

Panama - Mammals of the Canopy Tower

Naturetrek Tour Report

8 - 17 May 2013

Report compiled by Jenn Sinasac



Naturetrek Cheriton Mill Cheriton Alresford Hampshire SO24 0NG England

T: +44 (0)1962 733051

F: +44 (0)1962 736426

E: info@naturetrek.co.uk

W: www.naturetrek.co.uk

Tour Leader: Michael Castro

Participants: Mike Cox
Jo Cox
Teresa Hurley
Wayne Atkinson
Sarah Long
Richard Sherburn
Kate Sherburn

Day 1

Wednesday 8th May

We met as a group and transferred to the Canopy Tower in the afternoon, enjoyed a hearty dinner and prepared for our upcoming days in the canal zone of Panama.

Day 2

Thursday 9th May

Observation Deck, Semaphore Hill Road and Ammo Dump Ponds

We started our first full day up on the Canopy Tower's observation deck to watch for morning mammal and bird activity. As this tour had a mammal focus, we kept our eyes peeled for the unique and fascinating mammals of the neotropics, but also enjoyed the birds, reptiles, frogs, insects and other wildlife we came across. This morning on the observation deck, while enjoying a hot cup of coffee, we saw Golden-hooded and Plain-colored Tanagers and Green Honeycreeper in the treetops, and a beautiful Gray-headed Kite.

After a delicious breakfast, we headed down Semaphore Hill road, through the heart of Soberania National Park. This morning, while keeping eyes peeled for mammals, we also enjoyed views of Squirrel Cuckoo, Black-throated and Gartered Trogons, Collared Aracari, Chestnut-backed Antbird, Plain Xenops and a cute Red-capped Manakin. We returned back to the lodge for lunch.

After lunch, there was time for a siesta and enjoying the observation deck, living room and grounds of the Canopy Tower. Mid-afternoon we headed out again, up to the canal town of Gamboa to check out the Ammo Dump Ponds, where Lesser Capybaras are occasionally found. We were treated to the sight of our first mammal, a Hoffmann's Two-toed Sloth, moving slowly in a tree along the road. Everyone was thrilled to see this lazy mammal up close!

Other interesting animals this afternoon included Rufescent Tiger-Heron, Wattled Jacana, White-throated Crake, Purple Gallinule, Anhinga, Greater Ani and Black-bellied Whistling-Duck. We returned back to the tower for cocktails, dinner and tallied our checklist for the day.

Day 3

Friday 10th May

Observation Deck, Pipeline Road, Plantation Road and Night Drive on Semaphore Hill

This morning started off early again, when we awoke to the bellowing calls of Mantled Howler monkeys at dawn! We met on the observation deck as the sun was rising... This morning we were early enough to see the morning flight of Red-lored and Mealy Parrots over the forest canopy.

After breakfast at the Tower, we grabbed our gear and made our way in the Birdmobile to the world famous Pipeline Road. Pipeline Road is one of the best places in Central America to see lowland forest wildlife, especially mammals and birds. Here we found the other species of Sloth in Central America, a Brown-throated Three-toed Sloth. Both Sloth's are easy to spot in the Canal Zone, and were seen almost daily through this tour, offering great sightings! Great Tinamou, Long-billed Hermit, Plain-brown Woodcreeper, Cinnamon Woodpecker, Bicolored Antbird, and Golden-collared and Blue-crowned Manakins were also seen in the forest this morning. We returned to the Canopy Tower for lunch.

This afternoon we visited Plantation Road, which extends through the drier forest surrounding Semaphore Hill and meets with Camino de Cruces at its end. We enjoyed finding Purple-throated Fruitcrow, Gray-headed Tanager, Blue-black Grosbeak and other birds.

We arrived back at the Tower in time for cocktails and dinner after a good day in the forest! This evening, we ventured out at night for the first time this trip, as many of the mammals here are nocturnal. We were pleased to find a Kinkajou in a tree, easily noticeable by its eye-shine. After a long day, everyone retired to bed in preparation for the next day.

Day 4

Saturday 11th May

Barro Colorado Island

This morning everyone was up early and eager to find some mammals on one of the best places to mammal-watch in Panama – Barro Colorado Island. Barro Colorado Island is located in Gatun Lake, and is the location of one of the most famous biological research stations in South America, operated by the Smithsonian Tropical Research Institute. After breakfast at the Tower, we had a short drive to the dock, and boarded the boat to Barro Colorado Island at 7:15 am. Everyone enjoyed the ride on the world-famous Panama Canal!

