



# ROCKJUMPER

Worldwide Birding Adventures

## Panama

### Darién Extension

*2<sup>nd</sup> to 8<sup>th</sup> March 2018 (7 days)*

### Best of Birding Panama

*8<sup>th</sup> to 17<sup>th</sup> March 2018 (10 days)*

### Chiriquí Extension

*17<sup>th</sup> to 22<sup>nd</sup> March 2018 (6 days)*



Streak-chested Antpitta by Rich Lindie

**Trip report compiled by Tour Leader: Rich Lindie**

We kicked off this year's first tour to Panama with a visit to the very birdy little village of Cerro Azul, only an hour from the country's capital. As always, we had a very productive morning there, seeing a range of species that would help take our trip list to almost one hundred species by the end of the day! Walks along some of the quiet backroads in town gave us several tanager species – including Tooth-billed, Black-and-yellow, Speckled, Emerald and Carmiol's – a host of warblers that included our only Blackpolls of the trip, both Red-capped Manakin and White-ruffed Manakin, Isthmian Wren, Olivaceous Woodcreeper, Scale-crested Pygmy Tyrant, Stripe-cheeked Woodpecker (our main target for the morning), and – one of the highlights of the trip – a pair of Yellow-eared Toucanets! Stakeouts at feeding stations and gardens, on the other hand, provided us with most of the hummingbirds seen on the first day, including such gems as Bronze-tailed Plumeleteer, Violet-capped Hummingbird and Stripe-throated Hermit, as well as great opportunities to photograph other goodies, like Shining Honeycreeper, Tawny-capped Euphonia, Fulvous-vented Euphonia and Black-cheeked Woodpecker. A vigil for Violet-headed Hummingbird, however, was only successful for Nando.



**Yellow-eared Toucanet by Bengt Rönde**

Further east, and well on our way to our Darién adventure, an afternoon stop at Bayano Lake then produced our first Striped Cuckoo of the trip, several heron species – including our only Black-crowned Night Herons, the main target there – Pied Water Tyrant, a Thick-billed Seed Finch, and the first of many Bat Falcons to be seen on the trip, before our long but productive day came to an end in the small town of Torti for our first evening in the Darién proper.

Equally-long, though sadly not quite as productive, our second day in the Darién saw us journey all the way to the Nusagandi area and back, and onwards to Yaviza, not far from the end of the Panamerican

Highway – *well, the northern portion, anyway.* Around Nusagandi itself, the only noteworthy rewards for climbing up and down a muddy track were views of Blue-crowned Manakin and White-tailed Trogon; while a late lunch back at our hotel in Torti required no more effort than staying awake in our chairs to enjoy another great set of hummingbirds, including the ever-popular Snowy-bellied Hummingbirds, a Sapphire-throated Hummingbird, and a handful of feisty Scaly-breasted Hummingbirds. The best part of the day, however, was down near the end of the highway, where a couple of stops produced some wonderful sightings, the highlights of which were a handful of wonderfully close Great Green Macaws, an equally-close Laughing Falcon, and great views of all the following: Black Oropendola, White-eared Conebill, Spot-crowned Barbet, Black Antshrike, Barred Puffbird, Black-chested Jay and Ruddy-breasted Seedeater!

That evening was spent, for the first of three occasions, near the small village of Puerto Lara, where some of us had one of the most memorable steaks of our lives.



**Golden-collared Manakin by Bengt Rönde**

Day three of our Darién adventure saw us rapidly get back on track at the pace at which the tour had begun. One by one, our targets fell, as a day of exploring roadsides and various trails provided us with the best birding day of our time in the Darién lowlands. Along just a short section of the road to Lajas Blancas, the first part of our morning saw us bagging Orange-crowned Oriole, Buff-breasted Wren, Red-rumped Woodpecker, Ochre-lored Flatbill, Black-headed Tody-Flycatcher, Grey-cheeked Nunlet, White-necked Puffbird and Olivaceous Piculet, among others. A nearby trail provided us with great looks at Long-billed Gnatwren, Cinnamon Becard, Black-tailed Myobius (attending nest), Northern Royal Flycatcher (also attending nest), Black-crowned Antshrike, Pied Puffbird, Crimson-crested



Woodpecker, Black-tailed Trogon, Grey-chested Dove and Boat-billed Heron. Just before lunch, our third and final stop for the morning provided us with great views of the sought-after Dusky-backed Jacamar – *after an entertaining little boat ride, that is.*

The afternoon, whilst hot and slow at times, also gave us great birds; a visit to Nando's place gave us superlative views of Double-banded Greytail, and both Spot-breasted and Golden-green Woodpeckers, followed shortly by a wonderfully cooperative Great Potoo at the nearby village of Puerto Lara.



**Red-throated Caracara by Bengt Rönde**

The following day was a very special one indeed! Set aside primarily as a day to find Harpy Eagle, we found ourselves making the very exciting, albeit rather long, journey to the heart of the Darién National Park. Being situated well beyond the Panamanian end of the highway, the park straddles a wild gap between the small town of El Real, and the Colombian border in the east. Getting to El Real, and onward to the park is, of course, not just time-consuming, but also pretty involved. For starters, we had to cover the final stretch of hardtop, in order to be at the port of Yaviza in time for a morning's boat ride down to El Real. Fortunately, since our ride took place in the cooler hours of morning, and since our motorised canoe was open, we took advantage, enjoying that section of the journey by making stops for new birds, including flocks of Greater Anis, Yellow-crowned Night Herons and several species of heron, before a bumpy ride on the back of a couple of pickups put a swift end to any birding for a little while. On the other end of the bumpy track, it was then back onto two legs, for a ninety-minute walk through the forest, all the way to the site of some recent Harpy Eagle nesting activity. Along the way, to and from the nest, we also birded the forest, stopping for Olivaceous Flatbill, Golden-collared Manakin, Golden-headed Manakin, Ruddy-tailed Flycatcher and Red-throated

Caracara, among other things, making sure the pace was enjoyable wherever possible. But it was the Harpy for which we had come, and it has to be said, that we did not waste much time; a good deal of the day was spent patiently waiting for our quarry to appear. Some of us spent part of this time tracking down Black-crowned Antpitta and Choco Sirystes, while others played sentinel from various vantage points. This, of course, lasted several hours, and even beyond our lunch (rice and chicken wrapped in leaves!), before several anxious moments were finally relieved by the cries of a Harpy nearby, and wonderful looks not long after. And for those who stayed a little longer, an incredible sighting of a female Harpy with prey in toe!



**Spot-crowned Antwren by Bengt Rönde**

With the excitement of the previous day's events, it was always going to be hard to make the next day quite as exciting, though we certainly managed a good morning by any standards. Starting first at a private property on the edge of the Panamerican Highway, we began the day's tally with a wonderful sighting of a Great Curassow. Then, as soon as we had freed our vehicle from the side of the road, we went on to explore yet another private property – this time, the San Francisco Nature Reserve, also right on the edge of the Panamerican Highway. Jumping out of our car at the reserve entrance, one of the first birds to greet us was Whooping Motmot; whilst the next walk produced more great views of Barred Puffbird, White Hawk, Dusky-faced Tanager, Sulphur-rumped Tanager, Bay Wren, White-winged Becard, White-ringed Flycatcher and Panamanian Tyrannulet. Our final stop there, then yielded Rufous Mourner, Black-striped Woodcreeper, White-fronted Nunbird \*and\* White-whiskered Puffbird, before the time had come to leave the Darién. Well, after one more stop, that is – a quick visit to a nearby stream for Jet Antbird and a bonus Pearl Kite to boot! *A lovely end to the first leg of our Panama journey, and the start of the journey home for some.*



Part two of our Panamanian adventures was next, and we wasted no time in heading for the centre of the country, where several days of birding in the canal area awaited us. The first stop was Gamboa, where, after picking up two more team members, we jumped straight into some exploratory birding. Within minutes, we saw our first Cinnamon Woodpecker, followed shortly by our first Isthmian Wren and Black-striped Sparrow. We then enjoyed great looks at a Grey-headed Chachalaca before moving into the forest, where we spotted a slew of new birds, including Northern Barred Woodcreeper, Checker-throated Antwren, Dot-winged Antwren, Dusky Antbird, White-bellied Antbird, Bicolored Antbird, Spotted Antbird, Yellow-margined Flatbill (attending nest), Green Shrike-Vireo and Black-bellied Wren – *all of which showed very well!*



**Tody Motmot by Bengt Rönde**

After lunch, and a short break at our hotel, a walk through the forest on the grounds of our resort produced almost as much excitement as the morning's birding, seeing us find both Rufous Motmot and Broad-billed Motmot within minutes of each other, Rufous-breasted Wren, Golden-fronted Greenlet, Black-throated Trogon, Violet-bellied Hummingbird, and a superb Purple-crowned Fairy, to boot. Outside the forest, we spotted several more familiar species, and enjoyed our first sighting of some visible raptor migration, as scores of vultures and Swainson's Hawks flew overhead on their journey north.

For our second day in the canal area, we started at the so-called Ammo Dump Ponds, where, in less than an hour, we racked up an impressive bird list, including our main targets: White-throated Crake, Least Bittern and Rufescent Tiger Heron. A bonus sighting, in the form of a great close-up of a Yellow-tailed Oriole was also much appreciated. Just around the corner, the famous Pipeline Track provided us

with yet more great birding and several of our targets, too. Top of the list of the latter includes Russet-winged Schiffornis, Red-capped Manakin, Purple-throated Fruitcrow, Brownish Twistwing, Southern Bentbill, Black-capped Pygmy Tyrant, Streak-chested Antpitta (through the 'scope!), Ocellated Antbird (at point-blank), White-whiskered Puffbird, Great Tinamou and Slaty-tailed Trogon!



**Broad-billed Motmot by Rich Lindie**

For the afternoon, we birded around the Summit Ponds and along the old Gamboa road, where Grey-necked Wood Rail and Rose-breasted Grosbeak were the highlights. Upon returning to our resort, some of us took another short walk to see the Bat Falcons that were nesting on one of the building ledges.

Heading back to Soberania National Park the next morning, we headed straight up the Discovery Centre Tower, first thing, to enjoy the early morning canopy activities – *and the relatively cooler weather!* It was enjoyable to see the canopy, as well as some familiar species at eye-level, though there wasn't a great amount of activity, so we lingered only long enough to snap a few photos, and to grab views of our main target – Scaled Pigeon. Another bonus oriole sighting, this time of a Yellow-backed, was also appreciated. Down on the forest floor, a Pheasant Cuckoo gave us a runaround while a Moustached Antwren put up little resistance. At the Discovery Centre feeding platform, we then enjoyed great views of Rufous-crested Coquette and Long-billed Hermit, among other hummingbird species, while a walk along the access road provided us with great views of a few more species, including Grey-headed Kite, Spot-crowned Antvireo and Song Wren.

