

PANAMA

February 28th - March 15th 2023

Report by Ann Duff (ann.lawson46@virgin.net)

Eager to start travelling again we signed up for a 14-day 'Birds of the Isthmus of Panama' tour with Birding Panama (www.birdingpanama.com)—covering Central Panama, the Chiriquí Highlands and an optional extension to the Darién lowlands—which was attractively priced at US\$2795 per person all in. This trip report also includes our notes on a one-day pre-tour extension to the Cerro Azul region, undertaken by Andrew & Ann Duff only. We were pleased with 386 species of birds recorded, of which 82 were lifers, including our prime target of Harpy Eagle; 14 of these species were heard only. 14 species of mammals and 17 species of butterflies were also recorded.

Birding Panama tour participants: Andrew Duff, Ann Duff, Helmut Eichelmann, Kit Hood, Dorothy Kakimoto, Susanne Meyer, Janet Stavnezer and Kathy Thompson. Leader: Domiciano Alveo.

GENERAL INFORMATION

Flights International return flights with AirFrance/KLM from London to Panama City via Paris/Amsterdam cost £683 per person inclusive of all taxes. In Panama we had one internal return flight, from Panama City to David (Chiriquí), included in the tour price.

Guides We arrived in Panama two days early and arranged to have a full day's guided birding in the Cerro Azul region, with an excellent guide Nicasio Rodriguez ("Moyo", roddiaz22.75@gmail.com). For the main tour our guide was Domiciano Alveo ("Domi", domi0502@gmail.com), who was also first-rate. Both of our guides were provided by Birding Panama.

Transport in Panama For eight participants and a guide we had a 12-seater minibus with driver.

Accommodation Mostly good to very good hotels apart from the hotel in Meteti which was fairly basic although it did have a/c and hot water. Only the Summit Rainforest & Golf Resort served breakfast at a suitable time, starting at 06:30, and they provided us with a good box breakfast on our early 05:45 start on the morning before the tour began. Elsewhere we used local cafes which sometimes meant a later start than we would normally anticipate.

Summit Rainforest & Golf Resort, Panama City - 3 nights at the start and 1 at the end of the tour
Hostel Casa Grimaldo, El Valle - 2 nights
Hotel Dos Ríos, Volcán, Chiriquí Highlands - 3 nights
Riande Airport Hotel, Panama City - 1 night
Hotel Portal Avicar, Tortí - 1 night
Hospedaje Aruba, Meteti - 2 nights

Food and drink Generally good: *Breakfast*: usually fresh fruit followed by scrambled eggs. *Lunch*: provided in various restaurants or cafes en route. *Dinner*: plentiful quantity with a free choice from the menu. *Drinks*: bottled water was provided throughout with juices or sodas with meals.

Currency US\$ are the currency with coins denominated either in cents or Panamanian balboas which are tied to the US\$ at an exchange rate of 1:1.

Health Anti-malarial prophylaxis was not necessary at the time of year we were there and in fact there were few irritating insects. Yellow fever certificates are not compulsory nor were we asked for proof of Covid vaccinations.

Time zone Panama is 5 hours behind GMT.

Weather Overall we were lucky, enjoying mostly sunny skies, and only losing little birding time due to strong winds and showers in El Valle.

Field guides For birds we relied on Valley & Dyer *Birds of Central America* (Princeton University Press, 2018) as we preferred the plates and taxonomic treatment to Angehr & Dean *The Birds of Panama: a field guide* (Cornell University Press, 2011) which was used by others in the group. For mammals we used Reid *A Field Guide to the Mammals of Central America and Southeast Mexico* (Oxford University Press, 1997). For butterflies we used Glassberg *A Swift Guide to Butterflies of Mexico and Central America* (Princeton University Press, 2nd edn. 2017).

SUMMARY OF ITINERARY

Feb. 28th	International flight from London Heathrow with Air France dep. 09:00 via Paris to Panama City scheduled arr. 19:15 local time
March 1st	Summit Rainforest & Golf Resort
March 2nd	Pre-tour extension to Cerro Azul/Cerro Jefe (Chagres NP); Summit Ponds p.m.; evening introduction to the main tour group at Summit Rainforest & Golf Resort
March 3rd	Ammo Dump Ponds; first part of Pipeline Road; Summit Ponds
March 4th	Metropolitan Natural Park; Albroom Ponds; Pipeline Road
March 5th	Ammo Dump Ponds; Pipeline Road beyond the Rainforest Discovery Center; drive to El Valle; Cerro Cara Iguana trail
March 6th	El Valle area: La Mesa (Manuel's feeders); Las Minas road (Sendero Mirador Mundo Perdido); Candelario trail a.m.; Altos del Maria; Watercress Trail; Mata Ahogado p.m.
March 7th	El Valle lookout; drive to Panama City for afternoon flight to David in Chiriquí; drive to Volcán late p.m.
March 8th	Volcán area: Los Quetzales trail & Mr Flores's feeders a.m.; Lagunas de Volcán p.m.
March 9th	Altos Pineda nr Cerro Punta; Las Nubes (La Amistad NP) a.m.; late lunch followed by birding at Tamandua Hummingbird Gardens; Volcán p.m.
March 10th	Birding Paradise (Paraíso) a.m.; Cascada Macho de Monte p.m.; drive to David for return flight to Panama City.
March 11th	Drive east towards Tortí; Bayano Lake a.m.; Río Tortí & Tortí Arriba p.m.
March 12th	Río Tortí & Tortí Arriba a.m.; drive to Meteti; El Salto road p.m.
March 13th	Drive to boat dock on Río Tuira; boat to La Marea (Harpy Eagle) a.m.; Lajas Blancas & Meteti outskirts p.m.
March 14th	El Salto road road a.m.; drive back to Panama City p.m.
March 15th	Early morning birding Summit Rainforest & Golf Resort; international flight from Panama City with KLM dep. 18:45 via Amsterdam to London Heathrow ...
March 16th	... scheduled arr. London Heathrow 13:50 local time

DAILY DIARY

Feb 28th - International travel day

09:00 Air France flight from London Heathrow to Panama City via Paris arriving at 19:30 local time. Met by Jose Carlos Garcia, co-founder of Birding Panama, for transfer to the Summit Rainforest & Golf Resort.

March 1st - Summit Rainforest & Golf Resort

A relaxing day around the extensive grounds of the hotel to reacquaint ourselves with some of the more common species. There was a large movement of raptors and vultures which we could watch from our fifth-floor balcony. Our room overlooked some feeding stations which had recently been replenished with fresh fruit and were attracting Collared Araçari, Whooping Motmot and Buff-throated Saltator, with Central American Agouti and White-nosed Coati also enjoying the feast. Best birds on a short walk were a pair of Dusky Antbirds very close to the Butterfly House.

March 2nd - Cerro Azul & Cerro Jefe (Chagres NP)

We had booked a guide through Birding Panama to take us to Cerro Azul as this seemed to be the best place to find two of the Panamanian endemic birds: Stripe-cheeked Woodpecker and Yellow-green Tyrannulet. Our guide, "Moyo", collected us at 06:00 for the 45 min. drive across the city. We were surprised to find that the Cerro Azul area comprised lots of chicken farms and other agricultural enterprises with many houses and many more being built. Moyo knew the area well and chose a gully outside the Finca Altair to try for the Yellow-green Tyrannulet which duly obliged. We spent some time around the Cascada El Vigia where we encountered a large flock of Carmiol's Tanagers before heading to Cerro Jefe for Mistletoe Tyrannulet. We searched for properties with hummingbird feeders but the wind had picked up and those we found had very few birds so we returned to Cerro Azul where a roadside stop produced White-ruffed Manakin and Stripe-cheeked Woodpecker. With our targets achieved we headed back towards the town of 24 de Diciembre, pausing en route at Cerro Azul lake for Band-rumped Swift, before stopping at a very busy typical buffet-style restaurant for an excellent and inexpensive lunch. Our day wasn't over and Moyo took us to the Summit Ponds, quite close to our hotel, where we added three species of kingfisher and two more new birds: Scarlet-rumped and Black-tailed Caciques. Time to return to the hotel and meet our fellow travellers for the next 14 days, discovering that we were all much of the same age, i.e. close to or over 70 with one participant of 87!!

March 3rd - Ammo Dump Ponds, Pipeline Road, Summit Ponds

The hotel began serving breakfast at 06:30 so no early start. At 07:00 we met our guide, Domi, and our driver, Francisco, in the hotel foyer then drove the short distance to Ammo Dump Ponds which are near Gamboa alongside the Panama Canal. Rufescent Tiger Heron was one of the first birds to be seen and it was good to be reacquainted with this species but for Andrew and me the main objective was White-throated Crake which had eluded us on too many occasions - and it did so again, only being heard. Notable sightings included Grey-lined and Crane Hawks, Yellow-throated Toucan and one Cliff Swallow. We spent some time at the start of the Pipeline Road where I was pleased to find another Dusky Antbird before we set off towards Semaphore Hill. Soon it was difficult to keep up as the sightings were coming fast so we tried to concentrate on those species new to us: Shining Honeycreeper, Black-breasted Puffbird, Song Wren, Fasciated Antshrike and Streak-chested Antpitta, also our first Mantled Howler Monkey. As the morning wore on the trail became very busy with coachloads of tourists heading down to the Rainforest Discovery Center so we were pleased to head off to lunch and a siesta before going to Summit Ponds in the mid-afternoon where we added Lesser Kiskadee and Grey-headed Chachalaca to the list. However the best species there wasn't a bird but a mammal: a Brown-throated Three-toed Sloth. That evening after dinner we walked down to the small pond at the end of the hotel driveway to add Lesser Capybara to our list. To our surprise we saw eyes gleaming from the well-maintained golf course and found they belonged to Pauraques.

March 4th - Metropolitan Natural Park, Albrook Ponds, Pipeline Road

After our 06:30 breakfast we drove to the Metropolitan Natural Park in Panama City which yielded a range of mainly flycatchers and tyrannulets but also Lance-tailed Manakin, Yellow-backed Oriole, Plain-brown Woodcreeper and Rosy Thrush-Tanager was heard but refused to show itself. Highlight was the engaging Geoffroy's Tamarins who responded to Domi's calls and came very close. We continued on to Albrook Ponds, opposite St Mary's College, where a large Common Basilisk lizard performed nicely by running on water. We had good views of a pair of Buff-breasted Wrens and a range of American wood-warblers but only a Yellow-green Greenlet was new for us. A heavy shower

prompted an early lunch at Niko's (a chain of buffet-style restaurants with a wide choice of tasty dishes) followed by a siesta before returning to an oddly quiet (birdwise) Pipeline Road. The main highlight was a pair of Southern Mealy Amazons, a new bird for us.

