



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*.



Tody Motmot was the clear standout bird during our single day in the Panamanian foothills at *Cerro Azul*.
(Sam Woods/Tropical Birding Tours).

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!



A **Panamanian Night Monkey** peers out from its roosting cavity at dusk, near our *Gamboa* (*Sam Woods/Tropical Birding Tours*)

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

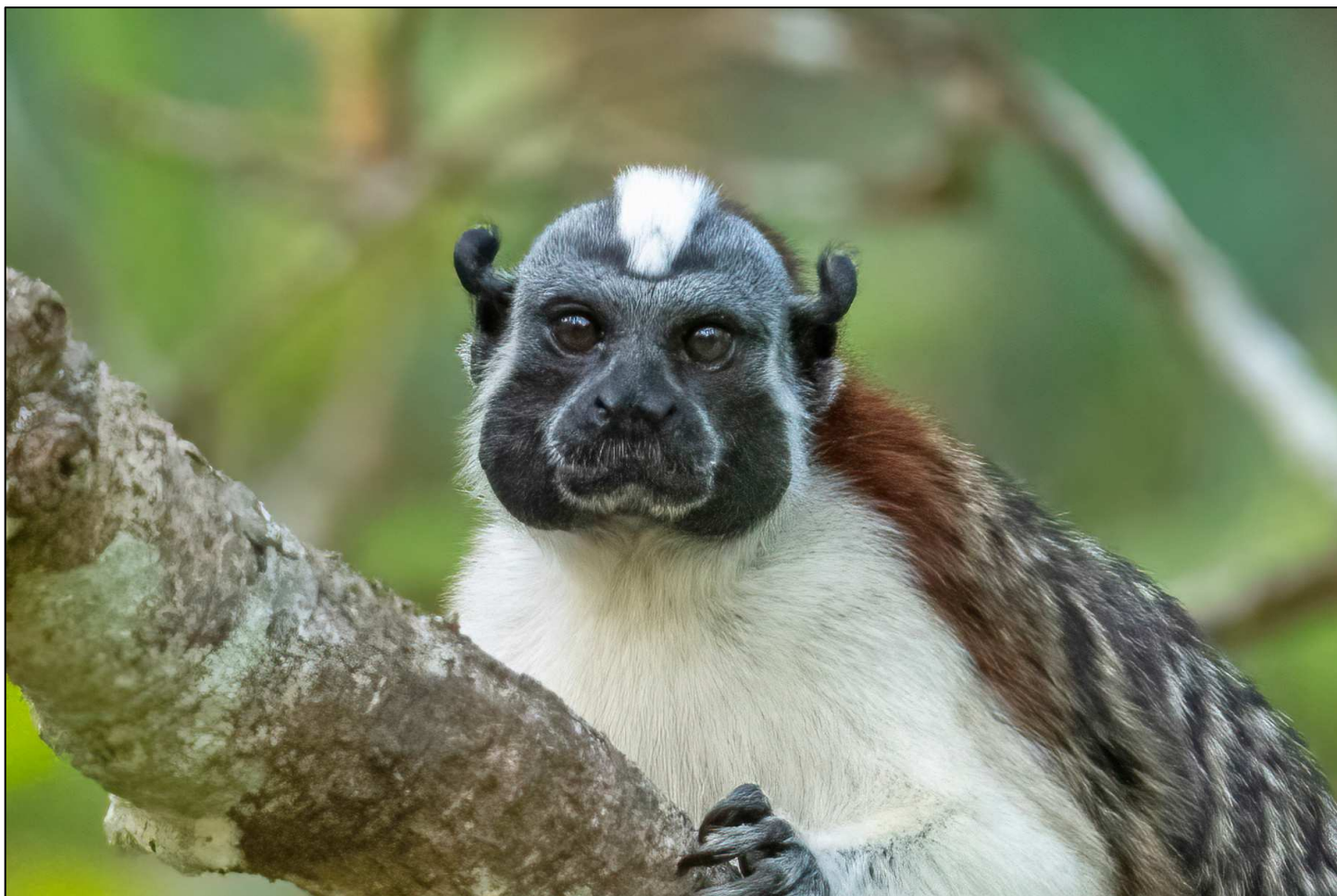
3 - Shining Honeycreeper

4 - Black-crowned Antpitta

5 - Streak-chested Antpitta

6 - Keel-billed Toucan

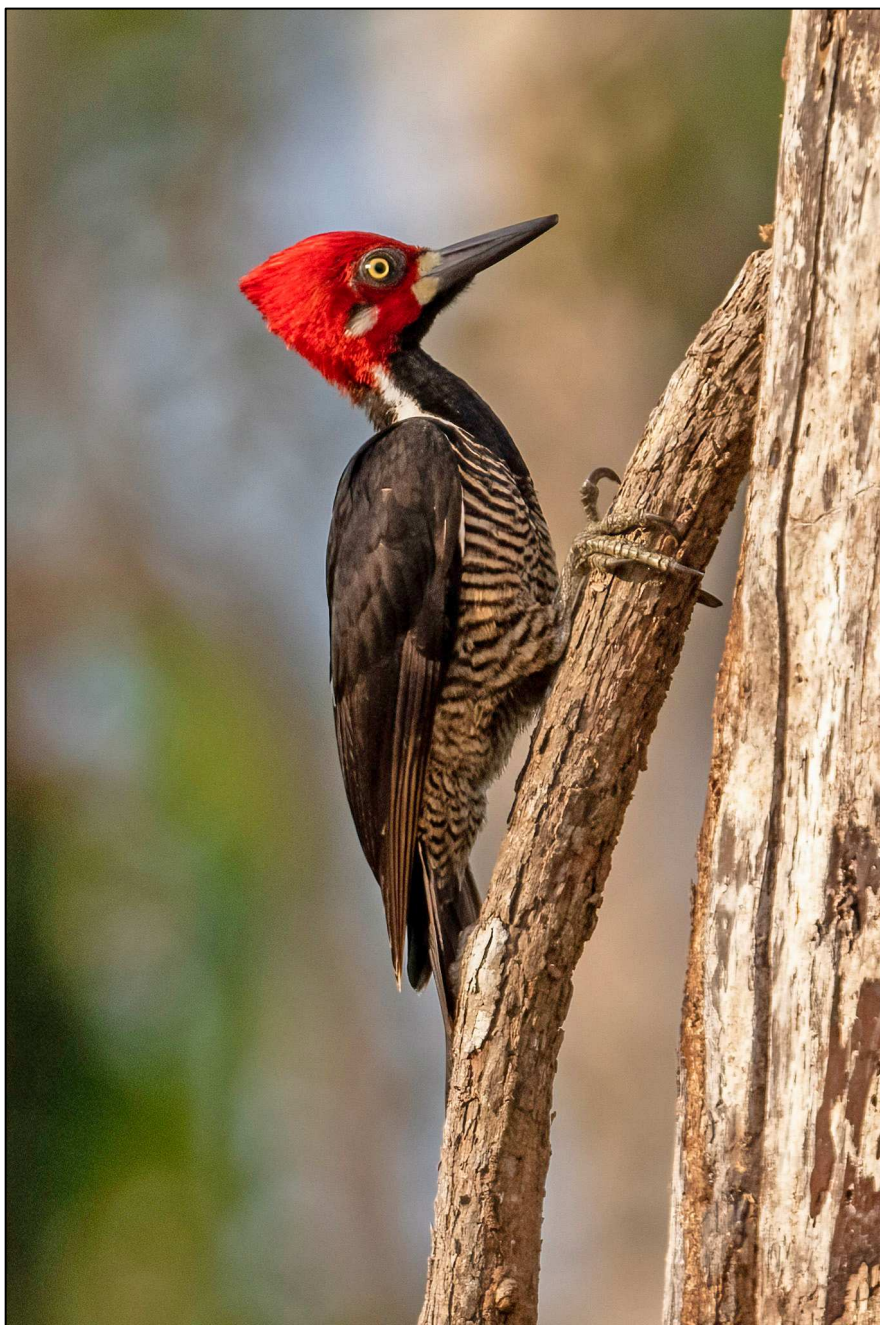
7 - Gartered Trogon



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.



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 also 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...

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 Pauragues** 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 morning, which neither John nor I managed to catch up with the entire trip! However,



Yaviza is located at the end of the Pan-American Highway near the border with Colombia (Sam Woods/Tropical Birding Tours).





This extremely obliging **Choco Sirystes** was seen in the Yaviza area of the *Darien* during our first, fruitless, search for a *Harpy Eagle* (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 Barbthroat** was also noted perched in the understorey too, and another **Pale-bellied Hermit** made an appearance, the latter one of the local specialties. **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.

