

Panama - Canopy Tower

Naturetrek Tour Report

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Day 1

AM: Canopy Tower Observation Deck and Semaphore Hill

PM: Ammo Dump Ponds

We met up on the observation deck around 6:30am and spent about an hour up there. Everybody enjoyed the lovely view of the Soberania National Park rain forest. Some birds like Red-lored Amazon, Palm Tanager, Blue Dacnis, a couple of hundred Mississippi Kites in migration, Keel-billed Toucan and Green Shrike Vireo and many other canopy birds delighted the eyes of the group. Later on after breakfast we took a 3 ½ hour walk down Semaphore Hill, where Black-throated and Slaty-tailed Trogon, Western Slaty-Antshrike and Ochre-bellied Flycatcher were part of our long list of birds.

In the afternoon at about 4pm, after a 30 minute period of refreshing rain, we went to the Ammo Ponds. There we saw Black-bellied Whistling Duck, Zone-tailed Hawk, Lesser Kiskadee and many other beautiful birds.

Magnificent Frigatebird	White-vented Plumeleteer
Great Blue Heron	White-tailed Trogon
Green Heron	Violaceous Trogon (H)
Wood Stork	Black-throated Trogon (H)
Black-bellied Whistling-Duck	Black-tailed Trogon (H)
Black Vulture	Slaty-tailed Trogon
Turkey Vulture	Ringed Kingfisher
Lesser Yellow-headed Vulture	Amazon Kingfisher
Mississippi Kite	Rufous Motmot
Short-tailed Hawk	Broad-billed Motmot
Swainson's Hawk	Collared Aracari
Zone-tailed Hawk	Keel-billed Toucan
White-throated Crake (H)	Chestnut-billed Toucan
Wattled Jacana	Red-crowned Woodpecker
Scaled Pigeon	Crimson-crested Woodpecker
Pale-vented Pigeon	Plain Xenops
Ruddy Ground-Dove	Cocoa Woodcreeper
White-tipped Dove	Straight-billed Woodcreeper
Orange-chinned Parakeet	Fasciated Antshrike
Blue-headed Parrot (H)	Barred Antshrike
Red-lored Parrot	Western Slaty Antshrike
Squirrel Cuckoo	Checker-throated Antwren
Greater Ani	White-flanked Antwren
Chimney Swift	Dot-winged Antwren
Cliff Swift	Dusky Antbird
Western Long-tailed Hermit	Black-faced Antthrush
White-necked Jacobin	Red-capped Manakin
Black-throated Mango	Yellow-bellied Elaenia (H)
Violet-bellied Hummingbird	Ochre-bellied Flycatcher
Blue-chested Hummingbird	Paltry Tyrannulet

Southern Bentbill (H)	Tropical Gnatwren
Common Tody-Flycatcher	Red-eyed Vireo
Yellow-margined Flycatcher	Lesser Greenlet
Ruddy-tailed Flycatcher	Green Shrike-Vireo
Bright-rumped Attila (H)	Yellow Warbler
Dusky-capped Flycatcher	Chestnut-sided Warbler
Panama Flycatcher	Bay-breasted Warbler
Lesser Kiskadee	Northern Waterthrush
Great Kiskadee	White-shouldered Tanager
Social Flycatcher	Scarlet Tanager
Streaked Flycatcher	Crimson-backed Tanager
Sulphur-bellied Flycatcher	Blue-gray Tanager
Piratic Flycatcher	Palm Tanager
Tropical Kingbird	Green Honeycreeper
Eastern Kingbird	Red-legged Honeycreeper
Fork-tailed Flycatcher	Variable Seedeater
Gray-breasted Martin	Yellow-bellied Seedeater
Southern Rough-winged Swallow	Orange-billed Sparrow
Barn Swallow	Black-striped Sparrow
Cliff Swallow	Buff-throated Saltator
Black-bellied Wren	Slate-colored Grosbeak (H)
Plain Wren	Great-tailed Grackle
Buff-breasted Wren	Bronzed Cowbird
House Wren	Yellow-tailed Oriole
White-breasted Wood-Wren (H)	Scarlet-rumped Cacique
Tropical Mockingbird	Chestnut-headed Oropendola
Clay-colored Robin	

