A Tropical Birding CUSTOM tour

PANAMA: The Darien, Canal Zone and Eastern Foothills

2nd – 11th March 2021

Gaudy tropical birds, like this, Prothonotary Warbler-like, male Black-and-yellow Tanager typified this wonderful Panama custom tour (Sam Woods/Tropical Birding Tours).

Guided by Sam Woods

Thanks to participant John Blakemore for providing plenty of excellent photos for this report.

Birds in the photos within this report are denoted in RED, and individual photographers are also indicated.
INTRODUCTION:

Panama always offers up excellence in the realm of birding in the tropics, with over a thousand bird species found in this Isthmus that connects Central and South America. This impressive bird list is aided by the geography, which differs starkly from west to east. Our focus on this tour, was to visit the most revered birding zone of all, the Canal Zone, including the famed Pipeline Road. We combined with this an extended stay at Canopy Camp in The Darien of eastern Panama, as well as a single, cracking, day in the cooler eastern foothills of Cerro Azul. Bird highlights were many; puffbirds “performed”, with Black-breasted Puffbird and Gray-cheeked Nunlet arguably the starlets from this group. Exotic, familiar, tropical groups like motmots and trogons were also represented too, with a confiding Tody Motmot at Cerro Azul the most unexpected of the four motmots encountered, while among the five trogons seen, a shocking violet, green and yellow male Gartered Trogon from the canopy deck at the Rainforest Discovery Center was a standout one from that family. The tour started out poorly for manakins, but areas in and around Soberania National Park made up for this sloth-like start, with half a dozen species seen, including the smart White-ruffed Manakin in the foothills, an approachable male Blue-crowned Manakin behind our hotel near Gamboa, several glowing Golden-collared Manakins, and a pair of displaying Red-capped Manakins too. A bright blue male Blue Cotinga appeared in a forest canopy, a Streak-chested Antpitta stood to attention on a fallen tree, and a pair of Black-crowned Antpittas performed better than we could have ever hoped for, even giving us walk away photo opps. as it sung to us at close range in The Darien.
Hummingbirds were also liberally scattered through the tour, with nearly twenty species, including Black-throated Mango, Sapphire-throated and Snowy-bellied Hummingbirds, and the local Pale-bellied Hermit, among them. However, all of these birds paled in comparison to the greatest highlight of them all, a huge Harpy Eagle (photo page 4 John Blakemore), which was a central reason for visiting Canopy Camp in The Darien, where the skilled local guides are very well-connected with local landowners and farmers, who inform them of the very latest Harpy Eagle movements. Having missed out during our first shot near a well-established, traditional site near Yaviza, we were relieved to see a confiding begging, nearly full grown, juvenile at a second local site that had only relatively recently been discovered by the wider birding community. This eagle handsomely won the bird of the trip award, almost before the trip even began! Other notable birds recorded included Spotted Antbird, White-headed and Bicolored Wrens, Double-banded Graytail, Choco Sirystes, Speckled Tanager, White-eared Conebill, Great Jacamar, Barred Puffbird, Black Oropendola, Yellow-backed and Orange-crowned Orioles, and Spot-breasted, and Golden-green Woodpeckers, to name only a few!

The tropics is a place for non-avian wonders of the natural world too, and we took in a three-toed sloth that had crossed a paved highway in The Darien, then promptly opted to sleep right by the roadside in a head-high, leafless tree a few meters from us! Other, non-bird, highlights included Mantled Howlers giving their eerie calls, a twee group of tamarins (Geoffroy’s Tamarins) in the Canopy Camp garden, a charming group of Panamanian Night Monkeys near Gamboa readying for their night-time forays, a few Lesser Capybaras feeding on a rainforest side golf course, and plenty of gigantic, metallic, Blue Morpho butterflies. We also stood alongside Panama’s most famous feature of all, the Panama Canal, as giant ships were towed through the locks loaded with shipping containers, betraying the country’s position as one of the World’s most important hubs for global trade.
Top SEVEN Birds of the Trip:
(as voted for by the participants)

1 - Harpy Eagle
(photo left by John Blakemore)
2 - Crimson-crested Woodpecker
3 - Shining Honeycreeper
4 - Black-crowned Antpitta
5 - Streak-chested Antpitta
6 - Keel-billed Toucan
7 - Gartered Trogon
A delightful party of Geoffroy’s Tamarins were photographed in the garden of Canopy Camp (John Blakemore, tour participant).

**DAILY SUMMARY:**

Day 1 (of birding): 3rd March – Panama City to The Darien. Seeing “Panama City to the Darien” on the itinerary you could have been forgiven for thinking that this was “just” a travel day. However, we were in the Darien by lunchtime, and took in several birding stops before reaching our comfortable, African-style (i.e., luxurious, with 24-hour electricity), tented camp there. At the first few stops, we sighted birds like Yellow-green Vireo, Rufous-winged Antwren, the first of many White-necked Puffbirds, a gliding Common Black-Hawk, a foraging party of White-eared Conebills, and a Red-rumped Woodpecker. Stopping around Torti for lunch, we snuck in a few extras there too, with Black Antshrike, Pacific Antwren, Whooping Motmot, Yellow Tyrannulet and Carib Grackle near town, in addition to an extreme local rarity, the familiar White-winged Dove! Over lunch, we watched hummingbirds like Black-throated Mango, and Scaly-breasted and Sapphire-throated Hummingbirds come and go at the restaurant side feeders. Following lunch, we headed directly to Canopy Camp (via a roadside Savanna Hawk), our extremely comfortable lodging for the first four nights, the entirety of the Darien section of this tour.
After a welcome drink (with a Red-throated Caracara happily disturbing our check in), and dropping our bags off, we took a slow gentle walk around the gardens, observing a small group of Geoffroy’s Tamarins *(photo page 5, John Blakemore)* feasting on bananas laid out for them, while Blue-throated Hummingbird and White-vented Plumeleteer were two of five hummingbird species noted in the garden too. Pied Puffbird was seen from the private balcony of one of the tents, the tiny Black-headed Tody-Flycatcher was located near the restaurant, and a Spot-crowned Barbet foraged in a nearby cecropia tree, while Yellow-throated Toucans yelped, unseen, from an obscured canopy. A pair of Ochraceous Piculets and one of the garden specialties, a small party of boisterous White-headed Wrens, brought the daytime birding to a close. The nightbirding was generally quiet, but a few Common Pauraques were spotlighted on the lawn. We retired to bed, following the hatching of a plan to look for the most wanted bird of the trip the next day, the huge Harpy Eagle...

Day 2: 4th March – Yaviza area (The Darien).

