

Panama Mindful Birding Retreat 2024

Trip Report

By Jenn Sinasac & Marta Curti

June 16-22, 2024



Spectacular scenery at Mount Totumas Cloud Forest. Photo by Marta Curti.

Our second Mindful Birding Retreat followed the same wonderful path as our first, and brought us up to the highlands of Chiriqui, where we spent 5 days at the lovely Mount Totumas Cloud Forest. At an elevation of 1,800 meters, we were treated to spectacular mountain views, fantastic birding, delicious food, extra surprises (a coffee tour and a look at the fabulous insect collection!), and wonderful company among good friends. Holly Merker led us in meaningful ornithotherapy sessions, Marta helped us feel great and stretch our bodies with daily yoga sessions, and we enjoyed birds around every corner with Jenn. We really did take in all the benefits that birds bring us, reaching a deeper level of appreciation for nature and our own well-being.

Highlights of the trip

1. Witnessing a male **Three-wattled Bellbird** performing on his display perch in the cloud forest canopy, wiggling his wattles to impress a female and screaming his loud "bong" call into her ear. What a show!

2. A close flyby from a male **Resplendent Quetzal!**
3. The surreal moment when a fledgling **Talamanca Hummingbird** appeared on a branch at the hummingbird station (as we were all mindfully watching the hummingbird activity), and then it flew and landed on Holly's shoulder! Magical!
4. Dipping our feet in the natural hot springs, beside a beautiful mountain river where we observed **American Dipper** and **Torrent Tyrannulets** flitting around the rocks.
5. Tasting specialty high-altitude coffee, including world famous Geisha coffee, during a private coffee tour at Mount Totumas.
6. Listening to the early morning dawn songs of **Black-faced Solitaire** and **Spotted Wood-Quails** from the surrounding forested slopes.
7. Stopped in our tracks by the bright red and orange colors of the male **Flame-colored Tanager** and **Scarlet-rumped Tanager**.
8. Being in awe of the incredible power and beauty of the cloud forest, realizing we are truly our happiest when in nature!



Lesser Violetear at the hummingbird station. Photo by Marta Curti.

Itinerary

Day 1: June 16, 2024 — Orientation & Introduction to Mindful Birding

Everyone arrived in Panama in good time and great spirits to kick off our Mindful Birding Retreat! We met as a group at the hotel in the afternoon and got acquainted through introductions. Holly gave us a fantastic introduction to mindful birding and ornithotherapy with a lovely presentation, opening up our bodies and minds to the experience to come this week. Then we enjoyed a lovely dinner together, and prepared for an early morning ahead.

Day 2: June 17, 2024 — Flight to Chiriqui and transfer to Mount Totumas Cloud Forest

We met early in the hotel lobby in order to catch the 6:00 am shuttle to the airport. We enjoyed a cup of coffee at the hotel to fuel us for the journey ahead! We boarded the shuttles to the airport, checked our bags, and spent some time birding from the waiting room at our gate. **Fork-tailed Flycatchers**, **Neotropic Cormorants**, and **Gray-breasted Martins**, among others, entertained us as we enjoyed our breakfast and waited to board. We took a short flight (one hour) to Chiriqui, Panama's westernmost province and gateway to the spectacular Talamanca Mountains of the western Panama highlands. Upon arrival in David, we met our drivers and traveled two hours to Mount Totumas Cloud Forest. The final stretch took us on a rugged, rocky road up to 1,800 m elevation, where Bellbird Lodge is located, surrounded by the vast, forested mountains of Chiriqui. Along the way, we spotted **Yellow-headed Caracaras** flying overhead and **Yellow-faced Grassquits** along the roadsides. As we approached the lodge, a **Torrent Tyrannulet** was spotted on a large rock in a stream by Beth, Cindy, Susan and Jenn.

Upon arrival at the lodge we were immediately in awe of the dozens of hummingbirds at the feeders - **Lesser Violetear**, **Violet Sabrewing**, **Talamanca Hummingbird**, **Stripe-tailed Hummingbird** and others. A total of seven species welcomed us as we reveled in the beauty of the lodge and the reserve. The feeling of pure joy and relaxation set in. We were greeted by Karin, who gave us a brief orientation, and then we had a delicious lunch.

