



Panama – The Best of Tropical America

23 February – 8 March 2023

TOUR LEADER: Nick Athanas

Report and photos by Nick Athanas



This rare and beautiful Yellow-eared Toucanet was one of the most memorable birds of the tour

The country of Panama has a birdlist of over 1000 species – a truly shocking number given the small size of the country, about the size of the US state of South Carolina or the Canadian province of New Brunswick. This diversity is in large part

due to its location right next to South America, and eastern Panama has many species not found west of its famous canal. The fabulous lowland rainforest around the Panama Canana is well protected due to its importance as a watershed, and is easily accessed at several sites, most importantly the Pipeline Road. Western Panama in contrast has high mountains with a totally different set of birds, most of which are shared with neighboring Costa Rica. On this tour week we visited all these regions and amassed a bird list just topping 400 species seen. The dry season had started earlier than normal and has been more intense than usual. Guides from a couple of other TB tours over the last few months had warned me that the birding would be tough. It was definitely slow in places, but I pleasantly surprised with what we saw, with the vast majority of key targets seen. Trip favorites included the **Yellow-eared Toucanet** that headlines this report, the unforgettable **Resplendant Quetzal** along with five other species of **trogon**, three monotypic families (**Wrenthrush**, **Rosy Thrush-Tanager**, and **Sapayoa**), seven species of **manakin**, **Blue Cotinga**, **Long-tailed Silky-Flycatcher**, **White-eared Conebill**, **Ocellated Antbird**, **Prong-billed Barbet**, and the rare **Double-banded Graytail**.

We started our birding on the outskirts of Panama City in the Metropolitan Nature Park, definitely one of the “birdiest” city parks in the whole world. The semi-evergreen forest here is tall and well preserved, and in the middle of the dry season there are fewer leaves for birds to hide behind. We walked a several-mile loop and enjoyed excellent views of many neat birds like **Gartered Trogon**, **Whooping Motmot**, **Crimson-crested Woodpecker** (*photo below*), **Fasciated Antshrike**, **White-bellied Antbird**, **Green Shrike-Vireo**, **Long-billed Gnatwren**, **Chestnut-headed Oropendola**, **Red-crowned** and **Red-throated Ant-Tanagers**, **Southern Bentbill**, and many others. The best find of the morning was a pair of **Rosy Thrush-Tanagers** – this notorious skulker is a monotypic family, and everyone on the tour was keen to see it. It wasn’t easy but everyone managed to get a decent view before they disappeared into a dense thicket. After lunch, we spent the afternoon birding coastal habitats including mudflats, mangroves, and scrub. There was a nice variety of shorebirds, herons, and other aquatic species to be seen, but the tide was about as low as it gets and we could see thousands upon thousands of more birds shimmering in the haze far in the distance. This is a very important area for both wintering species and passage migrants. Some of the more notable landbirds included the tour’s only **Northern Scrub-Flycatchers** and the red-headed “Mangrove” subspecies of **Yellow Warbler**.



Next morning we headed up into the mountains northeast of the city to Altos de Cerro Azul. The higher elevation meant that temperatures were a lot more pleasant, but humidity was still very high. We started at the trail up to Cerro Vistamares, where the forest was surprisingly quiet, but the few birds we did see were quite memorable. A little flock held a trio of foothill specialties: **Emerald**, **Rufous-winged**, and **Black-and-yellow Tanagers**, and higher up we managed to locate the near-endemic **Violet-capped Hummingbird**. Coming back down the hill a sharp, clacking sound caught our attention – it was a rare **Yellow-eared Toucanet**, a bird I hadn't seen in years! He came in close and displayed for us, bowing up and down and calling, which was fantastic. Later in the morning we visited a private residence with lots of feeders for hummingbirds, tanagers, and other species. As usual it was teeming with birds. Eight hummingbirds were coming in including **Green Hermit**, **Bronze-tailed Plumeleteer**, **White-necked Jacobin**, **Snowy-bellied Hummingbird**, and hordes of **Shining**, **Green**, and **Red-legged Honeycreepers** joined them. At one point all the honeycreepers went nuts and started mobbing a green piece of ribbon – they must have thought it was a snake! Bananas attracted a different set of birds like **Fulvous-vented Euphonia**, **Hepatic Tanager**, **Golden-hooded Tanager**, and others. A few other species we saw during our day at Cerro Azul included **Bicolored Antbird**, **White-ruffed Manakin**, **Carmioli's** and **Plain-colored Tanagers**, **Scarlet-thighed Dacnis**, and **Northern Tropical Pewee** before heading back to our Panama City hotel.



Golden-hooded Tanager

Next morning we caught an early flight to the city of David in Chiriqui Province in western Panama. We stopped at a nearby park after picking up the van and scored nice views of **Lance-tailed Manakin**, **Panama Flycatcher**, **Olivaceous Piculet**, **Scrub Greenlet**, and few other species before driving up into the mountains to the small town of Volcán, which would be our base for three nights. We divided our two and a half days of birding in this area between several different sites. Most of our time was spent in the cloud forest in the high mountains, where we birded in and around two different huge and important parks, Volcán Barú National Park and La Amistad International Park. These forests are home to numerous Chiriquí Highland endemics found only in Costa Rica and western Panama along with plenty of other interesting species. This area is famous for its **Resplendent Quetzals**, and after finding a female and young male on the first day, we finally located a spectacular **adult male** (*photo below*) with full tail streamers the next morning. The odd **Wrenthrush**, another monotypic family, was also a crowd-pleaser though it took us several tries before one finally came in close enough to see. Other neat birds in these parks included **Prong-billed Barbet**, **Yellow-winged Vireo**, **Black-faced Solitaire**, **Black-cheeked** and **Flame-throated Warblers**, **Collared Redstart**, **Northern Emerald-Toucanet**, **Long-tailed Silky-Flycatcher**, **Costa Rican Pygmy-Owl**, **Silvery-fronted Tapaculo**, **Volcano Hummingbird**, **Sooty-capped Chlorospingus**, **Yellow-thighed Brushfinch**, **Flame-colored Tanager**, **Slaty Flowerpiercer**, **Ruddy Treerunner**, **Ochraceous Wren**, **Tufted Flycatcher**, **Ruddy-capped Nightingale-Thrush**, and **Yellowish Flycatcher**. One afternoon we stopped at some hummingbird feeders in a nearby town for **Lesser Violetear**, **Talamanca**, **Fiery-throated**, **Scintillant**, and **Stripe-tailed Hummingbirds**, **White-throated Mountain-gem**, and the striking **Violet Sabrewing**.





