microrhopias quixensis</i>	
191	Dusky Antbird	<i>Cercomacroides tyrannina</i>	
192	Jet Antbird	<i>Cercomacra nigricans</i>	H
193	White-bellied Antbird	<i>Myrmeciza longipes</i>	
194	Chestnut-backed Antbird	<i>Poliocrania exsul</i>	
195	Dull-mantled Antbird	<i>Sipia laemosticta</i>	

196	Bicolored Antbird	<i>Gymnopithys bicolor</i>	
197	Spotted Antbird	<i>Hylophylax naevioides</i>	
198	Ocellated Antbird	<i>Phaenostictus mcleannani</i>	
	Conopophagidae (Gnateaters)		
199	Black-crowned Antpitta	<i>Pittasoma michleri</i>	
	Grallariidae (Antpittas)		
200	Streak-chested Antpitta	<i>Hylopezus perspicillatus</i>	
	Rhinocryptidae (Tapaculos)		
201	Silvery-fronted Tapaculo	<i>Scytalopus argentifrons</i>	
	Formicariidae (Antthrushes)		
202	Black-faced Antthrush	<i>Formicarius analis</i>	H
	Furnariidae (Ovenbirds and Woodcreepers)		
203	Olivaceous Woodcreeper	<i>Sittasomus griseicapillus</i>	
204	Long-tailed Woodcreeper	<i>Deconychura longicauda</i>	
205	Plain-brown Woodcreeper	<i>Dendrocincla fuliginosa</i>	
206	Wedge-billed Woodcreeper	<i>Glyphorhynchus spirurus</i>	
207	Northern Barred-Woodcreeper	<i>Dendrocolaptes sanctithomae</i>	
208	Cocoa Woodcreeper	<i>Xiphorhynchus susurrans</i>	
209	Black-striped Woodcreeper	<i>Xiphorhynchus lachrymosus</i>	
210	Straight-billed Woodcreeper	<i>Dendroplex picus</i>	
211	Red-billed Scythebill	<i>Campylorhamphus trochilirostris</i>	
212	Streak-headed Woodcreeper	<i>Lepidocolaptes souleyetii</i>	
213	Spot-crowned Woodcreeper	<i>Lepidocolaptes affinis</i>	
214	Plain Xenops	<i>Xenops minutus</i>	
215	Chiriqui Foliage-gleaner	<i>Automolus exsertus</i>	
216	Striped Woodhaunter	<i>Automolus subulatus</i>	
217	Red-faced Spinetail	<i>Cranioleuca erythroptis</i>	
218	Slaty Spinetail	<i>Synallaxis brachyura</i>	
219	Pale-breasted Spinetail	<i>Synallaxis albescens</i>	
	Tyrannidae (Tyrant Flycatchers)		
220	Brown-capped Tyrannulet	<i>Ornithion brunneicapillus</i>	
221	Southern Beardless-Tyrannulet	<i>Camptostoma obsoletum</i>	
222	Mouse-colored Tyrannulet	<i>Phaeomyias murina</i>	
223	Yellow Tyrannulet	<i>Capsiempis flaveola</i>	

