#### **PANAMA**

# Canopy Tower & Canopy Lodge 7th - 18th April 2016

Kathie Claydon, Mick Claydon, Chris Skinner, Jim Glover

Although interested in all wildlife, we are particularly keen to see mammals and opted for the mammal-focussed **Tamarin Tour** offered by *Wild About Travel*. This includes 7 nights at Canopy Tower in the canal zone and 2 nights at Canopy Lodge in the hills of El Valle; it would have been good to add a week at Canopy Camp in the Darien region but this trip had been tagged on to a whale and bird watching trip from southern California and around the Baja California peninsula and we couldn't really spare the extra time.

We arrived in Panama from Mexico City and spent the first night on the outskirts of Panama City at Albrook Hotel, transferring to Canopy Tower the following morning. With a total of 21 mammal species and 295 bird species plus a wealth of other wildlife, Panama was a successful trip. Birding was easy in most areas, even in forest (it had been particularly dry for some time which made it easier to see into the undergrowth). There were plenty of sites close to the accommodation, the canal and the city, often on or near the roadside and at whatever pace we chose; everything was well-organised and flexible. At Canopy Tower you don't get one guide for the whole of your stay, they chop and change according to the number of guests and what each group is scheduled/wants to do; we were the only group looking specifically for mammals, everyone else was birding. After each morning or afternoon session the guide does the checklist and talks you through your next walk or visit and confirms who will be leading you; the system works well. All our guides, both at the Tower and the Lodge, were very good to excellent with a professional manner and top-class birding and wildlife skills. They were also very friendly, easy to get on with and could adapt readily to individual needs. Those we met were Alexis (Alex) Sanchez, Michael Castro, Eliecer (Eli) Madrid, Faustino (Tino) Sanchez, Domiciano (Domi) Alveo and Jenn Sinasac.

Although we did well with 21 species of mammal, it didn't seem to be especially mammal-focussed, rather a birding trip with some additional effort to look at mammals. Species like sloths, agouti and some of the monkeys were seen often, others less frequently and we probably didn't put in enough effort to get more. Nevertheless, it was a thoroughly enjoyable trip and we highly recommend Panama as an easy-birding area for lots of good species without too much effort. We thank Jo Thomas of *Wild About Travel* for making all the arrangements and the Guides for their efforts to find as many species as possible.

## **ITINERARY**

- 7th Arrived Panama City 18.00hr. Overnight at Albrook Hotel, Panama City.
- 8th Early morning grounds of Albrook hotel. Late morning to Canopy Tower. Afternoon walk by Chagres river. Night drive Semaphore Hill. Overnight at Canopy Tower.
- 9th Dawn on observation deck Canopy Tower. Morning walk down Semaphore Hill. Afternoon Ammo Ponds. Overnight at Canopy Tower.
- 10th Early morning to Metropolitan Park. Afternoon Punta Cuelebra. Overnight at Canopy Tower.
- Dawn observation deck at Canopy Tower. Morning boat trip on river, canal and around islands. Afternoon Discovery Centre, trails and lookout tower. Night drive and walk down Semaphore Hill. Overnight at Canopy Tower.
- 12th Day trip to Barro Colorado Island. Late afternoon short watch at Ammo Ponds. Early evening Canopy Tower observation deck. Night drive down Semaphore Hill and on to Chagres river/Gamboa. Overnight at Canopy Tower.
- 13th Morning Pipeline Road north of Discovery Centre. Afternoon Summit Gardens. Overnight at Canopy Tower.
- 14th Day trip to Caribbean side of Canal Zone. Gatun Locks/Achiote Road/Fort Sherman/San Lorenzo National Park/mangroves. Overnight at Canopy Tower.
- 15th Early morning observation deck Canopy Tower. Transfer to Canopy Lodge, El Valle. Afternoon roadside walk and Chorro El Macho Trail near Lodge. Overnight at Canopy Lodge.
- 16th Early morning Lodge grounds then on to Cerro Gaital trail and nearby areas. Afternoon K&MC Lodge grounds / CS&JG to Mata Ahogado. Overnight at Canopy Lodge.
- 17th Early morning Lodge grounds. K&MC transfer to Panama City for homeward flight. CS/JG a.m. to La Mesa and p.m. Lodge grounds. Overnight at Canopy Lodge.
- 18th CS/JG transfer to Panama City for homeward flight.

#### **LOCATIONS** and accommodation

Albrook Inn In a quiet, rural setting west of the city about half an hour's drive from the airport. Basic but

comfortable rooms, good bathroom. Restaurant proving reasonable meals, nothing fancy. Wooded grounds and a path leading to a marsh and lake. Good birding plus Geoffroy's Tamarin monkeys.

**Canopy Tower** Just as described on their website, a quirky experience. Comfortable rooms (we had suites but basic

rooms we looked at were nice; some had shared bathrooms). Good food, varied, lots of fresh produce, home-baked cakes and puddings, soft drinks and wine available on "honesty" system. Great place for birders and wildlife enthusiasts but perhaps not ideal for more casual visitors or non-birding partners. No lush gardens to sit and read or watch the hummingbirds; the observation deck is good early and late in the day but there's no shade at noon and it can get very windy up there. Maps showing the main

sites can be found on the Canopy Family website www.canopytower.com

**Canopy Lodge** Very nice setting in the hills of El Valle de Anton. Attractive gardens with bird feeding stations, trails

and a lake. Nice rooms. Food good (not as "special" as at Canopy Tower, but we had been spoilt there!) Drinks were not so readily available here. Maps showing the main sites around El Valle are on

the Canopy Family website www.canopytower.com

#### **DIARY**

### **Thursday 7 April**

A driver was waiting for us at Panama's Tocumen International Airport on arrival and we were soon on our way through **Panama City**. We were booked into **Albrook Inn** for one night, in a quiet, rural setting west of the city. Rooms were a little spartan but very comfortable with a good bathroom. We had dinner on the patio watching **bats** and a couple of **Pauraques.** With trees all around it was a good place for our first night in Panama.

#### Friday 8 April

We were out by first light at 06.15hrs and immediately started seeing birds. Some of the species around the gardens and woodland edge were Red-crowned Woodpecker, Whooping and Rufous Motmots, Rufous-tailed Hummingbird, Clay-coloured Thrush, Vermilion, Dusky-capped and Social Flycatchers, Black-headed Saltator, Crimson-backed, Blue-gray and Palm Tanagers and Baltimore Oriole. A couple of Central American Agoutis showed themselves several times and a Brown-throated 3-toed Sloth (the orange and black pattern on its back confirmed it was a male) was moving oh-so-slowly through the trees, allowing us some very good views. Overhead we saw Common Black Hawk, Crested Caracara, Black and Turkey Vultures, Magnificent Frigatebird and Orange-chinned Parakeet.

Descending steep steps we came to a patch of closed-canopy woodland before emerging at a marshy area around a natural lake. Our list grew rapidly here, with some of the highlights being Black-bellied Whistling Duck, Blue-winged Teal, Little Blue and Green Herons, Anhinga, Purple Gallinule, Wattled Jacana, Limpkin, Solitary Sandpiper, Pale-vented Pigeon, Ruddy Ground Dove, Brown-throated Parakeet, Amazon Kingfisher, Whiskered Puffbird, Louisiana Waterthrush, Great Kiskadee, Tropical Kingbird, Yellow-green Vireo, Southern Rough-winged Swallow and Short-tailed Swift. A small group of Geoffroy's Tamarins entertained us for a while. In just a few hours we had a great introduction to Panama's wildlife! Albrook Inn is certainly a good choice if you need to spend a night not too far from the airport.

A 10.30hrs we were picked up for the 40 minute drive to Canopy Tower. Leaving the city behind, we were soon turning onto Semaphore Hill through rain forest. It was surprisingly dry; there had been almost no rain for a long time, everyone was desperate for it to fall. At the top of the hill there was the Canopy Tower, rising 15 metres (50ft) to just above tree-top level. The first thing we did, like most people I guess, was try to photograph the many hummingbirds on feeders around the entrance. White-necked Jacobin, Blue-chested Hummingbird, Long-billed Hermit and Violet-bellied Hummingbird. Good start!

We were taken to our rooms - the Blue Cotinga Suite and the Harpy Suite. Spacious and comfortable with views directly into the forest just a few metres from the windows. Alex gave us a quick orientation then we were up on the Observation Deck looking out over the forest canopy. Mind you, the tower blocks of Panama City were visible in the distance, as was a stretch of the canal, some cleared and built-up areas and the huge expanse of the "Bridge of the Americas" spanning the Pacific entrance to the Panama Canal. A strange mix of wild forest and civilisation. But facing away from that view the scene was wonderful and even at midday there were many birds to see. Some of the highlights were two King Vultures flying past and a calling but unseen Grey-lined Hawk, Keel-billed Toucan, Common Tody-Flycatcher, Red-eyed Vireo, American Yellow Warbler, Green and Red-legged Honeycreepers and Thick-billed Euphonia. We soon learned the call of Lesser Greenlet, something we would hear everywhere, every day!