Scintillant Hummingbird

We spent a whole morning in the foothills of the mountains at a private reserve called Birding Paradise. Despite the small size of the property a tremendous number of birds can be seen here, and Misael, the owner and guide, enthusiastically found as many as he could in the hours we spent there. **Gray-headed Chachalaca, Brown Violetear, Long-billed Starthroat, Scaly-breasted Hummingbird, Spot-crowned Euphonia, Scarlet-rumped Tanager, and Buff-throated Saltator** were all coming to the feeders on his deck, and we saw many more species by talking a short walk in and around the property; some of the highlights included **Scaled Pigeon, Gray-cowled Wood-Rail, Lesson's Motmot, Brown-throated and Crimson-fronted Parakeets, Velvety and Orange-collared Manakins, Gray-capped and Piratic Flycatchers, Black-chested Jay, a nesting Garden Emerald, Orange-billed Sparrow, Crested Oropendola, and a glowing male Painted Bunting.**

The other site we visited during our time in western Panama was Lagunas de Volcán, which are several forest-fringed lakes not far from town. We only spent a few hours here in the afternoons, but were able to find a few interesting birds. Perhaps the most notable was **Olive-crowned Yellowthroat**. The subspecies here is quite distinctive and likely to be split; it is restricted to western Panama and adjacent parts of Costa Rica. A few of the other species near the lakes were **Slaty Spinetail, White-throated Thrush, White-naped Brushfinch, and Northern Jacana.**



A Lesson's Motmot dustbathing at Birding Paradise



"Chiriqui" Olive-crowned Yellowthroat from Lagunas de Volcán

Our flight back to Panama City was quite early, so there was only time to do some birding near the airport before we had to check in. Here we saw the tour's first **Red-breasted Meadowlarks** and huge flocks of **Red-lored Parrots** among others. After landing, we picked up the vehicle, drove around the city, then headed north along Panama's famous canal to the small town of Gamboa. We stayed three nights in Gamboa Rainforest Resort, which makes a convenient base to explore all the great birding sites nearby. By far the most important site is the famed Pipeline Road. It was originally put in back during WWII to build an oil pipeline across the isthmus in case the canal was damaged during the war, but was never used. Now it passes through nearly pristine rainforest in Soberania National Park. Activity along the road was subdued much of the time, I think probably due to the unusually strong dry season that the whole country has been experiencing. Sometimes our afternoon sessions felt more productive than the mornings, which is really unusual in



tropical rainforest like this. However with patience, persistence, and great spotting by our group members, we teased out lots of great birds, and I'll just mention some of them: **Great Tinamou**, **Double-toothed Kite**, **Slaty-tailed, Black-tailed, and White-tailed Trogons**, **Broad-billed and Rufous (photo left) Motmots**, **Black-breasted Puffbird (photo above right)**, **Cinnamon Woodpecker**, **Mealy Parrot**, **Fasciated and Black-crowned Antshrikes**, **Spotted Antbird**, **Streak-chested Antpitta**, **Black-faced Antthrush**, **Cocoa**, **Northern Barred**, and **Black-striped Woodcreepers**, **Plain Xenops**, **Red-capped Manakin**, **Purple-throated Fruitcrow**, **Bright-rumped Attila**, **Rufous Mourner**, and **White-breasted Wood-Wren**. This is also the best mammal spot on the tour. **Mantled Howler Monkeys** seemed to be everywhere and the forest often rang with their strange calls. **White-faced Capuchins** were less common but we saw a few, along with one lone **White-nosed Coati**. We regularly encountered **Central American Agouti**, and **Red-tailed Squirrel** too.

The Panama Rainforest Discovery Center (PRDC) is a private venture located along the pipeline road. They have a well-constructed observation platform that gives a 360 degree view of the surrounding forest canopy. I like to be there before the sun comes up, so we headed there in the dark, toting flashlights and packed breakfasts, and watched the forest come alive around us. We were all hoping for **Blue Cotinga**, and luck was with us as we found three different males sparkling in the early morning light. **Pale-vented, Scaled, and Short-billed Pigeons, Yellow-throated Toucan, Collared Aracari, Blue-headed Parrot, Moustached Antwren, Brown-capped Tyrannulet, White-shouldered Tanager, Blue Dacnis, and Slate-colored Grosbeak** were some of the other birds we saw from our lofty perch before activity died down and we descended to the forest floor. Almost immediately we encountered a pair of **Ocellated Antbirds**, one of my favorite birds of this area. They came through pretty quickly (probably searching for an antswarm) but everyone got to see it. Not far after we located what was far and away the best mixed species flock of the tour, and it stayed along a short stretch of trail for ages giving us a chance to see pretty much everything in it, having our best views of numerous species including **Black-throated Trogon, White-whiskered Puffbird, Spot-crowned Antwren, Checker-throated Stipplethroat, White-flanked and Dot-winged Antwrens, Chestnut-backed and Spotted Antbirds, Plain Xenops, Black-bellied Wren, Song Wren, and Gray-headed Tanager**. The PRDC also has hummingbird feeders which were attracting **Long-billed Hermit, Violet-bellied Hummingbird, White-vented Plumeleteer, and Crowned Woodnymph**.



Black-throated Trogon

While the Pipeline Road and PRDC occupied most of our time, we did visit a few other sites near Gamboa. At the summit ponds we located several **Boat-billed Herons**, including one on a nest, as well as **American Pygmy Kingfisher**, **Green Kingfisher**, **Keel-billed Toucan**, **Bat Falcon**, **Golden-collared Manakin**, **Anhinga**, **Lesser Kiskadee**, and others. A **Brown-throated Sloth** entertained us as it first scratched energetically then bravely crawled out a really thin branch after some tasty morsel. The Ammo Dump ponds were full of wetland birds like **White-throated Crake**, **Wattled Jacana**, **Rufescent Tiger-Heron**, and others along with a selection of smaller birds such as **Black-throated Mango** and **Yellow-tailed Oriole**.