Day 2

All day: Pipe Line Rd

It was time to visit one of the most renowned birding spots in Panama for its quality and rare birds. We had the chance to see five species of trogon including White and Black-tailed Trogon, Streak-chested Antpitta, Ocellated Antbird, Lineated Woodpecker, Blue Cotinga and Blue-crowned Manakin

Great Blue Heron	Red-lore Parrot
Black Vulture	Mealy Parrot
Turkey Vulture	Squirrel Cuckoo
Osprey	Pheasant Cuckoo
Wattled Jacana	Blue-chested Hummingbird
Pale-vented Pigeon	White-vented Plumeteer
Ruddy Ground-Dove	White-tailed Trogon
White-tipped Dove	Violaceous Trogon
Orange-chinned Parakeet	Black-throated Trogon
Blue-headed Parrot	Black-tailed Trogon

Slaty-tailed Trogon	Olive-sided Flycatcher
Rufous Motmot	Eastern Wood-Pewee
Black-breasted Puffbird	Great Kiskadee
Keel-billed Toucan	Social Flycatcher
Chestnut-billed Toucan	Tropical Kingbird
Cinnamon Woodpecker	Eastern Kingbird
Lineated Woodpecker	Thrush-like Schiffornis
Plain Xenops	Gray-breasted Martin
Plain-brown Woodcreeper	Barn Swallow
Northern Barred-Woodcreeper	Black-bellied Wren
Checker-throated Antwren	Clay-colored Robin
Dot-winged Antwren	Gray-headed Tanager
Dusky Antbird	White-shouldered Tanager
Bicolored Antbird	Red-throated Ant-Tanager
Ocellated Antbird	Crimson-backed Tanager
Black-faced Antthrush	Blue-gray Tanager
Streak-chested Antpitta	Palm Tanager
Blue Cotinga	Thick-billed Euphonia
Purple-throated Fruitcrow	Plain-colored Tanager
Golden-collared Manakin	Golden-hooded Tanager
Blue-crowned Manakin	

Day 3

AM: Old Gamboa Rd. and Summit Ponds

PM: Summit Botanical Garden

Early in the morning we were heading to the Old Gamboa Road a short stretch of road of about one mile long but with a lots a marvelous birds such as Golden-collared Manakin, Gray-necked Wood-Rail, Muscovy Duck, and Jet Antbird and one of the birds of the day, a young SPECTACULAR!! Spectacled Owl.

Anhinga	Solitary Sandpiper
Green Heron	Scaled Pigeon
Muscovy Duck	Pale-vented Pigeon
Black Vulture	Ruddy Ground-Dove
Turkey Vulture	White-tipped Dove
King Vulture	Orange-chinned Parakeet
Mississippi Kite	Red-lore Parrot
Broad-winged Hawk	Squirrel Cuckoo
Short-tailed Hawk	Spectacled Owl
Bat Falcon	Great Potoo
Gray-necked Wood-Rail	Common Potoo
Wattled Jacana	Chimney Swift

Short-tailed Swift	Sulphur-bellied Flycatcher
White-necked Jacobin	Piratic Flycatcher
Black-throated Mango	Tropical Kingbird
Rufous-tailed Hummingbird	Eastern Kingbird
Blue-chested Hummingbird	Masked Tityra
Purple-crowned Fairy	Gray-breasted Martin
Slaty-tailed Trogon	Mangrove Swallow
Ringed Kingfisher	Southern Rough-winged Swallow
Amazon Kingfisher	Barn Swallow
Green Kingfisher	Rufous-and-white Wren (H)
Collared Aracari	House Wren
Keel-billed Toucan	Clay-colored Robin
Chestnut-billed Toucan	Tropical Gnatwren
Red-crowned Woodpecker	Red-eyed Vireo
Plain Xenops	Yellow-green Vireo
Cocoa Woodcreeper	Golden-fronted Greenlet
Straight-billed Woodcreeper	Lesser Greenlet
Streak-headed Woodcreeper	Green Shrike-Vireo
Fasciated Antshrike	Yellow Warbler
Western Slaty Antshrike	Chestnut-sided Warbler
Checker-throated Antwren	Bay-breasted Warbler
Dusky Antbird	Northern Waterthrush
Jet Antbird	White-shouldered Tanager
Black-faced Antthrush	Red-throated Ant-Tanager
Blue Cotinga	Crimson-backed Tanager
Purple-throated Fruitcrow	Blue-gray Tanager
Golden-collared Manakin	Palm Tanager
Paltry Tyrannulet	Thick-billed Euphonia
Common Tody-Flycatcher	Plain-colored Tanager
Eastern Wood-Pewee	Green Honeycreeper
Tropical Pewee	Red-legged Honeycreeper
Bright-rumped Attila	Variable Seedeater
Panama Flycatcher	Black-striped Sparrow
Lesser Kiskadee	Buff-throated Saltator
Great Kiskadee	Giant Cowbird
Boat-billed Flycatcher	Yellow-rumped Cacique
Rusty-margined Flycatcher	Scarlet-rumped Cacique
Social Flycatcher	Chestnut-headed Oropendola
Streaked Flycatcher	Black-bellied Wren (H)