Time for lunch, but we were delayed by a female **3-toed Sloth** carrying a tiny baby - she was immediately outside the dining-room window, so close, and feeding on the fruit of a Cecropia tree. Our lunch was very good, the first of many excellent meals here - plenty of choice, fresh produce, home baked cakes and puddings, and plenty of it. They were very careful about diet preferences and allergies. The kitchen staff are to be congratulated.

At 15.00hrs, along with an American couple, we climbed onto the "Birdmobile", a modified Toyota 4x4 pick-up truck with open sides, a good way of getting around, if rather noisy. Our guide, Michael, drove down Semaphore Hill onto the main road towards Gamboa and over the single lane iron and wood road/rail bridge across the Chagres river. We named it the creosote bridge for obvious reasons. We strolled along a quiet road beside the Chagres river. We didn't go far but saw plenty: Grey-headed Chachalaca, Grey-chested Dove, Greater Ani, Ringed Kingfisher, Collared Aracari, Yellow-headed Caracara, Southern Beardless Tyrannulet, Cocoa Woodcreeper, Lesser Kiskadee, Rusty-margined Flycatcher, Masked Tityra, Mangrove Swallow, Plain Wren, Northern Waterthrush, a female Rose-breasted Grosbeak and Yellow-rumped Cacique A small patch of rank grass held Thick-billed Seed-Finch, Yellow-bellied and Varied Seedeaters. Great-tailed Grackles were everywhere. By now we were hot and a little weary but there were ice-cold drinks waiting for us in the vehicle.

We got back to the Tower at 18.00hrs and sat with Michael to do the check-list before dinner. By 20.00hrs we were back on the Birdmobile and driving slowly down Semaphore Hill in the dark, hoping for some mammals - we were, after all, on a "mammal tour" rather than a regular birding tour. It wasn't very successful but we were pleased to see two **Hoffman's 2-toed Sloths**, a nocturnal species, whereas the 3-toed seen this afternoon is a diurnal animal. We listened to a distant **Common Potoo calling** with Michael whistling back to it, drawing it closer and closer, but we didn't see it.

### Saturday 9 April

The Mantled Howler Monkeys started calling around 04.00hrs; an incredible sound. Some of us had heard Red Howlers in Ecuador and thought the two species could be distinguished on voice alone, these Mantled Howlers sounding less raucous and not so powerful, although still very impressive. We were on the observation deck by 06.00hrs. Dull and cool, at first we saw only a few distant Collared Aracaris and Orange-chinned Parrots. Then three Keel-billed Toucans started displaying, some Red-lored Parrots and a Scarlet-rumped Cacique flew by, a Blue Cotinga was visible on a distant tree but a Bay-breasted Warbler came close, as did a Swainson's Thrush, Blue-grey and Palm Tanagers. We had distant views of Mantled Howlers then a group of White-headed Capuchin Monkeys moved quickly through the trees close to the Tower. The 3-toed Sloth was still munching her way through bunches of Cecropia fruits.

After a good breakfast we walked down **Semaphore Hill**. It was a poor start with not many birds. The forest looked very dry with some of the understorey drooping and turning brown; perhaps there isn't enough food at the moment to support many birds? It was hot and humid with occasional brief light showers, but not enough to make a difference. Things picked up as we got lower and we started to find a variety of species including **Pale-vented** and **Scaled Pigeons**, **Squirrel Cuckoo**, a pair of **Gartered Trogons**, **Broad-billed Motmot** and **Lance-tailed Manakin**, but the real highlight was an immature **Tiny Hawk**, quite a rarity around here. We saw plenty of **Agoutis** but just one **White-nosed Coati** and one **9-banded Armadillo**. The best mammal sighting, though, was two **Western Night Monkeys**, heads drooping as they slept in their tree hole. At the bottom of the hill a vehicle arrived to take us back uphill to the Tower but not before we'd raided the coolbox for some nice cold drinks.

At 15.00hrs we went to the **Ammo Pond** and surrounding forest edge with Michael, passing a roosting **Lesser Nighthawk** on a roadside electricity pylon in Gamboa and a **Fork-tailed Flycatcher** perched on a barbed wire fence. Birding was good at the Pond but it's beside the road and canal railway so very noisy. The side road into the forest (which leads to the Discovery Centre and Pipeline Road) was also busy with cars heading for an event somewhere in that direction. Nevertheless, we saw some superb birds such as **Rufescent Tiger Heron** (plus a fully-grown chick on the nest) and three **Snail Kites**. A good-sized **Spectacled Caiman** occasionally surfaced, some of us had a very brief glimpse of a **Lesser Capybara** and all the time we could hear **White-throated Crakes**, so close but never in sight.

Moving on to the forested track the birding hotted up. The biggest surprise was a close encounter with a **Little Tinamou** just a few feet from us. Our list included **Crimson-crested Woodpeckers** (a pair with juvenile), **Barred** and **Black-crowned Antshrikes**, **Checker-throated**, **Dot-winged**, **White-bellied** and **Dusky Antbirds**, **Plain-brown Woodcreeper**, **Paltry Tyrannulet**, **Acadian Flycatcher**, **Grey-breasted Martin**, **White-shouldered**, **Summer**, **Scarlet** and **Crimson-backed Tanagers**, a pair plus a single male **Rose-breasted Grosbeak** which was good having seen just a female yesterday. The only mammals here were **Agouti** and **Variegated Squirrel**.

Despite the slow start, it had been a very good day.

## Sunday 10 April

This morning we went to **Metropolitan Park**, an area of nice secondary woodland with good birds especially around the fruiting **Gumbo Limbo** trees (*Bursera simaruba*). The park is popular with local people and we were there on Sunday but we weren't disturbed whilst watching birds, insects and flowers. We found several sleeping **Hoffman's 2-toed Sloths** and a **Brown-throated 3-toed Sloth** but not the hoped-for Crab-eating Racoons. Birds included **White-necked Puffbird**, **Rufous-breasted** and **Plain Wrens**, **Canada Warbler**, **Blue Dacnis**, **Red-crowned** and **Red-throated Ant-Tanagers**, **Yellow-crowned** and **Thick-billed Euphonias**. There was a big movement of **Mississippi Kites** and some **Swainson's Hawks** overhead which we could see through gaps in the tree cover. Mammals this morning were **Geoffroy's Tamarin**, **Variegated Squirrel** and, as always, **Agoutis**.

On our way back to Canopy Tower for lunch (and a rest, we were very hot and tired) we saw a **Northern Tamandua** on Semaphore Hill.

We declined the offer of a visit to the Locks this afternoon and Alex took us instead to **Punta Cuelebra**, one of the islands connected by the Amador Causeway on the Panama City coast. Again, being Sunday, it was a busy place but we had a good time and saw plenty. People were very friendly and seemed genuinely interested in the wildlife around them. In the car park a huge **Green Iguana** was draped over a big bough. They can reach 2m in length and this one was almost this size. It was the first of many we saw this afternoon; these giant vegetarian lizards are totally habituated to people here so we were able to get up close and really appreciate them. A number of waders were feeding along the shoreline - **Spotted Sandpiper, Lesser Yellowlegs** and **Least Sandpiper** - and **Laughing Gull, Elegant** and **Sandwich Terns, Neotropic Cormorants, Magnificent Frigatebirds** and **Brown Pelicans** were seen, too. In the open, scrubby woodland we found **Boat-billed Flycatcher, Streaked Saltator, Yellow-backed Oriole** and at least 8 **Hoffman's 2-toed Sloth.** 

Other species today included **Grey-lined** and **Broad-winged Hawks**, **Grey-chested Dove**, **Garden Emerald Hummingbird**, **White-vented Plumeleteer**, **White-whiskered Puffbird**, **Mealy Parrot**, **Forest** and **Yellow-bellied Elaenias**, **Yellow-olive**, **Ruddy-tailed** and **Streaked Flycatchers**, **Eastern Wood Pewee**, **Bright-rumped Attila** and a large **Rock** (**Black**) **Iguana**.

This evening there were many hundreds of **Mississippi Kites** and a few **Swainson's Hawks** passing northwards over the Tower. As light faded many of these birds were dropping down to roost in a nearby valley.

