



ORIOLE BIRDING



TOUR REPORT PANAMA

23RD NOVEMBER – 2ND DECEMBER 2019

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SATURDAY 23RD NOVEMBER – *Arrival to Panama City*

A long days travel saw us meet up at Amsterdam Schipol from various local airports around the UK with KLM. The flight departed on time, and we touched down in Panama City around 1620 so still with over an hour of daylight to go! The transit through the airport was a little slow due to queues at customs, but we quickly met our driver once outside and enjoyed a traffic-free transit across the city to Canopy Tower. Our first birds along the way included Black and Turkey Vultures, Brown Pelican, Magnificent Frigatebird, Yellow-headed Caracara, Amazon Kingfisher, Cattle and Great Egrets and many Great-tailed Grackles. Darkness had descended by the time we reached the tower. Where we met our guide Jorge for an orientation meeting before dinner and an early night.

SUNDAY 24TH NOVEMBER – *Blue sky and scattered cloud, 28C*

We awoke to the deafening din of a troop of **Mantled Howler Monkeys** right outside the tower this morning at 0542! Thankfully this was when we had set our alarm anyway, to be up on the observation deck for sunrise around 6am. Soon we were enjoying our first sights and sounds of the rainforest – **Keel-billed Toucans** and **Mealy Parrots** could be spotted in the tops of the emergent tall trees, with Panama City's skyline peeking through the low clouds and the Panama Canal beyond. As the light levels increased, small birds began to appear – **Plain-coloured, Palm, Golden-hooded, Summer, Scarlet and White-shouldered Tanagers**, **Bay-breasted and Chestnut-sided Warblers**, **Blue Dacnis**, **Green Honeycreeper**, **Brown-capped Tyrannulet** and the superb **Green Shrike-vireo** which gave some really excellent views. A pair of **Black-breasted Puffbirds** were close by, and we also had great views of both **Yellow-rumped and Scarlet-rumped Cacique**, **Gartered Trogon**, **Collared Aracari**, **Violet-bellied Hummingbird**, **Cocoa and Olivaceous Woodcreepers**, **Red-eyed Vireo** and **Lesser Swallow-tailed Swift**. A **Blue Cotinga**, another canopy speciality we were hoping to see from the tower, posed distantly in the top of a bare tree but not quite long enough for everyone to connect. We had seen an awful lot before breakfast!



Panamanian Night-monkeys, Semaphore Hill Road

Our morning excursion would be down Semaphore Hill road, birding our way towards the bottom and then catching a lift back up for lunch. The bird was excellent here today, and started right around the bottom of the tower with **White-necked Jacobin** **Blue-chested Hummingbird**, **Long-billed Hermit** and **White-vented Plumeleteer** at the feeders. A pair of **Black-crowned Antshrike** were foraging among vines by the gate, where we also picked up an unobtrusive **Ruddy-tailed Flycatcher**, **Yellow-green Vireo** and a superb **Cinnamon Woodpecker** which appeared right beside the road. The troop of **Mantled Howler Monkey**'s which had been so vocal earlier were now moving low through the trees here too, and we also saw **White-faced Capuchin Monkey** and **Geoffrey's Tamarin** - it was a good morning for mammals!



Black and White Owl roosting on Semaphore Hill Road

We walked slowly down, watching for movement and listening for calls, and notching up species such as **Dot-winged** and **Checker-throated Antwrens**, **Long-billed Gnatwren**, **Bay-headed Tanager**, **Blue-crowned Manakin**, **Cocoa Woodcreeper** and **Eastern Wood Pewee**. A pair of **Crimson-crested Woodpeckers** were working on a dead trunk high above the road, and we were able to watch them for some time in the scope. Jorge played some mixed flock alarm calls and many of the small birds we had been struggling to get clear views of suddenly appeared right in front of us. This included a stunning male **Red-capped Manakin**, which was one of the birds of the morning. A drinks break produced a pair of **Broad-billed Motmots** at point blank range beside the road, perhaps prospecting the earth embankment for a nesting place. While we watched them, a male **White-tailed Trogon** sallied into view – what a beauty! We saw two different **Three-toed Sloths**, including

one hanging right above the road, and saw both **Central American Agouti** and **White-nosed Coati** too. A great morning for mammals was made better by a day roosting pair of **Panamanian Night-monkeys**, peering out of a tree hole at us – an amazing view of this elusive nocturnal mammal. Back on the road, we found two **Spotted Antbirds**, **Fulvous-vented Euphonia** and then a stunning pair of **Black-tailed Trogons**, the most difficult of the available trogons in this part of Panama. An adult **King Vulture** overhead was a perfect end to a very successful morning, before we returned to the tower for lunch. Even this wasn't without its highlights though, as a mother and baby **Three-toed Sloth** were right outside the window as we ate!



Black-capped Pygmy-tyrant – the World's second smallest bird

In the afternoon we mixed up our plan somewhat, as another group had been to Pipeline in the morning with Alexis and reported finding a roosting **Mottled Owl**, and also lots of activity around an Army Ant swarm. We decided to take a chance on an afternoon trip there, to see if we could connect with some of the key species which follow these swarms through the forest. The 20 minute drive took us through Gamboa village over the Chagres, and we saw Southern Rough-winged Swallows and Ruddy Ground-dove along the way. Reaching the start of the Camino de Oleoducto (the famous Pipeline Road) we disembarked at the spot where the owl had been seen. We didn't know exactly where it was so had to search, focusing low down in the tangled vines and branches of the forest understorey. We were just about to give up when Jorge spotted the bird, actually sitting right out in the open! There were in fact two sitting close together – an adult and youngster. **Slaty-tailed Trogon** was also added on this first section before we drove a little bit further down the track. A **Black-capped Pygmy-tyrant** was calling – the second smallest bird in the world – and we soon located the bird not actually that high above the track. Often this species is way up in the canopy, so imagine our surprise when one appeared at eye level right next to us! We soon realised it was building a nest, and so we moved back and waited for it to return. It duly did, and we got some amazing views and good photos of this diminutive canopy-dweller.

Further down the trail we began to get the impression that we were close to the Army Ants – we could hear **Bicoloured Antbird** calling, and it soon appeared close to the trail. **Grey-headed Tanager** and **Plain-brown Woodcreeper** were also hanging around, suggesting that something could be

going on. We then had excellent views of a **Chestnut-backed Antbird**, which remained in the vicinity calling for some time. **Plain Xenops** and **Black-cheeked Woodpecker** were in the canopy and then a **Great Tinamou** walked onto the trail – always a treat to see one of these elusive birds. High above us **Red-lored Parrots** were feeding quietly with a couple of **Yellow-throated Toucans**, and **Purple-throated Fruit-crow** appeared briefly being as usual heard before it was seen. Dusk was already approaching, as we walked on a little further, hearing the call of **Ocellated Antbird** some way off the trail, a bird we were really hoping to connect with. Jorge set us up in a good spot and we played the call, but despite the birds responding and now calling really close to the trail, we couldn't glimpse them. A tense few minutes followed, until one was eventually spotted sitting stock still on an open branch back inside the dark understorey. Everyone got a scope view of this magnificent forest floor-dweller, before it dropped down into a small stream gully. Amazingly it was joined here by a second bird and they began bathing in the stream, just visible in the now half-light beneath overhanging palms. Two **Chestnut-backed Antbirds** and then males of both **Blue-crowned** and **Red-capped Manakins** joined them, obviously having a pre-roost wash and brush up. A superb selection to round off our first full day.