224	Yellow-crowned Tyrannulet	<i>Tyrannulus elatus</i>	
225	Forest Elaenia	<i>Myiopagis gaimardii</i>	
226	Greenish Elaenia	<i>Myiopagis viridicata</i>	
227	Yellow-bellied Elaenia	<i>Elaenia flavogaster</i>	
228	Lesser Elaenia	<i>Elaenia chiriquensis</i>	
229	Mountain Elaenia	<i>Elaenia frantzii</i>	
230	Torrent Tyrannulet	<i>Serpophaga cinerea</i>	
231	Olive-striped Flycatcher	<i>Mionectes olivaceus</i>	
232	Ochre-bellied Flycatcher	<i>Mionectes oleagineus</i>	
233	Yellow-green Tyrannulet	<i>Phylloscartes flavovirens</i>	
234	Rough-legged Tyrannulet	<i>Phyllomyias burmeisteri</i>	
235	Mistletoe Tyrannulet	<i>Zimmerius parvus</i>	
236	Black-capped Pygmy-Tyrant	<i>Myiornis atricapillus</i>	
237	Scale-crested Pygmy-Tyrant	<i>Lophotriccus pileatus</i>	
238	Southern Bentbill	<i>Oncostoma olivaceum</i>	
239	Common Tody-Flycatcher	<i>Todirostrum cinereum</i>	
240	Black-headed Tody-Flycatcher	<i>Todirostrum nigriceps</i>	
241	Olivaceous Flatbill	<i>Rhynchocyclus olivaceus</i>	
242	Yellow-olive Flycatcher	<i>Tolmomyias sulphurescens</i>	
243	Yellow-margined Flycatcher	<i>Tolmomyias assimilis</i>	
244	Yellow-breasted Flycatcher	<i>Tolmomyias flaviventris</i>	L
245	Royal Flycatcher	<i>Onychorhynchus coronatus</i>	
246	Ruddy-tailed Flycatcher	<i>Terenotriccus erythrurus</i>	
247	Tufted Flycatcher	<i>Mitrephanes phaeocercus</i>	
248	Dark Pewee	<i>Contopus lugubris</i>	L
249	Tropical Pewee	<i>Contopus cinereus</i>	
250	Yellow-bellied Flycatcher	<i>Empidonax flaviventris</i>	
251	Acadian Flycatcher	<i>Empidonax virescens</i>	
252	Yellowish Flycatcher	<i>Empidonax flavescens</i>	
253	Black Phoebe	<i>Sayornis nigricans</i>	
254	Pied Water-Tyrant	<i>Fluvicola pica</i>	
255	Long-tailed Tyrant	<i>Colonia colonus</i>	
256	Bright-rumped Attila	<i>Attila spadiceus</i>	
257	Rufous Mourner	<i>Rhytipterna holerythra</i>	

258	Dusky-capped Flycatcher	<i>Myiarchus tuberculifer</i>	
259	Panama Flycatcher	<i>Myiarchus panamensis</i>	
260	Great Crested Flycatcher	<i>Myiarchus crinitus</i>	
261	Lesser Kiskadee	<i>Pitangus lictor</i>	
262	Great Kiskadee	<i>Pitangus sulphuratus</i>	
263	Boat-billed Flycatcher	<i>Megarynchus pitangua</i>	
264	Rusty-margined Flycatcher	<i>Myiozetetes cayanensis</i>	
265	Social Flycatcher	<i>Myiozetetes similis</i>	
266	Streaked Flycatcher	<i>Myiodynastes maculatus</i>	
267	Piratic Flycatcher	<i>Legatus leucophaeus</i>	
268	Tropical Kingbird	<i>Tyrannus melancholicus</i>	
269	Fork-tailed Flycatcher	<i>Tyrannus savana</i>	
	Cotingidae (Cotingas)		
270	Purple-throated Fruitcrow	<i>Querula purpurata</i>	
271	Blue Cotinga	<i>Cotinga nattererii</i>	
	Pipridae (Manakins)		
272	Lance-tailed Manakin	<i>Chiroxiphia lanceolata</i>	
273	White-ruffed Manakin	<i>Corapipo altera</i>	
274	Green Manakin	<i>Cryptopipo holochlora</i>	
275	Blue-crowned Manakin	<i>Lepidothrix coronata</i>	
276	Orange-collared Manakin	<i>Manacus aurantiacus</i>	
277	Golden-collared Manakin	<i>Manacus vitellinus</i>	
278	Red-capped Manakin	<i>Ceratopipra mentalis</i>	
279	Golden-headed Manakin	<i>Ceratopipra erythrocephala</i>	
	Tityridae (Tityras and Allies)		
280	Black-crowned Tityra	<i>Tityra inquisitor</i>	
281	Masked Tityra	<i>Tityra semifasciata</i>	
282	Russet-winged Schiffornis	<i>Schiffornis stenorhyncha</i>	
283	Speckled Mourner	<i>Laniocera rufescens</i>	
284	Barred Becard	<i>Pachyramphus versicolor</i>	
285	Cinnamon Becard	<i>Pachyramphus cinnamomeus</i>	
286	Rose-throated Becard	<i>Pachyramphus aglaiae</i>	L
	Vireonidae (Vireos, Shrike-Babblers, and Erpornis)		
287	Rufous-browed Peppershrike	<i>Cyclarhis gujanensis</i>	

