



ORIOLE BIRDING



TOUR REPORT CENTRAL PANAMA
27TH NOVEMBER – 6TH DECEMBER 2015

www.oriolobirding.com

oriolobirding@gmail.com

[twitter](#) 

FRIDAY 27TH NOVEMBER – *Part cloudy in light winds, 30C*

After very early starts at Norwich and London Heathrow airports, our group assembled at Amsterdam Schipol airport for the connecting KLM flight on to Panama City which departed about 30 minutes late at around noon local time. Transition through the airport was straightforward and we met with our driver for the one hour transfer to Canopy Tower. The light was fading fast as we left the airport terminal, and we didn't have time to identify much more than a few Great-tailed Grackles before the sun set. We took an excellent route around the city which seemed to avoid most of the traffic, and we soon found ourselves at Canopy Tower enjoying the first of many excellent meals and a short orientation meeting with our guide Domi about the plans for the next few days. Having been awake for 24hrs, we were all keen to retire early to bed ahead of our first bird-filled morning on the observation deck tomorrow!

SATURDAY 28TH NOVEMBER – *Part cloudy, 30C*

We rose at 6am full of anticipation for our first birding session atop the acclaimed observation deck at Canopy Tower. Mantled Howler Monkeys could be heard in the distance as the light began to break and soon the first tree-top birds were flitting around at eye level. Fulvous-vented Euphonia was our first bird, with a male and female both seen well, and these were shortly followed by Palm, Plain-coloured and Golden-hooded Tanagers. A pair of stunning Blue Dacnis moved through the treetops and both Bay-breasted and Chestnut-sided Warblers were frequent throughout. Emergent trees provide great perches for parrots and pigeons, and we duly found Red-ored and Brown-hooded Parrots, and both Scaled and Pale-vented Pigeons perched. A Three-toed Sloth was 'hanging out' just feet away from the deck, a real treat to see one of these fascinating animals up so close, and a troop of Mantled Howlers moved through the trees around the tower too. A Cinammon Woodpecker gave superb close views as it fed among the branches of a Secropia and a Masked Tityra also dropped in – another canopy species easier to see at the tower than elsewhere. A Snowy-bellied Hummingbird was more of a surprise, perched for a few moments – a species seldom seen here, but which is more common at Canopy Lodge. White-shouldered Tanager, Lesser Greenlet, Tropical Gnatcatcher, Brown-capped Tyrannulet and absolutely dazzling views of Green Shrike-Vireo rounded off a fantastic first taste of birding at Canopy Tower before breakfast was served at 0730. Of course, breakfast itself was punctuated by more good birds, as a Black-breasted Puffbird and then a Keel-billed Toucan, popped up right outside the windows!



Cinammon Woodpecker and Black-breasted Puffbird, Canopy Tower

Meeting down in the parking lot we watched hummingbirds whizzing around the feeders – White-necked Jacobin, White-vented Plumleteer, Blue-chested Hummingbird and Long-billed Hermit. A feeding flock was moving through and we added many species in quick succession – great views of White-shouldered Tanagers, Bay-breasted Warbler, two Brown-capped Tyrannulets and the first of several Western Slaty [or Black-crowned] Antshrikes. Dot-winged Antwren and Paltry Tyrannulet were also seen, and overhead Band-rumped Swifts and a Grey-breasted Martin were noted – we had not yet left the car park! Once through the gate and onto the start of Semaphore Hill Road, we were again in the thick of a feeding flock – Ruddy-tailed and Yellow-margined Flycatchers, Cocoa Woodcreeper, Checker-throated Antwren, Plain Xenops, Eastern Wood Pewee and more fantastic views of Green Shrike-Vireo all came thick and fast. Our plan was to spend the morning walking slowly down the hill towards the road, and the truck would come and collect us at the end of the walk to return us to the tower. Southern Bentbill could be heard calling, a species we noted several times during the morning but which took a few attempts before everyone saw it! Red-capped Manakins [both male and female] and a close up Blue-crowned Manakin [female only] were added, and further views were had of Dot-winged Antwrens and Cocoa Woodcreeper. A stunning Semiplumbeous Hawk perched right beside the trail giving point blank views, and as it flew into the forest it startled two Scarlet-rumped Cacique which flew out over our heads. Domi called out two Dusky Antbirds for us beside the trail and we had great perched views of the male calling back, our first taste of some of the skulking forest inhabitants that were to come over the next few days! An Orange-billed Sparrow was less obliging, and unfortunately was only seen by two of the group. Right on cue Phillipe arrived with the truck and a coolbox of cold drinks, and during this welcome break he also spotted us a Two-toed Sloth sleeping overhead. Continuing down the road, a White-faced Capuchin Monkey gave super views, and this was followed by two White-nosed Coati and a roosting White-lined Bat – we were doing well for mammals. Another small feeding flock then finally nailed everyone a view of Southern Bentbill, and also a close up Plain Xenops feeding among vines at eye level beside the trail. An Ochre-bellied Flycatcher was then added, and a White-whiskered Puffbird – quite a common species but an unobtrusive one which is very easy to miss. Our luck with mammals continued as a Northern Tamandua Anteater was spotted right at the edge of the road – we watched it for fifteen minutes or more as it excavated a dead log for termites, completely oblivious to our presence and allowing approach to within a few feet – an amazing encounter! A Fasciated Antshrike called above our heads and stunned everyone with its fantastic plumage, and we added Plain Brown Woodcreeper and Olivaceous Flatbill in the canopy above – neck ache is customary when birding in Panama!



White-whiskered Puffbird and Three-toed Sloth, Semaphore Hill Road

We didn't mind craning our necks again though to see a Purple-crowned Fairy dancing around blooms high in the treetops above us – surely one of the best hummingbirds we would encounter on the trip. On the ground among the leaf litter were two skulkers – White-breasted Wood-wren and Grey-chested Dove, neither of which showed sufficiently well for everyone to connect but species we would no doubt have a chance with again. Another showy Three-toed Sloth low down in a Secropia rounded off what had been an excellent morning, and we were duly collected by Phillipe in the truck for the drive back up the hill to the tower for lunch.

After some well earned 'hammock time' after lunch, we reconvened at 3pm for our afternoon birding session to Ammo Dump Ponds. Two White-nosed Coati were seen well along Semaphore Hill Road as we headed down the hill, before turning north along the Gamboa road towards the Rio Chagres. At the bridge, we added Tropical Mockingbird, Southern Rough-winged and Mangrove Swallows and Snowy Egret while sat at the traffic lights! At Gamboa village, we took the tuning towards the Canopy B&B and straight away hit a birdy area at the edge of the settlement. Clay-coloured Robins were common on the lawns, and we found Orange-chinned Parakeets, Great Kiskadee, Tropical Kingbird, Social Flycatcher, Ruddy Ground-dove, Blue-grey and Crimson-backed Tanagers and four Grey-headed Chachalaca just birding from the back of the truck. Once at the B&B, Domi took us to the garden and put some bananas on the bird tables, provoking an instant response from seemingly every bird in the neighbourhood to come down and feed. Palm, Blue-Grey, Crimson-backed, Plain-coloured and Flame-rumped Tanagers all came mob-handed, assisted by Green and Red-legged Honeycreepers with at least five dazzling males of the latter species seen. Next came the Orange-chinned Parakeets and Red-crowned Woodpecker, and to top it off, a fantastic Whooping Motmot! The sugar feeders were attended by Rufous-tailed Hummingbirds and in the surrounding trees we saw Yellow Warbler and Scarlet-rumped Cacique. What a bonanza! It was hard to tear ourselves away, but we still had plenty of daylight left and we wanted to bird the Ammo Dump area. Smooth-billed Ani's greeted us as we arrived here, and were common for the rest of the afternoon, while a dazzling Yellow-tailed Oriole was gleaning insects from the reeds at the edge of the newly cleared area. Here amongst the damp pools a Northern Waterthrush was found, and a White-tipped Dove perched in the open, while many Barn Swallows swooped above catching insects. The few trees that remain by the ponds [much of the area having been recently cleared for the position of a new navigation sign for the canal] held a few birds such as Panama Flycatcher, Barred Antshrike, Yellow Warbler and a superb male Summer Tanager. Variable and Ruddy-breasted Seedeaters were along the compound fence, where we were also able to compare Social and Rusty-margined Flycatchers, and Great and Lesser Kiskadee. A Golden-hooded Tanager also perched here, showing its dazzling turquoise colours, and a Yellow-headed Caracara obliged by sitting on a telegraph pole above. The canal runs just beside this area, and so we picked up Caspian Tern and Magnificent Frigatebird here too. The main lagoon produced some very good views of two Rufescent Tiger-herons, a Green Heron, American Purple Gallinule and Wattled Jacana, but the highlight was provided by four White-throated Crakes which eventually showed well after a great deal of patience! Keel-billed Toucan was also seen calling from a distant ridge of trees and a Bat Falcon rounded off our day beautifully as dusk fell and we returned to the tower for dinner.