Upon arrival at the island, we disembarked and spent the day on the island, looking for mammals and other wildlife. Here we met our first troops of monkey species in Panama – White-faced Capuchins, Mantled Howlers and the squirrel-sized Geoffroy's Tamarins. Amongst other mammals we saw at BCI were Red-tailed Squirrel, Central American Agouti, Nine-banded Armadillo and Greater White-lined Bat – a nice variety! Notable bird sightings on Barro Colorado Island included Crested Guan, Scaled Pigeon, Slaty-tailed Trogon, Keel-billed and Black-mandibled Toucan, Buff-throated Saltator, Yellow-bellied Seedeater and the beautiful Yellow-crowned Euphonia.

We returned back to the Canopy Tower on the afternoon boat back to Gamboa, which left the island at 3:20 pm. Back at the Tower we compiled our checklist for the day, and had plenty of time to freshen up before cocktails and dinner.

After dinner we searched for some nocturnal mammals around the tower, and found a Panamanian Night Monkey, a very exciting sighting! These monkeys can be very difficult to find. After returning back to the tower, everyone was ready for a good sleep!

Day 5

Sunday 12th May

Metropolitan Park and Gamboa Rainforest Resort

This morning, after a delicious breakfast, we boarded the van and headed to Panama City. The purpose of our trip was to visit the Metropolitan Nature Park, located on the west end of Panama City. This 265-ha park has nice old-growth forests and attracts a wide variety of wildlife. It is characteristic tropical dry forest, quite different from the forest surrounding Gamboa and the Canopy Tower, which is much wetter. We had a great morning for mammal sightings, especially bats, as we explored the bunker in the park and found Greater White-lined Bat, Greater Spear-nosed Bat and False Vampire Bat. We also found Jamaican Fruit-eating Bat and Common Tent-making Bat.

Other notable mammals at Metropolitan Park this morning were another Hoffmann's Two-toed Sloth, Variegated Squirrel, Red-tailed Squirrel, Geoffroy's Tamarin and Central American Agouti. The dry forests attracts many species of birds, and we saw Violet-crowned Woodnymph, Garden Emerald, Lined Woodpecker, Black-chested Jay, Rufous-breasted Wren, Yellow-backed Oriole, Fulvous-vented Euphonia and others. We returned back to the Canopy Tower in time for lunch and a siesta. We enjoyed watching the Howler monkeys lounging in the trees at canopy level from the observation deck.

In the afternoon we revisited the grounds of the Gamboa Rainforest Resort, in search for a couple key mammals: Lesser Capybara and Tayra. This afternoon, we were successful in finding the Lesser Capybara at the resort marina. Not many people are aware of this species, which was split in 1991 from the larger Capybara of the Amazon lowlands. The Lesser Capybara is found from central Panama into north-western Colombia and Venezuela, and is noticeably smaller than its Amazonian cousin. However, its size still rivals that of all the other rodents here in Panama! It was a memorable sighting to say the least...

Notable bird sightings this afternoon around the resort included Blue Cotinga, White-winged Becard, Black-headed Saltator, American Pygmy-Kingfisher, Fasciated Antshrike and Chestnut-headed Oropendola. After our afternoon in Gamboa, we headed back to the Tower for a review of our checklist for the day, cocktails and dinner.

Day 6

Monday 13th May

Gatun Lake Boat Trip, Summit Gardens, Gamboa Rainforest Resort and Night Drive on Semaphore Hill

This morning we awoke as usual, enjoyed breakfast together at the Canopy Tower and headed out on our morning excursion, a boat trip into Lake Gatun. As we were leaving the tower, we saw a lonesome White-nosed Coati walking along the Semaphore Hill Road. Here in Panama, the local name of the Coati is "Gato Solo" or "lonely cat". As White-nosed Coatis are often seen in family groups with females and young, male Coatis spend most of their time alone, hence the name.

We drove to the dock towards the Gamboa Bridge, and met our boat, hopped in and off we went! Along the way there were plenty of opportunities to see several water birds, including Rufescent Tiger-Heron, Great Blue, Little Blue, Tricolored, Green and Striated Herons, Gray-necked Wood-Rail and Common Gallinule. We also had sightings of Snail Kite and Osprey over the canal. From the boat, we had good views of White-faced Capuchins! After a nice morning on the Panama Canal, we returned back to the Tower for a hearty lunch.

