



# Rockjumper Birding Tours

Worldwide Birding Adventures

## Panama – Trip Report

*Birds of the Isthmus*

*20<sup>th</sup> August to 2<sup>nd</sup> September 2008*



Broad-billed Motmot and Brown-throated Three-toed Sloth All photos by David Shackelford

**Tour Leader:** David Shackelford

**Ten great birds as noted by participants:**

1. Resplendent Quetzal
2. Blue Cotinga
3. Rosy Thrush-Tanager
4. Tody Motmot
5. Costa Rican Pygmy-Owl
6. Violet Sabrewing
7. Fiery-billed Aracari
8. Golden-browed Chlorophonia
9. Spectacled Owl
10. Spotted Antbird



**Group Photo in the western highlands and Panama Canal at the Gatun Locks**

### **Tour Summary**

Rockjumper Birding Tours' debut adventure through the Isthmus of Panama was a smash success with nearly four hundred bird species encountered plus a host of interesting mammals and a close look into the fascinating workings of the historic Panama Canal. Feverish tapping on the plane window by some of us as we arrived in the imposingly developed Panama City had us alerted to our first Neotropical denizens of the tour, before we found our way out of the international business hub of downtown towards the quaint settlement of Gamboa where restless Central American Agouti, Collared Aracari, and an infusion of colorful tanagers greeted us practically at our doorstep!

Among other things, the transcontinental nation of Panama serves to connect the north and south continents of the Americas, and we began our explorations of these central lowlands along the ecologically famous Pipeline Road. Here the rainforest remains largely intact because of efforts to preserve the watershed that supplies the adjacent Panama Canal. By climbing to the top of the newly constructed Discovery canopy tower, we were afforded uninterrupted views of immaculate forest surrounding us as a troop of Mantled Howler Monkey roared from the treetops. We barely had time to catch our breath before Keel-billed and Chestnut-mandibled Toucans landed nearby, followed by uninterrupted waves of birds including raucous Mealy and Red-fronted Parrots, Black-breasted Puffbird, Scaled Pigeon, bright Green Shrike-Vireo, a vocal Slate-colored Grosbeak, scope views of both Violaceous and Black-tailed Trogons and the radiant Blue Cotinga.

Tiny black and white Geoffrey's Tamarin scurried across the tree branches above us and a sleek Ocelot ambled across the dirt track, providing a lucky sighting as we continued our explorations over the next few days into the diverse interior forest trails. Active bird flocks in the understory yielded an array of wrens, thrushes and manakins, as well as sought-after birds such as Jet and White-bellied Antbirds, Speckled Mourner, White-tailed and Slaty-tailed Trogons, a lovely Capped Heron, wing-snapping Golden-collared Manakin and long, close-up looks at a cooperative Speckle-breasted Antpitta. Encounters with a Spectacled Caiman lurking in a backwater stream and a comical White-nosed Coatimundi kept us entertained before we stumbled across a great swam of army ants, systematically covering the forest floor, sending a riot of minuscule life fleeing to escape. In return we were able to witness an assemblage of ant swarm followers that take advantage of this phenomenon, including woodcreepers, foliage-gleaners and tyrant-flycatchers, plus the attractive Spotted, Bicolored, Ocellated and Immaculate Antbirds, both Rufous and Broad-billed Motmots, a cooperative Black-faced Antthrush and Scaly-throated Leaf-tosser.

Continuing towards the Caribbean side of Panama, we were pleased to enjoy a close inspection of the intricate engineering of the extraordinary Panama Canal. One of the largest and most challenging engineering projects in human history, the man-made canal joins the Pacific and Atlantic Oceans. A failed attempt in the late 1800s by the French cost more than 20,000 workers' lives before the United States stepped in to complete the endeavour in 1914. Nearly eighty kilometres long, the Panama Canal replaced the long and treacherous route around the southernmost tip of South America. Standing on the edge of the edifice, we were able to witness vessels from around the world shipping cargo through an elaborate system of sturdy locks in this modern feat of global trade.

A beautiful pair of stately Spectacled Owl, with a white juvenile on the day roost, complimented the Vermiculated Screech-Owl we located during a nocturnal excursion, before we continued into the forest of the Achiotte Road. Here we found the stunning and delicate Bridal Veil Fungus and bright flowering heliconias were at their peak as we walked along the tropical rainforest trails. Within short time we located a troop of White-face Capuchin Monkeys, a cooperative pair of Black-throated Trogon, the localized Spot-crowned Barbet, a slow-moving Hoffman's Two-toed Sloth, Southern Bentbill, amazing views of the attractive Black-striped Woodcreeper, White-necked Puffbird and the difficult White-headed Wren, before continuing our journey into the western highlands.