Post lunch, we headed down to the Gamboa Resort, and then the Ammo Dump Ponds, one last time, though things were pretty quiet at both sites, yielding only Scrub Greenlet, Thick-billed Seed Finch and Dusky-capped Flycatcher of noteworthiness. *Well, that and a few sloths, of course!*



For the third day in the canal area, we started with a stroll through Metropolitan Park, where top species sighted included Orange-billed Sparrow, Golden-winged Warbler, Rufous-and-white Wren and Geoffrey's Tamarin. *Needless to say, diminishing returns were now beginning to show in a big way as a result of our early successes!* But this was a good position in which to be, as we set aside an afternoon for a visit to the Miraflores Locks, where we finally gained some insight into the inner workings of the canal and the enormous scale of its operations. Not that we took a complete break from birding, of course – other than the gulls, frigatebirds and pelicans noted during our time at the locks, a quick trip to the old Gamboa road finally produced good views of Lance-tailed Manakin, as well as a Panamanian Flycatcher.



Ocellated Antbird by Rich Lindie

Working further with the notion that we had seen much of what the southern canal area had to offer, we set out to explore areas far to the north the following day. To begin with, we birded the San Lorenzo area, and moved from there to the Achiote area – both at the north-west end of the canal and entailing a rather interesting journey across and over the canal – very near to the site of the new, and very impressive, suspension-bridge. In the San Lorenzo area, a trail into the woods gave us several new and interesting species, the best of which included Spot-crowned Barbet (of a different form to that seen in the Darién), Lineated Woodpecker, Yellow Tyrannulet, Ochre-bellied Flycatcher, Streaked Saltator, Sepia-capped Flycatcher (apparently a new record for the area), Slaty-headed Tody-Flycatcher, Long-tailed Tyrant, Northern Royal Flycatcher (also attending nest), White-winged Becard and Bay Wren (hopping around in the open, at the base of tree beside the trail!). The Achiote area was pretty quiet – only giving us a Black Hawk-Eagle and, eventually, Pacific Antwren, for our efforts.



The return journey then provided us with more views of Savanna Hawk (following our first sighting, earlier in the day), another Panamanian Flycatcher, and a vine snake. *Not a bad haul for our fourth full day in the canal area!*

Our time in the canal area was to come to an end the following morning – starting with a quick drive to the hill country around the small town of El Valle. Checking into our fantastic hotel on the north-eastern edge of town, we set out for a couple of hours' walk along the nearby Las Zamias trail. Being the middle of the day, we didn't expect to see much, and nor did we, but we did catch up with our first Rufous-capped Warbler of the trip, a couple of Tawny-capped Euphonias, and a Lesser Elaenia along the way.



**Scintillant Hummingbird by Rich Lindie**

Following lunch, some relaxing birding on a trip to the outskirts of town to an area known as La Mesa, and a site we dubbed "the dip", produced sightings of our first Slaty Antwrens of the trip, a pair of Plain Antwrens, a Spotted Woodcreeper, Silver-throated Tanager, and yet more motmots. A short while later, at the base of the Cerro Gaital trail, we then bagged our first views of Grey-breasted Wood Wren, a Pale-vented Thrush, Northern Schiffornis, Olive-striped Flycatcher and Green Hermit (males seen at a display site in the understory). Sadly, a White-tipped Sicklebill – seen coming to a heliconia flower – showed only to me.

The next day, the pace picked up even more; and our morning, in particular, was one of the better mornings we had during the tour, as a couple of short hours along a small track near 'the dip' added Scarlet-thighed Dacnis, Blue-throated Toucanet, Russet Antshrike, Black-faced Antthrush and Tawny-

faced Gnatwren to our list, among several other appreciated species. Then, back on the Cerro Gaital trail, some of us added White-throated Spadebill, White-ruffed Manakin, Collared Trogon, and yet more Dusky-faced and Silver-throated Tanagers to the list.

Our afternoon wasn't too shabby either, following a trip to the Cara Iguana area, which saw us successfully tracking down both Tody Motmot (for unbeatable views!) and Lesson's Motmot, as well as a Spectacled Owl and a bonus Parauque in broad daylight. A short walk back towards town added Northern Waterthrush and Prothonotary Warbler to the list, too.



Vulcano Junco by Rich Lindie

Changing scenery completely the following day, we shot our way down to the dry, flat coastal scrublands around Juan Hombron for the morning, where, in a bid to avoid the hottest part of the day, we set to work the second we pulled up for breakfast. Among the first birds to be found, two of our main targets were much-enjoyed, namely: Crested Bobwhite and Brown-throated Parakeet – *both of which we spent a good deal of time with*. Also in the mix were our first Groove-billed Anis, Plain-breasted Ground Dove, Mouse-colored Tyrannulet, Yellow-green Vireo and Eastern Meadowlark. It took a little more time to find a Pale-eyed Pygmy Tyrant, but we ended up with great views after all, and soon we were on our way to look for Veraguan Mango. This also took a little time but, thanks to a local landlord, we also ended up with great views of this near-endemic gem. As the morning heated up, we added several birds-of-prey to our list, the best of which were Lesser Yellow-headed Vulture and Zone-tailed Hawk – *both new for the trip*.

Our afternoon was spent back in the La Mesa area, where some managed to catch up with Grey-breasted Wood Wren, Blue-chested Hummingbird and White-tipped Sicklebill.



For our final day in the El Valle area, we explored the roads in and around Altos del Maria. Things didn't quite go to plan there, but we did scrape together a nice selection of sightings, including those of our first Ochraceous Wren, Yellow-throated Vireo, Black-throated Green Warbler and Northern Tufted Flycatcher. Among the other species seen, White-tailed Emerald, Canada Warbler, Black-and-yellow Tanager, Tooth-billed Tanager, Mistletoe Tyrannulet and White-vented Euphonia were all new for some and enjoyed by others, all the same.

In much the same vein, a late afternoon walk on the outskirts of El Valle was enjoyable for the opportunity to slow down and admire some of the more 'common' species of the area, most notable of which was a Keel-billed Toucan that sat in in all his glory for long enough for all to photograph and admire at leisure.



**Bare-shanked Screech Owl by Rich Lindie**

The next day was, sadly, the end of the journey for some, as the central leg of our Panamanian adventures was due to come to an end by lunchtime. And so, with mostly a travel day ahead of us, we jumped at the opportunity to do a little more birding in the El Valle area, before the drive back to Panama City. The result was a combined list that included Blue-black Grosbeak, Rosy Thrush-Tanager, Mourning Warbler, Black Guan and Pale-vented Thrush, finishing off the trip list at the point very nicely. All that followed was a journey to Panama City, where we enjoyed a farewell lunch on the Panama City Causeway, and a flight to David for those going on to do the Chiriquí Highlands extension.

The third and final leg of our Panamanian adventures began with a bang, to say the least! In just a few hours along the Los Quetzales Trail, we added more birds to our trip list than would be fair to list here,

AND we enjoyed great views of just about all of them. A highlight for many was, of course, seeing the trail's namesake – *a family of three, which we admired at close-range*. Right up there with seeing this was our sighting of Three-wattled Bellbird – *also well worth writing home about*. Runners-up included Blue-throated Toucanet, Prong-billed Barbet, Long-tailed Silky-flycatcher, Green-crowned Brilliant, White-throated Mountain-gem, Black Guan, Spangle-cheeked Tanager and Yellow-thighed Finch; whilst sightings of Buffy Tuftedcheek, Red-faced Spinetail, Hairy Woodpecker, Slate-throated Redstart, Black-cheeked Warbler, Flame-throated Warbler, Elegant Euphonia, Lesser Goldfinch, Mountain Thrush, Ruddy-capped Nightingale-Thrush, Brown-capped Vireo, Yellow-winged Vireo, Barred Becard, Dark Pewee, Silvery-fronted Tapaculo and Acorn Woodpecker were all greatly enjoyed.

And that wasn't it for the day! Our afternoon at Lerida Farm was almost as productive, providing us with super views of several hummingbird species, including Scintillant Hummingbird, Volcano Hummingbird, Stripe-tailed Hummingbird, Lesser Violetear and Violet Sabrewing; whilst other great sightings included those of Sulphur-winged Parakeet, Golden-olive Woodpecker, Orange-billed Nightingale-Thrush, Flame-colored Tanager, Slaty Flowerpiercer, White-collared Swift, Blue Ground Dove, White-naped Brushfinch, Chestnut-capped Brushfinch and Yellow-bellied Siskin! Not to mention the wonderful floral displays in the gardens, **\*\*and\*\*** plentiful cappuccinos.



**Long-billed Starthroat by Rich Lindie**

For our second morning, we headed to the La Fortuna area, to sample some of what the Caribbean slope has to offer. The weather was pretty foul when we arrived, but we plugged away anyway, and managed good views of Brown-billed Scythebill, Yellow-eared Toucanet (much to the delight of



some!) and Band-backed Wren, before the mist finally lifted. Not long after, we tracked down our only Golden-bellied Flycatcher of the trip, as well as a Spotted Barbtail, a couple of Lineated Foliage-gleaners, a gorgeous Purple-throated Mountaingem and another Silvery-fronted Tapaculo. Further down the road, toward Willy Mazu, a little sitting around and a short stroll down the main road produced great views of Passerini's Tanager, an Emerald Tanager to boot, a male Green Thorntail, several Montezuma Oropendolas, a single Yellow-bellied Sapsucker, and a pair of Olive-backed Euphonias.

All too soon, however, it was time to return to Boquete, though timing seemed pretty good, as more awful weather poured in just as we were leaving. Arriving in town, in time to visit Lerida Farm again, we worked on a tip from locals about recent sightings of Maroon-breasted Ground Dove but to no avail. Nevertheless, we thoroughly enjoyed seeing many of the same species we had seen there the previous day, particularly the hummingbirds – a new one of which came in the form of a brilliant Long-billed Starthroat. One last 'twitch' for the day involved a quick stop in town, where several Finsch's Parakeets were seen coming into roost in a single palm tree. Some also twitched a Lesson's Motmot at one of our lodge feeders!

We spent the following morning meandering along the lower reaches of the Culebra Trail – another excellent trail just on the edge of town. Right off the bat, we spotted our first new bird – a superb Golden-browed Chlorophonia, followed almost immediately by a Torrent Tyrannulet and a couple of American Dippers. Further along the trail, a Green-fronted Lancebill put in an appearance, as did a couple of Collared Whitestarts and a Slaty-backed Nightingale-Thrush – *the latter eventually posing long enough in the scope for us to show a passing couple and their four-legged friend!* A little while later, it was a wonderfully low Black-faced Solitaire that stole the show; while a White-throated Mountain-gem chose a nearby patch of flowers to visit on several occasions. An effort to draw in a calling Highland Tinamou rewarded only me with a view, but that did little to dampen the mood. Just outside the forest, at a local garden, a Magenta-throated Woodstar also put in an appearance. That was it for the morning, as we opted to head to lunch, and take a break for the afternoon, ahead of an afternoon and evening on Baru Volcano.

