

***Birds of the Isthmus of Panama  
Trip Report, April 25 – May 7, 2010***



***Participants:***

*Jose Carlos Garcia: Panamanian Guide*

*Hans Westerlaken: Tour Leader*

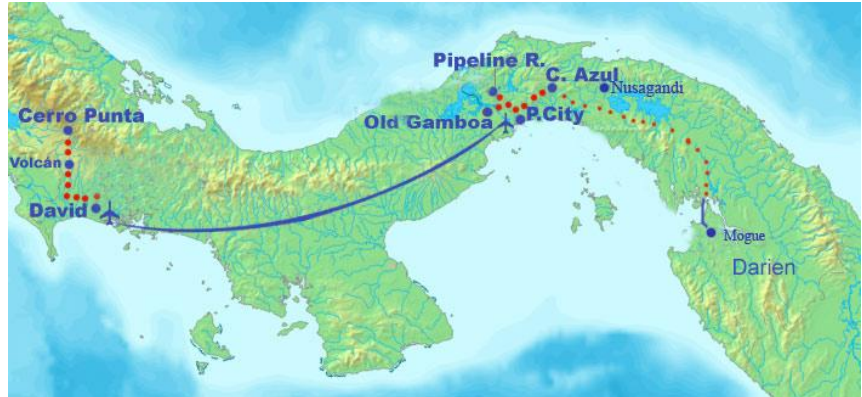
*Arie van der Linden*

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## *Places:*

### **CP = Central Panama**

Pipeline Road  
Discovery Center  
Ammo Dumps  
Old Gamboa Road  
Plantation Road  
Summit Ponds  
Metropolitan Nature Park  
Panama City Mudflats  
Culebra Island (Smithsonian Nature Center)



### **CH = Chiriquí Highlands (Western Panama)**

David Airport  
Cielito Sur  
Volcan Lakes  
Los Quetzales Trail  
La Amistad International Park  
Cerro Punta  
Cuesta de Piedra  
Bajo Frio

### **D = Darien Lowlands**

Filo del Tallo Reserve  
Mogue Village  
El Real  
Rancho Frio  
Cerro Pirre  
Darien National Park



**Endemic birds = \***

## *Trip list*

### Tinamous

1. Great Tinamou; *a tame bird was well seen at Plantation Road, and heard at several other locations*
2. Little Tinamou; *heard at many places*