Frankly, the morning did not unfold as anticipated! We went to the most recently reliable area for Harpy Eagle but came back with no eagles seen! In spite of this, a few good birds featured during the morning near the sleepy Darien town of Yaviza, Irene and Eli could boast of a Black Hawk-Eagle that neither John nor I managed to catch up with the entire trip! However, John and Sam had prolonged close ups with a local specialty, the Choco Sirystes *(photo page 8, Sam Woods)*, a range-restricted flycatcher, and an excitable Purple-throated Fruitcrow. A pair of crisp, Crimson-crested Woodpeckers *(photo left, John Blakemore)* were also photographed (left, John Blakemore). Just before taking our boat out of there, we enjoyed a pair of riverside Rufous-tailed Jacamars. The afternoon, after a break and lunch at the lodging, was spent near Yaviza, this time birding the paved highway, close to the end of the Pan-American Highway. On the way out of Canopy Camp, we stopped for a roadside White-necked Puffbird and Black-tailed Trogon. Things started well, with a staked-out pair of Bicolored Wrens in town a species that was only fairly recently discovered in Panama and remains rare and local to this day in country. This was followed up by a roadside Golden-green Woodpecker, pair of Barred Puffbirds, party of White-eared Conebills, a static Cinnamon Woodpecker, a very showy Yellow-backed Tanager, and a band of Black Oropendolas, which rounded off a very productive afternoon. However, the Harpy miss was grating, and so another plan was hatched, for a different eagle site the next day...

*John and Sam* had prolonged close ups with a local specialty, the Choco Sirystes *(photo page 8, Sam Woods)*, a range-restricted flycatcher, and an excitable Purple-throated Fruitcrow. A pair of crisp, Crimson-crested Woodpeckers *(photo left, John Blakemore)* were also photographed (left, John Blakemore). Just before taking our boat out of there, we enjoyed a pair of riverside Rufous-tailed Jacamars. The afternoon, after a break and lunch at the lodging, was spent near Yaviza, this time birding the paved highway, close to the end of the Pan-American Highway. On the way out of Canopy Camp, we stopped for a roadside White-necked Puffbird and Black-tailed Trogon. Things started well, with a staked-out pair of Bicolored Wrens in town a species that was only fairly recently discovered in Panama and remains rare and local to this day in country. This was followed up by a roadside Golden-green Woodpecker, pair of Barred Puffbirds, party of White-eared Conebills, a static Cinnamon Woodpecker, a very showy Yellow-backed Tanager, and a band of Black Oropendolas, which rounded off a very productive afternoon. However, the Harpy miss was grating, and so another plan was hatched, for a different eagle site the next day...
Yaviza is located at the end of the Pan-American Highway near the border with Colombia (Sam Woods/Tropical Birding Tours).
Day 3: 5th March – Quebrada Felix and Canopy Camp areas (The Darien). An easy, shaded, forest trail (“Quebrada Felix”), took up the entire morning, which turned out to be one of the best birding sections of the trip. On our way out from Canopy Camp, after a cooked breakfast, a Capped Heron was spotted along a narrow creek. Before we had even reached the trailhead itself, we had managed to record White-bellied Antbird, Gray-cheeked Nunlet, Double-toothed Kite, and Yellow-breasted Flycatcher. While, at the trailhead, a second Golden-green Woodpecker was very much appreciated. Welcoming the cool shade, we entered the forest trail, and slowly yielded birds as we gradually moved along it; a couple of Checker-throated Stipplethroats (formerly classed as “antwrens”), worked the understorey, while a Moustached Antwren was seen near canopy level, a Black-striped Woodcreeper also hugged a large tree trunk. Eli spotted a black-and-yellow Golden-headed Manakin quietly sitting nearby, in addition to a Royal Flycatcher, typically, with its famous rust-orange crest kept down! A Band-tailed Barthroat was also noted perched in the understorey too, and another Pale-bellied Hermit made an appearance, the latter one of the local specialities. Scaly-breasted Wren sung beautifully from the dark undergrowth and was also coaxed into view. Then, one of the best birds of the tour started calling from upslope: Black-crowned Antpitta. John was justifiably interested in this, or any antpitta, writing this species as one of his target birds of the tour. Therefore, the excitement, and later frustration, was palpable. We could hear the birds distinctive voice well, but it seemed to remain uphill from us for an age. However, following several efforts to reposition ourselves, a pair finally made their way towards us and gave us some excellent views and photo opportunities. After an inevitably quieter period, the high-pitched hoots of a Central American Pygmy-Owl could be heard from the canopy overhead. It took a long time to locate this tiny owl, but Eli did just that, and we had a scope trained on it for some time, before we needed to leave for lunch. On the way out, we paused for a mighty King Vulture vying for superiority as a dead animal with the other local vultures.
White-bellied Antbird and Gray-cheeked Nunlet were both seen on the way in to Quebrada Felix (Sam Woods/Tropical Birding Tours).
One of the most wanted birds of the tour did not disappoint, this Black-crowned Antpitta making it into the top five birds of the trip during the vote at the end of it all (Sam Woods/Tropical Birding Tours).

In the afternoon, our objective was clear: Go get the Harpy Eagle. This relatively new site involved only a 45-minute drive, and a 5-minute walk, after leaving camp. Although the birds were no longer nesting, and the nest had long since blown down, we visited the nesting area, as young birds usually stick close to the nesting tree for almost two years. However, on reaching the nesting tree it seemed devoid of a large young Harpy Eagle, which had been seen there that very morning. We had two local guides to assist us for the eagle, as Oscar knew this site better than anyone, having been there both recently, and also accompanied the other birding group earlier in the day that had seen it there. He widened his search, broadening his search area to the forest edge too. While we waited to hear news of his survey, we noted the call of a nearby Bare-crowned Antbird, another target species for us in the area. However, just as the antbird appeared to be getting close enough to see it, Oscar returned with the news we had hoped for, he had found the Harpy Eagle! We rushed to the edge of the forest and were disappointed to get an obscured view of this large bird sitting with its back to us. We studied it all the same, and barely noticed that Oscar had, once again, slipped away. When he beckoned us next, he had us lined up with a full front view of the eagle just overhead, as it called in vain for the attention of the adults, in spite of them having fed it that morning! Following lengthy studies of the eagle, along with photos and smartphone videos, the eagle returned to its more obscured perch. Therefore, we returned our attentions to the baldpate, Bare-crowned Antbird, which turned up soon after, and remained on a perch so long, we could get repeated scope views of it calling. On the way out we spotted a Fork-tailed Flycatcher. After dinner, we literally walked up to a Common Potoo, rather brazenly sitting on a farm fence nearby.
One of the most wanted birds of the tour did not disappoint, this Black-crowned Antpitta making it into the top five birds of the trip during the vote at the end of it all (Sam Woods/Tropical Birding Tours).

