

Panama Mindful Birding Retreat 2023

Trip Report

By Jenn Sinasac & Marta Curti

September 24-30, 2023



Spectacular scenery at Mount Totumas Cloud Forest. Photo by JoAnn Radicchi.

Our first Mindful Birding Retreat brought us up to the highlands of Chiriqui, where we spent 5 days at the lovely Mount Totumas Cloud Forest. At an elevation of 1800 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, and reaching a deeper level of appreciation for nature.

Highlights of the trip

1. Being serenaded by the **Black-faced Solitaire**, singing its metallic fluty song, one of the first sounds of the cloud forest each day.

2. The moment a female **Red-headed Barbet** showed up at the fruit feeder at Bellbird Lodge - we were all delighted by its cheery, colorful plumage.
3. Observing the iridescent colors of a myriad of hummingbirds that visited the feeders from dawn to dusk.
4. Tasting specialty high-altitude coffee, including world famous Geisha coffee, during a private coffee tour at Mount Totumas.
5. Being in awe at watching the stunning **Flame-throated Warbler** as it flitted through the treetops, foraging for insects, all the while flashing its bright orange throat.
6. Being brought to tears by the incredible power and beauty of the cloud forest, realizing we are truly our happiest when in nature!



Female Red-headed Barbet greeted us at the fruit feeder. Photo by JoAnn Radicchi.

Itinerary

Day 1: September 24 — Orientation & Introduction to Mindful Birding

Most of the group arrived in the days leading up to the start of our first Mindful Birding Retreat to settle in and see some of what central Panama has to offer. Amidst boat tours and rainforest walks, many of us got a little introduction to some of Panama's birds and culture, with some great sightings to kick off the tour! By mid-afternoon, we all gathered at the hotel, got settled in, and met together for an Introduction to Ornithotherapy presentation by Holly Merker. Right from the start

everyone was feeling a great vibe for the days to come, and we followed our orientation with a lovely dinner.

Day 2: September 25 — Flight to Chiriqui and transfer to Mount Totumas Cloud Forest

We were all up early and caught the hotel shuttle to the airport, where we hopped on a short flight (1 hour) to David, Chiriqui, in western Panama. Then we were off to the highlands! We set out in 4x4 vehicles and climbed up to 1,900 meters elevation, arriving at Mount Totumas Cloud Forest after driving the final 10 kilometers on a rugged, bumpy road. We were greeted by Jeffrey, the owner of the property, and dozens of marvelous hummingbirds buzzing around the Bellbird Lodge. After a delicious lunch surrounded by lush cloud forest for as far as the eye can see, we embraced the afternoon rain and settled in. Despite the much-needed rain, the hummingbirds were still as active as ever - we enjoyed seeing the unbelievable iridescence of a male **Green-crowned Brilliant**, the impressive size of the **Violet Sabrewing**, and the bee-like behavior of a tiny **Scintillant Hummingbird**, among 5 other species of hummingbirds we saw today. We also observed **Slaty Flowerpiercers** robbing nectar from flowers surrounding the lodge, a pair of **Red-tailed Hawks** soaring overhead, and the fluty song of the **Black-faced Solitaire** from the forest nearby. For everyone, this was all awe-inspiring.



Snowy-bellied Hummingbird, showing its iridescent green and golden plumage in flight. Photo by JoAnn Radicchi.

The rain let up slightly in the afternoon, enough for us to get out for a short walk with Reinaldo, the lodge's bird guide, and see what we could find nearby. The colors of **Flame-colored Tanager**, **Scarlet-thighed Dacnis**, and **Sulphur-winged Parakeet** dazzled us. We strolled over to the hummingbird station where we spent even more time taking in the amazing behaviors and relishing

the moment observing these avian gems. More heavy rain kept us there a little longer than planned, but we savored the additional time with the birds. When it let up a little we returned to the lodge, where Holly led us in a sensory session to connect us with the sounds of the environment around us. The day had made us feel joyful, relaxed, loved, grateful, refreshed, captivated, and just “wow”!