After some time to get settled in and rest, we met Reinaldo, the lodge's bird guide, and took a short walk down the road. The misty clouds rolled in and out of the valleys, as if the mountains were playing hide and seek with us. Thunder was heard in the distance, but the weather was truly perfect this afternoon. As we slowly strolled down the road, we enjoyed great views of **Rufous-collared Sparrow**, **Common Chlorospingus**, and **Black-faced Solitaire**, everyone noting its bright orange bill. We even saw a **Green Hermit** feeding at a small patch of bird of paradise flowers. Further along the road, we were treated to great views of **Dark Pewee**, **Spot-crowned Woodpecker**, **Flame-colored Tanager**, and a spectacular pair of **Scarlet-thighed Dacnis**! Seeing the birds definitely invoked a sense of wonder, calm, and happiness as we lived in the moment with them.

Prior to dinner, Marta led a gentle yoga session in the lodge, where stretched our muscles and focused on our breath, with the sweeping views of the mountains in front of us. Dinner followed, then a review of the bird checklist for the day. Even though we had just arrived today, we were already immersed in mindful birding, using all of our senses and living the moment and all the wondrous birds around us.

Day 3: June 18, 2024 — Morning birding & afternoon rain & mindful birding activities

Some of us started our day with a gentle yoga session with Marta on the deck at Bellbird Lodge, surrounded by hummingbirds as they started their day. After filling up on a delicious breakfast, we met Reinaldo for a morning of birding on the Big Tree Loop Trail. Before we started on the trail, Holly read us a quote from a Mary Oliver poem, setting the perfect mood for a morning of mindful birding! Not far up the trail, Reinaldo pointed out a **Mexican Hairy Porcupine** sleeping in a tree, just above our eye level - a fantastic sight! Carrying along on the trail, we took our time to enjoy each bird as we watched their behavior - **Sulphur-winged Parakeets** feeding in a fruiting tree,

Acorn Woodpeckers drumming and interacting with each other on a huge emergent snag, **Vaux's Swifts** and a **White-collared Swift** zooming by overhead, and the busy flitting of **Eye-ringed Flatbills** in the forest. We also enjoyed seeing the unique brown plumage of the local subspecies of the **Hairy Woodpecker**. It was all lovely!

But the bird of the morning was the without a doubt, the **Three-wattled Bellbird**. We heard it in the distance as we entered the trail, it's loud "bong" call resonating through the forest. We walked toward the sound of this amazing call, getting closer and closer. As the trail continued to increase in elevation, we reached the spot where the bellbirds were calling. Reinaldo spotted a male, with its gorgeous chestnut and white plumage and three, dangling wattles on its bill. It flew from branch to branch, eventually settling in great view on a broken off branch in the forest canopy - its preferred display perch. He sang and sang, and then, a female joined him on the perch! He called and displayed to her, and we were in awe of these spectacular birds, grateful to be able to witness some of their courtship behaviors. We took our time watching and listening to this male, taking photos, and soaking in the moment with this marvelous bird. After our encounter, we made our way back to the lodge (stopping once again for another great look at the Sulphur-winged Parakeets!).



A male **Three-wattled Bellbird** calls into the female's ear! Photo by Holly Merker.

This afternoon we were planning on some forest bathing, but the clouds rolled in and it rained most of the rest of the day. Since the rain was too heavy to go out, we stayed in and enjoyed watching the hummingbirds around the lodge. Even in the heaviest rain and wind, the **Violet Sabrewings** and others were out there bathing and feeding. Holly led us in some mindful birding activities, guiding us to think about weather, color, and feathers of birds. We took a mindful look into the lives of hummingbirds. Our inquisitive minds led us to read more about the Three-wattled Bellbird and its close relatives, as well as some of the other birds we had seen so far. We finished the afternoon

with a nature sketching session, which allowed us to focus on the birds, plants, and landscapes around us, and we put on paper whatever inspired us. It was yet another great day of mindful birding at Mount Totumas.

Day 4: June 19, 2024 — Morning birding along lower road & hot springs, and forest bathing

We began our day once again at our own pace, either by joining Marta for early morning yoga on the deck to stretch our muscles, grabbing a hot cup of tea or coffee, or enjoying the hummingbirds and other birds around the garden. Holly (and then later, Mateo) spotted a **Yellow-throated Toucan** in the distance, and we all enjoyed its amazing attributes, sparking conversation about its fascinatingly large bill during breakfast.