March 5th - Ammo Dump Ponds, Pipeline Road, drive to El Valle, Cerro Cara Iguana trail

Awoke this morning to see a party of Geoffroy's Tamarins outside our bedroom windows - so cute! Back to Ammo Dump Ponds where a White-throated Crake adult showed very well along with a couple of black fluffy chicks - result! We drove down the Pipeline Road as far as the Rainforest Discovery Center, where a Purple-throated Fruitcrow was briefly seen, then continued walking across the bridge where another very difficult bird was heard and responded to playback: Green-and-rufous Kingfisher - excellent. It turned out to be a very productive morning with Panama Flycatcher, Spotted Antbird, Moustached Antwren, Blue Cotinga, Lesser Pied Puffbird, Rufous Mourner and female Blue Cotinga. Then back to the city and Niko's for lunch before driving to El Valle for two nights. However, our birding for the day wasn't over as we were taken to a private site in El Valle to view an adult and a juvenile Spectacled Owl at their daytime roost site. We then walked for a short time on the Cerro Cara Iguana trail, seeing Yellow-crowned Euphonia, Long-billed Starthroat and Snowy-bellied Hummingbird. A high wind made birding difficult so we returned to the hotel before going to a local restaurant for dinner.



Dinner at El Valle - clockwise from bottom left: Helmut, Andrew, Ann, Kit, Susanne, Dorothy, Janet, Kathy, Domi and Francisco. Photo © Susanne Meyer

March 6th - El Valle area

It was still very windy when we finally emerged from our draughty bedroom to enjoy a good breakfast of fresh fruit and scrambled eggs with ham and cheese. We drove to La Mesa to spend an hour and a half at feeders organised by a local man, Manuel. Euphonias, tanagers, saltators, etc., were feasting on the fruit Manuel put out for them. Most notable were: Tawny-capped Euphonia, Black-headed Saltator and Lesser Elaenia. We drove higher on the Las Minas road to the sendero mirador (lookout path) at Mundo Perdido (lost world) and the Candelario Trail which produced

Bronze-tailed Plumeleteer, Golden-collared Manakin, Tawny-crested Tanager and a Jaguarundi which Andrew and I missed because we were looking at a butterfly! Big dip! We visited another trail into the forest where we waited patiently close to a flowering heliconia until a White-tipped Sicklebill flew in. It was still very windy and there was a hint of rain so as it was lunchtime we returned to El Valle for food and a siesta. Later we drove to Altos del Maria with the weather still windy and overcast but the Watercress Trail turned up trumps with an unexpected Slate-colored Seedeater, an uncommon and often elusive bird which is difficult to catch up with. Some last minute birding around town produced Crested Oropendola, Barred Antshrike and Lineated Woodpecker.

March 7th - travel day: from El Valle drive to Panama City, flight to David, drive to Volcán

A late breakfast at 07:00, packed our bags and we were away by 07:50 to drive back to Panama City for our afternoon flight to David. We paused on the way at El Valle lookout where there were many American wood-warblers and a brief fly-past by a distant Scaled Pigeon, a bird we keep missing. En route we saw our only Grey-cowled Wood-rail of the trip as a pair attempted to cross the road. We made good time back to Panama City so stopped off at the Amador Causeway alongside the canal to add a few pelicans, gulls, terns and shorebirds to the list. Our flight for David left 30 minutes late which led to an interesting situation where we tried to land at the same time as another plane and the pilot had to quickly abort. As if that wasn't enough, after landing we had to wait whilst an animal was removed from the runway before we could taxi to the gate. Our driver collected us for the transfer to Volcán where we eventually had dinner at the Dos Ríos Hotel at 20:45.

March 8th - Volcán area

The hotel didn't serve an early breakfast so at 06:30 we were driven to Ely's cafe in town for scrambled eggs and toast before continuing to the start of the Los Quetzales trail in Volcán Baru NP. We spent the first part of the morning watching Mr Flores's feeders which were absolutely buzzing with hummingbirds and flowerpiercers, etc. Stars of the show were: Scintillant Hummingbird, Talamanca Hummingbird, Green (Lesser) Violetear, White-throated Mountain-gem, Violet Sabrewing, Black Guan and a female Resplendent Quetzal. The male was waiting for us a little further up the road although we never got much further than the park entrance where we were kept busy with Ochraceous Wren, Volcano Hummingbird, Long-tailed Silky-flycatcher, Mistletoe Tyrannulet and Chestnut-capped Brush-finch. After lunch we drove towards Lagunas de Volcán although we were dropped off to walk part of the way as there was good roadside birding to be had including White-tailed Emerald, a new bird for us. At the lakes we found Cherrie's (Flame-rumped) Tanager, the highly localised near-endemic Chiriqui (Masked) Yellowthroat and both Slaty and Pale-breasted Spinetails.

March 9th - Cerro Punta area, La Amistad NP, Volcán

An earlier start today as we were going to La Amistad NP so breakfast at Ely's at 06:15 and, although everything was ready for us, we didn't get away until 07:00 - not really much of an early start! But first we headed towards Cerro Punta, stopping at Altos Pineda for an obliging Costa Rican Pygmy-Owl along with Blue-throated Toucanet and Scintillant Hummingbird. Both Dark Pewee and Silvery-throated Tapaculo were heard but not responsive. We arrived at the Las Nubes Forest Station in La Amistad NP but were unable to drive up to the visitor center as the road was being repaired. This turned out just fine as on the walk up we encountered a gorgeous Flame-throated Warbler, Prong-billed Barbet, Dark Pewee and heard another unobliging Silvery-throated Tapaculo. At the top of the road we heard, then saw, a Black-faced Solitaire before walking the only trail open, the Loop Trail which enters some old forest. Wow! So many new birds: Collared Whitestart (Redstart), Spangle-cheeked Tanager, Ruddy Treerunner, Black-cheeked Warbler, Spotted Barbtail, Yellow-winged Vireo, Sooty-capped Brush-finch and two shy Wrenthrushes which gave fantastic views. After so much excitement we needed lunch and this proved to add even more great birding. Our lunch stop was at the Tamanadua Hummingbird Garden (\$10 entrance fee) where we sat and enjoyed watching the hectic activity at the feeders while lunch was prepared. Fiery-throated Hummingbird was a fitting end to a great morning. We arrived back in Volcán quite late in the afternoon and after a short break we headed across the road from the hotel to a pond where we were delighted to find Scarlet-

thighed Dacnis, yet another new bird for us. In the hotel grounds we found Black Phoebe, Roadside Hawk and Melodious Blackbird before it was time for dinner.

March 10th - Paraíso area, Cascada Macho de Monte, flight from David to Panama City

We actually managed an early start today leaving the hotel at 06:35 for the drive to Paraíso and breakfast at Birding Paradise. We spent the whole morning enjoying the birds at the feeders and walking around the extensive grounds. Mishael Rivera has done a fantastic job in transforming what was pasture into an amazing bird-filled paradise. It was difficult to tear ourselves away from the feeders to enjoy the delicious breakfast and, later, lunch. New birds for us included: Scaly-breasted Hummingbird, Garden Emerald (nest-building), Blue-throated Goldentail, Spot-crowned Euphonia, Crimson-fronted Parakeet and Orange-collared Manakin. A new bird for the grounds was a Hook-billed Kite, taking the number of bird species seen there to 371. Dragging ourselves away to catch our flight back to Panama City, on the way back to David we found time to stop at Cascada Macho de Monte ("Tapir Falls") to catch up with a Charming Hummingbird on the roadside. This evening we bade farewell to Susanne who would not be joining the post-tour extension to the Darién lowlands.



Group photo at Birding Paradise - from left: Helmut, Janet, Dorothy, Kathy, Andrew, Ann, Susanne, Kit, Domi and Mishael. Photo © Susanne Meyer

March 11th - travel day: Panama City to Tortí

Francisco collected us from the hotel and we were away by 07:30 for the long, bumpy ride to the Darién region. The words "Pan American Highway" conjure up a fast dual-carriageway - it isn't! The further east we went the worse the road surface became, until we reached Darién Province when it suddenly improved immeasurably. En route we stopped at Bayano Lake to stretch our legs and add a few water birds such as Cocoi Heron and our only Red-rumped Woodpecker of the tour. We didn't stay long as it was quite smoky from a roadside grass fire. A roadside stop near a bridge yielded Rufous-breasted Hermit and Gartered Trogon. On arriving in Tortí we drove immediately to Tortí Arriba ("Tortí Heights") for a quick recce before checking in to the Hotel Portal Avicar where we watched the tanager and hummingbird feeders while waiting for lunch. After lunch we drove to the

Río Tortí where the highlights were Grey-lined Hawk, Grey-cheeked Nunlet, Red-lored Parrot, Black Antshrike, Cinnamon and One-colored Becards.

March 12th - Tortí area, drive to Meteti, El Salto road

Next morning, while sitting with Domi, Andrew and I saw a pair of Sapphire-throated Hummingbirds at one of the feeders before the others arrived for breakfast - and before the resident Snowy-bellied Hummingbird was on guard duty! We returned to Tortí Arriba where the locals were filling large tanks with water from the river. There had been a fire on the hillside where Domi had expected to hear antbirds, etc., and although we did hear a Jet Antbird it was too far away to respond. However we did see a Great Antshrike, a pair of Pacific Antwrens and the only Blue Ground-Dove of the tour. We also had great views of Mantled Howler Monkeys (with the alpha male in full voice) and a Hoffmann's Two-toed Sloth. Driving back to the Río Tortí a Savannah Hawk and Red-breasted Meadowlark were seen. Once at the river Andrew and I were delighted when Domi spotted two Green Ibises perched up not far away - yet another new bird! Barred Puffbird was also new for the list. After lunch we continued the long drive to the Darién, arriving in Meteti in time to check in to our hotel then drive on to the start of the El Salto road where roadside birding produced White-headed Wren, Spot-crowned Barbet, Orange-crowned Oriole and a fly-over Wood Stork. At dinner we selected a few pastries to have for breakfast tomorrow - a BIG day of the tour!