### Ducks, Swans, and Geese

3. Black-bellied Whistling-Duck; *at least 20 were recorded at the Chagres River and the Ammo Dumps near Gamboa*

### **Guans and Chachalacas**

4. Gray-headed Chachalaca; *fairly common throughout the trip*

### **Boobies and Gannets**

5. Blue-footed Booby; *at least 5 were seen flying from Punta Culebra Island, Amador*

6. Brown Booby; *one seen flying from Punta Culebra Island, Amador*

### **Pelicans**

7. Brown Pelican; *at least 100 were recorded during the entire trip*

### **Cormorants**

8. Neotropic Cormorant; *fairly common at coastal areas and rivers*

### **Darters**

9. Anhinga; *well seen drying the wings at the Chagres River*

### **Frigatebirds**

10. Magnificent Frigatebird; *dozens were seen over the Panama Canal*

### **Hérons**

11. Rufescent Tiger-Heron; *great views at the Ammo Dumps near Gamboa*

12. Great Blue Heron

13. Great Egret

14. Snowy Egret

15. Little Blue Heron

16. Tricolored Heron

17. Cattle Egret

18. Green Heron

19. Striated Heron

20. Capped Heron; *well seen at the Summit Ponds*

21. Yellow-crowned Night-Heron

### **Ibises and Spoonbills**

22. White Ibis

### **Storks**

23. Wood Stork

### **Vultures**

24. Black Vulture

25. Turkey Vulture

26. King Vulture; *Hans spotted one soaring at Filo del Tallo reserve located in Darien*

### **Hawks, Eagles, and Kites**

27. Osprey

28. Gray-headed Kite; *seen briefly at Pipeline Road*

29. Swallow-tailed Kite; *several were recorded in Cerro Pirre (Darien)*

30. White-tailed Kite

31. Snail Kite

32. Double-toothed Kite; *3 were found; one was scoped and well seen at the Metropolitan Nature Park*

33. Mississippi Kite

34. Black-collared Hawk
35. Barred Hawk; *spotted from Cerro Pirre at the Darien National Park*
36. White Hawk; *superb views of one chasing Geoffroy's Tamarins at Cerro Pirre*
37. Common Black-Hawk
38. Great Black-Hawk; *spotted from Cerro Pirre at the Darien National Park*
39. Solitary Eagle; *huge and massive eagle seen from Cerro Pirre in Darien*
40. Roadside Hawk
41. Broad-winged Hawk
42. Short-tailed Hawk
43. Zone-tailed Hawk; *one seen at the Old Gamboa Road*
44. Harpy Eagle; *one of the highlights of the trip, adult female feeding a one year old chick!*
45. Ornate Hawk-Eagle; *seen at Rancho Frio, Darien*

### **Falcons and Caracaras**

46. Collared Forest-Falcon; *seen at Rancho Frio, Darien*
47. Red-throated Caracara; *found in Darien*
48. Crested Caracara
49. Yellow-headed Caracara; *regularly recorded throughout*
50. Laughing Falcon; *common in open areas in Darien*
51. Bat Falcon
52. Peregrine Falcon



### **Rails and Gallinules**

53. White-throated Crake
54. Gray-necked Wood-Rail
55. Purple Gallinule
56. Common Moorhen
57. American Coot

### **Sunbittern**

58. Sunbittern; *stunning views, nesting at Plantation Road*

### **Limpkin**

59. Limpkin; *two were seen on the Chagres River*



### **Plovers and Lapwings**

60. Southern Lapwing
61. Black-bellied Plover

### **Jacanas**

62. Wattled Jacana

### **Sandpipers and Allies**

63. Spotted Sandpiper
64. Solitary Sandpiper
65. Greater Yellowlegs
66. Willet
67. Lesser Yellowlegs
68. Whimbrel
69. Marbled Godwit
70. Ruddy Turnstone

71. Semipalmated Sandpiper
72. Western Sandpiper
73. Least Sandpiper
74. Short-billed Dowitcher

### **Gulls, Terns, and Allies**

75. Laughing Gull
76. Franklin's Gull
77. Gull-billed Tern; *Hans spotted one at the Panama Mudflats*
78. Royal Tern
79. Sandwich Tern
80. Black Skimmer; *at least 8 were seen at the Panama Mudflats*

### **Pigeons and Doves**

81. Rock Pigeon
82. Pale-vented Pigeon; *good numbers were seen at different locations*
83. Scaled Pigeon
84. Band-tailed Pigeon
85. Ruddy Pigeon
86. Short-billed Pigeon
87. Ruddy Ground-Dove
88. White-tipped Dove
89. Gray-chested Dove
90. Ruddy Quail-Dove; *Hans found this spectacular Quail-Dove near the Panama Discovery Center at Pipeline*

### **Parrots**

91. Sulphur-winged Parakeet\*; *a group of 8 flew over us, Baru Volcano National Park*
92. Brown-throated Parakeet
93. Great Green Macaw; *at least 10 were recorded at Pirre, close views at Rancho Frio*
94. Red-and-green Macaw; *recorded at Pirre*
95. Blue-and-yellow Macaw; *3 flew over, Pirre*
96. Barred Parakeet
97. Spectacled Parrotlet; *at least 5 were found in El Real town*
98. Orange-chinned Parakeet
99. Brown-hooded Parrot
100. Blue-headed Parrot
101. White-crowned Parrot; *scoped at the Hotel Dos Rios (Volcan – Chiriqui Highlands)*
102. Red-lored (Amazon) Parrot; *common and widespread in lowland forest*
103. Mealy (Amazon) Parrot
104. Yellow-crowned (Amazon) Parrot

### **Cuckoos**

105. Squirrel Cuckoo
106. Pheasant Cuckoo; *amazing bird found at Pipeline Road, the bird was few steps away doing a rare ritual on the ground.*
107. Rufous-vented Ground-Cuckoo; *video- taped and digiscoped for at least 5 minutes near the Discovery Center at Pipeline Road, great encounter!*
108. Greater Ani
109. Smooth-billed Ani
110. Groove-billed Ani

### **Typical Owls**

- 111. Tropical Screech-Owl; *easily seen at the Hotel Dos Rios (Chiriqui Highlands).*
- 112. Crested Owl; *Isaac, our local guide in Darien found one of them at Rancho Frio; the group had splendid views of this elusive owl.*
- 113. Spectacled Owl; *stake bird at the Old Gamboa Road*

