

Belize Mindful Birding Retreat

Trip Report

By Jenn Sinasac & Marta Curti

September 20-25, 2025



Sunrise at Jade Jungle Resort. Photo by Jenn Sinasac.

Our first Mindful Birding Retreat in Belize treated us to the lush, biodiverse rainforests of central Belize. Our base for this tour was Jade Jungle Resort, situated next to the Tapir Mountain Nature Reserve. We spent 6 days immersing ourselves in birds and nature around every corner, taking in the spectacular wildlife and scenery found here. 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 and Mario. 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. During this short tour, we saw or heard over 150 bird species, and over 30 species of mammals, reptiles, and other taxa.

Highlights of the trip

1. After hearing their screeching calls, seeing not only one but FIVE **White Hawks** circling above us while birding in the meadow on our first full day at Jade Jungle Resort!
2. Testing our hands at grinding corn and making tortillas and pupusas during our Mayan cooking class.

3. Climbing to the top of “El Castillo” at Xunantunich archaeological site, the second largest building in Belize. The view from the top was spectacular!
4. Watching four trogons of two different species (**Black-headed Trogon** and **Gartered Trogon**) perched on the wire outside the Jungle View cabanas on our first morning - a great comparison of these two similar species.
5. A roadside birding detour around Spanish Lookout on our way back from Xunantunich was an unexpected highlight, with so many lovely birds - **Baltimore** and **Orchard orioles**, **Blue-gray Tanagers**, a **Green Kingfisher**, and a lively pair of **Rufous-breasted Spinetails** all in one stop.
6. Meeting Maya, Luna, and Ixchel from the Belize Raptor Center, and learning about the important work they do for conservation in Belize. For an added bonus, we watched as they released a rehabilitated **Central American Pygmy-Owl** on the property!
7. Spotting a young **Central American Boa** sunning itself on a barbed wire fence while digesting a meal.
8. The food! Tonya’s cooking was truly amazing and we looked forward to every meal.
9. Our final night walk, where we spotted beautiful tarantulas, a **Kinkajou** and a **Central American Woolly Possum** in an open meadow by the resort.
10. The final morning of our retreat, which was filled with birds - oropendolas, euphonias, wrens, puffbirds, trogons, orioles, and more seemed to fill the skies and the trees around us.



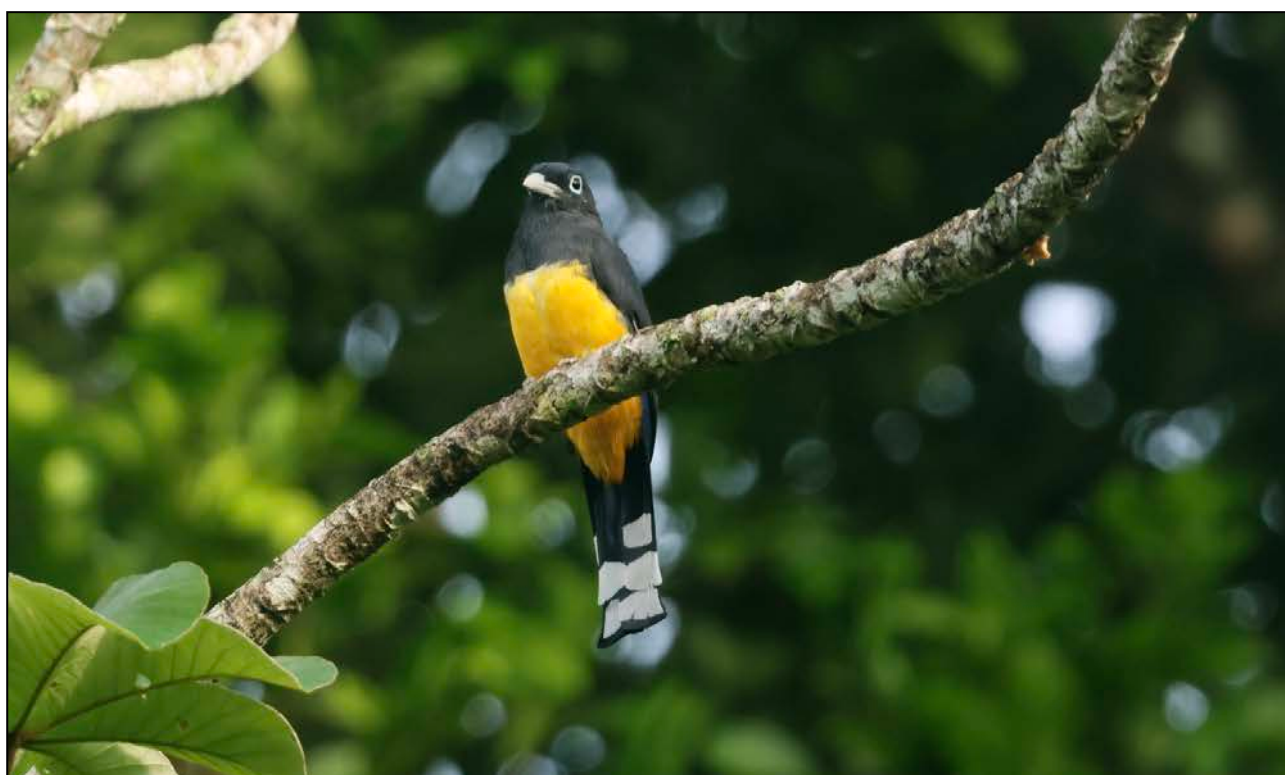
Rufous-tailed Jacamar. Photo by Marta Curti.

Itinerary

Day 1: September 20, 2025 — Meet in Belize and drive to Jade Jungle Resort

Marta met most of the group at 1:00 pm outside the airport arrivals area. Everyone was excited for some mindful birding in Belize! We started our way to Jade Jungle Resort, a drive that normally takes about two hours along the main highway heading west. We were keen to start birding and made some stops along the way, where we saw **Black-bellied Whistling-Ducks**, **Black-necked Stilt**, **Least Grebe**, **Northern Jacana**, **Bare-throated Tiger-Heron**, **Snail Kite**, and **Lesser Yellow-headed Vulture**, among others. We arrived at Jade Jungle Resort in the late afternoon. Susan, Holly, and Jenn arrived shortly after from the Tikal pre-extension, and we had a little meet-and-greet followed by an orientation by Keren, one of the resort staff members. We had some time to get settled into our rooms and explore the grounds before dark. Hummingbirds buzzed around the feeders at the main area, and as the light grew dim, bats started swooping in under the palm frond roofs. Before dinner, we met in the main area for a presentation by Holly about Ornithotherapy and Mindful Birding, which set the tone for the amazing experience of birding and being in nature that would bring us together on this retreat.

Dinner was in the dining room below, a delicious four-course meal featuring a wedge salad, corn chowder, local tacos, and chocolate cake. Everyone was keen to go for a little night walk, so we grabbed our flashlights and headed out along the road to see what nocturnal wildlife we could spot. There were a couple of basilisk lizards resting on horizontal branches, as well as a Neotropical Green Anole. We saw army ants crossing the road, a large Black Witch moth, and a big katydid. In the distance we heard a **Middle American Screech-Owl**, but even with a little bit of coaxing it remained deep in the forest. It was still a pleasure to hear its long, rapid trill call. On the way back, Holly spotted a scorpion on the road, and we all had a good look at this fascinating creature. We were excited to see what tomorrow will bring!



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Black-tailed Trogon. Photo by Marta Curti.