In contrast to the humid lowlands, as we travelled along the Pan-American Highway that stretches from Alaska to Patagonia, the cooler temperatures that greeted us near the Costa Rican border were a welcomed change. The Chiriqui highlands are a beautiful landscape of cloud forest, volcanic peaks and coffee plantations that defines the border of western Panama as part of the Cordillera Central. With the aid of a 4x4 vehicle we ventured toward our private Los Quetzales cabin nestled in the mountains at the border of La Amistad National Park. Brilliant flashes of lilac, indigo and emerald burst around us as a flurry of hummingbirds visited the feeders at our cabin only an arms-length away! These included the endemic White-throated Mountain-Gem, Stripe-tailed and Magnificent Hummingbirds, the garish Violet Sabrewing and ostentatious Green-crowned Brilliant among others. Marvelously constructed from wood in circular fashion around a profound center pole, our three-story wooden cabin also provided a 360 degree balcony to observe the surrounding forest, as well as very comfortable amenities. In the evenings, while enjoying dinner over the ambiance of a stove fire, a solitary and normally timid member of the raccoon family called a Ringtail arrived each night to finish up the fruit we set out daily for the birds and wildlife.

The surrounding cloud forest was active with bird flocks moving through the drapes of orchids and bromeliads as we spent several days exploring the surrounding trails, which often followed the cascading mountain streams or led to a hidden waterfall. Bright Flame-throated Warbler, Silver-throated Tanager, Spotted Barbtail and Buffy Tuftedcheek often accompanied mixed flocks, and both Ruddy-capped and Black-billed Nightingale-Thrush hopped unconcerned along the forest pathways. Skulking in the dense undergrowth and vine tangles we coaxed Slivery-fronted Tapaculo into view, found both Buff-fronted and Chiriqui Quail-Doves and located a Wrenthrush that approached within three feet of where we crouched! Even around our cabin we enjoyed congregations of birds feeding together, including Large-footed and the funny looking Yellow-thighed Finch, Chestnut-capped Brush-Finch and both Slaty and the scarce Peg-billed Finches. Of course if ever there was a single bird to steal the show it would be the gorgeous Resplendent Quetzal, a spectacular member of the trogon family that was revered by the ancient Mayas and Aztecs as the "god of the air." We enjoyed daily sightings of this, undoubtedly one of the world's most spectacular birds, including scope views of a male sporting elaborate iridescent emerald tail plumes.

While beginning our hike early one morning on the slopes of Volcan Baru, Panama's highest point rising nearly 3,500 meters, we coaxed a pair of Mottled Owl into full view while the localized Dusky Nightjar called from a nearby cliff outcrop. The sunrise over the volcano that morning in the crisp daybreak air was unforgettable, with the maniacal calls of Spotted Wood-Quail and Highland Tinamou piercing the silence and the near-endemic Volcano Hummingbird perched only a few feet away. We enjoyed having the forest trails to ourselves as we whistled in a pair of attractive Orange-bellied Trogon, Spangle-cheeked Tanager, fantastic scope views of the male Golden-browed Chlorophonia, a Costa Rican Pygmy-Owl perched for several minutes and a pair of Prong-billed Barbets giving a antiphonal duet.

We reluctantly left our mountain cabin behind and journeyed eastward, but were soon blow away by an incredibly active morning, birding the small chain of Volcan Lakes and surrounding forest interior along our route. Barely had we stepped from our vehicle when Slaty and Pale-breasted Spinetails competed for our attention from Olivaceous Piculet, bright Cherrie's Tanager, Streaked Saltator and the male Scarlet-thighed Dacnis. The picturesque lake held a feeding Northern Jacana, among other delights, and we were equally impressed with a massive Owl Butterfly displaying false eye-spots that presumably act as a decoy, diverting bird attacks away from the vulnerable body. Here we scoped the scarce Plumbeous Hawk, Scaly-crested Pygmy-Tyrant calling from a vine tangle, Blue-crowned Motmot, White-tailed Emerald, Blue-hooded Euphonia that posed nicely for several minutes and a large congregation of attractive Fiery-billed Aracari. A massive mixed feeding flock we encountered also contained Yellow-throated Brush-Finch, Slaty Antwren and Spectacled Foliage-Gleaner among many others, including mammals such as Variegated and Red-tailed Squirrels.

The weekly outdoor market in the foothill settlement of El Valle was a pleasure to attend as we visited with the local Mestizos in Spanish and sifted through colorful folk art, paintings, beadwork and vivid mola textiles; each individually cut away in layers and stitched with great care for tiny details. Our luxurious forest lodge was situated along a forest stream and it must be said that the cuisine was delightfully diverse, with a variety of pasta and unsullied fish, an amazing assortment of farm-fresh vegetables and fruits and traditional Panamanian dishes.

The gently rolling hills blanketing the forest provided ample opportunity to continue our explorations and even near our lodge we found a hilarious Brown-throated Three-toed Sloth, which amused us daily as it lounged lackadaisically across the Cecropia branches. Brilliant Violet-headed Hummingbird, Garden Emerald and a single Rufous-crested Coquette visited the surrounding flowering shrubs, and in the garden we found a territorial Great Antshrike and obtained fantastic views of a singing male Rosy Thrush-Tanager. In the surrounding area we walked along the ridgelines and waterfall trails where the bizarre White-tipped Sicklebill fed on heliconias flowers (with a bill the shape of a fish-hook), we also located gaudy Black-and-yellow Tanager, Yellow-billed Cacique, Eye-ringed Flatbill, displaying White-ruffed Manakin, Dusky-faced Tanager and, with some added effort, we enjoyed scope views for several unforgettable minutes of the scarce and local Tody Motmot before returning towards Panama City.