### **Nightjars**

- 114. Common Nighthawk
- 115. Common Pauraque

### **Swifts**

- 116. White-collared Swift
- 117. Short-tailed Swift
- 118. Band-rumped Swift
- 119. Costa Rican Swift
- 120. Lesser Swallow-tailed Swift

### **Hummingbirds**

- 121. Rufous-breasted Hermit
- 122. Band-tailed Barbthroat
- 123. Green Hermit
- 124. Long-billed (Long-tailed) Hermit
- 125. Pale-bellied Hermit
- 126. Stripe-throated (Little) Hermit
- 127. Scaly-breasted Hummingbird
- 128. Violet Sabrewing; *common at the feeders of Cielito Sur, Chiriqui Highlands*
- 129. White-necked Jacobin; *the dominant hummer at the busy feeders of the Discovery Center*
- 130. Green Violetear
- 131. Black-throated Mango
- 132. Garden Emerald
- 133. Violet-crowned Woodnymph
- 134. Violet-bellied Hummingbird
- 135. Blue-chested Hummingbird
- 136. Charming Hummingbird\*
- 137. Snowy-bellied Hummingbird
- 138. Rufous-tailed Hummingbird; *common and widespread*
- 139. Stripe-tailed Hummingbird
- 140. White-vented Plumeleteer
- 141. White-throated Mountain-gem\*
- 142. Magnificent Hummingbird
- 143. Purple-crowned Fairy
- 144. Long-billed Starthroat; *seen at close range in Mogue, Darien Lowlands*
- 145. Magenta-throated Woodstar\*
- 146. Volcano Hummingbird\*
- 147. Scintillant Hummingbird\*

### **Trogons**

- 148. Slaty-tailed Trogon; *the common trogon of the Panama Canal Rainforest*
- 149. Black-tailed Trogon; *fairly common on eastern Panama*
- 150. White-tailed Trogon
- 151. Violaceous Trogon; *several were seen at different locations*
- 152. Black-throated Trogon; *close views, this trogon usually perches lower than the rest*
- 153. Collared Trogon; *well seen at the Friendship International Park (Chiriqui Highlands)*
- 154. Resplendent Quetzal; *5 males were seen at the Friendship International Park, and one spectacular male was seen at the Baru Volcano National Park*

### **Motmots**

- 155. Blue-crowned Motmot; *scoped at different locations*
- 156. Rufous Motmot; *found at Plantation Road*
- 157. Broad-billed Motmot; *hard to miss, it's quite responsive and vocal on humid forest of the lowlands*

### **Kingfishers**

- 158. Ringed Kingfisher
- 159. Amazon Kingfisher
- 160. Green Kingfisher

### **Puffbirds**

- 161. White-necked Puffbird
- 162. Black-breasted Puffbird
- 163. Pied Puffbird
- 164. White-whiskered Puffbird
- 165. White-fronted Nunbird

### **Jacamars**

- 166. Rufous-tailed Jacamar; *seen and scoped at El Real*
- 167. Great Jacamar; *this was a great bird to watch, we located one at Pirre, great views!*

### **Barbets and Toucans**

- 168. Spot-crowned Barbet; *a pair of them were well seen at Rancho Frio.*
- 169. Prong-billed Barbet\*; *close views at the Friendship Park*
- 170. Blue-throated (Emerald) Toucanet \*; *common Toucanet of the highlands*
- 171. Collared Aracari; *fairly common on the lowland forest of the Panama Canal.*
- 172. Fiery-billed Aracari\*; *two were seen at close range on the backyard of the Dos Rios Hotel*
- 173. Keel-billed Toucan; *at least 14 were recorded at different locales.*
- 174. Chestnut-mandibled Toucan; *very common on wet and humid forest*

### **Woodpeckers**

- 175. Olivaceous Piculet; *easily seen in Darien*
- 176. Acorn Woodpecker
- 177. Black-cheeked Woodpecker
- 178. Red-crowned Woodpecker
- 179. Hairy Woodpecker
- 180. Red-rumped Woodpecker
- 181. Stripe-cheeked Woodpecker\*\*; *one of the target birds of the tour, found at Filo Del Tallo Reserve, Darien*