288	Scrub Greenlet	<i>Hylophilus flavipes</i>	
289	Green Shrike-Vireo	<i>Vireolanius pulchellus</i>	H
290	Lesser Greenlet	<i>Pachysylvia decurtata</i>	
291	Golden-fronted Greenlet	<i>Pachysylvia aurantiifrons</i>	
292	Yellow-throated Vireo	<i>Vireo flavifrons</i>	
293	Yellow-winged Vireo	<i>Vireo carmioli</i>	
294	Philadelphia Vireo	<i>Vireo philadelphicus</i>	
295	Yellow-green Vireo	<i>Vireo flavoviridis</i>	
	Corvidae (Crows, Jays, and Magpies)		
296	Black-chested Jay	<i>Cyanocorax affinis</i>	
	Hirundinidae (Swallows)		
297	Blue-and-white Swallow	<i>Pygochelidon cyanoleuca</i>	
298	Southern Rough-winged Swallow	<i>Stelgidopteryx ruficollis</i>	
299	Gray-breasted Martin	<i>Progne chalybea</i>	
300	Mangrove Swallow	<i>Tachycineta albilinea</i>	
	Troglodytidae (Wrens)		
301	Scaly-breasted Wren	<i>Microcerculus marginatus</i>	L
302	House Wren	<i>Troglodytes aedon</i>	
303	Ochraceous Wren	<i>Troglodytes ochraceus</i>	
304	White-headed Wren	<i>Campylorhynchus albobrunneus</i>	
305	Black-bellied Wren	<i>Pheugopedius fasciatoventris</i>	
306	Rufous-breasted Wren	<i>Pheugopedius rutilus</i>	
307	Rufous-and-white Wren	<i>Thryophilus rufalbus</i>	
308	Isthmian Wren	<i>Cantorchilus elutus</i>	
309	Riverside Wren	<i>Cantorchilus semibadius</i>	
310	Bay Wren	<i>Cantorchilus nigricapillus</i>	
311	Buff-breasted Wren	<i>Cantorchilus leucotis</i>	H
312	White-breasted Wood-Wren	<i>Henicorhina leucosticta</i>	
313	Gray-breasted Wood-Wren	<i>Henicorhina leucophrys</i>	
314	Song Wren	<i>Cyphorhinus phaeocephalus</i>	
	Poliptilidae (Gnatcatchers)		
315	Tawny-faced Gnatwren	<i>Microbates cinereiventris</i>	
316	Long-billed Gnatwren	<i>Ramphocaenus melanurus</i>	
317	Tropical Gnatcatcher	<i>Poliptila plumbea</i>	

Cinclidae (Dippers)

318 American Dipper *Cinclus mexicanus*

Turdidae (Thrushes and Allies)

319 Black-faced Solitaire *Myadestes melanops*
 320 Orange-billed Nightingale-Thrush *Catharus aurantiirostris*
 321 Ruddy-capped Nightingale-Thrush *Catharus frantzii*
 322 Swainson's Thrush *Catharus ustulatus*
 323 Mountain Thrush *Turdus plebejus*
 324 White-throated Thrush *Turdus assimilis*
 325 Clay-colored Thrush *Turdus grayi*

Mimidae (Mockingbirds and Thrashers)

326 Tropical Mockingbird *Mimus gilvus*

Ptiliogonatidae (Silky-flycatchers)

327 Long-tailed Silky-flycatcher *Ptiliogonys caudatus*

Fringillidae (Finches, Euphonias, and Allies)

328 Golden-browed Chlorophonia *Chlorophonia callophrys* H
 329 Yellow-crowned Euphonia *Euphonia luteicapilla*
 330 Thick-billed Euphonia *Euphonia laniirostris*
 331 Elegant Euphonia *Euphonia elegantissima*
 332 Fulvous-vented Euphonia *Euphonia fulvicrissa*
 333 Spot-crowned Euphonia *Euphonia imitans*
 334 White-vented Euphonia *Euphonia minuta* L
 335 Tawny-capped Euphonia *Euphonia anae*
 336 Lesser Goldfinch *Spinus psaltria*
 337 Yellow-bellied Siskin *Spinus xanthogastrus*

