



PANAMA CUSTOM TOUR: *The Quest for Sapayoa & Zeledonia (Wrenthrush)*

29th January – 5th February 2025

Guided by Sam Woods. All photos were taken on this tour by Sam Woods.

View all of Sam's Tour Photos here: <https://www.flickr.com/photos/samwoodsbirding/albums/72177720323662429>



This tour focused on finding two important new bird families for the participants, **Wrenthrush** a.k.a. "**Zeledonia**" (above), we got them both twice, thankfully! (**Sam Woods**)



A visit to an excellent new reserve in the western highlands saw us pick up a slew of *Chiriqui* specialities, like this **White-throated Mountain-Gem**. The endemics of this region are confined to the mountains of *Western Panama and Costa Rica* (**Sam Woods**)

TOUR SUMMARY:

*This custom tour was set up, ostensibly, to get two new bird families for the couple involved. They had already traveled widely around the world, and so only a few bird families remain for them to see. Panama offered them the only destination where you can get hold of two of these on one trip, **Sapayoa** and **Wrenthrush**, both monotypic bird families (i.e., they each comprise of only one species). As they had already done the Canal Zone of Panama on a previous trip, and with this important objective in mind, we visited two sites in the **foothills to the east of Panama City (Cerro Azul and Nusagandi)**, and then flew to **Western Panama**, where we concentrated on the **Chiriqui Highlands** for the second major target, **Wrenthrush** (or “Zeledonia”) and a whole heap of other lifebirds for the participants (who had NOT previously visited the mountains of eastern Costa Rica), and therefore had plenty else on offer for them there too. A visit to a newly established birding site in **Chiriqui province, Tamandua Reserve**, was a resounding success, leading us to a **Wrenthrush** (photo page 1) and plenty more besides. This site is surely set to feature on many Panama Tropical Birding tours in the future. The singular focus of the tour meant that the trip list may look a little lopsided, as we tried for a discrete set of target birds (lifebirds) and ignored others!*

In spite of this, we had some special sightings, and a long list of highlights (away from the obvious two species), such as the near-endemic **Stripe-cheeked Woodpecker**, **Violet-capped Hummingbird** and **Black-and-yellow Tanager**, and at **Cerro Azul**; a surprise **Agami Heron** (photo page 11) deep inside the forest at **Nusagandi**, where a good sighting of the notoriously rarely encountered **Spiny-faced Antshrike** was had too, along with the striking **Yellow-eared Toucanet** (photo page 11) inside Guna territory accompanied the **Sapayoa** (photo page 9) as highlights. Moving into the west, north of **David** the site of **Birding Paradise** gave us more than 80 species in an afternoon there (NOT the best time, compared to mornings), with **Fiery-billed Aracari**, **Charming Hummingbird**, **Spot-crowned Euphonia**, **Orange-collared Manakin**, and **Costa Rican Brushfinch** being the picks of the bunch. Lastly, we visited the highlands of the **Chiriqui Mountains of Western Panama**, home to a long, long list of specialties only shared with the mountains of Costa Rica to the west. We got most of these, including **Fiery-throated** (photo page 18) and **Talamanca Hummingbirds** (photo page 16), **White-throated Mountain-Gem** (photo page 18), **Flame-throated Warbler** (photo page), **Collared Redstart** (photo page), **Black-and-yellow and Long-tailed Silky-Flycatchers**, **Black-faced Solitaire**, **Spangle-cheeked Tanager**, and **Yellow-thighed Brushfinch** (photo page), (and, of course, the aforementioned **Wrenthrush**). On top of the regional specialties, birds like a low-flying **Ornate Hawk-Eagle** and a tree with a handful of **Resplendent Quetzals** were not to be forgotten either! It was a fantastic trip, and one that illustrated how great this part of Panama is for a **Birding with a Camera** agenda. Indeed, some of the itinerary used here has laid the foundation of a new **TROPICAL BIRDING Panama Birding with a Camera Tour**, which can be seen here:

<https://www.tropicalbirding.com/centralamericapanamabirdingwithacamera>



Shining Honeycreepers were abundant at the feeders in **Cerro Azul** (**Sam Woods**)

DAY-BY-DAY BREAKDOWN:

The lively feeders at the *Harrison* residence attracted a wonderful selection of birds, including this male **Yellow-faced Grassquit** (*Sam Woods*)

Day 1: 30th January 2025 – Cerro Azul.

Cerro Azul is a wonderful birding area in the foothills east of Panama City, which was only a 45-minute drive from our hotel near Panama's Tocumen International Airport. It is a fascinating birding area, essentially comprising forested areas within a housing development for retirees that have chosen a slower pace of life in a cooler climate than that offered in the Panamanian lowlands. Therefore, it brought us welcome relief from the heat of Panama City. *Cerro Azul* is at once brilliant and frustrating. *Brilliant*, as it has a long and exciting list of birds on offer. However, this is also frustrating, as many of these birds are only seen very rarely or are found only by walking steep trails that descend into the lower elevations where these other species occur. We, however, concentrated on the *upper elevations* as that is what held the promise of the most lifebirds for the group. Things started off very brightly when we found the near endemic **Stripe-cheeked Woodpecker** at the first attempt.