After checking out of the resort at Gamboa, we began the last segment of the trip that would take us way out into the eastern part of the country. Our first stop was Burbayar Lodge, located in the Caribbean foothills just north of the continental divide. Normally one of the wettest places in Panama, it was bone dry, which made the trails easier, but the birding slower. Fortunately we still were able to find the enigmatic **Sapayoa**, another monotypic family and one of the “most wanted” birds of the area. **Black-crowned Antpitta** sadly only gave us the briefest of views and no one was happy with the sighting. Some of the other birds we saw at Burbayar were **Brown-hooded Parrot**, **Sulphur-rumped** and **Tawny-crested Tanagers**, **Scarlet-thighed Dacnis**, **Plumbeous Kite**, **Pied Puffbird**, **Wedge-billed Woodcreeper**, **White-vented Euphonia**, and numerous species we had seen earlier in the trip.

After our single night at Burbayar, we drove several hours farther east. We made the obligatory stops at Lake Bayano (**Ringed Kingfisher**, **Buff-breasted Wren**, lots of **herons** and **egrets**, etc.) and Rio Mono (**Rusty-margined Antwren**, **White-eared Conebill**, **Black-headed Tody-Flycatcher**) before reaching the town of Tortí, where we spent two nights in Portal Avicar, one of the last good hotels before the road ends in the Darién. There was just enough time to do some birding along the Rio Tortí near town where we had the tour’s only **Pacific Antwren**, our first **Barred Puffbird**, and several other species. Back at the hotel, we saw our first **Sapphire-throated Hummingbird** visiting the feeder.



Sapayoa



Sulphur-rumped Tanager

Next morning we left at 4:30am with a packed breakfast to reach the El Salto road at the crack of dawn, deep within Darién Province. There are several birds here that are either difficult or impossible anywhere else on our itinerary, and despite the dry and dusty conditions we did quite well finding them. **Gray-cheeked Nunlet, Black Antshrike, Double-banded Graytail** (*photo below*), **Choco Sirystes, White-headed Wren, Spot-crowned Barbet, and Red-rumped Woodpecker** all showed well along with other more common or widespread species like **Black-chested Jay, Purple-crowned Fairy, Lineated Woodpecker, Cinnamon Becard, White-browed Gnatcatcher**, as well as an impressive flock of 150+ **Swallow-tailed Kites**. The noisy and charismatic **Geoffroy's Tamarins** were also fun to watch. Later on, we had a simple but tasty lunch at the end of the road in Yaviza and made several roadside stops for a few other birds like **Pied Water-Tyrant, Striped Cuckoo, Limpkin, and Hook-billed Kite** before returning for Tortí for another night.



We had one last morning of birding ahead of us before heading back to Panama City, and it was nice to have a later start this morning and a sit-down breakfast in the hotel. First we birded along the river just south of town, quickly finding **Dusky-faced Tanager**, **Bay Wren**, **Buff-rumped Warbler**, **Blue Ground Dove**, **Great Antshrike**, and **Barred Puffbird** before driving a few minutes to the San Francisco Reserve. I was saddened to find out that the previous manager, Padre Pablo, the local priest, had passed away a few months before. Fortunately he left the reserve in good hands, and new management is keen to preserve the forest and improve the reserve. They told me they were considering building easier trails and maybe even putting up feeders. We spent the rest of the morning birding the reserve and added several nice new species to the growing list like **Greater Ani**, **Band-tailed Barbthroat**, **Blue-throated Goldentail**, **Golden-headed Manakin**, **Royal Flycatcher**, **Golden-crowned Spadebill**, and **Sooty-headed Tyrannulet**. I was really happy to find several **Yellow-green Tyrannulets** just before we left. We had had a “close encounter” with this country endemic on the first full day of the tour but most of the group saw it poorly or missed it entirely. This time it came down to eye-level for great views and even photos. We had lunch back at the hotel in Tortí and then started the three-hour drive back to Panama City. We made a couple of stops along the way but really didn't see much of note during the hot and dry afternoon. We had one final farewell dinner in the hotel before catching our flights back home the next day. Thanks to all of you for coming and I hope to see you again on a future TB tour!



Great Antshrike



Yellow-green Tyrannulet

BIRD LIST

The list includes everything that was seen by at least one of the group, including the guide/tour leader. Taxonomy follows Clements, J. F., T. S. Schulenberg, M. J. Iliff, T. A. Fredericks, J. A. Gerbracht, D. Lepage, S. M. Billerman, B. L. Sullivan, and C. L. Wood. 2022. The eBird/Clements checklist of Birds of the World: v2022. Downloaded from <https://www.birds.cornell.edu/clementschecklist/download/>

H=heard only

GO=guide only

Tinamous (Tinamidae)

Great Tinamou

Tinamus major

H Little Tinamou

Crypturellus soui

Ducks, Geese, and Waterfowl (Anatidae)

Black-bellied Whistling-Duck

Dendrocygna autumnalis

Muscovy Duck

Cairina moschata

Blue-winged Teal

Spatula discors

Guans, Chachalacas, and Curassows (Cracidae)

Gray-headed Chachalaca

Ortalis cinereiceps

Black Guan

Chamaepetes unicolor

New World Quail (Odontophoridae)

H Black-breasted Wood-Quail

Odontophorus leucolaemus

Pigeons and Doves (Columbidae)

Rock Pigeon (I)

