

Cheepers! Birding on a Budget

PANAMA

Tranquilo Bay, Bocas del Toro

April 29 - May 5, 2015

Flight from Panama City to Bocas (Isia Colon Airport)

Isia Popao (Cotinga), Chocolate Farm (Green Acres - mainland), Buena Esperanza, Snorkeling, and the Tower

Mainland - Punta Rovalo, Chiriqui Grande, Willie Maza, Antennae Road (Continental Divide)

Soppta Canal (aka Snyder Canal) and Bird Island

Mainland - lowlans - landed at El Escapada, unpaved road, Palo Seco, Junquito, La Gloria

Snorkeling, Observation Tower, walking the grounds, return to Panama City

		Page	29	30	1	2	3	4	Trip
1	TINAMOUS								
3	Great Tinamou <i>Tinamus major</i>	2					H		H
4	Little Tinamou <i>Crypturellus soui</i>	2					H		H
6	DUCKS, SWANS & GEESE	Page	29	30	1	2	3	4	Trip
7	Black-bellied Whistling-Duck <i>Dendrocygna autumnalis</i>	4			S				S
10	Muscovy Duck <i>Cairina moschata</i>	4				S			S
51	TROPICBIRDS	Page	29	30	1	2	3	4	Trip
52	Red-billed Tropicbird <i>Phaethon aethereus</i>	18				S			S
54	BOOBIES & GANNETS	Page	29	30	1	2	3	4	Trip
59	Brown Booby <i>Sula leucogaster</i>	22			S	S			S
61	PELICANS	Page	29	30	1	2	3	4	Trip
62	Brown Pelican <i>Pelecanus occidentalis</i>	22	S	S	S	S	S		S
68	CORMORANTS	Page	29	30	1	2	3	4	Trip
69	Neotropic Cormorant <i>Phalacrocorax brasilianus</i>	24			S	S			S
71	FRIGATEBIRDS	Page	29	30	1	2	3	4	Trip
72	Magnificent Frigatebird <i>Fregata magnificens</i>	24	S	S	S	S	S		S
74	HERONS	Page	29	30	1	2	3	4	Trip
77	Bare-throated Tiger-Heron <i>Tigrisoma mexicanum</i>	26				S			S
80	Great Blue Heron <i>Ardea herodias</i>	28			G				G
82	Great Egret <i>Ardea alba</i>	28		S	G	S			S
83	Snowy Egret <i>Egretta thula</i>	28			S	S			S
84	Little Blue Heron <i>Egretta caerulea</i>	28		S	S	S	S		S
87	Cattle Egret <i>Bubulcus ibis</i>	30		G	S	S	S		S
89	Green Heron <i>Butorides virescens</i>	30		S	S	S			S
94	Yellow-crowned Night-Heron <i>Nyctanassa violaceus</i>	32			S	S			S
95	Boat-billed Heron <i>Cochlearius cochlearius</i>	32			S				S
100	IBISES AND SPOONBILLS	Page	29	30	1	2	3	4	Trip
104	Green Ibis <i>Mesembrinibis cayennensis</i>	34	S	S	S	S			S
107	VULTURES	Page	29	30	1	2	3	4	Trip
108	Black Vulture <i>Coragyps atratus</i>	36	S	S	S	S	S		S
109	Turkey Vulture <i>Cathartes aura</i>	36	S	S	S	S	S		S
111	King Vulture <i>Sarcoramphus papa</i>	36			S				S
112	HAWKS, EAGLES & KITES	Page	29	30	1	2	3	4	Trip
117	Swallow-tailed Kite <i>Elanoides forficatus</i>	40			S				S
118	White-tailed Kite <i>Elanus leucurus</i>	40					S		S
119	Double-toothed Kite <i>Harpagus bidentatus</i>	40	S						S
121	Plumbeous Kite <i>Ictinia plumbea</i>	40	S	S	S				S
136	White Hawk <i>PSEUDASTUR (Leucopternis) albicollis</i>	46					S		S
138	Common Black-Hawk <i>Buteogallus anthracinus</i>	48					S	S	S
142	Roadside Hawk <i>RUPORNIA (Buteo) magnirostris</i>	50			S	S	H		S
143	Broad-winged Hawk <i>Buteo platypterus</i>	50			S		S		S
146	Swainson's Hawk <i>Buteo swainsoni</i>	52			S				S
155	FALCONS & CARACARAS	Page	29	30	1	2	3	4	Trip
161	Yellow-headed Caracara <i>Milvago chimachima</i>	58			S				S
162	Laughing Falcon <i>Herpetotheres cachinnans</i>	58				S			S
164	Merlin <i>Falco columbarius</i>	58				S			S
168	Peregrine Falcon <i>Falco peregrinus</i>	60	S			S			S
171	RAILS, GALLINULES & COOTS	Page	29	30	1	2	3	4	Trip
173	White-throated Crake <i>Laterallus albigularis</i>	62			H	H	H		H
176	Gray-necked Wood-Rail <i>Aramides cajanea</i>	62			H	S	H		S
178	Uniform Crake <i>Amaurolimnas concolor</i>	64						H	H