Day 2: September 21, 2025 — Mindful birding at Jade Jungle Resort

We eased into the day. Some of us joined Marta for a short and sweet yoga session to wake up our bodies and minds. A morning coffee was in order for others. We listened to the birds as they began their day - **Lesson's Motmot**, **Masked Tityra**, and **Melodious Blackbirds** greeted the dawn with their very distinctive calls and songs. Before breakfast, we gathered to see what birds were around the main area of the lodge and were delighted to see **Short-billed Pigeon**, **Great Kiskadee**, **Social Flycatcher**, **Scrub Euphonia**, **White-collared Manakins**, **Veery**, **Yellow Warbler**, **Ochre-bellied Flycatcher**, and others right at the lodge. By the Jungle View cabanas, we watched both **Black-headed** and **Gartered trogons** sit on a wire side by side, offering us great views and a nice comparison of these two similar species. Their beautiful colors captivated us.

We then enjoyed a lovely buffet-style breakfast, with a mix of delicious fruits, eggs, bread, muffins, sausages, hash browns, beans and guacamole. After breakfast, we made our way over to the meadow for some relaxed birding. As soon as we came into the opening, the bird activity was pretty much non-stop. A pair of stunning **Crimson-collared Tanagers** greeted us, and left us in awe with the beauty and intensity of their red and black plumage. More trogons were around, a very common bird today. We watched as a **Northern Tropical Pewee** took sallying flights and returned to the same perch. We heard a screeching call and a **White Hawk** came into view overhead - then another, and another, for a total of five White Hawks circling over, calling, above us. They were accompanied by a **King Vulture** and a **Great Black Hawk**, as well as **Black** and **Turkey vultures**. The sky was alive with impressive raptors! The meadow and birds continued to grace us with even more joy as **Blue-gray** and **Yellow-winged tanagers** arrived, and a vocal pair of **Rufous-tailed Jacamars** caught our attention for some time. A firebush tree was full of birds - **Rufous-tailed Hummingbird**, **Piratic Flycatcher**, **Rose-throated Becard**, and others - we were focused on this shrub and its fantastic birds for at least 10 minutes! Strolling over to the forest edge at the back of the meadow, Holly spotted a unique warbler - a **Lawrence's Warbler** - a rare hybrid



Morelet's Seedeater. Photo by Marta Curti.

of the Golden-winged and Blue-winged warblers. What a treat to see! **Buff-throated Saltator**, **Red-eyed Vireo**, **Ruddy Ground Dove**, and others continued to show up for us this morning. The sun was hot but the shade under the big trees in the meadow provided some welcoming freshness. We were thrilled with the birds this morning. We eventually tore ourselves away and headed back to the lodge for lunch.

It started to rain during lunch, light at first then a good tropical shower! It provided us with some nice down time to rest and refresh. It cleared up just in time to head out birding again in the afternoon! This afternoon we walked through the meadow and dense jungle to the Roaring River, birding along the way. Mario, one of the local guides, joined us. By the yoga platform, we saw a lovely **Black-cowled Oriole** perched in some open branches at the top of a tree. Shortly after, a **Band-backed Wren** joined in the same branches. In the meadow, Mario showed us some medicinal plants, including Allspice, with its characteristic "Christmas" scent, grown here in the tropics, and a couple of others. A flock of **White-crowned Parrots** flew over as we crossed the meadow, making all of us gasp with joy! In the forest, we came across some new birds we hadn't seen yet, including a male **White-collared Manakin**, **Slate-headed Tody-Flycatcher**, **Worm-eating Warbler**, **Red-throated Ant-Tanager**, and the star of the show, a **Keel-billed Toucan**! We all admired its impressive bill and contrasting colors as it looked down on us from the top of a Cecropia tree. In addition to what we saw, we also heard some more flycatchers, including **Bright-rumped Attila**, **Yellow-bellied Tyrannulet**, and **Yellow-bellied Flycatcher**, a **Northern Schiffornis**, a couple of antbirds (**Great Antshrike** and **Dusky Antbird**), and a couple of shy forest doves (**Gray-headed** and **Gray-chested doves**). When we arrived at Red Cliff Beach at the river, we spotted a pair of **Amazon Kingfishers** perched above the water. Time was passing quickly, but we took in the moment at the river, then headed back to the lodge.

We reviewed the checklist, and had another delicious dinner. While going through the checklist, we heard a **Central American Pygmy-Owl**, so we thought perhaps we could try looking for it. While everyone was ready to retire to their rooms right after dinner, Anna decided to join us in a quick night walk in search of owls and other nocturnal creatures. We lucked out and saw a **Spectacled Owl** from the Canopy Walk - what a beautiful owl! The Central American Pygmy-Owl continued to



Spectacled Owl. Photo by Marta Curti.

call into the night, but it was tucked away in the dense canopy of a large tree beside the open area. We peeked in on the **Red-rumped Tarantula** nests in the grassy area, and after spotting a few, called it a night. Later in the evening, all three owls species - Spectacled Owl, Central American Pygmy-Owl, and Middle American Screech-Owl were all calling at the same time.

Day 3: September 22, 2025 — Xunantunich Archaeological Site

Once again we eased into the day with some yoga with Marta and mindful morning birding before breakfast. Brenda spotted an **Ochre-bellied Flycatcher** near her cabana, and the songs of **Lesson's Motmot**, **Band-backed Wrens**, and **Slaty-tailed Trogon** filled the air. We spotted the Slaty-tailed Trogon in the large cecropia tree near the parking area, and admired its large size and red belly. We heard the characteristic "knock-knock" of a woodpecker, and with a little bit of searching found a pair of glorious **Pale-billed Woodpeckers** near the top of a large tree by the cabanas.

After a filling breakfast with incredible variety, we started on our way to Xunantunich, a Mayan site near the border of Guatemala. We didn't make it very far down the road when we spotted a **Blue-black Grassquit** swaying on some tall, thin vegetation. Then a dark morph **Short-tailed Hawk** flew overhead, so we all got out and enjoyed nice looks of this graceful raptor as it soared over our heads. We stopped a little further up the road, and Mario spotted a male **Vermilion Flycatcher** on a fence across a field - its bright red plumage made this beautiful bird easy to spot! As soon as we got out of the van, we saw some more raptors overhead - a pair of **Hook-billed Kites** and a **Roadside Hawk**, and moments later, an adult **King Vulture** flew over! Some waterbirds were here as well - **Black-bellied Whistling-Duck**, **Great Egrets**, **Green Heron**, **Little Blue Heron**, and a **Great Blue Heron**. We were off to a great start and taking in all the birds around us!



View from atop the El Castillo Temple Photo by Marta Curti.

We carried on our way, arriving at the ferry crossing to the entrance of Xunantunich. A simple, one-vehicle ferry hand-cranked by a gentleman safely transported us across the river. **Mangrove Swallows** swooped over the river for insects and landed right on the ferry for close up views of this lovely little bird. A **Green Heron** and **Green Iguana** waited for us on the other side. Upon arriving at Xunantunich, we felt a sense of discovery and curiosity about the Mayan culture. **Brown Jays**, or “bush police” as the locals know them, greeted us in the parking lot. We walked from here, and soon were standing near the main plaza of this site. “El Castillo”, the tallest temple at Xunantunich, towered over the area and all other structures. Mario is a wealth of knowledge and told us all about the history of this site, the Mayan culture (as he is Mayan himself), and other fascinating information about the region. We passed a few structures as we made our way into the main plaza. Aside from a few other visitors, we felt like we had the place to ourselves, and the blue sky with wispy white clouds provided us the perfect day for our visit. **Black Spiny-tailed Iguanas** lounged over the ancient structures. We began our ascent up “El Castillo” (the Castle), climbing stone block staircases built by the Mayans themselves. Mario showed us the hieroglyphs preserved on the side of the upper part of the temple, featuring masks of the Rain God “Chaac” and the other gods and symbols represented. Mayans had a strong connection to human creation and transitions to birth, death, and beyond, honoring the gods, their ancestors, and the natural environment to this day. We continued higher and higher, climbing steep staircases to the very top. **Greater Sac-winged Bats** inhabited the rooms near the top of the temple. Upon reaching the top, we took in the views in every direction. We were mostly surrounded by a sea of forest, and could see well into Guatemala. Amazing!