Our plans changed slightly in the afternoon. The plan was to visit the Miraflores Locks at the Panama Canal; however, with spending time out on the canal in boats the past couple of days had an urge to see some other mammals and wildlife in the area, so we decided to spend the afternoon seeking out a couple of other target mammals. First, we briefly visited Summit Gardens where we found a group of Lesser White-lined Bats roosting under a palm leaf. Then we headed back to the Gamboa Rainforest Resort for another chance at one of the most exciting mammals of the trip, Tayra. This time, we had great views of a male Tayra crossing the road behind the resort! We also saw Proboscis Bats, Central American Agouti, both Hoffmann's Two-toed and Brown-throated Three-toed Sloths, and Variegated and Red-tailed Squirrels. Notable birds this afternoon included Gray-headed Chachalaca, Southern Lapwing, Bat Falcon, Cinnamon Becard, Flame-rumped Tanager, Red-throated Ant-Tanager and Thick-billed Euphonia.

This evening after dinner at the Canopy Tower, we did our second night drive along Semaphore Hill. Our highlight this evening and new mammal for the list was a Central American Woolly Opossum walking along the roadside. After a rewarding day, we headed back to our rooms for a well-deserved sleep!

Day 7

Tuesday 14th May

San Lorenzo National Park

This morning we awoke to the sounds of the forest around us, and in addition to hearing the Howler Monkeys, we also caught sight of a small troop, as well as seeing the tiny Geoffroy's Tamarins in the treetops surrounding the Canopy Tower.

After breakfast, we travelled to the Caribbean side, specifically to San Lorenzo National Park. San Lorenzo is located on the western side of the Gatun Locks of the Panama Canal. We spent our day exploring the trails and popular wildlife areas of the park, and turned up both species of Sloth, Mantled Howler Monkeys, Red-tailed Squirrel, Central American Agouti and White-nosed Coati. Our highlight, however, was a Collared Peccary! Peccaries are the wild pigs of the Neotropics, they tend to live in family groups and their presence is often well-known by their gregarious grunting calls, jaw-clicking and pungent smell they leave behind!

San Lorenzo is a popular destination in central Panama for finding birds of the Caribbean slopes, and avian highlights in the park included Common Black-Hawk, Gray-lined Hawk, White-tailed Trogon, White-whiskered Puffbird, Bat Falcon, Black-faced Antthrush, Fork-tailed Flycatcher, Red-breasted Blackbird and Yellow-rumped Cacique. After our day of seeking mammals in San Lorenzo National Park, we returned back to the Canopy Tower for our last night in the Canal Zone, with much anticipation for what the western foothills of El Valle would bring! We enjoyed cocktails and dinner, and compiled our checklist for the day. While at the Tower this evening, we spotted both Jamaican Fruit-eating Bats and Common Tent-making Bats out the windows!

Day 8

Wednesday 15th May

Gamboa Rainforest Resort, transfer to Canopy Lodge in El Valle, and Chorro El Macho Trail

This morning, we were pleased to find Geoffroy's Tamarins visible from the Canopy Tower Observation Deck and through the windows of the living area. After a delicious breakfast at the Canopy Tower, we ventured back to the Gamboa Rainforest Resort one last time to check for any mammals we may have missed. We turned up Mantled Howlers and a Variegated Squirrel. We kept our eyes open for interesting birds as well, and highlights included Squirrel Cuckoo, Ruddy Ground-Dove and Green Shrike-Vireo. We were back at the Canopy Tower by mid-morning to pack up our stuff and travel to our next destination, the Canopy Lodge in picturesque El Valle de Anton!

We arrived at the Canopy Lodge just in time for lunch. We got acquainted with our rooms and the lodge and enjoyed a delicious meal together in the dining room. Upon arrival, it was raining in El Valle, which carried on through the afternoon, evening and through the night! After lunch, we had some time to relax and enjoy the lodge during the heaviest parts of the rain, then we were off to walk the "Chorro El Macho" trail to the waterfall when the rain let up. We encountered a Brown-throated Three-toed Sloth and a Red-tailed Squirrel along the trail. Also seen were Stripe-throated Hermit, Bronze-tailed Plumeleteer, Blue-headed Parrot, Bananaquit, Red-crowned Ant-Tanager and Crested Oropendola.