Day 4: 6th March – El Salto and other Canopy Camp areas (The Darien). Our mission for the morning was to add another giant eagle to our checklist, while visiting a site where there had been a number of Crested Eagle sightings of late. Sadly, no next was then currently known though, and so there was a huge element of luck required for us to connect with it. On this day, we could not manage to find one, but filled our time by adding some other good birds instead, most notably a pair of Great Jacamars giving their anguished sounding calls, and the rare and local, canopy-dwelling, Double-banded Graytail (photo page 13, Sam Woods), surprisingly worked its way towards eye level. Other notable finds along the El Salto Road, included a series of raptors, like Double-toothed Kite, Plumbeous Kite, Gray-lined Hawk, and a popular Laughing Falcon. White-tailed Trogon also featured there too, as did yet another wonderfully confiding White-necked Puffbird (photo page 13, John Blakemore). After another great lunch, we travelled to a small village, where we hoped that the boat ride and short walk would lead us to Dusky-backed Jacamar, a very localized species, which was curiously missing that day for all groups who visited this normally reliable site. As compensation we saw two different roosting potoos, first a sandy-colored Great Potoo, and then later Eli spotted a Common Potoo. The area also yielded Long-billed Starthroat, Yellow-breasted Flycatcher, Long-tailed Tyrant, Bright-rumped Attila, Crane Hawk, and Flame-rumped Tanager.
This Brown-throated Three-toed Sloth in the Darien provided one of the most magical moments of the tour (Sam Woods/Tropical Birding Tours).
Day 5: 7th March – The Darien to Gamboa. For our final morning in the Darien, we checked around the Canopy Camp property, finding Black-crowned Antshrike, Pied Puffbird, and a perched King Vulture near their blind. before we took breakfast and set off on our way back westwards to the Canal Zone, and the town of Gamboa. A short time out on our journey, we finally managed to track down a Spot-breasted Woodpecker, and also spotted another White-headed Wren there too. On the way, we made a stop at San Francisco Reserve, where rain it at just the wrong time, but we still managed to find a Broad-billed Motmot, Bay Wren, Dot-winged Antwren, Pale-bellied Hermit, Buff-rumped Warbler and Long-tailed Tyrant. In the late afternoon, we checked into a wonderful modern, business-style hotel, with canopy views of the rainforest possible from our rooms. The cheesecake at their restaurant was also notable!

Day 6: 8th March – Rainforest Discovery Center, Pipeline Road and Camino de Cruces. For the start of our time in the rich Gamboa area of Panama’s Canal Zone, we visited the Rainforest Discovery Center, a 32m/100ft-high canopy observation tower, looking out at the forest canopy. The center is also located just off of the Pipeline Road, beside Soberania National Park, one of the most celebrated areas for birding in all of the American Tropics. Aside from enjoying a 360-degree view, alone, of the surrounding forest treetops, we picked out a few birds that passed close by, like a few Blue Dacnis, a pair of Fasciated Antshrike, several pairs of Red-lored Parrot, a striking male White-shouldered Tanager, some Keel-billed Toucans, and a shockingly bright Gartered Trogon, its colors vibrant in the early morning sun. However, our local guide Luis from Panama City, spotted the brightest bird of the morning, when he found a male Blue Cotinga resting in the treetops, a must-see canopy bird. We also heard the monotonous calls of a Green Shrike-Vireo, a notoriously frustrating canopy bird, often heard (it rarely shuts up after all), but often not seen, as it sings from way above.
This male White-shouldered Tanager showed up beside the canopy observation deck at the Rainforest Discovery Center (top, John Blakemore), as did this male Fasciated Antshrike (Sam Woods/Tropical Birding Tours).
However, our position within a canopy tower provided us just the conditions needed to see it, and we enjoyed some good looks as it emerged on to the tips of the canopy leaves to sing in front of us. Moving down to ground level again, once activity had slowed up top, we walked the trails below, spotting a Long-billed Hermit singing within the dark forest understorey, and finding a tiny swarm of army ants, with some confiding Bicolored Antbirds in attendance. Then we emerged on to the famous Pipeline Road, where a flat, wide trail allows access to excellent lowland rainforest. The strident calls of Black-faced Anthrushes reached our ears, and it did not take much work to get looks at this bird with the bobbing gait foraging among the leaf litter. It was not long before we heard the distinctive calls of a Streak-chested Antpitta, and following a short walk off of the trail, we managed to see it hop on to some of the fallen logs around us at close range. In the same area were Whooping Motmot and Red-throated Ant-Tanager too. We also followed up the sounds of some displaying Golden-collared Manakins and were rewarded with views of several male birds. Rufous Motmot also became the third motmot of the tour. After lunch back at our resort, we checked out nearby Camino de Cruces, hoping or the Panamanian endemic Yellow-green Tyrannulet, but in spite of hearing a close calling bird, could not located one during our short time there, although a confiding female Black-throated Trogon gave us some recompense. After that, we visited the famous Panama Canal, and marveled at the huge shipping containers being carefully towed through the locks.
Day 7: 9th March – Camino de Cruces, the Pipeline Road and the Summit Ponds. With an abundance of nearby birding sites to choose from in the bird-rich Gamboa area, we opted to visit three different sites, either side of a Covid-19 test taken at our hotel during the middle of the day, (required to be able to travel back to the USA after the tour). Starting back at Camino de Cruces, a Northern Tamandua was seen moving away from the parking lot on arrival, and we quickly found the endemic Yellow-green Tyrannulet we had been searching for the day before. However, only brief looks at a pair of furtive Rosy Thrush-Tanagers were managed for some in our group. Rufous-breasted Wren was also sighted in the same area. After we made the short drive to the Pipeline Road, where a showy White-breasted Wood-Wren was just one highlight. Panama is a fantastic tropical destination for puffbirds, and we were again, seeking one of them along the Pipeline Road, and eventually found a Black-breasted Puffbird near the turnaround point of our walk there.

