

## Trip report: Panama Canal Zone (20/12/2018 – 27/12/2018)

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My first ever visit to Latin America, being a birder, was obviously for the purpose of birding. The idea of going to Peru was alluring and so was one of heading to Colombia. However, my choices were limited by self-imposed restrictions as I was a pathetically fearful solo traveller with zero Spanish skills and yet with no intention to rent a car nor hire a guide. The location therefore had to be safe, with good transport systems, and with a relatively high concentration of birds within a small area. Reinforced by the cheap(er) flights available from where I was based in, the perfect destination for my introduction to Neotropical birding was the Canal Zone in Panama.

During my 7-day trip I travelled mainly by bus along with some unexpected hitchhiking. I birded alone for the majority of my trip but had the opportunity to participate in the Christmas Bird Count on one day and join another extremely experienced birder for 1.5 days. Due to my complete inexperience with the region and my exceptionally poor planning skills, my trip was merely an introduction to Neotropical birding rather than one that focused on clearing the canal zone. I therefore did not see that many key birds in the region; the quality of this birding report is only slightly above zero.

### Main Locations Birded

Gamboa Town, Pipeline Road, Camino de Plantacion (Plantation Trail), Summit Ponds, Parque Natural Metropolitano (Metropolitan Park)



*Great Tinamou at Camino de Plantacion*

## **Itinerary**

20 December	Arrive at Tocumen Airport, travel to Gamboa, birding at Gamboa town
21, 22 December	Pipeline Road
23 December	Christmas Bird Count – Summit Ponds, Diablo Mangroves, Biomuseo area
24 December	Parque Natural Metropolitano
25 December	Pipeline Road
26 December	Camino de Plantacion, Summit Ponds
27 December	Depart Panama via Tocumen Airport

## **Accommodation**

### 20 – 23 December

#### [Ivan's Bed and Breakfast](#) in Gamboa town

Can be easily booked by emailing Ivan (email address in official website). He is very responsive and helpful with providing information. Rates were USD49.50 per person/night with breakfast provided. A choice of packed breakfast (provided the night before) or hot breakfast at 730AM is available. Dinner can be pre-ordered at USD17 per meal.

### 23 – 27 December

#### *Airbnb – Habitación privada rodeada de tranquilidad by Marisa, at the City of Knowledge*

Basic room. City of Knowledge is a convenient location with plenty of food choices and is (slightly) nearer to the birding spots compared to the main Panama City.

## **General Logistics**

### Language

I could not speak Spanish but learnt some very rudimentary survival vocabulary. Many of the locals I interacted with in buses, supermarkets and shops were unable to speak English but a handful of them were able to. My broken Spanish combined with my charades' skills got me through, and the Google Translate mobile application came in extremely handy.

### SIM Card

SIM Cards can be purchased at the Tocumen Airport, or at a much cheaper price, in Panama City. Due to my flight arriving at an ungodly hour of 2am, most shops were closed when I reached Panama City and I thus did not get a SIM card. There are no places to buy SIM cards in Gamboa Town. Both accommodations that I stayed in had wifi but at rather miserable quality.

### Guide

I did not hire any bird guide. However, I was extremely fortunate to bump into and befriend Oliver Komar – one of the most experienced Central American birders around, whom which I birded with for 1.5 days. I was also able to participate in the Christmas Bird Count and had the opportunity to bird with Darien Montanez, another very experienced Panamanian birder.

## Food

The food choices in Gamboa were extremely limited although there was a small shop called El Viejo Tiendita (GPS: 9.118540, -79.703607) where basic goods could be purchased. I stockpiled fruits, cup noodles, cereals and biscuits at a 24-hour supermarket called Super 99 beside the Albrook Bus Terminal in Panama City before heading to Gamboa.

Ivan's Bed and Breakfast did not have a kitchen available but I borrowed a coffee maker to boil water.

At the City of Knowledge, where I was based in during my second half of the trip, there was a convenience store and a nice food court. The food court had water dispensers as well.

## Safety

The areas I visited – the Albrook Terminal area of Panama City, Gamboa, and the City of Knowledge, all felt very safe. When I was struggling to find my buses at the Albrook Bus Terminal in Panama City, several locals helped me find my way despite my inability to speak their language. Gamboa and City of Knowledge were quiet after sundown but I had no problems walking around alone.

## Weather

Sunny throughout the trip, although there was one late morning with a very short drizzle.

## Planning the trip

I referred to [Exotic Birding](#), [Birding Pipeline Panama](#) and [White Hawk Birding](#) to get a rough understanding of the key birding areas within the canal region. Following that, I narrowed down my sites by referring to eBird – used very extensively in Panama – based on transport feasibility. I was unable to visit the high-altitude regions and the Achioté area due to the lack of convenient public transport.

Field Guide used: Angehr, G. R., & Dean, R. (2010). The birds of Panama: a field guide. Comstock Pub. Associates.

## Transport

I travelled primarily by local bus but was fortunate to be offered rides several times during my trip.

### Tocumen Airport to Albrook Bus Terminal

After passing through customs, exit the building, turn right, and follow the “Bus Stop” sign all the way until you reach an obvious bus stop. The bus stop on the Airport side of the road goes East towards Tocumen. Cross the road for the buses towards Panama City.

The Tocumen-Corredor Sur is the most direct bus to Albrook Bus Terminal. Other possible bus services and routes can be reliably found on Google Map but the bus timings are inaccurate. In order to board the bus, a bus card is required; it is not possible to pay the driver by cash. This card is available for purchase from the vending machines at the airport – but at a price 500% of the price in Panama City (10USD versus 2USD).