Hoffman's Two-toed Sloth mother and baby at Canopy Tower

MONDAY 25TH NOVEMBER – *Breezy and humid, 25C*

We enjoyed a short pre-breakfast session on the tower observation deck this morning, seeing many of the species encountered yesterday again such as **Blue-headed Parrot**, **Scaled Pigeon**, **Keel-billed**

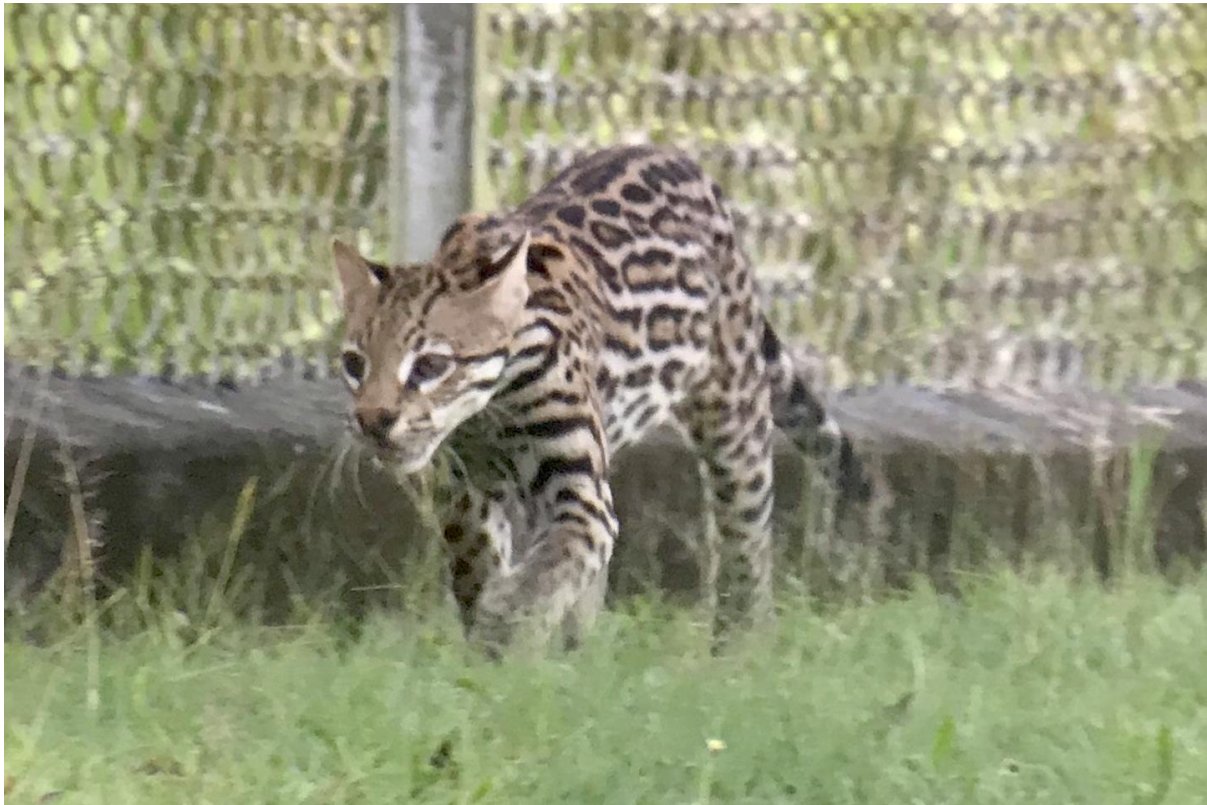
Toucan, Plain-coloured Tanager, Black-breasted Puffbird and Blue Dacnis. An Eastern Wood-pewee was also around and from the breakfast room, **Collared Aracari** and **Fulvous-vented Euphonia** gave really close views. Our excursion this morning would be to the Gamboa area, but new birds still kept coming as we assembled by the hummingbird feeders. A **Great Crested Flycatcher** was in the trees above, and some of the group saw **Stripe-throated Hermit**. We trundled down the hill in the Birdmobile and along the road to Gamboa, where we would start at the Canopy B&B feeding station. Jorge put some bananas out and we waited patiently, seeing **Grey-headed Chachalaca** and hordes of **Orange-chinned Parakeets** in the surrounding trees. Gradually birds began to come down to the tables – mainly Palm and **Blue-grey Tanagers**, but soon joined by **Golden-hooded Tanager**, **Red-crowned Woodpecker** and **Red-legged Honeycreeper**. A superb **Whooping Motmot** popped in, and we all caught up with **Stripe-throated Hermit** and **Violet-bellied Hummingbird** at the feeders. **Rufous-tailed Hummingbird** was new for us, and **Clay-coloured Thrush** was also added.



Golden-hooded Tanager at Gamboa

Moving on to the fringes of the Chagres River and the open woodland around the rainforest resort area, we began to add a variety of new species, particularly flycatchers. **Lesser Kiskadee**, **Social Flycatcher** and **Rusty-margined Flycatcher** were all seen side by side, while a pair of **Panama Flycatchers** foraged in the trees above. Both **Striated** and **Green Herons** were on the river, and we also picked out **Osprey**, **Anhinga** and **Little Blue Heron**. The bushes and trees were busy with birds and we had great views of **Common Tody-flycatcher**, **Summer Tanager**, **Golden-fronted Greenlet**, **Barred Antshrike** and **Buff-breasted Wren**. We walked on, and explored some of the more forested areas but we found the area to be amazingly quiet. A female **Golden-collared Manakin** was seen, but we couldn't locate the lekking males which we could hear buzzing and clicking from the undergrowth just a bit too far back from the road. **White-bellied Antbird** and **Rosy Thrush-Tanager** were two sought after species which we could hear, but unfortunately not see today. **Bat Falcon** and **Short-tailed Hawk** were seen overhead, and we added **Streaked Flycatcher**, **Yellow** and

Prothonotary Warblers and Hoffman's Two-toed Sloth in the trees, but activity levels were low. Back at the van we had a drinks break, picking up a fine adult Cocoli Heron, and then we returned to the river edge to look for more waterbirds. Spotted Sandpiper, Smooth-billed Ani, Wattled Jacana, American Purple Gallinule and Southern Lapwing were added here, before we headed back to the tower for lunch.



Margay patrolling the perimeter fence at Gamboa

We had around two hours to chill during the quiet part of the day, but many of us opted for at least some of this time up on the tower observation deck, where a welcome cool breeze was blowing. Swifts were very much on the menu, and we identified **Short-tailed Swift**, **Vaux's Swift** and **Lesser Swallow-tailed Swift**. A flock of **Wood Storks** went high overhead, and we also saw **Short-tailed Hawk** and a flyover **Hook-billed Kite**. A troop of the delightful **Geoffrey's Tamarin Monkeys** sealed a wonderful post-lunch session, before we headed out in the truck with Jorge again at 3pm. Another mammalian treat was in store just down Semaphore Hill road, as we stumbled on a young **Northern Tamandua Anteater** right beside the road. We were able to quietly disembark and watch the young animal foraging among the trunks and vines, trying to break open an ants nest. What a treat! We then continued on our way down to Gamboa, where we visited the excellent Ammo Dump Ponds. This area is always 'birdy', and it did not disappoint today. Straight away we were into mixed groups of **Variable**, **Yellow-bellied** and **Ruddy-breasted Seedeaters**, both **Great** and **Lesser Kiskadee**, and side by side views of the similar **Social** and **Rusty-margined Flycatchers**. The low vegetation was good for warblers and flycatchers, and we found **Northern Waterthrush** and **Common Yellowthroat**, a **Southern Beardless Tyrannulet**, and great close views of **Panama Flycatcher**. We checked the pond behind the fenced Canal authority compound, and saw **American Purple Gallinule** and in the trees on the far side, a fine male **Baltimore Oriole**. Then all hell broke loose as Nick shouted that he had a 'cat' coming towards us along the fence – it was only a **Margay**!! This stunning cat had got itself stuck inside the compound (the security guard told us they sometimes enter via a water pipe) and it couldn't work out how to get out. As it patrolled up and down, all manner of small birds from the local area began to go absolutely nuts. The fence above it was thronged with flycatchers, tanagers and mockingbirds. We added the dazzling **Crimson-backed Tanager**, **Rose-breasted Grosbeak** and **Greater Ani**, but it was the **Margay** that stole the show.

Eventually it found its way back into the trees and hopefully away to freedom. Stunned, we headed round to the second pool to end the day there. A **Ringed Kingfisher** perched in the open, and then we found **Yellow-tailed Oriole**, **Yellow-crowned Euphonia** and the localised **Yellow Tyrannulet**. **Rufescent Tiger-heron** and **Great Blue Heron** were both seen well, and an **Anhinga** was drying its wings at the far side. We really hoped to see the elusive **White-throated Crake** here, and we had excellent views of two with the help of playback. They popped right out in the open just in front of us and everyone was able to get a good brief view. Just as we were about to leave, we became aware of a lot of small birds mobbing something in the bushes – perhaps a snake or something. All manner of birds were arriving – we had good scope views of **Buff-breasted Wren**, **Yellow** and **Chestnut-sided Warblers**, **Crimson-backed Tanager**, **Blue Dacnis** and the **Greater Ani** again. Three new species also appeared briefly but were hard to get on – a **Philadelphia Vireo**, **Paltry Tyrannulet** and **Scrub Greenlet**. A **Plain (Isthmian) Wren** showed low down in the bushes and as dusk began to fall, groups of **Red-ored Parrots** began to head over to their roost on the far side of the canal. A sensational afternoon, and we returned to the Canopy Tower by nightfall with a very full notebook indeed.