Rhodinocichlidae (Thrush-Tanager)

338 Rosy Thrush-Tanager *Rhodinocichla rosea*

Passerellidae (New World Sparrows)

339 Sooty-capped Chlorospingus *Chlorospingus pileatus*
 340 Common Chlorospingus *Chlorospingus flavopectus*
 341 Black-striped Sparrow *Arremonops conirostris*
 342 Costa Rican Brushfinch *Arremon costaricensis* H
 343 Orange-billed Sparrow *Arremon aurantiirostris*
 344 Chestnut-capped Brushfinch *Arremon brunneinucha*
 345 Rufous-collared Sparrow *Zonotrichia capensis*

346 Yellow-thighed Finch *Pselliophorus tibialis*

Zeledoniidae (Wrenthrush)

347 Wrenthrush *Zeledonia coronata*

Icteridae (Troupials and Allies)

348 Eastern Meadowlark *Sturnella magna*

349 Red-breasted Meadowlark *Leistes militaris*

350 Crested Oropendola *Psarocolius decumanus*

351 Chestnut-headed Oropendola *Psarocolius wagleri*

352 Scarlet-rumped Cacique *Cacicus uropygialis*

353 Yellow-rumped Cacique *Cacicus cela*

354 Orchard Oriole *Icterus spurius*

355 Yellow-backed Oriole *Icterus chrysater*

356 Orange-crowned Oriole *Icterus auricapillus*

357 Yellow-tailed Oriole *Icterus mesomelas*

358 Baltimore Oriole *Icterus galbula*

359 Shiny Cowbird *Molothrus bonariensis*

360 Bronzed Cowbird *Molothrus aeneus*

361 Giant Cowbird *Molothrus oryzivorus*

362 Great-tailed Grackle *Quiscalus mexicanus*

363 Carib Grackle *Quiscalus lugubris*

Parulidae (New World Warblers)

364 Northern Waterthrush *Parkesia noveboracensis*

365 Golden-winged Warbler *Vermivora chrysoptera*

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366 Black-and-white Warbler *Mniotilta varia*

367 Prothonotary Warbler *Protonotaria citrea*

368 Flame-throated Warbler *Oreothlypis gutturalis*

369 Tennessee Warbler *Oreothlypis peregrina*

370 Mourning Warbler *Geothlypis philadelphia*

371 American Redstart *Setophaga ruticilla*

372 Northern Parula *Setophaga americana*

373 Tropical Parula *Setophaga pitiayumi*

374 Bay-breasted Warbler *Setophaga castanea*

375 Yellow Warbler *Setophaga petechia*

376 Chestnut-sided Warbler *Setophaga pensylvanica*

377	Blackpoll Warbler	<i>Setophaga striata</i>
378	Yellow-throated Warbler	<i>Setophaga dominica</i>
379	Black-throated Green Warbler	<i>Setophaga virens</i>
380	Rufous-capped Warbler	<i>Basileuterus rufifrons</i>
381	Black-cheeked Warbler	<i>Basileuterus melanogenys</i>
382	Buff-rumped Warbler	<i>Myiothlypis fulvicauda</i>
383	Wilson's Warbler	<i>Cardellina pusilla</i>
384	Slate-throated Redstart	<i>Myioborus miniatus</i>
385	Collared Redstart	<i>Myioborus torquatus</i>

Mitrospingidae (Mitrospingid Tanagers)

386	Dusky-faced Tanager	<i>Mitrospingus cassinii</i>
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Cardinalidae (Cardinals and Allies)