Back at the Canopy Lodge, we witnessed one of the most peculiar animal interactions. A Chestnut-headed Oropendola, which appeared to be sick and dying, came in to the fruit feeders at the lodge. It was weak, and ended up on the ground. It wasn't there too long when a Central American Agouti approached the sick bird, attacked and killed it and then started to feed on it. Agoutis normally feed on seeds and fruits; however, when the opportunity presents itself for a good protein fix, they seem pretty opportunistic! Quite the sight!

We freshened up and met in the dining area for cocktails, dinner and a review of our checklist for the day, enjoying the cool, refreshing air of El Valle. It was a long day, but a good one indeed!

Day 9

Thursday 16th May

Santa Clara Beach and the Pacific Coast, and La Zamia Trail

We awoke to the sound of rain, and met in the morning at breakfast to discuss our plan for the day. Our plan was to go up to La Mesa, at a higher altitude than El Valle and the Canopy Lodge, to search for mammals in the upper foothills. However, because of the rain, we changed our plans and headed for drier ground. After breakfast at the Canopy Lodge, we ventured out to Santa Clara along the Pacific Coast. We visited a variety of habitats including beach, dry scrub forest, open field and wetlands and had a great day with lots of nice sightings. Muscovy Duck, Crested Bobwhite, Wood Stork, Magnificent Frigatebird, White Ibis, Lesser Yellow-headed Vulture, White-tailed Kite, Savanna Hawk, Groove-billed Ani, Sapphire-throated Hummingbird, Crested Caracara, Yellow-crowned Parrot, Northern Scrub-Flycatcher, Rufous-capped Warbler, Blue-and-white Swallow and many more were seen during the day. Our birding highlight of the day was a beautiful and uncommon Aplomado Falcon!

On our way back to the Canopy Lodge, we stopped at the La Zamia Trail in El Valle de Anton, but things were pretty quiet there this afternoon. Along the tranquil trail, we found a new mammal for the trip, the minute Alfaro's Pygmy Squirrel, quietly moving through the forest. We headed back to the lodge, in time to clean up and meet for cocktails, dinner and checklist, and settled in for our last night in Panama. That evening, we were all delighted to see Orange Nectar Bats feeding at the fruit feeders at the lodge!

Day 10

Friday 17th May

La Mesa and Departure

This morning we finished off our tour with a visit to slightly higher altitude – La Mesa, which means “the table” is a plateau in the mountains that surround El Valle. By increasing in elevation, we were sure to see some different species. Gray-headed Chachalaca, Swallow-tailed Kite, Barred Hawk, Green Hermit, Slaty Antwren, Plain Antvireo, Spotted Woodcreeper, Tawny-crested and Silver-throated Tanagers, Yellow-faced Grassquit, Black-faced Grosbeak, Tawny-capped Euphonia and many more bird species were seen on this morning outing.

We returned back to the Canopy Lodge, enjoyed a final meal together and did a final pack of our gear to head back to the city. We finished the trip with 25 species of mammals and 213 species of birds seen! Among the mammal and bird sightings, we enjoyed good company, great food and a fantastic trip overall! Thanks to you all!

Receive our e-newsletter

Join the Naturetrek e-mailing list and be the first to hear about new tours, additional departures and new dates, tour reports and special offers. Visit www.naturetrek.co.uk to sign up.

Naturetrek Facebook

We are delighted to launch the Naturetrek Facebook page so that participants of Naturetrek tours can remain in touch after the holiday and share photos, comments and future travel plans.

Setting up a personal profile at www.facebook.com is quick, free and easy. The [Naturetrek Facebook page](#) is now live; do please pay us a visit!