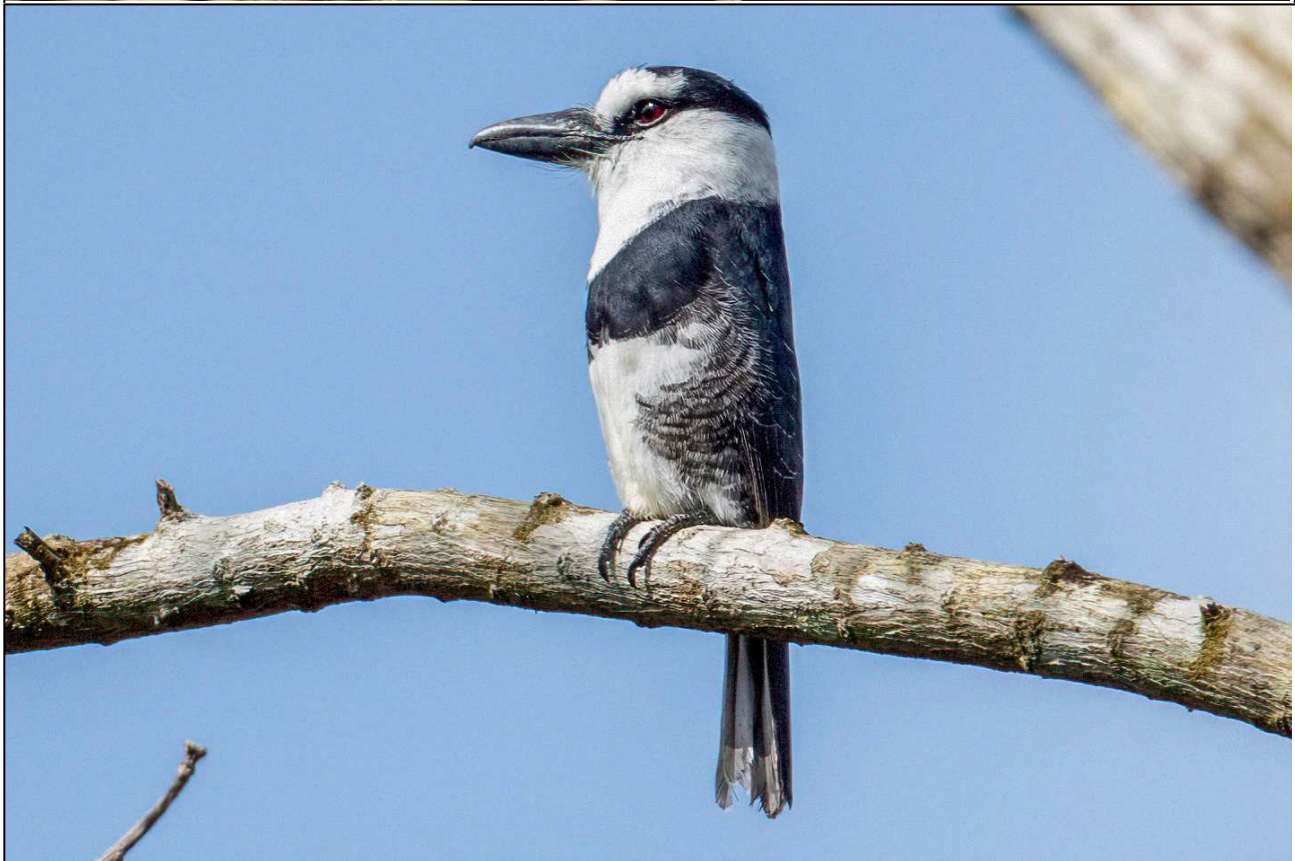


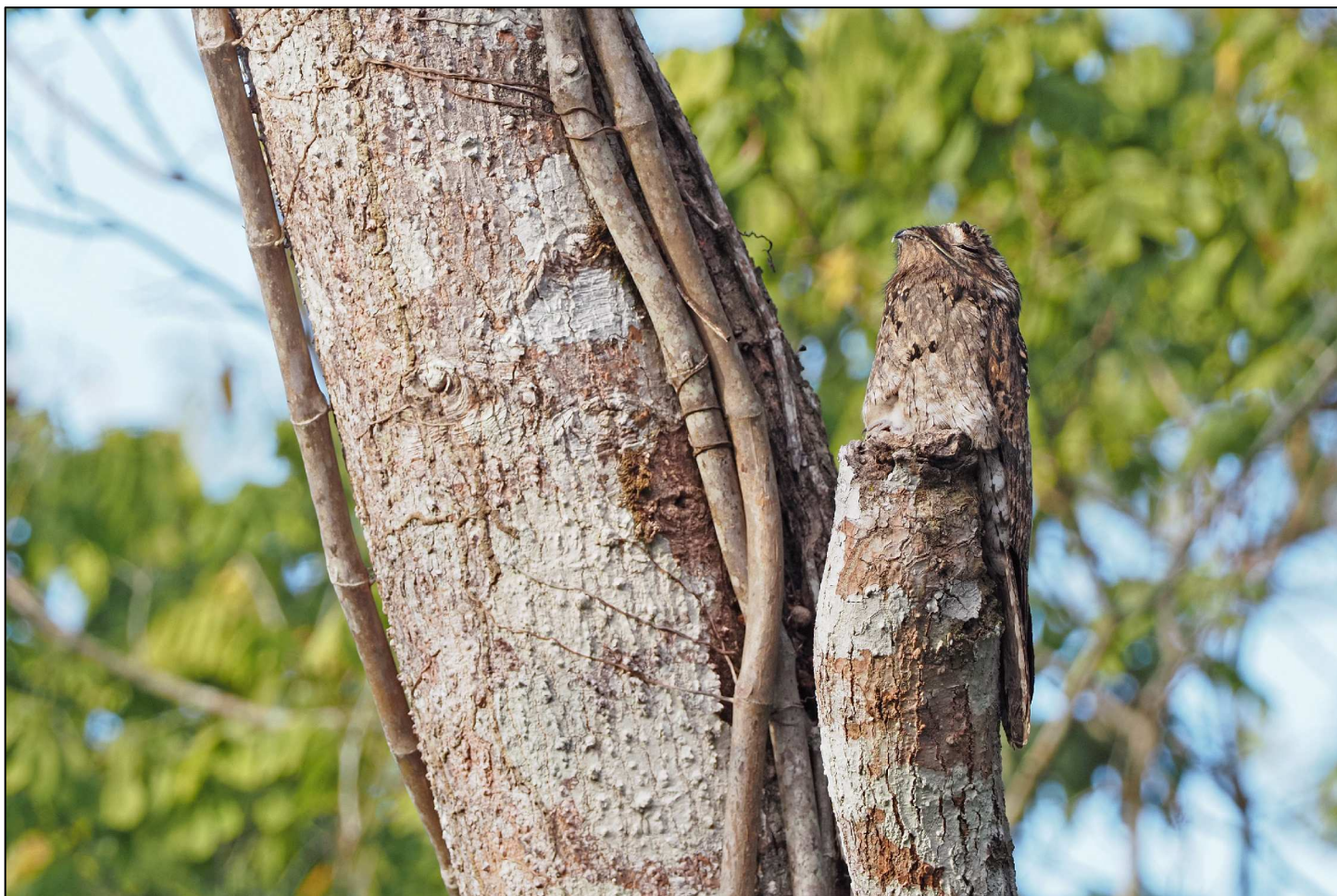
One of the most wanted birds of the tour did not disappoint, this **Black-crowned Antpitta** making it into the top five birds of the trip during the vote at the end of it all (Sam Woods/Tropical Birding Tours).

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*).