This species reportedly just about creeps into *Northern Colombia* too but is by all intents and purposes a Panamanian endemic, as that is where basically everyone sees it, as few venture into its tiny range in Colombia and its presence there is not yet well documented. Flushed with success, we decided to try *Cerro Jefe* next, although it was very quiet in general until we finally found a small flock of brilliant **Black-and-yellow Tanagers** that justified our venture there. A male **Violet-capped Hummingbird** was also seen there, which was one of the birds we had really been hoping for. Next up we visited a set of private feeders. A visit to the *Harrison* residence is virtually compulsory at *Cerro Azul*. They are the only feeders in the area, and they are always packed with birds. As usual, some of the most prominent birds present were a horde of **Shining Honeycreepers** (*photo page 3*), also accompanied by **Green** (*photo page 7*) and **Red-legged Honeycreepers** in considerably lesser numbers too. The occasional **Bay-**

headed Tanager also dropped in to wolf down banana, and a male **Yellow-faced Grassquit** (*photo page 4*) fed on some grain laid out for it. *Hummingbirds* were also conspicuous, with **Crowned Woodnymph**, **Snowy-bellied and Blue-chested Hummingbirds** (*photos above and next page, respectively*), and **White-necked Jacobins** all quickly evident. The odd **Green and Long-billed Hermit** also zipped in for brief periods too. Another major target for us there as **Bronze-tailed Plumbeater**, and this red-footed hummingbird showed up several times over our hour there. This brought us to lunchtime, and we took that at the only small local café in the area.

Photo Above: **Snowy-bellied Hummingbirds** were conspicuous at the *Cerro Azul* feeders (**Sam Woods**)



A single **Blue-chested Hummingbird** also frequented the busy feeders at *Cerro Azul* (**Sam Woods**)

After lunch we continued our exploration of *Cerro Azul*, this time covering the start of the *Rio Mono Trail*, where **Broad-billed Motmot**, **Slaty-tailed Trogon** and **Carmioli's Tanager** were all recorded, with some excellent looks at the latter being the highlight following some far from satisfactory looks in the morning. We finished our time there with a return trip to *Cerro Jefe*, where we were hoping to catch up with a recent *army ant swarm* (with its attendant antbirds) there or a recently heard *Yellow-eared Toucanet*. We did find evidence of an antswarm in the form of a very confiding **Plain-brown Woodcreeper** (*photo page 8*), but did not see much else and so headed back to our *Tocumen* hotel in readiness for a super early start (*and key target species/family*), the next day...

Photos Next Page: Male **Green Honeycreeper** & forested foothills at *Cerro Azul* (**Sam Woods**)



**Day 2: 31st January 2025 – Nusagandi.**

We left our hotel near Panama's main airport extremely early in the morning (04:00am), in order to reach *Nusagandi* (east of *Panama City*) not long after dawn. We had a cooked breakfast waiting for us on arrival, and then we met up with our local guide and hit one of the trails in the area, on the hunt for one of the main target species of the entire trip: *Sapayoa*. This odd, deep olive bird has confounded ornithologists for time immemorial. At one time it was inserted in with the family of *broadbills*, a family only found in the *Old World* (in *Asia* and *Africa*), before then being split into its own, monotypic family. Hence our interest on this tour, for the people who are seeking their final handful of bird families having travelled widely in pursuit of many others before this tour. We, therefore, made this our priority first thing, heading to the infamous *Ibe Igar Trail*, a long-time known hang out for this species. We tried two different creeks (they tend to be found near them) and heard one but never managed to see one in a frustrating morning in this regard. We did, however, record some other good species in the form of a **Sulphur-rumped Tanager**, moving through with a large mixed flock, and

get some good looks at **Spot-crowned Antvireo**, both of which were other target birds on the discrete list we were after. We even managed to hear the notoriously rarely seen *Spiny-faced Antshrike*, tantalizingly close to us but we were unable to locate the bird unfortunately, a common experience with this ultra-elusive species! We returned to our local hotel for lunch and to re-energize for another *Sapayoa* attempt in the afternoon. For the afternoon foray, we switched to a much easier trail (the trails in *Nusagandi* are famously steep and technically difficult, and the physical nature of them is exacerbated by the hot and humid climate, which makes them particularly unpleasant, quite frankly). However, *they do hold some very special birds*. For the afternoon, we tried a new private trail, which was chosen on two fronts: once, it was much easier than the morning's trail and by this time the group was fairly tired, and most importantly, *Sapayoa* had been seen there just a few hours earlier.

Photo Above: This **Plain-brown Woodcreeper** was evidence of an army ant swarm in the area at *Cerro Azul* (**Sam Woods**)

This time, we were rewarded handsomely with long looks at a pair of **Sapayoas** (*photo below*), watching them calling and perched above us on multiple occasions, more than making up for our morning's efforts. It was a great moment and the outpouring of relief at getting this major target species was instantly palpable.