- 182. Spot-breasted Woodpecker; *found at Filo del Tallo Reserve, Darien*
- 183. Cinnamon Woodpecker
- 184. Lineated Woodpecker
- 185. Crimson-crested Woodpecker

### **Ovenbirds and Woodcreepers**

- 186. Scaly-throated Leaf-tosser
- 187. Pale-breasted Spinetail
- 188. Slaty Spinetail
- 189. Spotted Barbtail
- 190. Ruddy Treerunner\*; *at least 10 were recorded on the Chiriqui Highlands.*
- 191. Buffy Tuftedcheek\*; *two were seen at the Friendship International Park*
- 192. Lineated Foliage-gleaner
- 193. Scaly-throated (Spectacled) Foliage-gleaner
- 194. Ruddy Foliage-gleaner
- 195. Plain Xenops
- 196. Plain-brown Woodcreeper
- 197. Olivaceous Woodcreeper
- 198. Wedge-billed Woodcreeper
- 199. Northern Barred-Woodcreeper
- 200. Cocoa (Buff-throated) Woodcreeper
- 201. Black-striped Woodcreeper; *found at Pipeline and Darien*
- 202. Streak-headed Woodcreeper
- 203. Spot-crowned Woodcreeper

### **Antbirds**

- 204. Fasciated Antshrike
- 205. Great Antshrike
- 206. Black Antshrike; *found several times on the Darien lowlands*
- 207. Western Slaty-Antshrike
- 208. White-flanked Antwren
- 209. Checker-throated Antwren
- 210. Slaty Antwren
- 211. Rufous-winged Antwren
- 212. Dot-winged Antwren
- 213. Dusky Antbird
- 214. Bare-crowned Antbird
- 215. White-bellied Antbird
- 216. Chestnut-backed Antbird
- 217. Dull-mantled Antbird
- 218. Spotted Antbird
- 219. Bicolored Antbird
- 220. Ocellated Antbird; *fantastic views of this attractive species at Pipeline Road*

### **Antthrushes**

- 221. Black-faced Antthrush

### **Antpittas**

- 222. Black-crowned Antpitta\*; *seen at Cerro Pirre*
- 223. Streak-chested (Spectacled) Antpitta; *superb views, seen at close range on the Pipeline Road*



### **Tapaculos**

224. Silvery-fronted Tapaculo\*; *after chasing this bird for 20 minutes we saw it so close that some binoculars could not focus on the tiny bird*

### **Tyrant Flycatchers**

- 225. Southern Beardless-Tyrannulet
- 226. Yellow Tyrannulet
- 227. Yellow-crowned Tyrannulet
- 228. Forest Elaenia
- 229. Greenish Elaenia
- 230. Yellow-bellied Elaenia
- 231. Lesser Elaenia
- 232. Mountain Elaenia
- 233. Torrent Tyrannulet
- 234. Ochre-bellied Flycatcher
- 235. Sooty-headed Tyrannulet; *found near El Real town*
- 236. Paltry Tyrannulet
- 237. Black-capped Pygmy-Tyrant; *one individual of this tiny bird was seen and scoped at Pipeline Road*
- 238. Southern Benbill
- 239. Common Tody-Flycatcher
- 240. Black-headed Tody-Flycatcher; *seen carrying nest material at Filo del Tallo, Darien Lowlands*
- 241. Eye-ringed Flatbill
- 242. Olivaceous Flatbill
- 243. Yellow-olive Flycatcher
- 244. Yellow-margined Flycatcher
- 245. Yellow-green Tyrannulet
- 246. Yellow-breasted Flycatcher; *a pair was nesting at Filo del Tallo Reserve*
- 247. Golden-crowned Spadebill; *fairly common on the humid forest of the Darien Lowlands*
- 248. Ruddy-tailed Flycatcher
- 249. Sulphur-rumped Flycatcher
- 250. Black-tailed Flycatcher; *one was found nesting at the Metropolitan Nature Park*
- 251. Common Tufted-Flycatcher
- 252. Dark Pewee\*
- 253. Eastern Wood-Pewee
- 254. Tropical Pewee
- 255. Yellow-bellied Flycatcher
- 256. Alder Flycatcher; *seen at the Hotel Dos Rios*
- 257. Yellowish Flycatcher
- 258. Black Phoebe
- 259. Bright-rumped Attila
- 260. Sirystes; *responsive at Rancho Frio, a pair of them were on a tree just out the station*
- 261. Rufous Mourner
- 262. Dusky-capped Flycatcher
- 263. Panama Flycatcher
- 264. Great Crested Flycatcher
- 265. Lesser Kiskadee
- 266. Great Kiskadee