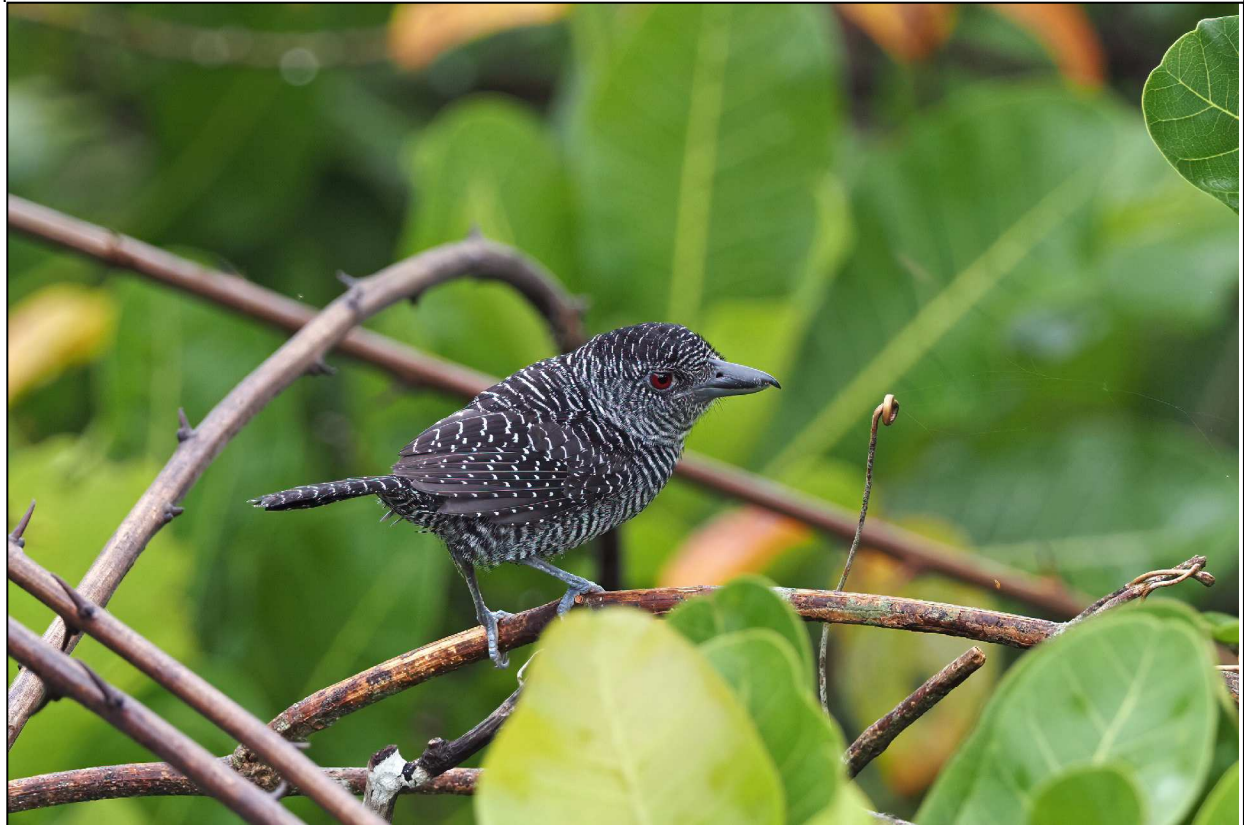




Hiding in plain sight: **Common Potoo** (Sam Woods/Tropical Birding Tours).

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 Anthruses** 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 for the Panamanian endemic *Yellow-green Tyrannulet*, but in spite of hearing a close calling bird, could not locate 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.



This **Bicolored Antbird** was one of a pair that attended a small swarm of army ants near the Pipeline Road (*Sam Woods/Tropical Birding Tours*).



The Pipeline Road proved itself to be a reliable site for seeing **Streak-chested Antpitta** once again... (Sam Woods/Tropical Birding Tours).

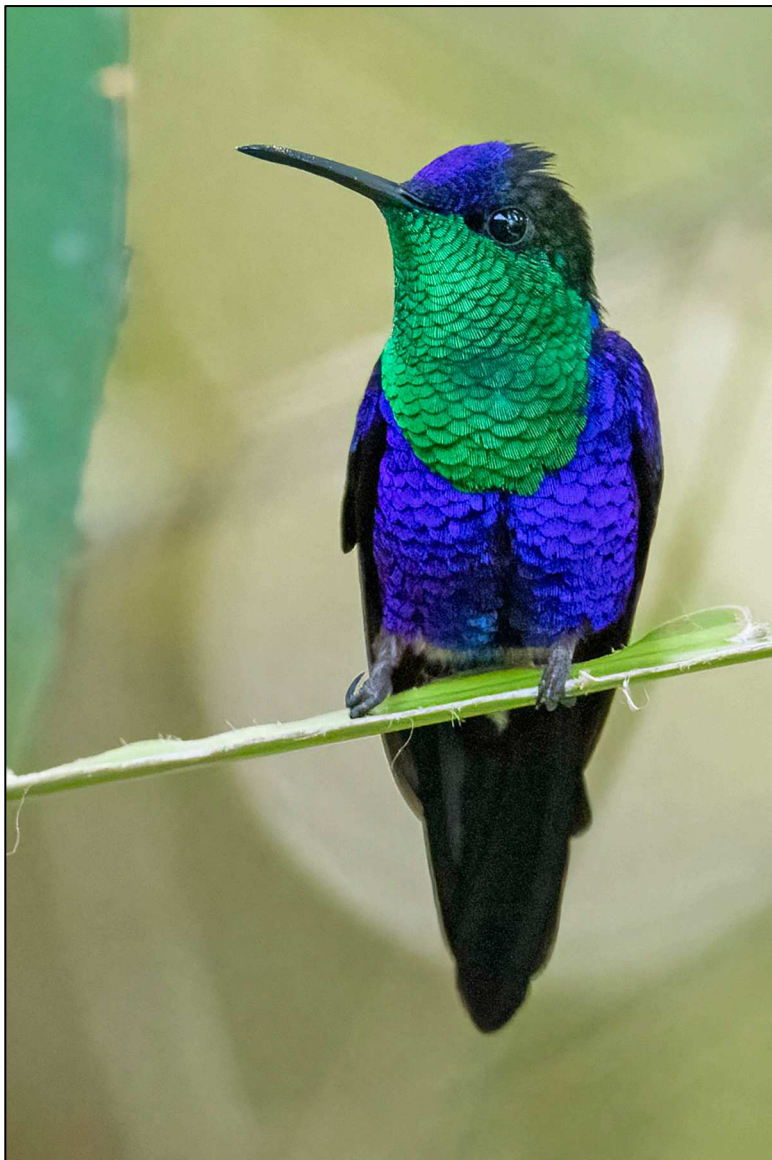
Day 7: 9th March – Camino de Cruces, the Pipeline Road and the Summit Ponds. With an abundance of nearby birding sites to choose from in the bird-rich *Gamboa* area, we opted to visit three different sites, either side of a Covid-19 test taken at our hotel during the middle of the day, (required to be 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...

