PANAMÁ AND COLÓN · PANAMA

Panama Canal Forests

Lowland rainforest along both banks of the Panama Canal, close to Panama City, where sloths, tamarins and howler monkeys share the trees with toucans, trogons, motmots and manakins. Each autumn huge streams of vultures and hawks pass overhead on migration.

141 animals 24 mammals, 89 birds, 9 reptiles, 7 amphibians, 10 butterflies and 2 other insects

Best time: Dec to Apr

Seen _____ of 141

ANIMAL DATE AND PLACE

01 Sloths, anteaters and armadillos 5

- [ ] Brown-throated Three-toed Sloth
- [ ] Hoffmann's Two-toed Sloth
- [ ] Northern Tamandua
- [ ] Central American Silky Anteater Rare
- [ ] Nine-banded Armadillo

02 Monkeys 4

- [ ] Mantled Howler Monkey
- [ ] Geoffroy's Tamarin
- [ ] White-faced Capuchin
- [ ] Panamanian Night Monkey Rare

03 Coatis, agoutis and other mammals 15

- [ ] White-nosed Coati
- [ ] Central American Agouti
- [ ] Red-tailed Squirrel
- [ ] Variegated Squirrel
- [ ] Lowland Paca
- [ ] Kinkajou
- [ ] Tayra
- [ ] Collared Peccary
- [ ] White-tailed Deer
- [ ] Northern Raccoon
- [ ] Neotropical Otter Rare
- [ ] Ocelot Rare

ANIMAL DATE AND PLACE

03 Coatis, agoutis and other mammals continued

- [ ] Jaguarundi Rare
- [ ] Proboscis Bat
- [ ] Greater Bulldog Bat

04 Toucans and woodpeckers 5

- [ ] Keel-billed Toucan
- [ ] Yellow-throated Toucan
- [ ] Collared Araçari
- [ ] Black-cheeked Woodpecker
- [ ] Red-crowned Woodpecker

05 Trogons, motmots, puffbirds and kingfishers 10

- [ ] Slaty-tailed Trogon
- [ ] Gartered Trogon
- [ ] Graceful Black-throated Trogon
- [ ] White-tailed Trogon
- [ ] Whooping Motmot
- [ ] Broad-billed Motmot
- [ ] Rufous-tailed Jacamar
- [ ] White-whiskered Puffbird
- [ ] Ringed Kingfisher
- [ ] Green Kingfisher

Tick them off in Wilder

ANIMAL | DATE AND PLACE

06 Antbirds 8

- [ ] Black-crowned Antshrike
- [ ] Fasciated Antshrike
- [ ] Dot-winged Antwren
- [ ] Chestnut-backed Antbird
- [ ] Spotted Antbird
- [ ] Ocellated Antbird Rare
- [ ] Black-faced Antthrush
- [ ] Streak-chested Antpitta Rare

07 Manakins, cotingas and flycatchers 8

- [ ] Golden-collared Manakin
- [ ] Red-capped Manakin
- [ ] Velvety Manakin
- [ ] Purple-throated Fruitcrow
- [ ] Blue Cotinga Rare
- [ ] Great Kiskadee
- [ ] Social Flycatcher
- [ ] Tropical Kingbird

08 Tanagers, honeycreepers and oropendolas 11

- [ ] Blue-grey Tanager
- [ ] Palm Tanager
- [ ] Crimson-backed Tanager
- [ ] Plain-coloured Tanager
- [ ] Golden-hooded Tanager
- [ ] Red-legged Honeycreeper
- [ ] Green Honeycreeper
- [ ] Thick-billed Euphonia
- [ ] Bananaquit
- [ ] Clay-coloured Thrush
- [ ] Chestnut-headed Oropendola

09 Hummingbirds 5

- [ ] Rufous-tailed Hummingbird
- [ ] Blue-chested Hummingbird
- [ ] White-necked Jacobin
- [ ] Violet-bellied Hummingbird
- [ ] Long-billed Hermit

ANIMAL | DATE AND PLACE

10 Parrots, pigeons, cuckoos and gamebirds 11

- [ ] Mealy Amazon
- [ ] Red-lored Amazon
- [ ] Blue-headed Parrot
- [ ] Orange-chinned Parakeet
- [ ] Pale-vented Pigeon
- [ ] Ruddy Ground Dove
- [ ] Common Squirrel-cuckoo
- [ ] Rufous-vented Ground Cuckoo Rare
- [ ] Great Tinamou
- [ ] Grey-headed Chachalaca
- [ ] Crested Guan

11 Birds of prey, owls and potoos 15

- [ ] Turkey Vulture
- [ ] Black Vulture
- [ ] King Vulture
- [ ] Broad-winged Hawk
- [ ] Swallow-tailed Kite
- [ ] Roadside Hawk
- [ ] White Hawk
- [ ] Snail Kite
- [ ] Black Hawk-Eagle Rare
- [ ] Ornate Hawk-Eagle Rare
- [ ] Yellow-headed Caracara
- [ ] Laughing Falcon
- [ ] Spectacled Owl Rare
- [ ] Common Potoo
- [ ] Great Potoo Rare

12 Water birds 10

- [ ] Wattled Jacana
- [ ] Purple Gallinule
- [ ] Rufescent Tiger Heron
- [ ] Boat-billed Heron
- [ ] Great Egret
- [ ] Western Cattle Egret
- [ ] Anhinga

ANIMAL | DATE AND PLACE

12 Water birds continued

- [ ] Grey-cowled Wood Rail
- [ ] Sungrebe Rare
- [ ] Magnificent Frigatebird

13 Winter visitors 6

- [ ] Chestnut-sided Warbler
- [ ] Bay-breasted Warbler
- [ ] Prothonotary Warbler
- [ ] Yellow Warbler
- [ ] Swainson's Thrush
- [ ] Baltimore Oriole

14 Reptiles and amphibians 16

- [ ] American Crocodile
- [ ] Spectacled Caiman
- [ ] Green Iguana
- [ ] Common Spiny-tailed Iguana
- [ ] Common Basilisk
- [ ] Yellow-headed Gecko
- [ ] Boa Constrictor
- [ ] Fer-de-lance
- [ ] Eyelash Viper Rare

ANIMAL | DATE AND PLACE

14 Reptiles and amphibians continued

- [ ] Mesoamerican Cane Toad
- [ ] Green-and-black Poison Dart Frog
- [ ] Tungara Frog
- [ ] Red-eyed Tree Frog
- [ ] New Granada Cross-banded Treefrog
- [ ] Savage's Thin-toed Frog
- [ ] Fleischmann's Glass Frog Rare

15 Butterflies and ants 12

- [ ] Blue Morpho
- [ ] Glasswing
- [ ] Postman
- [ ] Red Postman
- [ ] Tiger Longwing
- [ ] Julia
- [ ] Banded Peacock
- [ ] Malachite
- [ ] Pale Owl
- [ ] Iphidamas Cattleheart
- [ ] Leafcutter Ant
- [ ] Burchell's Army Ant

My trip

FROM TO

TRAVELLING WITH

STAYING AT SEEN OF 141

FIRST ANIMAL WE SAW

BEST MOMENT

FIELD NOTES AND SKETCHES

KEEP IT IN WILDER

Tick them off in the app

Scan to open this checklist in Wilder. Add your photos, see your whole trip, earn badges and the Panama Canal passport stamp, and watch your life list grow.

A guide, not a guarantee: what you see depends on season, luck and patience. Give wildlife space and never feed it. Follow the local rules on distance.