Amazing landscapes and historic appeal, a friendly and vibrant culture and prolific wildlife combined with a cacophony of birdlife; Panama proved that it has it all. As we crossed over the impressive Bridge of the Americas spanning the Pacific entrance to the Panama Canal, we bid farewell to the riches of this great Central American nation.



Owl Butterfly and Chestnut-mandibled Toucan

## List of Birds encountered:

### TINAMOUS

Great Tinamou

Highland Tinamou

Little Tinamou

*Tinamus major*

*Nothocercus bonapartei*

*Crypturellus soui*

### GREBES

Pied-billed Grebe

*Podilymbus podiceps*

### PELICANS

Brown Pelican

*Pelecanus occidentalis*

### CORMORANTS

Neotropic Cormorant

*Phalacrocorax brasilianus*

### ANHINGAS

Anhinga

*Anhinga anhinga*

### FRIGATEBIRDS

Magnificent Frigatebird

*Fregata magnificens*

### GULLS AND TERNS

Laughing Gull

Ring-billed Gull

Royal Tern

*Leucophaeus atricilla*

*Larus delawarensis*

*Thalasseus maximus*

### HERONS, EGRETS AND BITTERNS

Capped Heron

Great Blue Heron

Great Egret

Little Blue Heron

*Pilherodius pileatus*

*Ardea herodias*

*Ardea alba*

*Egretta caerulea*

<b>Snowy Egret</b>	<b>Egretta thula</b>
<b>Cattle Egret</b>	<b>Bubulcus ibis</b>
<b>Green Heron</b>	<b>Butorides virescens</b>
<b>Rufescent Tiger-Heron</b>	<b>Tigrisoma lineatum</b>
<b>Least Bittern</b>	<b>Ixobrychus exilis</b>

**IBIS AND SPOONBILLS**

<b>White Ibis</b>	<b>Eudocimus albus</b>
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**DUCKS, GEESE AND SWANS**

<b>Black-bellied Whistling-Duck</b>	<b>Dendrocygna autumnalis</b>
<b>Muscovy Duck</b>	<b>Cairina moschata</b>

**NEW WORLD VULTURES**

<b>Black Vulture</b>	<b>Coragyps atratus</b>
<b>Turkey Vulture</b>	<b>Cathartes aura</b>

**OSPREY**

<b>Osprey</b>	<b>Pandion haliaetus</b>
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**HAWKS, EAGLES AND KITES**

<b>Hook-billed Kite</b>	<b>Chondrohierax uncinatus</b>
<b>Swallow-tailed Kite</b>	<b>Elanoides forficatus</b>
<b>White-tailed Kite</b>	<b>Elanus leucurus</b>
<b>Snail Kite</b>	<b>Rostrhamus sociabilis</b>
<b>Plumbeous Hawk</b>	<b>Leucopternis plumbea</b>
<b>White Hawk</b>	<b>Leucopternis albicollis</b>
<b>Common Black-Hawk</b>	<b>Buteogallus anthracinus</b>
<b>Gray Hawk</b>	<b>Asturina nitida</b>
<b>Roadside Hawk</b>	<b>Buteo magnirostris</b>
<b>Broad-winged Hawk</b>	<b>Buteo platypterus</b>
<b>Black Hawk-Eagle</b>	<b>Spizaetus tyrannus</b>

**FALCONS AND CARACARAS**

<b>Crested Caracara</b>	<b>Caracara cheriway</b>
<b>Yellow-headed Caracara</b>	<b>Milvago chimachima</b>
<b>American Kestrel</b>	<b>Falco sparverius</b>
<b>Bat Falcon</b>	<b>Falco ruficularis</b>
<b>Peregrine Falcon</b>	<b>Falco peregrinus</b>

**GUANS, CHACHALACAS, CURASSOWS**

<b>Gray-headed Chachalaca</b>	<b>Ortalis cinereiceps</b>
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**NEW WORLD QUAIL**

<b>Spotted Wood-Quail</b>	<b>Odontophorus guttatus</b>
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**RAILS, GALLINULES AND COOTS**

White-throated Crake  
Gray-necked Wood-Rail  
Purple Gallinule  
Common Moorhen

*Laterallus albigularis*  
*Aramides cajanea*  
*Porphyrio martinica*  
*Gallinula chloropus*

**JACANAS**

Northern Jacana  
Wattled Jacana

*Jacana spinosa*  
*Jacana jacana*

**SHOREBIRDS**

Spotted Sandpiper

*Actitis macularia*

**PLOVERS AND LAPWINGS**

Southern Lapwing

*Vanellus chilensis*

**PIGEONS AND DOVES**

Scaled Pigeon  
Band-tailed Pigeon  
Pale-vented Pigeon  
Short-billed Pigeon  
Ruddy Pigeon  
Mourning Dove  
Ruddy Ground-Dove  
White-tipped Dove  
Gray-chested Dove  
Buff-fronted Quail-Dove  
Chiriqui Quail-Dove