## Monday 11 April

The **Tinamous** were especially vocal early this morning as we watched from the **observation deck**, but our attention was drawn to a group of **Mantled Howlers**. A female was carrying a tiny, silvery coloured baby, obviously very young. It was fascinating to watch her tending the youngster. What seemed to be a "teenager" joined them and it appeared to be fascinated by the new member of its group. 4-5 **Geoffroy's Tamarins** ran through the trees and some of the **Mississippi Kites** that had roosted nearby were on the move. Other sightings were **Short-tailed Hawk, Scaled Pigeon, Brown-capped Tyrannulet, Sulphur-bellied Flycatcher, Shining Honeycreeper** and **Blue Dacnis.** 

After breakfast we headed for a different stretch of the Chagres river and boarded a small motor boat. The first part of the trip was around marshy edges, getting close to many birds and reptiles - Anhinga, Tricolored and Rufescent Tiger Herons, Snail Kite, Grey-necked Wood-Rail, Purple Gallinule, Limpkin, Southern Lapwing, Mangrove and Cliff Swallows, Spectacled Caiman, Basilisk Lizard and Green Iguana. We then moved into the Canal, skirting some very big ships, and soon reached "Monkey Island" in Gatun Lake. White-headed Capuchins quickly came to the shore and were obviously expecting to be fed but we just admired them and continued exploring elsewhere around the edge of the lake and its many islands. We got back to Canopy Tower by lunchtime.

This afternoon we were with Eliecer (Eli) for a visit to forest around the **Discovery Centre** off Pipeline Road. First stop was at the Centre's hummingbird feeders for some photography - new for this trip were **Crowned Woodnymph** and **Sapphire-throated Hummingbird**. A bold **White-nosed Coati** wandered around the building, not at all concerned about us. Along the trails and from the 32m high watch tower we had good views of **Grey-headed Kite, Whooping Motmot, White-whiskered Puffbird, Keel-billed** and **Yellow-throated (Chestnut-mandibled) Toucans, Black-cheeked** and **Cinnamon Woodpeckers, Yellow-headed Caracara, Mealy Parrot, White-flanked Antwren, Dusky and Chestnut-backed Antbirds, Black-faced Antthrush, Cocoa Woodcreeper, Plain Xenops, Purple-throated Fruitcrow, Blue-crowned and Red-capped Manakins Green Shrike-Vireo, Black-bellied and Song Wrens, Tennessee and Bay-breasted Warblers, Chestnut-headed Oropendola** and **White-tailed Deer**. A real surprise was watching a **Great Tinamou** moving slowly through the undergrowth.

After dinner we clambered onto the Birdmobile for another night drive down **Semaphore Hill** but after a while Michael, this evening's guide, suggested walking would be better because the vehicle is rather noisy! It paid off as we saw **Central American Woolly Opossum, Hoffman's 2-toed Sloths** and **Panamanian Night Monkeys** (good to see them active rather

than asleep in a tree hole). We got back onto the vehicle at the bottom of the hill and went a mile or so along the main road where the highlight was a **Great Potoo** perched high on a dead tree stump.

### **Tuesday 12 April**

An early start so we could catch the 07.00 "river bus" to **Barro Colorado Island** on Gatun Lake. We had high hopes for the trip but it was rather a disappointment. A guide from the Field Research Station met us at Gamboa (Canopy Tower staff are not allowed to guide on the island) and joined us on the boat. At the island's Visitor Centre we were offered coffee then ushered to the lecture room for a long talk about the history and work of the Smithsonian Institute and its research on Barro Colorado, as well as being given basic identification tips for various birds and mammals. It was 09.00hrs by the time we got into the forest, much too late to start a moderately strenuous walk on fairly rough ground with steep steps with the temperature and humidity rising. Three other people had joined us for the tour so there was quite a long line of people making their way through the forest. Various plants of interest were pointed out along the way but we didn't see many birds or mammals - a pair of **Crimson-crested Woodpeckers, Dot-winged Antwren**, two displaying male **Red-capped Manakins** and a **Red-tailed Squirrel** were the highlights. A colony of **White-lined** or **Sac-winged Bats** roosting on a shady building wall was interesting.

After lunch in the Visitor Centre we were scheduled to go into the lecture room to watch a video about the island but we declined this and moved to another building with a large balcony at tree-top level (with a backdrop of huge ships moving along the Canal). We spent a couple of hours watching a good range of birds feeding in fruiting trees. Red-crowned Woodpecker, Collared Aracari, Rufous Motmot, Panama, Social and Streaked Flycatchers, Great Kiskadee, Blue Cotinga, Blue-gray, Palm and Summer Tanagers, Shining and Red-legged Honeycreepers and Yellow-rumped Cacique. A small group of Mantled Howlers moved slowly through the trees. White-nosed Coatis were common around the Visitor Centre but we didn't see the Red (Geoffroy's) Spider Monkeys that are descendents of animals reintroduced after the species was hunted to extinction here.

It seemed strange that there was no one from Canopy Tower to meet us when we got back to **Gamboa** but we were confident they would arrive soon. We wandered across the road to see what was on the **Ammo Pond - Rufescent Tiger Heron, Great Egret, Little Blue Heron, Snail Kite, Purple Gallinule** and the usual gang of noisy **Wattled Jacanas**. We returned to the river boat office, thinking we may have to telephone Canopy Tower but staff had just received a call saying our lift was delayed because a big tree had fallen across the road and it was taking a while to clear a way through. So we continued birding around the Ammo pond. The vehicle soon arrived and we learnt that it had taken so long because there was a large nest of bees on the fallen tree - and those bees were not happy about the disturbance!

Thousands more **Mississippi Kites** and numerous **Swainson's Hawks** were again migrating northwards over **Canopy Tower** when we got back. We had good views of a **Zone-tailed Hawk** and a speedy fly-past by a **Bat Falcon**.

We went for another **night drive** after dinner, down **Semaphore Hill**, along the main road, across "Creosote" Bridge to the **Chagres river** at **Gamboa**. Success - five **Common Pauraques**, **Central American Woolly Opossum**, **Hoffman's 2-toed Sloth**, **Brown-throated 3-toed Sloth**, three **Nine-banded Armadillos**, plenty of **Agoutis**, but best of all a heavily-pregnant **Lesser Capybara** beside the Chagres river.

## Wednesday 13 April

We left at 06.30 for Pipeline Road, parking near the Discovery Centre and walking northwest from there. Jenn was our guide and we had an excellent morning. A few cars passed us but nowhere near as many as on our visit to the lower stretch a few days ago. 50+ Mississippi Kites passed overhead, then a Black Hawk-Eagle. Several times we heard Shortbilled Pigeon but never saw one. Some of the species listed were Squirrel Cuckoo, Crowned Woodnymph, Snowybellied and Rufous-tailed Hummingbirds, a pair of Slaty-tailed Trogons, a female Black-tailed Trogon and a calling male Black-throated Trogon, Green and American Pygmy Kingfishers, Black-breasted, White-whiskered and Pied Puffbirds, Black-cheeked, Cinnamon, Red-crowned and Crimson-crested Woodpeckers, White-flanked, Checker-throated and Dot-winged Antwrens, Chestnut-backed and Bi-coloured Antbirds, Olivaceous, Northern Barred and Cocoa Woodcreepers, Forest Elaenia, Olivaceous Flatbill, Great Crested Flycatcher, a migrating flock of Eastern Kingbirds, Russet-winged Schiffornis, Masked and Black-crowned Tityras, White-winged Becard, Purple-throated Fruitcrow, Bluecrowned, Golden-collared and Red-capped Manakins, Song Wren, Swainson's Thrush, Black-and-White Warbler, Golden-hooded, Plain-coloured, Grey-headed and White-shouldered Tanagers, Blue Dacnis, Scarlet-rumped and Yellow-rumped Caciques, Chestnut-headed Oropendola and Fulvous-vented Euphonia. Several species were constantly heard but remained out of sight - songs and calls of Spotted Antbird, Streak-chested Antpitta, Black-faced Antthrush and Southern Bentbill were memorable sounds. We saw many butterflies and Dragonflies; Jenn named most of them, such as Rusted Clearwing-Satyr and White-spotted Prepona butterflies, Blue-eyed Setwing and Yellow-lined Skimmer dragonflies. For those of us who saw it, a Tayra crossing the track was the best sight of the day.

A detour on the way back to Canopy Tower to **Gamboa Rainforest Resort** to a known day-roost for **Panamanian Night Monkey** paid off. Then after almost emptying the jar of "Canopy Tower Trail Mix" (salted peanuts, raisins and Smarties), we returned to base for lunch.

The afternoon was spent around **Summit Gardens** by the Zoo. Away from the depressing sight of caged creatures some nice species were added to our list - **Common Nighthawk**, **Purple-crowned Fairy**, **Ochre-bellied Flycatcher**, **Black-headed Tody-Flycatcher**, **Black-chested Jay**, **Buff-throated Saltator**, **Common Tent-making Bat** and, at last, a **Crabeating Racoon**.