After admiring the view, we slowly worked our way back down the temple, through some narrow, steep staircases, and felt a sigh of relief when we reached the ground. We walked through the ball court and to a structure that housed a tomb of a young Mayan man. Here some birds started moving around in a nearby tree. We spotted a male **Scrub Euphonia**, a **Great Crested Flycatcher**, **Great Kiskadees**, a **Yellow-green Vireo**, and some other small birds moving around the treetop. Back at the entrance, there was a swarm of army ants stirring up a flurry of birds -



One of many male Vermillion Flycatchers seen during the trip. Photo by Marta Curti.

Tawny-winged Woodcreeper, Northern Barred-Woodcreeper, Red-throated Ant-Tanager, Clay-colored Thrush, Golden-fronted Woodpecker, and others, who had come in for a tasty snack that the ants were displacing. We enjoyed watching this fascinating natural interaction! Then we got back in the van and crossed the river once again in the ferry, and headed to lunch at a local restaurant that served us delicious Belizean food. Every meal has been a treat and VERY filling!



Northern Barred-Woodcreeper attending an army ant swarm at Xunantunich. Photo by Marta Curti.

On the way back to the lodge, we made a detour through Spanish Lookout. We scanned the agricultural fields for birds. The **Vermilion Flycatchers** once again captured our attention with their beautiful colors. At a roadside pond, **Northern Jacana, Black-necked Stilt** and a **Black-bellied Whistling-Duck** were seen around the water's edge. We made another stop by a field beside a small creek. The tree in front of us was alive with the colors of birds - a pair of bright orange **Baltimore Orioles**, a male **Orchard Oriole**, **Blue-gray Tanagers**, kingbirds with their yellow bellies, and a female **Vermilion Flycatcher** perched in a bush below. We heard a unique call, and Mario called in a pair of **Rufous-breasted Spinetails** - their spunky song and bright rufous plumage caught our attention! This spot continued to dazzle us with **Green Kingfisher**, and **Common Tody-Flycatcher**, among others. As we continued along the rural roads, we saw **White-winged Doves** and **Eurasian Collared-Doves**, **Fork-tailed Flycatchers**, **Groove-billed Anis**, **Southern House Wren**, and a roost of dozens of **Western Cattle-Egrets**. This afternoon was also good for raptors - we saw a few **Roadside Hawks**, a **Gray Hawk**, and a pair of **Bat Falcons** before returning back to the lodge! Just as we were approaching the lodge, Brenda spotted what looked like a snake skin, and it turned out to be a young **Boa Constrictor**, stretched out along a barbed wire fence. At first we thought it might be impaled there and injured, but it turned out that it was just basking in the afternoon sun and digesting a meal! It was a surprise and welcome sighting, as snakes are elusive here. While watching the snake, a flock of **White-fronted Amazons** flew over the field in front of us. While they were at a bit of a distance, we heard their soft flight calls, not as abrupt as the larger amazon parrots.

Back at the lodge, we reviewed our checklist and took in all the wonderful things we saw today, from the interesting Mayan culture to the wonderful birds we saw along the way. After yet another amazing dinner, we tried calling for Spectacled Owl along the canopy walk, where we saw it last night. But this evening the owls were quiet; we didn't hear the pygmy owl this evening, but we did pick out the faint, drawn-out call of a **Middle American Screech-Owl** from deep in the forest.

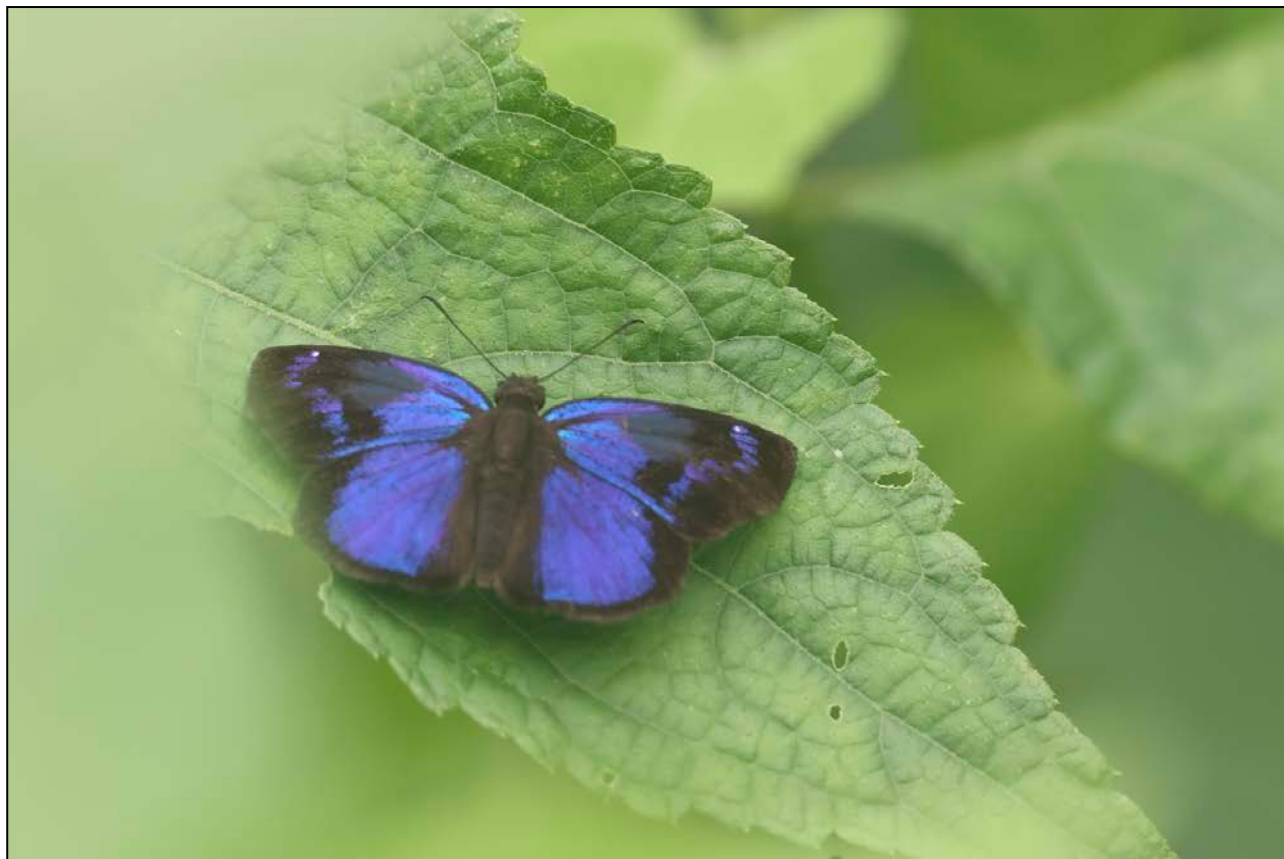
Day 4: September 23, 2025 — Mindful birding at Jade Jungle Resort

We awoke to a tropical thunderstorm. Just before dawn, frogs began their chorus and welcomed the rain. It continued to rain until mid-morning, so we took it easy and enjoyed all that it had to offer us. It was a very relaxing morning! Even in the rain, we spotted a small flock of **Black-faced Grosbeaks** feeding in a tree beside the lodge. We savored a delicious Belizean breakfast, followed by a look at a pair of very wet **White-crowned Parrots** in the top of a tree! After breakfast, Holly led us in a mindful meditation, soothing us in the moment. Some of us took some time to do some sketching and journaling during the rain. By mid-morning, the rain was letting up, so we headed out for a short birding walk on the Tapir Loop trail beside the lodge. It led us along the stream and across a narrow hanging bridge to an open shrubby area. We were greeted by a pair of **Barred Antshrikes** actively singing and moving around us. **Collared Aracaris** called in the distance. **Blue-winged** and **Yellow-throated warblers** were foraging in a tree beside the path. **Eastern Wood-Pewees** were abundant, sallying out from open branches. Butterflies abounded -



Band-backed Wren. Photo by Marta Curti.