This tour was designed with two particularly important target birds in mind, **Sapayoa** (*above*) and **Wrenthrush (Zeledonia)**. These were both new families for the participants, who are looking to see all of the World's bird families (they are only a handful away from achieving this after this tour!)(**Sam Woods**)

Everything after this was merely "gravy", and we had some other notable sightings including some mobile **Bicolored and Ocellated Antbirds** and **White-whiskered Puffbird** at an army ant swarm, and **Velvety Manakin**. That night, we went after **Choco Screech-Owl** and had one calling regularly, which was sufficient for the group. We also recorded **Crested Owl** and a **Mottled Owl** (*photo next page*) right around our rooms...

Photo Next Page: **Mottled Owl** was sitting right outside our rooms in *Nusagandi* (**Sam Woods**)



Day 3: 1st February 2025 – Nusagandi to Tocumen.

We awoke this morning with a calm that we had not experienced the day before, simply because we had already seen the *Sapayoa* well, and so the pressure of finding that had been lifted. Therefore, we decided to search for other new birds for *Keelin* and *Neal*, starting off with trying to find *Yellow-eared Toucanet*, which we had not managed to find in *Cerro Azul*. For this species, we crossed into neighbouring *Guna* territory, an indigenous group in *Eastern Panama*, who we saw in their colorful traditional dress as we moved into there. At the first stop, we had a major success although not with the toucanet as planned! While searching for the toucan, we heard another **Spiny-faced Antshrike** calling from the roadside and remarkably we saw it and saw a male well from the relative comfort of the roadside. Typically, this species is heard way more often than seen, and usually requires a long, tough trail slog to have the chance of seeing it. Even the local guides do not see them very often, with sightings being less than one a year for them. After this success we moved on to another spot for *toucanet*, and while failing to find that we did manage to see another new bird for the group in the form of a pair of cooperative **Spot-crowned Barbets**. Then, as we were walking back to the car to leave, a **Yellow-eared Toucanet** (*photo next page*) finally began calling and we soon tracked it down sitting well hidden by the roadside, where it remained glued to the spot for as long as we wanted it, another major success!...



Yellow-eared Toucanet (TOP) is a scarce and local species in the foothills of *Eastern Panama*. We finally caught up with this species inside *Guna Territory* at *Nusagandi* & this **Agami Heron** was wholly unexpected in the same area (**Sam Woods**)



We then decided to return to the new trail where we had seen the **Sapayoa** the day before and came upon another in the very same spot as part of a large mixed flock moving through the area. This same flock also held the scarce **Slaty-winged Foliage-Gleaner**, that was another lifebird for the participants. Other decent flock birds included **White-ringed Flycatcher**, **Northern Plain-Xenops**, **Rufous Mourner**, **Slate-colored Grosbeak**, and **Carmiols and Tawny-crested Tanagers**. We also got some cracking close ups with a **Broad-billed Motmot** (*photo below*) along the trail too. Better still though was a very unexpected **Agami Heron** (*photo page before*) that we inadvertently flushed up beside a narrow creek deep inside the forest and then managed to stalk down and get better views of it perched shortly thereafter. **Black-crowned and Streak-chested Antpittas** were both also recorded there. This wrapped up our birding time in *Nusagandi*, and so we took a cooked lunch there, packed up and headed back to *Panama City*. There was nothing much of interest possible on the journey back west, so we took advantage of a rare early finish after the physical rigors of recent days in *Nusagandi*, which had brought its rewards, but we needed to work up a sweat to get them (as is always the case at this tricky site).



Broad-billed Motmot from *Nusagandi* showing its indistinct blue chin (lacking in the similar *Rufous Motmot*) **Sam Woods**



Day 4: 2nd February 2025 – Tocumen to David & Birding Paradise.

We took an early morning flight west to *David* in the province of *Chiriqui* that borders the frontier with Costa Rica. After picking up the hire car we checked a local park, where we saw **Red-crowned Woodpecker**, **Philadelphia Vireos**, **Panama Flycatcher** and **Red-legged Honeycreeper**. However, our main birding site for the day was up in the foothills of the mountains, *Birding Paradise*, where we took lunch and spent most of the afternoon birding with the excellent local guide, *Mishael*. While we ate our delicious lunch on the veranda, we noted a nice stream of feeder birders. The best of these was a friendly **Lesson's Motmot** (photo left), although **Scarlet-rumped Tanagers** also nipped in too, as did some boisterous **Gray-headed Chachalacas**. After lunch, we were led around the various corners of the property and amassed a very decent number of birds and a high percentage of the target species we were seeking. We managed to find **more than 80 bird species**, in spite of it being a hot and humid afternoon, and us having to leave before

the coolest, final hour, when the birding would likely have been even better! One of the first new birds was a fine male **Spot-crowned Euphonia** that called from the metal grate covering one of the windows on the property! This was followed soon after by the first of around half a dozen sightings of **Scarlet-thighed Dacnis** in the afternoon...