We met Reinaldo at the lodge this morning and we drove down the road to the forest just beyond the “pozos” or hot springs. As we were getting out of the truck, a **Red-crowned Woodpecker** was spotted in a roadside tree. The forest is different here - a few hundred meters lower in elevation - trunks of trees were covered in thick vines, and the crowns of tall Ficus trees expanded over the other canopy vegetation. We were delighted by sightings of a few different species of hummingbirds here: a female **White-throated Mountain-gem**, a male **White-tailed Emerald**, and a glorious **Purple-crowned Fairy!** We also took in the beauty and charm of **White-ruffed Manakin**, **Thick-billed** and **Spot-crowned euphonias**, and a male **Collared Trogon!** Before heading back up to the lodge, we stopped at the hot springs and dipped our feet in the warm water, an experience enjoyed by all. Along the rocky, fast moving river beside the hot springs, we enjoyed great views of an **American Dipper** and a nesting **Orange-billed Nightingale-Thrush**. The female was brooding the young in the nest, and she periodically tended to the chicks. Lovely



**Observing Torrent Tyrannulets and a nesting Orange-billed Nightingale-Thrush along a mountain stream.
Photo by Marta Curti.**

Torrent Tyrannulets were seen along this section of the river, and then again on our way back up to the lodge. We arrived in time for lunch - tacos!

After lunch and a rest, we prepared for a forest bathing session with Holly. Just as we were heading out of the lodge, a large, brilliantly teal-colored bird flew past the lodge and up the start of the Big Tree Loop Trail. With much excitement, Jenn ran up the trail and found the male **Resplendent Quetzal** perched on a low limb! It didn't stay long, but almost everyone had a look at this spectacular bird before it flew up and over the bank. We tried to relocate it along a narrow trail and then down on the main road, but turned up a pair of **Northern Emerald-Toucanets** instead. The quetzal was unexpected at this time of year, as a majority of them that breed at these elevations in the first part of the year had already left to their non-breeding grounds. It was a very surprising sighting.

After that bit of excitement, we walked to the Roble trail for forest bathing. We started out sitting on the forest floor along the trail, and Holly led us through a series of "invitations", allowing us to connect with the forest and engage in sensory exploration. Perhaps one of the most fantastic parts of this was the refreshing rain shower that graced us as we sat on the cloud forest floor, adding to the experience. We walked mindfully, and shared our observations and thoughts as we explored the forest - its smells, motion, textures, and patterns, and finished with some beautiful quotes from the forest that spoke to all of us. It was a wonderful experience in nature. We finished off the day with a delicious dinner and review of the marvelous birds and animals we were grateful to see today.

Day 5: June 20, 2024 - Mindful Birding & Coffee Tour

We started out our day as we have throughout the week - morning yoga, coffee, and enjoying the birds at the feeders, along with the beautiful sunrise. **Spotted Wood-Quails** sang from the forest floor at dawn, and Holly saw a family of five wood-quails cross the road ahead of her as she walked to Bellbird Lodge! During breakfast, Holly spotted a **Bat Falcon**, which we all then watched from the deck as it flew at a fast speed across the open sky, eventually dropping down into the valley.

After breakfast we took a short drive to the Bajareque Trail. As we arrived at the first cow pasture, Reinaldo spotted a **Long-tailed Silky-flycatcher** at the top of the tree. We then later saw several of these beautiful birds throughout the morning. Karin drove us along a rugged rocky road until we reached a locked gate. We started birding from here, along a quiet road bordered by trees covered in epiphytes and mosses, interspersed through pastures on steep slopes. The property was beautiful. Here we saw **Flame-throated Warbler**, a **Black-faced Solitaire** feeding a fledgling, **Spot-crowned Woodcreeper**, and **Streak-breasted Treehunter**. **Prong-billed Barbet** was heard calling a couple of times. Further up the road into the more open part of the pasture, we found two **Golden-browed Chlorophonias** foraging in a tree, and a male **Elegant Euphonia** perched on top! In addition to the fantastic birds, the scenery was just simply beautiful, leaving us all with the feeling of gratitude and joy.

After mindfully birding along the road, some of us returned back to the lodge in the truck while the rest walked the road back. Three-wattled Bellbirds called in the distance, and **Lesser Goldfinches** and **Yellow-bellied Siskins** sang from the roadsides. While we were watching a siskin, we all caught sight of another male **Resplendent Quetzal** as it flew across the road, its large size,



View of Bellbird Lodge from the ridge above. Photo by Jenn Sinasac.

turquoise back and white tail feathers unmistakable. We searched the tree it flew into, but to no avail. Still, it was a memorable sighting, even if it was a short one. As we were walking, a group of **Swallow-tailed Kites** rose up from the forest. They were vocalizing; Reinaldo informed us that they rarely hear this raptor calling, so we took a few moments to listen to their playful calls. Just as we arrived back at the lodge the rain started, our timing was perfect!