Glorious Blue-Skipper, **Guatemalan Catone**, and **Zebra-striped Hairstreak** were some notable ones. We were stopped on the trail at a spot where part of the stream flowed over the grassy path, a little too deep to cross - there were even fish swimming in it, including a catfish! The time was now approaching mid-day and it was time to head back for lunch anyways. Along the way back, we followed a waterthrush (possibly a Louisiana) and a **Kentucky Warbler**. A pair of **Spot-breasted Wrens** serenaded us on our walk back.



Glorious Blue-Skipper. Photo by Marta Curti.

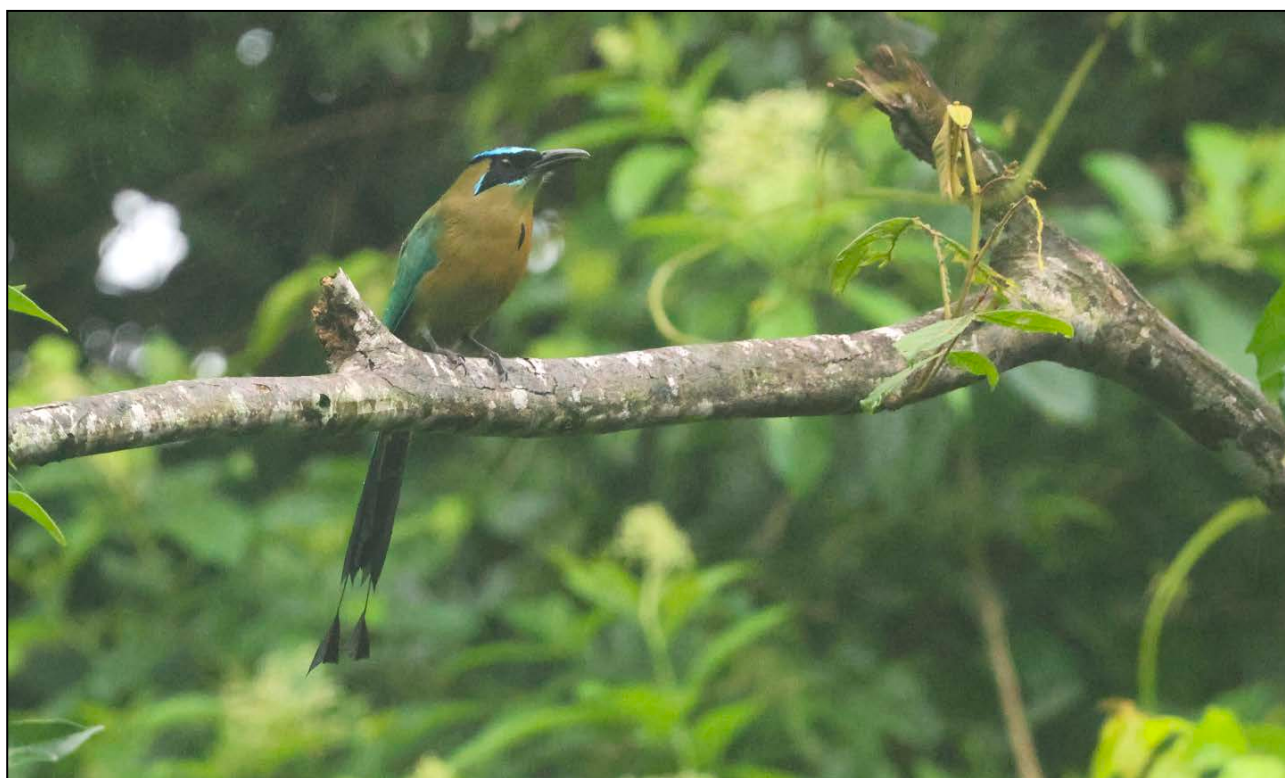
After lunch, a few of us walked up the road to see what we could find, and some decided to have a refreshing rest. We spotted a **Sulphur-bellied Flycatcher** in a cecropia tree near the hillside cabanas. We stepped into the Motmot Walk and found some **White-collared Manakins** lekking above us, and we had several quick but good looks at an adult male. A **Northern Bentbill** also called from the forest. After watching the manakins for a little while, we headed back to the lodge.

This afternoon we had a special visit from Sarah Mann and Ana Maria Morales from the Belize Raptor Center. They brought some of their avian ambassadors to meet us - Maya the Orange-breasted Falcon, Luna the Spectacled Owl, and Ixchel the White Hawk. Sarah, the owner of the center, and Ana, a volunteer from Colombia, passionately talked about these amazing raptors, their incredible characteristics, their stories and why they needed rescuing, and the importance of environmental education in conservation. Sarah also talked about the use of rodent birth control to help save raptors and other predators, and its implementation in Belize through education, and how it has had a major impact to help increase raptor populations. Later in the afternoon, when the daylight had started to dim, Ana (with the help of Willow, the youngest daughter of the family who owns the property) released a rehabilitated juvenile **Central American Pygmy-Owl** in the open area. As soon as they opened the box, it flew out and across the grassy area to the nearby forest.

Hopefully it will do just fine in his new home! We were all in awe by these beautiful birds and inspired by Sarah's work and dedication to raptor conservation!

Some of us enjoyed a yoga session with Marta at dusk, finishing in relaxing savasana as the daylight faded. We reviewed the bird checklist, and enjoyed yet another delicious dinner. Tonya, our cook, has been fantastic, and every day delighted us with the most flavorful meals!

After dinner, we tried calling for some owls. We heard a **Black-and-white Owl** in the distance, and a distant **Mottled Owl** as we stood on the far platform of the canopy walk. We were hoping for Spectacled Owl, which started calling a little further into the forest as we headed back to our cabanas. Perhaps later it would come closer. While waiting for owls to respond, Holly showed us a mystery creature she had found that fluoresced under her black light. It was tubular in shape and had some sort of segmented covering. Nearby two other tubular organisms were found, but didn't have the segments. A strange arthropod? Fungi? We really had no idea, but will keep searching for answers.



Lesson's Motmot. Photo by Marta Curti.

Day 5: September 24, 2025 - Mindful Birding & Mayan Cooking Class

We started out the morning with a slow stroll down to the meadow at dawn for some mindful birding. **Eastern Wood-Pewees** greeted us with their sallying flights as they have done all week, seemingly our most abundant bird. **Gray-chested Doves** cooed from the forest floor. Holly spotted a **Lesson's Motmot**, a bird we had heard early each morning but had yet to see, and everyone got great looks at this beautiful bird. A pair of **Black-cheeked Woodpeckers** perched in the top of a cecropia tree, and a **Keel-billed Toucan** called in the distance. We wandered over to the secret garden and Bay Palm Loop. We saw another **Lesson's Motmot**, this time we could see its full racket tail flicking from side to side. We appreciated its beauty and took in its distinctive "mot-mot"

call, which we heard frequently during our walk. It started to rain, light at first then heavier, and we



Bride's Veil Fungus. Photo by Jenn Sinasac.

slowly made our way back to the lodge for breakfast.

After breakfast, we walked the main road up to the Motmot Walk trail, and Mike, one of the local guides, joined us. Holly and Susan found an **Olive-backed Euphonia**, and Brenda spotted a male **Dot-winged Antwren**! As we started into the trail, there was a flurry of bird activity - **Lesser Greenlets**, a couple more **Dot-winged Antwrens** (females, this time), **Chestnut-sided Warblers**, an **Eye-ringed Flatbill**, and a **Northern Schiffornis** perched in view. We continued onto the trail, and the bird activity went quiet. We started noticing some interesting fungi of different shapes, sizes, and colors on the forest floor, on fallen logs, and on dead snags. The diversity was amazing! Perhaps the most interesting was a huge **Bride's Veil Fungus**, a type of stinkhorn, that had recently dropped its veil. There were still fungus flies on its cap. We meandered down the trail, the bottoms of our shoes loaded with heavy mud from the recent rain! Mike said he heard what sounded like a large animal shuffle through the jungle understory ahead of us, and shortly after, we started seeing fresh tapir tracks along the trail. It appeared to be just ahead of us, and although we didn't see this shy forest mammal ourselves, just seeing the tracks, dozens of them, was amazing! The trail led us to the main road once again, and we made our way back to the lodge. Along the way, we heard a **Red-capped Manakin**, **Stub-tailed Spadebill**, **Yellow-olive Flatbill**, and saw a pair of **Band-backed Wrens**! We also watched as a tiny, dark anole ate a moth for its lunch.