### Thursday 14 April

We left just after 05.00hrs with Alex, heading north for a full day on the Caribbean slopes. We passed the almost-completed new locks and watched a massive cruise ship slowly inching its way into the very tight space of the old locks with hundreds of passengers watching proceedings from the decks. Reaching open ground we were pleased to see a brilliant Red-breasted Blackbird singing from a chain-link fence and nearby a Savannah Hawk and some Smooth-billed Anis. The first area we explored was Achiote Road - initially along the roadside then into a coffee plantation with scattered large trees and open areas. Species seen included a roosting Great Potoo, Slaty-tailed and White-tailed Trogons, Woodstorks overhead, Swallow-tailed and Plumbeous Kites, Gray-lined and Swainson's Hawks, American Kestrel, Blue-headed Parrot, Spot-crowned Barbet, Keel-billed and Yellow-throated Toucans, Black-crowned Antshrike, Pacific and Dot-winged Antwrens, Ruddy-tailed Flycatcher, Tropical Pewee, White-headed and Bay Wrens, Chestnut-sided Warbler, Lemon-rumped Tanager, Yellow-backed Oriole, Crested and Chestnut-headed Oropendolas and Geoffroy's Tamarin. While enjoying a lovely packed mid-morning snack (sandwiches, fruit, cake, coffee, tea and soft drinks) we heard a Laughing Falcon quite near, but couldn't see it.

It was almost midday by the time we reached **Fort Sherman** at Toro Point on the Caribbean coast, west of Colón city. While our driver set up a table (complete with gingham table cloth) and unpacked our lunch from the coolbox, we had a good look round this attractive site with views over a beautiful coastline and bright blue sea. The fort has an interesting history but it was a bit too hot to spend much time away from the trees.

We moved on to walk a trail in the nearby **San Lorenzo National Park** finding some nice birds. It was hot and humid and we concentrated more on the many interesting insects and plants. Next was another roadside stop but this time we were looking into a tangle of **Black Mangrove** roots. We were all delighted with a beautiful **Mangrove Cuckoo**, **Stripethroated Hermit** and **Belted Kingfisher**.

Other species seen today were **Southern Lapwing, Broad-winged** and **Common Black Hawks, Plumbeous Kite, Peregrine, Brown-hooded Parrot, Saffron Finch, Thick-billed Seedfinch, Black-headed Saltator, Giant Cowbird, Black-chested Jay, Canada Warbler** and **American Crocodile**.

## Friday 15 April

We were on the **Observation Deck** by 06.00 for a final watch before transferring to Canopy Lodge. Many of the regular species were seen, along with some we'd not had from the deck before - **Woodstork, Cattle Egret, Snowy-bellied Hummingbird**, **Eastern Kingbird** and **Golden-hooded Tanager** - and also good views of some new for the trip: **White Hawk, Slaty-headed Tody-Flycatcher** and **Blackburnian Warbler**.

The Canopy Lodge vehicle arrived to collect us at 10.00hrs for the 2hr journey to **El Valle**. There was quite a lot of traffic and one hold-up (20 minutes) due to a minor traffic incident. Heading southwest away from the Canal Zone we had distant views of rugged peaks around El Valle de Antón. After turning off the Pan-American highway towards El Valle we were a little concerned to see that everywhere was cultivated, cleared or built up. Climbing higher we started to see more trees and eventually beautiful forested hills around an ancient volcanic crater. We arrived in the lush grounds of **Canopy Lodge** just in time for lunch at 12.30 (very nice but not quite as special as at Canopy Tower).

It was a very pleasant temperature here, much cooler than the hot, sticky lowlands of the canal zone. We walked from the Lodge along the road (just a little local traffic) and within minutes had a real surprise - a Sunbittern was walking beside the tumbling stream below us! A little further and we turned off the road into cloud forest along the Chorro El Macho trail. We saw plenty of species, many that had been common over the past week and some less familiar as well as several new ones (either new for trip or "lifers"). Some of the afternoon's highlights were Stripe-throated Hermit, Garden Emerald, White-vented and Bronze-tailed Plumeleteers, Crowned Woodnymph, Snow-bellied and Rufous-tailed Hummingbirds, Spot-crowned Barbet, Blue-headed Parrot, Black-faced Antthrush, Eye-ringed Flatbill, Black-chested Jay, Rufous-breasted and Bay Wrens, White-breasted Wood-Wren, Tennessee, Rufous-capped and Canada Warblers, Bay-headed and Silver-throated Tanagers, Bananaquit, Orange-billed Sparrow, Red-crowned Ant-Tanager, Lesser Goldfinch. Red-tailed Squirrels and Basilisk Lizards were common. Rosy Thrush-Tanagers taunted us constantly

when we returned to the lodge - very vocal birds but extremely secretive! We also heard **Blue-black Grosbeak** but failed to see those, too. Eleicer (Eli) our guide tried to get us on to a roosting Mottled Owl but we were not convinced that the shape in a dark hole, obscured by branches, was any kind of bird, let alone an owl!

As we reflected on another successful day and finished an enjoyable dinner outside in the warm air, a strange-looking animal scuttled past the tables - it was a **Rothschild's Porcupine**!

### Saturday 16 April

Two other guests joined us at 07.00hrs as we headed for a high cloud forest area. We passed cleared, arable and pasture areas then a huge battery chicken farm before reaching **Cerro Gaital National Park**. Even up here it was very dry; in rocky areas and along the edge of paths plants were wilted or shrivelled. Rain is needed very soon. We walked a trail for a few hours, finding many species. Eli was sure we would see a **White-tipped Sicklebill** on one of the flowering **Heliconias**, so we waited. Less than a minute later, there it was, using its perfectly adapted bill to reach the nectar in the curved flowers! We continued along a rockier trail until it became a little too steep, then retraced our steps. After a refreshing drink and a snack we found another track where the walking was easy. Some of the morning's highlights were **Swallow-tailed Kite**, a distant **Barred Hawk**, **Short-tailed Hawk**, **Green** and **Stripe-throated Hermits**, **Spot-crowned Antvireo**, **Checker-throated Antwren**, **Spotted** and **Cocoa Woodcreepers**, **Golden-collared Manakin**, **Tawny-crested Tanager**, **Yellow-faced Grassquit**, **Tooth-billed (Hepatic) Tanager**, **Red-crowned Ant-Tanager**, **Black-faced Grosbeak** and **Tawny-capped Euphonia**. The whole area was superb but perhaps a little marred by the constant background sound of clucking battery hens!

Other species seen were **Ruddy Ground Dove, White-tipped Dove, Keel-billed Toucan.** A **Scale-crested Pygmy-Tyrant** called several times but was another one of those birds we just could not see. On returning to the Lodge we were given the tip-off that a rather special little hummingbird was showing well on some bushes in the grounds. We had cracking views of a **Rufous-crested Coquette.** 

This afternoon two of us stayed back at the Lodge while the others went to Mata Ahogado and La Mesa with Eli. The bird feeders at the Lodge were busy with many species; almost everything seems to like banana, even Gray-necked Woodrail and Chestnut-headed Oropendola flew onto the tables! Sightings from the veranda and on a walk round the grounds included a family of Gray-headed Chachalacas, Rufous-tailed Hummingbird, Rufous Motmot, Collared Aracari, Red-crowned Woodpecker, Dusky-capped, Social and Streaked Flycatchers, House, Bay and Rufous-breasted Wrens, White-breasted Wood-Wren, Northern Waterthrush, Tennessee, Chestnut-sided, Buff-rumped, Rufous-capped and Canada Warblers, a whole range of Tanagers: Blue-gray, Palm, Silver-throated, Lemon-rumped and Crimson-backed, Bananaquit, Buff-throated Saltator, Orange-billed Sparrow, Thick-billed Euphonia and Lesser Goldfinch.

The Mata Ahogado / La Mesa areas were excellent, with several species new for the trip - Spectacled and Tropical Screech Owls, Orange-bellied Trogon, Blue-throated Toucanet, Gray-breasted Wood-Wren, Pale-vented Thrush, Mourning Warbler, Scarlet-thighed Dacnis and Black-striped Sparrow.

After dinner we could hear frogs or toads and set off towards the Lodge's small lake - there were several **bats** flying and we photographed some very big **Cane Toads.** 

## Sunday 17 April

There was time to watch the bird feeders and try for a few last photographs before K&MC were driven back to Panama for the homeward flight (CS & JG had one more day). Being Sunday there wasn't a lot of traffic and it took just 2½ hrs to reach Tocumen airport. It will be a longer journey tomorrow morning for CS&JG.