After lunch (a flavorful poke bowl with tempura fish, calamari and vegetables), everyone had some time to enjoy to themselves. The rain continued all afternoon, which was perfect for our coffee tour. We met Karin at the Coffee House and she took us on a tour of Mount Totumas' coffee production, followed by a tasting. She told us all about specialty coffee, showed us seedling coffee trees, walked us through the washing and de-pulping, drying, and roasting processes. Then she, along with Mateo's assistance, prepared five different coffees for us to try. We slurped each one, noting the subtle nuances in flavor (fruity, floral, chocolates, and well, coffee!). It was a fascinating tour, giving us all new appreciation every time we drink a cup of brew!

We returned to the lodge and Jenn showed us the Mt. Totumas insect collection - boxes and boxes of pinned moths, butterflies, beetles, and more. The diversity is amazing! This is yet more proof that we were in a highly biodiverse place. We then met in the lounge and Holly gave us a presentation on eBird and its amazing features, not only for recording bird sightings, but also its importance for bird conservation around the world. We enjoyed our last dinner together at Mount Totumas, and retired for the evening.

Day 6: June 21, 2024 — Mount Totumas, transfer to David and flight to Panama City

We started this beautiful day off with yoga with Marta, and today we listened intently as both a **Barred Forest-Falcon** called in the early morning light from in the valley to the east, followed by the mournful call of a **Collared Forest-Falcon** in the slope to the west, awaking the day. As we all greeted the day with our own rhythms, we were pleased by the sightings of a perched **Bat Falcon** on the Big Tree, and the beauty of **Flame-colored** and **Scarlet-rumped tanagers** around the lodge.

This morning, after breakfast, we enjoyed a final mindful walk down the road from the lodge. We took this morning's walk at a nice, slow pace, soaking in all of the beauty and birds around us. Today we were thrilled to observe adult birds feeding their fledglings - we watched as adult **Clay-colored Thrushes**, **Silver-throated Tanagers**, and **Sulphur-winged Parakeets** fed and taught their fledglings to forage. At the fruit feeders at the pond, **Buff-throated Saltators** and **Common Chlorospingus** fed on the fresh papaya offerings, and Holly spotted a **Brown-capped Vireo** in the trees above. Slowly, we carried on down the road and stopped at the hummingbird station. Surrounded by beautiful orchids and bromeliads, we watched as **Lesser Violetear**, **Stripe-tailed Hummingbird**, **Green-crowned Brilliant**, **Violet Sabrewing**, **Snowy-bellied Hummingbird**, and **Talamanca Hummingbird** visited the feeders and perched in the small trees adjacent to the deck. We were thrilled to see tiny **Scintillant Hummingbirds** feeding at the feeders since we had only seen them coming to the flowers around the lodge; their tiny, flared orange tails caught our attention. As we sat there mindfully, a juvenile Talamanca Hummingbird appeared on a branch in the middle of the feeder set up - it must have just fledged from the nest! It sat there for some time, begging for food - what a delight! After some time (the juvenile still perched making constant calls), Holly started to ask us to share our mindful birding experience for the Mindful Birding Network podcast. As she was recording, the juvenile Talamanca Hummingbird made one of its first flights -



A recently fledged Talamanca Hummingbird at the hummingbird station. Photo by Marta Curti.

directly to Holly, and landed on her shoulder for a few moments before flying off again! A surprise to all, it was a surreal moment and we were all filled with joy that this tiny creature brought us. We finished our morning walk by spotting two **Red-tailed Hawks** soaring overhead. It is always a delight to see these resident raptors in the highlands. We then walked back to the lodge in the refreshing rain of the cloud forest.

Back at the lodge, we enjoyed a meal together, full of amazing flavors (and even carrot cake for dessert!) that stayed with us throughout the afternoon. We reviewed our checklist, packed our bags and nearly finished a puzzle we had been working on throughout the week. Just before saying goodbye to Mount Totumas, we sat with the mountains in view and Marta led us in a soothing meditation. Holly wrapped up our mindful birding time together with a reading from Mary Oliver, followed by passing out healing flora cards, each one speaking to us so beautifully. On that note, we loaded up the vehicles and made our way back to David to catch our flight to Panama City. Despite going through a big storm with heavy rain, our drivers got us there safely. We arrived in Panama City into the evening, finishing our retreat at the airport hotel.