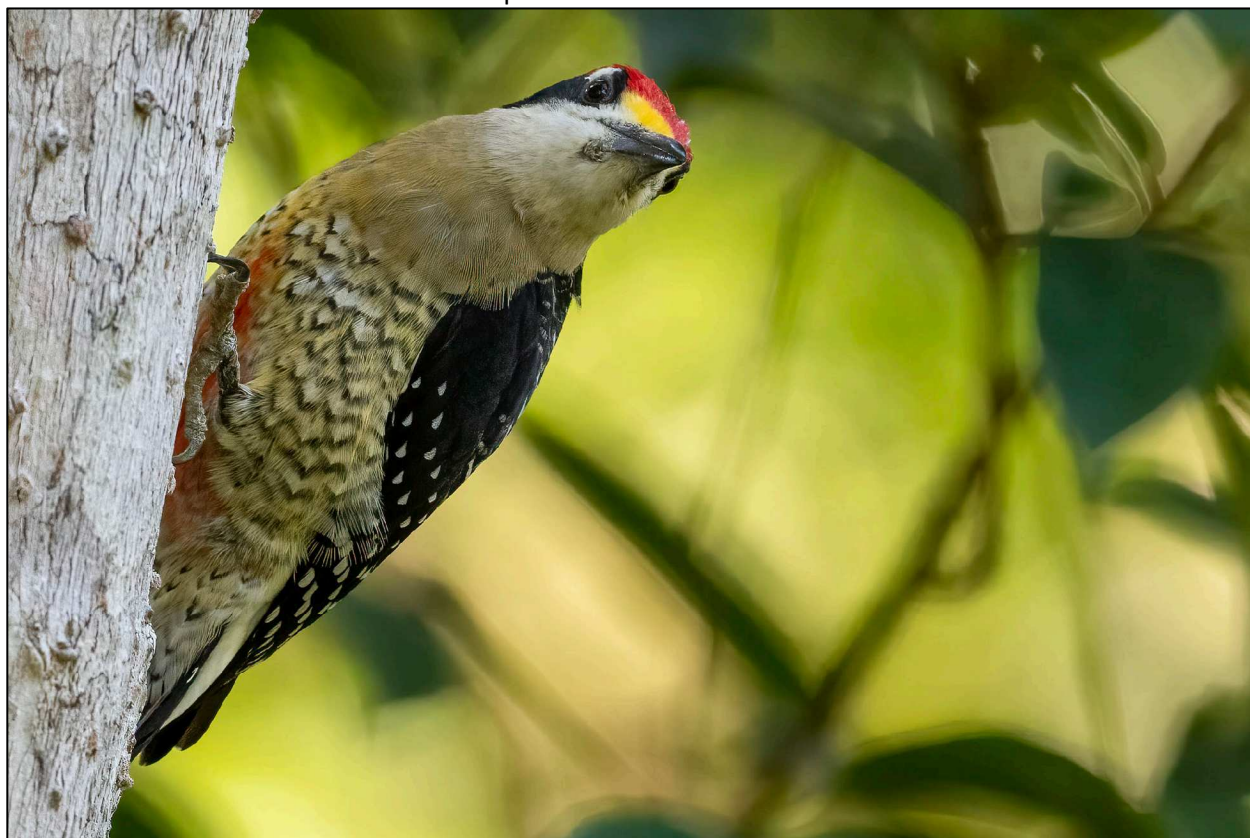




Tody Motmot was the pleasant surprise of the day at *Cerro Azul*, usually being a very tough bird to find there (Sam Woods/Tropical Birding Tours).



The same trail also brought is a pair of dancing **Red-capped Manakins** too, and several striking male **Spotted Antbirds**. before we headed to a higher elevation part, *Cerro Vistamares*. 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**. *Luis* 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.



This **Black-cheeked Woodpecker** visited some lively feeders in *Cerro Azul* that also attracted tanagers and motmots (*John Blakemore*).



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 **Whopping 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 - INDICATES A SPECIES THAT WAS HEARD ONLY.

GO - INDICATES A SPECIES RECORDED BY THE GUIDE ONLY.

Tinamidae (Tinamous)

Great Tinamou *Tinamus major*

H Little Tinamou *Crypturellus soui*

Anatidae (Ducks, Geese, and Waterfowl)

Black-bellied Whistling-Duck *Dendrocygna autumnalis*

Cracidae (Guans, Chachalacas, and Curassows)

Gray-headed Chachalaca *Ortalis cinereiceps*

Columbidae (Pigeons and Doves)

Rock Pigeon *Columba livia*

Pale-vented Pigeon *Patagioenas cayennensis*

Scaled Pigeon *Patagioenas speciosa*

Short-billed Pigeon *Patagioenas nigrirostris*

Ruddy Ground-Dove *Columbina talpacoti*

Blue Ground-Dove *Claravis pretiosa*

White-tipped Dove *Leptotila verreauxi*

Gray-chested Dove *Leptotila cassinii*

White-winged Dove *Zenaida asiatica*

Cuculidae (Cuckoos)