*Columba speciosa*  
*Columba fasciata*  
*Columba cayennensis*  
*Columba nigrirostris*  
*Columba subvinacea*  
*Zenaida macroura*  
*Columbina talpacoti*  
*Leptotila verreauxi*  
*Leptotila cassini*  
*Geotrygon costaricensis*  
*Geotrygon chiriquensis*

**PARROTS**

Crimson-fronted Parakeet  
Sulphur-winged Parakeet  
Barred Parakeet  
Orange-chinned Parakeet  
Blue-headed Parrot  
Red-lored Parrot  
Yellow-crowned Parrot  
Mealy Parrot

*Aratinga finschi*  
*Pyrrhura hoffmanni*  
*Bolborhynchus lineola*  
*Brotogeris jugularis*  
*Pionus menstruus*  
*Amazona autumnalis*  
*Amazona ochrocephala*  
*Amazona farinosa*

**CUCKOOS**

Squirrel Cuckoo  
Greater Ani  
Smooth-billed Ani

*Piaya cayana*  
*Crotophaga major*  
*Crotophaga ani*

**OWLS**

Vermiculated Screech-Owl  
Mottled Owl  
Spectacled Owl

*Otus vermiculatus*  
*Ciccaba virgata*  
*Pulsatrix perspicillata*

Costa Rican Pygmy-Owl

*Glaucidium costaricanum*

**NIGHTJARS**

Short-tailed Nighthawk

*Lurocalis semitorquatus*

Pauraque

*Nyctidromus albicollis*

Dusky Nightjar

*Caprimulgus saturatus*

**SWIFTS**

White-collared Swift

*Streptoprocne zonaris*

Band-rumped Swift

*Chaetura spinicaudus*

Short-tailed Swift

*Chaetura brachyura*

**HUMMINGBIRDS**

White-tipped Sicklebill

*Eutoxeres aquila*

Little Hermit

*Phaethornis longuemareus*

Rufous-breasted Hermit

*Glaucis hirsuta*

Band-tailed Barbthroat

*Threnetes ruckeri*

Green Hermit

*Phaethornis guy*

Western Long-tailed Hermit

*Phaethornis longirostris*

Pale-bellied Hermit

*Phaethornis anthophilus*

Stripe-throated Hermit

*Phaethornis striigularis*

Green-fronted Lancebill

*Doryfera ludovicae*

Violet Sabrewing

*Campylopterus hemileucurus*

White-necked Jacobin

*Florisuga mellivora*

Green Violet-ear

*Colibri thalassinus*

Violet-headed Hummingbird

*Klais guimeti*

Rufous-crested Coquette

*Lophornis delattrei*

Garden Emerald

*Chlorostilbon assimilis*

Fiery-throated Hummingbird

*Panterpe insignis*

White-tailed Emerald

*Elvira chionura*

Stripe-tailed Hummingbird

*Eupherusa eximia*

Violet-crowned Woodnymph

*Thalurania colombica*

Violet-bellied Hummingbird

*Damophila julie*

Sapphire-throated Hummingbird

*Lepidopyga coeruleogularis*

Rufous-tailed Hummingbird

*Amazilia tzacatl*

Blue-chested Hummingbird

*Polyerata amabilis*

Charming Hummingbird

*Polyerata decora*

Snowy-bellied Hummingbird

*Saucerottia edward*

White-vented Plumeleteer

*Chalybura buffonii*

White-throated Mountain-gem

*Lampornis castaneiventris*

Purple-throated Mountain-gem

*Lampornis calolaema*

Green-crowned Brilliant

*Heliodoxa jacula*

Magnificent Hummingbird

*Eugenes fulgens*

Purple-crowned Fairy

*Heliothyx barroti*

Magenta-throated Woodstar

*Calliphlox bryantae*

Scintillant Hummingbird

*Selasphorus scintilla*

Glow-throated Hummingbird

*Selasphorus ardens*

**Volcano Hummingbird**

**Selasphorus flammula**

**TROGONS AND QUETZALS**

**White-tailed Trogon**

**Trogon viridis**

**Violaceous Trogon**

**Trogon violaceus**

**Collared Trogon**

**Trogon collaris**

**Orange-bellied Trogon**

**Trogon aurantiiventris**

**Black-throated Trogon**

**Trogon rufus**

**Black-tailed Trogon**

**Trogon melanurus**

**Slaty-tailed Trogon**

**Trogon massena**

**Resplendent Quetzal**

**Pharomachrus mocinno**

**KINGFISHERS**

**Ringed Kingfisher**

**Ceryle torquata**

**Amazon Kingfisher**

**Chloroceryle amazona**

**Green Kingfisher**

**Chloroceryle americana**

**MOTMOTS**

**Tody Motmot**

**Hylomanes momotula**

**Blue-crowned Motmot**

**Momotus momota**

**Rufous Motmot**

**Baryphthengus martii**

**Broad-billed Motmot**

**Electron platyrhynchum**

**PUFFBIRDS**

**White-necked Puffbird**

**Notharchus