Day 7: June 22, 2024 — Departures

We enjoyed some final birds nearby and began our journeys home with amazing memories to carry for years to come.



Vicina Clearwing (*Oleria vicina*). Photo by Marta Curti.

Thanks!

As always, we want to thank all the participants for being part of this tour. A huge thank you to Holly, for teaching us all how to be more mindful and for her sweet and kind nature. We also thank our wonderful hosts at Mount Totumas Cloud Forest - Karin and Mateo - and our knowledgeable local guide Reinaldo. Mulget Amaru inspired us with his kindness, his amazing adventures on his peace walk from Argentina to Alaska, and his beautiful art. This was a truly memorable tour and we look forward to many more mindful birding retreats in the future.



Enjoying the hot springs!

Wildlife Observation List

Birds

Nomenclature and taxonomy follows *eBird*, 2024.

eBird Trip Report: <https://ebird.org/tripreport/254996>

Common Name	Scientific Name	Notes
1 Spotted Wood-Quail	<i>Odontophorus guttatus</i>	Heard most mornings calling at dawn in the distant forested slopes; seen by Holly on June 20, and by Susan on June 21, both sightings along main road, groups of 3-5 birds.
2 Band-tailed Pigeon	<i>Patagioenas fasciata</i>	Commonly seen flying in groups overhead and perching in canopy of nearby trees
3 White-tipped Dove	<i>Leptotila verreauxi</i>	Seen and most days around Mount Totumas Cloud Forest (Bellbird Lodge and along main road)
4 Chiriqui Quail-Dove	<i>Zentrygon chiriquensis</i>	One seen along Big Tree Loop Trail; one heard along lower road near Pozos trail
5 Squirrel Cuckoo	<i>Piaya cayana</i>	Two individuals seen around Bellbird Lodge; others heard
6 White-collared Swift	<i>Streptoprocne zonaris</i>	One seen fly over lodge area on June 18
7 Vaux's Swift	<i>Chaetura vauxi</i>	Two small groups seen flying over lodge area
8 Green Hermit	<i>Phaethornis guy</i>	One individual seen regularly along main lodge road feeding at Heliconia (Bird of Paradise) plants; one seen fly by bird blind observatory at entrance to Bajareque Trail
9 Lesser Violetear	<i>Colibri cyanotus</i>	Very common around hummingbird feeders at Bellbird Lodge and hummingbird station
10 Purple-crowned Fairy	<i>Heliothryx barroti</i>	One seen along lower road near Pozos trail
11 Green-crowned Brilliant	<i>Heliodoxa jacula</i>	Common around hummingbird feeders at Bellbird Lodge and hummingbird station
12 Talamanca Hummingbird	<i>Eugenes spectabilis</i>	Regular visitor to hummingbird feeders at Bellbird Lodge and hummingbird station; two notable individuals seen along road every day; one fledgling juvenile seen at hummingbird station on June 21
13 White-throated Mountain-gem	<i>Lampornis castaneiventris</i>	One female seen along lower road near Pozos trail
14 Scintillant Hummingbird	<i>Selasphorus scintilla</i>	Common visitor to flowering bushes around Bellbird Lodge, hummingbird station, road to lodge and entrance of Big Tree Loop Trail
15 Violet Sabrewing	<i>Campylopterus hemileucurus</i>	Very common around hummingbird feeders at Bellbird Lodge and hummingbird station
16 White-tailed Emerald	<i>Microchera chionura</i>	One male seen along lower road near Pozos trail