We then took a walk down to several riversides, steadily picking up new species as we did so. A local garden hosted a **Charming Hummingbird**, and on the longer walk down to the second river, we spotted our first **Crested Oropendolas**, which were quickly forgotten when our first **Fiery-billed Aracari** made an appearance. Once down at the river, we were treated to close ups of a foraging **Costa Rican Brushfinch**, a lifer for all of us, Tropical Birding guide included! We also found a young male **Orange-collared Manakin** in the area too and finished off with some perched **Brown-throated Parakeets**. Having packed in well over 80 species in 3 hours or so, we were happy to leave, having found most of our targets, as we continued upwards to the town of Volcan, when we spent the next two nights in the highlands of Western Panama, concentrating next on the upper elevations of this for many targets of this cloud forest, including another new bird family for the group....



The gorgeous **Collared Redstart** featured both of our days in the *Chiriqui Highlands of Western Panama* (**Sam Woods**)

Day 5: 3rd February 2025 – **Sendero Quetzales & Parque Internacional La Amistad (PILA)**.

The entire day was spent within the cloud forests near *Volcan*, first along the famous *Los Quetzales Trail*, followed by an afternoon visit to *La Amistad International Park*, (international, as it spans across the border into *Costa Rica*).

The morning was spent walking a dirt road, picking up new birds left right and center. One of the last of the morning was also one of the best, as we watched several **Resplendent Quetzals** almost right beside the car where we started! Before that, we had a veritable procession of highland birds, many of which were new for the group. Arguably, the top highlights were **Buffy Tuftedcheek**, **Collared Redstart**, a **Silvery-fronted Tapaculo** *seen well*, **Collared Trogon**, **Long-tailed Silky-Flycatcher**, some drop-dead gorgeous **Flame-throated Warblers**, and a low-flying **Ornate Hawk-Eagle**. The supporting cast comprised of (among other species), **Volcano Hummingbird**, **Yellow-thighed Brushfinch**, **Spot-crowned Woodcreeper**, **Ruddy Treerunner**, **Yellowish Flycatcher**, **Dark Pewee**, **Yellow-winged Vireo**, **Black-cheeked Warbler**, **Ruddy-capped** and **Black-billed Nightingale-Thrushes**, **Sooty-capped Chlorospingus**, and **Slaty Flowerpiercer**.



This **Ochraceous Pewee** was one of two stand out birds during our afternoon visit to *La Amistad International Park*. This highland flycatcher is very scarce and local. The other one was none other than the highly-sought after **Wrenthrush!** (**Sam Woods**)

After lunch at yet another good restaurant in the mountain town of *Volcan*, we visited *La Amistad International Park*. While we had undoubtedly had a good first morning in the highlands, we were left a little frustrated, as we did NOT find *Keelin's* main target bird for this section of the tour, *Wrenthrush* (a. k. a. "*Zeledonia*"). Therefore, in the afternoon we inserted Amistad in there to try and address this.

In spite of only a few hours on site, we tasted success, with some great looks at a **Zeledonia (Wrenthrush)** calling from within a stand of bamboo, to bring obvious joy to all concerned. That alone was enough, although we then found a rather scarce species in the form of a calling **Ochraceous Pewee** (*photo page 15*) late in the day, before we retired for the day.

Day 6: 4th February 2025 – Tamandua Reserve, Cerro Punta & Volcan Lake.



A male **Talamanca Hummingbird** shows off its best features at *Tamandua Reserve* (*Sam Woods*)

In some ways, this, the last birding day of the tour, was also the most enjoyable one. By this stage, we already had both of the main family targets (*Sapayoa* and *Wrenthrush*), and so the pressure was eased. Furthermore, there were still a discrete number of lifebirds to go after, and many of these can easily and were also photographed in this fantastic new reserve that offered up endless photo opportunities. **More than 20 species were photographed well on this day**, both in *Tamandua Reserve* in the morning, and in a *hummingbird garden* in Cerro Punta after lunch. We finished off the day's and tour's birding by bagging a **Olive-crowned Yellowthroat** close to Volcan, a very possible future split as "**Chiriqui Yellowthroat**". We started out with a drive to *Cerro Punta* where we were met by our local guide, Ito, and his 4WD to take us up to the highland reserve.

Once there, we went directly to a blind overlooking a moth sheet, loaded with prey for an abundance of early morning birds that included some new ones for the group like an incredibly confiding **Streak-breasted Treehunter** (*photo page 23*), a brief visit from a **Black-faced Solitaire**, and a duo of **Spangle-cheeked Tanagers** foraging in a fruiting tree alongside. Aside from these marquee birds there was plenty more besides, all of these appeared in front of the blind too before breakfast: **Collared Redstart** (*photo page 14*), **Black-cheeked Warbler** (*photo below*), **Yellow-winged Vireo**, **Flame-throated Warbler** (*photo page 23*), **Ruddy Treerunner**, **Mountain Thrush**, **Ochraceous Wren**, **Spot-crowned Woodcreeper** (*photo page 22*), and **Sooty-capped Chlorospingus**.