Columba livia

Pale-vented Pigeon

Patagioenas cayennensis

Scaled Pigeon

Patagioenas speciosa

| | | |
|---|---|-------------------------------------|
| | Band-tailed Pigeon | <i>Patagioenas fasciata</i> |
| | Short-billed Pigeon | <i>Patagioenas nigrirostris</i> |
| | Ruddy Ground Dove | <i>Columbina talpacoti</i> |
| | Blue Ground Dove | <i>Claravis pretiosa</i> |
| | White-tipped Dove | <i>Leptotila verreauxi</i> |
| | Gray-chested Dove | <i>Leptotila cassinii</i> |
| H | Buff-fronted Quail-Dove | <i>Zentrygon costaricensis</i> |
| | Cuckoos (Cuculidae) | |
| | Greater Ani | <i>Crotophaga major</i> |
| | Smooth-billed Ani | <i>Crotophaga ani</i> |
| | Striped Cuckoo | <i>Tapera naevia</i> |
| | Squirrel Cuckoo | <i>Piaya cayana</i> |
| | Nightjars and Allies (Caprimulgidae) | |
| | Common Pauraque | <i>Nyctidromus albicollis</i> |
| | Potoos (Nyctibiidae) | |
| H | Common Potoo | <i>Nyctibius griseus</i> |
| | Swifts (Apodidae) | |
| | Chestnut-collared Swift | <i>Streptoprocne rutila</i> |
| | White-collared Swift | <i>Streptoprocne zonaris</i> |
| | Band-rumped Swift | <i>Chaetura spinicaudus</i> |
| | Vaux's Swift | <i>Chaetura vauxi</i> |
| | Short-tailed Swift | <i>Chaetura brachyura</i> |
| | Hummingbirds (Trochilidae) | |
| | White-necked Jacobin | <i>Florisuga mellivora</i> |
| | Rufous-breasted Hermit | <i>Glaucis hirsutus</i> |
| | Band-tailed Barbthroat | <i>Threnetes ruckeri</i> |
| | Green Hermit | <i>Phaethornis guy</i> |
| | Long-billed Hermit | <i>Phaethornis longirostris</i> |
| | Pale-bellied Hermit | <i>Phaethornis anthophilus</i> |
| | Stripe-throated Hermit | <i>Phaethornis striigularis</i> |
| | Brown Violetear | <i>Colibri delphinae</i> |
| | Lesser (Green) Violetear | <i>Colibri cyanotus</i> |
| | Purple-crowned Fairy | <i>Heliodytes barroti</i> |
| | Black-throated Mango | <i>Anthracothorax nigricollis</i> |
| | Talamanca (Magnificent) Hummingbird | <i>Eugenes spectabilis</i> |
| | Long-billed Starthroat | <i>Helimaster longirostris</i> |
| | Fiery-throated Hummingbird | <i>Panterpe insignis</i> |
| | White-throated Mountain-gem | <i>Lampornis castaneiventris</i> |
| | Volcano Hummingbird | <i>Selasphorus flammula</i> |
| | Scintillant Hummingbird | <i>Selasphorus scintilla</i> |
| | Garden Emerald | <i>Chlorostilbon assimilis</i> |
| | Violet Sabrewing | <i>Campylopterus hemileucurus</i> |
| | Bronze-tailed Plumeleteer | <i>Chalybura urochrysis</i> |
| | White-vented Plumeleteer | <i>Chalybura buffonii</i> |
| | Crowned Woodnymph (Violet-crowned) | <i>Thalurania colombica venusta</i> |
| | Violet-capped Hummingbird | <i>Goldmania violiceps</i> |
| | Stripe-tailed Hummingbird | <i>Eupherusa eximia</i> |
| | Scaly-breasted Hummingbird | <i>Phaeochroa cuvierii</i> |
| | Snowy-bellied Hummingbird | <i>Saucerottia edward</i> |
| | Rufous-tailed Hummingbird | <i>Amazilia tzacatl</i> |

Sapphire-throated Hummingbird

Blue-chested Hummingbird

Charming Hummingbird

Blue-throated Goldentail

Violet-bellied Hummingbird

Rails, Gallinules, and Coots (Rallidae)

Gray-cowled Wood-Rail

Common Gallinule

Purple Gallinule

White-throated Crake

Limpkin (Aramidae)

Limpkin

Stilts and Avocets (Recurvirostridae)

Black-necked Stilt

Plovers and Lapwings (Charadriidae)

Southern Lapwing

Jacanas (Jacanidae)

Northern Jacana

Wattled Jacana

Sandpipers and Allies (Scolopacidae)

Whimbrel

Least Sandpiper

Semipalmated Sandpiper

Western Sandpiper

Short-billed Dowitcher

Spotted Sandpiper

Solitary Sandpiper

Greater Yellowlegs

Willet

Lesser Yellowlegs

Gulls, Terns, and Skimmers (Laridae)

Laughing Gull

Franklin's Gull

Ring-billed Gull

Storks (Ciconiidae)

Wood Stork

Frigatebirds (Fregatidae)

Magnificent Frigatebird

Anhingas (Anhingidae)

Anhinga

Cormorants and Shags (Phalacrocoracidae)

Neotropic Cormorant

Pelicans (Pelecanidae)

Brown Pelican

Hérons, Egrets, and Bitterns (Ardeidae)

Rufescent Tiger-Heron

Great Blue Heron

Cocoi Heron

Great Egret

Snowy Egret

Little Blue Heron

Chrysuronia coeruleogularis

Polyerata amabilis

Polyerata decora

Chlorestes eliciae

Chlorestes julie

Aramides cajaneus

Gallinula galeata

Porphyrio martinica

Laterallus albigularis

Aramus guarauna

Himantopus mexicanus

Vanellus chilensis

Jacana spinosa

Jacana jacana

Numenius phaeopus

Calidris minutilla

Calidris pusilla

Calidris mauri

Limnodromus griseus

Actitis macularius

Tringa solitaria

Tringa melanoleuca

Tringa semipalmata

Tringa flavipes

Leucophaeus atricilla

Leucophaeus pipixcan

Larus delawarensis

Mycteria americana

Fregata magnificens

Anhinga anhinga

Nannopterum brasilianum

Pelecanus occidentalis

Tigrisoma lineatum

Ardea herodias

Ardea cocoi

Ardea alba

Egretta thula

Egretta caerulea

Tricolored Heron

Cattle Egret

Green Heron

Black-crowned Night-Heron

Yellow-crowned Night-Heron

Boat-billed Heron

Ibises and Spoonbills (Threskiornithidae)

White Ibis

New World Vultures (Cathartidae)

Black Vulture

Turkey Vulture

Lesser Yellow-headed Vulture

Osprey (Pandionidae)

Osprey

Hawks, Eagles, and Kites (Accipitridae)

Hook-billed Kite

Swallow-tailed Kite

H Black Hawk-Eagle

Snail Kite

Double-toothed Kite

Plumbeous Kite

Common Black Hawk

Savanna Hawk

Roadside Hawk

Broad-winged Hawk

Short-tailed Hawk

Swainson's Hawk

Red-tailed Hawk

Owls (Strigidae)

H Tropical Screech-Owl

H Choco Screech-Owl

H Crested Owl

Costa Rican Pygmy-Owl

Trogons (Trogonidae)