CS&JG returned to La Mesa for the morning, adding more birds to the trip list: Plain Antvireo, Slaty Antwren, Sulphur-Rumped Myiobius (Flycatcher), Rufous-and-White Wren, Tawny-faced and Long-billed Gnatwrens and Common Bush-Tanager (Chlorospingus). A Schiffornis identified here as Northern was later thought more likely Russet-winged but it remains unconfirmed. The afternoon was spent around the Lodge grounds.

#### Monday 18 April

CS&JG spent a short while in the Lodge grounds before transferring to the airport.

#### PANAMA 7th - 18th April 2016

BIRDS

List based on IOC Version 5.3

Great Tinamou Tinamus major 1 seen briefly near Discovery Centre; heard daily at Canopy Tower.

Little Tinamou Crypturellus soui 1 seen near Ammo Ponds

Black-bellied Whistling Duck Dendrocygna autumnalis 5 Albrook Hotel lake; several along Chagris river; 3 on Canal.

Fulvous Whistling Duck Dendrocygna bicolor 2 on Canal

Blue-winged Teal Anas discors 6 Albrook Hotel lake; occasional sightings on Chagris river and canal Grey-headed Chachalaca Ortalis cinereiceps 2 at Albrook Hotel; 2 from Canopy Tower; 1 Discovery Centre.

Wood Stork Mycteria americana 2 on Caribbean coast; 1 over Canopy Tower.

Glossy Ibis Plegadis falcinellus Several small flocks over the city at dusk on our arrival on 7th.

Rufescent Tiger Heron Tigrisoma lineatum 2 adults and 2 juvs (1 still at nest) on Ammo Pond; 2 on Canal/river.

Green Heron Butorides virescens Fairly common on river and ponds, including at Hotel Albrook.

Striated Heron Butorides striata 1 on canal/river.

Western Cattle Egret Bubulcus ibis Occasional sightings of small flocks on canal/river and over Canopy Tower one morning

Great Blue Heron Ardea herodias Singles on two days.

Great Egret Ardea alba Occasional sightings on several days.

Tricolored Heron Egretta tricolor 1 on Canal/river.

Little Blue Heron Egretta caerulea Common in Canal Zone, including 1 adult and 2 immatures on Albrook Hotel lake.

Snowy Egret Egretta thula Just 1 noted, on Ammo Pond.

Brown Pelican Pelecanus occidentalis Flocks flying over city at dusk on 7th; small numbers around Canal Zone.

Magnificent Frigatebird Fregata magnificens Very common in Canal Zone, good numbers each day. Not at Lodge.

Neotropic Cormorant Phalacrocorax brasilianus Common on coast at Punta Cuelebra, Panama City.

Anhinga Anhinga anhinga 1 at Albrook Hotel lake (JG only); occasional sightings on Canal/river.

Turkey VultureCathartes auraVery common throughout.Black VultureCoragyps atratusVery common throughout.King VultureSarcoramphus papa2 over Canopy Tower.Grey-headed KiteLeptodon cayanensis1 at Discovery Centre.

Swallow-tailed Kite Elanoides forficatus 2 Achiote Road; 4 at Serro Gaital.

Black Hawk-Eagle Spizaetus tyrannus 1 Pipeline Road.

Tiny Hawk Accipiter superciliosus 1 immature (red form) Semaphore Hill.

Mississippi Kite Ictinia mississippiensis Huge numbers (many thousands) migrating over Panama City/Canopy Tower on five days.

Savanna Hawk Buteogallus meridionalis 2 on Carribean side.

Great Black Hawk Buteogallus urubitinga 1 from Canopy Tower

Barred Hawk Morphnarchus princeps 1 distant bird seen from Sendero del Gaital trail.

White Hawk Pseudastur albicollis 1 from Obs deck Canopy Tower.

Grey-lined Hawk Buteo nitidus 1 Metropolitan Park; 1 Achiote Road.

Broad-winged Hawk Buteo platypterus 2 over Metropolitan Park and 1 over Punta Cuelebra; 1 from Obs deck Canopy Tower; 1 near San Lorenzo park.

Short-tailed Hawk Buteo brachyurus Singles on four days in Canal Zone.

Swainson's Hawk Buteo swainsoni Migrating flocks over Panama/Canopy Tower four days. Small numbers 10th-12th; 100s evening of 14th.

Zone-tailed Hawk Buteo albonotatus 2 over Canopy Tower.

Sunbittern Eurypyga helias 1 in stream close to Canopy Lodge.

White-throated Crake Laterallus albigularis Common at Ammo Pond, many HEARD but not seen.

Grey-necked Wood Rail Aramides cajaneus Singles on three days, 1 river/canal Canal Zone; 2 Canopy Lodge

Purple Gallinule Porphyrio martinicus Occasional sightings along river/canal and Ammo pond.

Common Gallinule Gallinula galeata Fairly common along river/canal.

Limpkin Aramus guarauna 2 on Chagris river; 3 along main river/canal.

Southern Lapwing Vanellus chilensis 1 on river/canal; 2 near Fort Sherman; 2 Mata Ahogado area (C&J).

Wattled Jacana Jacana Abundant on Ammo Pond and along vegetated stretches of rivers.

Lesser Yellowlegs Tringa flavipes 1 at Punta Cuelebra.

Spotted Sandpiper Actitis macularius 2 at Punta Cuelebra; 3 along river/canal.

Least SandpiperCalidris minutilla8 at Punta Cuelebra.Laughing GullLeucophaeus atricilla6+ at Punta Cuelebra.Elegant TernThalasseus elegans5 at Punta Cuelebra.Sandwich TernThalasseus sandvicensis1 at Punta Cuelebra.Rock DoveColumba liviaSeen only in Colon.

Scaled Pigeon Patagioenas speciosa Singles from Canopy Tower on four mornings; heard along Pipeline Road but not seen.

Pale-vented Pigeon Patagioenas cayennensis Common in small numbers in Canal Zone.

Short-billed Pigeon Patagioenas nigrirostris HEARD often along Pipeline Road.

Ruddy Ground Dove Columbina talpacoti Fairly common in Canal Zone, including Albrook Hotel.

White-tipped Dove Leptotila verreauxi 4 around Metropolitan Park; 1 Pipeline Road; more common around Canopy Lodge sites.

Grey-chested Dove Leptotila cassinii 1 by Chagris river; 3 Metropolitan Park; 2 Punta Cuelebra. White-winged Dove Zenaida macroura Small numbers Semaphore Hill and Gamboa-Ammo Pond

Greater Ani Crotophaga major 1 Discovery Centre trail; 1 Barro Colorado island; pair at Ammo Pond and 1 at Summit Gardens.

Smooth-billed Ani Crotophaga ani Several sightings around Caribbean sites.

Squirrel Cuckoo Piaya cayana Singles at Canopy Tower, Pipeline Road, Achiote Road and near Canopy Lodge.

Mangrove CuckooCoccyzus minor1 in the Black Mangroves near San Lorenzo Park.Great PotooNyctibius grandis1 seen on night drive and 1 at day roost Achiote Road.

Common Potoo Nyctibius griseus HEARD ONLY Semaphore Hill.

Lesser Nighthawk Chordeiles acutipennis 1 roosting on pylon at Gamboa on two days.

Common Nighthawk Chordeiles minor 1 at Summit Gardens.

Pauraque Nyctidromus albicollis 1-2 at Albrook Inn; 5 seen on night drive Sempahore Hill and towards Chagris river

Band-rumped Swift Chaetura spinicaudus c.5 around Canopy Tower one evening.

Short-tailed Swift Chaetura brachyura Fairly common in small numbers in Canal Zone, seen on seven days,

White-tipped Sicklebill Eutoxeres aguila 1 on Heliconia flowers on Sendero del Gaital

Green Hermit Phaethornis guy 1 on Sendero del Gaital trail.

Long-billed Hermit Phaethornis longirostris Seen often in Canal Zone but usually singles.

Stripe-throated Hermit Phaethornis striigularis 1 San Lorenzo Park; 2 at Canopy Lodge and 1 in Sendero del Gaital area.

White-necked Jacobin Florisuga mellivora Very common in Canal Zone, seen most days.

Rufous-crested Coquette Lophornis delattrei 1 male and 1 female at Canopy Lodge.

Garden Emerald Chlorostilbon assimilis Pair at Punta Cuelebra; 1 Summit Gardens; 1 at Canopy Lodge.

Crowned Woodnymph Thalurania colombica Pair at Discovery Centre; 1 Pipeline Road; frequent at Canopy Lodge sites.

Violet-bellied H'mbird Juliamyia julie Common in Canal Zone. Sapphire-thrtd H'mbird Lepidopyga coeruleogularis 1 at Discovery Centre.