Day 4

AM: Tocumen Marsh

PM: Cerro Azul

An all day trip to the foothills and some of the wetlands of eastern Panama, it was one our birdiest days with over one hundred species.

Some of the highlights were Savanna Hawk, Cocoli Heron, Capped Heron, Crested Caracara, Scaly-throated Hummingbird, Black-throated Mango and Laughing Falcon.

Later in the day we drove up to the foothills where we had a spectacular afternoon with a lot of specialties such as Rufous-crested Coquette, Yellow-eared Toucanet, Speckled Tanager, Emerald Tanager and you name it!!...

Great Tinamou (H)	Purple Gallinule
Capped Heron	Wattled Jacana
Cocoli Heron	Southern Lapwing
Great Egret	Solitary Sandpiper
Tricolor Heron	Spotted Sandpiper
Little Blue Heron	Rock Pigeonng
Snowy Egret	Ruddy Ground-Dove
Cattle Egret	White-tipped Dove
Striated Heron	Orange-chinned Parakeet (H)
Green Heron	Smooth-billed Ani
Boat-billed Heron	White-collared Swift
Black-crowned Night-Heron	Green Hermit
Wood Stork	Scaly-breasted Hummingbird
White Ibis	White-necked Jacobin
Black-bellied Whistling-Duck	Black-throated Mango
Black Vulture	Rufous-crested Coquette
Turkey Vulture	Violet-headed Hummingbird
Swallow-tailed Kite	Violet-crowned Woodnymph
White-tailed Kite	Sapphire-throated Hummingbird
White Hawk	Rufous-tailed Hummingbird
Great Black-Hawk	Snowy-bellied Hummingbird
Roadside Hawk	Bronze-tailed Plumeleteer
Swainson's Hawk	Ringed Kingfisher
Crested Caracara	Amazon Kingfisher
Yellow-headed Caracara	Green-and-Rufous Kingfisher
Laughing Falcon	American Pygmy Kingfisher
American Kestrel	Spot-crowned Barbet
Peregrine Falcon	Yellow-eared Toucanet
White-throated Crake (H)	Keel-billed Toucan

Chestnut-billed Toucan	Bay-breasted Warbler
Olivaceous Piculet	Ovenbird (H)
Black-cheeked Woodpecker	Bananaquit
Red-crowned Woodpecker	Hepatic Tanager
Cocoa Woodcreeper	Crimson-backed Tanager
Yellow Tyrannulet (H)	Blue-gray Tanager
Paltry Tyrannulet	Palm Tanager
Pied Water-Tyrant	Yellow-crowned Euphonia
Common Tody-Flycatcher	Thick-billed Euphonia
Panama Flycatcher	Fulvous-vented Euphonia
Lesser Kiskadee	White-vented Euphonia
Great Kiskadee	Plain-colored Tanager
Rusty-margined Flycatcher	Emeral Tanager
Social Flycatcher	Speckled Tanager
Streaked Flycatcher	Bay-headed Tanager
Piratic Flycatcher	Golden-hooded Tanager
Tropical Kingbird	Scarlet-thighed Dacnis
Eastern Kingbird	Green Honeycreeper
Fork-tailed Flycatcher	Shining Honeycreeper
Gray-breasted Martin	Red-legged Honeycreeper
Barn Swallow	Blue-black Grassquit
Cliff Swallow	Variable Seedeater
Plain Wren (H)	Yellow-bellied Seedeater
Buff-breasted Wren	Black-striped Sparrow
Tropical Mockingbird	Buff-throated Saltator
Clay-colored Robin	Eastern Meadowlark
Red-eyed Vireo	Great-tailed Grackle
Chestnut-sided Warbler	Chestnut-headed Oropendola
Blackburnian Warbler	

Day 5

AM: Plantation Rd

PM: Chagres River

Today we visited the old coffee and cocoa plantation road nowadays a wonderful and nice trail were we spotted many birds like Checker-throated Antwren, Red-capped Manakin and Broad-billed Motmot.