I therefore did not purchase the card and instead went directly to the bus stop to ask for help from a local waiting for the bus. He could not speak English and I could not speak Spanish, but somehow, by repeating “Me, Albrook, bus, no Tajeta” (me, Albrook, bus, no card) in varying speeds and tones, he managed to understand my situation and helped to tap me into the bus. I then paid him the money in cash. Each bus card is apparently only able to tap a maximum of 4 passengers so keep this in mind if you are travelling in a group.

#### Albrook Bus Terminal to Gamboa

I purchased a bus card and topped it up once I reached Albrook. The bus called SACA heads straight to Gamboa from Albrook, and there supposedly is a place near the bus terminal where you can board it (see <http://gamboalife.com/directions>). Despite asking a total of four locals for directions (of which two were staffs at the bus terminal), I never managed to find the location.

Therefore, I took a bus called the Forrestral-Chillibre to the Summit bus stop (9.058322, -79.638080), crossed the road to a bus stop at 9.057998, -79.638936 and took the SACA bus from there. The cost of the SACA bus was 1USD and the journey was less than 30 minutes.

#### Within Gamboa

A car would make birding within Gamboa and Pipeline Road much more convenient, but I managed to do them by foot. The distances are not too far.

#### City of Knowledge to Plantation Trail, Old Summit Ponds, and back to City of Knowledge

I took the Forrestral-Chillibre bus to the Summit bus stop (same as above) from the City of Knowledge and walked along the road to the Plantation Trail. The roads were quite empty and thankfully, the occasional huge trucks kept a distance from the side of the road to avoid flattening me. It is possible to walk to the Old Summit Ponds to the Plantation Trail but I managed to hitch a ride from a local. To return to City of Knowledge from the Old Summit Ponds, I walked back to Summit bus stop and took the Forrestral-Chillibre bus back.

#### City of Knowledge to Albrook Bus Terminal

I unfortunately do not remember the exact bus services I took but there are a handful of choices available as shown in Google Maps. The transport within the Panama City area are well managed and documented (unlike the SACA bus which does not appear on any official sites or Google Maps, at least not in English) and navigation is very easy.

#### Other notes

On the day I initially planned to visit the Plantation Trail, I took the Forrestral-Chillibre bus from the City of Knowledge to the Summit bus stop. There, I asked a non-English speaking local via Google Translate whether it was possible for me to take the SACA bus and request to alighted at the Plantation Trail. She communicated to me that she was going to take a taxi towards Gamboa and that I could share the ride with her and alight earlier (the Plantation Trail is along the way to Gamboa). Several minutes later, a taxi arrived, and I hopped in together with the lady and another local. However, instead of stopping at the entrance of Plantation Trail to drop me off, the taxi sped through the road and went all the way to Gamboa. I was clearly unable to communicate my intention of alighting earlier. The driver (who turns out was actually a worker at Gamboa earning some side-cash through this taxi service) refused to turn back and send me to the Plantation Trail. I therefore requested that he drop me off at the Panama Rainforest Discovery Centre area and paid him of 5 USD.

## **Birding**

### **Gamboa Town**

My first day in Panama was spent walking around Gamboa Town and here I encountered several open habitat birds here that were not as common in the more forested birding sites. The fields around Jadwin Avenue were great for observing low flying **Lesser Swallow-tailed Swifts** and **Short-tailed Swifts** early in the morning.



**Black** and **Turkey Vultures** soared throughout the day and were accompanied by the occasional **Magnificent Frigatebirds**, **Northern Crested**, and **Yellow-headed Caracaras**. **Orange-chinned Parakeets** and **Red-lored Amazons** were raucous and flying all over the town as well. **Whooping Motmots**, **Gartered Trogons** and **Keel-billed Trogons** were some of my other targets that I encountered in town.

At Ivan's B&B a tall dead tree attracted a **Lineated Woodpecker** as well as a pair of **Red-crowned Woodpeckers**.

The narrow strip of field along the forest patch at Morrow Boulevard produced several flycatchers such as the **Social Flycatcher**, **Lesser** and **Great Kiskadee**, **Tropical Kingbird**, as well as a quiet **Black-breasted Puffbird** at the wooded area adjacent to it.

I was able to walk in to the Gamboa Rainforest Resort freely but the birding was not very productive within the resort compounds. The forested area surrounding the resort however produced a **Streaked Flycatcher** and a nesting **Black-throated Mango**. The houses along Goethals Boulevard had **House**



*Lineated Woodpecker*

**Wrens** living up to their names. Angry looking **Common Tody-flycatchers** were present as well. The Marina area was rather disappointing apart from a **Gray-lined Hawk**, several **Mangrove Swallows** and a handful of **Common Gallinules**. The small forested patch between the Marina area and the resort had some **White-shouldered Tanagers** and **Chestnut-sided Warblers** in a mixed flock, both of which were species I eventually learnt to ignore because there were simply too many of them. The La Laguna Trail was devoid of bird life apart from a **Great Crested Flycatcher** during a quick visit in the late morning.

Along the forested section of Av Omar Torrijos Herrera towards the Ammo Dump Ponds and Pipeline Road I encountered species such as **Golden-headed Tanager**, **Crimson-backed Tanager**, **Cinnamon Becard**, **Fork-tailed Flycatcher**, **Clay-colored Thrush**, and a flock of **Grey-headed Chachalacas** on one evening. **Pauraques** were along this stretch of road early in the morning as well.