March 13th - drive to Río Tuira, boat to La Marea (Harpy Eagle), Lajas Blancas, Meteti



Sunrise over Río Tuira. Photo © Andrew Duff

Today was Harpy Eagle day and we were all apprehensive. We intended to get away by 05:10 but were slightly delayed as we needed to collect coffees (for those who can't function without it!) plus some sandwiches from a local cafe for lunch as we could possibly be at La Marea all day, depending on whether the adult Harpy Eagle returned to the nest. Our boat was waiting for us at the river bank on the wide Río Tuira and soon we were zipping along the river before turning on to the narrow Río Marea, a tributary that took us to the indigenous community of La Marea, in all a journey of about

an hour. It was high tide and we hoped to see the eagles before the tide turned as it would mean waiting most of the day otherwise. As we climbed out of the boat Kit scraped her shin which bled profusely. Luckily Dorothy had antiseptic wipes and I had wadding and plasters and Domi used a clean T-shirt to wipe away the blood. Kit gamely carried on to the reception area where we sat on benches under the shade to eat a quick breakfast. The villagers of La Marea have done a wonderful job of making the climb to the viewpoint easier by hacking steps and lining them with concrete blocks and providing a rope handrail to haul oneself up. Out of breath, we admired the sight of the 10-month-old chick in the huge nest. Above and right of the nest was an adult, the female we were told. We peered through the camouflage netting and watched the youngster stretch its wings and try a few leaps up and down. We were led, one by one, to a side trail where we could quietly admire the adult without the obstruction of branches. It was such a privilege to see this majestic bird but, mindful of the tides, we reluctantly had to make our way back to the boat. Amongst other birds seen were: Blue-and-yellow Macaw, Black Oropendola, a male Blue Cotinga, Brownish Twistwing, Chestnut-backed Antbird and Great Jacamar. The return journey was uneventful and we were able to eat our sandwiches once we got back to the vehicle. On the way back to Meteti we drove to the riverside community of Lajas Blancas which was a bit of a let-down after La Marea. A refugee camp at the site had spilled out from where Domi had last seen it and our birding was hampered by a couple of small boys, harmless but a nuisance, so we soon moved on. On the way back to the main road we were delighted to see a perched Pearl Kite, a bird we had seen badly in Colombia some years ago. After dinner in Meteti some of us tried a little night birding just a short drive outside the town; we heard a Little Tinamou and saw Tropical Screech-Owl, Pauraque and a Southern Opossum.

March 14th - El Salto road, drive back to Panama City

The final day of the tour saw us return to El Salto road where a Crested Eagle had recently been seen, but sadly not by us. However, another male Blue Cotinga, Long-tailed Tyrant, Black-cheeked Woodpecker, Black-crowned Antshrike, King Vulture, a flock of Scaled Pigeons and, after a great deal of persistence on Domi's part, two Double-banded Greytails. Then it was time to collect our bags and head back to Panama City with a break for lunch watching the feeders at Hotel Portal Avicar in Tortí. We eventually checked in to the Summit Rainforest & Golf Resort again as we all had flights home the next day. We said farewell to Domi, who had been a great guide, and to Francisco for not just his driving, but for his ability to spot birds whilst driving.

March 15th - Summit Rainforest & Golf Resort, international flights

Andrew and I didn't need to be at the airport until late afternoon so we were up early to check out the hotel grounds. The male Dusky Antbird was still in the same area close to the Butterfly House but as we walked along the path and turned right at the top by the golf course we heard a call which Andrew thought might be a different antbird. After quite some time trying to call it out, we were eventually rewarded with great views of Black-faced Antthrush, our last new bird of the tour and a fitting end. Our international flight was with KLM to London via Amsterdam, a much more comfortable flight than with Air France owing to less cramped seating.

March 16th - arrival home

We landed in Amsterdam on time and were surprised to find that we had to go through a security check before we could reach our transfer gate. We were told this was because the security on departure from some countries wasn't always as strict as the checks at Amsterdam's Schiphol Airport. Our connection to London Heathrow was on time and although there was a long queue at immigration it was moving fast. We collected our car from the Renaissance Hotel (recommended for an overnight stay before the outbound flight and for parking whilst away) then just the drive home to Norfolk.

SYSTEMATIC LIST: BIRDS

Taxonomy and sequence follow del Hoyo & Collar *Illustrated Checklist of Birds of the World* (Lynx Edicions, 2014). (E) = Panama endemic.

Little Tinamou *Crypturellus soui* - heard nr Meteti 13/3; heard at El Salto road 14/3

Black Guan *Chamaepetes unicolor* - 1 at Los Quetzales trail 8/3

Crested Guan *Penelope purpurascens* - 3 at La Marea 13/3

Grey-headed Chachalaca *Ortalis cinereiceps* - seen at Gamboa 3/3; Pipeline Road 4/3; El Valle 6/3 & 7/3; Paraíso 10/3

Muscovy Duck *Cairina moschata* - 2 at Summit Rainforest & Golf Resort 1/3

Least Grebe *Tachybaptus dominicus* - 1 at Cerro Azul Lake 2/3

Pied-billed Grebe *Podilymbus podiceps* - 1 at Lagunas de Volcán 8/3

Rock Dove *Columba livia* - seen regularly in towns

Scaled Pigeon *Patagioenas speciosa* - 1 fly-by Cerro Azul 2/3; 1 fly-by El Valle lookout 7/3; 1 Birding Paradise 10/3; a flock of 27 El Salto road 14/3

Southern Band-tailed Pigeon *Patagioenas albilinea* - 7 Los Quetzales trail 8/3

Pale-vented Pigeon *Patagioenas caribaea* - seen regularly

White-tipped Dove *Leptotila verreauxi* - fairly common

Ruddy Ground-Dove *Columbina talpacoti* - seen regularly

Blue Ground-Dove *Claravis pretiosa* - 1 Tortí Arriba 12/3

Common Potoo *Nyctibius griseus* - 1 nr Meteti 13/3

Pauraque *Nyctidromus albicollis* - 5 on the golf course at Summit Rainforest & Golf Resort 3/3 & 4/3; 1 en route to jetty on the Río Tuira 13/3

Band-rumped Swift *Chaetura spinicaudus* - 5 Cerro Azul Lake 2/3; 70+ Summit Ponds 3/3; c. 50 en route to La Marea 13/3

Short-tailed Swift *Chaetura brachyura* - 1 Summit Rainforest & Golf Resort 1/3; 6+ Tortí Arriba 12/3; 20 en route to La Marea 13/3; 5 El Salto road 14/3

White-necked Jacobin *Florisuga mellivora* - 1 Summit Rainforest & Golf Resort 1/3; 1 Cerro Azul 2/3; 2 Pipeline Road 3/3; 1 Birding Paradise 10/3

White-tipped Sicklebill *Eutoxeres aquila* - 1 El Valle 6/3

Rufous-breasted Hermit *Glaucis hirsutus* - 1 en route to Tortí 11/3; 2 Tortí Arriba 12/3

Green Hermit *Phaethornis guy* - 1 Candelario Trail, El Valle 6/3

Green (Lesser) Violet-ear *Colibri thalassinus* - 5 Los Quetzales trail 8/3; 8 Tamandua Hummingbird Garden 9/3

Purple-crowned Fairy *Heliothryx barroti* - 1 seen very briefly Birding Paradise 10/3

Black-throated Mango *Anthracothorax nigricollis* - 1 Tortí Arriba 11/3; 1 Hotel Portal Avicar, Tortí 12/3 & 14/3



Green (Lesser) Violet-ear - photo © Susanne Meyer



Garden Emerald m. - photo © Andrew Duff

Garden Emerald *Chlorostilbon assimilis* - a pair nest building Birding Paradise 10/3

Scaly-breasted Sabrewing (Hummingbird) *Campylopterus curvierii* - 3 Birding Paradise 10/3; 1 Bayano Lake 11/3

Violet Sabrewing *Campylopterus hemileucurus* - 2 Los Quetzales trail 8/3; 4 Tamandua Hummingbird Garden 9/3

Stripe-tailed Hummingbird *Eupherusa eximia* - 1 Los Quetzales trail 8/3; 1 Tamandua Hummingbird Garden 9/3

White-tailed Emerald *Elvira chionura* - 2 Lagunas de Volcán 8/3

Bronze-tailed Plumeleteer *Chalybura urochrysis* - 1 Candelario Trail 6/3

Crowned Woodnymph *Thalurania colombica* - 1 Birding Paradise 10/3

Rufous-tailed Hummingbird *Amazilia tzacatl* - seen almost daily

Blue-chested Hummingbird *Amazilia amabilis* - 2+ heard Pipeline Road 4/3

Charming Hummingbird *Amazilia decora* - 1 Cascada Macho de Monte 10/3

Snowy-bellied Hummingbird *Amazilia edward* - seen almost daily

Sapphire-throated Hummingbird *Lepidopygia coeruleogularis* - a pair at the feeders at Hotel Portal Avicar, Tortí 12/3

Violet-bellied Hummingbird *Juliamyia julie* - pair Cerro Azul 2/3; 1 Pipeline Road 3/3 & 5/3; 1 Metropolitan Natural Park 4/3; 1 El Salto road 12/3

Blue-throated Goldentail *Hylocharis eliciae* - 1 Birding Paradise 10/3

Talamanca Hummingbird *Eugenes spectabilis* - 7 Los Quetzales trail 8/3; 3+ Tamandua Hummingbird Garden 9/3



Talamanca Hummingbird m. - photo © Susanne Meyer



Fiery-throated Hummingbird - photo © Helmut Eichelmann

Fiery-throated Hummingbird *Panterpe insignis* - 1 Tamandua Hummingbird Garden 9/3

Long-billed Starthroat *Heliomaster longirostris* - 1 female El Valle 5/3; 1 male Birding Paradise 10/3

White-throated Mountain-gem *Lampornis castaneiventris* - 3 Los Quetzales trail 8/3; 1 Altos Pineda 9/3; 5+ Tamandua Hummingbird Garden 9/3

Ruby-throated Hummingbird *Archilochus colubris* - 1 Birding Paradise 10/3, a vagrant in Panama and a lifer for our guide Domi

Volcano Hummingbird *Selasphorus flammula* - 2 Los Quetzales trail 8/3

Scintillant Hummingbird *Selasphorus scintilla* - 3 Los Quetzales trail 8/3; 1 Altos Pineda 9/3



White-throated Mountain-gem m. - photo © Helmut Eichelmann



Volcano Hummingbird m. - photo © Susanne Meyer



Volcano Hummingbird imm. - photo © Susanne Meyer

Greater Ani *Crotophaga major* - 5 Ammo Dump Ponds 4/3; 1 ditto 5/3; 1 en route to La Marea 13/3

Smooth-billed Ani *Crotophaga ani* - 2 Summit Rainforest & Golf Resort 1/3; 9 Candelario Trail 6/3; several Tortí Arriba 11/3 & 12/3; several en route to La Marea 13/3

Common Squirrel-cuckoo *Piaya cayana* - 1 Pipeline Road 3/3; 1 El Valle 7/3; 1 Birding Paradise 10/3; 2 Tortí Arriba 11/3

White-throated Crake *Laterallus albigularis* - heard at Ammo Dump Ponds 3/3; adult with two chicks seen and others heard at Ammo Dump Ponds 5/3