Later in the afternoon we headed to the Chagres River, it was a short but very productive road along the river, where we saw Yellow-crowned Tyrannulet, Yellow-Green Vireo and Buff-breasted Wren just to mention some.

Great Tinamou (H)	Cattle Egret
Anhinga	Striated Heron
Snowy Egret	Green Heron

Boat-billed Heron (H)	Black-cheeked Woodpecker
Rufescent Tiger-Heron	Red-crowned Woodpecker
Black-bellied Whistling-Duck	Cinnamon Woodpecker (H)
Black Vulture	Scaly-throated Leaftosser (H)
Turkey Vulture	Plain-brown Woodcreeper (H)
King Vulture	Cocoa Woodcreeper (H)
Osprey	Western Slaty Antshrike
Tiny Hawk	Checker-throated Antwren
Short-tailed Hawk	White-flanked Antwren
Swainson's Hawk	Dot-winged Antwren
Zone-tailed Hawk	Spotted Antbird
Black Hawk-Eagle (H)	Lance-tailed Manakin (H)
Gray-headed Chachalaca	Blue-crowned Manakin
Purple Gallinule	Red-capped Manakin (H)
Common Moorhen	Yellow-crowned Tyrannulet
Wattled Jacana	Yellow-bellied Elaenia
Scaled Pigeon	Paltry Tyrannulet
Pale-vented Pigeon	Common Tody-Flycatcher
Ruddy Ground-Dove	Olivaceous Flatbill
White-tipped Dove	Eastern Wood-Pewee
Gray-chested Dove	Panama Flycatcher
Orange-chinned Parakeet (H)	Lesser Kiskadee
Brown-hooded Parrot	Great Kiskadee
Blue-headed Parrot (H)	Boat-billed Flycatcher
Red-ored Parrot	Social Flycatcher
Squirrel Cuckoo	Piratic Flycatcher
Pheasant Cuckoo (H)	Tropical Kingbird
Great Potoo	Eastern Kingbird
Common Potoo	Purple Martin
Band-rumped Swift	Gray-breasted Martin
Chimney Swift	Mangrove Swallow
Short-tailed Swift	Southern Rough-winged Swallow
White-necked Jacobin	Barn Swallow
Blue-chested Hummingbird	Buff-breasted Wren
Violaceous Trogon	House Wren
Black-throated Trogon	Tropical Mockingbird
Slaty-tailed Trogon	Clay-colored Robin
Ringed Kingfisher	Tropical Gnatwren
Blue-crowned Motmot	Black-chested Jay
Rufous Motmot	Yellow-green Vireo
Black-breasted Puffbird	Lesser Greenlet
Keel-billed Toucan	Green Shrike-Vireo
Chestnut-billed Toucan	Chestnut-sided Warbler

Northern Waterthrush	Red-legged Honeycreeper
Gray-headed Tanager	Blue-black Grassquit
White-shouldered Tanager	Variable Seedeater
Crimson-backed Tanager	Black-striped Sparrow
Blue-gray Tanager	Blue-black Grosbeak (H)
Palm Tanager	Great-tailed Grackle
Blue Dacnis	Yellow-backed Oriole (H)
Green Honeycreeper	Scarlet-rumped Cacique
Shining Honeycreeper	Chestnut-headed Oropendola

Day 6

AM: Pipe Line Rd and Woodpecker Rd

PM: Summit Ponds and Canal Visitor Center

In our last day, we decided to take another look at the famous Pipeline Rd. And it was definitely a very good choice after seeing a Great Tinamou, Crane Hawk and Cinnamon Woodpecker.

After lunch most of the group decided to visit the Panama Canal Visitor Center while the rest of them went to back to Summit Ponds. Another good look at Capped Hereon and Gray-necked Wood-Rail before coming back to the tower to start packing.