185	Purple Gallinule <i>Porphyryla martinica</i>	66				H	S	G		S
192	PLOVERS & LAPWINGS	Page	29	30	1	2	3	4		Trip
193	Southern Lapwing <i>Vanellus chilensis</i>	68			S					S
196	Collared Plover <i>Charadrius collaris</i>	70				S				S
206	JACANAS	Page	29	30	1	2	3	4		Trip
208	Northern Jacana <i>Jacana spinosa</i>	72			S	S	S			S
209	SANDPIPERS, PHALAROPES & ALLIES	Page	29	30	1	2	3	4		Trip
215	Spotted Sandpiper <i>Actitis macularius</i>	76				S	G			S
241	GULLS, TERNS & SKIMMERS	Page	29	30	1	2	3	4		Trip
242	Laughing Gull <i>LEUCOPHAEUS (Larus) atricilla</i>	86				S				S
257	Royal Tern <i>Thalasseus maximus</i>	92			S	S	S	S		S
266	Black Tern <i>Chlidonias niger surinamensis</i>	94			S	S	S	S		S
277	PIGEONS & DOVES	Page	29	30	1	2	3	4		Trip
281	Short-billed Pigeon <i>Patagioenas nigrirostris</i>	100			H	S				S
283	Pale-vented Pigeon <i>Patagioenas cayennensis</i>	102	S	S	S	S	S			S
285	White-crowned Pigeon <i>Patagioenas leucocephala</i>	102			S					S
290	Common Ground-Dove <i>Columbina passerina</i>	104					S	S		S
292	Ruddy Ground-Dove <i>Columbina talpacoti</i>	104			S					S
293	Blue Ground-Dove <i>Claravis pretiosa</i>	104			S					S
306	PARROTS	Page	29	30	1	2	3	4		Trip
310	Crimson-fronted Parakeet <i>PSITTACARA (Aratinga) finschi</i>	110					F			F
311	Olive-throated Parakeet <i>EUPSITTULA (Aratinga) nana astec</i>	110			S		S			S
325	Blue-headed Parrot <i>Pionus menstruus</i>	116	S	S	F	S	S			S
326	White-crowned Parrot <i>Pionus senilis</i>	116					S			S
327	Red-lored Parrot <i>Amazona autumnalis</i>	116	S	S	S	S	S			S
328	Mealy Parrot <i>Amazona farinosa</i>	116	S	S		S				S
330	CUCKOOS	Page	29	30	1	2	3	4		Trip
334	Mangrove Cuckoo <i>Coccyzus minor</i>	118			S					S
338	Squirrel Cuckoo <i>Piaya cayana</i>	120				S				S
340	Striped Cuckoo <i>Tapera naevia</i>	120			S					S
345	Groove-billed Ani <i>Crotophaga sulcirostris</i>	122			S	S	S			S
363	NIGHTJARS	Page	29	30	1	2	3	4		Trip
366	Common Nighthawk <i>Chordeiles minor</i>	128				S				S
374	POTOOS	Page	29	30	1	2	3	4		Trip
376	Common Potoo <i>Nyctibius griseus</i>	132			H	H	H	H		H
379	SWIFTS	Page	29	30	1	2	3	4		Trip
383	White-collared Swift <i>Streptoprocne zonaris</i>	134			S					S
385	Vaux's Swift <i>Chaetura vauxi</i>	134			S					S
392	Gray-rumped Swift <i>Chaetura cinereiventris</i>	136				S				S