### Ammo Dump Ponds

Ammo Dump Ponds is located at the entrance of Pipeline Road and here I found a family of **Rufescent Tiger Heron** nesting at the edge of the pond. **Black-bellied Whistling Ducks, Wattled Jacanas, Great Egret, Green Heron** and **Purple Gallinules** were regular. The incessant calls of **White-throated Crakes** were extremely annoying as not once did these birds show themselves. A very vocal **Isthmian Wren** and a comparatively quiet **Southern Mealy Amazon** was here too.

### Pipeline Road

The Pipeline Road had two sections – the outer region (about 2km) and the inner region (much longer) – demarcated by the Rainforest Discovery Centre.

The trail along the outer region was quite wide but canopy cover was still substantial. Vehicles drove by occasionally. It took me close to 3 hours to walk to the Rainforest Discovery Centre at a relaxed birding pace, but just 50 minutes when I was exiting the forest at a slightly rushed pace (but still with occasional birding). However, there were road works going on when I was visiting which was frustrating since the rocky terrain was not only uncomfortable but also difficult to walk. Some notable species I encountered at the outer region included **Collared Aracari, Whooping** and **Broad-billed Motmots, Slaty-tailed, White-tailed** and **Black-throated Trogon** (latter heard only), **Crimson-crested Woodpecker, Black-chested Jay** and **Crane Hawk**.

Vehicles are not allowed to enter the inner region of the Pipeline Road. There supposedly is a 5USD entry fee to the inner region but the booth at the entrance was empty during my visits.

The trail was much denser and narrower here but still very well demarcated; impossible to get lost. I only explored about 6 kilometres and the terrain was easy to walk.

Notable species I saw were **Blue-crowned Manakin, Slate-coloured** and **Blue-black Grosbeaks, Speckled Mourner, White-necked Puffbird, Rufous Motmot, Scarlet-rumped Cacique** and **Scaly-throated Leaf-tosser**. My pre-trip study of the bird calls paid off as I managed to detect an army ant swarm from the calls of one of my key targets, the **Ocellated Antbird**. I found a flock of 5 bouncing about the forest floor as I tracked the swarm down and more were calling from the vicinity. They were accompanied by several **Bicoloured** and **Spotted Antbirds** along with other more common species.

I was sadly unable to connect with any Rufous-vented Ground Cuckoos. According to a local bird guide I spoke to, when one is sighted, it apparently stays around the area for several consecutive days and can be very approachable. It might be worth asking about latest sightings of this species at the Rainforest Rainforest Discovery Centre.



*Ocellated Antbird*

## Panama Rainforest Discovery Centre

The entrance fee to the Panama Rainforest Discovery Centre was 30 USD for non-residents. I had the fortune of birding this site with one of the most experienced birder in the region, Oliver Komar, and Rolando Jordan, who very graciously allowed me to tag along.

<b>ABIERTO</b> <b>OPEN</b> 6:00 a.m - 4:00 p.m.	RESIDENTES RESIDENTS	JUBILADOS RETIRED	NIÑOS RESIDENTES DE 6 A 12 AÑOS RESIDENTS CHILDREN FROM 6 TO 12	GIRA UNIVERSITARIA RESIDENTES UNIVERSITY TOUR RESIDENTS	TOUR OPERADOR TOUR OPERATOR	GIRA ESCOLAR SCHOOL TOUR
	US\$12.00	US\$10.00	US\$5.00	US\$6.00	US\$20.00	US\$3.00
	EXTRAJEROS NON-RESIDENTS		NIÑOS EXTRANJEROS DE 6 A 12 AÑOS NON-RESIDENTS CHILDREN FROM 6 TO 12		GIRA UNIVERSITARIA EXTRAJEROS NON-RESIDENTS UNIVERSITY TOUR	
	US\$30.00		US\$5.00		US\$15.00	
Menores de 12 años sin acceso a la torre. Children under 12 no access to tower.						

The tower at Panama Rainforest Discovery Centre was exceptional in the morning but only until about 0930 as it started to get really hot. Species that regularly flew over the tower included **Scaled Pigeons**, **Blue-headed Parrots**, **Red-lored Amazons** and **Orange-chinned Parakeets**. A handful of **Blue Dancis** visited the trees beside the tower and we were also presented great top-down views of a **Forest Elaenia**, a canopy species which would typically be hard to see from the trails. Scanning the far-away trees produced **Chestnut-headed Oropendolas**, a **Semiplumbeous Hawk** and several **Purple-throated Fruitcows**. We heard **Slaty-backed Forest Falcons** from the tower but was never able to see them. The Blue Cotinga was a no show but an unexpected **Capped Heron** glided over the forest. A **Dusky-capped Flycatcher** posed nicely beside the tower for some great photos as well. A slow walk down the spiralling stairs of the tower produced **Wedge-billed** and **Northern Barred Woodcreepers**, some **Spot-crowned Antvireos** and a **Ruddy-tailed Flycatcher** among others.



*Blue Dancis*

The trails within the Panama Rainforest Discovery Centre eventually lead to a marsh called Lake Calamito. The trail was rather quiet in the late morning but produced **Scarlet-rumped** and **Yellow-rumped Caciques**, **Red-throated Ant Tanagers** and a **Black-breasted Puffbird**. The open habitat at the marsh was fantastic for watching raptors soaring above the canopies and within a short span of time we managed to see many **Black** and **Turkey Vultures**, a **King Vulture**, **Common Black Hawk**, **Grey-lined Hawk**, **Zone-tailed Hawk** and **Snail Kite**. A group of **Greater Ani** foraged along the marshes as well. **White-throated Crakes** were abundant by call but never showed.