- 267. Boat-billed Flycatcher
- 268. Rusty-margined Flycatcher
- 269. Social Flycatcher
- 270. Gray-capped Flycatcher
- 271. White-ringed Flycatcher; *this canopy flycatcher was seen at the Rancho Frio Station*
- 272. Streaked Flycatcher
- 273. Piratic Flycatcher
- 274. Tropical Kingbird
- 275. Eastern Kingbird
- 276. Fork-tailed Flycatcher

### **Tyrant Flycatcher Allies**

- 277. Thrush-like (Mourner) Schiffornis
- 278. Rufous Piha
- 279. Barred Becard; *Jose Carlos found a couple at the Friendship International Park*
- 280. Cinnamon Becard
- 281. White-winged Becard
- 282. One-colored Becard
- 283. Masked Tityra
- 284. Black-crowned Tityra

### **Cotingas**

- 285. Blue Cotinga; *one individual was found at Pipeline Road*
- 286. Purple-throated Fruitcrow

### **Manakins**

- 287. Green Manakin; *rare manakin found at Darien*
- 288. Golden-collared Manakin; *quite common at different locations we had incredible views*
- 289. Lance-tailed Manakin; *several displaying males were found at the Metropolitan Nature Park*
- 290. Blue-crowned Manakin; *one individual came close in response to the playback*
- 291. Golden-headed Manakin; *a "lek" was found in Darien*
- 292. Red-capped Manakin; *spectacular male found at Plantation Road*

### **Vireos**

- 293. Yellow-winged Vireo\*; *well seen, this is a regional endemic of the Costa Rica and Panama Highlands*
- 294. Brown-capped Vireo
- 295. Red-eyed Vireo
- 296. Yellow-green Vireo
- 297. Scrub Greenlet
- 298. Golden-fronted Greenlet
- 299. Lesser Greenlet
- 300. Green Shrike-Vireo
- 301. Yellow-browed Shrike-Vireo
- 302. Rufous-browed Peppershrike; *seen at close range on the backyard of the Hotel Dos Rios*

### **Jays and Crows**

- 303. Black-chested Jay

### **Swallows**

- 304. Purple Martin
- 305. Gray-breasted Martin

- 306. Mangrove Swallow
- 307. Blue-and-white Swallow
- 308. Southern Rough-winged Swallow
- 309. Barn Swallow

### **Wrens**

- 310. White-headed Wren
- 311. Black-bellied Wren
- 312. Bay Wren; *we found the Black-capped form of this wren in Darien*
- 313. Stripe-throated Wren
- 314. Rufous-breasted Wren; *seen on the canopy borders of the Metropolitan Nature Park*
- 315. Rufous-and-white Wren
- 316. Buff-breasted Wren
- 317. Plain Wren\*; *vocal and quite common inside Panama Canal grass*
- 318. House Wren
- 319. Ochraceous Wren\*
- 320. White-breasted Wood-Wren
- 321. Gray-breasted Wood-Wren
- 322. Scaly-breasted (Southern Nightingale) Wren; *quite vocal at several locations, we heard it only*
- 323. Song Wren

### **Old World Warblers**

- 324. Tawny-faced Gnatwren
- 325. Long-billed Gnatwren
- 326. Tropical Gnatcatcher
- 327. Slate-throated Gnatcatcher; *seen on a morning mix flock at Rancho Frio*

### **Thrushes**

- 328. Black-faced Solitaire\*
- 329. Black-billed Nightingale-Thrush\*
- 330. Orange-billed Nightingale-Thrush; *excellent views at the Hotel Dos Rios*
- 331. Slaty-backed Nightingale-Thrush
- 332. Ruddy-capped Nightingale-Thrush
- 333. Swainson's Thrush
- 334. Mountain Thrush
- 335. Clay-colored Thrush
- 336. White-throated Thrush

### **Mockingbirds and Allies**

- 337. Tropical Mockingbird

### **Silky-Flycatchers**

- 338. Long-tailed Silky-flycatcher\*; *great views at the Friendship International Park*