Our excursion up the volcano's slope was very rewarding, nabbing us great views of all the following: Volcano Junco, Sooty-capped Bush Tanager, Large-footed Finch, Sooty Thrush, Black-billed Nightingale-Thrush, Timberline Wren, Black-capped Flycatcher, Ruddy Treerunner and Fiery-throated Hummingbird. Not to mention the great scenery we enjoyed. Coming down the mountain, we were a little messed around by the nocturnal denizens, most notably an Unspotted Saw-whet Owl, though perseverance paid off when we finally had great views of a Bare-shanked Screech Owl, and then satisfactory views of a Dusky Nightjar.

For our final full day in western Panama, we started with some birding at a private property in the Boqueron area, where a vigil from the residence porch filled in the first hour or so just perfectly. At the hummingbird feeders, Brown Violetears and a Charming Hummingbird were a highlight, whilst a visiting Scaly-breasted Hummingbird was also great to see. In the distance, we watched small groups of Fiery-billed Aracaris and a couple of Crested Guan, interrupted at one point by a couple of White-crowned Parrots that flew into one of the trees in the garden. We also spent a little time watching gorgeous Cherrie's Tanagers. Down in the woods below, a short walk produced great views of Buff-throated Foliage-gleaner (attending nest), Smoky-brown Woodpecker, Orange-collared Manakin and Spot-crowned Euphonia, though a Rose-throated Becard was a little less obliging.

A little further down the main road, a couple of roadside stops then served up great views of Costa Rican Brushfinch and Buff-rumped Warbler, leaving us with little left to look for, so we moved on to the Cerro Punta side of Baru Volcano, where we rapidly picked up a Spot-crowned Woodcreeper and a Yellowish Flycatcher. Not much else was found thereafter, however, so we stopped for coffee in the company of a few hummingbirds, then made our way to our final stop for the day, Los Lagos. The main target there, Chiriqui Yellowthroat, took no time at all to find, and we soaked up a little time padding our list with species like Blue-winged Teal and Northern Jacana.

But for a short walk through some open country the next morning, where a mission to find Maroon-chested Ground Dove resulted in only adding Bronzed Cowbird to our list, our birding adventures in Panama came to an end the following day. What with great accommodation, wonderful birds and scenery, and comfortable rides, the last few days of our journey had been busy but very enjoyable, and a very apt way to end three weeks in the country!

## Annotated List of species recorded

List powered through the report generator of our partner iGoTerra.

### Birds (497 in total)

Nomenclature and taxonomy follows Gill, F and D Donsker (Eds). 2017. IOC World Bird List (v 7.3).

**Status codes:** **E** = Endemic, **NE** = Near-endemic, **I** = Introduced

**IUCN codes:** **CR** = Critically endangered, **EN** = Endangered, **VU** = Vulnerable, **EW** = Extinct in the Wild, **NT** = Near Threatened, **DD** = Data Deficient

#### Tinamous *Tinamidae*

##### **Great Tinamou (NT)**

Pipeline Track. Great views!

*Tinamus major*

##### **(H) Highland Tinamou**

The Culebra Trail.

*Nothocercus bonapartei frantzii*

##### **(H) Little Tinamou**

Near the RDC.

*Crypturellus soui*

#### Ducks, Geese, and Waterfowl *Anatidae*

##### **Black-bellied Whistling Duck**

Yaviza area, Clayton and Juan Hombron.

*Dendrocygna autumnalis*

##### **Muscovy Duck**

Between Yaviza and El Real, and El Valle.

*Cairina moschata*

##### **Blue-winged Teal**

Los Lagos only.

*Spatula discors*

#### Guans, Chachalacas, and Curassows *Cracidae*

##### **Grey-headed Chachalaca**

Good sightings on all three segments.

*Ortalis cinereiceps*

##### **Crested Guan**

Great views from the porch at Paraiso Boqueron.

*Penelope purpurascens aequatorialis*

##### **Black Guan (NT)**

Cerro Gaital and Los Quetzales Trail.

*Chamaepetes unicolor*



**Great Curassow** *Crax rubra*  
Great views on our final morning in the Darién.

**Crested Bobwhite** *Colinus cristatus*  
Great views near Juan Hombron.

**Wood Stork** *Mycteria americana*  
Two sightings in the Darién, a few near Juan Hombron.

**American White Ibis** *Eudocimus albus ramobustorum*  
Between Yaviza and El Real, and once near the canal.  
**Glossy Ibis** *Plegadis falcinellus*  
Juan Hombron and Los Lagos.

**Rufescent Tiger Heron** *Tigrisoma lineatum lineatum*  
Along the road to Lajas Blancas, and at Ammo Dump Ponds.  
**Boat-billed Heron** *Cochlearius cochlearius panamensis*  
Along the trail near Lajas Blancas, and at Summit Ponds.  
**Least Bittern** *Ixobrychus exilis*  
One great sighting at Ammo Dump Ponds.  
**Black-crowned Night Heron** *Nycticorax nycticorax hoactli*  
Bayano Lake.  
**Yellow-crowned Night Heron** *Nyctanassa violacea caliginis*  
Between Yaviza and El Real, and in Clayton.  
**Green Heron** *Butorides virescens virescens*  
Several sites, including Bayano Lake and Summit Ponds.  
**Striated Heron** *Butorides striata striata*  
Bayano Lake, between Yaviza and El Real, and near Torti.  
**Western Cattle Egret** *Bubulcus ibis*  
Near-daily sightings.  
**Great Blue Heron** *Ardea herodias*  
Several sites, including Bayano Lake and the Juan Hombron area.  
**Cocoi Heron** *Ardea cocoi*  
Between Yaviza and El Real, Bayano Lake and Clayton.  
**Great Egret** *Ardea alba egretta*  
Near-daily sightings during first two segments.  
**Tricolored Heron** *Egretta tricolor ruficollis*  
Near Torti and near Juan Hombron.  
**Little Blue Heron** *Egretta caerulea*  
Several sites during both first and second segments.  
**Snowy Egret** *Egretta thula*  
Between Yaviza and El Real, near Torti, and Juan Hombron.

**Pelicans *Pelecanidae*****Brown Pelican***Pelecanus occidentalis*

The Canal area and Juan Hombron.

**Frigatebirds *Fregatidae*****Magnificent Frigatebird***Fregata magnificens*

The Canal area and Juan Hombron.

**Cormorants and Shags *Phalacrocoracidae*****Neotropic Cormorant***Phalacrocorax brasilianus brasilianus*

Several sites, and on all three segments.

**Anhingas *Anhingidae*****Anhinga***Anhinga anhinga leucogaster*

Several sites in the Darién, and Summit Ponds.

**New World Vultures *Cathartidae*****Turkey Vulture***Cathartes aura*

Ubiquitous.

**Lesser Yellow-headed Vulture***Cathartes burrovianus burrovianus*

Juan Hombron area only.

**Black Vulture***Coragyps atratus*

Ubiquitous.

**King Vulture***Sarcorampus papa*

San Francisco Reserve only.

**Osprey *Pandionidae*****Western Osprey***Pandion haliaetus carolinensis*

Panama City and the canal area.

**Hawks, Eagles, and Kites *Accipitridae*****White-tailed Kite***Elanus leucurus*

A couple near Torti.

**Pearl Kite***Gampsonyx swainsonii leonae*

One near Torti, another in the Boqueron area.

**Grey-headed Kite***Leptodon cayanensis cayanensis*

One near the RDC.

**Swallow-tailed Kite***Elanoides forficatus*

Several sites, and on all three segments.

**Harpy Eagle (NT)***Harpia harpyja*

An unforgettable encounter in DNP.

**Black Hawk-Eagle***Spizaetus tyrannus serus*

Achiote area.

**Black-and-white Hawk-Eagle***Spizaetus melanoleucus*

San Francisco Reserve.

**Double-toothed Kite***Harpagus bidentatus fasciatus*

DNP only.

**Plumbeous Kite***Ictinia plumbea*



Between Yaviza and El Real, and the San Lorenzo area.

**Crane Hawk** *Geranospiza caerulescens*

Between Yaviza and El Real.

**Common Black Hawk** *Buteogallus anthracinus*

Puerto Lara.

**Savanna Hawk** *Buteogallus meridionalis*

En route to San Lorenzo, and near Juan Hombron.

**Barred Hawk** *Morphnarchus princeps*

A pair near La Fortuna.

**Roadside Hawk** *Rupornis magnirostris*

Several sites, and on all three segments.

**White Hawk** *Pseudastur albicollis costaricensis*

San Francisco Reserve.

**Broad-winged Hawk** *Buteo platypterus platypterus*

Cerro Azul and several sites during the central and western segments.

**Short-tailed Hawk** *Buteo brachyurus fuliginosus*

Several sites, excluding the Darién.

**Swainson's Hawk** *Buteo swainsoni*

Several sites, excluding the Darién.

**Zone-tailed Hawk** *Buteo albonotatus*

Near Juan Hombron.

**Red-tailed Hawk** *Buteo jamaicensis costaricensis*

Los Quetzales Trail and Cerro Punta area.

### **Rails, Gallinules, and Coots Rallidae**

**White-throated Crake** *Laterallus albigularis*

Ammo Dump Ponds.

**Grey-necked Wood Rail** *Aramides cajaneus cajaneus*

Summit Ponds and El Valle.

**Purple Gallinule** *Porphyrio martinica*

A handful of sites split between the first two segments.

**Common Gallinule** *Gallinula galeata*

Los Lagos.

**American Coot** *Fulica americana americana*

Los Lagos.

### **Plovers and Lapwings Charadriidae**

**Southern Lapwing** *Vanellus chilensis cayennensis*

Several sites during the first two segments, and at Los Lagos.

**Killdeer** *Charadrius vociferus vociferus*

Near Torti.

### **Jacanas Jacanidae**

**Northern Jacana** *Jacana spinosa*

Los Lago.

**Wattled Jacana** *Jacana jacana hypomelaena*

Several sites during the first two segments.