Common Tody-flycatcher

TUESDAY 26TH NOVEMBER – *Overcast and humid, 25C*

This morning was our return visit to the famous Pipeline Road, where we hoped to find another ant swarm and get stuck into some of the difficult species associated with them. We skipped the pre-

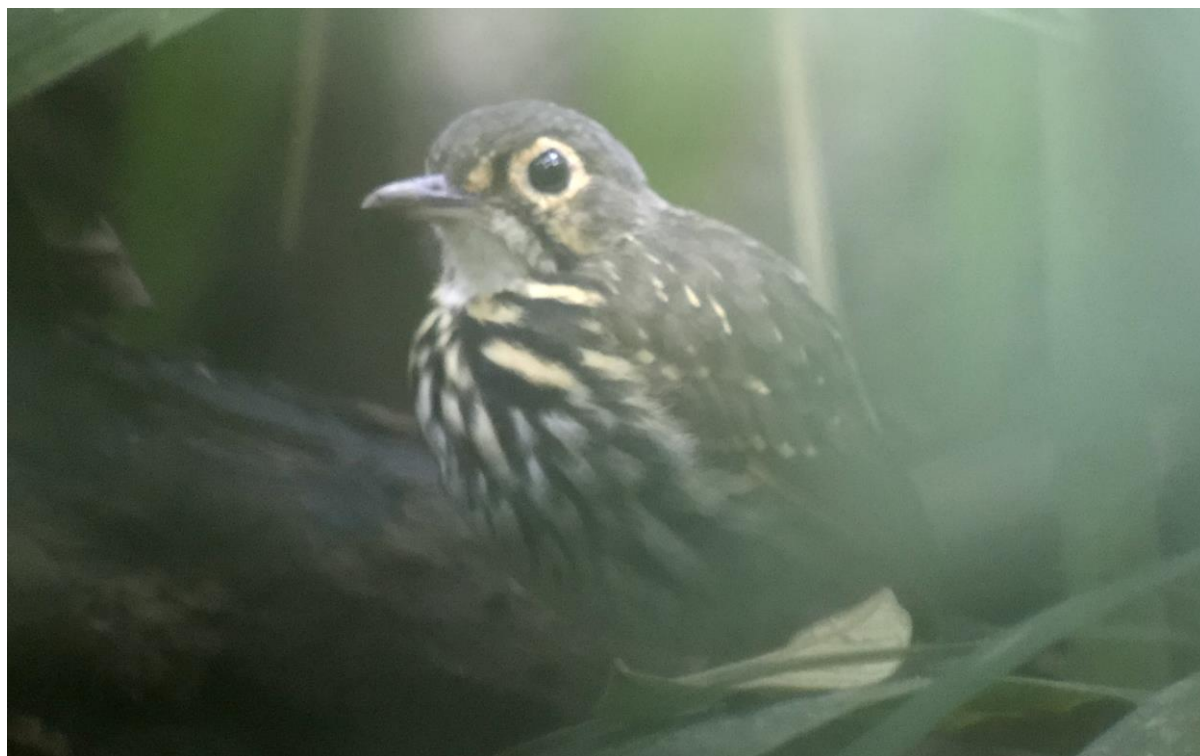
breakfast birding and had breakfast at 0545, ready to depart by 0630 in order to capitalise on the early morning activity. We soon arrived at the main gate to Pipeline, further down than we had explored two days previously. We took two 4x4 trucks, in order to negotiate this rough and muddy section of the trail. Right away we found Plain-brown Woodcreeper, Spotted Antbird and Broad-billed Motmot but had to walk a little while before our next highlight, which was a group of **Song Wrens** foraging on the forest floor. Two were busy building a nest, allowing us to put a scope on them and wait for them to return with material – many species seemed to be nesting early this year, as we were finding breeding activity in many spots. Further on, we picked up **Spot-crowned Antvireo**, Ochre-bellied and Ruddy-tailed Flycatchers and a superb pair of **White-whiskered Puffbirds**. These alerted us to some ant activity, and we duly saw Chestnut-backed Antbird in the same spot. Woodcreepers were numerous today, and are often a feature of this road – the best of these was the gorgeous **Black-striped Woodcreeper** which showed really well for us. Plain Xenops, Blue-crowned Manakin, **Purple-throated Fruitcrow**, Slaty-tailed Trogon and a nesting **Olivaceous Flatbill** were some of the other highlights noted. The trucks then caught us up, and we had drinks and snacks with a superb **Black-faced Ant-thrush** for company. Everyone got a really good view of this curious little bird walking on the forest floor with tail cocked, in a clockwork motion.



Ocellated Antbird on Pipeline Road

Driving deeper into the forest, we paused for a **White-necked Puffbird** above the trail, and then made an impromptu stop as we could see lots of activity by the side of the trail. Army ants were moving en masse, so we dived out of the vehicles and began to enjoy point blank views of Bicoloured, Spotted, Chestnut-backed and **Ocellated Antbirds**, the latter posing brilliantly for photos and giving even better views than two days ago. Northern Barred Woodcreeper is a typical denizen of ant

swarms, and we had good views of one, along with several Plain Brown and a single Cocoa. Grey-headed Tanager and Song Wren were also present again, and we watched a White-whiskered Puffbird tussling with an enormous cricket! The morning had simply flown by, but we still wanted to try for **Streak-chested Antpitta** and so we drove further down through the muddiest section of the trail to a good spot. Right away the bird was calling, and with Jorge's whistling imitation it soon came really close to the trail. He spotted in at the base of a palm, and scope views followed for everyone of this elusive inhabitant of the leaf litter. What a stunning little bird to finish a really exciting morning on what is surely one of the finest birding trails in the Neotropics.



Streak-chested Antpitta – typical views on Pipeline!

After lunch, we had a trip planned down to the Panama Canal at Miraflores Locks, to visit the museum and witness the impressive sight of large ships transiting the lock system. This actually produced several interesting bird sightings too, notably a migrating flock of **Swainson's Hawks** which were a tour first (they have normally all passed by now). Other species seen here included point blank views of Magnificent Frigatebird, Osprey, **Laughing Gull**, Brown Pelican, Great, Cattle and Snowy Egrets, Little Blue Heron, **Black-bellied Whistling Duck**, **White Ibis** and Southern Lapwing. **Capybara** and White-tailed Deer burgeoned our excellent mammal list further too.

Back at the tower, and we had an hour or so of the afternoon left to bird from the observation deck, where as well as more sightings of many of the usual suspects, we had superb views of a **Zone-tailed Hawk**. After dinner, we had arranged a night drive along Semaphore Hill Road, and this was pretty productive for both mammals and birds, though not the hoped-for owls. Crested Owl was heard calling, and we saw roosting Broad-winged Hawk and **Great Tinamou**. A superb **Great Potoo** was glaring red-eyed from the top of a broken stump, and was the avian highlight of the evening. Mammals were again well represented, with three separate sightings of **Central American Woolly Opossum**, a single **Common Opossum**, three different Hoffman's Two-toed Sloth and a fantastic **Northern Tamandua Anteater** clambering high above the road. Not a bad haul!

WEDNESDAY 27TH NOVEMBER – Hot and sunny with rain later, 32C

Our last morning at the tower today, so we opted for a 0730 breakfast to give us one more dawn session on the fabled observation deck. All the usuals were on display, plus a couple of new species

for us in the form of **Forest Elaenia** and **Tennessee Warbler**. After breakfast, we checked out of our rooms before heading out with Jorge one last time for a morning birding session, to Old Gamboa Road and Summit Ponds. This birdy area was really excellent today, but we did have to seek what shade was available as it was extremely hot and humid. Right by the parking area, we were straight into a mixed flock and here we had great views of **Black and White Warbler**, **Fasciated Antshrike** and many other warblers, tanagers and flycatchers. A female **White-winged Becard** and brief **Golden-winged Warbler** were more difficult to view, keeping hidden in the dense tangles of vines. Similarly in the dense undergrowth, **Blue-black Grosbeak**, **Dusky Antbird** and **Red-throated Ant-tanager** remained tricky customers. New species for us were coming thick and fast though and **Buff-throated Saltator** and **Black-bellied Wren** both appeared, while there were 'catch up views' on species we had seen previously such as **Scrub Greenlet** and **Buff-breasted Wren**. Walking along the road to the ponds, we had great views of roosting **Boat-billed Herons**, but otherwise the ponds were fairly quiet (the viewing is now quite overgrown) – we saw **Green Heron**, **Southern Rough-winged Swallow**, **Anhinga**, **American Crocodile** and **Squirrel Cuckoo**.