macrorhynchos**

**Black-breasted Puffbird**

**Notharchus pectoralis**

**White-whiskered Puffbird**

**Malacoptila panamensis**

**BARBETS**

**Spot-crowned Barbet**

**Capito maculicoronatus**

**Prong-billed Barbet**

**Semnornis frantzii**

**TOUCANS**

**Collared Aracari**

**Pteroglossus torquatus**

**Fiery-billed Aracari**

**Pteroglossus frantzii**

**Keel-billed Toucan**

**Ramphastos sulfuratus**

**Black-mandibled Toucan**

**Ramphastos ambiguus**

**WOODPECKERS**

**Olivaceous Piculet**

**Picumnus olivaceus**

**Acorn Woodpecker**

**Melanerpes formicivorus**

**Golden-naped Woodpecker**

**Melanerpes chrysauchen**

**Black-cheeked Woodpecker**

**Melanerpes pucherani**

**Red-crowned Woodpecker**

**Melanerpes rubricapillus**

**Hairy Woodpecker**

**Picoides villosus**

**Cinnamon Woodpecker**

**Celeus loricatus**

**Crimson-crested Woodpecker**

**Campephilus melanoleucos**

**Pale-billed Woodpecker****Campephilus guatemalensis****OVENBIRDS****Pale-breasted Spinetail****Synallaxis albescens****Slaty Spinetail****Synallaxis brachyura****Red-faced Spinetail****Cranioleuca erythroptis****Spotted Barbtail****Premnoplex brunnescens****Ruddy Treerunner****Margarornis rubiginosus****Plain Xenops****Xenops minutus****Scaly-throated/Spectacled Foliage-gleaner** **Anabacerthia variegaticeps****Buffy Tuftedcheek****Pseudocolaptes lawrencii****Streak-breasted Treehunter****Thripadectes rufobrunneus****Buff-throated Foliage-gleaner****Automolus ochrolaemus****Ruddy Foliage-gleaner****Automolus rubiginosus****Scaly-throated Leaf-tosser****Sclerurus guatemalensis****WOODCREEPERS****Plain-brown Woodcreeper****Dendrocincla fuliginosa****Ruddy Woodcreeper****Dendrocincla homochroa****Strong-billed Woodcreeper****Xiphocolaptes promeropirhynchus****Northern Barred-Woodcreeper****Dendrocolaptes sanctithomae****Black-banded Woodcreeper****Dendrocolaptes picumnus****Cocoa Woodcreeper****Xiphorhynchus susurrans****Black-striped Woodcreeper****Xiphorhynchus lachrymosus****Spotted Woodcreeper****Xiphorhynchus erythropygius****Streak-headed Woodcreeper****Lepidocolaptes souleyetii****Spot-crowned Woodcreeper****Lepidocolaptes affinis****TYPICAL ANT BIRDS****Fasciated Antshrike****Cymbilaimus lineatus****Great Antshrike****Taraba major****Barred Antshrike****Thamnophilus doliatus****Western Slaty-Antshrike****Thamnophilus atrinucha****Pygmy Mustached Antwren****Myrmotherula ignota****Checker-throated Antwren****Myrmotherula fulviventris****White-flanked Antwren****Myrmotherula axillaris****Slaty Antwren****Myrmotherula schisticolor****Dot-winged Antwren****Microrhophias quixensis****Dusky Antbird****Cercomacra tyrannina****Jet Antbird****Cercomacra nigricans****White-bellied Antbird****Myrmeciza longipes****Chestnut-backed Antbird****Myrmeciza exsul****Immaculate Antbird****Myrmeciza immaculata****Bicolored Antbird****Gymnopithys leucaspis****Spotted Antbird****Hylophylax naevioides****Ocellated Antbird****Phaenostictus mcleannani**

**ANTHRUSHES AND ANTPITTAS**

<b>Black-faced Antthrush</b>	<b>Formicarius analis</b>
<b>Streak-chested Antpitta</b>	<b>Hylopezus perspicillatus</b>

**TAPACULOS**

<b>Silvery-fronted Tapaculo</b>	<b>Scytalopus argentifrons</b>
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**COTINGAS**

<b>Speckled Mourner</b>	<b>Laniocera rufescens</b>
<b>Blue Cotinga</b>	<b>Cotinga nattererii</b>
<b>Purple-throated Fruitcrow</b>	<b>Querula purpurata</b>

**MANAKINS**

<b>Golden-collared Manakin</b>	<b>Manacus vitellinus</b>
<b>White-ruffed Manakin</b>	<b>Corapipo altera</b>
<b>Lance-tailed Manakin</b>	<b>Chiroxiphia lanceolata</b>
<b>Blue-crowned Manakin</b>	<b>Pipra coronata</b>
<b>Red-capped Manakin</b>	<b>Pipra mentalis</b>