394	HUMMINGBIRDS	Page	29	30	1	2	3	4		Trip
396	Long-billed Hermit <i>Phaethornis longirostris</i>	138			S					S
399	Rufous-breasted Hermit <i>Glaucis hirsutus</i>	140					S			S
400	Bronzy Hermit <i>Glaucis aeneus</i>	140						S		S
401	Band-tailed Barbthroat <i>Threnetes ruckeri</i>	140	S				H			S
402	LITTLE (Stripe-throated) Hermit <i>Phaethornis striigularis</i>	140	S	S			S			S
407	White-necked Jacobin <i>Florisuga mellivora</i>	142					S	S		S
412	Green-breasted Mango <i>Anthracothorax prevostii</i>	144			S		S	S		S
420	CROWNED (Violet-Crowned) Woodnymph <i>Thalurania colombica</i>	146	S	S			S	S		S
429	Rufous-tailed Hummingbird <i>Amazilia tzacatl</i>	150	S	S	S	S	S			S
431	Blue-chested Hummingbird <i>Amazilia amabilis</i>	150	S				S			S
445	Purple-crowned Fairy <i>Heliothrix barroti</i>	156			S		S			S
453	TROGONS	Page	29	30	1	2	3	4		Trip
455	GARTERED (Violaceous) Trogon <i>Trogon CALIGATUS (violaceus)</i>	160			H		H			H
461	Slaty-tailed Trogon <i>Trogon massena</i>	162			H					H
471	KINGFISHERS	Page	29	30	1	2	3	4		Trip
472	Ringed Kingfisher <i>Megaceryle torquata</i>	168	S	S	S	S	S			S
473	Belted Kingfisher <i>Megaceryle alcyon</i>	168				S				S
474	Amazon Kingfisher <i>Chloroceryle amazona</i>	168				S				S
475	Green Kingfisher <i>Chloroceryle americana</i>	168			S		S	S		S
477	American Pygmy Kingfisher <i>Chloroceryle aenea</i>	168				S				S
491	BARBETS & TOUCANS	Page	29	30	1	2	3	4		Trip
498	Collared Aracari <i>Pteroglossus torquatus</i>	176			S	S	S	S		S
500	Keel-billed Toucan <i>Ramphastos sulfuratus</i>	176			S	S	S	S		S
503	WOODPECKERS	Page	29	30	1	2	3	4		Trip
506	Black-cheeked Woodpecker <i>Melanerpes pucherani</i>	178	S	S	S	S	S			S
518	Cinnamon Woodpecker <i>Ceelus loricatus</i>	182			G		H			G
521	Lineated Woodpecker <i>Dryocopus lineatus</i>	184				S	S			S
523	Pale-billed Woodpecker <i>Campephilus guatemalensis</i>	184			S					S
525	OVENBIRDS & WOODCREEPERS	Page	29	30	1	2	3	4		Trip
528	Red-faced Spinetail <i>Cranioleuca erythroptus</i>	186			H					H
546	Plain Xenops <i>Xenops minutus</i>	192			G					G
559	Cocoa Woodcreeper <i>Xiphorhynchus susurrans</i>	198					S			S
562	Wedge-billed Woodcreeper <i>Glyphorhynchus spirurus</i>	200			S		S			S
567	TYPICAL ANTIBIRDS	Page	29	30	1	2	3	4		Trip