Yellow-tailed Oriole and Blue-grey Tanager, Ammo Dump Ponds

SUNDAY 29TH NOVEMBER – *Part cloudy with showers, 28C*

Today we took an early breakfast at 0530 in preparation for our trip to Pipeline Road, one of the most famous birding spots in the tropical Americas. A Spectacled Owl was flushed from the edge of Semaphore Hill road as we headed down, and everyone at least managed to see it in flight – a monster of a bird! Domi and Ashley saw it perched again briefly but it flew once more before everyone could disembark the truck. Once at Pipeline Road, our tactic for the morning would be to walk sections of the trail, and move the truck along so that we did not have to cover the same ground more than once. We had only walked a few hundred metres when a Sunbittern appeared on the track right in front of us – what a start! The bird stood in the road swaying its rear end and even calling with bill pointed skyward, and we were all able to fill our boots through the scope.



Sunbittern and Spotted Antbird, Pipeline Road

As always, it was very birdy along the trail and some of our main targets – the often elusive antbirds – showed very well. The first of these was Bicoloured Antbird which came extremely close, and this was followed by the harder to see Chestnut-backed Antbird. Two of these lovely birds were beside the trail and with patience we all managed to get a clear view through the dark tangles of vines and trunks. Black-faced Ant-thrush was as ever easy to hear but not so easy to see, but we were lucky today as two birds walked right across in front of us, one even perching up on a log and allowing us to get it briefly in the scope. Spotted Antbird proved common once we penetrated deeper down the trail and one pair in particular proved extremely confiding, often perching right at the edge of the path just inches away from us. There were birds to see all along the road this morning and it didn't really go quiet at all – several feeding flocks of canopy species were encountered and we saw numerous Dot-winged, Checker-throated and White-flanked Ant-wrens, Olivaceous Flatbill, Western Slaty and Fasciated Antshrikes and a superb Sulphur-rumped Flycatcher which is not so common in the area. We were just remarking that we had still not seen a trogon when a Slaty-tailed Trogon female was spotted just above us, and we went on to see three more during the rest of the walk including a couple of males. White-tailed Trogon then duly obliged and we had super views of a pair which after initially being seen only through the scope deep in the trees, eventually came out to perch above us. A Scaly-throated Leaftosser was successfully called into view, its tail shivering as it resonated its response from a bare stick just off the ground – a perch which enabled us to get two scopes on this forest-floor skulker and allow everyone good views.



Slaty-tailed and White-tailed Trogons, Pipeline Road

Our morning drinks break allowed us to take stock on a feast of good birds, and Domi played the call of Speckled Mourner 'just in case' one was around, even though he'd never seen it here before. It didn't respond. We walked on, a Rufous Motmot crossing the path but only perching very briefly, and a Black-cheeked Woodpecker causing more neck ache as it fed high above. The elusive Pied Puffbird is another canopy dweller, favouring the highest emergent trees. We heard it calling three or

four times during the morning, but we only managed the briefest of partly concealed scope views. As we reached the first bridge, a loud call rang out from beside the trail – the Speckled Mourner! Had it heard the call we played half an hour ago or was it just luck? The bird came right out and perched at point blank range, a rare encounter with this super bird. Almost straight after, we picked up a Rufous Mourner in the canopy and got a scope on that too – despite both being called mourners, one is in fact a cotinga and the other a flycatcher. We were doing well with some tricky birds, and having heard the Streak-chested Antpitta calling a few times we decided to try for that next. It was actually really close to the trail in a nice open spot and with patience, it came right out and perched on a log for about five minutes – it was hard to find an angle without a leaf or branch in the way but still a super view! A pair of Song Wren were in the same spot, and there were more Spotted Antbirds too, while an Olivaceous Flatbill came to join in the feeding party low down in front of us. Our third trogon of the morning – a dazzling Black-throated Trogon, perched just above us, the sun gleaming off its green back and a useful reminder that we should keep looking up as well as down! This applied again shortly afterwards when a Chestnut-mandibled Toucan was spotted overhead, and it perched beautifully in the open for a long view – the light was good enough to see the chestnut on the bill, and so we refrained from using the new name of Black-mandibled Toucan! We reached the second bridge, and Domi went back for the truck while the rest of us waited and scanned the stream – a Green Kingfisher being our reward. This was not even the last bird of the morning though as a stunning male Purple-throated Fruitcrow [another cotinga] was picked up above the trail as we drove back up. We stopped to find three or four, associating with a couple of Scarlet-rumped Cacique. We had to ring back to the tower to let them know we'd be late for lunch!



Streak-chested Antpitta and Black-mandibles Toucan, Pipeline Road

Our afternoon session started really well as we found a close group of White-faced Capuchin Monkeys along Semaphore Hill Road. While stopping to look at these animals, we spotted a White Hawk perched a little farther back in among the trees and were able to put a scope on it for several minutes – beautiful! At the main road we turned left and drove the short distance towards Summit Ponds where we would spend the rest of a rather hot and sultry afternoon. A Buff-breasted Wren showed well in the reeds by the parking spot and in the thicket behind, we could hear White-bellied

Antbird calling. We did manage some fairly sketchy views of them in the undergrowth but there were not easy – a House Wren performed much better under our truck! Heading along the Old Gamboa Road we soon found a small feeding flock with Golden-fronted Greenlet showing well and some skulky warblers tagging along – Chestnut-sided and an elusive Magnolia Warbler. A female Summer Tanager joined a Red-crowned Woodpecker we were watching, and of course Tropical Kingbirds, Great Kiskadee and Social Flycatcher were easy to see. Once at the Summit Ponds, we saw a roosting Boat-billed Heron at the back and two superb Amazon Kingfishers, one of which flew directly towards and then past us. The narrow trail through the grasses and low trees was hard work, with plenty of mosquitoes for company, and we heard a lot more than we saw for the first couple of hundred metres. Our luck changed as we took a narrow side trail and found an American Pygmy Kingfisher which, while perched in an awkward spot, sat still for a very long time and we were able to squeeze a scope onto it so everyone could get super views. Back on the old road trail, many birds were now coming out to feed as dusk approached and the best of these was probably a brief Black-tailed Flycatcher – very similar to the Sulphur-rumped seen in the rainforest earlier. A Northern Waterthrush, Plain Wren and male Great Antshrike were all involved in the same flock, and a cracking male Jet Antbird eventually gave himself up for uncharacteristically good views. Back at the ponds, the herons showed much better, and two Ringed Kingfishers were also now present. Greater Ani, Little Blue Heron and two Boat-billed Flycatchers were also seen. A pair of Bat Falcons hunting Pale-vented Pigeons over the track proved the last meaningful birds of what had been another fantastic day.