Great Tinamou	Wattled Jacana
Little Tinamou (H)	Spotted Sandpiper
Brown Pelican	Laughing Gull
Anhinga	Scaled Pigeon
Magnificent Frigatebird	Pale-vented Pigeon
Capped Heron	Ruddy Ground-Dove
Great Blue Heron	White-tipped Dove
Little Blue Heron	Gray-chested Dove
Striated Heron	Orange-chinned Parakeet
Green Heron	Red-lore Parrot
Agami Heron	Squirrel Cuckoo
Muscovy Duck	Greater Ani
Black Vulture	Pheasant Cuckoo (H)
Turkey Vulture	Spectacled Owl
Osprey	Great Potoo
Mississippi Kite	Common Potoo
Crane Hawk	Cliff Swift
Broad-winged Hawk	Western Long-tailed Hermit
Swainson's Hawk	White-necked Jacobin
Gray-headed Chachalaca	Blue-chested Hummingbird
Gray-necked Wood-Rail	White-vented Plumeleteer

White-tailed Trogon	Eastern Kingbird
Violaceous Trogon (H)	Masked Tityra
Black-tailed Trogon (H)	Gray-breasted Martin
Slaty-tailed Trogon	Mangrove Swallow
Amazon Kingfisher	Southern Rough-winged Swallow
Green Kingfisher	Barn Swallow
Blue-crowned Motmot	Black-bellied Wren
White-whiskered Puffbird	Tropical Mockingbird
Collared Aracari	Swainson's Thrush
Yellow-eared Toucanet	Clay-colored Robin
Keel-billed Toucan	Long-billed Gnatwren (H)
Chestnut-billed Toucan	Red-eyed Vireo
Red-crowned Woodpecker	Yellow-green Vireo
Cinnamon Woodpecker	Lesser Greenlet
Great Antshrike (H)	Green Shrike-Vireo (H)
Barred Antshrike	Yellow Warbler
Checker-throated Antwren	Northern Waterthrush
White-bellied Antbird	White-shouldered Tanager
Black-faced Antthrush (H)	Red-throated Ant-Tanager
Streak-chested Antpitta (H)	Crimson-backed Tanager
Purple-throated Fruitcrow	Blue-gray Tanager
Lance-tailed Manakin (H)	Palm Tanager
Yellow Tyrannulet (H)	Blue Dacnis
Common Tody-Flycatcher	Blue-black Grassquit
Brownish Flycatcher	Orange-billed Sparrow
Olive-sided Flycatcher	Black-striped Sparrow (H)
Eastern Wood-Pewee	Blue-black Grosbeak (H)
Lesser Kiskadee	Great-tailed Grackle
Social Flycatcher	Chestnut-headed Oropendola
Tropical Kingbird	

Day 7

AM: Transfer to the Canopy Lodge (El Valle) and Tocumen International Airport.

PM: Canopy Lodge Trail (from the Lodge to "El Macho" waterfall)

This was a departure day for most of the group. The rest headed up to the picturesque town of El Valle, located at about 700 meter (a.s.l.). As soon as we got to the lodge Flame-rumped Tanager, Thick-billed Euphonia and the majestic White Hawk showed up, all seen from the dinning room area. After lunch and a short break we took a walk on one of the trails around the lodge and not too far from it we got Buff-rumped, Morning and Rufous Capped Warbler, all specialties of the area.

White Hawk	Blackburnian Warbler (C Tower)
Gray-headed Chachalaca (H)	Mourning Warbler
Stripe-throated Hermit	Rufous-capped Warbler
White-necked Jacobin	Buff-rumped Warbler
Green Thorntail	Bananaquit
Violet-crowned Woodnymph	Tawny-crested Tanager
Rufous-tailed Hummingbird	Red-crowned Ant-Tanager
Snowy-bellied Hummingbird	Crimson-backed Tanager
White-vented Plumeleteer	Flame-rumped Tanager
Green-crowned Brilliant	Blue-gray Tanager
Purple-crowned Fairy	Palm Tanager
Green Kingfisher	Thick-billed Euphonia
Rufous Motmot	Bay-headed Tanager
Red-crowned Woodpecker	Golden-hooded Tanager
Black-faced Antthrush (H)	Scarlet-thighed Dacnis
Golden-collared Manakin (H)	Variable Seedeater
Social Flycatcher	Yellow-bellied Seedeater
Southern Rough-winged Swallow	Yellow-faced Grassquit
Bay Wren	Black-striped Sparrow
House Wren	Black-headed Saltator
White-breasted Wood-Wren (H)	Blue-black Grosbeak
Clay-colored Robin	Great-tailed Grackle
Black-chested Jay	Chestnut-headed Oropendola
Yellow-green Vireo (H)	

Day 8

AM: Cerro Gaital

PM: Caraguana Rd

After a 6:30am breakfast, we drove up to El Gaital about 300 meters higher than the lodge area and only 15 minutes from it. Spotted Woodcreeper, Green-crowned Brilliant, Silver-throated and Common Bush-Tanager were some of the many beautiful sightings.