573	BLACK-CROWNED (Western Slaty-) Antshrike <i>Thamnophilus atrinucha</i>	204	S	S		S				S
581	White-flanked Antwren <i>Myrmotherula axillaris</i>	208	S							S
584	Dot-winged Antwren <i>Microrhopias quixensis</i>	208	S							S
590	Chestnut-backed Antbird <i>Myrmeciza exsul</i>	212	S	H	H	S				S
610	TAPACULOS	Page	29	30	1	2	3	4		Trip
611	Silvery-fronted Tapaculo <i>Scytalopus argentifrons</i>	220			H					H
616	TYRANT-FLYCATCHERS	Page	29	30	1	2	3	4		Trip
626	Yellow-bellied Elaenia <i>Elaenia flavogaster</i>	226	S	H	S	S	S			S
629	Ochre-bellied Flycatcher <i>Mionectes oleagineus</i>	226	F							F
636	Torrent Tyrannulet <i>Serpophaga cinerea</i>	228			S					S
638	Paltry Tyrannulet <i>Zimmerius vilissimus</i>	230					S			S
640	Black-capped Pygmy-Tyrant <i>Myiornis atricapillus</i>	230		S			H			S
641	Scale-crested Pygmy-Tyrant <i>Lophotriccus pileatus</i>	230			H					H
645	Common Tody-Flycatcher <i>Todirostrum cinereum</i>	232				S	S			S
655	Stub-tailed Spadebill <i>Platyrinchus cancrominus</i>	236	H							H
665	Olive-sided Flycatcher <i>Contopus cooperi</i>	240				S				S
667	Eastern Wood-Pewee <i>Contopus virens</i>	240				S	S			S
669	Tropical Pewee <i>Contopus cinereus</i>	240	S	S		S	S			S
679	Black Phoebe <i>Sayornis nigricans</i>	244			S					S
684	Bright-rumped Attila <i>Attila spadiceus</i>	246				H	H			H
688	Dusky-capped Flycatcher <i>Myiarchus tuberculifer</i>	248			S		S			S
692	Great Kiskadee <i>Pitangus sulphuratus</i>	248	S	S	S	S	S			S
694	Social Flycatcher <i>Myiozetetes similis</i>	250			S	S	S			S
695	Gray-capped Flycatcher <i>Myiozetetes granadensis</i>	250			S		S			S
697	Boat-billed Flycatcher <i>Megarynchus pitangua</i>	252	S	S		S	S			S
703	Tropical Kingbird <i>Tyrannus melancholicus</i>	254	S		S	S	S			S
705	Eastern Kingbird <i>Tyrannus tyrannus</i>	254		S	S	S	S			S
710	Scissor-tailed Flycatcher <i>Tyrannus forficatus</i>	256			S					S
713	BECARDS, TITYRAS & OTHERS	Page	29	30	1	2	3	4		Trip
722	Cinnamon Becard <i>Pachyramphus cinnamomeus</i>	260			S		H			S
727	Masked Tityra <i>Tityra semifasciata</i>	262	S	S	S	S	S			S
728	Black-crowned Tityra <i>Tityra inquisitor</i>	262	S		S		G			S
729	COTINGAS	Page	29	30	1	2	3	4		Trip
733	Purple-throated Fruitcrow <i>Querula purpurata</i>	264		S						S
736	Snowy Cotinga <i>Carpodectes nitidus</i>	266		S						S
739	MANAKINS	Page	29	30	1	2	3	4		Trip
741	White-collared Manakin <i>Manacus candei</i>	268				S	H			S