MONDAY 30TH NOVEMBER - *Part cloudy, 30C*

We were back up on the observation deck this morning at Canopy Tower as the sun rose over the rainforest, sipping our coffee and watching Keel-billed Toucans and other forest canopy birds. Two new raptors were seen, both perched rather distantly – firstly a Crane Hawk with its bright red legs clearly visible, and then a slightly close view of a Short-tailed Hawk. Around the treetops we had very good views of Bay-breasted Warbler, Lesser Greenlet, Tropical Gnatcatcher and both Scaled and Pale-vented Pigeons. Red-lore Parrot and Masked Tityra were also seen and a real surprise – an American Black Tern flying past! A female Blue Cotinga was the last new bird before breakfast – hopefully we would still have a chance for the male tomorrow! Heading out down Semaphore Hill Road there was as usual an impromptu stop – this time for a pair of Slate-coloured Grosbeak foraging right beside the road.



Squirrel Cuckoo and Red-legged Honeycreeper, Gamboa

Gamboa Resort area was our destination for the morning birding session, an area of landscaped gardens and nurseries which attract many birds associated with more open habitats. A Rufescent Tiger-Heron was standing motionless on someones lawn, and we were able to pull right up alongside it! Great and Lesser Kiskadee, Social and Rusty-margined Flycatchers and Red-legged Honeycreeper were around the parking area, and a Northern Waterthrush was walking around in the Orchid Nursery. Two Barred Antshrike, Yellow Warbler and Common Tody-flycatcher were seen well, the latter particularly so as a pair chased each other up onto the overhead wires. Tanagers were common with Palm, Plain-coloured, Crimson-backed and Blue-grey coming to bird feeders, and a Baltimore Oriole also popped in briefly. Buff-throated Saltator was also added here, as we wandered down to the edge of the lake to look for waterbirds. American Coot, Black-bellied Whistling Duck, Common and Sandwich Terns, Common and American Purple Gallinules and Wattled Jacana were seen, but the best bird was a superb Snail Kite which flew down and plucked a snail from the water before perching on a branch to feed.

Further along the trail we entered an avenue of shady trees and a feeding flock was moving through – Chestnut-sided Warbler, Yellow-crowned Tyrannulet, Crimson-backed Tanager, Streaked Flycatcher, Slaty-tailed Tanager, Yellow-backed Oriole and Squirrel Cuckoo were all seen in quick succession, the latter even dropping down to forage on the ground just in front of us. A little further up near the start of the aerial cableway, we saw two King Vultures overhead – the first a dark immature, the second a near adult with white underbody and colourful bill. It was getting hot now, and subsequently our walk back through the forest trail was much quieter – we tried for a few birds without success before rejoining the truck for cold drinks. Feeding tanagers, flycatchers, Scarlet-rumped Cacique and Red-crowned Woodpeckers were in a tree above, and entertained us while we cooled down in the shade.

Our final stop of the morning was by the lake again, and we had the chance to add a couple more species out on the water. Lesser Scaup and Pied-billed Grebe were scoped distantly among flotillas of Common Gallinules, and an Osprey was perched in a dead tree eating a fish. Mangrove Swallows, Snowy, Cattle and Great Egrets, Snail Kite, Yellow-crowned Tyrannulet, Magnificent Frigatebird, Spectacled Caiman and a very showy Yellow Warbler rounded off the morning nicely.

After yet another excellent lunch back at the tower, it was straight back out this afternoon for our visit to Miraflores Locks on the Panama Canal. This was a non-birding trip to see the impressive locks in action and to visit the canal museum, but it did of course produce one or two birds too! Magnificent Frigatebirds were very common at the locks, and we also added Brown Pelican and Great Blue Heron. Afterwards, back at the tower, we did a spot of birding as dusk fell from the observation deck and saw Green Shrike-Vireo, Paltry Tyrannulet, Band-rumped and Short-tailed Swifts and had excellent views of Red-lored Parrot and Keel-billed Toucan.



Great Tinamou and Common Parakeet, Semaphore Hill and Summit

There was still more action to come after dinner as we embarked on a night drive along Semaphore Hill Road where we were soon eye-balling a roosting Great Tinamou, an elusive forest floor species which we had heard several times but not seen. We tried calling three different owls without success, but with a sky full of stars and fireflies dancing overhead it was great fun just to be out! Turning towards Summit Park, we took the road down towards the ponds and almost right away found a Common Potoo sitting on a dead stick. We were able to get a scope on it for some pretty good views. This was followed right away by a Common Parakeet sitting on a log by the side of the track which showed even better – great stuff! The drive back added two new mammals in the form of Central American Woolly Opposum and Collared Peccary, while Two-toed Sloth was also seen actively feeding by moonlight. A wonderful evening and our latest to bed at 2200!

TUESDAY 1ST DECEMBER – *Cloudy, 28C*

Our pre-breakfast session on the Canopy Tower observation deck felt a little quieter this morning, but probably only because we were now a bit more familiar with many of its commoner residents – Keel-billed Toucan, Golden-hooded Tanager, Bay-breasted Warbler, another perched Crane Hawk and Cinamon Woodpecker were all seen but the highlight was a Gartered Trogon which Domi called in for us – our fourth species so far. After breakfast, we took the truck down to the bottom of Semaphore Hill Road and parked about 200m before the end to start our walk along the Plantation Trail. Immediately a small flock was encountered with female Blue-crowned Manakin, White-breasted Wood-wren, Plain Xenops and Dot-winged Antwren, plus an obliging White-whiskered Puffbird which sat motionless in the shady understorey.

Once on the trail, we walked about 1km into the secondary growth forest, picking up regular small flocks along the way. Checker-throated and White-flanked Antwrens, Western Slaty Antshrike, Fasciated Antshrike, Chestnut-backed and Spotted Antbirds and Plain Xenops were all seen frequently along the route. We were of course keeping an eye out for new birds, the first of which was a fantastic Broad-billed Motmot which perched above the trail. The White-breasted Wood-wren had been eluding some of the group, but now we had excellent views as we watched it building a nest beside the trail. The birding was not easy though, with many birds high in the dark canopy and requiring some perseverance – none more so than the endemic Yellow-green Tyrannulet which we heard calling a few times but struggled to pin down. An Acadian Flycatcher perched long enough for scope views though and we thoroughly enjoyed watching a pair of Black-throated Trogons – the brown female quite different to any of the other species and subtly very attractive. Squirrel Cuckoo and Olivaceous Woodcreeper were other canopy birds, the latter being a new species and only our third different woodcreeper so far. A little further on, we tried a spot for Blue-crowned Manakin and had decent perched views of the male just above us, and the female only feet away at the edge of the trail. The male was later also seen bathing in the stream! Leafcutter Ants were a feature of the walk, as there was a large nest by the side of the trail – we spent some time watching their activities with great fascination! The walk back featured many views of more of the same birds, with one spot in particular where we located another high feeding flock – Blue Dacnis, Green Shrike-vireo, Ochre-bellied Flycatcher, Forest Elaenia and White-shouldered Tanager duly appeared but key bird was the endemic Yellow-green Tyrannulet which we had struggled with earlier which now perched in the open long enough for everyone to see it.



Broad-billed Motmot and Black-tailed Trogon, Plantation Trail

Back onto Semaphore Hill Road, yet another small flock was found with more views of Spotted and Chestnut-backed Antbirds, Fasciated Antshrike and Dot-winged Antwren. Perhaps the best bird of the morning was saved until last though as a cracking Black-tailed Trogon flew and perched right overhead – our final species to see in this area and perhaps the best looking of the lot! We then returned to the tower for lunch, and for a final chance to see White-vented Plumeleteer and Blue-chested Hummingbird at the feeders before we loaded up the bus and began our journey west to the Canopy Lodge. This took around three hours including a short stop at some ponds where we hoped to ‘twitch’ a Panamanian rarity – Whistling Heron. This South American species had only been seen for the first time in Panama at this location three years ago and was now thought to be breeding there. It was quickly spotted walking among long grass at the far side of the pool and gave some decent scope views – an impressive bird with a bright pink bill! A second was also present close by, and we saw many Least Grebe and two hawking American Black Terns too. Two Black-bellied Whistling Ducks, an American Kestrel and a couple of Groove-billed Ani were also seen before we continued on with our journey.