Species List

Mammals

	Common Name	Scientific Name
1	Central American Woolly Opossum	<i>Caluromys derbianus</i>
2	Hoffmann's Two-toed Sloth	<i>Choloepus hoffmanni</i>
3	Brown-throated Three-toed Sloth	<i>Bradypus variegatus</i>
4	Nine-banded Armadillo	<i>Dasypus noveminctus</i>
5	Proboscis Bat	<i>Rhynchonycteris naso</i>
6	Lesser White-lined Bat	<i>Saccopteryx leptura</i>
7	Greater White-lined Bat	<i>Saccopteryx bilineata</i>
8	Greater Spear-nosed Bat	<i>Phyllostomus hastatus</i>
9	False Vampire Bat	<i>Vampyrum spectrum</i>
10	Orange Nectar Bat	<i>Lonchophylla robusta</i>
11	Jamaican Fruit-eating Bat	<i>Artibeus phaeotus</i>
12	Common Tent-making Bat	<i>Uroderma magnirostrum</i>
13	Geoffroy's Tamarin	<i>Sanguinus geoffroyi</i>
14	Panamanian (Western) Night Monkey	<i>Aotus zonalis</i>
15	White-faced Capuchin	<i>Cebus capuchinus</i>
16	Mantled Howler	<i>Alouatta palliata</i>
17	Variiegated Squirrel	<i>Sciurus variegatoides</i>
18	Red-tailed Squirrel	<i>Sciurus granatensis</i>
19	Alfaro's Pygmy Squirrel	<i>Microsciurus alfari</i>
20	Lesser Capybara	<i>Hydrochoerus isthmius</i>
21	Central American Agouti	<i>Dasyprocta punctate</i>
22	White-nosed Coati	<i>Nasua narica</i>
23	Kinkajou	<i>Potos flavus</i>
24	Tayra	<i>Eira barbara</i>
25	Collared Peccary	<i>Pecari tajacu</i>

Birds

	Common Name	Scientific Name
1	Great Tinamou	<i>Tinamus major</i>
2	Black-bellied Whistling-Duck	<i>Dendrocygna autumnalis</i>
3	Muscovy Duck	<i>Cairina moschata</i>
4	Gray-headed Chachalaca	<i>Ortalis cinereiceps</i>
5	Crested Guan	<i>Penelope purpurascens</i>
6	Crested Bobwhite	<i>Colinus cristatus</i>
7	Wood Stork	<i>Mycteria americana</i>
8	Magnificent Frigatebird	<i>Fregata magnificens</i>
9	Neotropic Cormorant	<i>Phalacrocorax brasilianus</i>
10	Anhinga	<i>Anhinga anhinga</i>
11	Brown Pelican	<i>Pelecanus occidentalis</i>
12	Rufescent Tiger-Heron	<i>Tigrisoma lineatum</i>
13	Great Blue Heron	<i>Ardea herodias</i>
14	Great Egret	<i>Ardea alba</i>
15	Snowy Egret	<i>Egretta thula</i>

	Common Name	Scientific Name
16	Little Blue Heron	<i>Egretta caerulea</i>
17	Cattle Egret	<i>Bubulcus ibis</i>
18	Green Heron	<i>Butorides virescens</i>
19	Striated Heron	<i>Butorides striata</i>
20	Black-crowned Night-Heron	<i>Nycticorax nycticorax</i>
21	White Ibis	<i>Eudocimus albus</i>
22	Black Vulture	<i>Coragyps atratus</i>
23	Turkey Vulture	<i>Cathartes aura</i>
24	Lesser Yellow-headed Vulture	<i>Cathartes burrovianus</i>
25	Osprey	<i>Pandion haliaetus</i>
26	Gray-headed Kite	<i>Leptodon cayannensis</i>
27	Swallow-tailed Kite	<i>Elanoides forficatus</i>
28	White-tailed Kite	<i>Elanus leucurus</i>
29	Snail Kite	<i>Rostrhamus sociabilis</i>
30	Common Black-Hawk	<i>Buteogallus anthracinus</i>
31	Savanna Hawk	<i>Buteogallus meridionalis</i>
32	Barred Hawk	<i>Morphnarchus princeps</i>
33	Gray-lined Hawk	<i>Buteo nitidus</i>
34	White-throated Crake	<i>Laterallus albigularis</i>
35	Gray-necked Wood-Rail	<i>Aramides cajaneus</i>
36	Purple Gallinule	<i>Porphyrio martinicus</i>
37	Common Gallinule	<i>Gallinula galeata</i>
38	Limpkin	<i>Aramus guarauna</i>
39	Southern Lapwing	<i>Vanellus chilensis</i>
40	Black-necked Stilt	<i>Himantopus mexicanus</i>
41	Wattled Jacana	<i>Jacana jacana</i>
42	Spotted Sandpiper	<i>Actitis macularius</i>
43	Whimbrel	<i>Numenius phaeopus</i>
44	Laughing Gull	<i>Leucophaeus atricilla</i>
45	Rock Pigeon	<i>Columba livia</i>
46	Pale-vented Pigeon	<i>Patagioenas cayennensis</i>
47	Scaled Pigeon	<i>Patagioenas speciosa</i>
48	Ruddy Ground-Dove	<i>Columbina talpacoti</i>
49	White-tipped Dove	<i>Leptotila verreauxi</i>
50	Gray-chested Dove	<i>Leptotila cassini</i>
51	Squirrel Cuckoo	<i>Piaya cayana</i>
52	Greater Ani	<i>Crotophaga major</i>
53	Smooth-billed Ani	<i>Crotophaga ani</i>
54	Groove-billed Ani	<i>Crotophaga sulcirostris</i>
55	Black-and-white Owl	<i>Ciccaba nigrolineata</i>
56	Lesser Nighthawk	<i>Chordeiles acutipennis</i>
57	Common Pauraque	<i>Nyctidromus albicollis</i>
58	Common Potoo	<i>Nyctibius griseus</i>
59	Band-rumped Swift	<i>Chaetura spinicaudus</i>
60	White-necked Jacobin	<i>Florisuga mellivora</i>
61	Green Hermit	<i>Phaethornis guy</i>