Grey-cowled Wood-rail *Aramides cajaneus* - 2 crossing the road en route from El Valle to Panama City 7/3

Purple Gallinule *Porphyrio martinicus* - 2 Ammo Dump Ponds 3/3 & 5/3

Common Gallinule *Gallinula galeata* - 6 Lagunas de Volcán 8/3

American Coot *Fulica americana* - 4 Lagunas de Volcán 8/3

Wood Stork *Mycteria americana* - 1 flying over El Salto road 12/3; 3 flying over La Marea 13/3

Green Ibis *Mesembrinibis cayennensis* - 2 Río Tortí 12/3

White Ibis *Eudocimus albus* - 8+ Amador Causeway, Panama City 7/3; 5 at Río Tortí 12/3; 15+ en route to La Marea 13/3

Rufescent Tiger-heron *Tigrisoma lineatum* - 3 at Ammo Dump Ponds 3/3

Boat-billed Heron *Cochlearius cochlearius* - 3 Summit Ponds 2/3 & 2 there on 3/3

Yellow-crowned Night-heron *Nyctanassa violacea* - c.25 from the boat en route to La Marea 13/3

Green-backed (Striated) Heron *Butorides striata* - 1 Summit Rainforest & Golf Resort 1/3; 3+ Summit Ponds 2/3 and 1 there 3/3; 1 of the grey-necked (striated) form Bayano Lake 11/3

Cattle Egret *Bubulcus ibis* - common in Chiriquí and Darién provinces

Great Blue Heron *Ardea herodias* - 1 Summit Rainforest & Golf Resort 3/3; 1 Lagunas de Volcán 8/3; 2 Bayano Lake 11/3; 1 en route from Tortí to Panama City 14/3

Cocoi Heron *Ardea cocoi* - 2 Bayano Lake 11/3; 1 Río Tuira 13/3

Great White (Great) Egret *Ardea alba* - fairly regular generally

Tricolored Heron *Egretta tricolor* - 1 Río Tortí 11/3 & 12/3

Little Blue Heron *Egretta caerulea* - fairly regular generally

Snowy Egret *Egretta thula* - 1 at Río Tortí 11/3; 2 en route to La Marea 13/3

Brown Pelican *Pelecanus occidentalis* - c.50 Amador Causeway, Panama City 7/3; 1 en route to La Marea 13/3

Magnificent Frigatebird *Fregata magnificens* - 2 Panama Canal, Gamboa 3/3 & 4/3; 2 over Río Tuira 13/3

Neotropical Cormorant *Phalacrocorax brasilianus* - 2 Amador Causeway, Panama City 7/3; 2 en route from Volcán to David 10/3; 2 Bayano Lake 11/3

Anhinga *Anhinga anhinga* - 1 Summit Ponds 3/3; 1 Ammo Dump Ponds 5/3; 1 Bayano Lake 11/3

Southern Lapwing *Vanellus chilensis* - seen regularly

Northern Jacana *Jacana spinosa* - 1 Lagunas de Volcán 8/3

Wattled Jacana *Jacana jacana* - 3 Summit Rainforest & Golf Resort 1/3; 1 Ammo Dump Ponds 3/3 & 5/3

Whimbrel *Numenius phaeopus* - 20+ roosting on riverside trees en route to La Marea 13/3

Spotted Sandpiper *Actitis macularius* - 5+ Summit Rainforest & Golf Resort 1/3; 1 Tortí Arriba 11/3 & 12/3; 2 Río Tortí 11/3; 12+ en route to La Marea 13/3

Solitary Sandpiper *Tringa solitaria* - 1 Río Tortí 11/3

Willet *Tringa semipalmata* - c.30 Amador Causeway, Panama City 7/3

Laughing Gull *Leucophaeus atricilla* - 12+ Amador Causeway, Panama City 7/3

Sandwich Tern *Thalasseus sandvicensis* - several Amador Causeway, Panama City 7/3

Royal Tern *Thalasseus maximus* - several Amador Causeway, Panama City 7/3

Costa Rican Pygmy-owl *Glaucidium costaricanum* - 1 heard Los Quetzales trail 8/3; 1 seen well Altos Pineda 9/3

Tropical Screech-owl *Megascops choliba* - 1 spotlight after dusk nr Meteti 13/3



Costa Rican Pygmy-owl - photo © Andrew Duff



Tropical Screech-owl - photo © Helmut Eichelmann



Harpy Eagle f. - photo © Domiciano Alveo

Spectacled Owl *Pulsatrix perspicillata* - 1 adult & 1 juv. at daytime roost El Valle 5/3

Turkey Vulture *Cathartes aura* - common everywhere, with several large flocks migrating west

American Black Vulture *Coragyps atratus* - common everywhere, especially in towns

King Vulture *Sarcoramphus papa* - 2 El Salto road 14/3

Osprey *Pandion haliaetus* - 1 Cerro Azul Lake 2/3; 1 Summit Ponds 3/3; 2 Bayano Lake 11/3; 1 en route to La Marea 13/3

Pearl Kite *Gampsonyx swainsonii* - 1 at Lajas Blancas 13/3

Grey-headed Kite *Leptodon cayanensis* - 1 El Salto road 14/3

Hook-billed Kite *Chondrohierax uncinatus* - 1 Birder's Paradise 10/3, apparently a new bird for the site

Swallow-tailed Kite *Elanoides forficatus* - 2 at Cerro Jefe 2/3; 2 Altos del Maria 6/3

Harpy Eagle *Harpia harpyja* - 1 adult female with a 10-month old chick at the nest La Marea 13/3

Double-toothed Kite *Harpagus bidentatus* - 1

Cerro Azul 2/3; 2 El Salto road 14/3

Sharp-shinned Hawk *Accipiter striatus* - 1 El Valle 6/3

Crane Hawk *Geranospiza caerulescens* - 1 at Ammo Dump Ponds 3/3; 1 Tortí Arriba 11/3

Plumbeous Kite *Ictinia plumbea* - 1 en route from Meteti to La Marea 13/3; 1 El Salto road 14/3

Roadside Hawk *Rupornis magnirostris* - seen fairly regularly

Common Black Hawk *Buteogallus anthracinus* - 18 from the boat en route to La Marea 13/3; 1 El Salto road 14/3

Savanna Hawk *Buteogallus meridionalis* - 1 in fields nr Tortí 12/3

White Hawk *Pseudastur albicollis* - 2 El Valle 6/3

Grey-lined Hawk *Buteo nitidus* - 1 Ammo Dump Ponds 3/3; 1 Río Tortí 11/3

Broad-winged Hawk *Buteo platypterus* - migrants in ones and twos seen regularly

Short-tailed Hawk *Buteo brachyurus* - 2 Altos del Maria 6/3; 1 Dos Ríos Hotel, Volcán 9/3; 3 Birding Paradise 10/3

Swainson's Hawk *Buteo swainsonii* - 1 Summit Rainforest & Golf Resort 1/3; a kettle of c120 raptors distantly from Birding Paradise 10/3 were probably this species

Zone-tailed Hawk *Buteo albonotatus* - 2 Summit Rainforest & Golf Resort 1/3

Resplendent Quetzal *Pharomachrus mocinno* - 3 Los Quetzales trail 8/3

Slaty-tailed Trogon *Trogon massena* - 2 Pipeline Road 3/5 and 5 there 5/3; 1 Tortí Arriba 12/3

Black-tailed Trogon *Trogon melanurus* - 2 Pipeline Road 3/5 and others heard Tortí area 11-14/3

White-tailed Trogon *Trogon chionurus* - pair nest building en route to Pipeline Road 4/3

Violaceous (Gartered) Trogon *Trogon violaceus* - 1 Pipeline Road 3/5; 1 El Valle 5/5; heard Birding Paradise 10/3; 1 en route to Tortí 11/3; 1 heard Tortí Arriba 12/3



Resplendent Quetzal m. - photo © Susanne Meyer



Slaty-tailed Trogon m. - photo © Helmut Eichelmann



Violaceous (Gartered) Trogon f. - photo © Helmut Eichelmann

Black-throated Trogon *Trogon rufus* - 2 Pipeline Road 5/3

Collared (Orange-bellied) Trogon *Trogon collaris* - 1 Metropolitan Natural Park 4/3; a pair Lagunas de Volcán 8/3

Blue-diademed (Lesson's) Motmot *Momotus lessonii* - 1 at a feeder Birding Paradise 10/3

Whooping Motmot *Momotus subrufescens* - 3 Summit Rainforest & Golf Resort 1/3; singles on Pipeline Road 3/3, 4/3 & 5/3; 2 Río Tortí 11/3; 2 Tortí Arriba 12/3

Rufous Motmot *Baryphthengus martii* - 1 Cerro Azul 2/3; 1 Pipeline Road 4/3

Ringed Kingfisher *Megaceryle torquata* - 1 Summit Rainforest & Golf Resort 1/3; 1 Summit Ponds 2/3; 1 El Valle lookout 7/3; 1 Bayano Lake 11/3; 1 Río Tortí 11/3

Amazon Kingfisher *Chloroceryle amazona* - 1 Summit Ponds 2/3 and 2 there 3/3; 1 Río Tortí 12/3

American Pygmy Kingfisher *Chloroceryle aenea* - 1 Summit Ponds 3/3

Green Kingfisher *Chloroceryle americana* - 2 Summit Ponds 2/3 and 1 there 3/3; 1 Tortí Arriba 12/3

Green-and-rufous Kingfisher *Chloroceryle inda* - 1 Pipeline Road, seen well along creek just past the Rainforest Discovery Center turning 5/3

Great Jacamar *Jacamerops aureus* - 1 La Marea 13/3

White-necked Puffbird *Notharchus hyperhynchus* - 1 Pipeline Road 4/3 & 5/3; 1 El Salto road 12/3; 1 Lajas Blancas 13/3

Black-breasted Puffbird *Notharchus pectoralis* - 3 Pipeline Road 3/3



Blue-diademed (Lesson's) Motmot
- photo © Helmut Eichelmann



White-necked Puffbird - photo © Susanne Meyer



Black-breasted Puffbird - photo © Susanne Meyer

Lesser Pied Puffbird *Notharchus subtectus* - 1 Pipeline Road 5/3; 1 Tortí Arriba 12/3; 1 La Marea 13/3

Barred Puffbird *Nystalus radiatus* - 1 Río Tortí 12/3

Grey-cheeked Nunlet *Nonnula frontalis* - 1 Río Tortí 11/3; 1 La Marea 13/3

Yellow-throated Toucan *Ramphastos ambiguus* - 1 Ammo Dump Ponds 3/3; 3 Pipeline Road 4/3