**Sandpipers and Allies Scolopacidae**

<b>Whimbrel</b>	<i>Numenius phaeopus hudsonicus</i>
One sighting in the canal area, another near Juan Hombron.	
<b>Least Sandpiper</b>	<i>Calidris minutilla</i>
Near Torti.	
<b>Spotted Sandpiper</b>	<i>Actitis macularius</i>
Several sightings during the first two segments.	
<b>Solitary Sandpiper</b>	<i>Tringa solitaria</i>
One sighting in Clayton.	
<b>Willet</b>	<i>Tringa semipalmata</i>
One sighting near Juan Hombron.	
<b>Greater Yellowlegs</b>	<i>Tringa melanoleuca</i>
Near Torti.	

**Gulls, Terns, and Skimmers Laridae**

<b>Laughing Gull</b>	<i>Leucophaeus atricilla megalopterus</i>
Miraflores Locks.	
<b>Royal Tern</b>	<i>Thalasseus maximus maximus</i>
One sighting near Juan Hombron.	

**Pigeons and Doves Columbidae**

<b>Rock Dove</b>	<i>Columba livia var. domestica</i>
Noted.	
<b>Scaled Pigeon</b>	<i>Patagioenas speciosa</i>
Great views from the RDC tower.	
<b>Band-tailed Pigeon</b>	<i>Patagioenas fasciata crissalis</i>
Several sightings during the Chiriqui extension.	
<b>Pale-vented Pigeon</b>	<i>Patagioenas cayennensis pallidicrissa</i>
Several sightings split between the first two segments.	
<b>(H) Ruddy Pigeon (VU)</b>	<i>Patagioenas subvinacea</i>
DNP.	
<b>Short-billed Pigeon</b>	<i>Patagioenas nigristrois</i>
One sighting near the RDC tower.	
<b>Plain-breasted Ground Dove</b>	<i>Columbina minuta elaeodes</i>
A few near Juan Hombron.	
<b>Ruddy Ground Dove</b>	<i>Columbina talpacoti rufipennis</i>
Near-daily sightings during the first two segments.	
<b>Blue Ground Dove</b>	<i>Claravis pretiosa</i>
A few brief sightings in the Darién, a couple of great ones at Lerida Farm.	
<b>White-tipped Dove</b>	<i>Leptotila verreauxi verreauxi</i>
Near-daily sightings, but none in the Chiriqui.	
<b>Grey-chested Dove</b>	<i>Leptotila cassinii</i>
One sighting near Lajas Blancas (through the 'scope).	
<b>Buff-fronted Quail-Dove</b>	<i>Zentrygon costaricensis</i>
One sighting on the Culabra Trail.	
<b>Chiriqui Quail-Dove</b>	<i>Zentrygon chiriquensis</i>
One sighting while <i>en route</i> to the Culebra Trail.	



**Cuckoos Cuculidae**

- Greater Ani** *Crotophaga major*  
A handful of sightings split between the first two segments.
- Smooth-billed Ani** *Crotophaga ani*  
Near-daily sightings during the first two segments.
- Groove-billed Ani** *Crotophaga sulcirostris*  
A few near Juan Hombron.
- Striped Cuckoo** *Tapera naevia*  
Bayano Lake.
- (H) Pheasant Cuckoo** *Dromococcyx phasianellus*  
Near the RDC tower.
- Squirrel Cuckoo** *Piaya cayana thermophila*  
A few sightings in the canal area, one in the Chiriquí.

**Owls Strigidae**

- (H) Tropical Screech Owl** *Megascops choliba*  
Puerto Lara.
- Bare-shanked Screech Owl** *Megascops clarkii*  
One sighting on Baru Volcano.
- Spectacled Owl** *Pulsatrix perspicillata*  
Great views near Cara Iguana.
- (H) Central American Pygmy Owl** *Glaucidium griseiceps*  
DNP.
- (H) Unspotted Saw-whet Owl** *Aegolius ridgwayi*  
Baru Volcano.

**Potoos Nyctibiidae**

- Great Potoo** *Nyctibius grandis grandis*  
Near Puerto Lara.

**Nightjars and Allies Caprimulgidae**

- Lesser Nighthawk** *Chordeiles acutipennis*  
Near San Lorenzo.
- Pauraque** *Nyctidromus albicollis*  
One sighting near Puerto Lara, another near Cara Iguana.
- Dusky Nightjar** *Antrostomus saturatus*  
One sighting on Baru Volcano.

**Swifts Apodidae**

- White-collared Swift** *Streptoprocne zonaris bouchellii*  
A handful of sighting during the Chiriquí extension.
- Vaux's Swift** *Chaetura vauxi*  
A couple of sightings during the Chiriquí extension.
- Short-tailed Swift** *Chaetura brachyura brachyura*  
A few near Yaviza, several in the canal area.

**Hummingbirds Trochilidae**

- White-tipped Sicklebill** *Eutoxeres aquila salvini*

Cerro Gaital.

**Rufous-breasted Hermit**

*Glaucis hirsutus hirsutus*

Along the Lajas Blancas road, the San Lorenzo area, Cerro Gaital.

**Band-tailed Barbthroat**

*Threnetes ruckeri*

La Mesa (El Valle).

**Green Hermit**

*Phaethornis guy coruscus*

Several in the El Valle area, another on Los Quetzales Trail.

**Long-billed Hermit**

*Phaethornis longirostris cephalus*

Several at the RDC.

**Pale-bellied Hermit**

*Phaethornis anthophilus*

One near Yaviza.

**Stripe-throated Hermit**

*Phaethornis striigularis saturatus*

At feeders in Cerro Azul.

**Green-fronted Lancebill**

*Doryfera ludovicae*

One sighting on the Culebra Trail.

**Scaly-breasted Hummingbird**

*Phaeochroa cuvierii*

Our hotel in Torti, and feeders in the Boqueron area.

**Violet Sabrewing**

*Campylopterus hemileucurus mellitus*

Lerida Farm and the Cerro Punta area.

**White-necked Jacobin**

*Florisuga mellivora mellivora*

Several sightings, and on all three segments.

**Brown Violetear**

*Colibri delphinae*

Feeders in the Boqueron area.

**Lesser Violetear**

*Colibri cyanotus cabanidis*

Lerida Farm and other sites on the Chiriqui extension.

**Black-throated Mango**

*Anthracothorax nigricollis*

A few sites in the Darién, including our hotel in Torti, and feeders in Gamboa.

**Veraguan Mango**

*Anthracothorax veraguensis*

One encounter near Juan Hombron.

**Violet-headed Hummingbird**

*Klais guimeti merrittii*

One sighting near Cerro Azul.

**Rufous-crested Coquette**

*Lophornis delattrei lessoni*

A male at the RDC.

**Green Thorntail**

*Discosura conversii*

A male near Willy Mazu/San Lorenzo.

**Garden Emerald**

*Chlorostilbon assimilis*

One at our hotel in El Valle, another at feeders in the Boqueron area.

**Fiery-throated Hummingbird**

*Panterpe insignis insignis*

Great looks at a few on Baru Volcano.

**White-tailed Emerald**

*Elvira chionura*

One near El Valle, another near Altos del Maria.

**Stripe-tailed Hummingbird**

*Eupherusa eximia egregia*

Great looks at Lerida Farm.

**Violet-capped Hummingbird**

*Goldmania violiceps*

One at a feeder in Cerro Azul.

**Crowned Woodnymph**

*Thalurania colombica*

Cerro Azul, El Valle and the Boqueron area.

**Violet-bellied Hummingbird**

*Juliamyia julie panamensis*



Several in the canal area.

**Sapphire-throated Hummingbird**

*Lepidopyga coeruleogularis*

Our hotel in Torti, Pipeline Track and near Juan Hombron.

**Blue-throated Sapphire**

*Hylocharis eliciae earina*

One sighting in the San Francisco Reserve.

**Rufous-tailed Hummingbird**

*Amazilia tzacatl*

Numerous sightings, and on all three segments.

**Blue-chested Hummingbird**

*Amazilia amabilis*

Gamboa and El Valle.

**Charming Hummingbird**

*Amazilia decora*

At feeders in the Boqueron area.

**Snowy-bellied Hummingbird**

*Amazilia edward*

Several sightings, and on all three segments.

**White-vented Plumeleteer**

*Chalybura buffonii micans*

Our hotel in Torti, and the trail at Raddisson Summit.

**Bronze-tailed Plumeleteer**

*Chalybura urochrysa*

Cerro Azul, San Lorenzo and Cerro Gaital.

**Purple-throated Mountain-gem**

*Lampornis calolaemus homogenes*

One sighting in the La Fortuna area.

**White-throated Mountain-gem**

*Lampornis castaneiventris*

Los Quetzales Trail, Culebra Trail and the Cerro Punta area.

**Green-crowned Brilliant**

*Heliodoxa jacula*

One sighting on Los Quetzales Trail.

**Purple-crowned Fairy**

*Heliothryx barroti*

DNP and the trail at Raddisson Summit.

**Long-billed Starthroat**

*Heliomaster longirostris longirostris*

Lerida Farm and feeders in the Boqueron area.

**Magenta-throated Woodstar**

*Calliphlox bryantae*

One sighting near the Culebra Trail.

**Volcano Hummingbird**

*Selasphorus flammula torridus*

Lerida Farm, Baru Volcano and the Cerro Punta area.

**Scintillant Hummingbird**

*Selasphorus scintilla*

Baru Volcano and the Cerro Punta area.

**Trogons Trogonidae**

**Resplendent Quetzal (NT)**

*Pharomachrus mocinno costaricensis*

Los Quetzales Trail and the Culebra Trail.

**Slaty-tailed Trogon**

*Trogon massena hoffmanni*

A couple of sightings in the canal area.

**Black-tailed Trogon**

*Trogon melanurus macroura*

One sighting on a trail near Lajas Blancas.

**White-tailed Trogon**

*Trogon chionurus*

One sighting on a trail near Nusagandi.

**Gartered Trogon**

*Trogon caligatus concinnus*

San Francisco Reserve, Ammo Dump Ponds and the San Lorenzo area.

**Black-throated Trogon**

*Trogon rufus tenellus*

San Francisco Reserve, Gamboa and Las Zamias Trail.

**Collared Trogon**

*Trogon collaris*

Cerro Gaital.

### Kingfishers *Alcedinidae*

<b>American Pygmy Kingfisher</b>	<i>Chloroceryle aenea aenea</i>
A couple of sites in the Darién, and Summit Ponds.	
<b>Green-and-rufous Kingfisher</b>	<i>Chloroceryle inda inda</i>
One sighting near Lajas Blancas.	
<b>Green Kingfisher</b>	<i>Chloroceryle americana septentrionalis</i>
One sighting near Boqueron.	
<b>Amazon Kingfisher</b>	<i>Chloroceryle amazona</i>
One sighting near Torti.	
<b>Ringed Kingfisher</b>	<i>Megaceryle torquata torquata</i>
A few sightings in the Darién, and at Summit Ponds.	