Continuing along the track through low scrubby forest, we found more quiet roving parties of birds, getting much better views of the superb **Fasciated Antshrike** and **Dusky Antbird**, but also the extremely elusive **White-bellied Antbird** which we had missed previously. While looking for this skulker, we picked up another terrestrial species – a migrant **Kentucky Warbler**. Two **Barred Antshrike** showed well, and both **Plain-brown** and **Cocoa Woodcreepers** were frequent. Jorge found two roosting **Spectacled Owls** at the end of the walk, which were a highlight of the morning, glaring down at us from a palm. We headed slowly back along the track, enjoying more close views of **Black-crowned Antshrike**, and a brief dazzling male **Golden-collared Manakin**. **Crimson-backed Tanagers** were also common in this low growth habitat, and a **Black-tailed Flycatcher** was another new addition to the list, flashing its lemon rump as it flitted off into the undergrowth. Back at the tower for lunch, and a bit of down time before we set off on the two hour transfer to Canopy Lodge – a **Short-tailed Hawk** perched close to the tower was a nice bonus post-lunch.



Flame-rumped Tanager – one of our first birds at the lodge

We arrived at Canopy Lodge around 4pm, and met with our new guide Danilo. Even as we were checking, new birds were awaiting us – the lodge feeders attracting **Rufous Motmot**, **Grey-cowled**

Wood-rail, Flame-rumped Tanager, Rufous-capped Warbler, Green Hermit and Snowy-bellied Hummingbird. After check in, we had a quick session by the feeders for more views of these species (and to sit out our first rain storm of the trip!) before taking a short walk up the road as far as the Canopy Adventure. Common species here were Acadian Flycatcher, Buff-throated Saltator and Black-chested Jay, but we also saw a superb Bay-headed Tanager, Thick-billed Euphonia and two skulking but marvellous Bay Wrens. Dusk was falling as we wandered back downhill to the lodge – another action-packed day!

THURSDAY 28TH NOVEMBER – Low cloud and rain, 20C

A lovely cool morning after yesterdays heat, though we did have to contend with our first proper rain of the trip – being at higher elevation here in El Valle, we had to expect low cloud and rain at any time. The gardens produced our first Dusky-faced Tanager and Orange-billed Sparrow over breakfast, before we met with Danilo for our morning excursion up to the area known as La Mesa. A quick stop by Chorr el Macho on the way up to look for Tody Motmot was partly successful – we heard the bird calling close by, but couldn't manage a sighting. This species tends to take 3 or 4 attempts on most trips, so we weren't too disheartened! A Louisiana Waterthrush on the river was seen by some, and we also had Green Kingfisher to add to the list. Continuing up to the chicken farming area, we parked at the start of the Las Minas trail. Yellow-bellied Elaenia, Mourning Warbler and Yellow-faced Grassquit were some nice list additions here, before we set off up the trail. The walk up passes through some lovely cloud forest hanging with mosses, vines and bromeliads, and is a great area for mixed species flocks. We had our first Silver-throated and Tawny-crested Tanagers, roving through the canopy with such delights as Tawny-capped Euphonia, Blackburnian Warbler and Dusky-capped Flycatcher in tow. Spotted Woodcreeper was a new one we were hoping for here, and we had some good views of one digging away at a mossy trunk. Keel-billed Toucans were quite common and we had close flight views, and Black-chested Jays were also to-ing and fro-ing over the valley below. We progressed slowly up the trail, as there was always something good to see – Golden-collared Manikins were lekking right beside the track and most people got a superb scope view. Rufous-capped Warbler was common, and there were briefer glimpses of other species too such as Russet Antshrike, Olive-striped Flycatcher and Paltry Tyrannulet. Danilo kept whistling the Orange-bellied Trogon, and eventually it responded, flying in and perching right next to the trail and giving point blank views – what a beauty!



Uniform Crake – great capture of a rare encounter by Colin Baker

As we were walking along, a couple of us then saw a dark bird with longish bill and long trailing legs flutter across the track in front of us. Danilo suggested antpitta, but those of us who had seen it felt it looked like a rail. Danilo didn't think there were any possibilities, and we were just about to move on when he heard a call from the undergrowth – it was a **Uniform Crake**!!! This species is virtually never seen, so we didn't hold out much hope. There were two calling however, and there was a handy track down through the vegetation where we could look in. Danilo put the call down at the side of this track and we waited patiently, hardly daring to breathe. Incredibly, the **Uniform Crake** went for it and dashed across the opening in front of us. We thought this was it, but then it re-emerged at the right side and crossed back again, this time pausing in full view in the open – WOW! This was not only a new species for our Panama tours but the first time Danilo had ever known it to respond to playback in daytime. A chance encounter and a real treat for us all.

We pressed on, reaching a more open area where we had a great view to the caldera of the extinct El Valle volcano. From this point we retraced our steps back down, finding **Black-striped Sparrow** and Isthmian Wren close to the track. A good variety of species then began appearing and we saw **Crowned Woodnymph**, **Silver-throated Tanager** and **Bananaquit**, plus more good views of many of the species seen earlier. A **Rufous Mourner** even paused in the open trail-side, and allowed everyone a scope view. Once we got back into the denser trees, a big mixed flock was roving with some really good views of some of the tanagers, including a brief **Red-crowned Ant-tanager**. A male **White-ruffed Manakin** popped into view, and we even had a party of Geoffrey's Tamarin monkeys moving close to us. Raincoats and umbrellas were out now though as the weather started to close in, and so after drinks and snacks back at the van, it was pretty much straight back down to the lodge. Danilo spotted a roosting Tropical Screech Owl by the roadside on the way down, but it was now torrential, so we decided to leave it until after lunch!



Tody Motmot – persistence pays off!

Thankfully, the **Tropical Screech Owl** did the decent thing and remained on the same perch when we returned around 2.30pm, and we were treated to excellent views, in the dry! We then headed to an area about 3km outside of El Valle on the road to Altos del Maria, to try for **Tody Motmot** and others. The motmot is Danilo's speciality, and he has perfected whistling its call so that the bird responds almost instantly – but doesn't always show itself! This time, however, we were lucky, and the **Tody Motmot** came in and perched in the open inside a tangled, shady area of banana plants. Everyone had a great scope view! Further up the road, we stopped in a more open area with gardens and cultivation, and this proved really productive for a whole range of species. Tanagers were everywhere – Blue-grey, Palm, Golden-hooded, Summer, Plain-coloured, Flame-rumped, Crimson-backed and **White-lined Tanagers** all appearing from the surrounding forest when Danilo whistled owl calls! Bananaquit, Red-legged Honeycreeper, Thick-billed Euphonia, Tennessee Warbler and Isthmian Wren all joined the party too, and at times we didn't know where to look. A **Lineated Woodpecker** was a lovely bonus, working high up on the main branches of a huge cecropia, and we found a tree with five Rose-breasted Grosbeaks in too! One of the species we were looking for here was **Black-headed Saltator**, and we succeeded with some really great views of this big, green backed saltator which can often be quite elusive. **Chestnut-headed Oropendola** was also heard giving its strange calls that sound like running water, and we saw one fly across the valley too (though one had been on the lodge feeders earlier). Finally, we found a **Grey-capped Flycatcher**, another species we were hoping to connect with this afternoon, though it was quite brief. On our way back, we tried another spot for Rosy Thrush-tanager but weren't lucky – a hunting Bat Falcon was some compensation though. Another busy day, with our heads spinning with the names of all the new birds we were seeing! It will be the crake that goes down as the highlight though, for rarity value at least.