After lunch, about 3pm we headed up to Caraguana road, also very close to the lodge. It was a little exhausting walk but comforting after seeing Lance-tailed Manakin, Boat-billed Flycatcher, Olive and Hepatic Tanager.

Little Tinamou (H)	Gray-headed Chachalaca
Black Vulture	Scaled Pigeon
Turkey Vulture	Ruddy Ground-Dove
Short-tailed Hawk	White-tipped Dove

Purplish-backed Quail-Dove
Blue-headed Parrot (H)
Squirrel Cuckoo
Smooth-billed Ani
Striped Cuckoo
Green Hermit
Stripe-throated Hermit
Green Thorntail
Violet-crowned Woodnymph
Rufous-tailed Hummingbird
Snowy-bellied Hummingbird
White-vented Plumeleteer
Green-crowned Brilliant
Blue-crowned Motmot
Rufous Motmot
Keel-billed Toucan
Red-crowned Woodpecker
Plain Xenops
Cocoa Woodcreeper
Spotted Woodcreeper
Barred Antshrike
Spot-crowned Antvireo (H)
Chestnut-backed Antbird
Golden-collared Manakin
Lance-tailed Manakin
Lesser Elaenia
Swainson's Thrush
Clay-colored Robin
Black-chested Jay
Yellow-green Vireo
Lesser Greenlet
Lesser Goldfinch
Northern Waterthrush
Mourning Warbler
Rufous-capped Warbler
Bananaquit
Scale-crested Pygmy-Tyrant
Common Tody-Flycatcher
Yellow-olive Flycatcher
Bright-rumped Attila
Great Kiskadee
Boat-billed Flycatcher
Social Flycatcher
Tropical Kingbird
Blue-and-white Swallow
White-thighed Swallow
Southern Rough-winged Swallow
Bay Wren (H)
Rufous-and-white Wren (H)
Plain Wren
House Wren
Gray-breasted Wood-Wren
Common Bush-Tanager
Rosy Thrush-Tanager (H)
Olive Tanager
Tawny-crested Tanager
White-lined Tanager
Hepatic Tanager
Crimson-backed Tanager
Flame-rumped Tanager
Blue-gray Tanager
Palm Tanager
Thick-billed Euphonia
Plain-colored Tanager
Silver-throated Tanager
Scarlet-thighed Dacnis
Variable Seedeater
Yellow-bellied Seedeater
Orange-billed Sparrow
Black-striped Sparrow (H)
Buff-throated Saltator
Black-headed Saltator
Black-faced Grosbeak
Blue-black Grosbeak
Yellow-rumped Cacique
Chestnut-headed Oropendola

Day 9

AM: La Mesa Rd

PM: "Chorro el Macho" Trail (East)

We started the day by having breakfast at 6:30am, and then we drove up to La Mesa road located around local chicken farms. A pair of Orange-bellied Trogon, Southern Lapwing, Gray-headed Chachalaca, Blue-headed Parrots and Red-crowned Ant-Tanager just to mention some of our morning birds that day.

In the afternoon our bird list was complemented by Gray-necked Wood-Rail, Orange-billed Sparrow and ...oh! did I mention White-tipped Sicklebill!? On Chorro el Macho trail (east).