Black-cheeked Warblers were super confiding in front of a superb blind in the new *Tamandua Reserve* (*Sam Woods*)

After this early morning flourish, we took a cooked breakfast in the reserve, checked in on the blind again, and then took a walk in the forest for another special bird. Before hitting the trail, another target species turned up beside the yet-to-open lodge, in the form of a male **Black-and-yellow Silky-Flycatcher**. We also could not resist delaying the hike to take in the frenetic activity at the thirty or so hummingbird feeders erected beside the restaurant. A steady flow of dramatic highland hummingbirds came in, with **Fiery-throated and White-throated Mountain-Gems** (*photos page 18*) both present along with **Talamanca Hummingbirds** (*page 16*) being the most abundant, although a handful of **Violet Sabrewings**, **Green-crowned Brilliants**, and **Stripe-tailed Hummingbirds** (*photo page 22*) lit up the feeders from time-to-time too. Beside them a bunch of grapes drew in both Mountain Thrush and a pair of **Prong-billed Barbets** (*photo page 30*).



Photo Previous Page: The feeders at *Tamandua Reserve* were alive with *hummingbirds*, including three highland specialty species: **Fiery-throated Hummingbird** (TOP), **White-throated Mountain-Gem** (BOTTOM) and **Talamanca Hummingbird** (*Sam Woods*)

Our trail walk was for a special bird that we had already seen, **Wrenthrush** (*photo below*), although now we were in the privileged position of being motivated to try and photograph it for posterity. We knew that this new reserve was just such a place to do that, and a mobile screen aided us in being able to get some nice photos in a very memorable encounter with this species, which made us glad that we had made the effort to do so...



Our second “**Zeledonia**” (**Wrenthrush**) of the tour provided the best photo opps at *Tamandua Reserve* (*Sam Woods*)

After the *Wrenthrush* show, we returned to the central lodge area, and visited a second blind of the morning, this one overlooking a feeding area littered with corn kernels. There was nothing in evidence when we first arrived but after a short time a **Large-footed Finch** (*photo page 20*-another target for the day), plus a **Yellow-thighed Brushfinch** (*photo page 20*) and **Chestnut-capped Brushfinch** came in to gorge there...This brought us round to lunchtime, which we took in the reserve, before driving back down to *Cerro Punta*, where we visited a couple of local gardens. Firstly, a feeding station attracted **Acorn Woodpeckers** (*photo page 21*) and a **Tropical Mockingbird**.



These 2 came into the grain feeding station at *Tamandua Reserve*: **Yellow-thighed Brushfinch (TOP)** & **Large-footed Finch (Sam Woods)**



Then we moved across the street to a *Hummingbird Garden* for two further species of interest, with firstly a cooperative **Lesser Violetear** or two, and then a smashing male **Scintillant Hummingbird** to add to some feeders with **Clay-colored Thrushes** and **Silver-throated Tanagers** in the mix too. By then it was mid-afternoon, and it was time for us to visit one more site, *Volcan Lake*, where we found the hoped-for “Chiriqui” **Olive-crowned Yellowthroat** with ease to finish off a cracking day in style.



This **Acorn Woodpecker** entertained us in a garden in *Cerro Punta* (**Sam Woods**)

It had been a great, short tour full of exciting birds and plentiful photo opportunities, thank in no small part to our visit to the new *Tamandua Reserve*, which will surely be a permanent fixture of all future tours to the area, whether they be birding or photography based tours. I genuinely look forward to returning there soon!

Photos Page 22: **Stripe-tailed Hummingbird** & **Spot-crowned Woodcreeper** both *Tamanadua Reserve* (**Sam Woods**)

Photos Page 23: **Streak-breasted Treehunter** & **Flame-throated Warbler** both *Tamanadua Reserve* (**Sam Woods**)





CHECKLIST:

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 changes published by Cornell in October 2024.*

(GO) – INDICATES A SPECIES RECORDED BY THE GUIDE ONLY.

BIRDS IN **Red** ARE REGIONAL ENDEMIC.

BIRDS:Cracidae (Guans, Chachalacas, Curassows)

Gray-headed Chachalaca *Ortalis cinereiceps*

Odontophoridae (New World Quail)

Spotted Wood-Quail *Odontophorus guttatus*

Columbidae (Pigeons and Doves)

Rock Pigeon *Columba livia*

Pale-vented Pigeon *Patagioenas cayennensis*

Band-tailed Pigeon *Patagioenas fasciata*

Short-billed Pigeon *Patagioenas nigrirostris*

White-tipped Dove *Leptotila verreaux*

Cuculidae (Cuckoos)

Smooth-billed Ani *Crotophaga ani*

Squirrel Cuckoo *Piaya cayana*

Caprimulgidae (Nightjars and Allies)

Common Pauraque *Nyctidromus albicollis*

Trochilidae (Hummingbirds)