Rufous-tailed H'mbird Amazilia tzacatl 1 at Albrook Hotel; 1 at Discovery Centre; 1 on Pipeline Road; frequent at Canopy Lodge.

Blue-chested H'mbird Amazilia amabilis Very common in Canal Zone; only 1 seen at Canopy Lodge.

Snowy-bellied H'mbird Amazilia edward 2 along Pipeline Road; 1 Canopy Tower; several sightings at Canopy Lodge sites.

White-vntd Plumeleteer Chalybura buffonii 1 at Canopy Tower; 1 at Discovery Centre; 1 at Canopy Lodge.

Bronze-tld Plumeleteer *Chalybura urochrysia* 1 Canopy Lodge.

Purple-crowned Fairy *Heliothryx barroti* 1 at Summit Gardens.

Slaty-tailed Trogon Trogon massena HEARD at Metropolitan Park and Discovery Centre; pair seen Pipeline Road; 2 San Lorenzo Park

Black-tailed Trogon Trogon melanurus Female seen and male heard Pipeline Road.

White-tailed Trogon Trogon chionurus 1 Achiote Road.

Gartered Trogon Trogon caligatus Pair Semaphore Hill; 1 near Ammo Pond; 1 San Lorenzo Park.

Black-throated TrogonTrogon rufusHEARD ONLY Pipeline Road.Am'can Pygmy KingfisherChloroceryle aenea1 by stream along Pipeline Road.Green KingfisherChloroceryle americana1 on steam along Pipleline Road.

Amazon Kingfisher Chloroceryle amazona 1 at Albrook Hotel

Ringed Kingfisher Megaceryle torquata 1 Albrook Hotel; 1 Ammo Pond; 2 on canal/river trip; 1 Discovery Centre.

Belted Kingfisher Megaceryle alcyon 1 at the black mangrove area, Caribbean side.

Whooping Motmot

Momotus subrufescens

Albrook Hotel; 1 Chagris river; 2 Metropolitan Park; 1 Discovery Centre; 1 Summit Gardens.

Rufous Motmot

Baryphthengus martii

Albrook Hotel; 1 Chagris river; 2 Metropolitan Park; 1 Discovery Centre; 1 Summit Gardens.

Albrook Hotel; 1 near Ammo Pond; heard Pipeline Road; 1 Canopy Lodge + 3 at nearby sites.

Broad-billed Motmot Electron platyrhynchum 2 along Semaphore Hill; 2 near Ammo Pond.

White-necked Puffbird Notharchus hyperrhynchus 1 at Metropolitan Park.

Black-breasted Puffbird Notharchus pectoralis 1 Pipeline Road.

Pied Puffbird Notharchus tectus 1 Pipeline Road.

White-whiskrd Puffbird Malacoptila panamensis 1 Albrook Hotel; 1 Semaphore Hill; 2 Discover Centre; pair on Pipeline Road.

Spot-crowned Barbet Capito maculicoronatus Pair Achiote Road; pair near Canopy Lodge.

Collared Aracari Pteroglossus torquatus 4 Chagris river; 3 near Semaphore Hill; 1 Barro Colorado; 1 Pipeline Rd; 2 Achiote Road; 1 Canopy Lodge.

Keel-billed Toucan Ramphastos sulfuratus Common, seen all areas.

Black Mandibled Toucan R. ambiguus(swainsonii) 4 from Discovery Centre Obs.tower; 2 Achiote Rd; also heard on Pipeline Road.

Black-cheeked Woodpecker Melanerpes pucherani 1 Discovery Centre; 1 Pipeline Road; 1 Achiote Road.

Red-crowned Woodpecker Melanerpes rubricapillus Common, seen all areas.

Cinnamon Woodpecker Celeus Ioricatus Singles at Semaphore Hill, Discovery Centre and Pipeline Road.

Crimson-crested Woodpecker Campephilus melanoleucos Pair with juvenile near Ammo Pond; pair on Barro Colorado island; pair on Pipeline Road.

Yellow-headed Caracara Milvago chimachima 1 Canopy Tower; 3 Chagres river; 1 Ammo Pond; 3 Metropolitan Park; 2 river trip; frequent sightings Achiote-San Lorenzo areas.

Laughing Falcon Herpetotheres cachinnans 2 HEARD near Achiote Road, not seen.

American Kestrel Falco sparverius 1 San Lorenzo area.

Bat Falcon Falco rufigularis 1 by Canopy Tower.

Peregrine Falcon Falco peregrinus Singles Canopy Tower on two days.

Orange-chinned Parakeet Brotogeris jugularis Common, seen all areas.

Brown-hooded Parrot *Pyrilia haematotis* 2 over Pipeline Road; 1 Achiote Road.

Blue-headed Parrot Pionus menstruus 1 Achiote Road; 2 over Canopy Lodge. Also heard along Pipeline Road;

Red-lored Amazon Amazona autumnalis Common in Canal Zone; not at Canopy Lodge sites.

Northern Mealy Amazon Amazona guatemalae 2 on canal/river trip.

Brown-throated Parakeet Eupsittula pertinax 4 over Albrook Hotel.

Plain Xenops Xenops minutus 2 Discovery Centre.

Plain-brown Woodcreeper Dendrocincla fuliginosa 2 Semaphore Hill.

Olivaceous Woodcreeper Sittasomus griseicapillus HEARD along Pipeline Road. Wedge-billed Woodcreeper Glyphorynchus spirurus 1 near Canopy Lodge.

Nthn Barred Woodcreeper Dendrocolaptes sanctithomae 1 Pipeline Road; 1 Achiote Road.

Cocoa Woodcreeper Xiphorhynchus susurrans 1 Semaphore Hill; 1 Discovery Centre; 1 Pipeline Road; 1 Achiote Road; 1 near Canopy Lodge; 1 Serro Gaito area.

Spotted Woodcreeper Xiphorhynchus erythropygius 1 Serro Gaito area.

Barred Antshrike Thamnophilus doliatus 1 near Ammo Pond; 2 pairs at Metropolitan Park.

Black-crowned Antshrike Thamnophilus atrinucha pair near Ammo Pond; pair Discovery Centre; pair Pipeline Road; pair Achiote Road.

Spot-crowned Antvireo Dysithamnus puncticeps 1 along Sendero del Gaital trail.

Checker-throated Antwren Epinecrophylla fulviventris 1 near Ammo Pond; 2 Pipeline Road; 2 Sendero del Gaital trail.

Pacific Antwren Myrmotherula pacifica 1 Achiote Road

White-flanked Antwren Myrmotherula axillaris Pair Discovery entre; 1 male Pipeline Road; 3 males San Lorenzo Park.

Dot-winged Antwren Microrhopias quixensis 1 near Ammo Pond; pair on Barro Colorado island; pair Pipeline Road; 3 Achiote Road.

Dusky Antbird Cercomacra tyrannina 1 near Ammo Pond; 1 Discovery Centre.

White-bellied Antbird Myrmeciza longipes 1 near Ammo Pond.

Chestnut-backed Antbird Myrmeciza exsul 1 Discovery Centre; 1 Pipeline Road.

Bicolored Antbird Gymnopithys bicolor 1 Pipeline Road.

Spotted Antbird Hylophylax naevioides HEARD along Pipeline Road.

Black-faced Antthrush Formicarius analis 1 Discovery Centre; 1 at Canopy Lodge; also heard along Pipeline Road

Streak-chested Antpitta *Hylopezus perspicillatus* HEARD along Pipeline Road. Yellow-crowned Tyrannulet *Tyrannulus elatus* HEARD Metropolitan Park.

Forest Elaenia Myiopagis qaimardii 1 Metropolitan Park; heard on Pipeline Road.

Greenish Elaenia Myiopagis viridicata HEARD Metropolitan Park.

Yellow-bellied Elaenia Elaenia flavogaster 2 Metropolitan Park; 1 Summit Gardens.

Brown-capped Tyrannulet Ornithion brunneicapillus 1 at Canopy Tower.

Southern Beardless Tyrannulet Camptostoma obsoletum 1 Semaphore Hill; 1 Metropolitan Park.

Ochre-bellied Flycatcher Mionectes oleagineus 1 Summit Gardens. Paltry Tyrannulet Zimmerius vilissimus 1 Semaphore Hill.

Scale-crested Pygmy Tyrant Lophotriccus pileatus HEARD Sendero del Gaital area.

Southern Bentbill Oncostoma olivaceum HEARD Pipeline Road.
Slaty-headed Tody-Flycatcher Todirostrum sylvia 1 from Canopy Tower.

Common Tody-Flycatcher Todirostrum cinereum Singles at Semaphore Hill, near Ammo Pond, Metropilitan Park and near Lorenzo Fort.