Whistling Heron!

It took another hour to reach El Valle, and so we checked in at Canopy Lodge around 1630. A bird table full of Collared Aracari's greeted us as we crossed the bridge into the lodge and after dropping our bags we were soon enjoying a cup of tea watching Dusky-faced Tanager, Thick-billed Euphonia, Bananaquit, Blue-grey and Crimson-backed Tanagers. A dazzling male Flame-rumped Tanager stole the show though – what a specimen. Three Blue-hooded Parrots were spotted perched high in a dead tree above the river, duly flushed by a passing Merlin! We had about an hour of daylight left and so took a short walk to Chorro el Macho waterfall just up the road. Two Bay-headed Tanagers were seen on the walk and a female Violet-crowned Woodnymph was dancing around some verbena flowers showing her white tipped tail. Once at the falls, Domi expertly picked out a resting Green Hermit in the dark tangle of vegetation beside the river and we were able to get the bird in the scope. The walk back produced a Broad-billed Motmot just a few feet above our heads perched on a low branch, and two skulking Orange-billed Sparrows by the roadside. We all felt weary today after another busy day and retired early after our first excellent dinner at the lodge.

WEDNESDAY 2ND DECEMBER – *Cloudy, 22C*

We had breakfast at 6am this morning and before departing for the morning birding session, Domi put out some bananas on the bird tables and we were able to observe some new species coming down to feed among hordes of Clay-coloured Robins, Blue-grey, Dusky-faced, Flame-rumped and Crimson-backed Tanagers and Bananaquit. A couple of Buff-throated Saltators appeared, a Rufous Motmot commandeered the nearest table and Tennessee and Chestnut-sided Warblers showed superbly. A Rufous-capped Warbler was also seen, as well as both Snowy-bellied and Rufous-tailed Hummingbirds and a party of Grey-headed Chachalaca appeared just as we were getting ready to leave. On the stream, a pair of Buff-rumped Warblers were calling so we took the trail towards the natural swimming pool to see if we could see them. We managed to get them in the scope as they sat preening in the waterside vegetation, flashing their yellow tails. Behind us, a Louisiana Waterthrush appeared and gave some excellent views as it picked its way along the top of a mossy wall, allowing us to see the unstreaked throat and crisp white supercilium contrasting with buff-washed underparts. Just by the gate, a pair of Bay Wren were seen in the undergrowth – typically rather elusive! We loaded into the van and set off up the hill towards La Mesa but only got about one hundred metres before we were flagged down by one of the other guides – two Spot-crowned Barbets were in a Secropia just above the road. We jumped out to scope them before they flew off, also picking up a flock of White-collared Swifts overhead before we continued on our way up the hill.

Parking at the start of the Las Minas trail, Yellow-faced Grassquit and White-lined Tanager were new birds before we set off on the walk up the hill. We only walked about five hundred metres of the trail as it was quite windy and exposed higher up, and in any case we were looking for one or two specific birds – all of which eluded us! A male White-ruffed Manakin was a nice surprise by the path and a Golden-winged Warbler was feeding overhead. Quite a few tanagers were foraging beside the trail too and as well as Bay-headed, we got our first Silver-throated Tanager here, plus nice perched views of Streaked Saltator. An Olive-striped Flycatcher showed briefly and hummingbirds included several Violet-crowned Woodnymph, Green and Stripe-throated Hermits. Despite our best efforts, we couldn't track down an Orange-bellied Trogon here at what is usually a very reliable site for this species. We did see Slaty-tailed Trogon again, before taking a narrow side path into the undergrowth to look for Black-crowned Antpitta. The bird didn't seem to be in the area today, but we did note two Chestnut-capped Brush-finch very briefly on the forest floor. We were keen to move on and try another trail nearby, and so headed back down the hill – noting a smart White Hawk circling against the far hillside in the process.

After driving about two miles further on we parked up and were immediately surrounded by a large mixed feeding flock. A stunning male Tawny-capped Euphonia popped up at close range and crossing the road were scores of tanagers – Silver-throated again but also Tawny-crested and a female Hepatic Tanager. Rufous-capped Warbler showed well and a dazzling Yellow-throated Vireo was hopping around high in a nice open tree allowing for some decent views – finally we were adding a few North American migrants. Taking a narrow trail into some pretty dense jungle, we found the birding hard

but rewarding in equal measure. A Spot-crowned Antvireo called above us and eventually gave everyone some sort of a view, and both Spotted and Wedge-billed Woodcreepers were seen a couple of times as we found ourselves around the edge of another mixed flock which remained predominantly about fifty metres inside the forest. A Russet Antshrike was an excellent addition, typically high in the canopy, and a Black and White Warbler was bounding along the mossy branches like a mint humbug! Canada and Golden-winged Warblers were also in the flock, as were White-flanked Antwren, Hepatic Tanager, Plain Xenops, Olive-striped Flycatcher, Black-throated Trogon and Black-cheeked Woodpecker. On our way back out along the rather slippery trail, a Scaly-breasted Wren called and Domi coaxed it to within about four feet – it then proceeded to circle us on either side allowing everyone a close up of this terrestrial skulker.



Green Kingfisher, Canopy Lodge

After lunch and a bit of a break, we set off again for our afternoon session at 3pm. A Green Kingfisher was on the stream and a Buff-rumped Warbler was flicking around in the car park. Cara Iguana, just on the far side of El Valle village, was our first stop as we hoped to track down the Spectacled Owl here in its day roost. We met the gardener of a large house who keeps an eye on the birds, and he took us down into the mosquito-infested woodland to look for the birds. A Common Parakeet was disturbed from the side of the path and landed just a few metres away – a rare chance to see it through the scope in all its camouflaged glory. Our friend the gardener then located the Spectacled Owls for us, and we had fantastic views of them just overhead – such impressive birds. Domi's phone rang – one of the lads from the Canopy Adventure had just found a roosting Mottled Owl near the waterfall but he was off home at 4.30pm and we had to go right away! It was only ten minutes back up the road and soon we were watching the Mottled Owl up close – two owls in half an hour! A Bronze-tailed Plumeleteer was perched above one of the hummingbird feeders by the trail, another new species for our list. We now had a choice to make as the afternoon had slipped away from us and we had only about an hour of daylight left – we decided to return to Cara Iguana and try for the Tody Motmot there as it is the best place in the area to find it. We heard the bird calling two or three times but sadly we could not locate it – Golden-hooded and Summer Tanagers, Buff-throated Saltator and a

Black Hawk-eagle overhead provided some compensation, but the mosquitoes were dreadful again here and we had to give up on the motmot – there was always tomorrow!



Common Parakeet and Mottled Owl, Cara Iguana/Chorro El Macho

THURSDAY 3RD DECEMBER – *Cloudy with rain showers, 22C*

Today we visited the gated community of Altos del Maria, in the cloud forest approximately eight kilometres from El Valle. As we were getting ready to depart, two Grey-necked Wood-rails appeared below the bird tables and then moved into the stream where they gave superb views – a good start to the day! We took three 4x4 trucks up to Altos del Maria, as the road in and out of this super birding location is extremely steep. We stopped just before the entrance, beside a forested ravine where the trees were festooned with mosses and bromeliads. Immediately we could hear many birds calling and a mixed feeding flock was moving through – and what a flock it was! Common Bush-tanager, Black and Yellow Tanager [wow!], Canada and Blackburnian Warblers were quickly mopped up and we moved on to the trickier fare – Red-faced Spinetail and Spotted Barbtail both gave themselves up rather more easily than usual, feeding among mossy branches just below us. Spot-crowned Antvireo and Russet Antshrike were two species seen yesterday which gave infinitely better views today, and a skulky Ochraceous Wren was working in the canopy above. While looking for this bird we found Dusky-capped and Sulphur-rumped Flycatchers, and a lovely Scale-crested Pygmy-tyrant. A male and female Slaty Antwren were seen very well on several occasions as we worked through the flock, hardly able to take a breath to write anything in our notebooks!