**TYRANT FLYCATCHERS**

<b>Brown-capped Tyrannulet</b>	<b>Ornithion brunneicapillus</b>
<b>Southern Beardless-Tyrannulet</b>	<b>Camptostoma obsoletum</b>
<b>Yellow Tyrannulet</b>	<b>Capsiempis flaveola</b>
<b>Yellow-crowned Tyrannulet</b>	<b>Tyrannulus elatus</b>
<b>Forest Elaenia</b>	<b>Myiopagis gaimardii</b>
<b>Yellow-bellied Elaenia</b>	<b>Elaenia flavogaster</b>
<b>Lesser Elaenia</b>	<b>Elaenia chiriquensis</b>
<b>Mountain Elaenia</b>	<b>Elaenia frantzii</b>
<b>Torrent Tyrannulet</b>	<b>Serpophaga cinerea</b>
<b>Ochre-bellied Flycatcher</b>	<b>Mionectes oleagineus</b>
<b>Olive-striped Flycatcher</b>	<b>Mionectes olivaceus</b>
<b>Sepia-capped Flycatcher</b>	<b>Leptopogon amaurocephalus</b>
<b>Yellow-green Tyrannulet</b>	<b>Phylloscartes flavovirens</b>
<b>Rufous-browed Tyrannulet</b>	<b>Phylloscartes superciliaris</b>
<b>Paltry Tyrannulet</b>	<b>Zimmerius vilissimus</b>
<b>Northern Scrub-Flycatcher</b>	<b>Sublegatus arenarum</b>
<b>Scale-crested Pygmy-Tyrant</b>	<b>Lophotriccus pileatus</b>
<b>Pale-eyed Pygmy-Tyrant</b>	<b>Lophotriccus pilaris</b>
<b>Southern Bentbill</b>	<b>Oncostoma olivaceum</b>
<b>Black-headed Tody-Flycatcher</b>	<b>Todirostrum nigriceps</b>
<b>Common Tody-Flycatcher</b>	<b>Todirostrum cinereum</b>
<b>Eye-ringed Flatbill</b>	<b>Rhynchocyclus brevirostris</b>
<b>Yellow-olive Flycatcher</b>	<b>Tolmomyias sulphurescens</b>
<b>Yellow-margined Flycatcher</b>	<b>Tolmomyias assimilis</b>
<b>White-throated Spadebill</b>	<b>Platyrrinchus mystaceus</b>
<b>Northern Royal-Flycatcher</b>	<b>Onychorhynchus mexicanus</b>
<b>Bran-colored Flycatcher</b>	<b>Myiophobus fasciatus</b>
<b>Ruddy-tailed Flycatcher</b>	<b>Terenotriccus erythrurus</b>

<b>Sulphur-rumped Flycatcher</b>	<b>Myiobius sulphureipygius</b>
<b>Black-tailed Flycatcher</b>	<b>Myiobius atricaudus</b>
<b>Tufted Flycatcher</b>	<b>Mitrephanes phaeocercus</b>
<b>Tropical Pewee</b>	<b>Contopus cinereus</b>
<b>Black-capped Flycatcher</b>	<b>Empidonax atriceps</b>
<b>Black Phoebe</b>	<b>Sayornis nigricans</b>
<b>Bright-rumped Attila</b>	<b>Attila spadiceus</b>
<b>Dusky-capped Flycatcher</b>	<b>Myiarchus tuberculifer</b>
<b>Panama Flycatcher</b>	<b>Myiarchus panamensis</b>
<b>Lesser Kiskadee</b>	<b>Philohydor lictor</b>
<b>Great Kiskadee</b>	<b>Pitangus sulphuratus</b>
<b>Boat-billed Flycatcher</b>	<b>Megarynchus pitangua</b>
<b>Rusty-margined Flycatcher</b>	<b>Myiozetetes cayanensis</b>
<b>Social Flycatcher</b>	<b>Myiozetetes similis</b>
<b>Gray-capped Flycatcher</b>	<b>Myiozetetes granadensis</b>
<b>Streaked Flycatcher</b>	<b>Myiodynastes maculatus</b>
<b>Sulphur-bellied Flycatcher</b>	<b>Myiodynastes luteiventris</b>
<b>Piratic Flycatcher</b>	<b>Legatus leucophaeus</b>
<b>Tropical Kingbird</b>	<b>Tyrannus melancholicus</b>
<b>Eastern Kingbird</b>	<b>Tyrannus tyrannus</b>
<b>Fork-tailed Flycatcher</b>	<b>Tyrannus savana</b>
<b>Sapayoa</b>	<b>Sapayoa aenigma</b>
<b>Barred Becard</b>	<b>Pachyramphus versicolor</b>
<b>White-winged Becard</b>	<b>Pachyramphus polychopterus</b>
<b>Black-and-white Becard</b>	<b>Pachyramphus albogriseus</b>
<b>Cinereous Becard</b>	<b>Pachyramphus rufus</b>
<b>One-colored Becard</b>	<b>Pachyramphus homochrous</b>
<b>Masked Tityra</b>	<b>Tityra semifasciata</b>
<b>Black-crowned Tityra</b>	<b>Tityra inquisitor</b>