Prior to dinner, Marta led a gentle yoga session in the lodge, where we could stretch our muscles and focus on our breath. We carried on our “mindful” state through dinner, thoroughly savoring the wonderful flavors that Alma, the chef, had brought to us.

Day 3: September 26 — Morning birding & afternoon rain & relaxation

Sarah, Marta, and Jenn were up early for some yoga at dawn, while others took in the morning bird activity around the lodge. Then prior to breakfast, we observed **Common Chlorospingus**, **Silver-throated Tanagers**, **Rufous-collared Sparrows**, and a trio of **Red-tailed Squirrels** at the bird blind. Overhead, even more birds, including some migratory warblers, feasted on insects in the forest canopy. A great way to start off the day!

After breakfast, several of us headed out with Reinaldo for a morning birding walk along the Big Tree Loop trail. We slowly walked the wide trail, taking in our surroundings - from open areas to cloud forest, passing Geisha coffee plants growing on the hillside, and an impossibly tall Mexican Elm where **Acorn Woodpeckers** played in the towering canopy. Highlights of the morning included **Black-faced Solitaire**, a very cooperative male **Collared Trogon** that kept flashing his red belly, cute **Yellowish Flycatcher**, a flyover of a **Northern Emerald-Toucanet**, and an exciting sighting of a troop of **Central American Spider Monkeys** high in the canopy. Once they spotted us, they retreated down the slope, but gave us great views! We talked about the lush vegetation of so many different forms, the temperature change as the clouds came in overhead, and how connected humans are to everything in nature, and what we can learn from it. It was a fantastic morning!

At lunch time, a tiny **Magenta-throated Woodstar** made an appearance at the hummingbird feeders, delighting us with its bright red throat and long, pointed tail.

Then the rain came in and it was time for a rest! We dispersed and enjoyed time reading a good book, organizing photos, photographing hummingbirds, and resting and enjoying the sound of the rain and thunder. When we met again, a few of us joined Jenn for a sketching session where we deepened our observations of nature and its connections by sketching the flowers and birds we saw around the lodge. We gathered later this afternoon for an interesting presentation on eBird and its importance, presented by Holly, followed by a relaxing yoga session with Marta before dinner.

Day 4: September 27, 2023 — Forest bathing, hiking, birding and coffee tour

Some of us joined Marta for some gentle yoga first thing, and the rest enjoyed the birds around Bellbird Lodge at dawn. This morning, we were all pleased to see a female **Red-headed Barbet** visit the papaya offered, her first appearance here in six months! We all admired her beautiful colors and appreciated her staying around to give us great looks. Perhaps she will bring her mate in the coming days! Prior to breakfast the hummingbird feeders were as active as usual, and we were able to watch the antics and interactions of **Lesser Violetears**, **Violet Sabrewings**, **Stripe-**



Mindful birding walk with Holly. Photo by Jenn Sinasac.

tailed Hummingbirds, **Green-crowned Brilliants**, the tiny **Magenta-throated Woodstar**, and more. In no time, the crown of the large tree beside the lodge filled with a plethora of birds including **Flame-colored Tanagers** and **Acorn Woodpeckers**, among others.

After breakfast, we began our forest bathing session with Holly. She gave us an introduction about the practice and its history, then we slowly walked mindfully, paying attention to each step we took, as well as the birds around us, from the lodge to the bird blind observatory. Holly continued to guide us as we took in the beautiful environment around us, noticing light, movement, colors, and the feelings the forest gave us. At this point, some of us headed off on the trail with Marta and Reinaldo for a morning hike, some of us enjoyed photographing birds and squirrels at the blind, and the rest of us continued forest bathing with Holly. We walked a short distance along a forest trail, where we saw a cheery **Buff-rumped Warbler** singing and wagging its tail above the rushing stream, its loud call overpowering the sound of the water and resonating through the forest understory. We connected ourselves to the trees, we touched the forest floor, and imagined if we were a bird, where we would be in the forest. We sat in stillness in the forest, and soaked in the environment around us, feeling so many benefits of being in the moment in nature.