Grey-necked Wood-rail and Tufted Flycatcher, Canopy Lodge, Altos del Maria

Moving on in the trucks, we passed the entrance gate and then stopped by a favoured area for the Snowcap. A male was seen briefly perched, and about half the group got onto it, but it was clearly not using this perch regularly as we didn't see it again. Finally though, we got the Orange-bellied Trogon here to complete our full set – lovely scope views of a female deep inside the forest. Amazingly, to complete another mad five minutes, we had both Yellow-eared and Blue-throated Toucanets perched together in the scope high above the road and were able to watch them clearly for several minutes – a real stroke of luck and a great spot by Eliecer who was assisting us today. From here we took our first walk, up the hill on the tarmac road. A Plain Antvireo posed really well and we began to see a few Tufted Flycatcher, again being very confiding. Canada Warbler showed really well and Pale-vented Thrush, Grey-breasted Wood-wren and the rare Smoky-brown Woodpecker were added – the latter a life bird for our guide Domi! Spotted Woodcreeper and Eastern Wood-pewee were noted and a big flock of Tawny-crested Tanagers moved through, carrying with them a smart male Tawny-capped Euphonia. Rufous-browed Tyrannulet was calling and some of us managed some fairly sketchy views of it high in the canopy – Dusky-capped Flycatcher, Scale-crested Pygmy-tyrant and Yellow-throated Vireo were seen again in the process. Eliecer spotted a Brown Violet-ear perched up high on some dead twigs, a perch it returned to regularly between feeding flights allowing everyone to get good views. A female Snowcap was also seen, dancing fairy-like around tiny flowers high up in a big moss-clad tree – nice, but not the male we were hoping for. Morning snacks and drinks were taken in the company of a very close Blue-throated Toucanet – surely this is the best birding in all of Panama?

Next we walked a trail off the road for a bit to try for a couple of things we still had not seen, namely the Black-crowned Antpitta which sadly we failed to find again. There seemed to be a sudden lull in bird activity at this point apart from Silver-throated and Common Bush-tanagers, which were ubiquitous. We made our way through towards the ornamental lake area, and the bushes here were brimming with American migrants – Canada, Blackburnian, Black and White and Black-throated Green Warblers were seen, as well as Yellow-throated and Philadelphia Vireos, Rufous-capped Warbler, White-ruffed Manakin [immature male] and more tanagers including Golden-hooded, Summer and Hepatic. We spent some time with this flock, piecing together views for everyone of each species – even the Golden-winged Warbler gave itself up for all to see. We reached the lake, where a Green Heron and a truly excellent lunch spread awaited us – even with chocolate cake and coffee for dessert.

Our next walk took us along the lake and deeper into the forest, following a gushing stream. A Belted Kingfisher flew past us and off across the lake – our final species of kingfisher for the central Panama region. The forest interior was typically more difficult to bird than the exterior, and a Crimson-bellied Woodpecker was seen fleetingly only by Domi and could not be relocated. We did, however, enjoy success with Dull-mantled Antbird – a terrific skulker which eventually gave everyone a clear view. It actually began to rain as we turned back towards the lake, and we had to take shelter for a few minutes at one of the picnic gazebos – the first rain we had encountered so far on the trip! Even this allowed us to watch for more birds and we found Long-tailed Tyrant and Bran-coloured Flycatcher at the edge of the marshy area by the lake – the new birds just keep coming!

Driving back out to the main gate, we stopped again to look for the male Snowcap which had eluded half the group so far. This time it obliged and we had super scope views of the bird, surely one of the best of the world's hummingbirds. A Broad-billed Motmot was also present and an Olive-sided Flycatcher was perched on the wires above. All were eclipsed shortly afterwards though as we began to drive out, as Domi spotted a Black Guan overhead in the canopy. Thankfully the bird allowed us to get out without moving off out of sight, and we were able to spend several minutes watching it through the scopes. Black and White Warbler, Pale-vented Thrush and Golden-winged Warbler were also seen – could the day get any better?



Black Guan and Snowcap, Altos del María

The answer was yes. Continuing out of the area and taking the road back towards El Valle, Eliecer took us to a spot for his speciality bird which we were still missing after yesterday's mosquito fest at Cara Iguana drew a blank. Within a few minutes of getting out of the trucks we found ourselves up close to two fantastic Tody Motmots, filling the frame of the scopes – magical! Not content with this, he also called in a Rosy Thrush-tanager which while very elusive, gave some tickable views as it perched occasionally in view, deep inside the 'motmot tangle'. Two amazing birds to end the day, and we headed back to the lodge around 1700 feeling mentally exhausted after a truly exhilarating day.



Tody Motmot and Collared Aracari, El Valle

FRIDAY 4TH DECEMBER – *Hot and humid, 32C*

Breakfast was at 0530 this morning in preparation for our long day trip to the Pacific coastal lowlands. The drive took us through montane grassland and wound down to the coastal plain where we saw White-tailed Kite, Roadside Hawk and Crested Caracara from the road. Our destination for the morning would be Anton, an area of agricultural fields served by a track leading several kilometres from the highway down to the coast. We parked up and walked the track, with the van following us to occasionally make short hops further along, and get a brief respite from the heat with the air conditioning! The birding was excellent here, and we were adding new species right from the off – Eastern Meadowlarks sang in the grassy fields either side of the track, two Lesser Yellow-headed Vultures were perched on a fence and a superb Savannah Hawk gave point blank views. Other birds in the fields included Blue-black Grassquit, Fork-tailed Flycatcher, Red-breasted Blackbird and Pale-breasted Spinetail which showed unusually well. The trackside bushes held Golden-fronted Greenlet, Grey Kingbird, Yellow-bellied Elaenia and Yellow-crowned Euphonia while overhead a couple of flocks of Yellow-crowned Parrot passed by. Bat Falcon and Common Black-hawk were other raptors noted along the way and two new hummingbirds presented themselves around isolated gardens with hibiscus flowers – Garden Emerald and Sapphire-throated Hummingbird. Towards the end of the track, larger trees including a few mangroves enclosed the path and brought with them more new birds – Slate-headed Tody-flycatcher and a stunning male Lance-tailed Manakin being the pick of these. Southern Beardless Tyrannulet, Squirrel Cuckoo, Boat-billed Flycatcher, Panama Flycatcher and a superb Yellow-billed Cuckoo were also seen, the latter perching long enough for everyone to get a good scope view. Our morning drinks break by a lagoon added Blue-winged Teal, and there were lots of Black-bellied Whistling Ducks and Great Blue Heron on offer too.

Next we drove along to Juan Hombron, where a network of ricefields are served by various tracks leading down towards the Pacific Ocean. The first open areas of water hosted many dozens of Great Egrets, Little Blue Heron, a Greater Yellowlegs and both Crested Caracara and Savannah Hawk, but

it was really proper mud we were in search of. When we found some in a newly flooded paddy by the track, we had great views of flocks of Western Sandpipers and Collared Plovers feeding and a few Least Sandpipers could be picked out. Southern Lapwing became common and we saw Great Blue and Green Herons, Snowy Egret and Wattled Jacana around the various small pools down towards the coast. We stopped at our usual spot by a crosstracks with flowering trees to look for one of Panama's endemics – the Veraguas Mango. We saw the bird almost right away, and had it perched in the open for scope views for several minutes. Scaly-breasted Hummingbird, Roadside Hawk, Peregrine and a nesting pair of Yellow-crowned Euphonia were also seen at this point.



Savannah Hawk and Spectacled Caiman, Juan Hombron

It was well into the afternoon by now and we still hadn't got around to having lunch, so we headed down to the beach and found a shady spot under some trees where we could seawatch and have a breather. Blue-footed Boobies stole the show here, plunging into the Pacific Ocean really close inshore, while the beach itself held Willet, Sanderling, Hudsonian Whimbrel and Common Tern. Brown Pelican, Neotropic Cormorant, Sandwich and Royal Terns were also noted offshore while we enjoyed another well prepared lunch and cold drinks.