**SWALLOWS**

<b>Gray-breasted Martin</b>	<b>Progne chalybea</b>
<b>Mangrove Swallow</b>	<b>Tachycineta albilinea</b>
<b>Blue-and-white Swallow</b>	<b>Pygochelidon cyanoleuca</b>
<b>White-thighed Swallow</b>	<b>Neochelidon tibialis</b>
<b>Southern Rough-winged Swallow</b>	<b>Stelgidopteryx ruficollis</b>
<b>Cliff Swallow</b>	<b>Petrochelidon pyrrhonota</b>
<b>Barn Swallow</b>	<b>Hirundo rustica</b>

**SILKY-FLYCATCHERS**

<b>Black-and-yellow Silky-flycatcher</b>	<b>Phainoptila melanoxantha</b>
<b>Long-tailed Silky-flycatcher</b>	<b>Ptilogonys caudatus</b>

**DIPPERS**

<b>American Dipper</b>	<b>Cinclus mexicanus</b>
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**WRENS**

White-headed Wren	<i>Campylorhynchus albobrunneus</i>
Black-bellied Wren	<i>Thryothorus fasciatoventris</i>
Rufous-breasted Wren	<i>Thryothorus rutilus</i>
Bay Wren	<i>Thryothorus nigricapillus</i>
Stripe-breasted Wren	<i>Thryothorus thoracicus</i>
Rufous-and-white Wren	<i>Thryothorus rufalbus</i>
Plain Wren	<i>Thryothorus modestus</i>
Buff-breasted Wren	<i>Thryothorus leucotis</i>
House Wren	<i>Troglodytes aedon</i>
Ochraceous Wren	<i>Troglodytes ochraceus</i>
White-breasted Wood-Wren	<i>Henicorhina leucosticta</i>
Gray-breasted Wood-Wren	<i>Henicorhina leucophrys</i>
Scaly-breasted Wren	<i>Microcerculus marginatus</i>
Song Wren	<i>Cyphorhinus phaeocephalus</i>

**MOCKINGBIRDS AND THRASHERS**

Tropical Mockingbird	<i>Mimus gilvus</i>
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**THRUSHES**

Black-faced Solitaire	<i>Myadestes melanops</i>
Orange-billed Nightingale-Thrush	<i>Catharus aurantiirostris</i>
Black-billed Nightingale-Thrush	<i>Catharus gracilirostris</i>
Ruddy-capped Nightingale-Thrush	<i>Catharus frantzii</i>
Mountain Robin	<i>Turdus plebejus</i>
Pale-vented Thrush	<i>Turdus obsoletus</i>
Clay-colored Robin	<i>Turdus grayi</i>
White-throated Thrush	<i>Turdus assimilis</i>

**GNATCATCHERS**

Tawny-faced Gnatwren	<i>Microbates cinereiventris</i>
Tropical Gnatcatcher	<i>Polioptila plumbea</i>

**CROWS AND JAYS**

Black-chested Jay	<i>Cyanocorax affinis</i>
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**VIREOS AND ALLIES**

Yellow-winged Vireo	<i>Vireo carmioli</i>
Brown-capped Vireo	<i>Vireo leucophrys</i>
Red-eyed Vireo	<i>Vireo olivaceus</i>
Yellow-green Vireo	<i>Vireo flavoviridis</i>
Scrub Greenlet	<i>Hylophilus flavipes</i>
Tawny-crowned Greenlet	<i>Hylophilus ochraceiceps</i>
Golden-fronted Greenlet	<i>Hylophilus aurantiifrons</i>
Lesser Greenlet	<i>Hylophilus decurtatus</i>
Green Shrike-Vireo	<i>Vireolanius pulchellus</i>
Rufous-browed Peppershrike	<i>Cyclarhis gujanensis</i>

**WOOD WARBLERS**

Flame-throated Warbler  
Tropical Parula  
Yellow Warbler  
Black-and-white Warbler  
Masked Yellowthroat  
Slate-throated Redstart  
Collared Redstart  
Golden-crowned Warbler  
Rufous-capped Warbler  
Black-cheeked Warbler  
Buff-rumped Warbler  
Wrenthrush

*Parula gutturalis*  
*Parula pitiayumi*  
*Dendroica petechia*  
*Mniotilta varia*  
*Geothlypis aequinoctialis*  
*Myioborus miniatus*  
*Myioborus torquatus*  
*Basileuterus culicivorus*  
*Basileuterus rufifrons*  
*Basileuterus melanogenys*  
*Basileuterus fulvicauda*  
*Zeledonia coronata*

**BANANAQUIT**

Bananaquit

*Coereba flaveola*

**TANAGERS AND ALLIES**

Common Bush-Tanager  
Sooty-capped Bush-Tanager  
Black-and-yellow Tanager  
Rosy Thrush-Tanager  
Dusky-faced Tanager  
Gray-headed Tanager  
White-shouldered Tanager  
Tawny-crested Tanager  
White-lined Tanager  
Red-crowned Ant-Tanager  
Red-throated Ant-Tanager  
Hepatic Tanager  
Flame-colored Tanager  
Crimson-backed Tanager  
Cherrie's Tanager  
Flame-rumped Tanager  
Blue-gray Tanager  
Palm Tanager  
Yellow-crowned Euphonia  
Thick-billed Euphonia  
Elegant Euphonia  
White-vented Euphonia  
Tawny-capped Euphonia  
Golden-browed Chlorophonia  
Plain-colored Tanager  
Silver-throated Tanager  
Bay-headed Tanager  
Golden-hooded Tanager  
Spangle-cheeked Tanager