After we finished our forest bathing session, we continued birding along the road. This morning we got great views of **Golden-bellied Flycatcher**, **Talamanca Hummingbird**, **Slate-throated Redstart**, and **Mistletoe Tyrannulet**. We continue to see new migrants arriving every day, and today we greeted a **Swainson's Thrush**. JoAnn also photographed yet another hummingbird, a **Brown Violetear**, making its first appearance on the reserve after some months away. The clouds were rolling in close to midday, and we made it back to Bellbird Lodge just as the first raindrops were falling. Marta and the hikers, on the other hand, relished the rest of their hike in the rain,

arriving gloriously wet for lunch! At lunch we had experienced even more mindful joy with the appearance of both a female **White-throated Mountain-gem** and a male **Magenta-throated Woodstar** at the feeder!

Our highlight of the afternoon was a Mount Totumas coffee tour. Jeffrey shared with us the history of coffee on the reserve, from its very beginnings on former cattle pasture, to the advancements of specialty coffee of today. He took us through the whole process from harvesting the fruits, de pulping, washing, fermenting, drying, and roasting, followed by a cupping and tasting session. It was interesting and delightful, and we all tried the reserve's famous geisha coffee! The rest of the afternoon was relaxing, enjoying the birds and calmness around the lodge. Prior to dinner, Jeffrey gave us a presentation on the amazing wildlife, including big cats (pumas and jaguars), they have captured on the trail cameras over the years. It was truly fascinating to see what they have documented on the reserve, not only the species diversity but the behaviors too, from courting Crested Guans to Collared Peccary family squabbles, a Puma taking a 9-minute cat nap, and two up-close encounters with a Baird's Tapir who was not shy nor willing to change his trail path, walking right past hikers on the trail! Dinner followed and was delicious as usual.