	Common Name	Scientific Name
62	Long-billed Hermit	<i>Phaethornis longirostris</i>
63	Stripe-throated Hermit	<i>Phaethornis strigularis</i>
64	Long-billed Starthroat	<i>Heliomaster longirostris</i>
65	Garden Emerald	<i>Chlorostilbon assimilis</i>
66	White-vented Plumleteer	<i>Chalybura buffonii</i>
67	Bronze-tailed Plumleteer	<i>Chalybura urochrysia</i>
68	Violet-crowned Woodnymph	<i>Thalurania colombica</i>
69	Blue-chested Hummingbird	<i>Amazilia amabilis</i>
70	Snowy-bellied Hummingbird	<i>Amazilia edward</i>
71	Rufous-tailed Hummingbird	<i>Amazilia tzacatl</i>
72	Sapphire-throated Hummingbird	<i>Lepidopyga coeruleogularis</i>
73	Violet-bellied Hummingbird	<i>Damophila julie</i>
74	Slaty-tailed Trogon	<i>Trogon massena</i>
75	White-tailed Trogon	<i>Trogon chionurus</i>
76	Gartered Trogon	<i>Trogon caligatus</i>
77	Black-throated Trogon	<i>Trogon rufus</i>
78	Whooping Motmot	<i>Momotus subrufescens</i>
79	Rufous Motmot	<i>Baryphthengus martii</i>
80	Broad-billed Motmot	<i>Electron platyrhynchum</i>
81	Ringed Kingfisher	<i>Megaceryle torquata</i>
82	Belted Kingfisher	<i>Megaceryle alcyon</i>
83	Amazon Kingfisher	<i>Chloroceryle amazon</i>
84	American Pygmy Kingfisher	<i>Chloroceryle aenea</i>
85	White-necked Puffbird	<i>Notharchus hyperrhynchus</i>
86	Black-breasted Puffbird	<i>Notharchus pectoralis</i>
87	White-whiskered Puffbird	<i>Malacoptila panamensis</i>
88	Collared Aracari	<i>Pteroglossus torquatus</i>
89	Keel-billed Toucan	<i>Ramphastos sulfuratus</i>
90	Black-mandibled Toucan	<i>Ramphastos ambiguus</i>
91	Red-crowned Woodpecker	<i>Melanerpes rubricapillus</i>
92	Cinnamon Woodpecker	<i>Celeus loricatus</i>
93	Lineated Woodpecker	<i>Dryocopus lineatus</i>
94	Crested Caracara	<i>Caracara cheriway</i>
95	Yellow-headed Caracara	<i>Milvago chimachima</i>
96	American Kestrel	<i>Falco sparverius</i>
97	Aplomado Falcon	<i>Falco femoralis</i>
98	Bat Falcon	<i>Falco ruficularis</i>
99	Orange-chinned Parakeet	<i>Brotogeris jugularis</i>
100	Blue-headed Parrot	<i>Pionus menstruus</i>
101	Red-lored Parrot	<i>Amazona autumnalis</i>
102	Mealy Parrot	<i>Amazona fariosa</i>
103	Yellow-crowned Parrot	<i>Amazona ochrocephala</i>
104	Fasciated Antshrike	<i>Cymbilaimus lineatus</i>
105	Barred Antshrike	<i>Thamnophilus doliatus</i>
106	Western Slaty-Antshrike	<i>Thamnophilus atrinucha</i>
107	Plain Antvireo	<i>Dystithamnus mentalis</i>