Next we took a track that ran parallel to the coast to check some more lagoons for waterbirds. Solitary and Spotted Sandpipers were seen well, and a Yellow-crowned Night Heron was seen roosting in a mangrove adjacent to a White Ibis. Wood Stork was also seen along this stretch, and both Roadside and Common Black Hawks and White-tailed Kite were also noted. At the end of the track a large muddy lagoon gave excellent birding, with Greater Yellowlegs, Black-necked Stilt, Short-billed Dowitcher and a flock of about seventy Least Sandpipers. Tricoloured Heron, two more Wood Stork, Blue-winged Teal and a fantastic fly past from an Osprey made for a memorable half hour which was capped off in some style with another target bird. This was the Straight-billed Woodcreeper, of which we had superb views of a pair, in the same cluster of bushes as two Prothonotary and countless Yellow Warblers. A Grey-lined Hawk flew and perched in the canopy of a big tree, and a Striated Heron was added as we drove out towards the main track again.

It was now almost 4pm, and we had time for just one more quick stop around El Chiru to the north of the highway, which was really to look for Ferruginous Pygmy-owl. We didn't find it, but instead had

scope views of three Black-chested Jays and a superb Rufous-browed Peppershrike, a species which had eluded us earlier on. Our birding day concluded back at Canopy Lodge over dinner, when a Tropical Screech Owl interrupted our feasting to give stunning close up views under torch light thanks to Domi hearing it calling beside the kitchen – another amazing day and the list topped exactly 300 species!



Tropical Screech Owl and Blue-headed Parrot, Canopy Lodge

SATURDAY 5TH DECEMBER – *Overcast with rain showers, 25C*

The last day of the Central Panama tour today saw us enjoy a leisurely morning around the Lodge before setting off back to Panama City. After and over breakfast, the usual suspects were seen at the bird tables including Rufous Motmot but also Chestnut-headed Oropendola and a brief Long-billed Starthroat. We took a walk up to Chorro el Macho after breakfast, and saw Grey-necked Wood-rail and Orange-billed Sparrow on the way up there. A male Violet-crowned Woodnymph was around the entrance to the Canopy Adventure, where we deposited two of our group to go and do the zip line while the rest of us did some birding along the trails. A Broad-winged Hawk was near the waterfall, harried by a flock of Black-chested Jays, and along the trail a feeding flock was discovered. Olive-striped Flycatcher, Red-crowned Ant-tanager, Canada, Bay-breasted and Golden-winged Warblers and a tricky Sepia-capped Flycatcher were all noted, with a couple of Bay Wrens also showing nicely. A Bronze-tailed Plumeleteer was also seen on the walk back, and we were greeted back the lodge with fantastic views of Spot-crowned Barbet on the bird tables – only the second time Domi had seen it there in ten years!

After a visit to the local market in El Valle and a last chance to enjoy the fantastic tanagers and euphonias at the lodge bird tables over an early lunch, we set off for Panama City, approximately two hours drive away. Our destination was the shoreline at Costa del Este, where we would spend an hour or so scoping the mudflats for shorebirds, gulls and herons. We enjoyed a fantastic spread here, notably many thousands of Western Sandpipers which carpeted the mud in all directions. Semipalmated Plovers were common, as were Spotted Sandpiper, Grey Plover, Willet and Marbled Godwit. Three Black-necked Stilts dropped in and a bit further out along the river channel, hordes of Brow Pelican, Neotropic Cormorant and Laughing Gull were roosting. A single Franklin's Gull and two superb Cooi Heron were amongst them – the list was growing! Crossing the bridge to get a

view of the mud on the far side of the channel, we found ourselves up close to a carpet of ‘peeps’ and we were easily able to pick out a clutch of Semipalmated Sandpipers among their longer billed Western cousins. Two Wilson’s Plovers were also seen, and two Black Skimmers dropped in to rest with the gull flock. Peregrine, Osprey, Little Blue Heron and three Yellow-crowned Night-herons were other species noted before we had to reluctantly head to the airport for about 1630. A Black-crowned Night-heron perched on a wire above a stream at the edge of the airport was the final new bird of the trip – sharing its perch with a Savannah Hawk and two Ringed Kingfishers! After dropping two group members off for their flight, the rest of us continued to the Riande Airport Hotel for an overnight stop ahead of our trip on to Canopy Camp in Darien.



Costa del Este skyline

SYSTEMATIC LIST

1. Great Tinamou *Tinamus major*
2. Black-bellied Whistling Duck *Dendrocygna autumnalis*
3. Blue-winged Teal *Anas discors*
4. Lesser Scaup *Aythya affinis*
5. Grey-headed Chachalaca *Oreortyx cinereiceps*
6. Black Guan *Chamaepetes unicolor*
7. Pied-billed Grebe *Podilymbus podiceps*
8. Least Grebe *Tachybaptus dominicus*
9. Wood Stork *Mycteria americana*
10. Magnificent Frigatebird *Fregata magnificens*
11. Blue-footed Booby *Sula nebouxii*
12. Neotropical Cormorant *Phalacrocorax brasilianus*
13. Brown Pelican *Pelecanus occidentalis*
14. Rufescent Tiger-Heron *Tigrisoma lineatum*
15. Great Blue Heron *Ardea herodias*
16. Cocoi Heron *Ardea cocoi*
17. Great White Egret *Ardea alba*
18. Snowy Egret *Egretta thula*
19. Little Blue Heron *Egretta caerulea*
20. Tricolored Heron *Egretta tricolor*
21. Whistling Heron *Syrigma sibilatrix*
22. Cattle Egret *Bubulcus ibis*
23. Green Heron *Butorides virescens*
24. Striated Heron *Butorides striatus*
25. Boat-billed Heron *Cochlearius cochlearius*
26. Black-crowned Night-heron *Nycticorax nycticorax*
27. Yellow-crowned Night-heron *Nyctanassa violacea*

28. White Ibis *Eudocimus albus*
29. Black Vulture *Coragyps atratus*
30. Turkey Vulture *Cathartes aura*
31. Lesser Yellow-headed Vulture *Cathartes burrovianus*
32. King Vulture *Sarcoramphus papa*
33. Osprey *Pandion haliaetus*
34. White-tailed Kite *Elanus leucurus*
35. Snail Kite *Rostrhamus sociabilis*
36. Crane Hawk *Geranospiza caerulescens*
37. Common Black Hawk *Buteogallus anthracinus*
38. Savannah Hawk *Buteogallus meridionalis*
39. White Hawk *Pseudastur albicollis*
40. Semiplumbeous Hawk *Leucopternis semiplumbeus*
41. Roadside Hawk *Buteo magnirostris*
42. Broad-winged Hawk *Buteo platypterus*
43. Grey-lined Hawk *Buteo nitidus*
44. Short-tailed Hawk *Buteo brachyurus*
45. Black Hawk-eagle *Spizaetus tyrannus*
46. Slaty-backed Forest-falcon [heard only] *Micrastur mirandollei*
47. Crested Caracara *Caracara cheriway*
48. Yellow-headed Caracara *Milvago chimachima*
49. American Kestrel *Falco sparverius*
50. Bat Falcon *Falco rufigularis*
51. Peregrine *Falco peregrines*
52. Merlin *Falco columbarius*
53. Sunbittern *Eurypyga helias*
54. White-throated Crake *Laterallus albigularis*
55. Grey-necked Wood-Rail *Aramides cajaneus*
56. American Purple Gallinule *Porphyrio martinicus*
57. Common Moorhen [Common Gallinule] *Gallinula galeata*
58. American Coot *Fulica Americana*
59. Wattled Jacana *Jacana jacana*
60. Black-necked Stilt *Himantopus palliatus*
61. Southern Lapwing *Vanellus chilensis*
62. Grey Plover *Pluvialis squatarola*
63. Collared Plover *Charadrius collaris*
64. Wilson's Plover *Charadrius wilsonia*
65. Semipalmated Plover *Charadrius semipalmatus*
66. Spotted Sandpiper *Actitis macularia*
67. Solitary Sandpiper *Tringa solitaria*
68. Greater Yellowlegs *Tringa melanoleuca*
69. Willet *Tringa semipalmata*
70. Hudsonian Whimbrel *Numenius hudsonius*
71. Marbled Godwit *Limosa fedoa*
72. Sanderling *Calidris alba*
73. Semipalmated Sandpiper *Calidris pusilla*
74. Western Sandpiper *Calidris mauri*
75. Least Sandpiper *Calidris minutilla*
76. Short-billed Dowitcher *Limnodromus griseus*
77. Laughing Gull *Leucophaeus atricilla*
78. Franklin's Gull *Leucophaeus pipixcan*
79. Caspian Tern *Hydroprogne caspia*
80. Common Tern *Sterna hirundo*
81. Royal Tern *Thalasseus maximus*
82. Sandwich Tern *Thalasseus sandvicensis*
83. Black Skimmer *Rynchops niger*
84. Pale-vented Pigeon *Patagioenas cayennensis*
85. Scaled Pigeon *Patagioenas speciosa*
86. Ruddy Ground-dove *Columbina talpacoti*
87. White-tipped Dove *Leptotila verreauxi*