Day 5: September 28, 2023 - Mindful Birding & Ornithotherapy

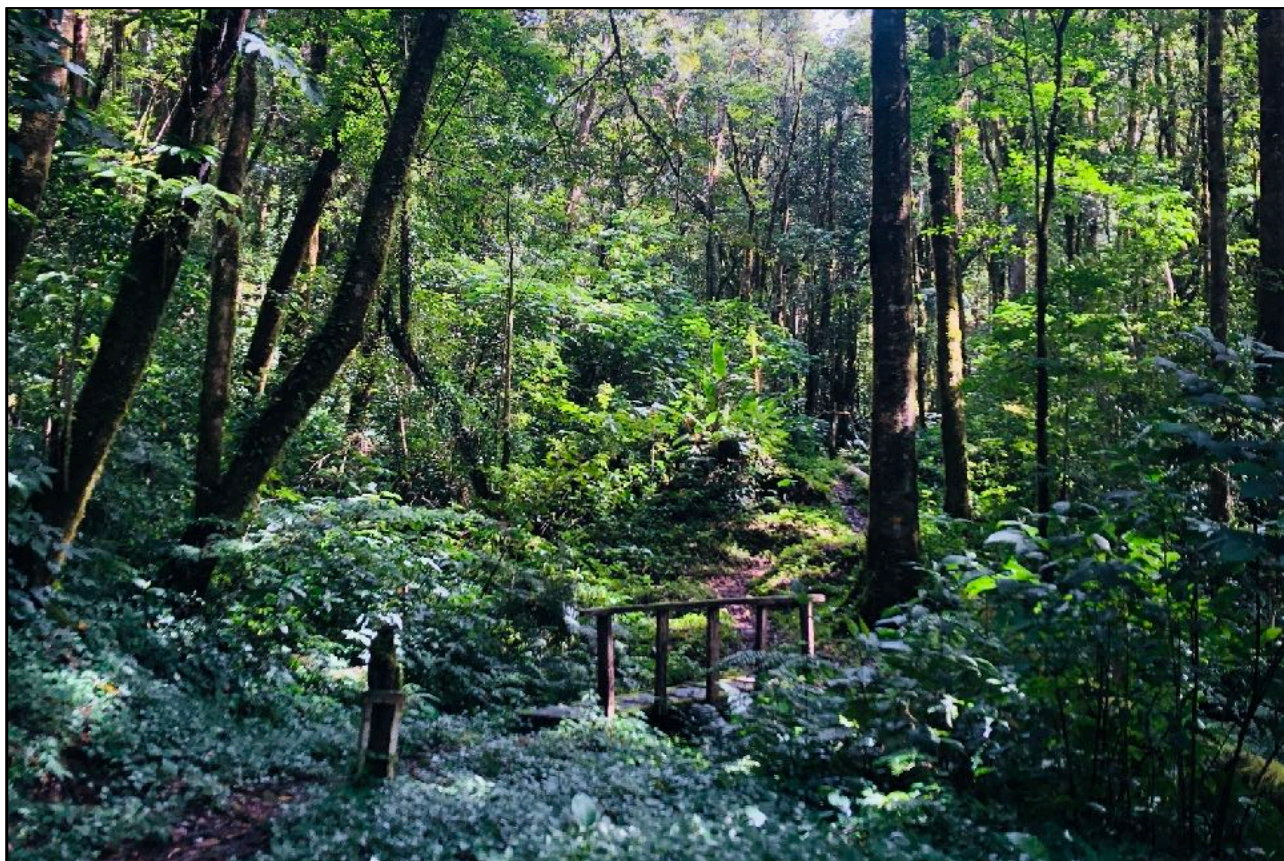
We started off the day as we have all week so far - on the deck of the Bellbird Lodge and watched the hummingbirds grab their breakfasts at dawn. The female **Red-headed Barbet** made another appearance this morning, as well as a couple of young male **Yellow-bellied Siskin**. We also had a brief look at a **Golden-olive Woodpecker**! After breakfast, Jeffrey showed us his insect collection from Mount Totumas which was truly amazing! So many beetles, moths, and butterflies, so much biodiversity. Then we headed out for a birding walk along the road. We enjoyed nice scope views of **Slate-throated Redstart** and **White-naped Brushfinch**, followed by finding some migrants, including **Swainson's Thrush** and **Olive-sided Flycatcher**. It was a lovely walk.

After lunch, the weather looked promising as it was our first dry afternoon since we arrived. So some of us took advantage of the nice weather and once again walked the first part of Big Tree Loop Trail. We enjoyed great views of **Brown-capped Vireo**, and another **Golden-olive Woodpecker**. We curiously found some unlikely birds foraging on the ground including a **Black-faced Solitaire** and **Buff-throated Saltators** - turns out there was an army ant swarm attracting the birds for a feast!

Later this afternoon, we gathered for an ornithotherapy session with Holly. She led us in three explorations from her book: Feathers, Adaptations, and Hummingbirds. All three showed us how birds can help us with mindfulness and we can engage in bettering our overall well-being. This followed with a yoga session with Marta, then dinner. This evening was our last dinner together as a group, and we reminisced about the wonderful time we have all been having (even though its not over yet!). Tonight we watched the super moon rise over the mountains of La Amistad International Park.