FRIDAY 29TH NOVEMBER – *Low loud and mist, heavy rain later, 18C*

A full day in the field was in store as we headed up into the cloud forest today and Altos del Maria. Only 6km from El Valle, but up a steep and winding road negotiable only with 4x4, we departed in a convoy of pick-up trucks for the journey up. On the way, an impromptu stop where we had ended the day birding yesterday for a flock of gorgeous **Brown-hooded Parrots**, also yielded much better views of the **Grey-capped Flycatcher** too. Further up, the road began to wind through humid forest hanging with damp mosses and festooned with vines and bromeliads. We stopped by the roadside at a traditional spot for **Dull-mantled Antbird**, and were soon enjoying superb close views of this, our last antbird of the trip. **Chestnut-capped Brush-finch** was seen looking down into the shady gulley below, and **Wedge-billed Woodcreeper** showed really close above our heads. Just as we were about to move on, a mixed flock came through and all hell broke loose – first of all the dazzling **Black-and-Yellow Tanager** appeared, and then a string of new birds including **Plain Antvireo**, **Slaty Antwren** and **Scale-crested Pygmy-tyrant**. There were much improved views of **Russet Antshrike**, and a showy **Spotted Woodcreeper** too, as well as various **Silver-throated Tanagers**, **Tawny-capped Euphonia** and many others. To cap it off, two **Northern Emerald Toucanets** appeared and gave some excellent views – often a shy and elusive species so good to get so early in the day.

Soon we reached the main gates of the estate – a gated community of expensive plots for millionaires wanting a weekend home in the cool of the mountains – and stopped to look for the Snowcap. The site where we normally see it was quite overgrown, and we weren't able to find it there. Instead we found **Red-faced Spinetail** roving with various tanagers and flycatchers, and enjoyed excellent views of our first **Grey-breasted Wood-wren**. We went on foot for a while from here, and soon got in amongst another good mixed flock which produced **Tufted Flycatcher**, **Ochraceous Wren**, **Spotted Barbtail** and an excellent close view of **Northern Schiffornis**. Golden-winged and **Canada Warblers** were now frequent in these flocks, and a couple of the group were also very lucky to get a quick view of the **Brown-billed Scythebill**, another new species for our Panama tours. Reaching a spot for morning snack, we were just about to break into the sandwiches when Tino called us over – he's spotted two **Black Guans** slinking through the canopy. We all had good views of this shy bird, before they disappeared into the forest. **Pale-vented Thrush** was also seen, and then during our coffee

break, a superb male **Snowcap** made several visits to some flowers way up in a big tree above the road. We managed to train all the scopes on the flower, so folk could wait by the scope and look in for the two seconds it would appear out of every five minutes! Walking on, we had a good perched view of **Green-crowned Brilliant** and then a Green Hermit – a species we had seen several times in flight – also sat in the open for us. Danilo tried hard for us on both Yellow-eared Toucanet and in particular, Black-crowned Antpitta, whistling the calls in numerous spots but to no avail. This took quite a bit of time, and so soon we found ourselves down by the ornamental lake having lunch. Snowy Egret, Green Heron and Broad-winged Hawk accompanied us here.



Orange-bellied Trogon – a male at Altos del Maria

After lunch we took the trail beyond the lake into the forest, a simply beautiful area with some fantastic old trees, and all the typical features of a tropical forest. It was hard going though, and birds were very thin on the ground. We saw a beautiful **Sulphur-rumped Flycatcher**, and had excellent views of **Orange-bellied Trogon**, but otherwise it was quiet. We reached the furthest point of the walk and began heading back, when the antpitta which Danilo had been whistling the whole time suddenly responded! We tried really hard to see this ultimate skulker, but it didn't call again and we didn't even see a glimpse of it. On the walk back, a nice mixed flock held **Spotted Woodcreeper**, **Tufted Flycatcher**, **Canada Warbler**, **Common Chlorospingus** and many **Tawny-crested Tanagers**, adding a bit of variety to the walk. Half of us lagged behind a little to watch the tail end of this flock, and we turned to see the rest of the group beckoning wildly to us! Scuttling along to join them, they were babbling words like 'amazing woodpecker' and 'crimson'! It was a **Crimson-bellied Woodpecker**, an extremely rare species which we had never recorded on tour before, but sadly it flew and perched only briefly in view before disappearing into the depths of the forest. From here we rejoined the trucks, and moved on.

The tail end of the afternoon was spent mainly trying further spots for the antpitta, but with no joy. We saw **Northern Emerald Toucanet** again, plus **Blue-headed Parrot**, **Crimson-crested**

Woodpecker, **White-ruffed Manakin**, Paltry Tyrannulet and Bicoloured Antbird which was around a swarm of Army Ants. Another superb male Orange-bellied Trogon was seen too – we had enjoyed a very good trip for this species which can sometimes be hard to find. Making our way back downhill towards El Valle, we made one more stop to look for Rosy Thrush-tanager but the heavens absolutely opened and effectively ended our day.

SATURDAY 30TH NOVEMBER – *Warm and overcast day, 28C*

A total change of scenery today as we headed down to the Pacific coastal lowlands where we would spend the day birding in scrubby and agricultural habitats. At the edge of El Valle, we stopped at a spot to try for **Rosy Thrush-tanager**, a species we had missed so far and were keen to see. We could hear one calling as soon as we got out of the van, and so found a good open spot where we could look into the trees and bushes by the roadside. The Thrush-tanager soon performed for us, and we had amazing views of this often extremely skulky and difficult bird – in fact it was the first time we had connected with it on tour for a few years. A **Little Tinamou** also ran across the road here – a brilliant start to the day! Leaving El Valle, we then took the high road out of town and stopped on the mountain top looking down to the Pacific. We tried here for Crested Bobwhite, a bird Danilo would be whistling all day, but we didn't see it despite it calling very close to us. So we continued on, dropping down and feeling the temperature rising as we went. We had a couple of roadside stops along this route, the first of which overlooked some cultivated areas with scattered bushes. Yellow-bellied Elaenia, Blue-black Grassquit, Yellow Warbler, Snowy-bellied Hummingbird and Panama Flycatcher were here, while a little further on we also found the **Rufous-browed Peppershrike** which gave good views. Once we were almost down to the main Pan-American Highway, we had one more stop for **Lance-tailed Mankin**, which about half the group saw in the scope before it disappeared. A real bonus here though, was a fantastic **Ferruginous Pygmy-owl** which was nesting in a woodpecker hole in a telegraph pole by the side of the road. We could hear it calling, but couldn't work out where the sound was coming from – until we looked up and saw its head poking out!



Ferruginous Pygmy-owl – a surprise encounter!

Next we reached the town of Anton, and from here took a coastal track down towards the sea which passed through small copses of woodland and cultivation. New birds were frequent here, and we soon saw **Streaked Saltator**, **Eastern Meadowlark**, **Red-breasted Blackbird** and a lovely hunting **White-tailed Kite**. **Groove-billed Ani** had now replaced the similar **Smooth-billed**, and **Fork-tailed Flycatcher** was a lovely trip first for us on the overhead wires. One of the key targets for today would be the endemic **Verguan Mango**, and we soon found it visiting flowering trees along the track and had superb views of it both perched and feeding at the flowers. **Sapphire-throated Hummingbird** was also here, and yet another new species for us. Further down the track we reached more mature trees, and here we all had an excellent scope view of a fine male **Lance-tailed Mankin**. **Streaked Flycatcher** was also seen, and then a pair of **Straight-billed Woodcreepers**, a real speciality of this dry forest habitat. Now we turned the van round, and headed back out to the main highway, then along the coast to Santa Clara to our delightful lunch spot at the Canopy Family beach house by the Pacific Ocean. Over an excellent lunch, we saw **Willet**, **Hudsonian Whimbrel**, **Blue-footed Booby**, **Franklin's Gull**, **Peregrine** and **Yellow-crowned Night-heron**, while some folk opted for a cooling swim in the sea too.



Pale-breasted Spinetail – great views at Juan Hombron

After a break, we headed back out to the highway and retraced our route a little back to Juan Hombron, where we would spend the rest of the afternoon exploring the ricefields area. A superb **Savannah Hawk** by the roadside was a good start to the afternoon! Along this track **Lesser Yellow-headed Vulture** was common and we had some splendid views of them. **Brown-throated Parakeet**, **Green Heron**, **Grey Kingbird** and a roosting **Barn Owl** were among some of the other highlights as the day pulled to a close. We reached the end of the track and had one last try for **Pale-breasted**

Spinetail in a marshy area, and this time had superb views of one working along the fenceline right in front of us. A flock of **Orchard Orioles** in the flowering trees above were also really great to see, a couple of **Black-bellied Whistling Duck** flew by and **Greater Ani** was seen. The day had one final twist in store for us, as Danilo spotted our other main target for the day, perched in a tree just as we were leaving – the range restricted **Aplomado Falcon**! What a superb view of this rare bird to round off a truly great day! From here we had around 75 minutes drive back to the lodge, so this had been our longest day of the trip so far.