One of the highlights of the Discovery Centre was the feeders near the registration counter. This place was great not just because of the free coffee but also because of the many species of hummingbirds. Apart from the commoner species the such as the **Blue-chested** and **Rufous-tailed Hummingbirds**, **White-necked Jacobin**, **Black-throated Mango** and **Long-billed Hermit**, other species such as the **Violet-bellied Hummingbird** and **Crowned Woodnymph** showed. Unfortunately, photographic conditions were very poor as the feeders were placed under the roofs and were therefore very dark. That being said, the views offered were a thousand times better than those from trails.

### Summit Ponds + Old Gamboa Road South

I visited the Summit Ponds twice, first with Darien Montanez during the Christmas bird count, and alone the second time.

The entrance is at 9.063193, -79.651691. There are no city bus services leading to the "Parque Summit" bus stop although a bus stop exists. There is a guard post at the entrance and the birding area is actually within police grounds, but entry was very easily granted by informing the guards that I was a birdwatcher. (I took my



binoculars out and said "Mi, aves" which was probably a poorly phrased declaration that I was a bird rather than a human. The guards smiled and let me in without any hassles). After turning left and continuing down the road, it eventually led to a pond where the bizarre looking **Boat-billed Heron** resided. Other water associated birds such as **Ringed** and **Green Kingfishers** were here too. The birding site was past the yellow gate into the forest trail instead of turning right.

The forest passed through a comparatively dense section before opening up to a slight clearing. During my second visit, a diminutive **Little Tinamou** casually jogged across the path at the clearing. The **Jet Antbird**, one of the key targets here, was easy to find around the clearing too. **Rosy-thrush Tanagers** and **Yellow-billed Caciques** were present as well but getting good views of these skulkers was difficult. Big mixed flocks were common and consisted of species such as **Black-bellied**, **Rufous-breasted**, **Rufous-and-White Wrens** and **Rufous-capped Warbler**. There was a **Golden-collared Manakin** lek right after the clearing. The trail then led to a section lined with bamboo trees and here there was a roosting family of **Spectacled Owls**. They have apparently been reliably sighted here for a long period of time and I managed to observe them during both of my visits.

The trail opened up to a grassy patch beside the Panama Canal eventually and the avifauna here was completely different. Grassland birds such as **Thick-billed Seedfinch**, **Saffron Finch** (introduced), and **Yellow Tyrannulet** were present, and flycatchers (**Tropical Kingbirds**, **Great Kiskadee**, **Lesser Kiskadee**) sallied for insects. The open habitat allowed great views of **Yellow-backed**, **Yellow-tailed** and **Baltimore Orioles** as well. **Black-striped Sparrows** were relatively common by call.



## Camino de Plantacion (Plantation Trail)

The entrance to Camino de Plantacion is at GPS: 9.074980, -79.659140. The trailhead is on the left while continuing to the right leads to the luxurious Canopy Tower. There is a small parking area at the entrance. This is apparently a very popular trail among the locals for hiking and mountain biking on weekends and holidays. The 7km trail that connects with another trail called Camino de Cruces but I did not walk all the way and turned back around 4km in.



I was probably the first person to enter the trail on the day I visited and was rewarded with a **Great Tinamou** immediately after the entrance. The smaller **Little Tinamou** was around as well (heard only). **White-breasted Wood Wren** was rather common throughout and other species I saw included the **Yellow-margined Flatbill** and **Bright-rumped Attila**. **Lesser Greenlets** were abundant but I was unable to connect with the Golden-fronted Greenlet, one of the target species here.

At around 8am, the forest strangely became completely silent and I walked the trail without encountering any bird for about a kilometre. Then, a sudden bird wave was bestowed upon me and what was just a small commotion initially evolved to be one of the most memorable birding moments in my life. The bird wave begun with canopy birds, was slowly succeeded by middle storey ones, and ended with an understory wave. The whole event lasted for a phenomenal one hour and while most of the birds were the common nuclear species, the sheer abundance and rigour of the activity was one I have never encountered before in Asian birding. I likely missed out on many species simply because there were too many birds around and also because of my poor call identification skills but managed to gain a **Gartered Trogon** out of it.



*Streak-chested Antpitta*

The cycle of silence and sudden bird waves repeated several times as I continued to walk out of the trail and one of the flocks contained **Masked Tityras, Yellow-backed Oriole** and **Purple-throated Fruitcrows**.

My best encounter here however was a pair of extremely confiding **Streak-chested Antpittas**. The birds did not seem to mind even when hikers loudly walked by the trail, and I probably could have caught them with my bare hands if I tried.

### Parque Natural Metropolitano

The entrance fee of 4USD can be paid at the visitor centre (GPS: 8.985383, -79.546771) which opens at 8 am. The late opening hour does not affect birding as there are no gates to prevent entry to the park and trails. A second and much smaller ranger station is present at 8.991383, -79.544181. Vehicles can be parked at the main carpark at the visitor centre and there is some space for parking near the smaller ranger station as well.

I only spent a short morning here with Oliver Komar but was able to find many of the target species. We saw several of the endemic **Panamanian Tyrannulet** hopping around the canopy of the trees at the playground beside the visitor centre. A trio of **Bat Falcons** flew around the open field, and tyrannulets – **Brown-capped, Yellow-crowned** and **Mistletoe** – were common by call although seeing them was a challenge. The park is also known for having a very reliable spot for the **Common Potoo**. During my visit, the bird was quietly sleeping beside the first shelter along the slope after the smaller ranger station. The park rangers seemed to be aware of the changing roosting sites.