In the afternoon, following an extended break at our rainforest-side resort, we visited the nearby Summit Ponds, yet another excellent local birding site. Lance-tailed Manakins were calling there, but refused to show, but we had better luck with a male Jet Antbird which hopped into view. A pair of raucous Buff-breasted Wrens were also found among some rank grasses outside of the forest. It was here too that we observed a striking male Barred Antshrike. Thick-billed Seed-Finches were also seen in these open areas. On a small pond a Boat-billed Heron was skilfully located by Luis, where it was sleeping in the deep shade, a pair of Lesser Kiskadees were found perched near water level, as was a Green Kingfisher. A short way along the trail we got some great looks at Keel-billed Toucans that were gathering in the late afternoon sun. On the way back to our resort, we check in on a hollow, where some Panamanian Night-Monkeys were peering out, and readying to get active in the evening, while a small group of Lesser Capybara were seen on the nearby golf course.
Day 8: 10th March – Cerro Azul and Summit Rainforest Resort. On this day of the tour, we changed tack, and focus completely. Having spent much of the tour in the Panamanian lowland, we decided to have a day in the cooler highlands, the eastern foothills near Panama City. Our visit to Cerro Azul would not only offer a cooler climate, but also a swathe of birds we had not yet been at elevational range for. This was all too evident, and we soon racked up a long list of new species for the day. A 90-minute drive took us there, and we were greeted, rather unexpectedly, by a Giant Tinamou standing on the paved road we drove in on. Another early moment was provided by several deep red male Hepatic Tanagers. Soon after, we visited a private garden, where hummingbird and fruit feeders were buzzing with local species. We only had an hour there, but managed excellent views of Snowy-bellied Hummingbird, Crowned Woodnymph (photo right John Blakemore), Bronze-tailed Pumeleteer, Blue-chested Hummingbird, and Green Hermit. The hummingbirds were not the only birds in attendance though, as a suspended fruit plate brought the attentions of Crimson-backed Tanager, Green Honeycreeper, Fulvous-vented Euphonia, Rufous Motmot, and Black-cheeked Woodpecker. Two deep purple blue honeycreepers also fed alongside each other revealing their very different leg colors in doing so, Shining Honeycreepers being vivid yellow, and Red-legged Honeycreepers showing bright scarlet legs. It was a single hour only, but a very memorable one! After this incredible experience we wandered around Cerro Azul birding various forest areas. Our most successful stop came when we visited a local trail, where a very tame Tody Motmot featured within the first 100m of trail...
Tody Motmot was the pleasant surprise of the day at Cerro Azul, usually being a very tough bird to find there (Sam Woods/Tropical Birding Tours).
The same trail also brought a pair of dancing Red-capped Manakins too, and several striking male Spotted Antbirds. Before we headed to a higher elevation part, Cerro Vistamareas. Before we ascended the trail, we tracked down several showy male White-ruffed Manakins (photo page 23, Sam Woods) calling at the trailhead. We walked up to the highest point and surveyed the low mountain landscape, but also took in a bright wonderful party of Black-and-yellow Tanagers (photo page 23, Sam Woods), as we hiked up. Part of our remit there was to seek out mixed feeding flocks, which we did, and found other species we searched for hiding within them, notably several Speckled Tanager, Carmiol’s Tanager, and more Bay-headed Tanagers too. While birding Cerro Azul and making our scans of the mixed feeding flocks, we also found North American Warblers making their way north, like Black-throated Green Warbler and Canada Warbler. Luís also found a nice Violet-headed Hummingbird intermittently visiting some roadside blooms and steered us to a small group of Scarlet-thighed Dacnis, before we had to reluctantly leave in favor of local souvenir shopping, where trinkets of Harpy Eagles and sloths, and packets of local coffee were popular among the group! Other birds found that day included Gartered Trogon (photo left, John Blakemore), Isthmian Wren, Yellow-faced Grassquit, Lesser Goldfinch, and then near the day’s end, behind our Gamboa resort, a forest area yielded excellent views of a male Blue-crowned Manakin, a fitting end to a day that had been manakin heavy, with three new species.
Shining and Red-legged Honeycreepers were photographed side-by-side at Cerro Azul (Sam Woods/Tropical Birding Tours)
Day 8: 11th March – Pipeline Road and Summit Ponds to Tocumen International Airport (Panama City) for DEPARTURE. With limited time available in the morning, we stayed local, taking in first the Pipeline Road again, before making a short stop at the Summit Ponds, before we needed to get back to Panama City for US-bound flights out in the mid-afternoon. Soon after our arrival, we added a new species on the Pipeline Road, with first a Russet-winged Schiffornis, and then another puffbird species, this time White-whiskered Puffbird. Southern Bentbill, as odd as a little flycatcher as the name suggests. A few Song Wrens gave us the run-around, before we finally came upon a more confiding party of them. Purple-throated Fruitcrow, Slaty-tailed Trogon, Gray Elaenia, Golden-collared Manakin, and Rufous Motmot all provided a supporting cast for this reduced last morning, while the nearby Ammo Dump Ponds held Rufescent Tiger-Heron, Wattled Jacana, Purple Gallinule, Ruddy-breasted Seedeater and Amazon Kingfisher. Surveying the nearby town of Gamboa finally led us to a Gray-headed Chachalaca that had conspicuously absent until then, and our final visit to Summit Ponds brought us Scrub Greenlets, and excellent further looks at some confiding Jet Antbirds and Gray-headed Tanagers, before we needed to drag ourselves back to our resort and check out and head to Panama City for international flight out that afternoon.

Motmots were a notably feature on this tour, with 4 different species featuring, including this Whooping Motmot in the Canal Zone (Sam Woods/Tropical Birding Tours).
CHECKLISTS:

BIRDS

The taxonomy of the bird list follows **Clements, James F., White, Anthony W., and Fitzpatrick, John W. The Clements Checklist of Birds of the World**. Cornell, 2007. This list is up to date with the major changes published by Cornell up until **August 2019**. (There were no updates in 2020).

**EXT** - INDICATES A SPECIES ONLY SEEN ON THE EXTENSION (HIGH ANDES EXTENSION).

**H** - INCIDATES A SPECIES THAT WAS HEARD ONLY.

**GO** - INDICATES A SPECIES RECORDED BY THE GUIDE ONLY.

<table>
<thead>
<tr>
<th><strong>Tinamidae (Tinamous)</strong></th>
<th><strong>Tinamus major</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Great Tinamou</strong></td>
<td><strong>Tinamus major</strong></td>
</tr>
<tr>
<td><strong>Little Tinamou</strong></td>
<td><strong>Crypturellus soui</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Anatidae (Ducks, Geese, and Waterfowl)</strong></th>
<th><strong>Dendrocygna autumnalis</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Black-bellied Whistling-Duck</strong></td>
<td><strong>Dendrocygna autumnalis</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Cracidae (Guans, Chachalacas, and Curassows)</strong></th>
<th><strong>Ortalis cinereiceps</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gray-headed Chachalaca</strong></td>
<td><strong>Ortalis cinereiceps</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Columbidae (Pigeons and Doves)</strong></th>
<th><strong>Columba livia</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Rock Pigeon</strong></td>
<td><strong>Columba livia</strong></td>
</tr>
<tr>
<td><strong>Pale-vented Pigeon</strong></td>
<td><strong>Patagioenas cayennensis</strong></td>
</tr>
<tr>
<td><strong>Scaled Pigeon</strong></td>
<td><strong>Patagioenas speciosa</strong></td>
</tr>
<tr>
<td><strong>Short-billed Pigeon</strong></td>
<td><strong>Patagioenas nigrirostris</strong></td>
</tr>
<tr>
<td><strong>Ruddy Ground-Dove</strong></td>
<td><strong>Columbina talpacoti</strong></td>
</tr>
<tr>
<td><strong>Blue Ground-Dove</strong></td>
<td><strong>Claravis pretiosa</strong></td>
</tr>
<tr>
<td><strong>White-tipped Dove</strong></td>
<td><strong>Leptotila verreauxi</strong></td>
</tr>
<tr>
<td><strong>Gray-chested Dove</strong></td>
<td><strong>Leptotila cassini</strong></td>
</tr>
<tr>
<td><strong>White-winged Dove</strong></td>
<td><strong>Zenaida asiatica</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Cuullidae (Cuckoos)</strong></th>
<th><strong>Crotophaga major</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Greater Ani</strong></td>
<td><strong>Crotophaga major</strong></td>
</tr>
<tr>
<td><strong>Smooth-billed Ani</strong></td>
<td><strong>Crotophaga ani</strong></td>
</tr>
<tr>
<td><strong>Striped Cuckoo</strong></td>
<td><strong>Tapera naevia</strong></td>
</tr>
<tr>
<td><strong>Squirrel Cuckoo</strong></td>
<td><strong>Piaya cayana</strong></td>
</tr>
</tbody>
</table>
**Caprimulgidae (Nightjars and Allies)**
- Common Nighthawk: *Chordeiles minor*
- Common Pauraque: *Nyctidromus albicollis*