Black Vulture	Black-faced Antthrush (H)
Turkey Vulture	Golden-collared Manakin
Gray-headed Chachalaca	Yellow-bellied Elaenia
Gray-necked Wood-Rail	Lesser Elaenia
Sunbittern	Paltry Tyrannulet
Southern Lapwing	Scale-crested Pygmy-Tyrant
Ruddy Ground-Dove	Common Tody-Flycatcher
White-tipped Dove	Bright-rumped Attila
Blue-headed Parrot	Social Flycatcher
Squirrel Cuckoo	Eastern Kingbird
Smooth-billed Ani	Gray-breasted Martin
White-tipped Sicklebill	Southern Rough-winged Swallow
Green Hermit	Rufous-breasted Wren
Stripe-throated Hermit	Bay Wren
Green Thorntail	House Wren
Garden Emerald	Scaly-breasted Wren (H)
Violet-headed Hummingbird	Clay-colored Robin
Rufous-tailed Hummingbird	Tawny-faced Gnatwren
Snowy-bellied Hummingbird	Long-billed Gnatwren (H)
White-tipped Sicklebill	Black-chested Jay (H)
Orange-bellied Trogon	Blackburnian Warbler
Amazon Kingfisher	Mourning Warbler
Tody Motmot (H)	Rufous-capped Warbler
Rufous Motmot	Bananaquit
Keel-billed Toucan	Rosy Thrush-Tanager (H)
Red-crowned Woodpecker	Tawny-crested Tanager
Lineated Woodpecker	White-lined Tanager
Wedge-billed Woodcreeper	Red-crowned Ant-Tanager
Cocoa Woodcreeper	Crimson-backed Tanager
Plain Antvireo	Flame-rumped Tanager
Chestnut-backed Antbird	Blue-gray Tanager

Palm Tanager	Orange-billed Sparrow
Thick-billed Euphonia	Black-striped Sparrow
Plain-colored Tanager	Streak Saltator
Silver-throated Tanager	Buff-throated Saltator
Bay-headed Tanager	Black-faced Grosbeak
Golden-hooded Tanager	Blue-black Grosbeak
Variable Seedeater	Shiny Cowbird
Thick-billed Seed-Finch	Chestnut-headed Oropendola
Yellow-faced Grassquit	

Day 10

AM: El "Chiru" Low Lands.

PM: "Chorro El Macho" Trail (West)

Today we decided to start earlier by having breakfast at 5:30am. Then we took the Pan-American Highway and drove west for about an hour. A dry and lower habitat on the pacific side, el Chiru was as good as any of the other places we had been before with lots of Lesser Yellow-headed Vulture that we had missed on Tocumen Marsh. Brown-throated Parakeet, Aplomado Falcon, Lesser Elaenia and Rufous-browed Peppershrike were added to our list.

In the afternoon we went back to el Chorro el macho area but this time we did the west part. We walked on a steep trail until we finally found a beautiful and always shy Tody Motmot.

Brown Pelican	Ruddy Ground-Dove
Magnificent Frigatebird	White-tipped Dove
Great Egret	Gray-chested Dove
Little Blue Heron	Brown-throated Parakeet
Snowy Egret	Orange-chinned Parakeet
Cattle Egret	Groove-billed Ani
Black Vulture	Green Hermit
Turkey Vulture	Stripe-throated Hermit
Lesser Yellow-headed Vulture	Rufous-crested Coquette
Roadside Hawk	Garden Emerald
Crested Caracara	Sapphire-throated Hummingbird
Yellow-headed Caracara	Rufous-tailed Hummingbird
Gray-headed Chachalaca (H)	Snowy-bellied Hummingbird
Gray-necked Wood-Rail	Tody Motmot
Sunbittern	Rufous Motmot
Wattled Jacana	Keel-billed Toucan
Southern Lapwing	Red-crowned Woodpecker
Laughing Gull	Cocoa Woodcreeper (H)
Plain-breasted Ground-Dove	Fasciated Antshrike

Yellow-bellied Elaenia	Rufous-browed Peppershrike
Lesser Elaenia	Lesser Goldfinch
Common Tody-Flycatcher	Yellow Warbler
Panama Flycatcher	Mourning Warbler
Great Kiskadee	Bananaquit
Social Flycatcher	Dusky-faced Tanager
Streaked Flycatcher	Tawny-crested Tanager
Tropical Kingbird	Crimson-backed Tanager
Eastern Kingbird	Flame-rumped Tanager
Fork-tailed Flycatcher	Blue-gray Tanager
Gray-breasted Martin	Palm Tanager
White-thighed Swallow	Thick-billed Euphonia
Southern Rough-winged Swallow	Red-legged Honeycreeper
Bay Wren	Blue-black Grassquit
House Wren	Ruddy-breasted Seedeater
Scaly-breasted Wren (H)	Yellow-faced Grassquit
Orange-billed Nightingale-Thrush	Black-striped Sparrow
Swainson's Thrush	Streak Saltator
Clay-colored Robin	Buff-throated Saltator
Black-chested Jay (H)	Eastern Meadowlark
Red-eyed Vireo	Great-tailed Grackle
Yellow-green Vireo	Red-breasted Blackbird
Scrub Greenlet	Chestnut-headed Oropendola