Day 6: September 29, 2023 — Mount Totumas, transfer to David and flight to Panama City

We were greeted this morning with the most glorious warm breeze sweeping up from the valleys and over the mountains. While some of us enjoyed some early morning yoga, the rest spent the



Beautiful cloud forest along the Bajareque Trail. Photo by Jenn Sinasac.

early hours with the hummingbirds and other birds around the Bellbird Lodge. The breeze this morning seemed to affect the abundance of the hummingbirds, but didn't prevent a beautiful **Red-tailed Hawk** from soaring overhead. After breakfast, we headed out for some birding around the coffee house. The birding at this spot has been great and today was no exception, with nice views of **Flame-throated** and **Blackburnian warblers**, **Common Chlorospingus**, **Rufous-collared Sparrow**, and more. To feel the positive energy of the forest here one more time, some of us stepped into the trail behind the bird blind and explored the area. A pair of **Collared Trogons** were in the canopy high overhead, giving us good looks at the contrast between the iridescent green plumage of the male and the soft brown plumage of the female. We followed a singing **Buff-rumped Warbler** along the trail for a while, while **Black-faced Solitaires** sang their fluty whistles around us. We watched clearwing butterflies, and were amazed by the great diversity of fungi near the forest floor. On the way back, we caught a glimpse or two of a shy **Barred Forest-Falcon** as it evaded our presence. This forest is truly alive and healthy!

Back at the lodge, everyone finished packing up and took in the final moments of enjoyment with the hummingbirds, flowerpiercers, and tanagers around the lodge gardens. And then we got a bonus bird - Mateo (Mount Totumas' fantastic host and jack of all trades) spotted a **Bat Falcon** at the top of the huge emergent Mexican Elm. The falcon showed up around 11 am and stayed until after we left, a wonderful bird to finish off the tour. We enjoyed yet another amazingly delicious lunch (we are all anxiously awaiting the recipe book and future Mount Totumas cooking classes!), and then we made our way to the vehicles waiting to transfer us to David. Some of us walked the road, and were delighted to see a troop of **Mantled Howler monkeys** foraging at eye level. We watched as a mother attended a young baby, and a clumsy child navigated the branches to keep up with another adult. It was magical.

Upon arrival at the airport we checked in and reviewed the day's checklist. Then without waiting for too long, we boarded our flight to Panama City. We were rewarded with stunning views of the super moon as we approached the city, its orange light reflected on the Pacific Ocean below. Our arrival was smooth, and we made our way to our hotels, saying goodbyes to some, finishing the tour with dinner at the hotel, wishing everyone well on their ongoing adventures after this energizing mindful birding retreat

Day 7: September 30 — Departures

This morning we set out on our next adventures - exploring the cultural treasures of Panama City, birding in Cerro Azul then onto the wilds of Darien, and eventually returning to our homes with amazing memories to carry for years to come.

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 - Jeffrey and Alma - and our knowledgeable local guide Reinaldo; Mateo was always there to help us with anything we needed; Mulget Amaru inspired us with his kindness, his amazing adventures, and his peace walk from Argentina to Alaska, and others we met along the way. This was a truly memorable tour and we hope to host many more mindful birding retreats in the future.



Our first mindful birding retreat group

Wildlife Observation List

Birds

Nomenclature and taxonomy follows *eBird*, 2023.