**Nyctibiidae (Potoos)**
- Great Potoo: *Nyctibius grandis*
- Common Potoo: *Nyctibius griseus*

**Apodidae (Swifts)**
- Short-tailed Swift: *Chaetura brachyura*
- Band-rumped Swift: *Chaetura spinicaudus*

**Trochilidae (Hummingbirds)**
- White-necked Jacobin: *Florisuga mellivora*
- Band-tailed Barbthroat: *Threnetes ruckeri*
- Green Hermit: *Phaethornis guy*
- Long-billed Hermit: *Phaethornis longirostris*
- Pale-bellied Hermit: *Phaethornis anthophilus*
- Stripe-throated Hermit: *Phaethornis striiularis*
- Purple-crowned Fairy: *Heliothryx barroti*
- Black-throated Mango: *Anthracothorax nigricollis*
- Long-billed Starthroat: *Heliomaster longirostris*
- Violet-headed Hummingbird: *Klais guimeti*
- Scaly-breasted Hummingbird: *Phaeochroa cuvierii*
- White-vented Plumeleteer: *Chalybura buffonii*
- Bronze-tailed Plumeleteer: *Chalybura urochrysa*
- Crowned Woodnymph: *Thalurania colombica*
- Blue-chested Hummingbird: *Amazilia amabilis*
- Snowy-bellied Hummingbird: *Amazilia edward*
- Rufous-tailed Hummingbird: *Amazilia tzacatl*
- Sapphire-throated Hummingbird: *Lepidopyga coeruleogularis*
- Violet-bellied Hummingbird: *Juliamyia julie*

**Rallidae (Rails, Gallinules, and Coots)**
- Purple Gallinule: *Porphyrio martinica*
Charadriidae (Plovers and Lapwings)
Southern Lapwing  Vanellus chilensis

Jacanidae (Jacanas)
Wattled Jacana  Jacana jacana

Scolopacidae (Sandpipers and Allies)
Least Sandpiper  Calidris minutilla
Solitary Sandpiper  Tringa solitaria
Lesser Yellowlegs  Tringa flavipes

Ciconiidae (Storks)
Wood Stork  Mycteria americana

Fregatidae (Frigatebirds)
Magnificent Frigatebird  Fregata magnificens

Anhingidae (Anhingas)
Anhinga  Anhinga anhinga

Phalacrocoracidae (Cormorants and Shags)
Neotropic Cormorant  Phalacrocorax brasilianus

Ardeidae (Herons, Egrets, and Bitterns)
Rufescent Tiger-Heron  Tigrisoma lineatum
Great Blue Heron  Ardea herodias
Great Egret  Ardea alba
Snowy Egret  Egretta thula
Little Blue Heron  Egretta caerulea
Tricolored Heron  Egretta tricolor
Cattle Egret  Bubulcus ibis
Green Heron  Butorides virescens
Striated Heron  Butorides striata
Capped Heron  Pilherodius pileatus
Boat-billed Heron  Cochlearius cochlearius

Threskiornithidae (Ibises and Spoonbills)
White Ibis  Eudocimus albus
Green Ibis  Mesembrinibis cayennensis
**Cathartidae (New World Vultures)**

King Vulture *Sarcoramphus papa*
Black Vulture *Coragyps atratus*
Turkey Vulture *Cathartes aura*
Lesser Yellow-headed Vulture *Cathartes burrovianus*

**Pandionidae (Osprey)**

Osprey *Pandion haliaetus*

**Accipitridae (Hawks, Eagles, and Kites)**

**H**
Gray-headed Kite *Leptodon cayanensis*
Swallow-tailed Kite *Elanoides forficatus*
Harpy Eagle *Harpia harpyja*
Black Hawk-Eagle *Spizaetus tyrannus*
Double-toothed Kite *Harpagus bidentatus*
Plumbeous Kite *Ictinia plumbea*
Crane Hawk *Geranospiza caerulescens*
Common Black Hawk *Buteogallus anthracinus*
Savanna Hawk *Buteogallus meridionalis*
Great Black Hawk *Buteogallus urubitinga*
Roadside Hawk *Rupornis magnirostris*
Gray-lined Hawk *Buteo nitidus*
Broad-winged Hawk *Buteo platypterus*
Short-tailed Hawk *Buteo brachyurus*