After lunch and a rest, we met mid-afternoon for a Mayan Cooking Class. The cook, Brenda, and our chef, Tonya, taught us the steps and techniques for making traditional Mayan tortillas and pupusas, from washing and grinding the corn, to cooking them over a griddle heated by a wood-burning fire. They were delicious!

It was a beautiful, sunny afternoon, so we headed down to the meadow once again. **Eastern Wood-Pewees** were sallying about, and we watched a pair of **Great Kiskadees**, a **Buff-throated Saltator**, and a **Black-headed Trogon** share a branch in a cecropia tree. Overall, the bird activity was calm, and we slowly made our way into the center of the meadow. We stood in silence for a while, just listening to the sounds around us. It was reviving and peaceful, and a great way to spend our final afternoon at Jade Jungle Resort. We finished it off with a short but restorative yoga session with Marta, followed by the checklist. We enjoyed our last dinner together at Jade Jungle Resort, and topped it off with soursop cheesecake for dessert!

After dinner, we met Mario and together walked down to the meadow to try for some owls. As soon as we arrived, Mario spotted a **Kinkajou** in a tree near the entrance of the meadow. We called for a couple of owls, but didn't have any luck with sightings this evening. We heard a **Middle American Screech-Owl**, but it kept its distance. We saw three big **Red-rumped Tarantulas**, and Mario even enticed one out of his hole and partially onto his hand! We were all impressed by his trick. Just as we were leaving the meadow, Mario spotted a **Central American Woolly Opossum** up in a cecropia tree, and we all had great looks at this cute, nocturnal mammal!



White-necked Puffbird. Photo by Jenn Sinasac.

Day 6: September 25, 2025 — Departure

We were up at dawn to enjoy a beautiful sunrise. The sky was clear, a welcome change from the rainy mornings we had embraced the past two days. We met at 6:00 am for some final morning birding before breakfast. The birds were wonderfully active this morning, and we enjoyed watching **Crimson-collared Tanagers**, **Masked Tityra**, **Black-cowled Orioles**, **Black-headed Trogons**, **Piratic Flycatchers**, **Black-faced Grosbeaks**, and so much more. A **Squirrel Cuckoo** perched and stayed in perfect view. We also spotted a **White-necked Puffbird**, and then a second one, a new species for the trip. We had a decent look at a **Bright-rumped Attila**, one we had heard

several times but had yet to see. We headed to the Mayan Plaza at the lodge for a short mindful session with Holly, but that got interrupted by even more birds! A **Montezuma Oropendola**, another new bird for the trip, flew in and landed in a tree in view from the plaza. A stunning male **Yellow-throated Euphonia** perched close by for great looks, and a pair of **Band-backed Wrens** gathered nesting material from an adjacent palm. It was past breakfast time, but the birds kept coming! As delightful as they were, we had to break for breakfast. We savored Tonya's home made bagels, latkes, mango chia pudding, and the other delicious breakfast offerings.

We finished packing up and met again in the Mayan Plaza for a final mindful birding session with Holly. We closed our eyes, and listened to Holly's beautiful words as she guided us through a lovely hummingbird imagery and read a poem by Mary Oliver. A spirit-lifting breeze filled the Mayan Plaza during the moment we were all experiencing together. It was moving and even tearful at times, celebrating birds for bringing us together and the wonderful experience this has been.

We said our goodbyes to the caring and wonderful staff at Jade Jungle Resort, and then to each other. We departed the lodge and carried on our separate ways, to explore more of Belize on our own, visit iconic Mayan sites, and return home with a deeper sense of mindfulness and gratitude for birds!

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 host at Jade Jungle Resort, Keren, and our knowledgeable local guides Mario, Felix, and Mike. Tonya inspired us with her incredible culinary abilities, and Brenda wowed us with her tortilla-making skills. We also thank Chelsea, our welcoming host in the dining room. A special thanks to Sarah Mann and Ana Maria Morales from the Belize Raptor Center, and Maya, Luna, and Ixchel for the amazing work they do as avian ambassadors. This was a truly memorable tour and we look forward to many more mindful birding retreats in the future.



Wildlife Observation List

Birds

Nomenclature and taxonomy follows *eBird*, 2024.

eBird Trip Report: <https://ebird.org/tripreport/417072>

Common Name	Scientific Name	Notes
1 Black-bellied Whistling-Duck	<i>Dendrocygna autumnalis</i>	Several individuals seen along open roads as we went to and from Jade Jungle Resort
2 Pale-vented Pigeon	<i>Patagioenas cayannensis</i>	
3 Short-billed Pigeon	<i>Patagioenas nigrirostris</i>	Seen and heard regularly in the treetops at Jade Jungle Resort
4 Eurasian Collared-Dove	<i>Streptopelia decaocto</i>	A few individuals seen perched on wires around Spanish Lookout
5 Ruddy Ground Dove	<i>Columbina talpacoti</i>	Seen in small numbers around the lodge, as well as on the main highway and around Spanish Lookout
6 White-tipped Dove	<i>Leptotila verreauxi</i>	Two seen on John Smith Road en route from the airport to Jade Jungle Resort; one seen at Jade Jungle Resort
7 Gray-chested Dove	<i>Leptotila cassinii</i>	Heard frequently in the forests at Jade Jungle Resort
8 Gray-headed Dove	<i>Leptotila plumbeiceps</i>	Two individuals heard on our walk to Roaring River
9 White-winged Dove	<i>Zenaida asiatica</i>	One seen at John Smith Road en route to the lodge; a large flock seen at Spanish Lookout
10 Groove-billed Ani	<i>Crotophaga sulcirostris</i>	Five seen at John Smith Road en route to the lodge; five seen in fields around Spanish Lookout
11 Squirrel Cuckoo	<i>Piaya cayana</i>	Seen and heard daily around Jade Jungle Resort
12 Common Nighthawk	<i>Chordeiles minor</i>	Four individuals seen flying over the lodge at dusk
13 Common Pauraque	<i>Nictidromus albicollis</i>	Heard calling in the evening on two occasions
14 White-collared Swift	<i>Streptoprocne zonaris</i>	Two seen flying overhead at Jade Jungle Resort
15 Vaux's Swift	<i>Chaetura vauxi</i>	A dozen flew overhead at Jade Jungle Resort
16 White-necked Jacobin	<i>Florisuga mellivora</i>	Regular visitor to the hummingbird feeders at Jade Jungle Resort
17 Long-billed Hermit	<i>Phaethornis longirostris</i>	Regular visitor to the hummingbird feeders at Jade Jungle Resort
18 Stripe-throated Hermit	<i>Phaethornis striigularis</i>	One seen near the Hillside Cabanas
19 Scaly-breasted Hummingbird	<i>Phaeochroa cuvierii</i>	One seen perched at the patio outside the dining room
20 Rufous-tailed Hummingbird	<i>Amazilia tzacatl</i>	Regular visitor to the hummingbird feeders at Jade Jungle Resort