*Common Potoo*

### Other sites: Biomuseo and Diablo Mangroves

I visited these two sites within Panama City for a short while together with Darien Montanez and Oliver Komar during the Christmas Bird Count. The main target at Diablo Mangroves was the Straight-billed Woodcreeper, which we unfortunately dipped, but here, species including the **Sapphire-throated Hummingbird, Lesser Yellow-headed Vulture** and **Southern Beardless Tyrannulet** were new to me. We also got good views of **Mangrove Warblers** and **Fork-tailed Flycatchers** here.

At Biomuseo, we easily managed to find the target **Northern Scrub Flycatcher** at the garden around GPS: 8.932357, -79.545701. **Magnificent Frigatebirds** and **Blue-footed Boobies** could be seen flying along the coastline and at the open fields, bizarre looking **Cattle Tyrants** ran around together with **Tropical Mockingbirds**.

## Systematic List of Birds

219 species seen, 10 heard only

Nomenclature and taxonomy follows Gill, F & D Donsker (Eds). 2019. IOC World Bird List (v9.2). doi : 10.14344/IOC.ML.9.2.

1 = Seen, HO = Heard Only

GA = Gamboa Town (inclusive of Gamboa Rainforest Resort and Ammo Dump Ponds), PR = Pipeline Road, RDC = Panama Rainforest Discovery Centre, SP = Summit Ponds, CdP = Camino de Plantacion, PNM = Park Natural Metropolitano

SHR = Sepamore Hill Road (not included in main text. Made very short stops here during the Christmas Bird Count but did not see anything significant), DM = Diablo Mangroves, BIO = Biomuseo

No.	English Name	Latin Name	GA	PR	RDC	SP	CdP	PNM	SHR	DM	BIO
1	Great Tinamou	<i>Tinamus major</i>	1				1				
2	Little Tinamou	<i>Crypturellus soui</i>				1	1				
3	Grey-headed Chachalaca	<i>Ortalis cinereiceps</i>	1								
4	Black-bellied Whistling Duck	<i>Dendrocygna autumnalis</i>	1								
5	Common Potoo	<i>Nyctibius griseus</i>						1			
6	Pauraque	<i>Nyctidromus albicollis</i>	1								
7	Band-rumped Swift	<i>Chaetura spinicaudus</i>		1	1	1			1		
8	Vaux's Swift	<i>Chaetura vauxi</i>	1								
9	Short-tailed Swift	<i>Chaetura brachyura</i>	1	1	1	1		1			
10	Lesser Swallow-tailed Swift	<i>Panyptila cayennensis</i>	1								
11	Band-tailed Barbthroat	<i>Threnetes ruckeri</i>				1					
12	Long-billed Hermit	<i>Phaethornis longirostris</i>			1						
13	White-necked Jacobin	<i>Florisuga mellivora</i>		1	1	1					
14	Black-throated Mango	<i>Anthracothorax nigricollis</i>	1		1	1					
15	Crowned Woodnymph	<i>Thalurania colombica</i>			1						
16	Violet-bellied Hummingbird	<i>Juliomyia julie</i>	1	1	1				1		
17	Sapphire-throated Hummingbird	<i>Lepidopyga coeruleogularis</i>								1	1
18	Rufous-tailed Hummingbird	<i>Amazilia tzacatl</i>	1	1	1	1		1		1	1

19	Blue-chested Hummingbird	<i>Amazilia amabilis</i>	1	1	1		1			
20	White-vented Plumeleteer	<i>Chalybura buffonii</i>					1			
21	Greater Ani	<i>Crotophaga major</i>			1	1				
22	Smooth-billed Ani	<i>Crotophaga ani</i>	1			1				
23	Squirrel Cuckoo	<i>Piaya cayana</i>		1	1	1		1		
24	Rock Dove	<i>Columba livia</i>							1	
25	Scaled Pigeon	<i>Patagioenas speciosa</i>		1	1	1				
26	Pale-vented Pigeon	<i>Patagioenas cayennensis</i>	1	1		1				1
27	Ruddy Ground Dove	<i>Columbina talpacoti</i>	1	1		1		1	1	1
28	White-tipped Dove	<i>Leptotila verreauxi</i>	1	1		1	1		1	
29	White-throated Crane	<i>Laterallus albigularis</i>	HO			HO				
30	Purple Gallinule	<i>Porphyrio martinica</i>	1							
31	Common Gallinule	<i>Gallinula galeata</i>	1							
32	Southern Lapwing	<i>Vanellus chilensis</i>	1			1				
33	Wattled Jacana	<i>Jacana jacana</i>	1		1					
34	Spotted Sandpiper	<i>Actitis macularius</i>							1	
35	Royal Tern	<i>Thalasseus maximus</i>								1
36	Wood Stork	<i>Mycteria americana</i>							1	
37	Magnificent Frigatebird	<i>Fregata magnificens</i>	1	1					1	1
38	Blue-footed Booby	<i>Sula nebouxii</i>								1
39	Neotropic Cormorant	<i>Phalacrocorax brasilianus</i>								1
40	Anhinga	<i>Anhinga anhinga</i>				1				
41	Rufescent Tiger Heron	<i>Tigrisoma lineatum</i>	1		1					
42	Boat-billed Heron	<i>Cochlearius cochlearius</i>				1				
43	Green Heron	<i>Butorides virescens</i>	1		1				1	
44	Western Cattle Egret	<i>Bubulcus ibis</i>				1				