Common Name	Scientific Name	Notes
17 Stripe-tailed Hummingbird	<i>Eupherusa eximia</i>	Common around hummingbird feeders at Bellbird Lodge and hummingbird station
18 Snowy-bellied Hummingbird	<i>Saucerottia edward</i>	Common around hummingbird feeders at Bellbird Lodge and hummingbird station
19 Southern Lapwing	<i>Vanellus chilensis</i>	Seen flying over road at Mount Totumas
20 Neotropic Cormorant	<i>Nannopterum brasilianum</i>	Several seen flying at Tocumen International Airport in Panama City while waiting to board flight
21 Western Cattle Egret	<i>Bubulcus ibis</i>	Several seen in pastures near lodge and along drive to and from lodge
22 Great Egret	<i>Ardea alba</i>	Seen on first day in Volcan area
23 Black Vulture	<i>Coragyps atratus</i>	Commonly seen soaring overhead at Mount Totumas Cloud Forest
24 Turkey Vulture	<i>Cathartes aura</i>	Seen on occasion soaring overhead at Mount Totumas Cloud Forest
25 Swallow-tailed Kite	<i>Elanoides forficatus</i>	Commonly seen flying every day around Mount Totumas. Three individuals observed perched in view from the lodge on June 20
26 Roadside Hawk	<i>Rupornis magnirostris</i>	1 seen along drive from David to Mount Totumas; 1 heard near Pozos trail
27 Red-tailed Hawk	<i>Buteo jamaicensis</i> <i>costaricensis</i>	2 individuals seen soaring over open area near lodge on last morning at Mount Totumas
28 Resplendent Quetzal	<i>Pharomachrus mocinno</i>	One male seen flying low by lodge then briefly perched low along Big Tree Loop Trail; another male seen briefly flying across the Bajareque Trail Road
29 Collared Trogon	<i>Trogon collaris</i>	Heard along Big Tree Loop Trail and Bajareque Trail; a male seen on lower road near Hot Springs
30 Prong-billed Barbet	<i>Semnornis frantzii</i>	1 heard on Bajareque Trail
31 Northern Emerald-Toucanet	<i>Aulacorhynchus prasinus</i>	2 seen beside Bellbird Lodge parking area (along small trail)
32 Yellow-throated Toucan	<i>Ramphastos ambiguus</i>	One heard from Bellbird Lodge on June 18; one seen perched in emergent tree from lodge on June 19
33 Acorn Woodpecker	<i>Melanerpes formicivorus</i>	Several individuals seen and heard around Bellbird Lodge, access road and Big Tree Loop Trail
34 Red-crowned Woodpecker	<i>Melanerpes rubricapillus</i>	One individual seen at lower road near Pozos trail
35 Hairy Woodpecker	<i>Dryobates villosus</i>	One individual seen along Big Tree Loop Trail
36 Collared Forest-Falcon	<i>Micrastur semitorquatus</i>	One heard calling during morning yoga session at Bellbird Lodge
37 Barred Forest-Falcon	<i>Micrastur ruficollis</i>	Heard on two mornings during morning yoga session, calling at dawn
38 Yellow-headed Caracara	<i>Daptrius chimachima</i>	A few individuals seen along road from David to Mount Totumas

Common Name	Scientific Name	Notes
39 Bat Falcon	<i>Falco rufigularis</i>	One individual seen flying by lodge on June 20; one perched on top of emergent Mexican Elm on morning of final day
40 Barred Parakeet	<i>Bolborhynchus lineola</i>	Large group (conservative estimate 75) seen flying overhead on first afternoon at Mount Totumas; 3 individuals seen flying overhead on June 18 at Mount Totumas
41 Sulphur-winged Parakeet	<i>Pyrrhura hoffmanni</i>	Commonly seen flying in small groups over Mount Totumas; regularly seen perched
42 Crimson-fronted Parakeet	<i>Psittacara finschi</i>	One heard on first afternoon at Mount Totumas
43 Middle American Leaf-tosser	<i>Sclerurus mexicanus</i>	One heard on lower road near Pozos trail
44 Spot-crowned Woodcreeper	<i>Lepidocolaptes affinis</i>	Commonly seen and heard along Big Tree Loop Trail and Bajareque Trail
45 Scaly-throated Foliage-gleaner	<i>Anabacerthia variegaticeps</i>	One heard on Big Tree Loop Trail
46 Ruddy Foliage-gleaner	<i>Clibanornis rubiginosus</i>	One heard on lower road near Pozos trail
47 Streak-breasted Treehunter	<i>Thripadectes rufobrunneus</i>	One seen well along Bajareque Trail
48 White-ruffed Manakin	<i>Corapipo altera</i>	One male seen well along lower road near Pozos trail; another seen beside lodge on final day by Cindy
49 Three-wattled Bellbird	<i>Procnias tricarunculatus</i>	A pair seen well on Big Tree Loop Trail (and another calling), great views! Two individuals heard in distance from Bajareque Trail/pasture area
50 Masked Tityra	<i>Tityra semifasciata</i>	One seen along road near Pozos trail (on return to lodge)
51 Eye-ringed Flatbill	<i>Rhynchocyclus brevirostris</i>	Three individuals heard and briefly seen along Big Tree Loop Trail
52 Mountain Elaenia	<i>Elaenia frantzii</i>	Very common around Bellbird Lodge, along forest edge, and in forest trails
53 Torrent Tyrannulet	<i>Serpophaga cinerea</i>	Several individuals seen along rushing streams and river crossings along road to Mount Totumas
54 Dark Pewee	<i>Contopus lugubris</i>	Two individuals seen along Mount Totumas road on first afternoon
55 Black Phoebe	<i>Sayornis nigricans</i>	Two individuals seen along lower road near Pozos trail
56 Dusky-capped Flycatcher	<i>Myiarchus tuberculifer</i>	One seen perched over lower road near Pozos trail
57 Great Kiskadee	<i>Pitangus sulphuratus</i>	Two seen along lower road near Pozos trail
58 Boat-billed Flycatcher	<i>Megarynchus pitangua</i>	Regularly heard and seen around Bellbird Lodge and along Big Tree Loop Trail
59 Tropical Kingbird	<i>Tyrannus melancholicus</i>	One seen at Tocumen Airport while waiting to board flight; two individuals seen around Mount Totumas Cloud Forest