Common Name	Scientific Name	Notes
21 White-bellied Emerald	<i>Chlorestes candida</i>	Regular visitor to the hummingbird feeders at Jade Jungle Resort
22 Black-necked Stilt	<i>Himantopus mexicanus</i>	4 seen on John Smith Road en route to Jade Jungle Resort on the first day; one seen at roadside pond at Spanish Lookout
23 Northern Jacana	<i>Jacana spinosa</i>	3 seen on John Smith Road en route to Jade Jungle Resort; 5 seen at roadside wetlands around Spanish Lookout
24 Least Grebe	<i>Tachybaptus dominicus</i>	One seen on John Smith Road en route to Jade Jungle Resort; an adult and chick seen at pond along entry road to Jade Jungle Resort
25 Bare-throated Tiger-Heron	<i>Tigrisoma mexicanum</i>	One seen on John Smith Road en route to Jade Jungle Resort; one seen perched on fence at end of the runway when returning to the airport
26 Little Blue Heron	<i>Egretta caerulea</i>	Two seen on John Smith Road en route to Jade Jungle Resort; three seen along entry road to Jade Jungle Resort
27 Snowy Egret	<i>Egretta thula</i>	5 individuals seen on John Smith Road en route to Jade Jungle Resort
28 Green Heron	<i>Butorides virescens</i>	One seen along entry road to Jade Jungle Resort; one seen at Xunantunich river crossing
29 Western Cattle Egret	<i>Bubulcus ibis</i>	A large roost of approximately 75 individuals seen in Spanish Lookout; and another 30 estimated flying over on our return back to the lodge the same day
30 Great Egret	<i>Ardea alba</i>	Several individuals seen at open roadside wetlands (John Smith Road, Spanish Lookout, entry road to Jade Jungle Resort)
31 Great Blue Heron	<i>Ardea herodias</i>	One seen along entry road to Jade Jungle Resort
32 King Vulture	<i>Sarcorampus papa</i>	Two seen at Jade Jungle Resort; one seen along entry road to lodge
33 Black Vulture	<i>Coragyps atratus</i>	Commonly seen soaring overhead throughout the tour
34 Turkey Vulture	<i>Cathartes aura</i>	Commonly seen soaring overhead throughout the tour
35 Lesser Yellow-headed Vulture	<i>Cathartes burrovianus</i>	One individual seen en route to lodge and one seen en route to airport
36 Hook-billed Kite	<i>Chondrohierax uncinatus</i>	Two seen soaring along entry road to Jade Jungle Resort
37 Snail Kite	<i>Rostrhamus sociabilis</i>	One seen on John Smith Road en route to Jade Jungle Resort; one seen over roadside pond en route to airport
38 Great Black Hawk	<i>Buteogallus urubitinga</i>	One seen soaring overhead in the meadow at Jade Jungle Resort (among White Hawks and vultures)
39 Roadside Hawk	<i>Rupornis magnirostris</i>	Seen regularly along open roads during the tour

Common Name	Scientific Name	Notes
40 White Hawk	<i>Pseudastur albicollis</i>	5 individuals seen soaring overhead in the meadow at Jade Jungle Resort
41 Gray Hawk	<i>Buteo plagiatus</i>	One seen perched on a wire along roadside at Spanish Lookout
42 Short-tailed Hawk	<i>Buteo brachyurus</i>	Two seen soaring overhead along entry road to Jade Jungle Resort; one seen at Jade Jungle Resort; both dark and light morphs seen during the tour
43 Middle American Screech-Owl	<i>Megascops guatemalae</i>	Heard nearly every night at Jade Jungle Resort
44 Spectacled Owl	<i>Pulsatrix perspicillata</i>	One seen along canopy boardwalk; heard a couple other nights at Jade Jungle Resort
45 Central American Pygmy-Owl	<i>Glaucidium griseiceps</i>	Heard nearly every evening and early morning at Jade Jungle Resort; Belize Raptor Center staff released one on the property during our stay
46 Slaty-tailed Trogon	<i>Trogon massena</i>	Heard and seen regularly at Jade Jungle Resort
47 Black-headed Trogon	<i>Trogon melanocephalus</i>	Common and seen daily at Jade Jungle Resort - 4 on the first full day!
48 Gartered Trogon	<i>Trogon caligatus</i>	Fairly common, several individuals seen at Jade Jungle Resort
49 Lesson's Motmot	<i>Momotus lessonii</i>	Heard calling at dawn every morning; two seen in meadow
50 Amazon Kingfisher	<i>Chloroceryle amazona</i>	Two seen at Roaring River
51 Green Kingfisher	<i>Chloroceryle americana</i>	One seen along roadside stream at Spanish Lookout
52 White-necked Puffbird	<i>Notharchus hyperrhynchus</i>	Two seen at Jade Jungle Resort on final morning
53 Rufous-tailed Jacamar	<i>Galbula ruficauda</i>	A pair seen in meadow on first full day at Jade; heard on other occasions
54 Collared Aracari	<i>Pteroglossus torquatus</i>	One seen at John Smith Road en route to the lodge; one heard at Jade Jungle Resort
55 Keel-billed Toucan	<i>Ramphastos sulphuratus</i>	One seen at John Smith Road en route to the lodge; two seen on walk to Roaring River
56 Black-cheeked Woodpecker	<i>Melanerpes pucherani</i>	A few individuals seen at Jade Jungle Resort (around main lodge area and in meadow)
57 Golden-fronted Woodpecker	<i>Melanerpes aurifrons</i>	Commonly seen throughout tour on open roads and at Jade Jungle Resort
58 Pale-billed Woodpecker	<i>Campephilus guatemalensis</i>	A pair seen near Jungle View cabanas at Jade; another one spotted later in the trip
59 Laughing Falcon	<i>Herpetotheres cachinnans</i>	One heard in the meadow
60 Collared Forest-Falcon	<i>Micrastur semitorquatus</i>	Heard calling at dawn on two mornings at Jade Jungle Resort
61 Bat Falcon	<i>Falco rufigularis</i>	A pair perched in a dead tree along Prince George Highway on our way back to the lodge after birding at Spanish Lookout
62 White-crowned Parrot	<i>Pionus senilis</i>	Seen regularly at Jade Jungle Resort, flying over in small flocks and perched in pairs in the treetops
63 Red-lored Amazon	<i>Amazona autumnalis</i>	A few pairs seen flying over Jade Jungle Resort

	Common Name	Scientific Name	Notes
64	White-fronted Amazon	<i>Amazona albifrons</i>	A large flock of about 25 individuals flying over a field along the entrance road to Jade Jungle Resort
65	Olive-throated Parakeet	<i>Eupsittula nana</i>	Three pairs heard around Jade Jungle Resort and when birding at the meadow
66	Great Antshrike	<i>Taraba major</i>	Heard daily around the meadow and adjacent trails
67	Barred Antshrike	<i>Thamnophilus doliatus</i>	A pair seen in the grassy area near the giant Ceiba
68	Dot-winged Antwren	<i>Microchopias quixensis</i>	A male and a couple of females seen on our walk to the motmot walk trail
69	Dusky Antbird	<i>Cercomacroides tyrannina</i>	Heard daily around the meadow and adjacent trails
70	Olivaceous Woodcreeper	<i>Sittasomus griseicapillus</i>	One seen, one heard at Jade Jungle Resort
71	Tawny-winged Woodcreeper	<i>Dendrocincla anabatina</i>	One seen attending an army ant swarm at Xunantunich archaeological site
72	Northern Barred-Woodcreeper	<i>Dendrocolaptes sanctithomae</i>	One seen attending an army ant swarm at Xunantunich archaeological site
73	Ivory-billed Woodcreeper	<i>Xiphorhynchus flavigaster</i>	Heard on a few occasions on first full day at Jade Jungle Resort
74	Fawn-throated Foliage-gleaner	<i>Automolus cervinigularis</i>	One seen by some of group on arrival at Jade Jungle Resort
75	Rufous-breasted Spinetail	<i>Synallaxis erythrothorax</i>	A pair seen along roadside stream at Spanish Lookout
76	White-collared Manakin	<i>Manacus candei</i>	Two females/young males seen beside Jungle View cabanas on first full day; a male seen along Tapir trail to Roaring River; three seen at entrance of Motmot Walk trail
77	Red-capped Manakin	<i>Ceratopipra mentalis</i>	One heard in forested area along road to lodge when returning from the Motmot Walk trail
78	Masked Tityra	<i>Tityra semifasciata</i>	One seen at John Smith Road en route to the lodge; three more individuals seen at Jade Jungle Resort
79	Northern Schiffornis	<i>Schiffornis veraepacis</i>	Heard regularly around Jade Jungle Resort; one seen at entrance to Motmot Walk trail
80	White-winged Becard	<i>Pachyramphus polychopterus</i>	Two heard in the meadow on first morning of birding at Jade
81	Rose-throated Becard	<i>Pachyramphus aglaiae</i>	A male and female seen in meadow on first morning of birding at Jade
82	Stub-tailed Spadebill	<i>Platyrhynchus cancrominus</i>	One heard along the Motmot Walk trail
83	Ochre-bellied Flycatcher	<i>Mionectes oleagineus</i>	One seen beside the Jungle View cabanas on first morning; another spotted by Brenda in the same area the following morning
84	Northern Bentbill	<i>Oncostoma cinereigulare</i>	Two individuals heard near the Motmot Walk trail
85	Slate-headed Tody-Flycatcher	<i>Poecilotriccus sylvia</i>	One seen along Tapir trail on our walk to the Roaring River