45	Great Blue Heron	<i>Ardea herodias</i>	1								
46	Great Egret	<i>Ardea alba</i>	1			1					
47	Capped Heron	<i>Pilherodius pileatus</i>			1						
48	Little Blue Heron	<i>Egretta caerulea</i>	1		1					1	
49	Brown Pelican	<i>Pelecanus occidentalis</i>	1	1		1					1
50	Turkey Vulture	<i>Cathartes aura</i>	1	1	1	1	1	1		1	
51	Lesser Yellow-headed Vulture	<i>Cathartes burrovianus</i>								1	
52	Black Vulture	<i>Coragyps atratus</i>	1	1	1	1	1	1	1	1	1
53	King Vulture	<i>Sarcoramphus papa</i>			1						
54	Western Osprey	<i>Pandion haliaetus</i>	1							1	
55	Double-toothed Kite	<i>Harpagus bidentatus</i>		1							
56	Snail Kite	<i>Rostrhamus sociabilis</i>			1						
57	Crane Hawk	<i>Geranospiza caerulescens</i>		1							
58	Common Black Hawk	<i>Buteogallus anthracinus</i>			1					1	
59	Great Black Hawk	<i>Buteogallus urubitinga</i>				1					
60	Roadside Hawk	<i>Rupornis magnirostris</i>				1					
61	Semiplumbeous Hawk	<i>Leucopternis semiplumbeus</i>			1						
62	Grey-lined Hawk	<i>Buteo nitidus</i>	1		1					1	
63	Broad-winged Hawk	<i>Buteo platypterus</i>					1				
64	Short-tailed Hawk	<i>Buteo brachyurus</i>		1							
65	Zone-tailed Hawk	<i>Buteo albonotatus</i>		1	1						
66	Spectacled Owl	<i>Pulsatrix perspicillata</i>				1					
67	Slaty-tailed Trogon	<i>Trogon massena</i>		1	1		1				
68	Black-tailed Trogon	<i>Trogon melanurus</i>		HO							
69	White-tailed Trogon	<i>Trogon chionurus</i>		1	1						
70	Gartered Trogon	<i>Trogon caligatus</i>	1	1			1		1		

71	Black-throated Trogon	<i>Trogon rufus</i>		1			1		1		
72	Green Kingfisher	<i>Chloroceryle americana</i>		1		1					
73	Ringed Kingfisher	<i>Megaceryle torquata</i>				1					
74	Whooping Motmot	<i>Momotus subrufescens</i>	1	1	1	1		1			
75	Rufous Motmot	<i>Baryphthengus martii</i>		1			1		1		
76	Broad-billed Motmot	<i>Electron platyrhynchum</i>		1	1		1		1		
77	White-necked Puffbird	<i>Notharchus hyperrhynchus</i>		1							
78	Black-breasted Puffbird	<i>Notharchus pectoralis</i>	1	1	1		1		1		
79	White-whiskered Puffbird	<i>Malacoptila panamensis</i>		1			1				
80	Collared Aracari	<i>Pteroglossus torquatus</i>		1	1						
81	Keel-billed Toucan	<i>Ramphastos sulfuratus</i>	1	1	1		1	1	1		
82	Yellow-throated Toucan	<i>Ramphastos ambiguus</i>		1	1			1			
83	Black-cheeked Woodpecker	<i>Melanerpes pucherani</i>			1						
84	Red-crowned Woodpecker	<i>Melanerpes rubricapillus</i>	1		1	1		1		1	1
85	Cinnamon Woodpecker	<i>Ceelus loricatus</i>		1	1	1	1		1		
86	Lineated Woodpecker	<i>Dryocopus lineatus</i>	1		1						
87	Crimson-crested Woodpecker	<i>Campephilus melanoleucos</i>		1	1			1			
88	Northern Crested Caracara	<i>Caracara cheriway</i>	1								
89	Yellow-headed Caracara	<i>Milvago chimachima</i>	1		1	1					
90	Slaty-backed Forest Falcon	<i>Micrastur mirandollei</i>			HO						
91	Collared Forest Falcon	<i>Micrastur semitorquatus</i>							HO		
92	Bat Falcon	<i>Falco ruficularis</i>						1			

93	Orange-chinned Parakeet	<i>Brotogeris jugularis</i>	1		1	1		1		1	1
94	Blue-headed Parrot	<i>Pionus menstruus</i>			1	1		1			
95	Red-lored Amazon	<i>Amazona autumnalis</i>	1		1	1		1			
96	Southern Mealy Amazon	<i>Amazona farinosa</i>		1							
97	Scaly-throated Leaf-tosser	<i>Sclerurus guatemalensis</i>		1							
98	Olivaceous Woodcreeper	<i>Sittasomus griseicapillus</i>					1	1			
99	Plain-brown Woodcreeper	<i>Dendrocincla fuliginosa</i>	1	1			1		1		
100	Wedge-billed Woodcreeper	<i>Glyphorhynchus spirurus</i>			1						
101	Northern Barred Woodcreeper	<i>Dendrocolaptes sanctithomae</i>		1	1						
102	Cocoa Woodcreeper	<i>Xiphorhynchus susurrans</i>	1	1	1	1		1	1		
103	Plain Xenops	<i>Xenops minutus</i>		1		1	1	1	1		
104	Dot-winged Antwren	<i>Microrhoppias quixensis</i>	1	1		1	1		1		
105	Checker-throated Antwren	<i>Epinecrophylla fulviventris</i>		1			1		1		
106	White-flanked Antwren	<i>Myrmotherula axillaris</i>		1							
107	Spot-crowned Antvireo	<i>Dysithamnus puncticeps</i>	1		1						
108	Barred Antshrike	<i>Thamnophilus doliatus</i>	1			1				1	1
109	Black-crowned Antshrike	<i>Thamnophilus atrinucha</i>	1	1	1		1				
110	Fasciated Antshrike	<i>Cymbilaimus lineatus</i>		1		1		1	1		
111	Great Antshrike	<i>Taraba major</i>		HO		HO					
112	Ocellated Antbird	<i>Phaenostictus mcleannani</i>		1							
113	Bicolored Antbird	<i>Gymnopithys bicolor</i>		1					1		
114	Dusky Antbird	<i>Cercomacroides tyrannina</i>			1	1		1			
115	Jet Antbird	<i>Cercomacra nigricans</i>				1					
116	Spotted Antbird	<i>Hylophylax naevioides</i>		1	1	1					