Keel-billed Toucan *Ramphastos sulfuratus* - 3 Cerro Azul 2/3; 2 Pipeline Road 3/3 and 5 there on 4/3; 2 Summit Ponds 3/3; 2 El Valle 6/3; 1 La Marea 13/3; 1 El Salto road 14/3

Blue-throated Toucanet *Aulacorynchus caeruleogularis* - a pair Altos Pineda 9/3



Blue-throated Toucanet - photo © Andrew Duff

Collared Araçari *Pteroglossus torquatus* - 5+ Summit Rainforest & Golf Resort 1/3 and 1 there 5/3; 1 Metropolitan Natural Park 4/3; 1 El Valle 7/3; 1 Río Tortí 11/3; 2 Lajas Blancas 13/3
Spot-crowned Barbet *Capito squamatus* - 2 El Salto road 12/3

Prong-billed Barbet *Semnornis frantzii* - 2 Las Nubes 9/3

Olivaceous Piculet *Picumnus olivaceus* - 3 Tortí Arriba 12/3

Crimson-crested Woodpecker *Campephilus melanoleucos* - a pair Summit Ponds 2/3 and 1 there 3/3; 1 La Marea 13/3

Stripe-cheeked Woodpecker *Piculus callopterus* (E) - 1 Cerro Azul 2/3

Golden-green Woodpecker *Piculus chrysochloros* - 1 El Salto road 12/3

Golden-olive Woodpecker *Colaptes rubiginosus* - 1 Cascada Macho de Monte 10/3

Cinnamon Woodpecker *Celeus loricatus* - 1 Pipeline Road 3/3

Lineated Woodpecker *Dryocopus lineatus* - 1 Summit Ponds 2/3; 1 Pipeline Road 5/3; 1 Altos del Maria 6/3; 1 Birding Paradise 10/3; 1 Lajas Blancas 13/3

Acorn Woodpecker *Melanerpes formicivorus* - 1 Los Quetzales trail 8/3; a pair Altos Pineda 9/3

Black-cheeked Woodpecker *Melanerpes pucherani* - 1 Pipeline Road 3/3; 2 Lajas Blancas 13/3; 2 El Salto road 14/3

Red-crowned Woodpecker *Melanerpes rubricapillus* - the commonest woodpecker, seen almost daily

Hairy Woodpecker *Leucontopicus villosus* - 2 Las Nubes 9/3

Red-rumped Woodpecker *Veniliornis kirkii* - 1 Bayano Lake 11/3

Laughing Falcon *Herpetotheres cachinnans* - 1 Birding Paradise 10/3; 1 heard Río Tortí 11/3; 1 heard after dark nr Meteti 13/3

Crested Caracara *Caracara cheriway* - 1 en route El Valle to Panama City 7/3

Yellow-headed Caracara *Milvago chimachima* - common and seen almost daily

American Kestrel *Falco sparverius* - 1 Río Tortí 11/3; 1 Tortí Arriba 12/3; 1 Lajas Blancas 13/3

Bat Falcon *Falco ruficularis* - 1 Summit Ponds 2/3; 1 Pipeline Road 3/3; 1 Bayano Lake 11/3

Orange-chinned Parakeet *Brotogeris jugularis* - fairly common, including a large flock along Río Marea 13/3

Blue-headed Parrot *Pionus menstruus* - fairly common

Red-lored Amazon (Parrot) *Amazona autumnalis* - 1 Summit Ponds 2/3; 4 Río Tortí 11/3; La Marea 13/3

Southern Mealy Amazon (Mealy Parrot) *Amazona farinosa* - pair Pipeline Road 4/3

Sulphur-winged Parakeet *Pyrrhura hoffmanni* - 4 seen briefly in flight Las Nubes 9/3

Brown-throated Parakeet *Eupsittula pertinax* - 12 Birding Paradise 10/3

Blue-and-yellow Macaw *Ara ararauna* - 8 flying in pairs La Marea 13/3

Crimson-fronted Parakeet *Psittacara finschii* - 15 Birding Paradise 10/3

Dot-winged Antwren *Microrhopias quixensis* - pair Pipeline Road 3/3

Checker-throated Antwren *Epinecrophylia fulviventris* - heard La Marea 13/3

Moustached Antwren *Myrmotherula ignota* - heard Pipeline Road 3/3 and 2 seen there 5/3

Pacific Antwren *Myrmotherula pacifica* - a pair Tortí Arriba 12/3



Prong-billed Barbet - photo © Susanne Meyer



Red-crowned Woodpecker m. - photo © Andrew Duff

White-flanked Antwren *Myrmotherula axillaris* - a pair Cerro Azul 2/3; a pair La Marea 13/3
Fasciated Antshrike *Cymbilaimus lineatus* - a pair Pipeline Road 3/3
Great Antshrike *Taraba major* - 1 Tortí Arriba 12/3
Barred Antshrike *Thamnophilus doliatus* - 1 El Valle 6/3; 3 Río Tortí 11/3 and others heard
Black-hooded Antshrike *Thamnophilus bridgesi* - heard at Birding Paradise 10/3



Fasciated Antshrike m. - photo © Andrew Duff



Barred Antshrike m. - photo © Helmut Eichelmann

Black-crowned Antshrike *Thamnophilus atrinucha* - 2 El Salto road 14/3 and others heard

Black Antshrike *Thamnophilus nigriceps* - a pair Río Tortí 11/3

Jet Antbird *Cercomacroides nigricans* - heard Tortí Arriba 12/3

Dusky Antbird *Cercomacroides tyrannina* - a pair Summit Rainforest & Golf Resort 1/3 and 1 there 15/3; 1 Pipeline Road 3/3; 1 Metropolitan Natural Park 4/3

Spotted Antbird *Hylophylax naevioides* - 1 Pipeline Road 5/3

Chestnut-backed Antbird *Poliocrania exsul* - 2 La Marea 13/3

White-bellied Antbird *Myrmeciza longipes* - heard Tortí Arriba 12/3

Streak-chested Antpitta *Hylopezus perspicillatus* - 1 Pipeline Road 3/3

Silvery-fronted Tapaculo *Scytalopus argentifrons* - heard at Altos Pineda and Las Nubes 9/3

Black-faced Antthrush *Formicarius analis* - 1 close to the Butterfly House at Summit Rainforest & Golf Resort 15/3

Plain-brown Woodcreeper *Dendrocincla fuliginosa* - 1 Metropolitan Natural Park 4/3

Cocoa Woodcreeper *Xiphorhynchus susurrans* - the commonest woodcreeper: 1 Summit Rainforest & Golf Resort 1/3; 1 Cerro Azul 2/3; 2 Bayano Lake 11/3; 2 Tortí Arriba 12/3 and others heard

Black-striped Woodcreeper *Xiphorhynchus lachrymosus* - 1 Pipeline Road 3/3

Southern Spotted Woodcreeper *Xiphorhynchus aequatorialis* - heard Altos del Maria 6/3

Streak-headed Woodcreeper *Lepidocolaptes souleyetii* - 2 Birding Paradise 10/3; 1 Tortí 12/3

Southern Spot-crowned Woodcreeper *Lepidocolaptes neglectus* - 1 Los Quetzales trail 8/3; 3 Las Nubes 9/3

Plain Xenops *Xenops genibarbis* - 1 Pipeline Road 3/3

Lineated Foliage-gleaner *Syndactyla subalaris* - 1 Altos Pineda 9/3

Spotted Barbtail *Premnoplex brunnescens* - 1 Las Nubes 9/3

Ruddy Treerunner *Margarornis rubiginosus* - 2 Las Nubes 9/3

Double-banded Greytail *Xenerpestes miniosi* - 2 El Salto road 14/3



Streak-chested Antpitta - photo © Susanne Meyer

Red-faced Spinetail *Cranioleuca erythrops* - 2 Los Quetzales trail 8/3; 1 Lagunas de Volcán 8/3

Slaty Spinetail *Synallaxis brachyura* - 3 Lagunas de Volcán 8/3

Pale-breasted Spinetail *Synallaxis albescens* - 1 Lagunas de Volcán 8/3

Orange-collared Manakin *Manacus aurantiacus* - 1 female Birding Paradise 10/3

Golden-collared Manakin *Manacus vitellinus* - 1 Candelario Trail, El Valle 6/3; 1 Tortí Arriba 12/3 and others heard

Red-capped Manakin *Ceratopipra mentalis* - 3 females Cerro Azul 2/3

Blue-crowned Manakin *Lepidothrix coronata* - 2 females Pipeline Road 5/3; a pair Birding Paradise 10/3

White-ruffed Manakin *Corapipo altera* - 1 Cerro Azul 2/3

Lance-tailed Manakin *Chiroxiphia lanceolata* - 1 Metropolitan Natural Park 4/3

Purple-throated Fruitcrow *Querula purpurata* - 1 Pipeline Road 5/3; a pair La Marea 13/3

Blue Cotinga *Cotinga nattererii* - 1 female Pipeline Road 5/3; 1 male La Marea 13/3; 1 male El Salto road 14/3

Northern Royal Flycatcher *Onychorhynchus mexicanus* - heard Tortí Arriba 12/3; heard La Marea 13/3

Ruddy-tailed Flycatcher *Terenotriccus erythrurus* - 1 Cerro Azul 2/3

Black-crowned Tityra *Tityra inquisitor* - a pair en route to Meteti 13/3

Masked Tityra *Tityra semifasciata* - 2 Summit Ponds 2/3; 1 Altos del Maria 6/3; 1 Birding Paradise 10/3

Barred Becard *Pachyramphus versicolor* - 2 Las Nubes 9/3

Rose-throated Becard *Pachyramphus aglaiae* - 1 Birding Paradise 10/3

One-colored Becard *Pachyramphus homochrous* - 1 Río Tortí 11/3 & 12/3

Cinnamon Becard *Pachyramphus cinnamomeus* - 2 Río Tortí 11/3

White-winged Becard *Pachyramphus polychopterus* - 1 Pipeline Road 3/3

Yellow-green Tyrannulet *Phylloscartes flavovirens* (E) - 1 Cerro Azul 2/3

Ochre-bellied Flycatcher *Mionectes oleagineus* - 1 Metropolitan Natural Park 4/3

Brownish Twistwing *Cnipodectes subbrunneus* - 1 La Marea 13/3

Yellow-olive Flatbill (Flycatcher) *Tolmomyias sulphurescens* - 2 Albrook Pond 4/3

Yellow-margined Flatbill (Flycatcher) *Tolmomyias flavotectus* - 1 El Valle lookout 7/3

Ochre-ored Flatbill (Yellow-breasted Flycatcher) *Tolmomyias flaviventris* - 1 El Salto road 12/3

Black-capped Pygmy-tyrant *Myiornis atricapillus* - 1 Pipeline Road 5/3

Southern Bentbill *Oncostoma olivaceum* - 1 Pipeline Road 3/3; 2 Tortí Arriba 12/3 and others heard

Scale-crested Pygmy-tyrant *Lophotriccus pileatus* - 2 Cerro Azul 2/3; 1 Birding Paradise 10/3

Common Tody-flycatcher *Todirostrum cinereum* - 2 Metropolitan Natural Park 4/3; 1 Altos del Maria 6/3; 1 Lagunas de Volcán 8/3; 1 Birding Paradise 10/3; 1 Tortí Arriba 12/3 and others heard

Black-headed Tody-Flycatcher *Todirostrum nigriceps* - 1 La Marea 13/3

Mistletoe Tyrannulet *Zimmerius parvus* - 1 Cerro Jefe 2/3; 1 Metropolitan Natural Park 4/3; 1 seen and several others heard Los Quetzales trail 8/3; 1 Birding Paradise 10/3. The call of this species is similar in pitch and duration to that of Little Ringed Plover *Charadrius dubius*!