88. Brown-throated [Rose-throated]Parakeet *Aratinga pertinax*
89. Orange-chinned Parakeet *Brotogeris jugularis*
90. Brown-hooded Parrot *Pyrilia haematotis*
91. Blue-headed Parrot *Pionus menstruus*
92. Mealy Parrot *Amazona farinosa*
93. Red-lored Amazon *Amazona autumnalis*
94. Yellow-crowned Parrot *Amazona ochrocephala*
95. Squirrel Cuckoo *Piaya cayana*
96. Yellow-billed Cuckoo *Coccyzus americanus*
97. Greater Ani *Crotophaga major*
98. Groove-billed Ani *Crotophaga sulcirostris*
99. Smooth-billed Ani *Crotophaga ani*
100. Tropical Screech-owl *Megascops choliba*
101. Spectacled Owl *Pulsatrix perspicillata*
102. Mottled Owl *Ciccaba virgata*
103. Common Parakeet *Nyctidromus albicollis*
104. Common Potoo *Nyctibius griseus*
105. White-collared Swift *Streptoprocne zonaris*
106. Short-tailed Swift *Chaetura brachyura*
107. Band-rumped Swift *Chaeturaspinicaudus*
108. Green Hermit *Phaethornis guy*
109. Long-billed Hermit *Phaethornis longirostris*
110. Stripe-throated Hermit *Phaethornis striigularis*
111. White-necked Jacobin *Florisuga mellivora*
112. Brown Violet-ear *Colibri delphinae*
113. Veraguan Mango *Anthracothonax veraguensis*
114. Long-billed Starthroat *Heliomaster longirostris*
115. Garden Emerald *Chlorostilbon assimilis*
116. Violet-crowned Woodnymph *Thalurania colombica*
117. Violet-headed Hummingbird *Klais guimeti*
118. Scaly-breasted Hummingbird *Phaeochroa cuvierii*
119. Sapphire-throated Hummingbird *Lepidopyga coeruleogularis*
120. Blue-chested Hummingbird *Amazilia amabilis*
121. Snowy-bellied Hummingbird *Amazilia edward*
122. Rufous-tailed Hummingbird *Amazilia tzacati*
123. Snowcap *Microchera albocoronata*
124. White-vented Plumeleteer *Chalybura buffonii*
125. Bronze-tailed Plumeleteer *Chalybura urochrysis*
126. Purple-crowned Fairy *Heliothyrx barroti*
127. Slaty-tailed Trogon *Trogon massena*
128. Black-tailed Trogon *Trogon melanurus*
129. White-tailed Trogon *Trogon chionurus*
130. Gartered Trogon *Trogon caligatus*
131. Black-throated Trogon *Trogon rufus*
132. Orange-bellied Trogon *Trogon aurantiiventris*
133. Tody Motmot *Hylomanes momotula*
134. Rufous Motmot *Baryphthengus martii*
135. Broad-billed Motmot *Electron platyrhynchum*
136. Whooping Motmot *Momotus subrufescens*
137. Ringed Kingfisher *Megaceryle torquata*
138. Belted Kingfisher *Megaceryle alcyon*
139. Amazon Kingfisher *Chloroceryle amazona*
140. American Pygmy Kingfisher *Chloroceryle aenea*
141. Green Kingfisher *Chloroceryle americana*
142. Black-breasted Puffbird *Notharchus pectoralis*
143. White-necked Puffbird *Notharchus hyperhynchus*
144. Pied Puffbird *Notharchus tectus*
145. White-whiskered Puffbird *Malacoptila panamensis*
146. Blue-throated Toucanet *Aulacorhynchus caeruleogularis*
147. Spot-crowned Barbet *Capito maculicoronatus*

148. Collared Aracari *Pteroglossus torquatus*
149. Keel-billed Toucan *Ramphastos sulfuratus*
150. Chestnut-mandibled Toucan *Ramphastos ambiguus*
151. Black-cheeked Woodpecker *Melanerpes pucherani*
152. Red-crowned Woodpecker *Melanerpes rubricapillus*
153. Smoky Brown Woodpecker *Picoides fumigatus*
154. Cinammon Woodpecker *Celeus loricatus*
155. Scaly-throated Leaf Tosser *Sclerurus guatemalensis*
156. Olivaceous Woodcreeper *Sittasomus griseicapillus*
157. Plain Brown Woodcreeper *Dendrocincla fuliginosa*
158. Wedge-billed Woodcreeper *Glyphorhynchus spirurus*
159. Cocoa Woodcreeper *Xiphorhynchus susurrans*
160. Spotted Woodcreeper *Dendroplex erythropygius*
161. Straight-billed Woodcreeper *Xiphorhynchus picus*
162. Red-faced Spinetail *Cranioleuca erythrops*
163. Pale-breasted Spinetail *Synallaxis albescens*
164. Spotted Barbtail *Premnoplex brunescens*
165. Plain Xenops *Xenops minutus*
166. Fasciated Antshrike *Cymbilaimus lineatus*
167. Barred Antshrike *Thamnophilus doliatus*
168. Great Antshrike *Taraba major*
169. Russet Antshrike *Thamnistes anabatinus*
170. Western Slaty Antshrike [Black-crowned] *Thamnophilus atrinucha*
171. Plain Antvireo *Dysithamnus mentalis*
172. Spot-crowned Antvireo *Dysithamnus puncticeps*
173. Checker-throated Antwren *Epinecrophyllos fulviventris*
174. Dot-winged Antwren *Microrhoplas quixensis*
175. Slaty Antwren *Myrmotherula schisticolor*
176. White-flanked Antwren *Myrmotherula axillaris*
177. Dusky Antbird *Cercomacra tyrannina*
178. Jet Antbird *Cercomacra nigricans*
179. White-bellied Antbird *Myrmeciza longipes*
180. Chestnut-backed Antbird *Myrmeciza exsul*
181. Dull-mantled Antbird *Myrmeciza laemosticta*
182. Spotted Antbird *Hylophylax naevioides*
183. Bicoloured Antbird *Gymnopathys leucaspis*
184. Black-faced Antthrush *Formicarius analis*
185. Streak-chested Antpitta *Hylopezus perspicillatus*
186. Brown-capped Tyrannulet *Ornithion brunneicapillus*
187. Southern Beardless Tyrannulet *Camptostoma obsoletum*
188. Yellow-crowned Tyrannulet *Tyrannulus elatus*
189. Forest Elaenia *Myiopagis gaimardii*
190. Yellow-bellied Elaenia *Elaenia flavogaster*
191. Olive-striped Flycatcher *Mionectes olivaceus*
192. Ochre-bellied Flycatcher *Mionectes oleagineus*
193. Sepia-capped Flycatcher *Leptopogon amaurocephalus*
194. Yellow-green Tyrannulet *Phylloscartes flavovirens*
195. Rufous-browed Tyrannulet *Phylloscartes superciliosus*
196. Paltry Tyrannulet *Zimmerius vilissimus*
197. Scale-crested Pygmy-tyrant *Lophotriccus pileatus*
198. Southern Bentbill *Oncostoma olivaceum*
199. Slate-headed Tody-flycatcher *Poecilatriccus sylvia*
200. Common Tody-Flycatcher *Todirostrum cinereum*
201. Olivaceous Flatbill *Rhynchocyclus olivaceus*
202. Yellow-Olive Flycatcher *Tolmomyias sulphurescens*
203. Yellow-margined Flycatcher *Tolmomyias assimilis*
204. Ruddy-tailed Flycatcher *Terenotriccus erythrurus*
205. Sulphur-rumped Flycatcher *Myiobius sulphureipygius*
206. Black-tailed Flycatcher *Myiobius atricaudus*
207. Bran-coloured Flycatcher *Myiophobus fasciatus*