Black-headed Tody-F'ctchr Todirostrum nigriceps 1 Summit Gardens; 1 near Canopy Lodge.

Eye-ringed FlatbillRhynchocyclus brevirostris1 near Canopy Lodge.Olivaceous FlatbillRhynchocyclus olivaceus1 Pipeline Road.Yellow-olive FlatbillTolmomyias sulphurescens1 Metropolitan Park.Yellow-margined FlatbillTolmomyias flavotectus1 near Chagris river.

Eastern Wood Pewee Contopus virens 2 Metropolitan Park; also heard Semaphore Hill.

Tropical Pewee Contopus cinereus 1 Achiote Road.

Acadian Flycatcher Empidonax virescens 1 near Ammo Pond; 1 Metropolitan Park.

Vermilion Flycatcher Pyrocephalus rubinus 1 male at Albrook Hotel.

Piratic Flycatcher Legatus leucophaius 1 at nest Semaphore Hill; 1 Summit Gardens.

Rusty-margined Flycatcher Myiozetetes cayanensis 2 Chagris river; 2 Ammo Pond area.

Social Flycatcher Myiozetetes similis Common throughout, seen frequently all areas.

Great Kiskadee Pitangus sulphuratus Common in Canal Zone, frequently seen and heard all areas.

Lesser Kiskadee Philohydor lictor 1 Chagris river; frequent on canal/river trip; 1 Summit Gardens.

Streaked Flycatcher Myiodynastes maculatus 2 Semaphore Hill; 1 Ammo Pond; 1 Summit Gardens; 1 Barro Colorado; 1 Achiote Road; 1 Canopy Lodge.

Sulphur-bellied Flycatcher Myiodynastes luteiventris 1 Canopy Tower.

Boat-billed Flycatcher Megarynchus pitangua 1 Metropolitan Park.

Tropical Kingbird Tyrannus melancholicus Common in Canal Zone, seen often each day.

Fork-tailed Flycatcher Tyrannus savana Singles at Gamboa on two days.

Eastern Kingbird Tyrannus tyrannus Migrating flocks of 6-25 over Pipeline Road, Summit Gardens and by Canopy Lodge.

Dusky-capped Flycatcher Myiarchus tuberculifer 1 Albrook; 2 singles Canopy Tower; 2 Semaphore Hill; 2 Ammo Pond; 2 Metropolitan Park; 1 Canopy Lodge; 1 Sendero del Gaital.

Panamanian Flycatcher Myiarchus panamensis 1 Barro Colorado island; 1 Summit Gardens.

Great Crested Flycatcher Myiarchus crinitus 2 Metropolitan Park; 1 Pipeline Road.

Bright-rumped Attila Attila spadiceus 1 Metropolitan Park.

Blue Cotinga Cotinga nattererii 1 from Canopy Tower; 1 on Barro Colorado island.

Purple-throated Fruitcrow Querula purpurata 3 Discovery Centre; pair Pipeline Road.

Blue-crowned Manakin Lepidothrix coronata 1 female Discovery Centre; 1 female Pipeline Road.

Golden-collared Manakin Manacus vitellinus 1 male Pipeline Road; 1 female Sendero del Gaital area.

Lance-tailed Manakin Chiroxiphia lanceolata 2 males, 1 female Semaphore Hill.

Red-capped Manakin Dixiphia mentalis 1 female Discovery Centre; 2 males displaying Barro Colorado island; pair Pipeline Road.

Ruddy-tailed Flycatcher Terenotriccus erythrurus 1 Achiote Road.

Black-crowned Tityra Tityra inquisitor 1 Pipeline Road; pair Summit Gardens.

Masked Tityra Tityra semifasciata Pair Semaphore Hill; pair Pipeline Road; pair Summit Gardens.

Russet-winged Schiffornis Schiffornis stenorhyncha 1 (another heard) Pipeline Road.

White-winged Becard Pachyramphus polychopterus 1 Summit Gardens.

Green Shrike-Vireo Vireolanius pulchellus 1 Discovery Centre.

Red-eyed Vireo Vireo olivaceus Singles at Canopy Tower two days; 3+ near Ammo Ponds.
Yellow-green Vireo Vireo flavoviridis 1 Albrook Hotel; 1 Canopy Tower; 3 Metropolitan Park.

Lesser Greenlet *Hylophilus decurtatus* Common in Canal Zone, constantly heard and occasionally seen. Black-chested Jay Cyanocorax affinis 1 Summit Gardens; 2 Achiote Road; 2 near Canopy Lodge.

Sand Martin Riparia riparia Small numbers occasionally seen.

Mangrove Swallow Tachycineta albilinea Common along river in Canal Zone.

Grey-breasted Martin Progne chalybea Common in Canal Zone, seen most days, and on route to Canopy Lodge. Sthn Rough-winged Swallow Stelqidopteryx ruficollis 4 at Albrook Hotel; occasional around Canopy Tower and by river/canal.

Barn Swallow Hirundo rustica Common in Canal Zone.

American Cliff Swallow Petrochelidon pyrrhonota Occasionally seen in small numbers around Canal Zone.

Black-bellied Wren Pheugopedius fasciatoventris 1 Discovery Centre. Also heard at Achiote Road.

Rufous-breasted Wren Pheugopedius rutilus 1 Metropolitan Park; 1 Summit Gardens; 2 at Canopy Lodge.

Plain Wren Cantorchilus modestus Singles at Chagris river and Metropolitan Park. Heard also near Ammo Pond and Summit Gardens.

Buff-breasted Wren Cantorchilus leucotis HEARD Semaphore Hill and San Lorenzo Park.

Bay Wren Cantorchilus nigricapillus 1 at San Lorenzo Park; 2 near Canopy Lodge; 1 Sendero del Gaital area.

House Wren Troglodytes aedon 2 Albrook Hotel; 3 Canopy Lodge; singles at Canopy Tower, Summit Gardens, San Lorenzo Park.

White-headed Wren Campylorhynchus albobrunneus 5+ at Achiote Road.

White-breasted Wood Wren Henicorhina leucosticta Singles at Canopy Lodge and Sendero del Gaital area. Also heard at Semaphore Hill.

Song Wren Cyphorhinus phaeocephalus 1 at Discovery Centre; 1 Pipeline Road.

Tropical Gnatcatcher Polioptila plumbea 1 Pipeline Road.

Tropical Mockingbird Mimus ailvus 1 at Albrook Hotel; 1 near Ammo Pond; several Summit Gardens; 4-5 Achiote-San Lorenzo.

Swainson's Thrush Catharus ustulatus 2 Semaphore Hill; 1 Pipeline Road; numerous around Canopy Lodge.

Clay-colored Thrush Turdus grayi Very common everywhere.

Lesser Goldfinch Spinus psaltria Common around Canopy Lodge.

Yellow-crowned Euphonia Euphonia luteicapilla 1 Metropolitan Park; several in Summit Gardens.

Tawny-capped Euphonia Euphonia anneae 1 male Sendero del Gaital area.

Thick-billed Euphonia Euphonia laniirostris Common throughout. Fulvous-vented Euphonia Euphonia fulvicrissa 1 male Pipeline Road.

Northern Waterthrush Parkesia noveboracensis 1 Chagris river; 1 Punta Cuelebra; 2 on river/canal trip; 1 Discovery Centre; 1 Canopy Lodge.

Black-and-white Warbler Mniotilta varia 1 Pipeline Road.

Tennessee Warbler Leiothlypis peregrina 1 Discovery Centre; singles at Canopy Lodge both days.

Bay-breasted Warbler Setophaga castanea Often at Canopy Tower-Semaphore Hill (2s-4s); 4 Metropolitan Park; 1 Discovery Centre; 1 Barro Colorado.

Blackburnian Warbler Setophaga fusca 1 at Canopy Tower.

American Yellow Warbler Setophaga aestiva 1 at Albrook Hotel; 1 Chagris River.

Mangrove Warbler Setophaga petechia 2 Punta Cuelebra.

Chestnut-sided Warbler Setophaga pensylvanica 1 Achiote Road; 1 Canopy Lodge.

Buff-rumped Warbler Myiothlypis fulvicauda 1 at Canopy Lodge.

Rufous-capped Warbler Basileuterus rufifrons 1 at Canopy Lodge; 2 Sendero del Gaital area.

Canada Warbler Cardellina canadensis 1 Metropolitan Park; 1 San Lorenzo Park; 1 Canopy Lodge; 2 Sendero del Gaital area.

Red-breasted Blackbird Sturnella militaris 1 male near Gaun Locks.

Chestnut-headed Oropendola Psarocolius wagleri 1 Discovery Centre; 3 Pipeline Road; 4 Summit Gardens; frequent on Caribbean side; common Canopy Lodge areas.