117	Chestnut-backed Antbird	<i>Poliocrania exsul</i>		1			1			
118	White-bellied Antbird	<i>Myrmeciza longipes</i>		1		1				
119	Black-faced Antthrush	<i>Formicarius analis</i>		HO	HO	HO			HO	
120	Streak-chested Antpitta	<i>Hylopezus perspicillatus</i>					1			
121	Yellow-crowned Tyrannulet	<i>Tyrannulus elatus</i>			1			1		
122	Forest Elaenia	<i>Myiopagis gaimardii</i>	1	1	1	1	1		1	
123	Greenish Elaenia	<i>Myiopagis viridicata</i>				1		1		
124	Yellow-bellied Elaenia	<i>Elaenia flavogaster</i>	1			1				1
125	Brown-capped Tyrannulet	<i>Ornithion brunneicapillus</i>		1			1	1		
126	Southern Beardless Tyrannulet	<i>Camptostoma obsoletum</i>								1
127	Yellow Tyrannulet	<i>Capsiempis flaveola</i>				1				
128	Mistletoe Tyrannulet	<i>Zimmerius parvus</i>							HO	
129	Panamanian Tyrannulet	<i>Phylloscartes flavovirens</i>						1		
130	Northern Scrub Flycatcher	<i>Sublegatus arenarum</i>								1
131	Black-capped Pygmy Tyrant	<i>Myiornis atricapillus</i>			HO					
132	Southern Bentbill	<i>Oncostoma olivaceum</i>		1	1	1	1	1	1	
133	Common Tody-flycatcher	<i>Todirostrum cinereum</i>	1		1	1		1		1
134	Olivaceous Flatbill	<i>Rhynchocyclus olivaceus</i>		1						
135	Yellow-margined Flatbill	<i>Tolmomyias flavotectus</i>	1	1		1	1	1	1	
136	Golden-crowned Spadebill	<i>Platyrinchus coronatus</i>					1			
137	Eastern Wood Pewee	<i>Contopus virens</i>								1
138	Acadian Flycatcher	<i>Empidonax virescens</i>				1				1



139	Cattle Tyrant	<i>Machetornis rixosa</i>									1
140	Rusty-margined Flycatcher	<i>Myiozetetes cayanensis</i>			1	1					1
141	Social Flycatcher	<i>Myiozetetes similis</i>	1		1	1		1		1	1
142	Great Kiskadee	<i>Pitangus sulphuratus</i>	1			1				1	1
143	Lesser Kiskadee	<i>Philohydor lictor</i>	1			1					
144	Streaked Flycatcher	<i>Myiodynastes maculatus</i>	1			1		1		1	
145	Tropical Kingbird	<i>Tyrannus melancholicus</i>	1	1	1	1		1		1	1
146	Fork-tailed Flycatcher	<i>Tyrannus savana</i>	1							1	
147	Dusky-capped Flycatcher	<i>Myiarchus tuberculifer</i>		1	1	1	1	1			
148	Panamanian Flycatcher	<i>Myiarchus panamensis</i>	1			1					
149	Great Crested Flycatcher	<i>Myiarchus crinitus</i>	1		1	1					
150	Bright-rumped Attila	<i>Attila spadiceus</i>		1		1	1				
151	Purple-throated Fruitcrow	<i>Querula purpurata</i>			1		1				
152	Blue-crowned Manakin	<i>Lepidothrix coronata</i>		1			1				
153	Golden-collared Manakin	<i>Manacus vitellinus</i>				1					
154	Ruddy-tailed Flycatcher	<i>Terentotriccus erythrurus</i>		1	1			1	1		
155	Masked Tityra	<i>Tityra semifasciata</i>	1				1				
156	Speckled Mourner	<i>Laniocera rufescens</i>		1							
157	Cinnamon Becard	<i>Pachyramphus cinnamomeus</i>	1								
158	Green Shrike-Vireo	<i>Vireolanius pulchellus</i>	HO		HO					HO	
159	Yellow-throated Vireo	<i>Vireo flavifrons</i>				1		1			
160	Golden-fronted Greenlet	<i>Hylophilus aurantiifrons</i>				1					
161	Lesser Greenlet	<i>Hylophilus decurtatus</i>	1			1	1	1			
162	Black-chested Jay	<i>Cyanocorax affinis</i>		1	1			1			