**Strigidae (Owls)**

**GO**
Tropical Screech-Owl *Megascope choliba*
Central American Pygmy-Owl *Glaucidium griseiceps*

**H**
Mottled Owl *Ciccaba virgata*
Black-and-white Owl *Ciccaba nigrolineata*

**Trogonidae (Trogons)**

Slaty-tailed Trogon *Trogon massena*
Black-tailed Trogon *Trogon melanurus*
White-tailed Trogon *Trogon chionurus*
Gartered Trogon *Trogon caligatus*
<table>
<thead>
<tr>
<th><strong>Black-throated Trogon</strong></th>
<th><strong>Trogon rufus</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Momotidae (Motmots)</strong></td>
<td></td>
</tr>
<tr>
<td>Tody Motmot</td>
<td><strong>Hylomanes momotula</strong></td>
</tr>
<tr>
<td>Whooping Motmot</td>
<td><strong>MOMOTUS SUBRUFESCENS</strong></td>
</tr>
<tr>
<td>Rufous Motmot</td>
<td><strong>Baryphthengus martii</strong></td>
</tr>
<tr>
<td>Broad-billed Motmot</td>
<td><strong>Electron platyrhynchos</strong></td>
</tr>
<tr>
<td><strong>Alcedinidae (Kingfishers)</strong></td>
<td></td>
</tr>
<tr>
<td>Ringed Kingfisher</td>
<td><strong>Megaceryle torquata</strong></td>
</tr>
<tr>
<td>Amazon Kingfisher</td>
<td><strong>Chloroceryle amazona</strong></td>
</tr>
<tr>
<td>Green Kingfisher</td>
<td><strong>Chloroceryle americana</strong></td>
</tr>
<tr>
<td><strong>Buccoconidae (Puffbirds)</strong></td>
<td></td>
</tr>
<tr>
<td>White-necked Puffbird</td>
<td><strong>Notharchus hyperrhynchus</strong></td>
</tr>
<tr>
<td>Black-breasted Puffbird</td>
<td><strong>Notharchus pectoralis</strong></td>
</tr>
<tr>
<td>Pied Puffbird</td>
<td><strong>Notharchus tectus</strong></td>
</tr>
<tr>
<td>Barred Puffbird</td>
<td><strong>Nystalus radiatus</strong></td>
</tr>
<tr>
<td>White-whiskered Puffbird</td>
<td><strong>Malacoptila panamensis</strong></td>
</tr>
<tr>
<td>Gray-cheeked Nunlet</td>
<td><strong>Nonnula frontalis</strong></td>
</tr>
<tr>
<td><strong>Galbulidae (Jacamars)</strong></td>
<td></td>
</tr>
<tr>
<td>Rufous-tailed Jacamar</td>
<td><strong>Galbula ruficauda</strong></td>
</tr>
<tr>
<td>Great Jacamar</td>
<td><strong>JACAMEROPS AUREUS</strong></td>
</tr>
<tr>
<td><strong>Capitonidae (New World Barbets)</strong></td>
<td></td>
</tr>
<tr>
<td>Spot-crowned Barbet</td>
<td><strong>Capito maculicoronatus</strong></td>
</tr>
<tr>
<td><strong>Ramphastidae (Toucans)</strong></td>
<td></td>
</tr>
<tr>
<td>Collared Aracari</td>
<td><strong>Pteroglossus torquatus</strong></td>
</tr>
<tr>
<td>Yellow-throated Toucan</td>
<td><strong>Ramphastos ambiguus</strong></td>
</tr>
<tr>
<td>Keel-billed Toucan</td>
<td><strong>Ramphastos sulfuratus</strong></td>
</tr>
<tr>
<td><strong>Picidae (Woodpeckers)</strong></td>
<td></td>
</tr>
<tr>
<td>Olivaceous Piculet</td>
<td><strong>Picumnus olivaceus</strong></td>
</tr>
<tr>
<td>Black-cheeked Woodpecker</td>
<td><strong>Melanerpes pucherani</strong></td>
</tr>
<tr>
<td>Red-crowned Woodpecker</td>
<td><strong>Melanerpes rubricapillus</strong></td>
</tr>
<tr>
<td>Red-rumped Woodpecker</td>
<td><strong>Dryobates kirkii</strong></td>
</tr>
<tr>
<td>Crimson-crested Woodpecker</td>
<td><strong>Campephilus melanoleucus</strong></td>
</tr>
</tbody>
</table>
Tropical Birding Trip Report
PANAMA: The Darien, Canal Zone & Eastern Foothills March 2021

Lineated Woodpecker
Cinnamon Woodpecker
Golden-green Woodpecker
Spot-breasted Woodpecker

**Falconidae (Falcons and Caracaras)**
Red-throated Caracara
Crested Caracara
Yellow-headed Caracara
Laughing Falcon
American Kestrel
Merlin

**Pitangidae (New World and African Parrots)**
Orange-chinned Parakeet
Brown-hooded Parrot
Blue-headed Parrot
Red-lored Parrot
Mealy Parrot

**Thamnophilidae (Typical Antbirds)**
Fasciated Antshrike
Great Antshrike
Barred Antshrike
Black-crowned Antshrike
Black Antshrike
Checker-throated Stipplethroat
Moustached Antwren
Pacific Antwren
White-flanked Antwren
Rufous-winged Antwren
Dot-winged Antwren
Dusky Antbird
Jet Antbird
Bare-crowned Antbird

Dryocopus lineatus
Celeus loricatus
Piculus chrysochloros
Colaptes punctigula
Ibycter americanus
Caracara cheriway
Milvago chimachima
Herpetotheres cachinnans
Falco sparverius
Falco columbarius
Brotogeris jugularis
Pyrrhula haematotis
Pionus menstruus
Amazona autumnalis
Amazona farinosa
Cymbilaimus lineatus
Taraba major
Thamnophilus doliatus
Thamnophilus atrinucha
Thamnophilus nigriceps
Epinecrophylla fuliventeris
Myrmotherula ignota
Myrmotherula pacifica
Myrmotherula axillaris
Herpsilochmus rufimarginatus
Microrhopias quixensis
Cercomacroides tyrannina
Cercomacra nigricans
Gymnoscicha nudiceps
White-bellied Antbird
Chestnut-backed Antbird
Bicolored Antbird
Spotted Antbird

**Conopophagidae (Gnatcatchers)**
Black-crowned Antpitta

**Grallariidae (Antpittas)**
Streak-chested Antpitta

**Formicariidae (Antthrushes)**
Black-faced Antthrush

**Furnariidae (Ovenbirds and Woodcreepers)**
Plain-brown Woodcreeper
Wedge-billed Woodcreeper
Cocoa Woodcreeper
Black-striped Woodcreeper
Streak-headed Woodcreeper
Plain Xenops
Streaked Xenops
Double-banded Graytail

**Pipridae (Manakins)**
Lance-tailed Manakin
White-ruffed Manakin
Blue-crowned Manakin
Golden-collared Manakin
Red-capped Manakin
Golden-headed Manakin

**Cotingidae (Cotingas)**
Purple-throated Fruitcrow
Blue Cotinga

**Tityridae (Tityras and Allies)**
Masked Tityra
Russet-winged Schifffornis

- Myrmeciza longipes
- Poliocrania exsul
- Gymnophysis bicolor
- Hylophylax naevioides
- Pittasoma michleri
- Hylopezus perspicillatus
- Formicarius analis
- Dendroicula fuliginosa
- Glyphorynchus spirurus
- Xiphorhynchus susurrans
- Xiphorhynchus lachrymosus
- Lepidocolaptes souleyetii
- Xenops minutus
- Xenops rutilans
- Xenerpestes minlosi
- Chiroxiphia lanceolata
- Corapipo altera
- Lepidothrix coronata
- Manacus vitellinus
- Ceratopipra mentalis
- Ceratopipra erythrocephala
- Querula purpurata
- Cotinga nattererii
- Tityra semifasciata
- Schiffornis stenorhyncha
Tropical Birding Trip Report

PANAMA: The Darien, Canal Zone & Eastern Foothills March 2021

Cinnamon Becard  
White-winged Becard  
One-colored Becard  

'Oxyruncidae (Sharpbill, Royal Flycatcher, and Allies)'
Royal Flycatcher  
Ruddy-tailed Flycatcher  

'Tyranidae (Tyrant Flycatchers)'
Ochre-bellied Flycatcher  
Yellow-green Tyrannulet  

H
Black-capped Pygmy-Tyrant  
Southern Bentbill  
Common Tody-Flycatcher  
Black-headed Tody-Flycatcher  
Yellow-breasted Flycatcher  
Brown-capped Tyrannulet  
Southern Beardless-Tyrannulet  
Yellow Tyrannulet  
Yellow-crowned Tyrannulet  
Forest Elaenia  
Gray Elaenia  
Yellow-bellied Elaenia  
Mistletoe Tyrannulet  
Eastern Wood-Pewee  
Acadian Flycatcher  
Long-tailed Tyrant  
Bright-rumped Attila  
Choco Sirystes  
Dusky-capped Flycatcher  
Great Crested Flycatcher  
Lesser Kiskadee  
Great Kiskadee  
Boat-billed Flycatcher  