Day 11

All day: Altos Del Maria

This was our last full day on the area, so we started having breakfast at 5:30am and then we drove for about 1 hour on the Pan-American Highway and then 45 minutes on a road to Altos del Maria, located at about 1000 meters (a.s.l.). Our day up there started with a Common Tufted Flycatcher, Snowcap, Band-tailed Barthroa and Black-and-Yellow Tanager. On the way back we took a 20 km dirt track to make the most of our time driving back looking for more birds and we saw Ruddy Woodcreeper, Tawny-crested Tanager, Bronze-tailed Plumeleeter and Thick-billed Seed-Finch.

Back on the Lodge we had a toast on our wonderful trip with a cold Panamanian beer..Salud!!

Black Vulture	Orange-chinned Parakeet (H)
Turkey Vulture	Smooth-billed Ani
Swallow-tailed Kite	Band-rumped Swift
Short-tailed Hawk	Band-tailed Barthroa
Gray-headed Chachalaca	Green Hermit
White-tipped Dove	Stripe-throated Hermit

Garden Emerald	White-thighed Swallow
Rufous-tailed Hummingbird	Southern Rough-winged Swallow
Blue-chested Hummingbird	Rufous-breasted Wren (H)
Snowy-bellied Hummingbird	Bay Wren (H)
Snowcap	White-breasted Wood-Wren (H)
Bronze-tailed Plumeleater	Gray-breasted Wood-Wren (H)
Slaty-tailed Trogon	Orange-billed Nightingale-Thrush
Broad-billed Motmot	Clay-colored Robin
Red-crowned Woodpecker	Red-eyed Vireo
Lineated Woodpecker	Yellow-green Vireo
Plain-brown Woodcreeper	Yellow Warbler
Ruddy Woodcreeper	Common Bush-Tanager
Spotted Woodcreeper	Black-and Yellow Tanager
Great Antshrike (H)	Tawny-crested Tanager
Bicolored Antbird	White-lined Tanager
Black-headed Antthrush	Crimson-backed Tanager
Olive-striped Flycatcher	Blue-gray Tanager
Paltry Tyrannulet	Thick-billed Euphonia
Scale-crested Pygmy-Tyrant	Plain-colored Tanager
Tufted Flycatcher	Silver-throated Tanager
Bright-rumped Attila	Variable Seedeater
Rufous Mourner	Thick-billed Seed-Finch
Dusky-capped Flycatcher	Yellow-faced Grassquit
Social Flycatcher	Slate-colored Grosbeak (H)
Thrush-like Schiffornis	Black-faced Grosbeak (H)
Gray-breasted Martin	Chestnut-headed Oropendola

Other wildlife sightings

Mammals

Central American Woolly Opossum (*Caluromys derbianus*)
Brown-throated Three-toed Sloth (*Bradypus variegates*)
Hoffman's Two-toed Sloth (*Choloepus hoffmanni*)
Northern Tamandua (*Tamandua mexicana*)
Greater White-lined Bat (*Saccopteryx bilineata*)
Greater Fishing Bat (*Noctilio leporinus*)
Geoffroy's Tamarin (*Saguinus geoffroyi*)
Mantled Howler Monkey (*Alouatta palliate*)
White-faced Capuchin Monkey (*Cebus capusinus*)
White-nosed Coati (*Nasua narica*)
Red tailed Squirrel (*Sciurus grantensis*)
Variegated Squirrel (*Sciurus variegatoides*)
Capybara (*Hydrochaeris hydrochaeris*)
Central American Aguti (*Dasuprocta punctata*)

Amphibians/reptiles

Bird-eating Snake (*Pseustes poecilonotus*) (Canopy Lodge)
Central American whip-tailed lizard (*Ameiva festiva*)
Stream anole (*Norops oxylophus*)
Green Iguana (*Iguana iguana*)
Striped Basilisk (*Basiliscus vittatus*)
Common slider turtle (*Trachemys scripta*)
American crocodile (*Crocodylus acutus*)
Spectacled caiman (*Caiman crocodiles*)
Talamanca rocket frog (*Colostethus talamancae*)
Rain toad (*Bufo hamaetiticus*)