White-necked Jacobin *Florisuga mellivora*

Green Hermit *Phaethornis guy*

Long-billed Hermit *Phaethornis longirostris*

Brown Violetear *Colibri delphinae*

Lesser (Green) Violetear *Colibri cyanotus*

Green-crowned Brilliant *Heliodoxa jacula*

Talamanca (Magnificent) Hummingbird *Eugenes spectabilis*

Fiery-throated Hummingbird *Panterpe insignis*

White-throated Mountain-gem *Lampornis castaneiventris*

Volcano Hummingbird *Selasphorus flammula*

Scintillant Hummingbird *Selasphorus scintilla*

Violet Sabrewing *Campylopterus hemileucurus*

Bronze-tailed Plumeleteer *Chalybura urochrysis*

Crowned Woodnymph (Violet-crowned) *Thalurania colombica venusta*

Violet-capped Hummingbird *Goldmania violiceps*

Stripe-tailed Hummingbird *Eupherusa eximia*

Scaly-breasted Hummingbird *Phaeochroa cuvierii*

Snowy-bellied Hummingbird *Saucerottia edward*

Rufous-tailed Hummingbird *Amazilia tzacatl*

Blue-chested Hummingbird *Polyerata amabilis*

Charming Hummingbird *Polyerata decora*

Charadriidae (Plovers and Lapwings)

Southern Lapwing *Vanellus chilensis*

[Anhingidae \(Aningas\)](#)

Anhinga *Anhinga anhinga*

[Ardeidae \(Herons, Egrets, and Bitterns\)](#)

Western Cattle Egret *Bubulcus ibis*

Great Egret *Ardea alba*

Agami Heron *Agamia agami*

[Cathartidae \(New World Vultures\)](#)

Black Vulture *Coragyps atratus*

Turkey Vulture *Cathartes aura*

[Accipitridae \(Hawks, Eagles, and Kites\)](#)

White-tailed Kite *Elanus leucurus*

Ornate Hawk-Eagle *Spizaetus ornatus*

Plumbeous Hawk *Cryptoleucopteryx plumbea*

Broad-winged Hawk *Buteo platypterus*

[Strigidae \(Owls\)](#)

Choco Screech-Owl *Megascops centralis*

Crested Owl *Lophotrix cristata*

Mottled Owl *Strix virgata*

[Trogonidae \(Trogons\)](#)

Resplendent Quetzal *Pharomachrus mocinno*

Slaty-tailed Trogon *Trogon massena*

Gartered Trogon *Trogon caligatus*

Northern Black-throated Trogon *Trogon tenellus*

Collared (Orange-bellied) Trogon *Trogon collaris*

[Momotidae \(Motmots\)](#)

Lesson's Motmot *Momotus lessonii*

Rufous Motmot *Baryphthengus martii*

Broad-billed Motmot *Electron platyrhynchum*

[Bucconidae \(Puffbirds\)](#)

Black-breasted Puffbird *Notharchus pectoralis*

White-whiskered Puffbird *Malacoptila panamensis*

[Capitonidae \(New World Barbets\)](#)

Spot-crowned Barbet *Capito maculicoronatus*

[Semnornithidae \(Toucan-Barbets\)](#)

Prong-billed Barbet *Semnornis frantzii*

[Ramphastidae \(Toucans\)](#)

Fiery-billed Aracari *Pteroglossus frantzii*

Yellow-eared Toucanet *Selenidera spectabilis*

Yellow-throated Toucan *Ramphastos ambiguous*

Keel-billed Toucan *Ramphastos sulfuratus*

[Picidae \(Woodpeckers\)](#)

Olivaceous Piculet *Picumnus olivaceus*

Acorn Woodpecker *Melanerpes formicivorus*

Red-crowned Woodpecker *Melanerpes rubricapillus*

Hairy Woodpecker *Dryobates villosus*

Lineated Woodpecker *Dryocopus lineatus*

Stripe-cheeked Woodpecker *Piculus collopterus*

[Falconidae \(Falcons and Caracaras\)](#)

Laughing Falcon *Herpetotheres cachinnans*

Yellow-headed Caracara *Daptrius chimachima*

Bat Falcon *Falco ruficularis*

[Psittacidae \(New World and African Parrots\)](#)

Orange-chinned Parakeet *Brotogeris jugularis*

Brown-hooded Parrot *Pyrilia haematotis*

Blue-headed Parrot *Pionus menstruus*

White-crowned Parrot *Pionus senilis*

Red-lored Amazon *Amazona autumnalis*

Mealy Amazon *Amazona farinose*

Brown-throated Parakeet *Eupsittula pertinax*

Crimson-fronted Parakeet *Psittacara finschi*

[Sapayoidae \(Sapayoa\)](#)

Sapayoa *Sapayoa aenigma*

[Thamnophilidae \(Typical Antbirds\)](#)

Barred Antshrike *Thamnophilus doliatus*

Spot-crowned Antvireo *Dysithamnus puncticeps*

Spiny-faced Antshrike *Xenornis setifrons*

Checker-throated Stipplethroat *Epinecrophylla fulviventris*

Chestnut-backed Antbird *Poliocrania exsul*

Dull-mantled Antbird *Sipia laemosticta*

Bicolored Antbird *Gymnopithys bicolor*

Ocellated Antbird *Phaenostictus mcleannani*

[Conopophagidae \(Gnateaters\)](#)

Black-crowned Antpitta *Pittasoma michleri*

[Grallariidae \(Antpittas\)](#)