Pachyramphus cinnamomeus  
Pachyramphus polychropterus  
Pachyramphus homochrous  
Onychorhynchus coronatus  
Terenotriccus erythrurus  
Mionectes oleagineus  
Phylloscartes flavovires  

Myiornis atricapillus  
Oncostoma olivaceum  
Todirostrum cinereum  
Todirostrum nigriceps  
Tolmomyias flaviventris  
Ornithion brunneicapillus  
Camptostoma obsoletum  
Capsiempis flaveola  
Tyrannulus elatus  
Myiopagis gaimardii  
Myiopagis caniceps  
Elaenia flavogaster  
Zimmerius parvus  
Contopus virens  
Empidonax virescens  
Colonia colonus  
Attila spadiceus  
Sirystes albogriseus  
Myiarchus tuberculifer  
Myiarchus crinitus  
Pitangus lictor  
Pitangus sulphuratus  
Megarynchus pitanga
<table>
<thead>
<tr>
<th>Species</th>
<th>Scientific Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rusty-margined Flycatcher</td>
<td>Myiozetetes cayanensis</td>
</tr>
<tr>
<td>Social Flycatcher</td>
<td>Myiozetetes similis</td>
</tr>
<tr>
<td>Gray-capped Flycatcher</td>
<td>Myiozetetes granadensis</td>
</tr>
<tr>
<td>Streaked Flycatcher</td>
<td>Myiodynastes maculatus</td>
</tr>
<tr>
<td>Sulphur-bellied Flycatcher</td>
<td>Myiodynastes luteiventris</td>
</tr>
<tr>
<td>Piratic Flycatcher</td>
<td>Legatus leucocephalus</td>
</tr>
<tr>
<td>Tropical Kingbird</td>
<td>Tyrannus melancholic</td>
</tr>
<tr>
<td>Eastern Kingbird</td>
<td>Tyrannus tyrannus</td>
</tr>
<tr>
<td>Fork-tailed Flycatcher</td>
<td>Tyrannus savana</td>
</tr>
</tbody>
</table>

**Vireonidae (Vireos, Shrike-Babblers, and Erpomis)**

<table>
<thead>
<tr>
<th>Species</th>
<th>Scientific Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scrub Greenlet</td>
<td>Hylophilus flavipes</td>
</tr>
<tr>
<td>Green Shrike-Vireo</td>
<td>Vireolanius pulchellus</td>
</tr>
<tr>
<td>Lesser Greenlet</td>
<td>Pachysylvia decurtata</td>
</tr>
<tr>
<td>Golden-fronted Greenlet</td>
<td>Pachysylvia aurantiifrons</td>
</tr>
<tr>
<td>Yellow-green Vireo</td>
<td>Vireo flavoviridis</td>
</tr>
</tbody>
</table>

**Corvidae (Crows, Jays, and Magpies)**

<table>
<thead>
<tr>
<th>Species</th>
<th>Scientific Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black-chested Jay</td>
<td>Cyanocorax affinis</td>
</tr>
</tbody>
</table>

**Hirundinidae (Swallows)**

<table>
<thead>
<tr>
<th>Species</th>
<th>Scientific Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>White-thighed Swallow</td>
<td>Atticora tibialis</td>
</tr>
<tr>
<td>Southern Rough-winged Swallow</td>
<td>Stelgidopteryx ruficollis</td>
</tr>
<tr>
<td>Gray-breasted Martin</td>
<td>Progne chalybea</td>
</tr>
<tr>
<td>Mangrove Swallow</td>
<td>Tachycineta albilinea</td>
</tr>
<tr>
<td>Bank Swallow</td>
<td>Riparia riparia</td>
</tr>
</tbody>
</table>

**Polioptilidae (Gnatcatchers)**

<table>
<thead>
<tr>
<th>Species</th>
<th>Scientific Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Long-billed Gnatwren</td>
<td>Ramphocænus melanurus</td>
</tr>
<tr>
<td>Tropical Gnatcatcher</td>
<td>Polioptila plumbea</td>
</tr>
</tbody>
</table>

**Troglydidae (Wrens)**

<table>
<thead>
<tr>
<th>Species</th>
<th>Scientific Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scaly-breasted Wren</td>
<td>Microcerculus marginatus</td>
</tr>
<tr>
<td>House Wren</td>
<td>Troglodytes aedon</td>
</tr>
<tr>
<td>White-headed Wren</td>
<td>Campylorhynchus albo brunneus</td>
</tr>
<tr>
<td>Bicolored Wren</td>
<td>Campylorhynchus griseus</td>
</tr>
<tr>
<td>Black-bellied Wren</td>
<td>Pheugopedius fasciatoventris</td>
</tr>
</tbody>
</table>
Tropical Birding Trip Report  

PANAMA: The Darien, Canal Zone & Eastern Foothills March 2021

- Rufous-breasted Wren
- Rufous-and-white Wren
- Stripe-throated Wren
- Isthmian Wren
- Bay Wren
- Buff-breasted Wren
- White-breasted Wood-Wren
- Song Wren

**Turdidae (Thrushes and Allies)**

- Clay-colored Thrush

**Passeridae (Old World Sparrows)**

- House Sparrow

**Fringillidae (Finches, Euphonias, and Allies)**

- Yellow-crowned Euphonia
- Thick-billed Euphonia
- Fulvous-vented Euphonia
- Lesser Goldfinch

**Passerellidae (New World Sparrows)**

- Orange-billed Sparrow

**Rhodinocichlidae (Thrush-Tanager)**

- Rosy Thrush-Tanager

**Icteridae (Troupials and Allies)**

- Crested Oropendola
- Chestnut-headed Oropendola
- Black Oropendola
- Scarlet-rumped Cacique
- Yellow-rumped Cacique
- Yellow-backed Oriole
- Orange-crowned Oriole
- Baltimore Oriole
- Shiny Cowbird
- Giant Cowbird