Barred Becard m. - photo © Susanne Meyer



Yellow-olive Flatbill (Flycatcher) - photo © Andrew Duff

Brown-capped Tyrannulet *Ornithion brunneicapillus* - 1 Pipeline Road 3/3; 2 Metropolitan Natural Park 4/3; 2 Birding Paradise 10/3

Southern Beardless Tyrannulet *Campyostoma obsoletum* - 2 Cerro Azul 2/3; 1 Metropolitan Natural Park 4/3; 2 Albrook Pond 4/3; 1 El Valle 5/3

Yellow-bellied Elaenia *Elaenia flavogaster* - 2 Albrook Pond 4/3; 1 El Valle 7/3; 1 Birding Paradise 10/3; 1 Bayano Lake 11/3; 1 Tortí Arriba 12/3

Lesser Elaenia *Elaenia chiriquensis* - 1 near the watchpoint at Manuel's feeders, El Valle 6/3

Mountain Elaenia *Elaenia frantzii* - 2 Los Quetzales trail 8/3; 2 Altos Pineda 9/3; 1 Tamandua Hummingbird Garden 9/3

Yellow-crowned Tyrannulet *Tyrannulus elatus* - 1 Hotel Portal Avicar 11/3; 1 Tortí Arriba 12/3

Forest Elaenia *Myiopagis gaimardii* - 2 Metropolitan Natural Park 4/3; 1 Tortí Arriba 12/3

Greenish Elaenia *Myiopagis viridicata* - 1 Summit Ponds 3/3; 2 Metropolitan Natural Park 4/3

Yellow Tyrannulet *Capsiempis flaveola* - 2 Birding Paradise 10/3

Bright-rumped Attila *Attila spadiceus* - 1 Pipeline Road 3/3; heard El Salto road 14/3

Piratic Flycatcher *Legatus leucophaeus* - 1 nr Dos Ríos Hotel, Volcán 9/3; 1 Birding Paradise 10/3

Great Kiskadee *Pitangus sulphuratus* - 1 Ammo Dump Ponds 3/3; 2+ Manuel's feeders, El Valle 6/3; 1 nr Dos Ríos Hotel, Volcán 9/3; 1 Birding Paradise 10/3

Lesser Kiskadee *Pitangus lictor* - 1 Summit Ponds 3/3; 2 Río Tortí 12/3

Boat-billed Flycatcher *Megarynchus pitangua* - 2 El Salto road 12/3

Sulphur-bellied Flycatcher *Myiodynastes luteiventris* - 2 El Salto road 14/3

Northern Streaked Flycatcher *Myiodynastes maculatus* - seen regularly

Rusty-margined Flycatcher *Myiozetetes cayanensis* - 1 Summit Ponds 2/3; 1 Ammo Dump Ponds 3/3; 1 Bayano Lake 11/3

Social Flycatcher *Myiozetetes similis* - seen almost daily

Grey-capped Flycatcher *Myiozetetes granadensis* - 1 El Valle 6/3; 1 Dos Ríos Hotel, Volcán 9/3; 2 Birding Paradise 10/3

Tropical Kingbird *Tyrannus melancholicus* - very common and seen in numbers daily

Fork-tailed Flycatcher *Tyrannus savana* - 1 en route to Cerro Azul 2/3; 1 entrance to David Airport 7/3; 1 Birding Paradise 10/3; 1 en route to Tortí 11/3; 1 Río Tortí 12/3

Rufous Mourner *Rhytipterna holerythra* - 2 Pipeline Road 5/3

Dusky-capped Flycatcher *Myiarchus tuberculifer* - 2 Cerro Azul 2/3; 1 Pipeline Road 3/5; 1



Lesser Kiskadee - photo © Helmut Eichelmann



Tropical Kingbird - photo © Susanne Meyer



Panama Flycatcher - photo © Susanne Meyer

Metropolitan Natural Park 4/3; 1 Watercress Trail, El Valle 6/3

Panama Flycatcher *Myiarchus panamensis* - 1 Ammo Dump Ponds 5/3; 1 El Valle lookout 7/3; 1 Río Tortí 11/3

Great Crested Flycatcher *Myiarchus crinitus* - 1 Cerro Azul 2/3; 1 La Marea 13/3; 1 El Salto road 14/3

Long-tailed Tyrant *Colonia colonus* - 1 El Salto road 14/3

Tufted Flycatcher *Mitrephanes phaeocercus* - 1 Los Quetzales trail 8/3; 2 Las Nubes 9/3

Black Phoebe *Sayornis nigricans* - 1 Cerro Azul 2/3; 1 Dos Ríos Hotel, Volcán 9/3

Acadian Flycatcher *Empidonax virescens* - 1 Tortí Arriba 12/3

Yellow-bellied Flycatcher *Empidonax flaviventris* - 2 Birding Paradise 10/3



Acadian Flycatcher - photo © Andrew Duff



Yellow-bellied Flycatcher - photo © Susanne Meyer

Dark Pewee *Contopus lugubris* - heard Altos Pineda 9/3; 1 Las Nubes 9/3

Northern Tropical Pewee *Contopus bogotensis* - 1 Tortí Arriba 12/3

Rufous-browed Peppershrike *Cyclarhis gujanensis* - 1 Lagunas de Volcán 8/3 and others heard

Yellow-green (Scrub) Greenlet *Hylophilus viridiflavus* - 1 Albrook Pond 4/3

Green Shrike-vireo *Vireolanius pulchellus* - 1 Cerro Azul 2/3; 1 seen and many heard Pipeline Road 3/5

Lesser Greenlet *Pachysylvia decurtata* - 2 Cerro Azul 2/3; 1 Pipeline Road 3/3; 2 Summit Ponds 3/3; 2 Metropolitan Natural Park 4/3; 1 Birding Paradise 10/3; 1 Tortí Arriba 12/3

Golden-fronted Greenlet *Pachysylvia aurantiifrons* - 1 Pipeline Road 3/3; 3 Metropolitan Natural Park 4/3

Philadelphia Vireo *Vireo philadelphicus* - 1 Birding Paradise 10/3

Brown-capped Vireo *Vireo leucophrys* - 1 Lagunas de Volcán 8/3; 1 Las Nubes 9/3

Yellow-green Vireo *Vireo flavoviridis* - 1 Summit Ponds 3/3; 1 Metropolitan Natural Park 4/3; 2 El Valle lookout 7/3

Yellow-throated Vireo *Vireo flavifrons* - 1 Lagunas de Volcán 8/3

Yellow-winged Vireo *Vireo carmioli* - 1 Las Nubes 9/3

Black-chested Jay *Cyanocorax affinis* - 3 Candelario Trail, El Valle 6/3; 1 Lagunas de Volcán 8/3; 2 Lajas Blancas 13/3

Cliff Swallow *Petrochelidon pyrrhonota* - 1 on wires Ammo Dump Ponds 3/3

Barn Swallow *Hirundo rustica* - 1 Ammo Dump Ponds 3/3; 3 Río Tortí 11/3

Mangrove Swallow *Tachycineta albilinea* - 3 Summit Ponds 2/3; 6 en route to La Marea 13/3

Grey-breasted Martin *Progne chalybea* - common and seen in numbers almost daily

Southern Rough-winged Swallow *Stelgidopteryx ruficollis* - seen fairly regularly

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

Tropical (White-browed) Gnatcatcher *Poliophtila plumbea* - 1 Cerro Azul 2/3; 1 Pipeline Road 5/3

House Wren *Troglodytes aedon* - fairly common around houses

Ochraceous Wren *Troglodytes ochraceus* - 1 Los Quetzales trail 8/3

White-headed Wren *Campylorhynchus albobrunneus* - 1 very responsive to tape El Salto road 12/3

Black-bellied Wren *Pheugopedius fasciatoventris* - 1 Pipeline Road 3/3; 1 La Marea 13/3

Rufous-breasted Wren *Pheugopedius rutilus* - 1 Summit Rainforest & Golf Resort 1/3; 1 Candelario Trail, El Valle 6/3; 1 Birding Paradise 10/3 and others heard

Rufous-and-white Wren *Thryophilus rufalbus* - heard Metropolitan Natural Park 4/3

Buff-breasted Wren *Cantorchilus leucotis* - pair Albbrook Pond 4/3; 1 Tortí Arriba 12/3

Riverside Wren *Cantorchilus semibadius* - heard at Birding Paradise 10/3

Bay Wren *Cantorchilus nigricapillus* - heard Tortí Arriba 12/3

Plain (Isthmian) Wren *Cantorchilus modestus* - 1 Summit Rainforest & Golf Resort 1/3; 2 Lagunas de Volcán 8/3

White-breasted Wood-Wren *Henicorhina leucosticta* - 2 Cerro Azul 2/3

Grey-breasted Wood-Wren *Henicorhina leucophrys* - 2 Altos Pineda 9/3

Song Wren *Cyphorhinus phaeocephalus* - 1 Pipeline Road 3/3 and others heard

Tropical Mockingbird *Mimus gilvus* - common and seen regularly

Black-faced Solitaire *Myadestes melanops* - 2 Las Nubes 9/3

Ruddy-capped Nightingale-thrush *Catharus frantzii* - heard Los Quetzales trail 8/3; 1 Las Nubes 9/3

Orange-billed Nightingale-thrush *Catharus aurantiirostris* - 1 Birding Paradise 10/3

Mountain Thrush *Turdus plebejus* - 3 Los Quetzales trail 8/3; 4 Altos Pineda 9/3

White-throated Thrush *Turdus assimilis* - 5 Lagunas de Volcán 8/3; 4 near Dos Ríos Hotel, Volcán 9/3