eBird Trip Report: <https://ebird.org/tripreport/161644>

Common Name	Scientific Name	Notes
1 Spotted Wood-Quail	<i>Odontophorus guttatus</i>	Heard a few mornings calling at dawn in the distant forested slopes; on final morning heard calling close to Coffee House
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>	2 seen around Mount Totumas Cloud Forest (Bellbird Lodge)
4 Squirrel Cuckoo	<i>Piaya cayana</i>	1 individual in tree beside Bellbird Lodge
5 White-collared Swift	<i>Streptoprocne zonaris</i>	Seen in good numbers on Sept 28 over general lodge area
6 Green Hermit	<i>Phaethornis guy</i>	2 individuals seen along Bajareque Trail near bird blind observatory
7 Lesser Violetear	<i>Colibri cyanotus</i>	Very common around hummingbird feeders at Bellbird Lodge and hummingbird station
8 Green-crowned Brilliant	<i>Heliodoxa jacula</i>	Common around hummingbird feeders at Bellbird Lodge and hummingbird station
9 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
10 White-throated Mountain-gem	<i>Lampornis castaneiventris</i>	Female seen regularly at feeders at Bellbird Lodge; 1 seen on Big Loop Trail (high in forest canopy)
11 Magenta-throated Woodstar	<i>Philodice bryantae</i>	1 male, 1 female and a possible young male visiting feeders daily at Bellbird Lodge
12 Scintillant Hummingbird	<i>Selasphorus scintilla</i>	Common visitor to flowering bushes around Bellbird Lodge, road to lodge and entrance of Big Tree Loop Trail
13 Violet Sabrewing	<i>Campylopterus hemileucurus</i>	Very common around hummingbird feeders at Bellbird Lodge and hummingbird station
14 Stripe-tailed Hummingbird	<i>Eupherusa eximia</i>	Common around hummingbird feeders at Bellbird Lodge and hummingbird station
15 Snowy-bellied Hummingbird	<i>Saucerottia edward</i>	Common around hummingbird feeders at Bellbird Lodge and hummingbird station
16 Black Vulture	<i>Coragyps atratus</i>	Commonly seen soaring overhead at Mount Totumas Cloud Forest
17 Turkey Vulture	<i>Cathartes aura</i>	Seen on occasion soaring overhead at Mount Totumas Cloud Forest
18 Ornate Hawk-Eagle	<i>Spizaetus ornatus</i>	1 heard on the Big Tree Loop Trail

Common Name	Scientific Name	Notes
19 Roadside Hawk	<i>Rupornis magnirostris</i>	1 bird seen around a coffee lot along the Big Tree Loop Trail. Also seen along drive to and from David
20 Red-tailed Hawk	<i>Buteo jamaicensis costaricensis</i>	5 individuals seen soaring over open area on different occasions
21 Collared Trogon	<i>Trogon collaris</i>	1 male seen along Big Tree Loop Trail, a pair seen on Bajareque Trail
22 Red-headed Barbet	<i>Eubucco bourcierii</i>	1 female visiting fruit feeders at Bellbird Lodge
23 Prong-billed Barbet	<i>Semnornis frantzii</i>	1 heard on Big Tree Loop Trail
24 Northern Emerald-Toucanet	<i>Aulacorhynchus prasinus</i>	1 seen flying overhead on Big Tree Loop Trail. Another 2 seen during hike along Quetzal Trail
25 Acorn Woodpecker	<i>Melanerpes formicivorus</i>	Commonly seen in open treetops beside Bellbird Lodge and at top of emergent Mexican Elm Tree
26 Hairy Woodpecker	<i>Dryobates villosus</i>	1 seen on Big Tree Loop Trail; 1 pair seen on Bajareque Trail
27 Golden-olive Woodpecker	<i>Colaptes rubiginosus</i>	1 male seen briefly beside Bellbird Lodge; 1 seen along Big Tree Loop Trail
28 Barred Forest-Falcon	<i>Micrastur ruficollis</i>	2 heard from Bellbird Lodge; 1 seen along Bajareque Trail
29 Crested Caracara	<i>Caracara plancus</i>	1 adult seen flying over Bellbird Lodge when we arrived on Sept 25
30 Yellow-headed Caracara	<i>Daptrius chimachima</i>	2 perched in trees in view from Bellbird Lodge
31 Bat Falcon	<i>Falco rufigularis</i>	1 adult perched on top of emergent Mexican Elm on final day prior to leaving Mount Totumas
32 Sulphur-winged Parakeet	<i>Pyrrhura hoffmanni</i>	Commonly seen flying in small groups over Mount Totumas; occasionally perching but difficult to see
33 Spot-crowned Woodcreeper	<i>Lepidocolaptes affinis</i>	1 seen in forest canopy on Big Tree Loop Trail; 1 seen in great view low along access road
34 Yellow-bellied Elaenia	<i>Elaenia flavogaster</i>	Heard regularly around Bellbird Lodge; occasional sightings
35 Mountain Elaenia	<i>Elaenia frantzii</i>	Very common around Bellbird Lodge, along forest edge, and in forest trails
36 Mistletoe Tyrannulet	<i>Zimmerius parvus</i>	1 seen in canopy on Big Tree Loop Trail; 1 seen well at eye level along access road
37 Olive-sided Flycatcher	<i>Contopus cooperi</i>	1 individual seen perched on open branch in field along access road
38 Western/Eastern Wood-Pewee	<i>Contopus sordidulus/virens</i>	Several individuals seen in open areas along access road and Big Tree Loop Trail
39 Yellowish Flycatcher	<i>Empidonax flavescens</i>	3 individuals seen along Big Tree Loop Trail
40 Bright-rumped Attila	<i>Attila spadiceus</i>	1 heard from Bellbird Lodge
41 Boat-billed Flycatcher	<i>Megarynchus pitangua</i>	Commonly seen around Bellbird Lodge and along Big Tree Loop Trail