Common Name	Scientific Name	Notes
60 Fork-tailed Flycatcher	<i>Tyrannus savanna</i>	Three individuals seen from waiting room at Tocumen International Airport
61 Rufous-browed Peppershrike	<i>Cyclarhis gujanensis</i>	One heard along Bajareque Trail
62 Brown-capped Vireo	<i>Vireo leucophrys</i>	A few individuals seen around Mount Totumas Cloud Forest road and Big Tree Loop Trail
63 Gray-breasted Martin	<i>Progne chalybea</i>	Two seen at Tocumen International Airport
64 Blue-and-white Swallow	<i>Pygochelidon cyanoleuca</i>	Several individuals seen flying around lodge and road
65 House Wren	<i>Troglodytes aedon</i>	A few individuals seen along access road and around Mount Totumas
66 Ochraceous Wren	<i>Troglodytes ochraceus</i>	Three individuals seen well along Bajareque Trail
67 Rufous-breasted Wren	<i>Pheugopedius rutilus</i>	One heard on lower road near Pozos trail
68 Isthmian Wren	<i>Cantorchilus elutus</i>	One heard singing regularly and seen on occasion beside Bellbird Lodge
69 White-breasted Wood-Wren	<i>Henicorhina leucosticta</i>	One individual heard at Hot Springs
70 Gray-breasted Wood-Wren	<i>Henicorhina leucophrys</i>	Heard regularly calling from in the forest around the lodge; one seen at Hot Springs
71 American Dipper	<i>Cinclus mexicanus</i>	One seen along rushing stream at Hot Springs
72 Black-faced Solitaire	<i>Myadestes melanops</i>	Common; heard daily; several individuals seen along Big Tree Loop Trail, Bajareque trail, and lodge access road
73 Orange-billed Nightingale-Thrush	<i>Catharus aurantiirostris</i>	One adult seen brooding and tending nestlings on nest along stream at Hot Springs
74 Ruddy-capped Nightingale-Thrush	<i>Catharus frantzii</i>	Seen and heard along access road to Bellbird Lodge and along Big Tree Loop Trail
75 Mountain Thrush	<i>Turdus plebejus</i>	Seen daily near Bellbird Lodge, access road, and in trails
76 White-throated Thrush	<i>Turdus assimilis</i>	Heard daily around Bellbird Lodge, access road and in trails
77 Clay-colored Thrush	<i>Turdus grayi</i>	Seen daily around Bellbird Lodge, access road, and in trails
78 Long-tailed Silky-flycatcher	<i>Ptiliogonys caudatus</i>	Several individuals seen perched and flying overhead along Bajareque Trail and near Bellbird Lodge
79 Elegant Euphonia	<i>Chlorophonia elegantissima</i>	A male seen perched atop a bare tree along cow pasture beyond Bajareque Trail
80 Golden-browed Chlorophonia	<i>Chlorophonia callophrys</i>	Seen and heard occasionally around Bellbird Lodge and in cow pasture beyond Bajareque Trail
81 Thick-billed Euphonia	<i>Euphonia laniirostris</i>	A pair seen along lower road near Pozos trail
82 Spot-crowned Euphonia	<i>Euphonia imitans</i>	A pair seen along lower road near Pozos trail
83 Lesser Goldfinch	<i>Spinus psaltria</i>	Several individuals seen along access road to Mount Totumas and Bajareque Trail