Resplendent Quetzal

Slaty-tailed Trogon

Black-tailed Trogon

White-tailed Trogon

Gartered Trogon

Black-throated Trogon

Motmots (Momotidae)

Lesson's Motmot

Whooping Motmot

Rufous Motmot

Broad-billed Motmot

Kingfishers (Alcedinidae)

Ringed Kingfisher

Amazon Kingfisher

American Pygmy Kingfisher

Green Kingfisher

Egretta tricolor

Bubulcus ibis

Butorides virescens

Nycticorax nycticorax

Nyctanassa violacea

Cochlearius cochlearius

Eudocimus albus

Coragyps atratus

Cathartes aura

Cathartes burrovianus

Pandion haliaetus

Chondrohierax uncinatus

Elanoides forficatus

Spizaetus tyrannus

Rostrhamus sociabilis

Harpagus bidentatus

Ictinia plumbea

Buteogallus anthracinus

Buteogallus meridionalis

Rupornis magnirostris

Buteo platypterus

Buteo brachyurus

Buteo swainsoni

Buteo jamaicensis

Megascops choliba

Megascops centralis

Lophotrix cristata

Glaucidium costaricanum

Pharomachrus mocinno

Trogon massena

Trogon melanurus

Trogon chionurus

Trogon caligatus

Trogon rufus

Momotus lessonii

Momotus subrufescens

Baryphthengus martii

Electron platyrhynchum

Megaceryle torquata

Chloroceryle amazona

Chloroceryle aenea

Chloroceryle americana

Puffbirds (Bucconidae)

Black-breasted Puffbird

Pied Puffbird

Barred Puffbird

White-whiskered Puffbird

Gray-cheeked Nunlet

*Notharchus pectoralis**Notharchus tectus**Nystalus radiatus**Malacoptila panamensis**Nonnula frontalis***New World Barbets (Capitonidae)**

Spot-crowned Barbet

*Capito maculicoronatus***Toucan-Barbets (Semnornithidae)**

Prong-billed Barbet

*Semnornis frantzii***Toucans (Ramphastidae)**

Northern Emerald-Toucanet

Aulacorhynchus prasinus

Collared Aracari

Pteroglossus torquatus

Yellow-eared Toucanet

Selenidera spectabilis

Yellow-throated (Chest.-mand.) Toucan

Ramphastos ambiguus

Keel-billed Toucan

*Ramphastos sulfuratus***Woodpeckers (Picidae)**

Olivaceous Piculet

Picumnus olivaceus

H Acorn Woodpecker

Melanerpes formicivorus

Black-cheeked Woodpecker

Melanerpes pucherani

Red-crowned Woodpecker

Melanerpes rubricapillus

Hairy Woodpecker

Dryobates villosus

Red-rumped Woodpecker

Dryobates kirkii

Crimson-crested Woodpecker

Campephilus melanoleucos

Lineated Woodpecker

Dryocopus lineatus

Cinnamon Woodpecker

*Celeus loricatus***Falcons and Caracaras (Falconidae)**

Laughing Falcon

Herpetotheres cachinnans

H Collared Forest-Falcon

Micrastur semitorquatus

Crested Caracara

Caracara plancus

Yellow-headed Caracara

Daptrius chimachima

American Kestrel

Falco sparverius

Bat Falcon

*Falco ruficularis***New World and African Parrots (Psittacidae)**

Orange-chinned Parakeet

Brotogeris jugularis

Brown-hooded Parrot

Pyrrhura haematotis

Blue-headed Parrot

Pionus menstruus

Red-lored Parrot

Amazona autumnalis

Mealy Parrot

Amazona farinosa

H Spectacled Parrotlet

Forpus conspicillatus

H Sulphur-winged Parakeet

Pyrrhura hoffmanni

Brown-throated Parakeet

Eupsittula pertinax

Crimson-fronted Parakeet

*Psittacara finschi***Sapayoa (Sapayoidae)**

Sapayoa

*Sapayoa aenigma***Typical Antbirds (Thamnophilidae)**

Fasciated Antshrike

Cymbilaimus lineatus

Great Antshrike

Taraba major

Barred Antshrike

Thamnophilus doliatus

Black-crowned Antshrike

Thamnophilus atrinucha

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| | Black Antshrike | <i>Thamnophilus nigriceps</i> |
| | Spot-crowned Antwreio | <i>Dysithamnus puncticeps</i> |
| | Checker-throated Stipplethroat | <i>Epinecrophylla fulviventris</i> |
| | Moustached Antwren | <i>Myrmotherula ignota</i> |
| | Pacific Antwren | <i>Myrmotherula pacifica</i> |
| | White-flanked Antwren | <i>Myrmotherula axillaris</i> |
| | Rusty-winged (Rufous-winged) Antwren | <i>Herpsilochmus frater</i> |
| | Dot-winged Antwren | <i>Microrhophias quixensis</i> |
| | Dusky Antbird | <i>Cercomacroides tyrannina</i> |
| | White-bellied Antbird | <i>Myrmeciza longipes</i> |
| | Chestnut-backed Antbird | <i>Poliocrania exsul</i> |
| | Bicolored Antbird | <i>Gymnopithys bicolor</i> |
| | Spotted Antbird | <i>Hylophylax naevioides</i> |
| | Ocellated Antbird | <i>Phaenostictus mcleannani</i> |
| | Gnateaters (Conopophagidae) | |
| GO | Black-crowned Antpitta | <i>Pittasoma michleri</i> |
| | Antpittas (Grallariidae) | |
| | Streak-chested Antpitta | <i>Hylopezus perspicillatus</i> |
| | Tapaculos (Rhinocryptidae) | |
| | Silvery-fronted Tapaculo | <i>Scytalopus argentifrons</i> |
| | Antthrushes (Formicariidae) | |
| | Black-faced Antthrush | <i>Formicarius analis</i> |
| | Ovenbirds and Woodcreepers (Furnariidae) | |
| | Olivaceous Woodcreeper | <i>Sittasomus griseicapillus</i> |
| | Plain-brown Woodcreeper | <i>Dendrocincla fuliginosa</i> |
| | Wedge-billed Woodcreeper | <i>Glyphorhynchus spirurus</i> |
| | Northern Barred-Woodcreeper | <i>Dendrocolaptes sanctithomae</i> |
| | Cocoa Woodcreeper | <i>Xiphorhynchus susurrans</i> |
| | Black-striped Woodcreeper | <i>Xiphorhynchus lachrymosus</i> |
| | Spotted Woodcreeper | <i>Xiphorhynchus erythropygius</i> |
| | Streak-headed Woodcreeper | <i>Lepidocolaptes souleyetii</i> |
| | Spot-crowned Woodcreeper | <i>Lepidocolaptes affinis</i> |
| | Plain Xenops | <i>Xenops minutus</i> |
| H | Buffy Tuftedcheek | <i>Pseudocolaptes lawrencii</i> |
| | Spotted Barbtail | <i>Premnoplex brunnescens</i> |
| | Ruddy Treerunner | <i>Margarornis rubiginosus</i> |
| | Double-banded Graytail | <i>Xenerpestes minlosi</i> |
| | Red-faced Spinetail | <i>Cranioleuca erythroptis</i> |
| | Slaty Spinetail | <i>Synallaxis brachyura</i> |
| | Pale-breasted Spinetail | <i>Synallaxis albescens</i> |
| | Manakins (Pipridae) | |
| | Lance-tailed Manakin | <i>Chiroxiphia lanceolata</i> |
| | White-ruffed Manakin | <i>Corapipo altera</i> |
| | Velvety (Blue-crowned) Manakin | <i>Lepidothrix velutina</i> |
| | Orange-collared Manakin | <i>Manacus aurantiacus</i> |
| | Golden-collared Manakin | <i>Manacus vitellinus</i> |
| | Red-capped Manakin | <i>Ceratopipra mentalis</i> |
| | Golden-headed Manakin | <i>Ceratopipra erythrocephala</i> |
| | Cotingas (Cotingidae) | |
| | Purple-throated Fruitcrow | <i>Querula purpurata</i> |

