

Some Panama Birds Video

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In 2005 we retired and moved to the Highlands of Western Panama. We were motivated primarily by the needs for adventure, change and natural beauty.

A significant part of this adventure has been hunting and observing the rich birdlife of Panama with over 1000 species of endemic and migrant birds.

I began the hobby of photographing birds in 2009 with the digiscope method using a small digital camera and a spotting scope.

These photos were taken over the span of 11 years in various parts of Panama but mostly in the Province of Chiriqui in the District of Boquete where we live.

This video presents 263 of Panama's many bird species. They are presented below by common name in alphabetical order along with their scientific names and links to more information. Each of these photos come with a story. They are the result of adventures.

The adventure story includes the hunt. While some birds may come to you most have to be sought and carefully approached, requiring effort, vigilance, readiness, and gobs of patience.

The adventure includes selecting equipment and mastering the essentials of camera, lenses and mounts to handle the unique challenges. It requires lugging everything needed combined with a readiness for the exact moment of framing and capturing the image. It includes mastery of the software that selects, edits and processes the images. It includes studying the birds and equipment through books, teachers, friends and experience.

Focused attention and lots of time are required.

It is challenging and isn't easy but it is rewarding being in nature observing and capturing images of these special inhabitants of our earth home.

Some of the birds in this video are commonly found in Panama but others are very difficult to locate and are rarely seen. If you want to know more about the birds in this list and where to find them check out the following resources:

[The Birds of Panama: A Field Guide](#) by George R. Angehr and Robert Dean

[A Bird-Finding Guide to Panama](#) by George Angehr and Dodge Engleman

The music on this video is portions of the Bach Goldberg Variations performed by Kimiko Ishizaka. You can check out her [Open Goldberg Variations recording here](#).

List of Some Panama Birds in order of Presentation

Position	Common Name	Scientific Name	Time
1.	Acorn Woodpecker	<i>Melanerpes formicivorus</i>	01:37
2.	Amazon Kingfisher	<i>Chloroceryle amazona</i>	02:02
3.	American Dipper	<i>Cinclus mexicanus</i>	02:15
4.	Anhinga	<i>Anhinga anhinga</i>	02:36
5.	Baltimore Oriole	<i>Icterus galbula</i>	03:07
6.	Bananaquit	<i>Coereba flaveola</i>	03:22
7.	Band-tailed Pigeon	<i>Patagioenas fasciata</i>	03:36
8.	Bare-throated Tiger Heron	<i>Tigrisoma mexicanum</i>	03:55
9.	Barred Antshrike	<i>Thamnophilus doliatus</i>	04:05
10.	Barred Forest Falcon	<i>Micrastur ruficollis</i>	04:11
11.	Barred Hawk	<i>Morphnarchus princeps</i>	04:19
12.	Bat Falcon	<i>Falco ruficularis</i>	04:34
13.	Bay-headed Tanager	<i>Tangara gyrola</i>	04:51
14.	Black-and-white Hawk-Eagle	<i>Spizaetus melanoleucus</i>	05:08
15.	Black-and-white Warbler	<i>Mniotilta varia</i>	05:34
16.	Black-bellied Plover	<i>Pluvialis squatarola</i>	05:44
17.	Black-bellied Whistling Duck	<i>Dendrocygna autumnalis</i>	05:53
18.	Black-cheeked Woodpecker	<i>Melanerpes pucherani</i>	06:13
19.	Black-chested Jay	<i>Cyanocorax affinis</i>	06:27
20.	Black-crowned Night-Heron	<i>Nycticorax nycticorax</i>	06:42
21.	Black-faced Solitaire	<i>Myadestes melanos</i>	06:52
22.	Black-necked Stilt	<i>Himantopus himantopus</i>	07:01
23.	Black Phoebe	<i>Sayornis nigricans</i>	07:12
24.	Black-striped Sparrow	<i>Arremonops conirostris</i>	07:24
25.	Black-throated Mango	<i>Anthracothorax nigricollis</i>	07:30
26.	Black-throated Trogon	<i>Trogon rufus</i>	07:38
27.	Black Vulture	<i>Coragyps atratus</i>	07:48