	Common Name	Scientific Name	Notes
84	Yellow-bellied Siskin	<i>Spinus xanthogastrus</i>	Seen in small numbers (a pair or small group) along access road to lodge and Bajareque Trail
85	Common Chlorospingus	<i>Chlorospingus flavopectus</i>	Common in feeding flocks, seen daily in trails and along access road to Bellbird Lodge
86	Chestnut-capped Brushfinch	<i>Arremon brunneinucha</i>	1 seen at Bellbird Lodge
87	Rufous-collared Sparrow	<i>Zonotrichia capensis</i>	Common around Bellbird Lodge, on access road and semi-open areas
88	White-naped Brushfinch	<i>Atlapetes albinucha</i>	6 individuals seen at Bellbird Lodge and along access road
89	Shiny Cowbird	<i>Molothrus bonariensis</i>	2 seen along access road to Bellbird Lodge
90	Great-tailed Grackle	<i>Quiscalus mexicanus</i>	Three individuals seen at Tocumen International Airport while waiting to board flight
91	Flame-throated Warbler	<i>Oreothlypis gutturalis</i>	2 individuals seen along Bajareque Trail
92	Tropical Parula	<i>Setophaga pitiayumi</i>	One heard on lower road near Pozos trail
93	Golden-crowned Warbler	<i>Basileuterus culicivorus</i>	One individual seen along lower road near Pozos trail
94	Buff-rumped Warbler	<i>Myiothlypis fulvicauda</i>	Two individuals seen foraging along access road near and along Pozos trail/trail to Hot Springs
95	Slate-throated Redstart	<i>Myioborus miniatus</i>	Common around property - Big Tree Loop Trail, Bajareque Trail, and along access road
96	Flame-colored Tanager	<i>Piranga bidentata</i>	Common around Bellbird Lodge and trails
97	Scarlet-rumped Tanager	<i>Ramphocelus passerinii</i>	Fairly common around Bellbird Lodge
98	Palm Tanager	<i>Thraupis palmarum</i>	Two individuals seen at Tocumen Airport while waiting to board flight
99	Bay-headed Tanager	<i>Tangara gyrola</i>	One individual seen along lower road near Pozos trail
100	Silver-throated Tanager	<i>Tangara icterocephala</i>	Fairly common around Bellbird Lodge, access road and in trails
101	Scarlet-thighed Dacnis	<i>Dacnis venusta</i>	A pair seen along road to Bellbird Lodge on first afternoon
102	Slaty Flowerpiercer	<i>Diglossa plumbea</i>	Very common around Bellbird Lodge and along access road
103	Saffron Finch	<i>Sicalis flaveola</i>	Three seen at Tocumen International Airport
104	Variable Seedeater	<i>Sporophila corvina</i>	A female seen along Big Tree Loop Trail on June 18; a male seen along access road on June 19
105	Bananaquit	<i>Coereba flaveola</i>	Two individuals seen along lodge road
106	Yellow-faced Grassquit	<i>Tiaris olivaceus</i>	Seen regularly along access road
107	Buff-throated Saltator	<i>Saltator maximus</i>	Two seen feeding at fruit feeders at pond/bird blind observatory
108	Streaked Saltator	<i>Saltator striatipectus</i>	Heard regularly around Bellbird Lodge, one individual seen along Big Tree Loop Trail

Mammals & other taxa

	Common Name	Scientific Name	Notes
1	Panamanian White-faced Capuchin Monkey	<i>Cebus imitator</i>	Heard calling twice from valley across from Bellbird Lodge
2	Central American Spider Monkey	<i>Ateles geoffroyi</i>	Heard once from slope across from Bellbird Lodge
3	Mantled Howler	<i>Alouatta palliata</i>	1 troop seen along access road on last day
4	Red-tailed Squirrel	<i>Sciurus granatensis</i>	Seen regularly along trails
5	Mexican Hairy Dwarf Porcupine	<i>Coendou mexicanus</i>	One individual seen sleeping in tree along Big Tree Loop Trail
6	Emerald Spiny Lizard	<i>Sceloporus malachiticus</i>	Several individuals seen around Bellbird Lodge and access road
7	Magnificent Swallowtail	<i>Pterourus garamas</i>	Seen commonly feeding at lantana bushes at Bellbird Lodge
8	Darkened White	<i>Pereute charops</i>	Seen commonly feeding at lantana bushes at Bellbird Lodge
9	Montane Longwing	<i>Heliconius clysonymus</i>	Fairly common along open trails
10	Vicina Clearwing	<i>Oleria vicina</i>	One seen along Big Tree Loop Trail