SUNDAY 1ST DECEMBER – *Sunny spells, 25C*

Our last morning actually turned out to be a pretty good one, with lots of new species added to the tour list! We had breakfast at 0630 and checked out of our rooms at the lodge, meeting with Danilo for a two hour session back up at La Mesa – other birders had seen the antpitta and also ground-cuckoo in the previous days since our last visit so we wanted to try again. Despite Danilo's best efforts, there was no sign of either of these species, and in fact the Las Minas trail was quiet. A male Golden-collared Manakin and good views of Bronze-tailed Plumeleteer being about the best of it. We drove further on to another smaller trail, which entered some dense low forest and here we were more successful, finding an active mixed feeding flock. **Tawny-faced Gnatwren** showed well in the understorey, and there were also Chestnut-backed Antbird, Spotted Woodcreeper, Plain Antvireo and Slaty Antwren to be seen. A male **White-flanked Antwren** appeared very close to us, and the Brown-billed Scythebill called but remained unseen. On our way back down to the lodge, we found a group of birds feeding in a fruiting tree beside the road – mainly Bay-headed Tanagers, but also with three superb **Spot-crowned Barbets** too. We then dropped two folk off at the Canopy Adventure to do the zip line, while the rest of us returned to the lodge for some downtime before lunch. There were still good birds to be seen here though, with **Louisiana Waterthrush** and **Violet-headed Hummingbird** now making it onto most peoples lists as a 'catch up', excellent views of Grey-cowled Wood-rail and Grey-headed Chachalaca, and last chances to see some of the other common species around the lodge grounds.

After an early lunch, we set off with Eliecer, who would be our guide for the forthcoming Canopy Camp tour, and made the two hour transfer back to Panama City. Here we built in our usual stop for shorebirds at Costa del Este, and the tide was favourable for seeing many thousands of birds. Brown Pelicans, Great Egrets and Laughing Gulls were perhaps most numerous, but there were Magnificent Frigatebirds everywhere in the sky, a couple of fly-by Ospreys, Peregrine and Wood Stork, and some nice herons – **Tricoloured Heron** and **Black-crowned Night Heron** were new, but Cocoli Heron also gave super views. Then there were the waders – many thousands of 'peeps', which were an identification challenge out on the mudflats. We concentrated on the close ones, and picked out definitive examples of **Semipalmated** and **Western Sandpipers**. **Short-billed Dowitcher**, **Black-necked Stilt**, **Semipalmated Plover**, Grey Plover and **Wilson's Plover** were all new for us, while Spotted Sandpiper, Hudsonian Whimbrel and Willet were all seen at close range too. We managed to pick out one or two Franklin's Gulls among the Laughing Gulls, to round things off. From here it was a short hop to the Riande Hotel, where our luggage had arrived separately. Five of us were staying there tonight with Eliecer, and meeting three new clients who were joining us for the camp tour. For everyone else, it was off to the airport for the flight home, which arrived back in Amsterdam for onward connections the next day.

SYSTEMATIC LIST

1. Great Tinamou *Tinamus major*
2. Little Tinamou *Crypturellus soui* – one crossed the road at Rosy Thrush-tanager site
3. Black-bellied Whistling Duck *Dendrocygna autumnalis*
4. Grey-headed Chachalaca *Ortalis cinereiceps*
5. Black Guan *Chamaepetes unicolor*
6. Crested Bobwhite *Colinus cristatus* – heard only
7. Pale-vented Pigeon *Patagioenas cayennensis*

8. Scaled Pigeon *Patagioenas speciosa*
9. Ruddy Ground-dove *Columbina talpacoti*
10. White-tipped Dove *Leptotila verreauxi*
11. Grey-chested Dove *Leptotila cassinii* – under Canopy Lodge feeders
12. Squirrel Cuckoo *Piaya cayana*
13. Greater Ani *Crotophaga major* – at Margay site and Juan Hombron
14. Groove-billed Ani *Crotophaga sulcirostris* – Pacific Coast only
15. Smooth-billed Ani *Crotophaga ani* – Tower area
16. Great Potoo *Nyctibius grandis* – roosting on Pipeline Road
17. Vaux's Swift *Chaetura vauxi*
18. Short-tailed Swift *Chaetura brachyura*
19. Band-rumped Swift *Chaetura spinicaudus*
20. Lesser Swallow-tailed Swift *Panyptila cayennensis* – frequent over the tower
21. White-necked Jacobin *Florisuga mellivora*
22. Green Hermit *Phaethornis guy*
23. Long-billed Hermit *Phaethornis longirostris* – feeders at Tower
24. Stripe-throated Hermit *Phaethornis striigularis* – the small hermit common in forest
25. Veraguan Mango *Anthracothonax veraguensis* - endemic, Pacific Coast
26. Green-crowned Brilliant *Heliodoxa jacula* – Altos del Maria only, perched
27. Garden Emerald *Chlorostilbon assimilis* – Juan Hombron
28. Violet-headed Hummingbird *Klais guimeti*
29. Snowcap *Microchera albocoronata* – Altos del Maria only
30. White-vented Plumeleteer *Chalybura buffonii* – Tower feeders
31. Bronze-tailed Plumeleteer *Chalybura urochrysis* – Las Minas trail, La Mesa
32. Blue-chested Hummingbird *Amazilia amabilis* – common at Tower
33. Crowned Woodnymph *Thalurania colombica*
34. Snowy-bellied Hummingbird *Amazilia edward* - common at Lodge
35. Rufous-tailed Hummingbird *Amazilia tzacati* - common throughout
36. Sapphire-throated Hummingbird *Lepidopyga coeruleogularis* – with Vereguan Mango
37. Violet-bellied Hummingbird *Juliamyia julie*
38. White-throated Crake *Laterallus albigularis*
39. Uniform Crake *Amaurolimnas concolor* – Las Minas
40. Sora *Porzana carolina*
41. Grey-cowled Wood-Rail *Aramides cajaneus*
42. American Purple Gallinule *Porphyrio martinicus*
43. Common Moorhen [Common Gallinule] *Gallinula galeata*
44. Black-necked Stilt *Himantopus mexicanus*
45. Southern Lapwing *Vanellus chilensis*
46. Grey Plover *Pluvialis squatarola* – Costa del Este only
47. Semipalmated Plover *Charadrius semipalmatus* – Juan Hombron
48. Wilson's Plover *Charadrius wilsonia*
49. Wattled Jacana *Jacana jacana*
50. Hudsonian Whimbrel *Numenius hudsonius*
51. Sanderling *Calidris alba* – Santa Clara 2nd Dec
52. Semipalmated Sandpiper *Calidris pusilla* -Juan Hombron
53. Western Sandpiper *Calidris mauri* – one at Juan Hombron 2nd Dec
54. Short-billed Dowitcher *Limnodromus griseus* – Costa del Este only
55. Spotted Sandpiper *Actitis macularia*
56. Solitary Sandpiper *Tringa solitaria*
57. Willet *Tringa semipalmata*
58. Laughing Gull *Leucophaeus atricilla* - Costa del Este only
59. Franklin's Gull *Leucophaeus pipixcan* – Costa del Este only
60. Royal Tern *Thalasseus maximus*
61. Sandwich Tern *Thalasseus sandvicensis*
62. Wood Stork *Mycteria americana*
63. Magnificent Frigatebird *Fregata magnificens*