Greater Ani *Crotophaga major*

Smooth-billed Ani *Crotophaga ani*

H Striped Cuckoo *Tapera naevia*

Squirrel Cuckoo *Piaya cayana*

Caprimulgidae (Nightjars and Allies)

Common Nighthawk	<i>Chordeiles minor</i>
Common Pauraque	<i>Nyctidromus albicollis</i>

Nyctibidae (Potoos)

Great Potoo	<i>Nyctibius grandis</i>
Common Potoo	<i>Nyctibius griseus</i>

Apodidae (Swifts)

Short-tailed Swift	<i>Chaetura brachyura</i>
Band-rumped Swift	<i>Chaetura spinicaudus</i>

Trochilidae (Hummingbirds)

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

Rallidae (Ralls, Gallinules, and Coots)

Purple Gallinule	<i>Porphyrio martinica</i>
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Charadriidae (Plovers and Lapwings)

Southern Lapwing *Vanellus chilensis*

Jacaniidae (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*

Anhinga (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	<i>Sarcoramphus papa</i>
Black Vulture	<i>Coragyps atratus</i>
Turkey Vulture	<i>Cathartes aura</i>
Lesser Yellow-headed Vulture	<i>Cathartes burrovianus</i>

Pandionidae (Osprey)

Osprey	<i>Pandion haliaetus</i>
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Accipitridae (Hawks, Eagles, and Kites)

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

Strigidae (Owls)

GO Tropical Screech-Owl	<i>Megascops choliba</i>
Central American Pygmy-Owl	<i>Glaucidium griseiceps</i>
H Mottled Owl	<i>Ciccaba virgata</i>
H Black-and-white Owl	<i>Ciccaba nigrolineata</i>

Trogonidae (Trogons)

Slaty-tailed Trogon	<i>Trogon massena</i>
Black-tailed Trogon	<i>Trogon melanurus</i>
White-tailed Trogon	<i>Trogon chionurus</i>
Gartered Trogon	<i>Trogon caligatus</i>

Black-throated Trogon

*Trogon rufus***Momotidae (Motmots)**

Tody Motmot

Hylomanes momotula

Whooping Motmot

Momotus subrufescens

Rufous Motmot

Baryphthengus martii

Broad-billed Motmot

*Electron platyrhynchum***Alcedinidae (Kingfishers)**

Ringed Kingfisher

Megaceryle torquata

Amazon Kingfisher

Chloroceryle amazona

Green Kingfisher

*Chloroceryle americana***Bucconidae (Puffbirds)**

White-necked Puffbird

Notharchus hyperrhynchus

Black-breasted Puffbird

Notharchus pectoralis

Pied Puffbird

Notharchus tectus

Barred Puffbird

Nystalus radiatus

White-whiskered Puffbird

Malacoptila panamensis

Gray-cheeked Nunlet

*Nonnula frontalis***Galbulidae (Jacamars)**

Rufous-tailed Jacamar

Galbula ruficauda

Great Jacamar

*Jacamerops aureus***Capitonidae (New World Barbets)**

Spot-crowned Barbet

*Capito maculicoronatus***Ramphastidae (Toucans)**

Collared Aracari

Pteroglossus torquatus

Yellow-throated Toucan

Ramphastos ambiguus

Keel-billed Toucan

*Ramphastos sulfuratus***Picidae (Woodpeckers)**

Olivaceous Piculet

Picumnus olivaceus

Black-cheeked Woodpecker

Melanerpes pucherani

Red-crowned Woodpecker

Melanerpes rubricapillus

Red-rumped Woodpecker

Dryobates kirkii

Crimson-crested Woodpecker

Campephilus melanoleucos

Lineated Woodpecker	<i>Dryocopus lineatus</i>
Cinnamon Woodpecker	<i>Celeus loricatus</i>
Golden-green Woodpecker	<i>Piculus chrysochloros</i>
Spot-breasted Woodpecker	<i>Colaptes punctigula</i>

Falconidae (Falcons and Caracaras)

Red-throated Caracara	<i>Ibycter americanus</i>
Crested Caracara	<i>Caracara cheriway</i>
Yellow-headed Caracara	<i>Milvago chimachima</i>
Laughing Falcon	<i>Herpetotheres cachinnans</i>
American Kestrel	<i>Falco sparverius</i>
Merlin	<i>Falco columbarius</i>

Peltacidae (New World and African Parrots)

Orange-chinned Parakeet	<i>Brotogeris jugularis</i>
Brown-hooded Parrot	<i>Pyrilia haematotis</i>
Blue-headed Parrot	<i>Pionus menstruus</i>
Red-lored Parrot	<i>Amazona autumnalis</i>
Mealy Parrot	<i>Amazona farinosa</i>

Thamnophilidae (Typical Antbirds)

Fasciated Antshrike	<i>Cymbilaimus lineatus</i>
H Great Antshrike	<i>Taraba major</i>
Barred Antshrike	<i>Thamnophilus doliatus</i>
Black-crowned Antshrike	<i>Thamnophilus atrinucha</i>
Black Antshrike	<i>Thamnophilus nigriceps</i>
Checker-throated Stipplethroat	<i>Epinecrophylla fulviventris</i>
Moustached Antwren	<i>Myrmotherula ignota</i>
Pacific Antwren	<i>Myrmotherula pacifica</i>
White-flanked Antwren	<i>Myrmotherula axillaris</i>
Rufous-winged Antwren	<i>Herpsilochmus rufimarginatus</i>
Dot-winged Antwren	<i>Microrhopias quixensis</i>
Dusky Antbird	<i>Cercomacroides tyrannina</i>
Jet Antbird	<i>Cercomacra nigricans</i>
Bare-crowned Antbird	<i>Gymnocichla nudiceps</i>