163	Mangrove Swallow	<i>Tachycineta albilinea</i>	1		1					1	1
164	Grey-breasted Martin	<i>Progne chalybea</i>	1	1	1	1					1
165	Southern Rough-winged Swallow	<i>Stelgidopteryx ruficollis</i>	1							1	
166	Barn Swallow	<i>Hirundo rustica</i>	1			1					1
167	Black-bellied Wren	<i>Pheugopedius fasciatoventris</i>				1					
168	Rufous-breasted Wren	<i>Pheugopedius rutilus</i>				1		1			
169	Rufous-and-white Wren	<i>Thryophilus rufalbus</i>				1		1			
170	Isthmian Wren	<i>Cantorchilus elutus</i>	1			1					
171	Buff-breasted Wren	<i>Cantorchilus leucotis</i>				1					
172	House Wren	<i>Troglodytes aedon</i>	1			1		1			1
173	White-breasted Wood Wren	<i>Henicorhina leucosticta</i>					1				
174	Song Wren	<i>Cyphorhinus phaeocephalus</i>		1	1						
175	Trilling Gnatwren	<i>Ramphocaenus melanurus</i>		1	1						
176	Tropical Gnatcatcher	<i>Polioptila plumbea</i>	1		1	1	1	1			
177	Tropical Mockingbird	<i>Mimus gilvus</i>	1			1				1	1
178	Clay-colored Thrush	<i>Turdus grayi</i>	1			1		1		1	1
179	Lesser Goldfinch	<i>Spinus psaltria</i>								1	
180	Yellow-crowned Euphonia	<i>Euphonia luteicapilla</i>				1		1			1
181	Thick-billed Euphonia	<i>Euphonia laniirostris</i>	1					1		1	1
182	Fulvous-vented Euphonia	<i>Euphonia fulvicrissa</i>			1						
183	White-vented Euphonia	<i>Euphonia minuta</i>		1							
184	Rosy Thrush-Tanager	<i>Rhodinocichla rosea</i>				1					
185	Black-striped Sparrow	<i>Arremonops conirostris</i>				HO					

186	Yellow-billed Cacique	<i>Amblycercus holosericeus</i>				1				
187	Chestnut-headed Oropendola	<i>Psarocolius wagleri</i>			1	1		1		
188	Yellow-rumped Cacique	<i>Cacicus cela</i>			1		1	1	1	
189	Scarlet-rumped Cacique	<i>Cacicus microrhynchus</i>		1	1	1	1	1	1	
190	Yellow-backed Oriole	<i>Icterus chrysater</i>		1	1	1	1			
191	Baltimore Oriole	<i>Icterus galbula</i>	1	1		1				1 1
192	Yellow-tailed Oriole	<i>Icterus mesomelas</i>				1				
193	Orchard Oriole	<i>Icterus spurius</i>				1				1
194	Great-tailed Grackle	<i>Quiscalus mexicanus</i>	1							1 1
195	Golden-winged Warbler	<i>Vermivora chrysoptera</i>				1				
196	Black-and-white Warbler	<i>Mniotilta varia</i>					1			
197	Prothonotary Warbler	<i>Protonotaria citrea</i>	1			1				
198	Tennessee Warbler	<i>Leiothlypis peregrina</i>	1			1				1
199	Magnolia Warbler	<i>Setophaga magnolia</i>	1							
200	Bay-breasted Warbler	<i>Setophaga castanea</i>	1	1	1	1	1	1	1	
201	American Yellow Warbler	<i>Setophaga aestiva</i>	1			1		1		1 1
202	Mangrove Warbler	<i>Setophaga petechia</i>								1
203	Chestnut-sided Warbler	<i>Setophaga pensylvanica</i>	1	1		1	1		1	
204	Rufous-capped Warbler	<i>Basileuterus rufifrons</i>				1				
205	Summer Tanager	<i>Piranga rubra</i>	1			1				1 1
206	Red-throated Ant Tanager	<i>Habia fuscicauda</i>			1	1		1		
207	Rose-breasted Grosbeak	<i>Pheucticus ludovicianus</i>				1				
208	Blue-black Grosbeak	<i>Cyanocompsa cyanoides</i>		1	1	1		1		
209	Grey-headed Tanager	<i>Eucometis penicillata</i>		1						

210	White-shouldered Tanager	<i>Tachyphonus luctuosus</i>	1	1	1	1	1	1			
211	Crimson-backed Tanager	<i>Ramphocelus dimidiatus</i>	1	1		1		1		1	1
212	Blue-grey Tanager	<i>Thraupis episcopus</i>	1			1		1		1	1
213	Palm Tanager	<i>Thraupis palmarum</i>	1			1				1	1
214	Plain-colored Tanager	<i>Tangara inornata</i>	1		1	1	1	1		1	1
215	Bay-headed Tanager	<i>Tangara gyrola</i>					1				
216	Golden-hooded Tanager	<i>Tangara larvata</i>	1	1		1	1				
217	Scarlet-thighed Dacnis	<i>Dacnis venusta</i>		1							
218	Blue Dacnis	<i>Dacnis cayana</i>			1	1					
219	Shining Honeycreeper	<i>Cyanerpes lucidus</i>	1								
220	Red-legged Honeycreeper	<i>Cyanerpes cyaneus</i>	1	1	1	1		1			
221	Green Honeycreeper	<i>Chlorophanes spiza</i>					1				
222	Saffron Finch	<i>Sicalis flaveola</i>				1				1	
223	Slate-colored Grosbeak	<i>Saltator grossus</i>		1	1					1	
224	Buff-throated Saltator	<i>Saltator maximus</i>				1					
225	Streaked Saltator	<i>Saltator striatipectus</i>									1
226	Blue-black Grassquit	<i>Volatinia jacarina</i>				1					
227	Variable Seedeater	<i>Sporophila corvina</i>	1			1		1		1	1
228	Yellow-bellied Seedeater	<i>Sporophila nigricollis</i>				1					
229	Thick-billed Seed Finch	<i>Oryzoborus funereus</i>				1					