Clay-colored Thrush *Turdus grayi* - common just about everywhere

Long-tailed Silky-flycatcher *Ptiliogonys caudatus* - 2 Los Quetzales trail 8/3

House Sparrow *Passer domesticus* - common Hotel Portal Avicar, Tortí 11/3 and other sites nr Tortí

Yellow-crowned Euphonia *Euphonia luteicapilla* - 2 Summit Ponds 3/3; 5 El Valle 5/3; 1 Birding Paradise 10/3; 2 Lajas Blancas 13/3

Thick-billed Euphonia *Euphonia laniirostris* - common and seen on most days

Elegant Euphonia *Chlorophonia elegantissima* - 2 Lagunas de Volcán 8/3; 3 Las Nubes 9/3

Fulvous-vented Euphonia *Euphonia fulvicrissa* - 1 Cerro Azul 2/3; 1 Pipeline Road 5/3

Spot-crowned Euphonia *Euphonia imitans* - 2 Birding Paradise 10/3

Tawny-capped Euphonia *Euphonia anneae* - 2 Manuel's feeders, El Valle 6/3

Lesser Goldfinch *Carduelis psaltria* - 1 El Valle 6/3

Yellow-bellied Siskin *Carduelis xanthogastra* - 2 Tamandua Hummingbird Garden 9/3

Rosy Thrush-tanager *Rhodinocichla rosea* - heard Metropolitan Natural Park 4/3

Black-striped Sparrow *Arremonops conirostris* - 1 Manuel's feeders, El Valle 6/3; 1 Birding Paradise 10/3

Common Bush-tanager (Chlorospingus) *Chlorospingus flavopectus* - 2 Los Quetzales trail 8/3; 7 Birding Paradise 10/3; 1 Cascada Macho de Monte 10/3

Sooty-capped Bush-tanager (Chlorospingus) *Chlorospingus pileatus* - 6 Las Nubes 9/3

Chestnut-capped Brush-finch *Arremon brunneinucha* - 1 Los Quetzales trail 8/3

Orange-billed Sparrow *Arremon aurantirostris* - 1 Birding Paradise 10/3

Rufous-collared Sparrow *Zonotrichia capensis* - 2 Los Quetzales trail 8/3; common nr Cerro Punta 9/3; 1 Birding Paradise 10/3

Wrenthrush *Zeledonia coronata* - 2 Las Nubes 9/3

Eastern Meadowlark *Sturnella magna* - 1 Lagunas de Volcán 8/3; 2 Birding Paradise 10/3

Red-breasted Blackbird *Sturnella militaris* - 1 nr Río Tortí 12/3

Chestnut-headed Oropendola *Psarocolius wagleri* - 1 El Valle 6/3



Clay-colored Thrush - photo © Andrew Duff



Crested Oropendola - photo © Helmut Eichelmann



Great-tailed Grackle f. - photo © Andrew Duff

Crested Oropendola *Psarocolius decumanus* - 1 Watercress Trail, Altos del Maria 6/3; 10+ Birding Paradise 10/3

Black Oropendola *Psarocolius guatimozinus* - 3 La Marea 13/3

Scarlet-rumped Cacique *Cacicus uropygialis* - 2 Summit Ponds 2/3

Black-tailed (Yellow-rumped) Cacique *Cacicus flavicrissus* - 1 Summit Ponds 2/3; 1 El Salto road 14/3

Yellow-backed Oriole *Icterus chrysater* - 2 Metropolitan Natural Park 4/3

Baltimore Oriole *Icterus galbula* - 1 Summit Rainforest & Golf Resort 1/3; 1 Pipeline Road 3/3

Yellow-tailed Oriole *Icterus mesomelas* - 2 Ammo Dump Ponds 5/3

Orange-crowned Oriole *Icterus auricapillus* - 1 El Salto road 12/3 and 2 there 14/3

Giant Cowbird *Molothrus oryzivorus* - 12 Candelario Trail, El Valle 6/3

Shiny Cowbird *Molothrus bonariensis* - 4 Manuel's feeders, El Valle 6/3; several El Salto road 12/3 & 14/3

Bronzed Cowbird *Molothrus aeneus* - 1 El Valle lookout 7/3; 15 Volcán centre 8/3; 1 Tamandua Hummingbird Garden 9/3

Melodious Blackbird *Dives dives* - 1 Dos Ríos Hotel, Volcán 9/3

Great-tailed Grackle *Quiscalus mexicanus* - very common everywhere

Carib Grackle *Quiscalus lugubris* - 1 Río Tortí 11/3

Northern Waterthrush *Parkesia noveboracensis* - heard fairly regularly; 1 seen Manuel's feeders, El Valle 6/3; 1 seen Watercress Trail, Altos del Maria 6/3

Golden-winged Warbler *Vermivora chrysoptera* - 1 Cerro Azul 2/3

Black-and-white Warbler *Mniotilta varia* - 1 Cerro Azul 2/3; 1 El Valle lookout 7/3; 1 Lagunas de Volcán 8/3; 1 Birding Paradise 10/3

Prothonotary Warbler *Protonotaria citrea* - 1 Summit Ponds 2/3 & 3/3; 1 Albrook Pond 4/3

Flame-throated Warbler *Oreothlypis gutturalis* - 1 Las Nubes 9/3

Tennessee Warbler *Leiothlypis peregrina* - seen regularly in small numbers

Chiriqui (Masked) Yellowthroat *Geothlypis chiriquensis* - 1 Lagunas de Volcán 8/3

Mourning Warbler *Geothlypis philadelphia* - 1 seen very briefly Birding Paradise 10/3

American Redstart *Setophaga ruticilla* - 1 Cerro Azul 2/3; 1 El Valle lookout 7/3; 1 Birding Paradise 10/3

Tropical Parula *Setophaga pitiayumi* - 2 Lagunas de Volcán 8/3



Tennessee Warbler - photo © Susanne Meyer

Magnolia Warbler *Setophaga magnolia* - 1

Albrook Pond 4/3

Bay-breasted Warbler *Setophaga castanea* -

seen regularly, by far the most abundant wood-warbler

Blackburnian Warbler *Setophaga fusca* - 1

Cerro Azul 2/3; 1 Lagunas de Volcán 8/3

American Yellow Warbler *Setophaga petechia* -

seen fairly regularly

Chestnut-sided Warbler *Setophaga*

pensylvanica - seen fairly regularly

Black-throated Green Warbler *Setophaga*

virens - 1 Las Nubes 9/3

Buff-rumped Warbler *Myiothlypis fulvicauda* - 1

Birding Paradise 10/3; 2 Tortí Arriba 11/3

Rufous-capped Warbler *Basileuterus rufifrons* -

4 Cerro Azul 2/3; 1 Pipeline Road 5/3; 2 El Valle

5/3; 2 Birding Paradise 10/3

Black-cheeked Warbler *Basileuterus*

melanogenys - 6 Las Nubes 9/3

Stripe(Golden)-crowned Warbler *Basileuterus*

culicivorus - heard Lagunas de Volcán 8/3

Wilson's Warbler *Cardellina pusilla* - 5 Los

Quetzales trail 8/3; 4 Tamandua Hummingbird

Garden 9/3

Slate-throated Whitestart (Redstart) *Myioborus*

miniatus - 3 Los Quetzales trail 8/3

Collared Whitestart (Redstart) *Myioborus*

torquatus - 4 Las Nubes 9/3

Dusky-faced Tanager *Mitrospingus cassinii* - 4 El

Valle 6/3

Rose-breasted Grosbeak *Pheucticus ludovicianus* - 1 Summit Ponds 2/3; 3 Los Quetzales trail 8/3;

pair Tamandua Hummingbird Garden 9/3

Red-throated Ant-tanager *Habia fuscicauda* - 2 Summit

Rainforest & Golf Resort 1/3; 2+ Metropolitan Natural Park

4/3; 1 Altos Pineda 9/3

Carmioli's Tanager *Chlorothraupis carmioli* - 12+ Cerro Azul

2/3

Summer Tanager *Piranga rubra* - 1 Summit Rainforest &

Golf Resort 1/3; 2 Manuel's feeders, El Valle 6/3; 2 Los

Quetzales trail 8/3; 1 Tamandua Hummingbird Garden 9/3; 1

Río Tortí 11/3; 1 Hotel Portal Avicar, Tortí 12/3

Flame-colored Tanager *Piranga bidentata* - 3 Los Quetzales

trail 8/3; 1 Altos Pineda 9/3

Hepatic Tanager *Piranga flava* - 2 Cerro Azul 2/3; 1 El Valle

lookout 7/3

Green Honeycreeper *Chlorophanes spiza* - 2 Summit

Rainforest & Golf Resort 1/3; 1 El Valle 6/3; 2 Birding

Paradise 10/3; 1 Cascada Macho de Monte 10/3

Red-legged Honeycreeper *Cyanerpes cyaneus* - common

Shining Honeycreeper *Cyanerpes lucidus* - a pair Pipeline

Road 3/3

Scarlet-thighed Dacnis *Dacnis venusta* - 3 near Dos Ríos

Hotel, Volcán 9/3



Collared Whitestart (Redstart) - photo © Helmut Eichelmann



Blue Dacnis f. - photo © Susanne Meyer



Slate-colored Grosbeak - photo © Andrew Duff

Blue Dacnis *Danis cayana* - pair Summit Ponds 3/3; 2 Pipeline Road 4/3 & 5/3

Northern Grey (Greyish) Saltator *Saltator grandis* - 1 Birding Paradise 10/3

Streaked Saltator *Saltator striatipectus* - 1 Mr Flores' feeders 8/3; 1 Birding Paradise 10/3

Buff-throated Saltator *Saltator maximus* - 5+ Summit Rainforest & Golf Resort 1/3; 1 Summit Ponds 2/3; 2 Manuel's feeders, El Valle 6/3; 2 Tamandua Hummingbird Garden 9/3; 2 Birding Paradise 10/3; 1 Río Tortí 11/3

Black-headed Saltator *Saltator atriceps* - 4 Manuel's feeders, El Valle 6/3

Slate-colored Grosbeak *Saltator grossus* - 1 Pipeline Road 5/3

Bananaquit *Coereba flaveola* - seen on several days

Yellow-faced Grassquit *Tiaris olivaceus* - 2 Cerro Azul 2/3; 1 Los Quetzales trail 8/3

Blue-black Grassquit *Volatinia jacarina* - 5+ Cerro Azul 2/3; several Pipeline Road 3/3; 2 Bayano Lake 11/3

Grey-headed Tanager *Eucmetis penicillata* - 1 Summit Rainforest & Golf Resort 1/3

White-shouldered Tanager *Tachyphonus luctuosus* - 1 Cerro Azul 2/3; 2 Summit Ponds 3/3; 4 Metropolitan Natural Park 4/3; 2 El Salto road 12/3