	Common Name	Scientific Name	Notes
42	Golden-bellied Flycatcher	<i>Myiodynastes hemichrysus</i>	2 seen well along access road; 1 seen along Big Tree Loop Trail (in open area)
43	Rufous-browed Peppershrike	<i>Cyclarhis gujanensis</i>	3 heard from Bellbird Lodge; 1 seen on hike on Quetzal Trail
44	Brown-capped Vireo	<i>Vireo leucophrys</i>	Fairly common along forest edge and in trails
45	Red-eyed Vireo	<i>Vireo olivaceus</i>	Fairly common along forest edge and in trails
46	Blue-and-white Swallow	<i>Pygochelidon cyanoleuca</i>	6 individuals seen flying around lodge and road; usually first thing in the morning
47	House Wren	<i>Troglodytes aedon</i>	3 seen along access road
48	Ochraceous Wren	<i>Troglodytes ochraceus</i>	1 heard during birding walk on Big Tree Loop Trail
49	Gray-breasted Wood-Wren	<i>Henicorhina leucophrys</i>	1 heard during birding walk on Big Tree Loop Trail; 1 seen at army ant swarm on Big Tree Loop Trail
50	Tropical Mockingbird	<i>Mimus gilvus</i>	3 individuals seen around Bellbird Lodge and access road
51	Black-faced Solitaire	<i>Myadestes melanops</i>	Common; heard daily; several individuals seen along Big Tree Loop and Bajareque trails
52	Orange-billed Nightingale-Thrush	<i>Catharus aurantiirostris</i>	1 heard during birding walk on Big Tree Loop Trail
53	Ruddy-capped Nightingale-Thrush	<i>Catharus frantzii</i>	Heard on occasion from access road and on trails
54	Swainson's Thrush	<i>Catharus ustulatus</i>	2 seen along access road
55	Mountain Thrush	<i>Turdus plebejus</i>	Seen regularly near Bellbird Lodge, access road, and in trails
56	Clay-colored Thrush	<i>Turdus grayi</i>	Seen on occasion near Bellbird Lodge
57	Long-tailed Silky-flycatcher	<i>Ptiliogonys caudatus</i>	3 individuals seen perched then flying over canopy from Coffee House
58	Yellow-bellied Siskin	<i>Spinus xanthogastrus</i>	2 young males at Bellbird Lodge
59	Common Chlorospingus	<i>Chlorospingus flavopectus</i>	Common in feeding flocks
60	Rufous-collared Sparrow	<i>Zonotrichia capensis</i>	Common around Bellbird Lodge, on access road and semi-open areas
61	White-naped Brushfinch	<i>Atlapetes albinucha</i>	1 seen at Bellbird Lodge, 1 along access road, 1 on Big Tree Loop Trail
62	Yellow-thighed Brushfinch	<i>Atlapetes tibialis</i>	2 seen near Bellbird Lodge
63	Chestnut-capped Brushfinch	<i>Arremon brunneinucha</i>	1 seen at Bellbird Lodge
64	Baltimore Oriole	<i>Icterus galbula</i>	2 individuals seen in mixed feeding flocks
65	Black-and-white Warbler	<i>Mniotilta varia</i>	6 individuals seen in various mixed flocks along trails and forest edge
66	Flame-throated Warbler	<i>Oreothlypis gutturalis</i>	4 individuals foraging around Coffee House and along access road