### Motmots *Momotidae*

<b>Tody Motmot</b>	<i>Hylomanes momotula obscurus</i>
Great views near Cara Iguana.	
<b>Lesson's Motmot</b>	<i>Momotus lessonii lessonii</i>
Near Cara Iguana, our hotel in Boquete, and the Boqueron area.	
<b>Whooping Motmot</b>	<i>Momotus subrufescens subrufescens</i>
San Francisco Reserve and several sites in the canal area.	
<b>Rufous Motmot</b>	<i>Baryphthengus martii semirufus</i>
The Canal area El Valle.	
<b>Broad-billed Motmot</b>	<i>Electron platyrhynchum minus</i>
Near-daily sightings during the second segment.	

### Jacamars *Galbulidae*

<b>Dusky-backed Jacamar</b>	<i>Brachygalba salmoni</i>
Great views near Lajas Blancas.	

### Puffbirds *Bucconidae*

<b>White-necked Puffbird</b>	<i>Notharchus hyperrhynchus hyperrhynchus</i>
A pair along the road to Lajas Blancas.	
<b>Black-breasted Puffbird</b>	<i>Notharchus pectoralis</i>
One in San Francisco Reserve, another along Pipeline Track.	
<b>Pied Puffbird</b>	<i>Notharchus tectus subtectus</i>
One near Lajas Blancas, another in San Francisco Reserve.	
<b>Barred Puffbird</b>	<i>Nystalus radiatus</i>
A pair near Yaviza, another pair in San Francisco Reserve.	
<b>White-whiskered Puffbird</b>	<i>Malacoptila panamensis</i>
San Francisco Reserve, Pipeline Track and near the RDC.	
<b>Grey-cheeked Nunlet</b>	<i>Nonnula frontalis stulta</i>
A pair along the Lajas Blancas road.	
<b>White-fronted Nunbird</b>	<i>Monasa morphoeus</i>
A trio in San Francisco Reserve.	

### New World Barbets *Capitonidae*

<b>Spot-crowned Barbet</b>	<i>Capito maculicoronatus</i>
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A pair near Yaviza, another pair in the San Lorenzo area.

### **Toucan-Barbets *Semnornithidae***

#### **Prong-billed Barbet**

*Semnornis frantzii*

A couple of sightings along Los Quetzales Trail.

### **Toucans *Ramphastidae***

#### **Blue-throated Toucanet**

*Aulacorhynchus caeruleogularis*

Los Quetzales Trail.

#### **Collared Aracari**

*Pteroglossus torquatus torquatus*

San Francisco Reserve and the old Gamboa road.

#### **Fiery-billed Aracari**

*Pteroglossus frantzii*

Great looks at a few in the Boqueron area.

#### **Yellow-eared Toucanet**

*Selenidera spectabilis*

A pair near Cerro Azul, another near La Fortuna.

#### **Keel-billed Toucan**

*Ramphastos sulfuratus brevicarinatus*

Numerous sightings, and on all three segments.

#### **Yellow-throated Toucan (VU)**

*Ramphastos ambiguus swainsonii*

A handful in the Darién and a few in the canal area.

### **Woodpeckers *Picidae***

#### **Olivaceous Piculet**

*Picumnus olivaceus flavotinctus*

One sighting along the road to Lajas Blancas.

#### **Acorn Woodpecker**

*Melanerpes formicivorus striatipectus*

Los Quetzales Trail.

#### **Black-cheeked Woodpecker**

*Melanerpes pucherani*

Cerro Azul and La Fortuna.

#### **Red-crowned Woodpecker**

*Melanerpes rubricapillus*

Several sightings, and on all three segments.

#### **Yellow-bellied Sapsucker**

*Sphyrapicus varius*

Near Willy Mazu.

#### **Red-rumped Woodpecker**

*Veniliornis kirkii*

Along the road to Lajas Blancas.

#### **Smoky-brown Woodpecker**

*Leuconotopicus fumigatus sanguinolentus*

A pair in the Boqueron area.

#### **Hairy Woodpecker**

*Leuconotopicus villosus extimus*

Los Quetzales Trail.

#### **Stripe-cheeked Woodpecker**

*Piculus callopterus*

A singleton at Cerro Azul.

#### **Golden-green Woodpecker**

*Piculus chrysochloros xanthochlorus*

One sighting near Lajas Blancas.

#### **Golden-olive Woodpecker**

*Colaptes rubiginosus yucatanensis*

Great views of one at Lerida Farm.

#### **Spot-breasted Woodpecker**

*Colaptes punctigula ujhelyii*

A pair near Nando's house.

#### **Cinnamon Woodpecker**

*Celeus loricatus*

A few sightings in the canal area.

#### **Lineated Woodpecker**

*Dryocopus lineatus lineatus*

Great views in the San Lorenzo area.

**Crimson-crested Woodpecker**

*Campephilus melanoleucos malherbii*

A few sites, including the Lajas Blancas area and Gamboa.

**Falcons and Caracaras *Falconidae***

**Red-throated Caracara**

*Ibycter americanus*

Great views in DNP.

**Northern Crested Caracara**

*Caracara cheriway*

A handful of sightings split between all three segments.

**Yellow-headed Caracara**

*Milvago chimachima cordata*

Near-daily sightings, throughout all three segments.

**Laughing Falcon**

*Herpetotheres cachinnans*

One near Yaviza, another at Puerto Lara, and another in the Chiriquí.

**American Kestrel**

*Falco sparverius sparverius*

Several sightings in the Darién, a couple in the canal area, a few near Juan Hombron.

**Bat Falcon**

*Falco ruficularis petoensis*

Several sightings during the first two segments, in addition to those of the pair nesting at the Raddisson Summit.

**Peregrine Falcon**

*Falco peregrinus*

One sighting in the Gamboa area.

**African & New World Parrots *Psittacidae***

**Barred Parakeet**

*Bolborhynchus lineola*

One flying over Lerida Farm.

**Orange-chinned Parakeet**

*Brotogeris jugularis jugularis*

Near-daily sightings during the first two segments.

**Brown-hooded Parrot**

*Pyrilia haematotis*

A brief sighting near Willy Mazu.

**Blue-headed Parrot**

*Pionus menstruus rubrigularis*

Several great sightings, and on all three segments.

**White-crowned Parrot**

*Pionus senilis*

Two sightings in the Boqueron area.

**Red-lore Amazon**

*Amazona autumnalis salvini*

A few sightings during the first two segments, including some from the RDC tower.

**Southern Mealy Amazon (NT)**

*Amazona farinosa*

San Francisco Reserve and Pipeline Track.

**Spectacled Parrotlet**

*Forpus conspicillatus conspicillatus*

A brief encounter in Yaviza.

**Sulphur-winged Parakeet**

*Pyrrhura hoffmanni gaudens*

A couple of great sightings at Lerida Farm.

**Brown-throated Parakeet**

*Eupsittula pertinax ocularis*

Great views near Juan Hombron and the Boqueron area.

**Great Green Macaw (EN)**

*Ara ambiguus ambiguus*

Wonderful views near Yaviza.

**Finsch's Parakeet**

*Psittacara finschi*

Great close-ups of a group in Boquete town.



**Sapayoa Sapayoidae***Sapayoa aenigma***(H) Sapayoa**

Nusagandi.

**Ovenbirds and Woodcreepers Furnariidae****Pale-breasted Spinetail***Synallaxis albescens latitabunda*

One sighting in the Boqueron area.

**Red-faced Spinetail***Cranioleuca erythrops*

Great looks at a couple along Los Quetzales Trail.

**Double-banded Greytail***Xenerpestes minlosi*

Great views at Nando's place.

**Spotted Barbtail***Premnoplex brunnescens*

Great looks at one near La Fortuna.

**Ruddy Treerunner***Margarornis rubiginosus*

One sighting on Baru Volcano.

**Buffy Tuftedcheek***Pseudocolaptes lawrencii*

Great looks at one along Los Quetzales Trail.

**Lineated Foliage-gleaner***Syndactyla subalaris*

A couple of pairs in the La Fortuna area.

**Buff-throated Foliage-gleaner***Automolus ochrolaemus*

A pair near their nest in the Boqueron area.

**Plain Xenops***Xenops minutus*

One sighting in San Francisco Reserve, several during the second segment.

**Olivaceous Woodcreeper***Sittasomus griseicapillus sylvioides*

One sighting at Cerro Azul.

**Wedge-billed Woodcreeper***Glyphorhynchus spirurus*

One sighting near Nusagandi, another in the La Fortuna area.

**Northern Barred Woodcreeper***Dendrocolaptes sanctithomae*

Great views of one in Gamboa.

**Cocoa Woodcreeper***Xiphorhynchus susurrans*

One sighting at Bayano Lake, several during the second segment.

**Black-striped Woodcreeper***Xiphorhynchus lachrymosus*

Great views at San Francisco Reserve.

**Spotted Woodcreeper***Xiphorhynchus erythropygius*

A few around El Valle.

**Streak-headed Woodcreeper***Lepidocolaptes souleyetii*

Lake Bayano, Nando's place and the Boqueron area.

**Spot-crowned Woodcreeper***Lepidocolaptes affinis neglectus*

One sighting in the Cerro Punta area.

**Brown-billed Scythebill***Campylorhamphus pusillus*

Great looks in the La Fortuna area.

**Antbirds Thamnophilidae****Fasciated Antshrike***Cymbilaimus lineatus fasciatus*

Several sightings in the canal area.

**Barred Antshrike***Thamnophilus doliatus*

Riande Hotel, Ammo Dump Ponds and near Juan Hombron.

**Black-hooded Antshrike***Thamnophilus bridgesi*

A pair in the Boqueron area.

**Black Antshrike**

*Thamnophilus nigriceps*

A few sightings in the Darién.

**Black-crowned Antshrike**

*Thamnophilus atrinucha atrinucha*

A couple of sightings near Lajas Blancas, a few in the canal area.

**Russet Antshrike**

*Thamnistes anabatinus*

A great sighting near El Valle.

**Plain Antvireo**

*Dysithamnus mentalis*

Several sightings in the El Valle area.

**Spot-crowned Antvireo**

*Dysithamnus puncticeps*

Near Nusagandi, near the RDC and near El Valle

**Checker-throated Antwren**

*Epinecrophylla fulviventrtris*

Gamboa and near the RDC.

**Moustached Antwren**

*Myrmotherula ignota ignota*

Near the RDC.

**Pacific Antwren**

*Myrmotherula pacifica*

Near Achote.

**White-flanked Antwren**

*Myrmotherula axillaris albigula*

A couple of sightings in the Darién, a couple in the canal area.

**Slaty Antwren**

*Myrmotherula schisticolor schisticolor*

One sighting at ‘the dip’.

**(H) Rufous-winged Antwren**

*Herpsilochmus rufimarginatus exiguus*

San Francisco Reserve.