743	Golden-collared Manakin <i>Manacus vitellinus</i>	268	S	S		S				S
749	Red-capped Manakin <i>CERATOPIPIRA (Pipra) mentalis</i>	270	H			H				H
750	VIREOS	Page	29	30	1	2	3	4		Trip
758	Red-eyed Vireo <i>Vireo olivaceus</i>	274	S	S		S	S			S
764	Lesser Greenlet <i>Hylophilus decurtatus</i>	276	S	S		S	H			S
770	CROWS & JAYS	Page	29	30	1	2	3	4		Trip
771	Black-chested Jay <i>Cyanocorax affinis</i>	280		S						S
772	Brown Jay <i>PSILORHINUS (Cyanocorax) morio</i>	280			S					S
773	Azure-hooded Jay <i>Cyanolyca cucullata</i>	280			S					S
775	SWALLOWS	Page	29	30	1	2	3	4		Trip
777	Mangrove Swallow <i>Tachycineta albilinea</i>	282		S	S	S	S			S
785	Cliff Swallow <i>Petrochelidon pyrrhonota</i>	284			S					S
787	Barn Swallow <i>Hirundo rustica</i>	286		S	S	S	S			S
789	Gray-breasted Martin <i>Progne chalybea</i>	286			S	S	S			S
794	WRENS	Page	29	30	1	2	3	4		Trip
801	Bay Wren <i>CANTORCHILUS (Thryothorus) nigricapillus costaricensis</i> (West/Cent Panama)	290	G		H	S	S			S
811	House Wren <i>Troglodytes aedon</i>	294	S	S	S	S	S			S
815	Gray-breasted Wood-Wren <i>Henicorhina leucophrys</i>	294			H					H
817	SCALY-BREADED (Southern Nightingale-) Wren <i>Microcerculus marginatus</i>	296			H					H
821	GNATWRENS & GNATCATCHERS	Page	29	30	1	2	3	4		Trip
823	Long-billed Gnatwren <i>Ramphocaenus melanurus</i>	298	H	H		H				H
824	Tropical Gnatcatcher <i>Poliottila plumbea</i>	298			S		S			S
826	THRUSHES	Page	29	30	1	2	3	4		Trip
830	Orange-billed Nightingale-Thrush <i>Catharus aurantiirostris</i>	300			H					H
841	Clay-colored Thrush <i>Turdus grayi</i>	304	S	H	S	S	S			S
843	MOCKINGBIRDS & ALLIES	Page	29	30	1	2	3	4		Trip
844	Gray Catbird <i>Dumetella carolinensis</i>	306				S				S
853	WOOD-WARBLERS	Page	29	30	1	2	3	4		Trip
862	Yellow Warbler <i>SETOPHAGA (Dendroica) petechia</i>	312	S		S	S				S
863	Yellow (Mangrove) Warbler <i>SETOPHAGA (Dendroica) petechia erithachorides</i>	312		G				S		S
864	Chestnut-sided Warbler <i>SETOPHAGA (Dendroica) pensylvanica</i>	314	S		S					S
870	Black-throated Green Warbler <i>SETOPHAGA (Dendroica) virens</i>	316		S						S
873	Blackburnian Warbler <i>SETOPHAGA (Dendroica) fusca</i>	316			S					S
877	Bay-breasted Warbler <i>SETOPHAGA (Dendroica) castanea</i>	318	S							S
881	Black-and-white Warbler <i>Mniotilta varia</i>	320			S					S
885	Northern Waterthrush <i>PARKESIA (Seiurus) noveboracensis</i>	322				S				S
887	Slate-throated Redstart <i>Myioborus miniatus</i>	322			S					S