	Common Name	Scientific Name
108	White-flanked Antwren	<i>Myrmotherula axillaris</i>
109	Slaty Antwren	<i>Myrmotherula schisticolor</i>
110	Checker-throated Antwren	<i>Epinecrophylla fulviventris</i>
111	Dot-winged Antwren	<i>Microrhopias quixensis</i>
112	White-bellied Antbird	<i>Myrmeciza longipes</i>
113	Chestnut-backed Antbird	<i>Myrmeciza exsul</i>
114	Bicolored Antbird	<i>Gymnopithys leucaspis</i>
115	Black-faced Antthrush	<i>Formicarius analis</i>
116	Plain-brown Woodcreeper	<i>Dendrocincla fuliginosa</i>
117	Wedge-billed Woodcreeper	<i>Glyphorhynchus spiurus</i>
118	Cocoa Woodcreeper	<i>Xiphorhynchus susurrans</i>
119	Spotted Woodcreeper	<i>Xiphorhynchus erythropygius</i>
120	Straight-billed Woodcreeper	<i>Dendroplex picus</i>
121	Plain Xenops	<i>Xenops minutus</i>
122	Southern Beardless-Tyrannulet	<i>Camptostoma obsoletum</i>
123	Mouse-colored Tyrannulet	<i>Phaeomyias murina</i>
124	Forest Elaenia	<i>Myiopagis gaimardii</i>
125	Lesser Elaenia	<i>Elaenia chiriquensis</i>
126	Olive-striped Flycatcher	<i>Mionectes olivaceus</i>
127	Ochre-bellied Flycatcher	<i>Mionectes oleaginous</i>
128	Northern Scrub-Flycatcher	<i>Sublegatus arenarum</i>
129	Southern Bentbill	<i>Oncostoma olivaceum</i>
130	Common Tody-Flycatcher	<i>Todirostrum cinereum</i>
131	Olivaceous Flatbill	<i>Rhynchocyclus olivaceus</i>
132	Yellow-margined Flycatcher	<i>Tolmomyias assimilis</i>
133	Dusky-capped Flycatcher	<i>Myiarchus tuberculifer</i>
134	Panama Flycatcher	<i>Myiarchus panamensis</i>
135	Great Kiskadee	<i>Pitangus sulphuratus</i>
136	Boat-billed Flycatcher	<i>Megarynchus pitangua</i>
137	Social Flycatcher	<i>Myiozetetes similis</i>
138	Streaked Flycatcher	<i>Myiodynastes maculatus</i>
139	Piratic Flycatcher	<i>Legatus leucophaeus</i>
140	Tropical Kingbird	<i>Tyrannus melancholicus</i>
141	Eastern Kingbird	<i>Tyrannus tyrannus</i>
142	Fork-tailed Flycatcher	<i>Tyrannus savana</i>
143	Masked Tityra	<i>Tityra semifasciata</i>
144	Cinnamon Becard	<i>Pachyramphus cinnamomeus</i>
145	White-winged Becard	<i>Pachyramphus polychopterus</i>
146	Purple-throated Fruitcrow	<i>Querula purpurata</i>
147	Blue Cotinga	<i>Cotinga nattereeii</i>
148	Golden-collared Manakin	<i>Manacus vitellinus</i>
149	Blue-crowned Manakin	<i>Lepidothrix coronata</i>
150	Red-capped Manakin	<i>Pipra mentalis</i>
151	Yellow-green Vireo	<i>Vireo flavoviridis</i>
152	Scrub Greenlet	<i>Hylophilus flavipes</i>
153	Golden-fronted Greenlet	<i>Hylophilus aurantiifrons</i>