**Dot-winged Antwren**

*Microrhopias quixensis*

Gamboa, twice.

**Dusky Antbird**

*Cercomacra tyrannina*

Gamboa and Metropolitan Park.

**Jet Antbird**

*Cercomacra nigricans*

Near Torti and along the old Gamboa road.

**(H) Bare-crowned Antbird**

*Gymnocichla nudiceps*

The trail near Lajas Blancas.

**White-bellied Antbird**

*Myrmeciza longipes panamensis*

The trail near Lajas Blancas, and Gamboa.

**Chestnut-backed Antbird**

*Myrmeciza exsul*

Gamboa and Cerro Gaital.

**Bicolored Antbird**

*Gymnopithys bicolor*

Gamboa. Great looks!

**Spotted Antbird**

*Hylophylax naevioides*

Gamboa and Pipeline Track.

**Ocellated Antbird**

*Phaenostictus mcleannani*

Pipeline Track. Superb looks!

**Antthrushes Formicariidae**

**Black-faced Antthrush**

*Formicarius analis*

Great looks near El Valle.

**(H) Rufous-breasted Antthrush**

*Formicarius rufipectus rufipectus*

Near La Fortuna.

**Antpittas Grallariidae****Streak-chested Antpitta***Hylopezus perspicillatus*

Great looks along the Pipeline Track.

**Gnateaters Conopophagidae****Black-crowned Antpitta***Pittasoma michleri*

One in DNP.

**Tapaculos Rhinocryptidae****Silvery-fronted Tapaculo***Scytalopus argentifrons*

One along Los Quetzales Trail, another near La Fortuna.

**Tyrant Flycatchers Tyrannidae****Yellow-crowned Tyrannulet***Tyrannulus elatus*

Cerro Azul and near Yaviza.

**Forest Elaenia***Myiopagis gaimardii macilvainii*

San Francisco Reserve and Gamboa.

**Yellow-bellied Elaenia***Elaenia flavogaster*

Near Yaviza and near Juan Hombron.

**Lesser Elaenia***Elaenia chiriquensis chiriquensis*

One near our hotel in El Valle.

**Mountain Elaenia***Elaenia frantzii frantzii*

A pair on Los Quetzales Trail.

**Brown-capped Tyrannulet***Ornithion brunneicapillus*

A couple of good views in Gamboa.

**Southern Beardless Tyrannulet***Camptostoma obsoletum*

One sighting in the Boqueron area.

**Torrent Tyrannulet***Serpophaga cinerea grisea*

A couple along the Culebra Trail.

**Mouse-colored Tyrannulet***Phaeomyias murina eremonoma*

One sighting near Juan Hombron.

**Yellow Tyrannulet***Capsiempis flaveola semiflava*

Great looks in the San Lorenzo area.

**Mistletoe Tyrannulet***Zimmerius parvus*

Cerro Azul and the El Valle area.

**Panamanian Tyrannulet***Phylloscartes flavovirens*

San Francisco Reserve.

**Olive-striped Flycatcher***Mionectes olivaceus*

Cerro Gaital and Altos del Maria.

**Ochre-bellied Flycatcher***Mionectes oleagineus*

The trail near San Lorenzo.

**Sepia-capped Flycatcher***Leptopogon amaurocephalus*

The trail near San Lorenzo.

**Black-capped Pygmy Tyrant***Myiornis atricapillus*

Pipeline Track.

**Southern Bentbill***Oncostoma olivaceum*

Near-daily sightings during the second segment.

**Scale-crested Pygmy Tyrant***Lophotriccus pileatus luteiventris*



Cerro Azul and Cerro Gaital.

**Pale-eyed Pygmy Tyrant**

One sighting near Juan Hombron.

**Slaty-headed Tody-Flycatcher**

One sighting along the trail near San Lorenzo.

**Common Tody-Flycatcher**

A handful of sightings, split between all three segments.

**Black-headed Tody-Flycatcher**

One sighting along the road to Lajas Blancas, another in Gamboa.

**Brownish Twistwing**

One sighting along the Pipeline Track.

**Olivaceous Flatbill**

One in DNP, another near San Lorenzo.

**Yellow-olive Flatbill**

One at the Ammo Dump Ponds.

**Yellow-margined Flatbill**

A pair attending a nest in Gamboa.

**Ochre-lored Flatbill**

One sighting along the road to Lajas Blancas.

**White-throated Spadebill**

One sighting along the Cerro Gaital trail.

**(H) Golden-crowned Spadebill**

The trail near the Raddisson Summit.

**Black Phoebe**

One sighting in the La Fortuna area, another in the Boqueron area.

**Northern Tufted Flycatcher**

One sighting near Altos del Maria, a few on the Chiriqui extension.

**Dark Pewee**

A few sighting along Los Quetzales Trail.

**Yellow-bellied Flycatcher**

One sighting in the Boqueron area.

**Yellowish Flycatcher**

A pair in the Cerro Punta area.

**Black-capped Flycatcher**

One sighting on Baru Volcano.

**Pied Water Tyrant**

Bayano Lake – both visits.

**Long-tailed Tyrant**

Near Lajas Blancas, the San Lorenzo area and the trail near La Fortuna.

**Piratic Flycatcher**

A few sites, including San Francisco Reserve and Gamboa.

**Rusty-margined Flycatcher**

A handful of sightings split between the first two segments.

**Social Flycatcher**

A handful of sightings, and on all three segments.

**Great Kiskadee**

Several sightings, and on all three segments.

**Lesser Kiskadee**

*Atalotriccus pilaris wilcoxi*

*Poecilotriccus sylvia schistaceiceps*

*Todirostrum cinereum wetmorei*

*Todirostrum nigriceps*

*Cnipodectes subbrunneus subbrunneus*

*Rhynchocyclus olivaceus bardus*

*Tolmomyias sulphurescens flavoolivaceus*

*Tolmomyias flavotectus*

*Tolmomyias flaviventris aurulentus*

*Platyrinchus mystaceus neglectus*

*Platyrinchus coronatus superciliaris*

*Sayornis nigricans*

*Mitrephanes phaeocercus*

*Contopus lugubris*

*Empidonax flaviventris*

*Empidonax flavescens flavescens*

*Empidonax atriceps*

*Fluvicola pica*

*Colonia colonus leuconota*

*Legatus leucophaeus leucophaeus*

*Myiozetetes cayanensis hellmayri*

*Myiozetetes similis columbianus*

*Pitangus sulphuratus guatemalensis*

*Philohydor lictor panamensis*

A few sightings in the Darién, and at Summit Ponds.

**White-ringed Flycatcher** *Conopias albobittatus albobittatus*

One sighting at San Francisco Reserve.

**Golden-bellied Flycatcher** *Myiodynastes hemichrysus*

One sighting in the La Fortuna area.

**Streaked Flycatcher** *Myiodynastes maculatus*

Near-daily sighting on the Darién Segment, a couple in Gamboa.

**Boat-billed Flycatcher** *Megarynchus pitangua mexicanus*

A handful of sighting spread across the three segments.

**Tropical Kingbird** *Tyrannus melancholicus satrapa*

Almost ubiquitous.

**Fork-tailed Flycatcher** *Tyrannus savana monachus*

A couple of sightings on the Darién extension, a few near Juan Hombron.

**Rufous Mourner** *Rhytipterna holerythra holerythra*

Good looks at one in San Francisco Reserve.

**Choco Sirystes** *Sirystes albogriseus*

DNP and San Francisco Reserve.

**Dusky-capped Flycatcher** *Myiarchus tuberculifer*

Cerro Azul, Gamboa Resort and El Valle.

**Panamanian Flycatcher** *Myiarchus panamensis panamensis*

A couple of sightings in the canal area, another near Juan Hombron.

**Great Crested Flycatcher** *Myiarchus crinitus*

Near Lajas Blancas and from the RDC tower.

**Bright-rumped Attila** *Attila spadiceus*

Several sightings spread across the first two segments.

### Cotingas Cotingidae

**Blue Cotinga** *Cotinga nattererii*

One sighting at Cerro Azul.

**Three-wattled Bellbird (VU)** *Procnias tricarunculatus*

Great looks along Los Quetzales Trail.

**Purple-throated Fruitcrow** *Querula purpurata*

Great looks along Pipeline Track.

### Manakins Pipridae

**Lance-tailed Manakin** *Chiroxiphia lanceolata*

Eventually seen well along the old Gamboa road

**White-ruffed Manakin** *Corapipo altera*

Cerro Azul, Cerro Gaital and Altos del Maria.

**Blue-crowned Manakin** *Lepidothrix coronata*

Nusagandi and Gamboa.

**Golden-collared Manakin** *Manacus vitellinus*

Several sightings, split between the first two segments.

**Orange-collared Manakin** *Manacus aurantiacus*

One sighting in the Boqueron area.

**Red-capped Manakin** *Ceratopipra mentalis*

Cerro Azul and Pipeline Track.

**Golden-headed Manakin** *Ceratopipra erythrocephala erythrocephala*

Great looks in DNP.

### Tityras, Becards *Tityridae*

#### **Northern Royal Flycatcher**

*Onychorhynchus mexicanus mexicanus*

One attending a nest along the Lajas Blancas trail, another doing the same along the trail near San Lorenzo.

#### **Black-tailed Myiobius**

*Myiobius atricaudus atricaudus*

One attending a nest along the Lajas Blancas trail.

#### **Ruddy-tailed Flycatcher**

*Terenotriccus erythrurus fulvularis*

DNP and Gamboa.

#### **Black-crowned Tityra**

*Tityra inquisitor*

San Francisco Reserve, the RDC tower and Metropolitan Park.

#### **Masked Tityra**

*Tityra semifasciata*

Several sightings spread over the second two segments.

#### **Northern Schiffornis**

*Schiffornis veraepacis*

Great views, for some of us, along the Cerro Gaital trail.

#### **Russet-winged Schiffornis**

*Schiffornis stenorhyncha panamensis*

One encounter along Pipeline Track.

#### **Barred Becard**

*Pachyramphus versicolor costaricensis*

A pair building a nest above Los Quetzales Trail.

#### **Cinnamon Becard**

*Pachyramphus cinnamomeus*

One along the trail near Lajas Blancas, another in the La Fortuna area.

#### **White-winged Becard**

*Pachyramphus polychopterus similis*

One in San Francisco Reserve, a pair along the San Lorenzo trail.

#### **Rose-throated Becard**

*Pachyramphus aglaiae*

One sighting in the Boqueron area.

### Vireos *Vireonidae*

#### **Green Shrike-Vireo**

*Vireolanius pulchellus viridiceps*

Great looks at one in Gamboa.