Crested Oropendola Psarocolius decumanus 3 pairs Achiot Road; 4 near Canopy Lodge.

Scarlet-rumped Cacique Cacicus microrhynchus 1 from Canopy Tower; 2 Metropolitan Park; 2 Pipeline Road.

Yellow-rumped Cacique Cacicus cela Common in Canal Zone.

Yellow-backed Oriole Icterus chrysater 1 male Punta Cuelebra; 2 males Serro Gaital.

Baltimore Oriole Icterus galbula Pair at Albrook Hotel; pair Barro Colorado Island.

Giant Cowbird Molothrus oryzivorus 1 immature near Pipeline Road; 1 male Achiote Road area.

Shiny Cowbird Molothrus bonariensis 1 near Gamboa.

Great-tailed Grackle Quiscalus mexicanus Very common in Canal Zone. Not at Canopy Lodge areas.

Bananaquit Coereba flaveola Singles at Canopy Lodge on two days.

Orange-billed Sparrow Arremon aurantiirostris Occasional sightings Canopy Lodge areas.

Dusky-faced TanagerMitrospingus cassinii1 at Canopy Lodge.Grey-headed TanagerEucometis penicillata1 Pipeline Road.

White-shouldered Tanager Tachyphonus luctuosus Pair near Chagis river; pair Semaphore Hill; pair Metropolitan Park; 2 females Pipeline Road; pair Canopy Tower; pair Achiote Road

Tawny-crested Tanager Tachyphonus delatrii 1 Sendero del Gaital area.
Crimson-backed Tanager Ramphocelus dimidiatus Common throughout.

Lemon-rumped Tanager Ramphocelus icteronotus Pair Achiote Road; common in Canopy Lodge area.

Blue-grey Tanager Thraupis episcopus Common throughout.
Palm Tanager Thraupis palmarum Common throughout.

Plain-colored Tanager Tangara inornata Often seen from Canopy Tower; several on Pipeline Road; 4 Achiote Road area; 2 Canopy Lodge.

Silver-throated Tanager Tangara icterocephala Frequent at Canopy Lodge.

Bay-headed Tanager Tangara gyrola 2 males at Canopy Lodge; 1 Sendero del Gaital area.

Golden-hooded Tanager Tangara larvata 1 Pipeline Road; 1 Canopy Tower.

Blue Dacnis Dacnis cayana 1 Metropolitan Park; occasional sightings from Canopy Tower; 2 males Barro Colorado island; 3 Pipeline Road; 1 Achiote Road.

Saffron Finch Sicalis flaveola c5 Achiote-San Lorenzo area.

Shining Honeycreeper Cyanerpes lucidus Occasional sightings from Canopy Tower; 1 male on Barro Colorado island.

Red-legged Honeycreeper *Cyanerpes cyaneus* Common throughout.

Green Honeycreeper Chlorophanes spiza Often seen from Canopy Tower; female Barro Colorado island; 1 Serro Gaital.

Variable Seedeater Sporophila corvina Occasional sightings in Canal Zone.

Yellow-bellied Seedeater Sporophila nigricollis Pair near Chagris river.

Thick-billed Seed Finch Oryzoborus funereus Male near Chagris river; female Ammo Pond; male San Lorenzo area.

Yellow-faced Grassquit Tiaris olivaceus Heard, and briefly glimpsed, Sendero del Gaital trail.

Rosy Thrush-Tanager Rhodinocichla rosea HEARD frequently around Canopy Lodge but not seen.

Tooth-billed Tanager Piranga lutea 2 Sendero del Gaital area.

Summer Tanager Piranga rubra Occasional sightings of pairs from Canopy Tower; 1 Metropolitan Park; 2 males Barro Colorado island.

Scarlet Tanager Piranga olivacea 2 males, 1 female at Albrook Hotel; frequently seen from Canopy Tower; 1 Metropolitan Park;

Red-crowned Ant Tanager Habia rubica Pair Metropolitan Park; pair at Metropolitan Park; 1 at Canopy Tower; 1 at Canopy Lodge; 1 Sendero del Gaital area.

Red-throated Ant Tanager Habia fuscicauda 1 at Metropolitan Park.

Black-faced Grosbeak Caryothraustes poliogaster 4 Sendero del Gaital area.

Rose-breasted Grosbeak Pheucticus Iudovicianus Female Chagris river; Pair + male Metropolitan Park.

Black-headed Saltator Saltator atriceps 1 at Albrook Hotel; 1 Achiote Road.

Buff-throated Saltator Saltator maximus 1 Summit Gardens; 1 Achiote Road; common Canopy Lodge area.

Streaked Saltator Saltator striatipectus 3 Metropolitan Park; 1 from Canopy Tower. Blue-black Grosbeak Cyanocompsa cyanoides HEARD near Canopy Lodge but not seen.

ADDITIONAL SPECIES seen by CS/JG but not by K&MC

Tropical Screech Owl Megascops choliba 1 Mata Ahogado area (CS & JG)
Spectacled Owl Pulsatrix perspicillata 1 Mata Ahogado area (CS & JG)
Orange-bellied Trogon Trogon aurantiventris 1 Mata Ahogado area (CS & JG)

Blue-throated Toucanet

Aulacorhynchus caeruleogularis

1 Mata Ahogado area (JG)

Gray-breasted Wood Wren

Henicorhina leucophrys

1 Mata Ahogado area (CS & JG)

Louisiana Waterthrush

Parkesia motacilla

1 at Albrook Hotel lake (JG)

Scarlet-thighed Dacnis

Dacnis venusta

1 Mata Ahogado area (CS & JG)

Black-striped Sparrow

Arremonops conirostris

1 Mata Ahogado area (CS & JG)

Plain Antriros

Dusithampus montalis

Plain Antvireo Dysithamnus mentalis 1 at La Mesa (CS/JG) 1 at La Mesa (CS/JG) Slaty Antwren Myrmotherula schisticolor Myiobius sulphureipygius 1 at La Mesa (CS/JG) Sulphur-rumped Myiobius 1 at La Mesa (CS/JG) Rufous-and-white Wren Thryophilus rufalbus 1 at La Mesa (CS/JG) Tawny-faced Gnatwren Microbates cinereiventris Long-billed Gnatwren Ramphocaenus melanurus 1 at La Mesa (CS/JG) 1 at La Mesa (CS/JG) Common Bush-Tanager Chlorospingus flavopectus

MAMMALS 21 spp.

C. American Woolly Opossum Caluromys derbianus 3 seen on night drives (Semaphore Hill and Gamboa).

Northern Tamandua Tamandua mexicana 1 Semaphore Hill

Hoffman's 2-toed Sloth Choloepus hoffmanni Common, especially at Punta Cuelebra (8). At least two females with baby.

Brown-throated 3-toed Sloth Bradypus variegatus Very common, seen every day. Several females with baby.

Nine-banded Armadillo Dasypus novemcinctus 4 seen on night drives; 1 during day along Semaphore Hill.

(Greater) White-lined Bat Saccopteryx (bilineata) Two colonies on Barro Colorado island (on building and in huge hollow tree) probably this sp.

Common Tent-making Bat Uroderma bilobatum Colony at Summit Gardens.

Little Mastiff Bat Molossus molossus Frequently seen around Canopy Tower, also entering the dining area.

Geoffroy's Tamarin Sanguinus geoffroyi 5 at Albrook Hotel; 6 (male carrying twins) Canopy Tower; three groups in Metropolitan Park; by river/canal; Discovery Centre.

Panamanian Night Monkey Aotus zonalis 2 in roosting hole Semaphore Hill; 3 seen on night drive Semaphore Hill; 2 in roosting site at Gamboa Rainforest Resort.

White-headed Capuchin Cebus capucinus (imitator) Small groups seen four days from Canopy Tower; 3 on Monkey Island/river trip; several along Pipeline Road.

Mantled Howler Alouatta palliata Common. Seen most days throughout Canal Zone; heard and seen daily around Canopy Tower.

Variegated Squirrel Sciurus variegatoides 1 near Ammo Pond; 1 Metropolitan Park.

Red-tailed Squirrel Sciurus granatensis 1 on Barro Colorado Island; 1 Pipeline Road; common around Canopy Lodge and local areas.

Rothschild's Porcupine Coendou rothschildi 1 walked across dining area at Canopy Lodge.

Lesser Capybara Hydrochoerus isthmius 1 at Ammo Pond; 1 heavily-pregnant female on Chagris River.

Central American Agouti Dasyprocta punctata Very common throughout. Crab-eating Racoon Procyon cancrivorus 1 at Summit Gardens.

White-nosed Coati Nasua narica Common.

Tayra Eira barbara 1 walked across Pipeline Road.

White-tailed Deer Odocoileus virginianus 1 Discovery Centre.