	Common Name	Scientific Name
154	Lesser Greenlet	<i>Hylophilus decurtatus</i>
155	Green Shrike-Vireo	<i>Vireolanius pulchellus</i>
156	Black-chested Jay	<i>Cyanocorax affinis</i>
157	Gray-breasted Martin	<i>Progne chalybea</i>
158	Mangrove Swallow	<i>Tachycineta albilinea</i>
159	Blue-and-white Swallow	<i>Pygochelidon cyanoleuca</i>
160	Southern Rough-winged Swallow	<i>Stelgidopteryx ruficollis</i>
161	Barn Swallow	<i>Hirundo rustica</i>
162	House Wren	<i>Troglodytes aedon</i>
163	Rufous-breasted Wren	<i>Pheugopedius rutilus</i>
164	Plain Wren	<i>Cantorchilus modestus</i>
165	Bay Wren	<i>Cantorchilus nigricapillus</i>
166	Buff-breasted Wren	<i>Cantorchilus leucotis</i>
167	Song Wren	<i>Cyphorhinus phaeocephalus</i>
168	Tropical Gnatcatcher	<i>Polioptila plumbea</i>
169	Clay-colored Thrush	<i>Turdus grayi</i>
170	Tropical Mockingbird	<i>Mimus gilvus</i>
171	Northern Waterthrush	<i>Parkesia noveboracensis</i>
172	Yellow Warbler	<i>Setophaga petechial</i>
173	Rufous-capped Warbler	<i>Basileuterus rufifrons</i>
174	Bananaquit	<i>Coereba flaveola</i>
175	Gray-headed Tanager	<i>Eucometis penicillata</i>
176	White-shouldered Tanager	<i>Tachyphonus luctuosus</i>
177	Tawny-crested Tanager	<i>Tachyphonus delatrii</i>
178	Crimson-backed Tanager	<i>Ramphocelus dimidiatus</i>
179	Flame-rumped Tanager	<i>Ramphocelus flammigerus</i>
180	Blue-gray Tanager	<i>Thraupis episcopus</i>
181	Palm Tanager	<i>Thraupis palmarum</i>
182	Golden-hooded Tanager	<i>Tangara larvata</i>
183	Plain-colored Tanager	<i>Tangara inornata</i>
184	Silver-throated Tanager	<i>Tangara icterocephala</i>
185	Blue Dacnis	<i>Dacnis cayana</i>
186	Green Honeycreeper	<i>Chlorophanes spiza</i>
187	Red-legged Honeycreeper	<i>Cyanerpes cyaneus</i>
188	Streaked Saltator	<i>Saltator striatipectus</i>
189	Buff-throated Saltator	<i>Saltator maximus</i>
190	Black-headed Saltator	<i>Saltator atriceps</i>
191	Blue-black Grassquit	<i>Volatinia jacarina</i>
192	Variable Seedeater	<i>Sporophila americana</i>
193	Yellow-bellied Seedeater	<i>Sporophila nigricollis</i>
194	Ruddy-breasted Seedeater	<i>Sporophila minuta</i>
195	Thick-billed Seed-Finch	<i>Oryzoborus funereus</i>
196	Yellow-faced Grassquit	<i>Tiaris olivaceus</i>
197	Black-striped Sparrow	<i>Arremonops conirostris</i>
198	Red-crowned Ant-Tanager	<i>Habia rubica</i>
199	Red-throated Ant-Tanager	<i>Habia fuscicauda</i>

	Common Name	Scientific Name
200	Black-faced Grosbeak	<i>Caryothraustes poliogaster</i>
201	Blue-black Grosbeak	<i>Cyanocompsa cyanoides</i>
202	Red-breasted Blackbird	<i>Sturnella militaris</i>
203	Eastern Meadowlark	<i>Sturnella magna</i>
204	Great-tailed Grackle	<i>Quiscalus mexicanus</i>
205	Yellow-backed Oriole	<i>Icterus chrysater</i>
206	Scarlet-rumped Cacique	<i>Cacicus uropygialis</i>
207	Yellow-rumped Cacique	<i>Cacicus cela</i>
208	Crested Oropendola	<i>Psarocolius decumanus</i>
209	Chestnut-headed Oropendola	<i>Psarocolius wagleri</i>
210	Yellow-crowned Euphonia	<i>Euphonia luteicapilla</i>
211	Thick-billed Euphonia	<i>Euphonia laniirostris</i>
212	Fulvous-vented Euphonia	<i>Euphonia fulvicrissa</i>
213	Tawny-capped Euphonia	<i>Euphonia anae</i>