#### **Yellow-throated Vireo**

*Vireo flavifrons*

One sighting at Altos del Maria.

#### **Yellow-winged Vireo**

*Vireo carmioli*

Good looks at a pair along Los Quetzales Trail.

#### **Brown-capped Vireo**

*Vireo leucophrys*

Great views at Lerida Farm.

#### **Red-eyed Vireo**

*Vireo olivaceus olivaceus*

A couple at Cerro Azul.

#### **Yellow-green Vireo**

*Vireo flavoviridis flavoviridis*

A few near Juan Hombron.

#### **Golden-fronted Greenlet**

*Hylophilus aurantiifrons aurantiifrons*

Nice views in Gamboa and Metropolitan Park.

#### **Scrub Greenlet**

*Hylophilus flavipes*

One near Ammo Dump Ponds.

#### **Lesser Greenlet**

*Hylophilus decurtatus*

Cerro Azul and Gamboa.



**Crows, Jays, and Magpies *Corvidae*****Black-chested Jay***Cyanocorax affinis zeledoni*

Several in the Darién and in the canal area.

**Silky-flycatchers *Ptiliogonatidae*****Long-tailed Silky-flycatcher***Ptiliogonys caudatus*

Los Quetzales Trail and Baru Volcano. Great birds!

**Swallows *Hirundinidae*****Mangrove Swallow***Tachycineta albilinea*

Between Yaviza and El Real, and around the canal.

**Grey-breasted Martin***Progne chalybea chalybea*

Near-daily sightings during the first two segments.

**Blue-and-white Swallow***Notiochelidon cyanoleuca cyanoleuca*

Our hotel in El Valle, and at several sites on the Chiriquí extension.

**Northern Rough-winged Swallow***Stelgidopteryx serripennis*

Ammo Dump Ponds.

**Southern Rough-winged Swallow***Stelgidopteryx ruficollis*

Near-daily sightings during the first two segments.

**Barn Swallow***Hirundo rustica erythrogaster*

A few sightings in the canal area – one near San Lorenzo.

**Wrens *Troglodytidae*****White-headed Wren***Campylorhynchus albobrunneus*

DNP.

**Band-backed Wren***Campylorhynchus zonatus costaricensis*

One sighting in the La Fortuna area.

**Black-bellied Wren***Pheugopedius fasciatoventris*

Great looks during our first afternoon in Gamboa.

**Rufous-breasted Wren***Pheugopedius rutilus hyperythrus*

A couple of good sighting in the canal area, a few more near El Valle.

**Rufous-and-white Wren***Thryophilus rufalbus castanonotus*

Metropolitan Park.

**Isthmian Wren***Cantorchilus elutus*

Cerro Azul, Gamboa and Ammo Dump Ponds.

**Buff-breasted Wren***Cantorchilus leucotis*

One along the road to Lajas Blancas, another in Gamboa.

**Bay Wren***Cantorchilus nigricapillus*

San Francisco Reserve and the trail near San Lorenzo.

**Stripe-throated Wren***Cantorchilus leucopogon*

Near Nusagandi and DNP.

**House Wren***Troglodytes aedon*

Several sightings, and on all three segments.

**Ochraceous Wren***Troglodytes ochraceus*

Great looks at a couple in Altos del Maria.

**Timberline Wren***Thryorchilus browni*

Great looks on Baru Volcano.

**Grey-breasted Wood Wren***Henicorhina leucophrys*

Several in the El Valle area, a few on Los Quetzales Trail.

**Southern Nightingale-Wren** *Microcerculus marginatus luscini*

Once near Nusagandi, once near El Valle.

**Song Wren** *Cyphorhinus phaeocephalus*

One sighting in Gamboa, another near the RDC.

### **Gnatcatchers *Poliophtidae***

**Tawny-faced Gnatwren** *Microbates cinereiventris*

Great views on our first morning in the El Valle area.

**Long-billed Gnatwren** *Ramphocaenus melanurus*

One along the trail near Lajas Blancas, another in Gamboa.

**Tropical Gnatcatcher** *Poliophtila plumbea*

A couple in the Cerro Azul area, a few in the canal area.

### **Mockingbirds and Thrashers *Mimidae***

**Tropical Mockingbird** *Mimus gilvus tolimensis*

Near-daily sightings.

### **Thrushes and Allies *Turdidae***

**Black-faced Solitaire** *Myadestes melanops*

Great views of one along the Culebra Trail.

**Black-billed Nightingale-Thrush** *Catharus gracilirostris*

Great looks at one on Baru Volcano.

**Orange-billed Nightingale-Thrush** *Catharus aurantiirostris griseiceps*

Lerida Farm.

**Slaty-backed Nightingale-Thrush** *Catharus fuscater*

Great views of one along the Culebra Trail.

**Ruddy-capped Nightingale-Thrush** *Catharus frantzii wetmorei*

Good looks at one on Los Quetzales Trail.

**Swainson's Thrush** *Catharus ustulatus*

One in El Valle, another on Culebra Trail.

**Sooty Thrush** *Turdus nigrescens*

A few on Baru Volcano.

**Mountain Thrush** *Turdus plebejus plebejus*

A few sightings on the Chiriqui extension.

**Pale-vented Thrush** *Turdus obsoletus obsoletus*

A couple of sightings at the base of Cerro Gaital.

**Clay-colored Thrush** *Turdus grayi casius*

Ubiquitous.

### **Dippers *Cinclidae***

**American Dipper** *Cinclus mexicanus ardesiacus*

A few along Culebra Trail.

### **Old World Sparrows *Passeridae***

**House Sparrow** *Passer domesticus domesticus*

**Finches, Euphonias *Fringillidae***

<b>Lesser Goldfinch</b>	<i>Spinus psaltria colombianus</i>
One sighting near Yaviza, another at Lerida Farm.	
<b>Yellow-bellied Siskin</b>	<i>Spinus xanthogastrus xanthogastrus</i>
One sighting along Los Quetzales Trail.	
<b>Yellow-crowned Euphonia</b>	<i>Euphonia luteicapilla</i>
A handful of sightings split between the first two segments.	
<b>Thick-billed Euphonia</b>	<i>Euphonia lanirostris crassirostris</i>
Several sightings spread over all three segments.	
<b>Elegant Euphonia</b>	<i>Euphonia elegantissima vincens</i>
One sighting on Los Quetzales Trail.	
<b>Fulvous-vented Euphonia</b>	<i>Euphonia fulvicrissa fulvicrissa</i>
Cerro Azul, the RDC and the San Lorenzo area.	
<b>Spot-crowned Euphonia</b>	<i>Euphonia imitans</i>
A pair in the Boqueron area.	
<b>Olive-backed Euphonia</b>	<i>Euphonia gouldi</i>
A pair near Willy Mazu.	
<b>White-vented Euphonia</b>	<i>Euphonia minuta humilis</i>
Nusagandi and Altos del Maria.	
<b>Tawny-capped Euphonia</b>	<i>Euphonia anneae</i>
Cerro Azul and the El Valle area.	
<b>Golden-browed Chlorophonia</b>	<i>Chlorophonia callophrys</i>
A pair at the start of Culebra Trail.	

**New World Warblers *Parulidae***

<b>Worm-eating Warbler</b>	<i>Helmitheros vermivorum</i>
One sighting along a trail near San Lorenzo.	
<b>Northern Waterthrush</b>	<i>Parkesia noveboracensis</i>
Good looks at one in El Valle.	
<b>Golden-winged Warbler (NT)</b>	<i>Vermivora chrysoptera</i>
Metropolitan Park and the La Fortuna area. Smart bird!	
<b>Black-and-white Warbler</b>	<i>Mniotilta varia</i>
Gamboa and Lerida Farm.	
<b>Prothonotary Warbler</b>	<i>Protonotaria citrea</i>
Great views of one in El Valle, another near Lajas Blancas.	
<b>Flame-throated Warbler</b>	<i>Oreothlypis gutturalis</i>
A few on the Chiriqui extension, including a couple on Los Quetzales Trail.	
<b>Tennessee Warbler</b>	<i>Leiothlypis peregrina</i>
Several sightings - most on the Chiriqui extension.	
<b>Chiriqui Yellowthroat</b>	<i>Geothlypis chiriquensis</i>
Great looks at one at Los Lagos.	
<b>Mourning Warbler</b>	<i>Geothlypis philadelphia</i>
Cerro Gaital and Lerida Farm.	
<b>Olive-crowned Yellowthroat</b>	<i>Geothlypis semiflava</i>
A couple in the La Fortuna area.	
<b>American Redstart</b>	<i>Setophaga ruticilla</i>
Cerro Azul and Las Zamias Trail.	
<b>Bay-breasted Warbler</b>	<i>Setophaga castanea</i>



A handful of sightings spread over all three segments.

**Blackburnian Warbler** *Setophaga fusca*

Cerro Azul and the La Fortuna area, among others.

**American Yellow Warbler** *Setophaga aestiva aestiva*

Several sightings spread over all three tours.

**Chestnut-sided Warbler** *Setophaga pensylvanica*

Cerro Azul and the La Fortuna area.

**Blackpoll Warbler** *Setophaga striata*

One sighting at Cerro Azul.

**Black-throated Green Warbler** *Setophaga virens*

A few sites on the Chiriqui extension, including Altos del Maria.

**Buff-rumped Warbler** *Myiothlypis fulvicauda*

Great close-ups in the Boqueron area.

**Rufous-capped Warbler** *Basileuterus rufifrons*

Daily sightings during our time in the El Valle area, a few in the Boqueron area.

**Black-cheeked Warbler** *Basileuterus melanogenys*

A few sightings on the Chiriqui segment, including a couple on Los Quetzales Trail.

**Golden-crowned Warbler** *Basileuterus culicivorus godmani*

A couple of sightings in the Boqueron area.

**Black-eared Warbler** *Basileuterus melanotis*

The La Fortuna area and Baru Volcano.

**Canada Warbler** *Cardellina canadensis*

Once near Cara Iguana, and at Altos del Maria.

**Wilson's Warbler** *Cardellina pusilla*

A few sightings during the Chiriqui extension.

**Slate-throated Whitestart** *Myioborus miniatus*

As with the species above.

**Collared Whitestart** *Myioborus torquatus*

Great looks along Culebra Trail.

### **Troupials and Allies Icteridae**

**Eastern Meadowlark** *Sturnella magna subulata*

A few near Juan Hombron.

**Red-breasted Blackbird** *Sturnella militaris*

Two sightings in the Darién, one near San Lorenzo, and a few near Juan Hombron.

**Chestnut-headed Oropendola** *Psarocolius wagleri ridgwayi*

Cerro Azul, near Yaviza, old Gamboa road (colony) and El Valle (colony).