387	Hepatic Tanager	<i>Piranga flava</i>
388	Summer Tanager	<i>Piranga rubra</i>
389	Flame-colored Tanager	<i>Piranga bidentata</i>
390	Red-throated Ant-Tanager	<i>Habia fuscicauda</i>
391	Carmioli's Tanager	<i>Chlorothraupis carmioli</i>
392	Rose-breasted Grosbeak	<i>Pheucticus ludovicianus</i>
393	Blue-black Grosbeak	<i>Cyanoloxia cyanooides</i>

Thraupidae (Tanagers and Allies)

394	Gray-headed Tanager	<i>Eucometis penicillata</i>
395	White-shouldered Tanager	<i>Tachyphonus luctuosus</i>
396	Tawny-crested Tanager	<i>Tachyphonus delatrii</i>
397	White-lined Tanager	<i>Tachyphonus rufus</i>
398	Flame-rumped Tanager	<i>Ramphocelus flammigerus</i>
399	Scarlet-rumped Tanager	<i>Ramphocelus passerinii</i>
400	Crimson-backed Tanager	<i>Ramphocelus dimidiatus</i>
401	Blue-gray Tanager	<i>Thraupis episcopus</i>
402	Palm Tanager	<i>Thraupis palmarum</i>
403	Speckled Tanager	<i>Ixothraupis guttata</i>
404	Golden-hooded Tanager	<i>Tangara larvata</i>
405	Plain-colored Tanager	<i>Tangara inornata</i>
406	Rufous-winged Tanager	<i>Tangara lavinia</i>
407	Bay-headed Tanager	<i>Tangara gyrola</i>

408	Silver-throated Tanager	<i>Tangara icterocephala</i>	
409	Scarlet-thighed Dacnis	<i>Dacnis venusta</i>	
410	Blue Dacnis	<i>Dacnis cayana</i>	
411	Shining Honeycreeper	<i>Cyanerpes lucidus</i>	
412	Red-legged Honeycreeper	<i>Cyanerpes cyaneus</i>	
413	Green Honeycreeper	<i>Chlorophanes spiza</i>	
414	Sulphur-rumped Tanager	<i>Heterospingus rubrifrons</i>	
415	Black-and-yellow Tanager	<i>Chrysothlypis chrysomelas</i>	
416	White-eared Conebill	<i>Conirostrum leucogenys</i>	
417	Slaty Flowerpiercer	<i>Diglossa plumbea</i>	
418	Blue-black Grassquit	<i>Volatinia jacarina</i>	
419	Ruddy-breasted Seedeater	<i>Sporophila minuta</i>	
420	Thick-billed Seed-Finch	<i>Sporophila funerea</i>	
421	Variable Seedeater	<i>Sporophila corvina</i>	
422	Morelet's Seedeater	<i>Sporophila morelleti</i>	
423	Bananaquit	<i>Coereba flaveola</i>	
424	Yellow-faced Grassquit	<i>Tiaris olivaceus</i>	
425	Buff-throated Saltator	<i>Saltator maximus</i>	
426	Streaked Saltator	<i>Saltator striatipectus</i>	
427	Slate-colored Grosbeak	<i>Saltator grossus</i>	H
	Passeridae (Old World Sparrows)		
428	House Sparrow	<i>Passer domesticus</i>	

MAMMALS

1	Common Opossum	<i>Didelphis marsupialis</i>
2	Northern Tamandua	<i>Tamandua mexicana</i>
3	Geoffroy's Tamarin	<i>Sanguinus geoffroyi</i>
4	White-faced Capuchin	<i>Cebus capucinus</i>
5	Mantled Howler	<i>Alouatta palliata</i>
6	Variegated Squirrel	<i>Sciurus variegatoides</i>
7	Red-tailed Squirrel	<i>Sciurus granatensis</i>
8	Lesser Capybara	<i>Hydrochoerus isthmus</i>
9	Central American Agouti	<i>Dasyprocta punctata</i>
10	White-nosed Coati	<i>Nasua narica</i>
11	Tayra	<i>Eira barbara</i>
12	Collared Peccary	<i>Tayassu tajacu</i>

This list follows Clements, J. F., T. S. Schulenberg, M. J. Iliff, D. Roberson, T. A. Fredericks, B. L. Sullivan, and C. L. Wood. 2018. The eBird/Clements checklist of birds of the world: v2018.