White-bellied Antbird	<i>Myrmeciza longipes</i>
Chestnut-backed Antbird	<i>Poliocrania exsul</i>
Bicolored Antbird	<i>Gymnopathys bicolor</i>
Spotted Antbird	<i>Hylophylax naevioides</i>

Conopophagidae (Gnateaters)

Black-crowned Antpitta	<i>Pittasoma michleri</i>
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Grallariidae (Antpittas)

Streak-chested Antpitta	<i>Hylopezus perspicillatus</i>
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Formicariidae (Antthrushes)

Black-faced Antthrush	<i>Formicarius analis</i>
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Fumariidae (Ovenbirds and Woodcreepers)

Plain-brown Woodcreeper	<i>Dendrocincla fuliginosa</i>
Wedge-billed Woodcreeper	<i>Glyphorhynchus spirurus</i>
Cocoa Woodcreeper	<i>Xiphorhynchus susurrans</i>
Black-striped Woodcreeper	<i>Xiphorhynchus lachrymosus</i>
Streak-headed Woodcreeper	<i>Lepidocolaptes souleyetii</i>
Plain Xenops	<i>Xenops minutus</i>
Streaked Xenops	<i>Xenops rutilans</i>
Double-banded Graytail	<i>Xenerpestes minlosi</i>

Pipridae (Manakins)

Lance-tailed Manakin	<i>Chiroxiphia lanceolata</i>
White-ruffed Manakin	<i>Corapipo altera</i>
Blue-crowned Manakin	<i>Lepidothrix coronata</i>
Golden-collared Manakin	<i>Manacus vitellinus</i>
Red-capped Manakin	<i>Ceratopipra mentalis</i>
Golden-headed Manakin	<i>Ceratopipra erythrocephala</i>

Cotingidae (Cotingas)

Purple-throated Fruitcrow	<i>Querula purpurata</i>
Blue Cotinga	<i>Cotinga nattererii</i>

Tityridae (Tityras and Allies)

Masked Tityra	<i>Tityra semifasciata</i>
Russet-winged Schiffornis	<i>Schiffornis stenorhyncha</i>

Cinnamon Becard	<i>Pachyramphus cinnamomeus</i>
White-winged Becard	<i>Pachyramphus polychopterus</i>
One-colored Becard	<i>Pachyramphus homochrous</i>

Oxyuridae (Sharpbill, Royal Flycatcher, and Allos)

Royal Flycatcher	<i>Onychorhynchus coronatus</i>
Ruddy-tailed Flycatcher	<i>Terenotriccus erythrurus</i>

Tyrannidae (Tyrant Flycatchers)

Ochre-bellied Flycatcher	<i>Mionectes oleagineus</i>
Yellow-green Tyrannulet	<i>Phylloscartes flavovirens</i>
H Black-capped Pygmy-Tyrant	<i>Myiornis atricapillus</i>
Southern Bentbill	<i>Oncostoma olivaceum</i>
Common Tody-Flycatcher	<i>Todirostrum cinereum</i>
Black-headed Tody-Flycatcher	<i>Todirostrum nigriceps</i>
Yellow-breasted Flycatcher	<i>Tolmomyias flaviventris</i>
Brown-capped Tyrannulet	<i>Ornithion brunneicapillus</i>
Southern Beardless-Tyrannulet	<i>Camptostoma obsoletum</i>
Yellow Tyrannulet	<i>Capsiempis flaveola</i>
Yellow-crowned Tyrannulet	<i>Tyrannulus elatus</i>
Forest Elaenia	<i>Myiopagis gaimardii</i>
Gray Elaenia	<i>Myiopagis caniceps</i>
Yellow-bellied Elaenia	<i>Elaenia flavogaster</i>
Mistletoe Tyrannulet	<i>Zimmerius parvus</i>
Eastern Wood-Pewee	<i>Contopus virens</i>
Acadian Flycatcher	<i>Empidonax virescens</i>
Long-tailed Tyrant	<i>Colonia colonus</i>
Bright-rumped Attila	<i>Attila spadiceus</i>
Choco Sirystes	<i>Sirystes albogriseus</i>
Dusky-capped Flycatcher	<i>Myiarchus tuberculifer</i>
Great Crested Flycatcher	<i>Myiarchus crinitus</i>
Lesser Kiskadee	<i>Pitangus lictor</i>
Great Kiskadee	<i>Pitangus sulphuratus</i>
Boat-billed Flycatcher	<i>Megarynchus pitangua</i>

Rusty-margined Flycatcher	<i>Myiozetetes cayanensis</i>
Social Flycatcher	<i>Myiozetetes similis</i>
Gray-capped Flycatcher	<i>Myiozetetes granadensis</i>
Streaked Flycatcher	<i>Myiodynastes maculatus</i>
Sulphur-bellied Flycatcher	<i>Myiodynastes luteiventris</i>
Piratic Flycatcher	<i>Legatus leucophaeus</i>
Tropical Kingbird	<i>Tyrannus melancholicus</i>
Eastern Kingbird	<i>Tyrannus tyrannus</i>
Fork-tailed Flycatcher	<i>Tyrannus savana</i>

Vireonidae (Vireos, Shrike-Babblers, and Erpornis)

Scrub Greenlet	<i>Hylophilus flavipes</i>
Green Shrike-Vireo	<i>Vireolanius pulchellus</i>
Lesser Greenlet	<i>Pachysylvia decurtata</i>
Golden-fronted Greenlet	<i>Pachysylvia aurantiifrons</i>
Yellow-green Vireo	<i>Vireo flavoviridis</i>

Corvidae (Crows, Jays, and Magpies)