208. Tufted Flycatcher *Mitrephanes phaeocercus*
209. Olive-sided Flycatcher *Contopus cooperi*
210. Eastern Wood-Pewee *Contopus virens*
211. Acadian Flycatcher *Empidonax virescens*
212. Long-tailed Tyrant *Colonia colonus*
213. Rufous Mourner *Rhytipterna holerythra*
214. Dusky-capped Flycatcher *Myiarchus tuberculifer*
215. Panama Flycatcher *Myiarchus panamensis*
216. Great Kiskadee *Pitangus sulphuratus*
217. Lesser Kiskadee *Pitangus lictor*
218. Boat-billed Flycatcher *Megarynchus pitangua*
219. Rusty-margined Flycatcher *Myiozetetes cayanensis*
220. Social Flycatcher *Myiozetetes similis*
221. Streaked Flycatcher *Myiodynastes maculatus*
222. Tropical Kingbird *Tyrannus melancholicus*
223. Grey Kingbird *Tyrannus dominicensis*
224. Fork-tailed Flycatcher *Tyrannus savana*
225. Speckled Mourner *Laniocera rufescens*
226. Masked Tityra *Tityra semifasciata*
227. Purple-throated Fruitcrow *Querula purpurata*
228. Blue Cotinga *Cotinga nattererii*
229. White-ruffed Manakin *Corapipo altera*
230. Lance-tailed Manakin *Chiroxiphia lanceolata*
231. Blue-crowned Manakin *Lepidothrix coronata*
232. Red-capped Manakin *Ceratopipra mentalis*
233. Yellow-throated Vireo *Vireo flavifrons*
234. Philadelphia Vireo *Vireo philadelphicus*
235. Golden-fronted Greenlet *Hylophilus aurantiifrons*
236. Lesser Greenlet *Hylophilus decurtatus*
237. Green Shrike-vireo *Vireolanius pulchellus*
238. Rufous-browed Peppershrike *Cyclarhis gujanensis*
239. Black-chested Jay *Cyanocorax affinis*
240. Grey-breasted Martin *Progne chalybea*
241. Mangrove Swallow *Tachycineta albilinea*
242. Southern Rough-winged Swallow *Stelgidopteryx ruficollis*
243. Barn Swallow *Hirundo rustica*
244. Scaly-breasted Wren *Microcerculus marginatus*
245. Bay Wren *Cantorchilus nigricapillus*
246. Buff-breasted Wren *Cantorchilus leucotis*
247. Plain Wren *Cantorchilus modestus*
248. House Wren *Troglodytes aedon*
249. Ochraceous Wren *Troglodytes ochraceus*
250. White-breasted Wood-wren *Henicorhina leucosticta*
251. Grey-breasted Wood-wren *Henicorhina leucophrys*
252. Song Wren *Cyphorhinus phaeocephalus*
253. Tropical Gnatcatcher *Poliophtila plumbea*
254. Swainson's Thrush *Catharus ustulatus*
255. Pale-vented thrush *Turdus obsoletus*
256. Clay-coloured Robin *Turdus grayi*
257. Tropical Mockingbird *Mimus gilvus*
258. Golden-winged Warbler *Vermivora chrysoptera*
259. Tennessee Warbler *Oreothylipsis peregrina*
260. Yellow Warbler *Stetophaga petechia*
261. Chestnut-sided Warbler *Stetophaga pensylvanica*
262. Blackburnian Warbler *Stetophaga fusca*
263. Bay-breasted Warbler *Stetophaga castanea*
264. Black and White Warbler *Mniotilta varia*
265. Prothonotary Warbler *Prothonotaria citrea*
266. Black-throated Green Warbler *Stetophaga virens*
267. Northern Waterthrush *Parkesia noveboracensis*

268. Louisiana Waterthrush *Parkesia motacilla*
269. Canada Warbler *Cardelina canadensis*
270. Buff-rumped Warbler *Myiothlypis fulvicauda*
271. Rufous-capped Warbler *Basileuterus rufifrons*
272. Bananaquit *Coerebra fálveola*
273. Black and Yellow Tanager *Chrysothlypsis chrysomelas*
274. Rosy Thrush-Tanager *Rhodinocichla rosea*
275. Common Bush Tanager *Chlorospingus flavopectus*
276. Dusky-faced Tanager *Mitrospingus cassinii*
277. White-shouldered Tanager *Tachyphonus luctuosus*
278. Tawny-crested Tanager *Tachyphonus delatrii*
279. White-lined Tanager *Tachyphonus rufus*
280. Crimson-backed Tanager *Ramphocelus dimidiatus*
281. Flame-rumped Tanager *Ramphocelus flammigerus*
282. Blue-grey Tanager *Thraupis episcopus*
283. Palm Tanager *Thraupis palmarum*
284. Golden-hooded Tanager *Tangara larvata*
285. Plain-coloured Tanager *Tangara inornata*
286. Bay-headed Tanager *Tangara gyrola*
287. Silver-throated Tanager *Tangara icterocephala*
288. Blue Dacnis *Dacnis cayana*
289. Green Honeycreeper *Chlorophanes spiza*
290. Red-legged Honeycreeper *Cyanerpes cyaneus*
291. Streaked Saltator *Saltator striatipectus*
292. Buff-throated Saltator *Saltator maximus*
293. Slate-coloured Grosbeak *Saltator grossus*
294. Blue-black Grassquit *Volatinia jacarina*
295. Variable Seedeater *Sporophila americana*
296. Ruddy-breasted Seedeater *Sporophila minuta*
297. Yellow-faced Grassquit *Tiaris olivaceus*
298. Orange-billed Sparrow *Arremon aurantirostris*
299. Chestnut-capped Brush-finch *Arremon brunneinucha*
300. Hepatic Tanager *Piranga flava*
301. Summer Tanager *Piranga rubra*
302. Red-crowned Ant-Tanager *Habia rubica*
303. Red-throated Ant-Tanager *Habia fuscicauda*
304. Red-breasted Blackbird *Sturnella militaris*
305. Eastern Meadowlark *Sturnella magna*
306. Great-tailed Grackle *Quiscalus mexicanus*
307. Yellow-backed Oriole *Icterus chrysater*
308. Yellow-tailed Oriole *Icterus mesomelus*
309. Baltimore Oriole *Icterus galbula*
310. Scarlet-rumped Cacique *Cacicus uropygialis*
311. Chestnut-headed Oropendola *Psarocolius decumanus*
312. Yellow-crowned Euphonia *Euphonia luteicapilla*
313. Thick-billed Euphonia *Euphonia laniirostris*
314. Fulvous-vented Euphonia *Euphonia fulvicrissa*
315. Tawny-capped Euphonia *Euphonia anae*

All images copyright Oriole Birding