*Chlorospingus ophthalmicus*  
*Chlorospingus pileatus*  
*Chrysothlypis chrysomelaena*  
*Rhodinocichla rosea*  
*Mitrospingus cassinii*  
*Eucometis penicillata*  
*Tachyphonus luctuosus*  
*Tachyphonus delatrii*  
*Tachyphonus rufus*  
*Habia rubica*  
*Habia fuscicauda*  
*Piranga flava*  
*Piranga bidentata*  
*Ramphocelus dimidiatus*  
*Ramphocelus costaricensis*  
*Ramphocelus flammigerus*  
*Thraupis episcopus*  
*Thraupis palmarum*  
*Euphonia luteicapilla*  
*Euphonia laniirostris*  
*Euphonia elegantissima*  
*Euphonia minuta*  
*Euphonia anneae*  
*Chlorophonia callophrys*  
*Tangara inornata*  
*Tangara icterocephala*  
*Tangara gyrola*  
*Tangara larvata*  
*Tangara dowii*

Scarlet-thighed Dacnis	Dacnis venusta
Blue Dacnis	Dacnis cayana
Green Honeycreeper	Chlorophanes spiza
Red-legged Honeycreeper	Cyanerpes cyaneus

**BUNTINGS, SEEDEATERS, ALLIES**

Blue-black Grassquit	Volatinia jacarina
Variable Seedeater	Sporophila corvina
Yellow-bellied Seedeater	Sporophila nigricollis
Thick-billed Seed-Finch	Oryzoborus funereus
Yellow-faced Grassquit	Tiaris olivacea
Slaty Finch	Haplospiza rustica
Peg-billed Finch	Acanthidops bairdii
Slaty Flowerpiercer	Diglossa plumbea
Yellow-thighed Finch	Pselliophorus tibialis
Large-footed Finch	Pezopetes capitalis
White-naped/Yellow-throated Brush-Finch	Atlapetes albinucha
Chestnut-capped Brush-Finch	Buarremon brunneinucha

**SPARROWS, TOWHEES, JUNCOS**

Orange-billed Sparrow	Arremon aurantiirostris
Black-striped Sparrow	Arremonops conirostris
Rufous-collared Sparrow	Zonotrichia capensis

**SALTATORS, CARDINALS AND ALLIES**

Streaked Saltator	Saltator striatipectus
Buff-throated Saltator	Saltator maximus
Black-headed Saltator	Saltator atriceps
Slate-colored Grosbeak	Saltator grossus
Black-faced Grosbeak	Caryothraustes poliogaster
Black-thighed Grosbeak	Pheucticus tibialis
Blue-black Grosbeak	Cyanocompsa cyanoides

**BLACKBIRDS, ORIOLES, GRACKLES, ETC.**

Eastern Meadowlark	Sturnella magna
Great-tailed Grackle	Quiscalus mexicanus
Shiny Cowbird	Molothrus bonariensis
Yellow-tailed Oriole	Icterus mesomelas
Yellow-billed Caci que	Amblycercus holosericeus
Yellow-rumped Caci que	Cacicus cela
Scarlet-rumped Caci que	Cacicus uropygialis
Chestnut-headed Oropendola	Psarocolius wagleri

**FINCHES, SISKINS, CROSSBILLS**

Yellow-bellied Siskin	Carduelis xanthogastra
Lesser Goldfinch	Carduelis psaltria



Panama City and Violet Sabrewing

## List of Mammals Encountered:

White-nosed Coati	<i>Nasua narica</i>
Central American Agouti	<i>Dasyprocta punctata</i>
Red-tailed Squirrel	<i>Sciurus granatensis</i>
Variiegated Squirrel	<i>Sciurus variegatoides</i>
Mantled Howler Monkey	<i>Alouatta palliate</i>
White-faced Capuchin	<i>Cebus capucinus</i>
Geoffroy's Tamarin	<i>Saguinus geoffroyi</i>
Collared Peccary	<i>Tayassu tajacu</i>
Blackish Small-eared Shrew	<i>Cryptotis nigrescens</i>
White-tailed Deer	<i>Odocoileus virginianus</i>
Hoffmann's Two-toed Sloth	<i>Choloepus hoffmanni</i>
Brown-throated Three-toed Sloth	<i>Bradypus variegates</i>
Ocelot	<i>Leopardus pardalis</i>

**Rockjumper Birding Tours**  
**Worldwide Birding Adventures**  
**PO Box 13972, Cascades, 3202, South Africa**  
**Tel: +27 33 394 0225**  
**Fax: +27 88 033 394 0225**  
**Email: [info@rockjumper.co.za](mailto:info@rockjumper.co.za)**  
**Alternative Email: [rockjumperbirding@yahoo.com](mailto:rockjumperbirding@yahoo.com)**  
**Website: [www.rockjumper.co.za](http://www.rockjumper.co.za)**