Black-chested Jay	<i>Cyanocorax affinis</i>
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Hirundinidae (Swallows)

White-thighed Swallow	<i>Atticora tibialis</i>
Southern Rough-winged Swallow	<i>Stelgidopteryx ruficollis</i>
Gray-breasted Martin	<i>Progne chalybea</i>
Mangrove Swallow	<i>Tachycineta albilinea</i>
Bank Swallow	<i>Riparia riparia</i>

Polioptilidae (Gnatcatchers)

Long-billed Gnatwren	<i>Ramphocaenus melanurus</i>
Tropical Gnatcatcher	<i>Poliophtila plumbea</i>

Troglodytidae (Wrens)

Scaly-breasted Wren	<i>Microcerculus marginatus</i>
House Wren	<i>Troglodytes aedon</i>
White-headed Wren	<i>Campylorhynchus albobrunneus</i>
Bicolored Wren	<i>Campylorhynchus griseus</i>
H Black-bellied Wren	<i>Pheugopedius fasciatoventris</i>

Rufous-breasted Wren	<i>Pheugopedius rutilus</i>
H Rufous-and-white Wren	<i>Thryophilus rufalbus</i>
H Stripe-throated Wren	<i>Cantorchilus leucopogon</i>
Isthmian Wren	<i>Cantorchilus elutus</i>
Bay Wren	<i>Cantorchilus nigricapillus</i>
Buff-breasted Wren	<i>Cantorchilus leucotis</i>
White-breasted Wood-Wren	<i>Henicorhina leucosticta</i>
Song Wren	<i>Cyphorhinus phaeocephalus</i>

Turdidae (Thrushes and Allies)

Clay-colored Thrush	<i>Turdus grayi</i>
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Passeridae (Old World Sparrows)

House Sparrow	<i>Passer domesticus</i>
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Fringillidae (Finches, Euphonias, and Allies)

Yellow-crowned Euphonia	<i>Euphonia luteicapilla</i>
Thick-billed Euphonia	<i>Euphonia laniirostris</i>
Fulvous-vented Euphonia	<i>Euphonia fulvicrissa</i>
Lesser Goldfinch	<i>Spinus psaltria</i>

Passerellidae (New World Sparrows)

H Orange-billed Sparrow	<i>Arremon aurantirostris</i>
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Rhodinocichlidae (Thrush-Tanager)

GO Rosy Thrush-Tanager	<i>Rhodinocichla rosea</i>
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Icteridae (Troupials and Allies)

Crested Oropendola	<i>Psarocolius decumanus</i>
Chestnut-headed Oropendola	<i>Psarocolius wagleri</i>
Black Oropendola	<i>Psarocolius guatimozinus</i>
Scarlet-rumped Cacique	<i>Cacicus uropygialis</i>
Yellow-rumped Cacique	<i>Cacicus cela</i>
Yellow-backed Oriole	<i>Icterus chrysater</i>
Orange-crowned Oriole	<i>Icterus auricapillus</i>
Baltimore Oriole	<i>Icterus galbula</i>
Shiny Cowbird	<i>Molothrus bonariensis</i>
Giant Cowbird	<i>Molothrus oryzivorus</i>

Great-tailed Grackle

Quiscalus mexicanus

Carib Grackle

*Quiscalus lugubris***Parulidae (New World Warblers)**

Louisiana Waterthrush

Parkesia motacilla

Northern Waterthrush

Parkesia noveboracensis

Black-and-white Warbler

Mniotilta varia

Prothonotary Warbler

Protonotaria citrea

Tennessee Warbler

Oreothlypis peregrina

American Redstart

Setophaga ruticilla

Bay-breasted Warbler

Setophaga castanea

Yellow Warbler

Setophaga petechia

Black-throated Green Warbler

Setophaga virens

Rufous-capped Warbler

Basileuterus rufifrons

Buff-rumped Warbler

Myiothlypis fulvicauda

Canada Warbler

*Cardellina canadensis***Cardinalidae (Cardinals and Allies)**

Hepatic Tanager

Piranga flava

Summer Tanager

Piranga rubra

Red-throated Ant-Tanager

Habia fuscicauda

Carmiol's Tanager

Chlorothraupis carmioli

Rose-breasted Grosbeak

*Pheucticus ludovicianus***GO** Blue-black Grosbeak*Cyanoloxia cyanooides***Thraupidae (Tanagers and Allies)**

Gray-headed Tanager

Eucometis penicillata

White-shouldered Tanager

Tachyphonus luctuosus

Flame-rumped Tanager

Ramphocelus flammigerus

Crimson-backed Tanager

Ramphocelus dimidiatus

Blue-gray Tanager

Thraupis episcopus

Palm Tanager

Thraupis palmarum

Speckled Tanager

Ixothraupis guttata

Golden-hooded Tanager

Tangara larvata

Plain-colored Tanager

Tangara inornata

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

MAMMALS

Northern Tamandua	<i>Tamandua mexicana</i>
Brown-throated Three-toed Sloth	<i>Bradypus variegatus</i>
Geoffroy's Tamarin	<i>Sanguinus geoffroyi</i>
Panamanian Night Monkey	<i>Aotus zonalis</i>
White-faced Capuchin	<i>Cebus capucinus</i>
Mantled Howler	<i>Alouattta palliata</i>
Variegated Squirrel	<i>Sciurus variegatoides</i>
Red-tailed Squirrel	<i>Sciurus granatensis</i>
Lesser Capybara	<i>Hydrochoerus isthmus</i>
Central American Agouti	<i>Dasyprocta punctata</i>
GO Crab-eating Raccoon	<i>Procyon cancrivorus</i>
White-nosed Coati	<i>Nasua narica</i>