64. Blue-footed Booby *Sula nebouxii*
65. Neotropical Cormorant *Phalacrocorax brasilianus*
66. Anhinga *Anhinga anhinga* – one at Summit Ponds
67. Brown Pelican *Pelecanus occidentalis*
68. Rufescent Tiger-Heron *Tigrisoma lineatum*
69. Great Blue Heron *Ardea herodias*
70. Cocoi Heron *Ardea cocoi*
71. Great White Egret *Ardea alba*
72. Snowy Egret *Egretta thula*
73. Little Blue Heron *Egretta caerulea*
74. Tricolored Heron *Egretta tricolor* – one at Costa del Este
75. Cattle Egret *Bubulcus ibis*
76. Green Heron *Butorides virescens*
77. Striated Heron *Butorides striatus*
78. Black-crowned Night-heron *Nycticorax Nycticorax* -juv at Costa del Este
79. Yellow-crowned Night-heron *Nyctanassa violacea* - beach at Santa Clara
80. Boat-billed Heron *Cochlearius cochlearius* – at Summit Ponds
81. White Ibis *Eudocimus albus*
82. Black Vulture *Coragyps atratus*
83. Turkey Vulture *Cathartes aura*
84. Lesser Yellow-headed Vulture *Cathartes burrovianus*
85. King Vulture *Sarcorampus papa*
86. Osprey *Pandion haliaetus*
87. Hook-billed Kite *Chondrohierax uncinatus* – one photographed over the tower
88. White-tailed Kite *Elanus leucurus*
89. Double-toothed Kite *Harpagus bidentatus* – one circling over Semaphore Hill Road
90. Savannah Hawk *Buteogallus meridionalis*
91. Roadside Hawk *Buteo magnirostris*
92. Broad-winged Hawk *Buteo platypterus*
93. Short-tailed Hawk *Buteo brachyurus*
94. Swainson's Hawk *Buteo swainsoni* – migrating flock at Miraflores
95. Zone-tailed Hawk *Buteo albicaudatus* – one over the tower
96. Black Hawk-eagle *Spizaetus tyrannus* – one circling by Centennary Bridge
97. Barn Owl *Tyto alba*
98. Tropical Screech Owl *Megascops choliba* – one roosting near Canopy Lodge
99. Spectacled Owl *Pulsatrix perspicillata*
100. Ferruginous Pygmy-owl *Glaucidium brasiliandum*
101. Mottled Owl *Ciccaba virgata* – Pipeline
102. Black and White Owl *Ciccaba nigrolineata* – roosting on Semaphore Hill Road
103. Slaty-tailed Trogon *Trogon massena*
104. Black-tailed Trogon *Trogon melanurus*
105. White-tailed Trogon *Trogon chionurus*
106. Gartered Trogon *Trogon caligatus*
107. Orange-bellied Trogon *Trogon aurantiiventris*
108. Tody Motmot *Hylomanes momotula*
109. Whooping Motmot *Momotus subrufescens*
110. Rufous Motmot *Baryphthengus martii*
111. Broad-billed Motmot *Electron platyrhynchum*
112. Ringed Kingfisher *Megaceryle torquata*
113. Amazon Kingfisher *Chloroceryle amazona*
114. Green Kingfisher *Chloroceryle americana*
115. Black-breasted Puffbird *Notharchus pectoralis*
116. White-necked Puffbird *Notharchus hyperhynchus*
117. White-whiskered Puffbird *Malacoptila panamensis*
118. Spot-crowned Barbet *Capito maculicoronatus*
119. Northern Emerald Toucanet *Aulacorhynchus prasinus*

120. Collared Aracari *Pteroglossus torquatus*
121. Keel-billed Toucan *Ramphastos sulfuratus*
122. Yellow-throated Toucan *Ramphastos ambiguous*
123. Black-cheeked Woodpecker *Melanerpes pucherani*
124. Red-crowned Woodpecker *Melanerpes rubricapillus*
125. Cinammon Woodpecker *Celeus loricatus*
126. Lineated Woodpecker *Dryocopus lineatus*
127. Crimson-bellied Woodpecker *Campephilus haematogaster* – one at Altos del Maria
128. Crimson-crested Woodpecker *Campephilus melanoleucos*
129. Slaty-backed Forest-falcon *Micrastur mirandollei* -heard only
130. Crested Caracara *Caracara cheriway*
131. Yellow-headed Caracara *Milvago chimachima*
132. American Kestrel *Falco sparverius*
133. Aplomado Falcon *Falco femoralis* – Anton, Pacific Coast
134. Bat Falcon *Falco ruficularis*
135. Peregrine *Falco peregrines*
136. Brown-throated Parakeet *Eupsittula pertinax*
137. Orange-chinned Parakeet *Brotogeris jugularis*
138. Brown-hooded Parrot *Pyrilia haematotis*
139. Blue-headed Parrot *Pionus menstruus*
140. Red-lored Amazon *Amazona autumnalis*
141. Mealy Parrot *Amazona farinosa*
142. Fasciated Antshrike *Cymbilaimus lineatus*
143. Barred Antshrike *Thamnophilus doliatus*
144. Black-crowned Antshrike *Thamnophilus atrinucha*
145. Russet Antshrike *Thamnistes anabatinus*
146. Plain Antvireo *Dysithamnus mentalis*
147. Spot-crowned Antvireo *Dysithamnus puncticeps*
148. White-flanked Antwren *Myrmotherula axillaris* – La Mesa on final day
149. Slaty Antwren *Myrmotherula schisticolor* – Altos del Maria
150. Checker-throated Antwren *Epinecrophylia fulviventr*
151. Dot-winged Antwren *Microrhoplas quixensis*
152. Dusky Antbird *Cercomacra tyrannina*
153. White-bellied Antbird *Myrmeciza longipes* – Old Gamboa Road
154. Chestnut-backed Antbird *Myrmeciza exsul*
155. Dull-mantled Antbird *Myrmeciza laeosticta*
156. Spotted Antbird *Hylophylax naevioides*
157. Bicoloured Antbird *Gymnophis leucaspis*
158. Ocellated Antbird *Phaenostictus mcleannani*
159. Black-crowned Antpitta *Pittasoma michleri* – heard only
160. Streak-chested Antpitta *Hylopezus perspicillatus* - Piepline
161. Black-faced Antthrush *Formicarius analis* – Pipeline only
162. Olivaceous Woodcreeper *Sittasomus griseicapillus* – first morning at tower
163. Plain Brown Woodcreeper *Dendrocincla fuliginosa*
164. Northern Barred Woodcreeper *Dendrocolaptes sanctithomae* – Pipeline Road
165. Cocoa Woodcreeper *Xiphorhynchus susurrans*
166. Black-striped Woodcreeper *Xiphorhynchus lachrymosus* – Pipeline road
167. Spotted Woodcreeper *Dendroplex erythropygius*
168. Straight-billed Woodcreeper *Dendroplex picus*
169. Brown-billed Scythebill *Campylorhamphus pusillus* - seen only by two
170. Plain Xenops *Xenops minutus*
171. Spotted Barbtail *Premnoplex brunescens* - One sighting at Altos del Maria
172. Red-faced Spinetail *Craniolaeca erythrops* - Altos del Maria
173. Pale-breasted Spinetail *Synallaxis albescens* – Juan Hombron
174. Brown-capped Tyrannulet *Ornithion brunneicapillus* – common at tower
175. Southern Beardless Tyrannulet *Camptostoma obsoletum*