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| | Blue Cotinga | <i>Cotinga nattererii</i> |
| | Rufous Piha | <i>Lipaugus unirufus</i> |
| | Tityras and Allies (Tityridae) | |
| | Black-crowned Tityra | <i>Tityra inquisitor</i> |
| | Masked Tityra | <i>Tityra semifasciata</i> |
| H | Barred Becard | <i>Pachyramphus versicolor</i> |
| | Cinnamon Becard | <i>Pachyramphus cinnamomeus</i> |
| | White-winged Becard | <i>Pachyramphus polychopterus</i> |
| | Sharpbill, Royal Flycatcher, and Allies (Oxyruncidae) | |
| | Royal Flycatcher | <i>Onychorhynchus coronatus</i> |
| | Ruddy-tailed Flycatcher | <i>Terentotriccus erythrurus</i> |
| | Tyrant Flycatchers (Tyrannidae) | |
| | Golden-crowned Spadebill | <i>Platyrinchus coronatus</i> |
| | Ochre-bellied Flycatcher | <i>Mionectes oleagineus</i> |
| | Yellow-green Tyrannulet | <i>Phylloscartes flavovirens</i> |
| | Black-capped Pygmy-Tyrant | <i>Myiornis atricapillus</i> |
| H | Scale-crested Pygmy-Tyrant | <i>Lophotriccus pileatus</i> |
| | Southern Bentbill | <i>Oncostoma olivaceum</i> |
| | Common Tody-Flycatcher | <i>Todirostrum cinereum</i> |
| | Black-headed Tody-Flycatcher | <i>Todirostrum nigriceps</i> |
| | Olivaceous Flatbill | <i>Rhynchocyclus olivaceus</i> |
| | Yellow-olive Flycatcher | <i>Tolmomyias sulphurescens</i> |
| | Yellow-winged (-margined) Flycatcher | <i>Tolmomyias flavotectus</i> |
| | Ochre-lored (Yellow-breasted) Flycatcher | <i>Tolmomyias flaviventris</i> |
| | Brown-capped Tyrannulet | <i>Ornithion brunneicapillus</i> |
| | Southern Beardless-Tyrannulet | <i>Camptostoma obsoletum</i> |
| | Northern Mouse-colored Tyrannulet | <i>Nesotriccus incomta</i> |
| | Yellow Tyrannulet | <i>Capsiempis flaveola</i> |
| | Yellow-crowned Tyrannulet | <i>Tyrannulus elatus</i> |
| | Forest Elaenia | <i>Myiopagis gaimardii</i> |
| | Choco (Gray) Elaenia | <i>Myiopagis parambae</i> |
| | Greenish Elaenia | <i>Myiopagis viridicata</i> |
| | Yellow-bellied Elaenia | <i>Elaenia flavogaster</i> |
| | Lesser Elaenia | <i>Elaenia chiriquensis</i> |
| | Mountain Elaenia | <i>Elaenia frantzii</i> |
| | White-fronted Tyrannulet (Zeledon's) | <i>Phyllomyias zeledoni zeledoni</i> |
| | Sooty-headed Tyrannulet | <i>Phyllomyias griseiceps</i> |
| | Mistletoe (Paltry) Tyrannulet | <i>Zimmerius parvus</i> |
| | Bran-colored Flycatcher | <i>Myiophobus fasciatus</i> |
| | Tufted Flycatcher | <i>Mitrephanes phaeocercus</i> |
| | Dark Pewee | <i>Contopus lugubris</i> |
| | Northern Tropical Pewee | <i>Contopus bogotensis</i> |
| | Eastern Wood-Pewee | <i>Contopus virens</i> |
| | Yellow-bellied Flycatcher | <i>Empidonax flaviventris</i> |
| | Acadian Flycatcher | <i>Empidonax virescens</i> |
| | Yellowish Flycatcher | <i>Empidonax flavescens</i> |
| | Black Phoebe | <i>Sayornis nigricans</i> |
| | Northern Scrub-Flycatcher | <i>Sublegatus arenarum</i> |
| | Pied Water-Tyrant | <i>Fluvicola pica</i> |

Long-tailed Tyrant
 Bright-rumped Attila
 Choco Sirystes
 Rufous Mourner
 Dusky-capped Flycatcher
 Panama Flycatcher
 Great Crested Flycatcher
 Cattle Tyrant
 Lesser Kiskadee
 Great Kiskadee
 Boat-billed Flycatcher
 Rusty-margined Flycatcher
 Social Flycatcher
 Gray-capped Flycatcher
 Golden-bellied Flycatcher
 Streaked Flycatcher
 Piratic Flycatcher
 Tropical Kingbird
 Gray Kingbird
 Fork-tailed Flycatcher