Streak-chested Antpitta *Hylopezus perspicillatus*

[Rhinocryptidae \(Tapaculos\)](#)

Silvery-fronted Tapaculo *Scytalopus argentifrons*

[Furnariidae \(Ovenbirds & Woodcreepers\)](#)

Plain-brown Woodcreeper *Dendrocincla fuliginosa*

Cocoa Woodcreeper *Xiphorhynchus susurrans*

Streak-headed Woodcreeper *Lepidocolaptes souleyetii*

Spot-crowned Woodcreeper *Lepidocolaptes affinis*

Northern Plain-Xenops *Xenops mexicanus*

Buffy Tuftedcheek *Pseudocolaptes lawrencii*

Slaty-winged Foliage-gleaner *Neophilydor fuscipenne*

Streak-breasted Treehunter *Thripadectes rufobrunneus*

Ochre-throated (Buff-thr) Foliage-gleaner *Automolus ochrolaemus*

Western (Striped) Woodhaunter *Automolus virgatus*

Ruddy Treerunner *Margarornis rubiginosus*

Red-faced Spinetail *Cranioleuca erythroptis*

[Pipridae \(Manakins\)](#)

Velvety (Blue-crowned) Manakin *Lepidothrix velutina*

Orange-collared Manakin *Manacus aurantiacus*

Red-capped Manakin *Ceratopipra mentalis*

[Cotingidae \(Cotingas\)](#)

Rufous Piha *Lipaugus unirufus*

[Tityridae \(Tityras and allies\)](#)

Barred Becard *Pachyramphus versicolor*

[Onychorhynchidae \(Royal Flycatcher and Allies\)](#)

Sulphur-rumped Flycatcher *Myiobius sulphureipygius*

[Tyrannidae \(Tyrant Flycatchers\)](#)

Olive-streaked (-striped) Flycatcher *Mionectes olivaceus*

Ochre-bellied Flycatcher *Mionectes oleaginous*

Scale-crested Pygmy-Tyrant *Lophotriccus pileatus*

Common Tody-Flycatcher *Todirostrum cinereum*

Yellow-bellied Tyrannulet *Ornithion semiflavum*

Brown-capped Tyrannulet *Ornithion brunneicapillus*

Yellow Tyrannulet *Capsiempis flaveola*

Yellow-bellied Elaenia *Elaenia flavogaster*

Lesser Elaenia *Elaenia chiriquensis*

Tufted Flycatcher *Mitrephanes phaeocercus*

Ochraceous Pewee *Contopus ochraceus*

Dark Pewee *Contopus lugubris*

Yellow-bellied Flycatcher *Empidonax flaviventris*

Acadian Flycatcher *Empidonax virescens*

Yellowish Flycatcher *Empidonax flavescens*

Bright-rumped Attila *Attila spadiceus*

Rufous Mourner *Rhytipterna holerythra*

Dusky-capped Flycatcher *Myiarchus tuberculifer*

Panama Flycatcher *Myiarchus panamensis*

Great Kiskadee *Pitangus sulphuratus*

Boat-billed Flycatcher *Megarynchus pitangua*

Social Flycatcher *Myiozetetes similis*

Gray-capped Flycatcher *Myiozetetes granadensis*

White-ringed Flycatcher *Conopias albobittatus*

Streaked Flycatcher *Myiodynastes maculatus*

Piratic Flycatcher *Legatus leucophaeus*

Tropical Kingbird *Tyrannus melancholicus*

[Vireonidae \(Vireos and allies\)](#)

Rufous-browed Peppershrike *Cyclarhis gujanensis*

Scrub Greenlet *Hylophilus flavipes*

Lesser Greenlet *Pachysylvia decurtate*

Yellow-throated Vireo *Vireo flavifrons*

Yellow-winged Vireo *Vireo carmioli*

Philadelphia Vireo *Vireo philadelphicus*

[Hirundinidae \(Swallows\)](#)

Gray-breasted Martin *Progne chalybea*

Blue-and-white Swallow *Pygochelidon cyanoleuca*

[Poliophtilidae \(Gnatcatchers\)](#)

Tawny-faced Gnatwren *Microbates cinereiventris*

Long-billed Gnatwren *Ramphocaenus melanurus*

White-browed (Tropical) Gnatcatcher *Poliophtila bilineata*

Troglodytidae (Wrens)

Scaly-breasted (Southern Nightingale) Wren *Microcerculus marginatus*

Southern House Wren *Troglodytes musculus*

Ochraceous Wren *Troglodytes ochraceus*

Rufous-breasted Wren *Pheugopedius rutilus*

Stripe-throated Wren *Cantorchilus leucopogon*

Isthmian (Plain) Wren *Cantorchilus elutus*

Bay Wren *Cantorchilus nigricapillus*

Gray-breasted Wood-Wren *Henicorhina leucophrys*

Song Wren *Cyphorhinus phaeocephalus*

Mimidae (Mockingbirds and Thrashers)

Tropical Mockingbird *Mimus gilvus*

Turdidae (Thrushes and allies)