	Common Name	Scientific Name	Notes
67	Tennessee Warbler	<i>Leiothlypis peregrina</i>	2 individuals seen, one at Bellbird Lodge, one near Coffee House
68	Blackburnian Warbler	<i>Setophaga fusca</i>	Common warbler seen along access road and around Coffee House
69	Yellow Warbler	<i>Setophaga petechia</i>	1 seen along access road
70	Black-throated Green Warbler	<i>Setophaga virens</i>	2 seen in pines along access road
71	Golden-crowned Warbler	<i>Basileuterus culicivorus</i>	1 seen along road on first afternoon; 2 seen on birding walk on Big Tree Loop Trail, 1 more seen along road near Coffee House
72	Buff-rumped Warbler	<i>Myiothlypis fulvicauda</i>	1 individual singing and foraging along stream near bird blind observatory/Bajareque Trail; notable high elevation for this species!
73	Wilson's Warbler	<i>Cardellina pusilla</i>	Common around Bellbird Lodge, on access road and semi-open areas
74	Slate-throated Redstart	<i>Myioborus miniatus</i>	Several pairs seen around property - Big Tree Loop Trail, Bajareque Trail, and along access road
75	Summer Tanager	<i>Piranga rubra</i>	2 females/young males seen around Bellbird Lodge
76	Flame-colored Tanager	<i>Piranga bidentata</i>	Very common around Bellbird Lodge
77	Scarlet-rumped Tanager	<i>Ramphocelus passerinii</i>	Fairly common around Bellbird Lodge; note that only males were seen!
78	Blue-gray Tanager	<i>Thraupis episcopus</i>	1 in tree beside Bellbird Lodge
79	Silver-throated Tanager	<i>Tangara icterocephala</i>	Fairly common around Bellbird Lodge, access road and in trails
80	Scarlet-thighed Dacnis	<i>Dacnis venusta</i>	Fairly common along access road, good mix of both males and females seen
81	Slaty Flowerpiercer	<i>Diglossa plumbea</i>	Very common around Bellbird Lodge and along access road
82	Yellow-faced Grassquit	<i>Tiaris olivaceus</i>	Seen in small numbers along access road
83	Buff-throated Saltator	<i>Saltator maximus</i>	2 seen by Coffee House (in flight); 1 seen attending army ant swarm along Big Tree Loop Trail
84	Streaked Saltator	<i>Saltator striatipectus</i>	1 individual seen perched in tree near Bellbird Lodge

Mammals & other taxa

	Common Name	Scientific Name	Notes
1	Central American Spider Monkey	<i>Ateles geoffroyi</i>	1 troop seen in canopy along Big Tree Loop Trail; heard several times from Bellbird Lodge
2	Mantled Howler	<i>Alouatta palliata</i>	1 troop seen along access road on last day

	Common Name	Scientific Name	Notes
3	Red-tailed Squirrel	<i>Sciurus granatensis</i>	Seen regularly at bird blind observatory
4	Emerald Spiny Lizard	<i>Sceloporus malachiticus</i>	1 seen (female?) at nest in bank in parking area beside Bellbird Lodge; 1 bright individual (male?) on deck at Bellbird Lodge
5	Montane Longwing	<i>Heliconius clysonymus</i>	Fairly common along open trails
6	Two-barred Flasher	<i>Astrartes fulgerator</i>	1 seen in Bellbird Lodge (on window)