176. Yellow Tyrannulet *Capsiempis flaveola* – Ammo Ponds
177. Yellow-crowned Tyrannulet *Tyrannulus elatus*
178. Forest Elaenia *Myiopagis gaimardii* – Gamboa resort only
179. Yellow-bellied Elaenia *Elaenia flavogaster*
180. Olive-striped Flycatcher *Mionectes olivaceus*
181. Ochre-bellied Flycatcher *Mionectes oleagineus*
182. Paltry Tyrannulet *Zimmerius vilissimus*
183. Black-capped Pygmy-tyrant *Myiornis atricapillus* – nesting on Pipeline
184. Scale-crested Pygmy-tyrant *Lophotriccus pileatus*
185. Southern Bentbill *Oncostoma olivaceum* - heard only
186. Common Tody-Flycatcher *Todirostrum cinereum*
187. Olivaceous Flatbill *Rhynchocyclus olivaceus*
188. Ruddy-tailed Flycatcher *Terenotriccus erythrurus*
189. Sulphur-rumped Flycatcher *Myiobius sulphureipygius*
190. Black-tailed Flycatcher *Myiobius atricaudus*
191. Tufted Flycatcher *Mitrephanes phaeocercus*
192. Olive-sided Flycatcher *Contopus cooperi* – by Canopy Adventure
193. Eastern Wood-Pewee *Contopus virens*
194. Acadian Flycatcher *Empidonax virescens*
195. Bright-rumped Atilla *Atilla spadiceus*
196. Rufous Mourner *Rhytipterna holerythra* – Las Minas
197. Dusky-capped Flycatcher *Myiarchus tuberculifer*
198. Panama Flycatcher *Myiarchus panamensis*
199. Great Crested Flycatcher *Myiarchus crinitus*
200. Lesser Kiskadee *Pitangus lictor*
201. Great Kiskadee *Pitangus sulphuratus*
202. Boat-billed Flycatcher *Megarynchus pitangua*
203. Rusty-margined Flycatcher *Myiozetetes cayanensis*
204. Social Flycatcher *Myiozetetes similis*
205. Grey-capped Flycatcher *Myiozetetes granadensis*
206. Streaked Flycatcher *Myiodynastes maculatus*
207. Tropical Kingbird *Tyrannus melancholicus*
208. Grey Kingbird *Tyrannus dominicensis*
209. Fork-tailed Flycatcher *Tyrannus savana*
210. Northern Schiffornis *Schiffornis veraepacis* – one at Altos del Maria
211. Speckled Mourner *Laniocera rufescens* – heard only on Pipeline
212. White-winged Becard *Pachyrhamphus polychropterus* – brief sighting Old Gamboa
213. Purple-throated Fruitcrow *Querula purpurata*
214. Blue Cotinga *Cotinga nattereri*
215. Lance-tailed Manakin *Chiroxiphia lanceolata* – Anton coastal track
216. White-ruffed Manakin *Corapipo altera* – male seen Altos del Maria
217. Blue-crowned Manakin *Lepidothrix coronata* - females common around Tower
218. Golden-collared Manakin *Manacus vitellinus* – lek on Las Minas trail
219. Red-capped Manakin *Ceratopipra mentalis* - Semaphore Hill Road
220. Rufous-browed Peppershrike *Cyclarhis gujanensis*
221. Scrub Greenlet *Hylophilus flavipes*
222. Green Shrike-vireo *Vireolanius pulchellus*
223. Lesser Greenlet *Hylophilus decurtatus*
224. Golden-fronted Greenlet *Hylophilus aurantiifrons*
225. Yellow-throated Vireo *Vireo flavifrons*
226. Philadelphia Vireo *Vireo philadelphicus* – one in mobbing flock at Ammo ponds
227. Red-eyed Vireo *Vireo olivaceus* – two at the Tower
228. Yellow-green Vireo *Vireo flavoviridis*
229. Black-chested Jay *Cyanocorax affinis*
230. Grey-breasted Martin *Progne chalybea*
231. Mangrove Swallow *Tachycineta albilinea*

232. Southern Rough-winged Swallow *Stelgidopteryx ruficollis*
233. Barn Swallow *Hirundo rustica*
234. Scaly-breasted Wren *Microcerculus marginatus* -lodge grounds only
235. House Wren *Troglodytes aedon*
236. Ochraceous Wren *Troglodytes ochraceus*
237. Rufous-breasted Wren *Pheugopedius rutilus*
238. Black-bellied Wren *Pheugopedius fasciatoventris*
239. Isthmian Wren *Cantorchilus elutus*
240. Bay Wren *Cantorchilus nigricapillus*
241. Buff-breasted Wren *Cantorchilus leucotis*
242. Grey-breasted Wood-wren *Henicorhina leucophrys*
243. Song Wren *Cyphorhinus phaeocephalus* - Pipeline
244. Long-billed Gnatwren *Ramphocaenus melanurus*
245. Tawny-faced Gnatwren *Microbates cinereiventris* – last day only
246. Tropical Gnatcatcher *Polioptila plumbea*
247. Swainson's Thrush *Catharus ustulatus* – one at Las Minas
248. Pale-vented thrush *Turdus obsoletus* – Altos del Maria
249. Clay-coloured Robin *Turdus grayi*
250. Tropical Mockingbird *Mimus gilvus*
251. House Sparrow *Passer domesticus*
252. Yellow-crowned Euphonia *Euphonia luteicapilla*
253. Thick-billed Euphonia *Euphonia laniirostris*
254. Fulvous-vented Euphonia *Euphonia fulvicrissa*
255. Tawny-capped Euphonia *Euphonia anae*
256. Lesser Goldfinch *Spinus psaltria*
257. Rosy Thrush-tanager *Rhodinocichla rosea*
258. Orange-billed Sparrow *Arremon aurantirostris* – Lodge only
259. Chestnut-capped Brush-finch *Arremon brunneinucha*
260. Black-striped Sparrow *Arremonops conirostris*
261. Common Chlorospingus *Chlorospingus flavopectus*
262. Eastern Meadowlark *Sturnella magna*
263. Red-breasted Blackbird *Leistes militaris*
264. Chestnut-headed Oropendola *Psarocolius decumanus*
265. Scarlet-rumped Cacique *Cacicus uropygialis*
266. Yellow-rumped Cacique *Cacicus cela*
267. Orchard Oriole *Icterus spurius* – Juan Hombron
268. Yellow-tailed Oriole *Icterus mesomelus*
269. Baltimore Oriole *Icterus galbula*
270. Great-tailed Grackle *Quiscalus mexicanus*
271. Louisiana Waterthrush *Parkesia motacilla*
272. Northern Waterthrush *Parkesia noveboracensis*
273. Golden-winged Warbler *Vermivora chrysoptera*
274. Black and White Warbler *Mniotilta varia*
275. Prothonotary Warbler *Prothonotaria citrea*
276. Tennessee Warbler *Oreothlypis peregrina*
277. Mourning Warbler *Geothlypis philadelphia* – One in hedge at La Mesa
278. Kentucky Warbler *Geothlypis formosus* – one at Old Gamboa road
279. Common Yellowthroat *Geothlypis trichas* – one at Ammo Ponds
280. Bay-breasted Warbler *Stetophaga castanea*
281. Blackburnian Warbler *Stetophaga fusca*
282. Yellow Warbler *Stetophaga petechia*
283. Chestnut-sided Warbler *Stetophaga pensylvanica*
284. Buff-rumped Warbler *Myiothlypis fulvicauda*
285. Rufous-capped Warbler *Basileuterus rufifrons*
286. Canada Warbler *Cardelina canadensis*
287. Dusky-faced Tanager *Mitrospingus cassinii*

- 288. Hepatic Tanager *Piranga flava*
- 289. Summer Tanager *Piranga rubra*
- 290. Scarlet Tanager *Piranga olivacea*
- 291. Red-crowned Ant-Tanager *Habia rubica*
- 292. Red-throated Ant-Tanager *Habia fuscicauda*
- 293. Rose-breasted Grosbeak *Pheucticus ludovicianus*
- 294. Blue-black Grosbeak *Cyanocompsa cyanooides* – brief sighting at Old Gamboa road
- 295. Blue-grey Tanager *Thraupis episcopus*
- 296. Palm Tanager *Thraupis palmarum*
- 297. Golden-hooded Tanager *Tangara larvata*
- 298. Plain-coloured Tanager *Tangara inornata*
- 299. Bay-headed Tanager *Tangara gyrola*
- 300. Silver-throated Tanager *Tangara icterocephala*
- 301. Green Honeycreeper *Chlorophanes spiza*
- 302. Black and Yellow Tanager *Chrysothlypsis chrysomelas* – Altos del Maria only
- 303. Grey-headed Tanager *Eucometis penicillata*
- 304. White-shouldered Tanager *Tachyphonus luctuosus*
- 305. Tawny-crested Tanager *Tachyphonus delatrii*
- 306. White-lined Tanager *Tachyphonus rufus*
- 307. Flame-rumped Tanager *Ramphocelus flammigerus*
- 308. Crimson-backed Tanager *Ramphocelus dimidiatus*
- 309. Red-legged Honeycreeper *Cyanerpes cyaneus*
- 310. Blue Dacnis *Dacnis cayana*
- 311. Scarlet-thighed Dacnis *Dacnis venusta*
- 312. Bananaquit *Coerebra falveola*
- 313. Blue-black Grassquit *Volatinia jacarina*
- 314. Yellow-faced Grassquit *Tiaris olivaceus*
- 315. Variable Seedeater *Sporophila americana*
- 316. Yellow-bellied Seedeater *Sporophila nigricollis*
- 317. Ruddy-breasted Seedeater *Sporophila minuta*
- 318. Black-headed Saltator *Saltator atriceps*
- 319. Streaked Saltator *Saltator striatipectus* – Anton only
- 320. Buff-throated Saltator *Saltator maximus*

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