	Common Name	Scientific Name	Notes
86	Common Tody-Flycatcher	<i>Todirostrum cinereum</i>	A pair seen along roadside stream at Spanish Lookout
87	Eye-ringed Flatbill	<i>Rhynchocyclus brevirostris</i>	One seen at entrance of Motmot Walk trail
88	Yellow-olive Flatbill	<i>Tolmomyias sulphureus</i>	Two seen on road to lodge when returning from Motmot Walk trail
89	Yellow-bellied Tyrannulet	<i>Ornithion semiflavum</i>	One heard along walk to Roaring River
90	Northern Tropical Pewee	<i>Contopus bogotensis</i>	Two seen (and heard) in meadow on first morning of birding
91	Eastern Wood-Pewee	<i>Contopus virens</i>	Abundant in migration season; commonly seen and heard throughout tour
92	Yellow-bellied Flycatcher	<i>Empidonax flaviventris</i>	One seen and one heard at Jade Jungle Resort; another seen at Xunantunich archaeological site
93	Least Flycatcher	<i>Empidonax minimus</i>	One seen along John Smith Road en route to Jade Jungle Resort
94	Vermilion Flycatcher	<i>Pyrocephalus rubinus</i>	Seen commonly along open roadsides along entry road to Jade Jungle Resort and around Spanish Lookout
95	Bright-rumped Attila	<i>Attila spadiceus</i>	Heard calling at Jade early during our stay; one seen on final morning
96	Dusky-capped Flycatcher	<i>Myiarchus tuberculifer</i>	One heard at Jade Jungle Resort
97	Great Crested Flycatcher	<i>Myiarchus crinitus</i>	One individual seen at Xunantunich, another at Jade Jungle Resort
98	Great Kiskadee	<i>Pitangus sulphuratus</i>	Common throughout the tour, seen nearly daily
99	Boat-billed Flycatcher	<i>Megarynchus pitangua</i>	One heard at Jade Jungle Resort
100	Social Flycatcher	<i>Myiozetetes similis</i>	Common throughout the tour, seen daily
101	Sulphur-bellied Flycatcher	<i>Myiodynastes luteiventris</i>	Two individuals seen at Jade Jungle Resort
102	Piratic Flycatcher	<i>Legatus leucophaeus</i>	Three seen at Jade Jungle Resort (one in the meadow, the other two in main lodge area)
103	Tropical/Couch's Kingbird	<i>Tyrannus melancholicus/couchii</i>	Yellow-bellied kingbird seen regularly throughout the tour at Jade Jungle Resort and around open roadsides; not vocal to ID to species
104	Fork-tailed Flycatcher	<i>Tyrannus savanna</i>	Three individuals seen at Spanish Lookout
105	Tawny-crowned Greenlet	<i>Tunchiornis ochraceiceps</i>	One seen near boardwalk cabanas on the morning of the first full day at Jade Jungle Resort
106	Lesser Greenlet	<i>Pachysylvia decurtata</i>	One seen at Xunantunich archaeological site; another three individuals seen at Jade Jungle Resort
107	Red-eyed Vireo	<i>Vireo olivaceus</i>	Three individuals seen at Jade Jungle Resort
108	Yellow-green Vireo	<i>Vireo flavoviridis</i>	One seen at Xunantunich archaeological site; another seen at Jade Jungle Resort

	Common Name	Scientific Name	Notes
109	Brown Jay	<i>Cyanocorax morio</i>	Seen daily in small groups at Jade Jungle Resort; very common at Xunantunich; locally known as "bush police"
110	Mangrove Swallow	<i>Tachycineta albilinea</i>	Several seen along river crossing at Xunantunich and perched on the ferry
111	Northern Rough-winged Swallow	<i>Stelgidopteryx serripennis</i>	Seen in meadow at Jade Jungle Resort; common around Spanish Lookout flying over fields
112	Barn Swallow	<i>Hirundo rustica</i>	Seen regularly at Jade Jungle Resort and along open roadsides (entry road to lodge and Spanish Lookout)
113	Long-billed Gnatwren	<i>Ramphocaenus melanurus</i>	One heard along road to Motmot Walk trail
114	Blue-gray Gnatcatcher	<i>Polioptila caerulea</i>	One heard at Xunantunich archaeological site
115	Southern House Wren	<i>Troglodytes musculus</i>	One seen on fence post at Spanish Lookout
116	Band-backed Wren	<i>Campylorhynchus zonatus</i>	Regularly seen in pairs (and collecting nesting material) at Jade Jungle Resort
117	Spot-breasted Wren	<i>Pheugopedius maculipectus</i>	Heard regularly at Jade Jungle Resort; one pair seen on Tapir trail on way back to lodge (at hanging bridge)
118	White-bellied Wren	<i>Uropsila leucogastra</i>	One heard along Tapir Trail during our walk to the river
119	White-breasted Wood-Wren	<i>Henicorhina leucosticta</i>	Heard on two occasions at Jade Jungle Resort
120	Tropical Mockingbird	<i>Mimus gilvus</i>	Four seen at John Smith Road en route to Jade Jungle Resort; two seen at Spanish Lookout
121	Veery	<i>Catharus fuscescens</i>	One seen in firebush next to Jungle View cabanas on first morning at Jade
122	Swainson's Thrush	<i>Catharus ustulatus</i>	One seen along Tapir trail on our walk to the Roaring River
123	Clay-colored Thrush	<i>Turdus grayi</i>	One seen at Jade Jungle Resort; one at Xunantunich
124	Scrub Euphonia	<i>Euphonia affinis</i>	One seen at Jade Jungle Resort; two seen at Xunantunich Maya Site
125	Yellow-throated Euphonia	<i>Euphonia hirundinacea</i>	One seen at Xunantunich Maya Site; one seen at Jade Jungle Resort
126	Olive-backed Euphonia	<i>Euphonia gouldi</i>	A pair seen at entrance to Motmot Walk Trail at Jade Jungle Resort
127	Yellow-billed Cacique	<i>Amblycercus holosericeus</i>	One heard in open grassland at Jade Jungle Resort
128	Montezuma Oropendola	<i>Psarocolius montezuma</i>	One individual seen well in tree beside Maya plaza at Jade Jungle Resort
129	Black-cowled Oriole	<i>Icterus prothemelas</i>	One seen near yoga platform at Jade; four seen on our final morning at Jade Jungle Resort (including juveniles)
130	Orchard Oriole	<i>Icterus spurius</i>	One male seen at roadside creek stop at Spanish Lookout