Black-faced Solitaire *Myadestes melanops*

Black-billed Nightingale-Thrush *Catharus gracilirostris*

Orange-billed Nightingale-Thrush *Catharus aurantiirostris*

Ruddy-capped Nightingale-Thrush *Catharus frantzii*

Mountain Thrush *Turdus plebejus*

Clay-colored Thrush *Turdus grayi*

Ptiliognatidae (Silky-flycatchers)

Black-and-yellow Silky-flycatcher *Phainoptila melanoxantha*

Long-tailed Silky-flycatcher *Ptiliogonys caudatus*

Passeridae (Old World Sparrows)

House Sparrow *Passer domesticus*

Fringillidae (Siskins and allies)

Golden-browed Chlorophonia *Chlorophonia callophrys*

Yellow-crowned Euphonia *Euphonia luteicapilla*

Thick-billed Euphonia *Euphonia laniirostris*

Spot-crowned Euphonia *Euphonia imitans*

Lesser Goldfinch *Spinus psaltria*

Passerellidae (New World Sparrows)

Sooty-capped Chlorospingus (Bush-T.) *Chlorospingus pileatus*

Common Chlorospingus (Bush-Tan.) *Chlorospingus flavopectus*

Black-striped Sparrow *Arremonops conirostris*

Costa Rican (Stripe-head.) Brushfinch *Arremon costaricensis*

Orange-billed Sparrow *Arremon aurantiirostris*

Chestnut-capped Brushfinch *Arremon brunneinucha*

Rufous-collared Sparrow *Zonotrichia capensis*

Large-footed Finch *Pezopetes capitalis*

Yellow-thighed Brushfinch (Finch) *Atlapetes tibialis*

Zeledoniidae (Wrenthrush)

Wrenthrush *Zeledonia coronata*

Icteridae (Troupials and allies)

Yellow-billed Caciue *Amblycercus holosericeus*

Crested Oropendola *Psarocolius decumanus*

Scarlet-rumped Caciue *Cacicus uropygialis*

Shiny Cowbird *Molothrus bonariensis*

Great-tailed Grackle *Quiscalus mexicanus*

Parulidae (New World Warblers)

Louisiana Waterthrush *Parkesia motacilla*

Black-and-white Warbler *Mniotilta varia*

Flame-throated Warbler *Oreothlypis gutturalis*

Tennessee Warbler *Leiothlypis peregrina*

Olive-crowned Yellowthroat (Chiriqui) *Geothlypis semiflava chiriquensis*

American Redstart *Setophaga ruticilla*

Yellow Warbler *Setophaga petechia*

Chestnut-sided Warbler *Setophaga pensylvanica*

Black-throated Green Warbler *Setophaga virens*

Chestnut-capped (Ruf.-capped) Warbler *Basileuterus delatirii*

Black-cheeked Warbler *Basileuterus melanogenys*

Buff-rumped Warbler *Myiothlypis fulvicauda*

Wilson's Warbler *Cardellina pusilla*

Collared Redstart *Myioborus torquatus*

Cardinalidae (Grosbeaks and allies)

Hepatic Tanager *Piranga flava*

Summer Tanager *Piranga rubra*

Flame-colored Tanager *Piranga bidentata*

Carmioli's Tanager *Chlorothraupis carmioli*

Rose-breasted Grosbeak *Pheucticus ludovicianus*

Blue-black Grosbeak *Cyanoloxia cyanoides*

Thraupidae (Tanagers and allies)

Tawny-crested Tanager *Tachyphonus delatirii*

Scarlet-rumped Tanager *Ramphocelus passerinii*

Crimson-backed Tanager *Ramphocelus dimidiatus*

Blue-gray Tanager *Thraupis episcopus*

Palm Tanager *Thraupis palmarum*

Speckled Tanager *Ixothraupis guttata*

Spangle-cheeked Tanager *Tangara dowii*

Plain-colored Tanager *Tangara inornate*

Bay-headed Tanager *Tangara gyrola*

Silver-throated Tanager *Tangara icterocephala*

Scarlet-thighed Dacnis *Dacnis venusta*

Blue Dacnis *Dacnis cayana*

Shining Honeycreeper *Cyanerpes lucidus*

Red-legged Honeycreeper *Cyanerpes cyaneus*

Green Honeycreeper *Chlorophanes spiza*

Sulphur-rumped Tanager *Heterospingus rubrifrons*

Black-and-yellow Tanager *Chrysothlypis chrysomelas*

Slaty Flowerpiercer *Diglossa plumbea*

Blue-black Grassquit *Volatinia jacarina*

Variable Seedeater *Sporophila corvina*

Yellow-faced Grassquit *Tiaris olivaceus*

Buff-throated Saltator *Saltator maximus*

Streaked Saltator *Saltator striatipectus*

Slate-colored Grosbeak *Saltator grossus*

MAMMALS:

Brown-throated Three-toed Sloth *Bradypus variegatus*

Mantled Howler *Alouatta palliata*

Variegated Squirrel *Sciurus variegatoides*

Red-tailed Squirrel *Sciurus granatensis*

Central American Agouti *Dasyprocta punctata*



Prong-billed Barbet from *Tamandua* (Sam Woods)