### **Wood-Warblers**

- 339. Tropical Parula
- 340. Yellow Warbler
- 341. Blackburnian Warbler
- 342. Northern Waterthrush
- 343. MacGillivray's Warbler; *quite interesting bird found by Hans in Cerro Punta, Western Highlands*
- 344. Slate-throated Whitestart

345. Collared Whitestart\*; *a common endemic of the Talamanca Mountain Range, Western Highlands*  
346. Golden-crowned Warbler  
347. Rufous-capped Warbler  
348. Black-cheeked Warbler\*; *good numbers were found at the Friendship Park, Western Highlands*  
349. Buff-rumped Warbler; *at least 8 were recorded on the river next to Rancho Frio, Darien*  
350. Wrenthrush (Zeledonia)\*; *seen at the Friendship International Park*

### **Bananaquit**

351. Bananaquit

### **Tanagers**

352. White-eared Conebill; *seen briefly near the Mogue Village, Darien Lowlands*  
353. Common Bush-Tanager  
354. Sooty-capped Bush-Tanager\*  
355. Yellow-backed Tanager  
356. Rosy Thrush-Tanager  
357. Lemon-spectacled Tanager; *seen at the Darien National Park*  
358. Gray-headed Tanager  
359. Sulphur-rumped Tanager\*  
360. Scarlet-browed Tanager  
361. White-shouldered Tanager  
362. Red-throated Ant-Tanager  
363. Flame-colored Tanager; *found near the Gamboa Resort*  
364. Crimson-backed Tanager  
365. Cherrie's Tanager\*; *good numbers were seen, formerly lumped with Passerini's Tanager into Scarlet-rumped Tanager. In Panama, Cherrie's Tanager is found on the Pacific Slope of Chiriquí. Passerini's tanager is found on the Caribbean Slope of Bocas del Toro*  
366. Flame-rumped Tanager  
367. Blue-gray Tanager  
368. Palm Tanager  
369. Golden-hooded Tanager  
370. Plain-colored Tanager  
371. Bay-headed Tanager; *seen on the woodlands of Volcán Lakes*  
372. Silver-throated Tanager  
373. Scarlet-thighed Dacnis  
374. Blue Dacnis  
375. Green Honeycreeper  
376. Red-legged Honeycreeper

### **Buntings and Allies**

377. Blue-black Grassquit  
378. Slate-colored Seedeater  
379. Variable Seedeater  
380. Yellow-bellied Seedeater  
381. Ruddy-breasted Seedeater  
382. Thick-billed (Lesser) Seed-Finch  
383. Yellow-faced Grassquit  
384. Slaty Flowerpiercer\*  
385. Yellow-thighed Finch\*; *at least 20 were recorded on the Western Highlands*  
386. Large-footed Finch\*; *outstanding views at the Friendship International Park, Western Highlands*  
387. White-naped (Yellow-throated) Brush-Finch; *seen on the way up to Los Quetzales Trail*

388. Orange-billed Sparrow; *this great sparrow was seen at the Metropolitan Nature Park*  
389. Chestnut-capped Brush-Finch; *good views at different locations on the Western Highlands*  
390. Black-striped Sparrow  
391. Rufous-collared Sparrow

### **Cardinals and Allies**

392. Streaked Saltator  
393. Buff-throated Saltator  
394. Slate-colored Grosbeak  
395. Blue-black Grosbeak

### **American Blackbirds**

396. Eastern Meadowlark  
397. Great-tailed Grackle  
398. Shiny Cowbird  
399. Bronzed Cowbird  
400. Giant Cowbird  
401. Yellow-backed Oriole  
402. Orange-crowned Oriole; *seen several times, one of the specialties of the Darien lowlands*  
403. Yellow-tailed Oriole  
404. Scarlet-rumped Cacique  
405. Yellow-rumped Cacique  
406. Crested Oropendola  
407. Chestnut-headed Oropendola  
408. Black Oropendola\*; *found on the Darien Lowlands, this is a restricted range species of the Darien Lowlands and North Choco (Endemic Bird Area)*

### **Goldfinches and Allies**

409. Yellow-crowned Euphonia  
410. Thick-billed Euphonia  
411. Elegant (Blue Hooded) Euphonia; *striking individual seen at the Dos Rios Hotel*  
412. Yellow-bellied Siskin  
413. Lesser Goldfinch

### **Old World Sparrows**

414. House Sparrow