- Pheugopedius rutilus
- Thryophilus rufalus
- Cantorchilus leucopogon
- Cantorchilus elutus
- Cantorchilus nigricapillus
- Cantorchilus leucotis
- Henicorhina leucosticta
- Cyphorhinus phaecephalus
- Turdus grayi
- Passer domesticus
- Euphonia luteicapilla
- Euphonia laniirostris
- Euphonia fulvicrissa
- Spinus psaltria
- Arremon aurantiirostris
- Rhodinocichla rosea
- Psarocolius decumanus
- Psarocolius wagleri
- Psarocolius guatimozinus
- Cacicus uropygialis
- Cacicus cela
- Icterus chrysater
- Icterus auricapillus
- Icterus galbula
- Molothrus bonariensis
- Molothrus oryzivorus
<table>
<thead>
<tr>
<th><strong>Parulididae (New World Warblers)</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Great-tailed Grackle</td>
<td><em>Quiscalus mexicanus</em></td>
</tr>
<tr>
<td>Carib Grackle</td>
<td><em>Quiscalus lugubris</em></td>
</tr>
<tr>
<td>Louisiana Waterthrush</td>
<td><em>Parkesia motacilla</em></td>
</tr>
<tr>
<td>Northern Waterthrush</td>
<td><em>Parkesia noveboracensis</em></td>
</tr>
<tr>
<td>Black-and-white Warbler</td>
<td><em>Mniotilta varia</em></td>
</tr>
<tr>
<td>Prothonotary Warbler</td>
<td><em>Protonotaria citrea</em></td>
</tr>
<tr>
<td>Tennessee Warbler</td>
<td><em>Oreothlypis peregrina</em></td>
</tr>
<tr>
<td>American Redstart</td>
<td><em>Setophaga ruticilla</em></td>
</tr>
<tr>
<td>Bay-breasted Warbler</td>
<td><em>Setophaga castanea</em></td>
</tr>
<tr>
<td>Yellow Warbler</td>
<td><em>Setophaga petechia</em></td>
</tr>
<tr>
<td>Black-throated Green Warbler</td>
<td><em>Setophaga virens</em></td>
</tr>
<tr>
<td>Rufous-capped Warbler</td>
<td><em>Basileuterus rufifrons</em></td>
</tr>
<tr>
<td>Buff-rumped Warbler</td>
<td><em>Myiothlypis fulvicauda</em></td>
</tr>
<tr>
<td>Canada Warbler</td>
<td><em>Cardellina canadensis</em></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Cardinalidae (Cardinals and Allies)</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Hepatic Tanager</td>
<td><em>Piranga flava</em></td>
</tr>
<tr>
<td>Summer Tanager</td>
<td><em>Piranga rubra</em></td>
</tr>
<tr>
<td>Red-throated Ant-Tanager</td>
<td><em>Habia fuscicauda</em></td>
</tr>
<tr>
<td>Carmiol’s Tanager</td>
<td><em>Chlorothraupis carmioli</em></td>
</tr>
<tr>
<td>Rose-breasted Grosbeak</td>
<td><em>Pheucticus ludovicianus</em></td>
</tr>
<tr>
<td>Blue-black Grosbeak</td>
<td><em>Cyanoloxia cyanoides</em></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Thraupidae (Tanagers and Allies)</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Gray-headed Tanager</td>
<td><em>Eucometis penicillata</em></td>
</tr>
<tr>
<td>White-shouldered Tanager</td>
<td><em>Tachyphonus luctuosus</em></td>
</tr>
<tr>
<td>Flame-rumped Tanager</td>
<td><em>Ramphocelus flammigerus</em></td>
</tr>
<tr>
<td>Crimson-backed Tanager</td>
<td><em>Ramphocelus dimidiatus</em></td>
</tr>
<tr>
<td>Blue-gray Tanager</td>
<td><em>Thraupis episcopus</em></td>
</tr>
<tr>
<td>Palm Tanager</td>
<td><em>Thraupis palmarum</em></td>
</tr>
<tr>
<td>Speckled Tanager</td>
<td><em>Ixothraupis guttata</em></td>
</tr>
<tr>
<td>Golden-hooded Tanager</td>
<td><em>Tangara larvata</em></td>
</tr>
<tr>
<td>Plain-colored Tanager</td>
<td><em>Tangara inornata</em></td>
</tr>
</tbody>
</table>
### Tropical Birding Trip Report

**PANAMA: The Darien, Canal Zone & Eastern Foothills March 2021**

<table>
<thead>
<tr>
<th>Bird Species</th>
<th>English Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bay-headed Tanager</td>
<td>Tangara gyrola</td>
</tr>
<tr>
<td>Scarlet-thighed Dacnis</td>
<td>Dacnis venusta</td>
</tr>
<tr>
<td>Blue Dacnis</td>
<td>Dacnis cayana</td>
</tr>
<tr>
<td>Shining Honeycreeper</td>
<td>Cyanerpes lucidus</td>
</tr>
<tr>
<td>Red-legged Honeycreeper</td>
<td>Cyanerpes cyaneus</td>
</tr>
<tr>
<td>Green Honeycreeper</td>
<td>Chloropanes spiza</td>
</tr>
<tr>
<td>Yellow-backed Tanager</td>
<td>Hemithraupis flavicollis</td>
</tr>
<tr>
<td>Black-and-yellow Tanager</td>
<td>Chrysothlypis chrysomelas</td>
</tr>
<tr>
<td>White-eared Conebill</td>
<td>Conirostrum leucogenys</td>
</tr>
<tr>
<td>Blue-black Grassquit</td>
<td>Volatinia jacarina</td>
</tr>
<tr>
<td>Ruddy-breasted Seedeater</td>
<td>Sporophila minuta</td>
</tr>
<tr>
<td>Thick-billed Seed-Finch</td>
<td>Sporophila funerea</td>
</tr>
<tr>
<td>Variable Seedeater</td>
<td>Sporophila corvina</td>
</tr>
<tr>
<td>Yellow-bellied Seedeater</td>
<td>Sporophila nigricollis</td>
</tr>
<tr>
<td>Bananaquit</td>
<td>Coereba flaveola</td>
</tr>
<tr>
<td>Yellow-faced Grassquit</td>
<td>Tiaris olivaceus</td>
</tr>
<tr>
<td>Buff-throated Saltator</td>
<td>Saltator maximus</td>
</tr>
</tbody>
</table>

### Mammals

<table>
<thead>
<tr>
<th>Mammal Species</th>
<th>English Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Tamandua</td>
<td>Tamandua mexicana</td>
</tr>
<tr>
<td>Brown-throated Three-toed Sloth</td>
<td>Bradypus variegatus</td>
</tr>
<tr>
<td>Geoffroy’s Tamarin</td>
<td>Sanguinus geoffroyi</td>
</tr>
<tr>
<td>Panamanian Night Monkey</td>
<td>Aotus zonalis</td>
</tr>
<tr>
<td>White-faced Capuchin</td>
<td>Cebus capucinus</td>
</tr>
<tr>
<td>Mantled Howler</td>
<td>Alouatta palliata</td>
</tr>
<tr>
<td>Variegated Squirrel</td>
<td>Sciurus variegatoides</td>
</tr>
<tr>
<td>Red-tailed Squirrel</td>
<td>Sciurus granatensis</td>
</tr>
<tr>
<td>Lesser Capybara</td>
<td>Hydrochoerus isthmius</td>
</tr>
<tr>
<td>Central American Agouti</td>
<td>Dasyprocta punctata</td>
</tr>
<tr>
<td>Crab-eating Raccoon</td>
<td>Procyon cancrivorus</td>
</tr>
<tr>
<td>White-nosed Coati</td>
<td>Nasua narica</td>
</tr>
</tbody>
</table>

**www.tropicalbirding.com**  
**+1-409-515-9110**  
**info@tropicalbirding.com**