894	Common Yellowthroat <i>Geothlypis trichas</i>	326				S			S
895	Olive-crowned Yellowthroat <i>Geothlypis semiflava</i>	326	H			S	S	S	S
909	TANAGERS	Page	29	30	1	2	3	4	Trip
914	Sooty-capped Bush-Tanager <i>Chlorospingus pileatus</i>	332			G				G
921	Dusky-faced Tanager <i>Mitrospingus cassinii</i>	336			S				S
925	White-shouldered Tanager <i>Tachyphonus luctuosus</i>	338			S				S
926	Tawny-crested Tanager <i>Tachyphonus delatrii</i>	338	S	G	S	S			S
927	White-lined Tanager <i>Tachyphonus rufus</i>	338			S	S	S		S
928	Crimson-collared Tanager <i>Phlogothraupis sanguinolenta</i>	338			S				S
930	Passerini's Tanager <i>Ramphocelus passerinii</i>	340		S	S	S	S		S
933	Blue-gray Tanager <i>Thraupis episcopus</i>	342	S	S	S	S	S		S
934	Palm Tanager <i>Thraupis palmarum</i>	342	S		S	S	S		S
936	Plain-colored Tanager <i>Tangara inornata</i>	342				S	S		S
940	Speckled Tanager <i>Tangara guttata</i>	344			S				S
941	Bay-headed Tanager <i>Tangara gyrola</i>	344			S				S
945	Golden-hooded Tanager <i>Tangara larvata</i>	346		G					G
946	Scarlet-thighed Dacnis <i>Dacnis venusta</i>	346			G				G
947	Blue Dacnis <i>Dacnis cayana</i>	346				S			S
949	Green Honeycreeper <i>Chlorophanes spiza</i>	348			S		G		S
950	Shining Honeycreeper <i>Cyanerpes lucidus</i>	348	S			S	S		S
952	Red-legged Honeycreeper <i>Cyanerpes cyaneus</i>	348	S			S			S
954	BANANAQUIT	Page	29	30	1	2	3	4	Trip
955	Bananaquit <i>Coereba flaveola</i>	350	S	S	S	S	S		S
956	SALTATORS	Page	29	30	1	2	3	4	Trip
959	Buff-throated Saltator <i>Saltator maximus</i>	350			S	S	S		S
962	SEEDEATERS, FINCHES & SPARROWS	Page	29	30	1	2	3	4	Trip
963	Blue-black Grassquit <i>Volatinia jacarina</i>	352			S				S
965	Variable Seedeater <i>Sporophila americana</i>	354	S	S	S	S	S		S
966	White-collared Seedeater <i>Sporophila torqueola</i>	354			G	S	S		S
971	Nicaraguan Seed-Finch SPOROPHILA (<i>Oryzoborus</i>) <i>nuttingi</i>	356				S			S
973	Thick-billed Seed-Finch SPOROPHILA (<i>Oryzoborus</i>) <i>funereus</i>	356				S	S		S
991	Black-striped Sparrow <i>Arremonops conirostris</i>	362				S	S		S
998	CARDINALS, GROSBEAKS & ALLIES	Page	29	30	1	2	3	4	Trip
1006	Red-throated Ant-Tanager <i>Habia fuscicauda</i>	366	S			S			S
1013	Blue-black Grosbeak <i>Cyanocompsa cyanooides</i>	370				S			S
1019	OLD WORLD SPARROWS	Page	29	30	1	2	3	4	Trip
1020	House Sparrow <i>Passer domesticus</i> (introduced)	372			S				S
1021	NEW WORLD ORIOLES & BLACKBIRDS	Page	29	30	1	2	3	4	Trip
1023	Red-breasted Blackbird <i>Sturnetta militaris</i>	374			S	S	S		S
1025	Eastern Meadowlark <i>Sturnella magna</i>	374					S		S
1026	Giant Cowbird <i>Molothrus oryzivora</i>	376		S		S	S		S
1027	Bronzed Cowbird <i>Molothrus aeneus</i>	376	S				S		S
1029	Great-tailed Grackle <i>Quiscalus mexicanus</i>	376	S		S	S	S		S
1030	Black-cowled Oriole <i>Icterus prothemelas</i>	378				S	S		S
1037	Scarlet-rumped Cacique <i>Cacicus uropygialis</i>	380			S				S
1041	Chestnut-headed Oropendola <i>Psarocolius wagleri</i>	382					S		S
1042	Montezuma Oropendola <i>Psarocolius montezuma</i>	382	S	S	S	S	S		S
1044	GOLDFINCHES & EUPHONIAS	Page	29	30	1	2	3	4	Trip
1045	Yellow-crowned Euphonia <i>Euphonia luteicapilla</i>	384					S		S
1048	Elegant Euphonia <i>Euphonia elegantissima</i>	384			S				S
1051	Olive-backed Euphonia <i>Euphonia gouldi</i>	386		S	S	S			S

		29	30	1	2	3	4	Trip	
DAILY TOTALS		Seen	49	54	89	106	78	2	174
		Heard	4	6	15	5	14	1	17
		Guide	1	5	6	0	4	0	6
		Fly-by	1	0	1	0	1	0	2
		Total	55	65	111	111	97	3	199
ACCUMULATED		29	30	1	2	3	4		
		Seen	49	75	126	163	172	174	
		Heard	4	6	17	15	16	17	
		Guide	1	5	9	7	7	6	
		Fly-by	1	1	1	1	2	2	
DAILY TOTALS		Total	55	87	153	186	197	199	