Vireos, Shrike-Babblers, and Erpornis (Vireonidae)

Rufous-browed Peppershrike
 Scrub Greenlet
 Green Shrike-Vireo
 Lesser Greenlet
 Golden-fronted Greenlet
 Yellow-throated Vireo
 Yellow-winged Vireo
 Philadelphia Vireo
 Brown-capped Vireo
 Yellow-green Vireo

Crows, Jays, and Magpies (Corvidae)

Black-chested Jay

Swallows (Hirundinidae)

Blue-and-white Swallow
 Northern Rough-winged Swallow
 Southern Rough-winged Swallow
 Gray-breasted Martin
 Mangrove Swallow
 Barn Swallow
 Cliff Swallow

Gnatcatchers (Poliptilidae)

Tawny-faced Gnatwren
 Long-billed Gnatwren
 White-browed (Tropical) Gnatcatcher

Wrens (Troglodytidae)

H Scaly-breasted Wren
 House Wren
 Ochraceous Wren
 White-headed Wren

Colonia colonus
Attila spadiceus
Sirystes albogriseus
Rhytipterna holerythra
Myiarchus tuberculifer
Myiarchus panamensis
Myiarchus crinitus
Machetornis rixosa
Philohydor lictor
Pitangus sulphuratus
Megarynchus pitangua
Myiozetetes cayanensis
Myiozetetes similis
Myiozetetes granadensis
Myiodynastes hemichrysus
Myiodynastes maculatus
Legatus leucophaeus
Tyrannus melancholicus
Tyrannus dominicensis
Tyrannus savana

Cyclarhis gujanensis
Hylophilus flavipes
Vireolanius pulchellus
Pachysylvia decurtata
Pachysylvia aurantiifrons
Vireo flavifrons
Vireo carmioli
Vireo philadelphicus
Vireo leucophrys
Vireo flavoviridis

Cyanocorax affinis

Pygochelidon cyanoleuca
Stelgidopteryx serripennis
Stelgidopteryx ruficollis
Progne chalybea
Tachycineta albilinea
Hirundo rustica
Petrochelidon pyrrhonota

Microbates cinereiventris
Ramphocaenus melanurus
Poliptila bilineata

Microcerculus marginatus
Troglodytes aedon
Troglodytes ochraceus
Campylorhynchus albobrunneus

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| | Black-bellied Wren | <i>Pheugopedius fasciatoventris</i> |
| | Rufous-breasted Wren | <i>Pheugopedius rutilus</i> |
| | Rufous-and-white Wren | <i>Thryophilus rufalbus</i> |
| H | Stripe-throated Wren | <i>Cantorchilus leucopogon</i> |
| | Isthmian (Plain) Wren | <i>Cantorchilus elutus</i> |
| | Bay Wren | <i>Cantorchilus nigricapillus</i> |
| | Buff-breasted Wren | <i>Cantorchilus leucotis</i> |
| | White-breasted Wood-Wren | <i>Henicorhina leucosticta</i> |
| | Gray-breasted Wood-Wren | <i>Henicorhina leucophrys</i> |
| | Song Wren | <i>Cyphorhinus phaeocephalus</i> |
| | Mockingbirds and Thrashers (Mimidae) | |
| | Tropical Mockingbird | <i>Mimus gilvus</i> |
| | Thrushes and Allies (Turdidae) | |
| | Black-faced Solitaire | <i>Myadestes melanops</i> |
| | Orange-billed Nightingale-Thrush | <i>Catharus aurantiirostris</i> |
| | Ruddy-capped Nightingale-Thrush | <i>Catharus frantzii</i> |
| | Mountain Thrush | <i>Turdus plebejus</i> |
| | White-throated Thrush | <i>Turdus assimilis</i> |
| | Clay-colored Thrush | <i>Turdus grayi</i> |
| | Silky-flycatchers (Ptiliogonatidae) | |
| | Long-tailed Silky-flycatcher | <i>Ptiliogonys caudatus</i> |
| | Old World Sparrows (Passeridae) | |
| | House Sparrow (I) | <i>Passer domesticus</i> |
| | Finches, Euphonias, and Allies (Fringillidae) | |
| | Golden-browed Chlorophonia | <i>Chlorophonia callophrys</i> |
| | Yellow-crowned Euphonia | <i>Euphonia luteicapilla</i> |
| | White-vented Euphonia | <i>Euphonia minuta</i> |
| | Thick-billed Euphonia | <i>Euphonia laniirostris</i> |
| | Spot-crowned Euphonia | <i>Euphonia imitans</i> |
| | Fulvous-vented Euphonia | <i>Euphonia fulvicrissa</i> |
| | Lesser Goldfinch | <i>Spinus psaltria</i> |
| H | Yellow-bellied Siskin | <i>Spinus xanthogastrus</i> |
| | Thrush-Tanager (Rhodinocichlidae) | |
| | Rosy Thrush-Tanager | <i>Rhodinocichla rosea</i> |
| | New World Sparrows (Passerellidae) | |
| | Sooty-capped Chlorospingus | <i>Chlorospingus pileatus</i> |
| GO | Black-striped Sparrow | <i>Arremonops conirostris</i> |
| | Orange-billed Sparrow | <i>Arremon aurantiirostris</i> |
| | Chestnut-capped Brushfinch | <i>Arremon brunneinucha</i> |
| | Rufous-collared Sparrow | <i>Zonotrichia capensis</i> |
| | White-naped Brushfinch | <i>Atlapetes albinucha</i> |
| | Yellow-thighed Brushfinch | <i>Atlapetes tibialis</i> |
| | Wrenthrush (Zeledoniidae) | |
| | Wrenthrush | <i>Zeledonia coronata</i> |
| | Troupials and Allies (Icteridae) | |
| | Eastern Meadowlark | <i>Sturnella magna</i> |
| | Red-breasted Meadowlark | <i>Leistes militaris</i> |
| | Crested Oropendola | <i>Psarocolius decumanus</i> |
| | Chestnut-headed Oropendola | <i>Psarocolius wagleri</i> |
| | Scarlet-rumped Cacique | <i>Cacicus uropygialis</i> |