Tawny-crested Tanager *Tachyphonus delatrii* - 10+ Candelario Trail. El Valle 6/3

Crimson-backed Tanager *Ramphocelus dimidiatus* - seen fairly regularly

Cherrie's (Scarlet-rumped) Tanager *Ramphocelus costaricensis* - 4 Lagunas de Volcán 8/3; 4 Tamandua Hummingbird Garden 9/3; 10 Birding Paradise 10/3

Flame-rumped Tanager *Ramphocelus flammigerus* - 4 El Valle 6/3

Black (Variable) Seed eater *Sporophila corvina* - seen fairly regularly

Slate-colored Seed eater *Sporophila schistacea* - 1 male Watercress Trail, Altos del Maria 6/3



Cherrie's (Scarlet-rumped) Tanager m.
- photo © Susanne Meyer



Slaty Flowerpiercer m. - photo © Andrew Duff



Blue-grey Tanager - photo © Susanne Meyer



Silver-throated Tanager m. - photo © Susanne Meyer

Saffron Finch *Sicalis flaveola* - 3+ Summit Rainforest & Golf Resort 1/3; 2 Ammo Dump Ponds 3/3
Slaty Flowerpiercer *Diglossa plumbea* - 8 Los Quetzales trail 8/3; 4 Tamandua Hummingbird Garden 9/3

Blue-grey Tanager *Thraupis episcopus* - common and seen daily

Palm Tanager *Thraupis palmarum* - common and seen regularly

Golden-hooded Tanager *Tangara larvata* - seen almost daily in small numbers

Spangle-cheeked Tanager *Tangara dowii* - 1 Las Nubes 9/3

Bay-headed Tanager *Tangara gyrola* - 5 Cerro Azul 2/3; 1 El Valle 5/3; 2 Cascada Macho de Monte 10/3

Silver-throated Tanager *Tangara icterocephala* - 1 Candelario Trail, El Valle 6/3; 1 Lagunas de Volcán 8/3

Plain-colored Tanager *Tangara inornata* - fairly common and seen almost daily

SYSTEMATIC LIST: MAMMALS

Southern (Common or Black-eared) Opossum *Didelphis marsupialis* - 1 spotlit after dark nr Meteti 13/3

Nine-banded Armadillo *Dasypus novemcinctus* - 1 after dark on golf course Summit Rainforest & Golf Resort 4/3

Northern Tamandua *Tamandua mexicana* - 1 dead on the road between Bayano Lake and Tortí 11/3

Hoffmann's Two-toed Sloth *Choloepus hoffmanni* - 1 Tortí Arriba 12/3; 1 from the boat en route to La Marea 13/3

Brown-throated Three-toed Sloth *Bradypus variegatus* - 1 Summit Ponds 3/3

Red-tailed Squirrel *Scuirus granatensis* - 2 Cerro Azul 2/3; 1 Los Quetzales trail 8/3

Variegated squirrel *Scuirus variegatoides* - 1 Cerro Azul 2/3; 1 en route from El Valle to Panama City 7/3; 1 Birding Paradise 10/3

Bang's Mountain Squirrel *Syntheosciurus brochus* - 1 Los Nubes 9/3

Central American Agouti *Dasyprocta punctata* - 3 at feeders Summit Rainforest & Golf Resort 1/3 and 2 there 4/3

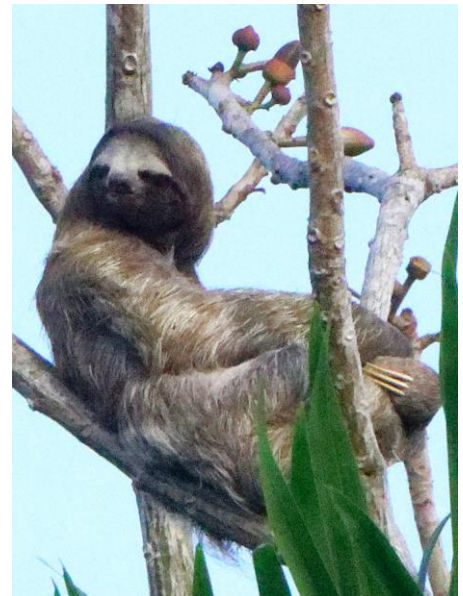
Lesser Capybara *Hydrochoerus isthmius* - 1 after dark at pond nr entrance gate Summit Rainforest & Golf Resort 3/3

White-nosed Coati *Nasua narica* - 4 at feeders Summit Rainforest & Golf Resort 1/3; several Pipeline Road 4/3

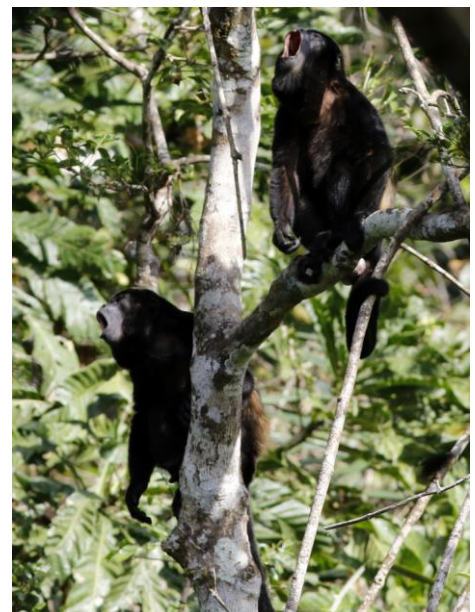
Geoffroy's (Red-naped) Tamarin *Saguinus geoffroyi* - 5 Metropolitan Natural Park 4/3; 3 Summit Rainforest & Golf Resort 5/3; 6 between Meteti and El Salto road 12/3

White-faced Capuchin *Cebus capucinus* - 2 Pipeline Road 5/3

Mantled Howler Monkey *Alouatta palliata* - 1 Summit Ponds 2/3; 2 Pipeline Road 3/3; c. 15 Tortí Arriba 12/3



Brown-throated Three-toed Sloth - photo © Susanne Meyer



Mantled Howler Monkeys - photo © Andrew Duff

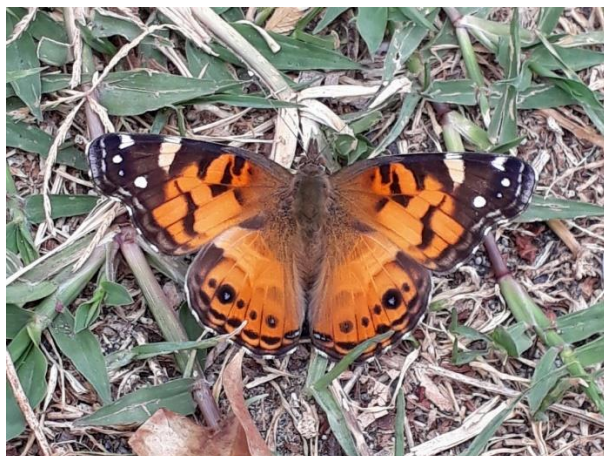
SYSTEMATIC LIST: BUTTERFLIES

Thanks to Jenn Sinasac and Nigel Peace for help with identification.

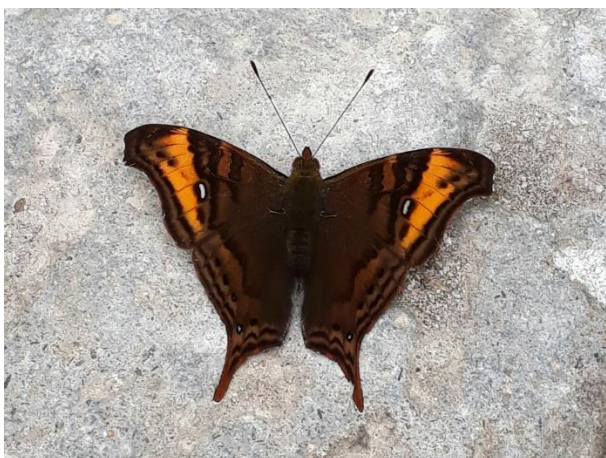
Great Southern White *Ascia monuste* - several at lunch stop in Volcán 8/3
Common Greatstreak *Theritas lisus* - 1 Summit Rainforest & Golf Resort 1/3
Togarna Hairstreak *Arawacus togarna* - 1 Summit Rainforest & Golf Resort 1/3
Black Hairstreak *Ocaria ocrisia* - 1 Summit Rainforest & Golf Resort 15/3
Erato Longwing *Heliconius erato* - 1 Metropolitan Natural Park 4/3
Doris Longwing *Heliconius doris* - 1 Pipeline Road 5/3
Cydno Longwing *Heliconius cydno* - 1 El Valle 6/3
White (Whitened) Crescent *Janatella leucodesma* - 1 Metropolitan Natural Park 4/3
Black (Darkened) Crescent *Phyciodes ptolyca* - 1 Summit Rainforest & Golf Resort 1/3
American Painted Lady *Vanessa virginensis* - 1 lunch stop in Volcán 8/3
White Peacock *Anartia jatrophe* - common
Banded Peacock *Anartia fatima* - common
Banded Mapwing *Hypanartia dione* ssp. *arcae* - 1 Las Nubes 9/3
Variable Cracker *Hamadryas feronia* - 2 Bayano Lake 11/3
Blue Morpho *Morpho* sp. - several Pipeline Road 3/3 & 5/3
Hermes Satyr *Hermeuptychia hermes* - 1 Summit Rainforest & Golf Resort 1/3
Trailside Skipper *Anthoptus epictetus* - 1 El Valle 6/3



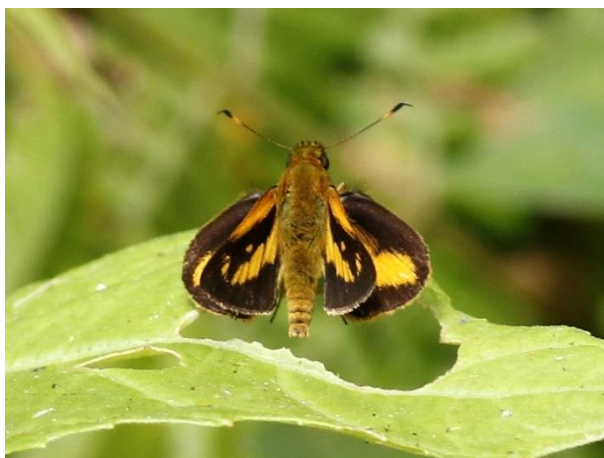
Cydno Longwing - photo © Andrew Duff



American Painted Lady - photo © Andrew Duff



Banded Mapwing - photo © Andrew Duff



Trailside Skipper - photo © Andrew Duff