	Common Name	Scientific Name	Notes
131	Baltimore Oriole	<i>Icterus galbula</i>	Two seen at roadside creek stop at Spanish Lookout; two seen at Jade Jungle Resort
132	Melodious Blackbird	<i>Dives dives</i>	Commonly seen and frequently heard at Jade Jungle Resort
133	Great-tailed Grackle	<i>Quiscalus mexicanus</i>	Common in open areas away from the lodge - John Smith Road, Xunantunich, Spanish Lookout, and entry road to Jade Jungle Resort
134	Worm-eating Warbler	<i>Helmitheros vermivorum</i>	One seen along Tapir trail on our walk to the Roaring River
135	Northern Waterthrush	<i>Parkesia noveboracensis</i>	Common and seen regularly at Jade Jungle Resort
136	Blue-winged Warbler	<i>Vermivora cyanoptera</i>	Two individuals seen at Jade Jungle Resort (one in meadow, one in open grassland near Giant Ceiba)
H	Lawrence's Warbler (hybrid)	<i>Vermivora chrysoptera x cyanoptera</i>	One individual seen at back of meadow! A first for everyone, very exciting to see this rare hybrid
137	Black-and-white Warbler	<i>Mniotilta varia</i>	A few individuals seen at Jade Jungle Resort (along trails)
138	Prothonotary Warbler	<i>Protonotaria citrea</i>	One seen flying along Roaring River
139	Tennessee Warbler	<i>Liothlypis peregrina</i>	One seen at Jade Jungle Resort on first morning walk
140	Kentucky Warbler	<i>Geothlypis formosa</i>	Two individuals seen at Jade Jungle Resort
141	Yellow Warbler	<i>Setophaga petechia</i>	One seen at Jade Jungle Resort
142	Chestnut-sided Warbler	<i>Setophaga pensylvanica</i>	Three individuals seen at Jade Jungle Resort; two were at the entrance of the Motmot Walk Trail
143	Yellow-throated Warbler	<i>Setophaga dominica</i>	One seen in open grassland near giant Ceiba tree at Jade
144	Red-throated Ant-Tanager	<i>Driophlox fuscicauda</i>	A pair seen along the Tapir Trail to the Roaring River; a pair seen at Xunantunich Maya Site
145	Black-faced Grosbeak	<i>Caryothraustes poliogaster</i>	A group of at least 7 individuals feeding in a tree beside the main lodge on a rainy morning at Jade; another one seen on last morning at Jade (in the same tree)
146	Blue-black Grosbeak	<i>Cyanoloxia cyanoides</i>	Heard only along trails at Jade Jungle Resort
147	Crimson-collared Tanager	<i>Ramphocelus sanguinolentus</i>	4 individuals seen in the meadow on our first morning at Jade; 2 seen on final morning near boardwalk cabanas. A favorite of the trip!
148	Blue-gray Tanager	<i>Thraupis episcopus</i>	Two seen at Jade Jungle Resort; two seen at roadside creek stop at Spanish Lookout
149	Yellow-winged Tanager	<i>Thraupis abbas</i>	Several seen at Jade Jungle Resort, around main lodge area and in the meadow
150	Blue-black Grassquit	<i>Volatinia jacarina</i>	Three individuals seen in long grasses along entry road to Jade Jungle Resort as we were leaving for Xunantunich

	Common Name	Scientific Name	Notes
151	Variable Seedeater	<i>Sporophila corvina</i>	Two individuals seen in long grasses along entry road to Jade Jungle Resort as we were leaving for Xunantunich; four seen around Spanish Lookout
152	Morelet's Seedeater	<i>Sporophila moreletii</i>	Commonly seen in small numbers around Jade Jungle Resort
153	Buff-throated Saltator	<i>Saltator maximus</i>	Several individuals seen during the week at Jade Jungle Resort
154	Black-headed Saltator	<i>Saltator atriceps</i>	One seen at Xunantunich Maya Site

Mammals & other taxa

	Common Name	Scientific Name	Notes
1	Derby's (Central American) Woolly Opossum	<i>Caluromys derbianus</i>	One seen in a cecropia tree in the meadow on our last night walk
3	Yucatan Black Howler	<i>Alouatta pigra</i>	Heard at Jade Jungle Resort, usually heard calling early in the morning or late at night
4	Greater Sac-winged Bat	<i>Saccopteryx bilineata</i>	Seen in rooms at top of "El Castillo" in Xunantunich Maya Site
5	Lesser Sac-winged Bat	<i>Saccopteryx leptura</i>	Several individuals seen roosting under the palm frond roof at the main lodge area at Jade
6	Long-tongued Bat	<i>Glossophaga sp.</i>	Seen coming to hummingbird feeders at night
7	Kinkajou	<i>Potos flavus</i>	One seen in cecropia tree in the meadow on our last night walk
8	Baird's Tapir (tracks only)	<i>Tapirus bairdii</i>	Very fresh tracks seen along Motmot Walk Trail
9	Brown (Striped) Basilisk	<i>Basiliscus vittatus</i>	Seen commonly around Jade Jungle Resort, notably a couple seen resting on branches on our first night walk
10	Neotropical Green Anole	<i>Anolis biporcatus</i>	One seen resting on a branch on our first night walk at Jade Jungle Resort
11	Spiny Lizard	<i>Sceloporus sp.</i>	One seen around yoga platform at Jade Jungle Resort
12	Middle American Ameiva	<i>Holcosus festiva</i>	One seen on night walk near yoga platform
13	Green Iguana	<i>Iguana iguana</i>	Seen along river crossing to Xunantunich Maya Site
14	Black Spiny-tailed Iguana	<i>Ctenosaura similis</i>	Common at Xunantunich Maya Site
15	Central American Boa	<i>Boa imperator</i>	A juvenile spotted by Brenda on a barbed wire fence along the entry road to Jade Jungle Resort, basking and digesting a recent meal!
16	Red Coffee Snake	<i>Ninia sebae</i>	Small, bright red snake seen on steps to main lodge at Jade Jungle Resort

	Common Name	Scientific Name	Notes
17	White-lipped Mud Turtle	<i>Kinosternon leucostomum</i> .	A small one found in a big puddle along the Tapir Trail
18	Mesoamerican Slider	<i>Trachemys venusta</i>	One seen at river crossing to Xunantunich Maya Site
19	Central American Gulf Coast Toad	<i>Incilius valliceps</i>	Several seen along Motmot Walk Trail
20	Vaillant's Frog	<i>Lithobates vaillanti</i>	One seen near yoga platform on a night walk
21	Zebra-striped Hairstreak	<i>Panhiades bathildis</i>	One seen in grassland near giant Ceiba
22	Guatemalan Catone	<i>Catonephele mexicana</i>	A female seen in grassland near giant Ceiba
23	Zebra Longwing	<i>Heliconius charithonia</i>	One seen feeding in firebush at Jade Jungle Resort
24	Pale Owl-Butterfly	<i>Caligo telamonius</i>	Seen along trails at Jade Jungle Resort
25	Gold-edged Owl-Butterfly	<i>Caligo uranus</i>	Seen at Motmot Walk Trail
26	Glorious Blue-Skipper	<i>Paches loxus</i>	Several individuals seen in grassland near giant Ceiba
27	Black Witch	<i>Ascalapha odorata</i>	One seen on our first night walk
28	Longhorn Beetle	<i>Callipogon senex</i>	A few seen around lodge patio, and Brenda had a close encounter!
29	Horse Lubber	<i>Romalea sp.</i>	One seen on a fence post at a roadside stop at Spanish Lookout
30	Slender Brown Scorpion	<i>Centruroides gracilis</i>	One seen on lodge road on first night walk; one spotted outside Susan's cabana!
31	Mexican Red-rump Tarantula	<i>Tliltocatl vagans</i>	Two at nesting holes along main road at lodge; three found in the meadow on a night walk with Mario - he coaxed one out of its hole and onto his hand!
32	Crab		Seen on walk to Roaring River