**Crested Oropendola** *Psarocolius decumanus melanterus*

Near Yaviza, DNP, near San Lorenzo, and the Boqueron area.

**Montezuma Oropendola** *Psarocolius montezuma*

Near Willay Mazu.

**Black Oropendola** *Psarocolius guatimozinus*

Great views near Yaviza.

**Yellow-rumped Cacique** *Cacicus cela vitellinus*

Several sightings split between the first two tour segments.

**Scarlet-rumped Cacique** *Cacicus microrhynchus*

A couple of sightings on each of the three segments.

**Yellow-backed Oriole** *Icterus chrysater giraudii*

A small group from the RDC tower.

**Baltimore Oriole**

*Icterus galbula*

Several sightings, and on all three segments.

**Yellow-tailed Oriole**

*Icterus mesomelas*

Great close-ups at Ammo Dump Ponds.

**Orchard Oriole**

*Icterus spurius*

A couple near Yaviza.

**Orange-crowned Oriole**

*Icterus auricapillus*

A few along the road to Lajas Blancas.

**Giant Cowbird**

*Molothrus oryzivorus*

Old Gamboa road and La Mesa (El Valle).

**Shiny Cowbird**

*Molothrus bonariensis cabanisii*

A handful of sightings split between the first two tour segments.

**Bronzed Cowbird**

*Molothrus aeneus aeneus*

One sighting on the Chiriqui extension.

**Great-tailed Grackle**

*Quiscalus mexicanus peruvianus*

Ubiquitous.

**Bananaquit Coerebidae**

**Bananaquit**

*Coereba flaveola*

Several sightings, spread over all three segments.

**Buntings, Sparrows and Allies Emberizidae**

**Rufous-collared Sparrow**

*Zonotrichia capensis costaricensis*

Daily sightings on the Chiriqui segment.

**Volcano Junco**

*Junco vulcani*

Great close-ups on Baru Volcano.

**Black-striped Sparrow**

*Arremonops conirostris*

A handful of good views, split between the second and third segments.

**Orange-billed Sparrow**

*Arremon aurantirostris*

Metropolitan Park, near San Lorenzo, and the Boqueron area.

**Chestnut-capped Brushfinch**

*Arremon brunneinucha*

Lerida Farm, on two occasions.

**Costa Rican Brushfinch**

*Arremon costaricensis*

Great looks in the Boqueron area.

**Large-footed Finch**

*Pezopetes capitalis*

Great looks on Baru Volcano.

**White-naped Brushfinch**

*Atlapetes albinucha*

Tame individuals at Lerida Farm.

**Yellow-thighed Finch**

*Pselliophorus tibialis*

Los Quetzales Trail and Baru Volcano.

**Common Bush Tanager**

*Chlorospingus flavopectus*

Cerro Gaital and Lerida Farm.

**Sooty-capped Bush Tanager**

*Chlorospingus pileatus*

A few on Baru Volcano.

**Tanagers and Allies Thraupidae**

**Dusky-faced Tanager**

*Mitrospingus cassinii*

San Francisco Reserve, near San Lorenzo and El Valle.

**Grey-headed Tanager** *Eucometis penicillata*

San Francisco Reserve, Gamboa and near San Lorenzo.

**White-shouldered Tanager** *Tachyphonus luctuosus*

San Francisco Reserve and Gamboa.

**Tawny-crested Tanager** *Tachyphonus delatrii*

Nusagandi, the El Valle area and the La Fortuna area.

**White-lined Tanager** *Tachyphonus rufus*

A handful of sightings.

**Crimson-backed Tanager** *Ramphocelus dimidiatus*

Near-daily sightings on the first two tour segments.

**Passerini's Tanager** *Ramphocelus passerinii*

Several in the La Fortuna/Willy Mazu area.

**Cherrie's Tanager** *Ramphocelus costaricensis*

Several in the Boqueron area.

**Lemon-rumped Tanager** *Ramphocelus icteronotus*

A few in the Darién, a couple in Gamboa, and a few in the El Valle area.

**Blue-grey Tanager** *Thraupis episcopus*

Ubiquitous.

**Palm Tanager** *Thraupis palmarum atripennis*

Common on the first two segments, one sighting in the Chiriquí.

**Plain-colored Tanager** *Tangara inornata*

A handful of sightings spread over all three segments.

**Emerald Tanager** *Tangara florida*

Cerro Azul and the La Fortuna area.

**Silver-throated Tanager** *Tangara icterocephala*

Several in the El Valle area and on the Chiriquí extension.

**Speckled Tanager** *Tangara guttata eusticta*

Two sightings at Cerro Azul.

**Bay-headed Tanager** *Tangara gyrola*

Cerro Azul, the El Valle area and the La Fortuna area.

**Rufous-winged Tanager** *Tangara lavinia*

One sighting in the El Valle area.

**Golden-hooded Tanager** *Tangara larvata*

Several sightings spread over all three segments.

**Spangle-cheeked Tanager** *Tangara dowii*

A few on Los Quetzales Trail.

**Scarlet-thighed Dacnis** *Dacnis venusta*

One sighting near El Valle, a few at Lerida Farm.

**Blue Dacnis** *Dacnis cayana*

Gamboa and near the RDC.

**Shining Honeycreeper** *Cyanerpes lucidus isthmicus*

At feeders in Cerro Azul.

**Red-legged Honeycreeper** *Cyanerpes cyaneus carneipes*

Several sightings spread over all three segments.

**Green Honeycreeper** *Chlorophanes spiza argutus*

A handful of sightings spread over all three segments.

**Sulphur-rumped Tanager** *Heterospingus rubrifrons*



San Francisco Reserve.

**Black-and-yellow Tanager**

Cerro Azul and Altos del Maria.

**White-eared Conebill**

One sighting near Yaviza.

**Slaty Flowerpiercer**

Great looks at Lerida Farm.

**Saffron Finch**

Panama City and the canal area.

**(H) Slate-colored Grosbeak**

Cerro Azul.

**Buff-throated Saltator**

A handful of sightings spread over all three tour segments.

**Streaked Saltator**

Near San Lorenzo, the El Valle area and Lerida Farm.

**Blue-black Grassquit**

A handful of sightings split between the first two tour segments.

**Variable Seedeater**

Several sightings spread over all three tour segments.

**Yellow-bellied Seedeater**

Ammo Dump Ponds.

**Ruddy-breasted Seedeater**

One sighting near Yaviza.

**Thick-billed Seed Finch**

Bayano Lake and near Ammo Dump Ponds.

**Yellow-faced Grassquit**

Cerro Azul and several sites in the central and west.

**Rosy Thrush-Tanager**

One sighting near El Valle.

*Chrysothlypis chrysomelas*

*Conirostrum leucogenys panamense*

*Diglossa plumbea*

*Sicalis flaveola flaveola*

*Saltator grossus saturatus*

*Saltator maximus*

*Saltator striatipectus*

*Volatinia jacarina splendens*

*Sporophila corvina*

*Sporophila nigricollis nigricollis*

*Sporophila minuta centralis*

*Oryzoborus funereus*

*Tiaris olivaceus*

*Rhodinocichla rosea eximia*

**Cardinals and Allies *Cardinalidae***

**Flame-colored Tanager**

Great looks at Lerida Farm.

**Tooth-billed Tanager**

Cerro Azul and Altos del Maria.

**Summer Tanager**

Several sightings split between all three tour segments.

**Scarlet Tanager**

One sighting in the Boqueron area.

**Red-crowned Ant Tanager**

Metropolitan Park and the El Valle area.

**Red-throated Ant Tanager**

Gamboa, near the RDC and Metropolitan Park.

**Carmioli's Tanager**

Two sightings at Cerro Azul.

**Rose-breasted Grosbeak**

Old Gamboa road, Lerida Farm and the Boqueron area.

**Blue-black Grosbeak**

*Piranga bidentata citrea*

*Piranga lutea testacea*

*Piranga rubra rubra*

*Piranga olivacea*

*Habia rubica vinacea*

*Habia fuscicauda*

*Chlorothraupis carmioli*

*Pheucticus ludovicianus*

*Cyanocompsa cyanoides*

One sighting in El Valle.

## Mammals (13 in total)

**Status codes:** **E** = Endemic, **NE** = Near-endemic, **I** = Introduced

**IUCN codes:** **CR** = Critically endangered, **EN** = Endangered, **VU** = Vulnerable, **EW** = Extinct in the Wild, **NT** = Near Threatened, **DD** = Data Deficient

### Three-toed Sloths *Bradypodidae*

**Brown-throated Sloth** *Bradypus variegatus*  
One near Yaviza, several in the canal area, a couple in the El Valle area.

### Two-toed Sloths *Megalonychidae*

**Hoffmann's Two-toed Sloth** *Choloepus hoffmanni*  
One at Gamboa Resort, another in Metropolitan Park.

### *Callitrichidae*

**Geoffroy's Tamarin** *Saguinus geoffroyi*  
DNP and Metropolitan Park.

### New World monkeys *Cebidae*

**White-throated Capuchin** *Cebus capucinus*  
One sighting on Culebra Trail.

### Night Monkeys *Aotidae*

**Panamanian Night Monkey** *Aotus zonalis*  
One sighting during at night-walk at Raddisson Summit.

### Howler, Spider, and Woolly Monkeys *Atelidae*

**Mantled Howler Monkey** *Alouatta palliata*  
A handful of sightings split between the first two tour segments.  
**Geoffroy's Spider Monkey** *Ateles geoffroyi*  
One sighting at San Francisco Reserve.

### Caviids *Caviidae*

**Lesser Capybara** *Hydrochoerus isthmus*  
Raddisson Summit grounds.

### Agoutis *Dasyproctidae*

**Central American Agouti** *Dasyprocta punctata*  
Several in the canal area, a couple in the El Valle area.

### Squirrels *Sciuridae*

**Red-tailed Squirrel** *Sciurus granatensis*  
A handful of sightings spread over all three segments.  
**Variegated Squirrel** *Sciurus variegatoides*  
A couple of sightings in the canal area.

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**Weasels, Skunks, Otters *Mustelidae*****Tayra***Eira barbara*

One sighting in El Valle.

**Racoons and relatives *Procyonidae*****White-nosed Coati***Nasua narica*

One sighting near Nusagandi, a couple in the canal area.

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**Rockjumper Birding Ltd**

The Hive, Lot 23  
Centre Commercial du Barachois  
La Place Cap, Tamarin  
Mauritius

**Tel:** (USA & Canada) toll-free: 1-888-990-5552**Email:** [info@rockjumperbirding.com](mailto:info@rockjumperbirding.com)**Alternative email:** [rockjumperbirding@yahoo.com](mailto:rockjumperbirding@yahoo.com)**Website:** [www.rockjumperbirding.com](http://www.rockjumperbirding.com)