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| | Yellow-rumped Cacique | <i>Cacicus cela</i> |
| | Orchard Oriole | <i>Icterus spurius</i> |
| | Yellow-backed Oriole | <i>Icterus chrysater</i> |
| | Yellow-tailed Oriole | <i>Icterus mesomelas</i> |
| | Baltimore Oriole | <i>Icterus galbula</i> |
| | Shiny Cowbird | <i>Molothrus bonariensis</i> |
| | Bronzed Cowbird | <i>Molothrus aeneus</i> |
| | Giant Cowbird | <i>Molothrus oryzivorus</i> |
| H | Melodious Blackbird | <i>Dives dives</i> |
| | Great-tailed Grackle | <i>Quiscalus mexicanus</i> |
| | Carib Grackle | <i>Quiscalus lugubris</i> |
| | New World Warblers (Parulidae) | |
| | Northern Waterthrush | <i>Parkesia noveboracensis</i> |
| | Golden-winged Warbler | <i>Vermivora chrysoptera</i> |
| | Black-and-white Warbler | <i>Mniotilta varia</i> |
| | Prothonotary Warbler | <i>Protonotaria citrea</i> |
| | Flame-throated Warbler | <i>Oreothlypis gutturalis</i> |
| | Tennessee Warbler | <i>Leiothlypis peregrina</i> |
| | Mourning Warbler | <i>Geothlypis philadelphia</i> |
| | Olive-crowned Yellowthroat (Chiriqui) | <i>Geothlypis semiflava chiriquensis</i> |
| | Tropical Parula | <i>Setophaga pitiayumi</i> |
| | Bay-breasted Warbler | <i>Setophaga castanea</i> |
| | Blackburnian Warbler | <i>Setophaga fusca</i> |
| | Yellow Warbler | <i>Setophaga petechia</i> |
| | Yellow Warbler (Mangrove) | <i>Setophaga petechia aequatorialis</i> |
| | Chestnut-sided Warbler | <i>Setophaga pensylvanica</i> |
| | Black-throated Green Warbler | <i>Setophaga virens</i> |
| | Chestnut-capped (Ruf.-capped) Warbler | <i>Basileuterus delatirii</i> |
| | Black-cheeked Warbler | <i>Basileuterus melanogenys</i> |
| | Buff-rumped Warbler | <i>Myiothlypis fulvicauda</i> |
| | Wilson's Warbler | <i>Cardellina pusilla</i> |
| | Slate-throated Redstart | <i>Myioborus miniatus</i> |
| | Collared Redstart | <i>Myioborus torquatus</i> |
| | Mitrospingid Tanagers (Mitrospingidae) | |
| | Dusky-faced Tanager | <i>Mitrospingus cassinii</i> |
| | Cardinals and Allies (Cardinalidae) | |
| | Hepatic Tanager | <i>Piranga flava</i> |
| | Summer Tanager | <i>Piranga rubra</i> |
| | Flame-colored Tanager | <i>Piranga bidentata</i> |
| H | White-winged Tanager | <i>Piranga leucoptera</i> |
| | Red-crowned Ant-Tanager | <i>Habia rubica</i> |
| | Red-throated Ant-Tanager | <i>Habia fuscicauda</i> |
| | Carmioli's Tanager | <i>Chlorothraupis carmioli</i> |
| | Rose-breasted Grosbeak | <i>Pheucticus ludovicianus</i> |
| | Blue-black Grosbeak | <i>Cyanoloxia cyanooides</i> |
| | Painted Bunting | <i>Passerina ciris</i> |
| | Tanagers and Allies (Thraupidae) | |
| | Gray-headed Tanager | <i>Eucometis penicillata</i> |
| | White-shouldered Tanager | <i>Loriotus luctuosus</i> |
| | Tawny-crested Tanager | <i>Tachyphonus delatirii</i> |

Flame-rumped Tanager
Scarlet-rumped (Cherrie's) Tanager
Crimson-backed Tanager
Blue-gray Tanager
Palm Tanager
Golden-hooded Tanager
Plain-colored Tanager
Rufous-winged Tanager
Bay-headed Tanager
Emerald Tanager
Silver-throated Tanager
Scarlet-thighed Dacnis
Blue Dacnis
Shining Honeycreeper
Red-legged Honeycreeper
Green Honeycreeper
Sulphur-rumped Tanager
Black-and-yellow Tanager
White-eared Conebill
Slaty Flowerpiercer
Saffron Finch (I)
Blue-black Grassquit
Thick-billed Seed-Finch
Variable Seedeater
Yellow-bellied Seedeater
Bananaquit
Yellow-faced Grassquit
Buff-throated Saltator
Streaked Saltator
Slate-colored Grosbeak

MAMMALS

Common Opossum
Brown-throated Three-toed Sloth
Geoffroy's Tamarin
White-faced Capuchin
Mantled Howler
Variegated Squirrel
Red-tailed Squirrel
Central American Agouti
White-nosed Coati
White-tailed Deer

HERPS

Spectacled Caiman
Meso-American Slider
Brown Basilisk
South American Forest Racer

Ramphocelus flammigerus
Ramphocelus passerinii
Ramphocelus dimidiatus
Thraupis episcopus
Thraupis palmarum
Stilpnia larvata
Tangara inornata
Tangara lavinia
Tangara gyrola
Tangara florida
Tangara icterocephala
Dacnis venusta
Dacnis cayana
Cyanerpes lucidus
Cyanerpes cyaneus
Chlorophanes spiza
Heterospingus rubrifrons
Chrysothlypis chrysomelas
Conirostrum leucogenys
Diglossa plumbea
Sicalis flaveola
Volatinia jacarina
Sporophila funerea
Sporophila corvina
Sporophila nigricollis
Coereba flaveola
Tiaris olivaceus
Saltator maximus
Saltator striatipectus
Saltator grossus

Didelphis marsupialis
Bradypus variegatus
Sanguinus geoffroyi
Cebus capucinus
Alouatta palliata
Sciurus variegatoides
Sciurus granatensis
Dasyprocta punctata
Nasua narica
Odocoileus virginianus

Caiman crocodilus
Trachemys venusta
Basiliscus vittatus
Dendrophidion percarinatum