28.	Blue Cotinga	<i>Cotinga nattererii</i>	08:12
29.	Blue Dacnis	<i>Dacnis cayana</i>	08:34
30.	Blue Grosbeak	<i>Passerina caerulea</i>	08:39
31.	Blue Ground-Dove	<i>Claravis pretiosa</i>	08:44
32.	Blue-black Grassquit	<i>Volatinia jacarina</i>	08:49
33.	Blue-chested Hummingbird	<i>Amazilia amabilis</i>	08:54
34.	Blue-headed Parrot	<i>Pionus menstruus</i>	08:59
35.	Blue-gray Tanager	<i>Tangara episcopus</i>	09:04
36.	Blue-winged Teal	<i>Spatula discors</i>	09:29
37.	Boat-billed Flycatcher	<i>Megarynchus pitangua</i>	09:36
38.	Boat-billed Heron	<i>Cochlearius cochlearius</i>	09:51
39.	Broad-billed Motmot	<i>Electron platyrhynchum</i>	10:01
40.	Broad-winged Hawk	<i>Buteo platypterus</i>	10:11
41.	Bronzed Cowbird	<i>Molothrus aeneus</i>	10:49
42.	Brown Pelican	<i>Pelecanus occidentalis</i>	11:03
43.	Brown-throated Parakeet	<i>Eupsittula pertinax</i>	11:17
44.	Buff-rumped Warbler	<i>Myiothlypis fulvicauda</i>	11:35
45.	Buff-throated Saltator	<i>Saltator maximus</i>	11:45
46.	Cattle Egret	<i>Bubulcus ibis</i>	12:05
47.	Chestnut-capped Brush-finch	<i>Arremon brunneinucha</i>	12:31
48.	Chestnut-collared Swift	<i>Streptoprocne rutila</i>	12:41
49.	Chestnut-mandibled Toucan	<i>Ramphastos ambiguus</i>	12:49
50.	Chiriqui Foliage-gleaner	<i>Automolus exsertus</i>	13:06
51.	Cinnamon Becard	<i>Pachyramphus cinnamomeus</i>	13:19
52.	Clay-colored Thrush	<i>Turdus assimilis</i>	13:24
53.	Cocoi Heron	<i>Ardea cocoi</i>	13:39
54.	Collared Trogon	<i>Trogon collaris</i>	13:46
55.	Common Black-Hawk	<i>Buteogallus anthracinus</i>	14:01
56.	Common Moorhen	<i>Gallinula chloropus</i>	14:26
57.	Common Potoo	<i>Nyctibius griseus</i>	14:31
58.	Common Tody-Flycatcher	<i>Todirostrum cinereum</i>	14:54

59.	Costa Rican Pygmy-Owl	<i>Glaucidium costaricanum</i>	15:04
60.	Crane Hawk	<i>Geranospiza caerulescens</i>	15:29
61.	Crested Caracara	<i>Caracara cheriway</i>	15:36
62.	Crested Oropendola	<i>Psarocolius decumanus</i>	15:55
63.	Crimson-backed Tanager	<i>Ramphocelus dimidiatus</i>	16:05
64.	Crimson-fronted Parakeet	<i>Psittacara finschi</i>	16:12
65.	Crowned Woodnymph	<i>Thalurania colombica</i>	16:19
66.	Dark Pewee	<i>Contopus lugubris</i>	16:26
67.	Eastern Meadowlark	<i>Sturnella magna</i>	16:38
68.	Eastern Wood Pewee	<i>Contopus virens</i>	16:58
69.	Elegant Euphonia	<i>Euphonia elegantissima</i>	17:06
70.	Fiery-billed Aracari	<i>Pteroglossus torquatus</i>	17:12
71.	Fiery-throated Hummingbird	<i>Panterpe insignis</i>	17:26
72.	Flame-colored Tanager	<i>Piranga bidentata</i>	17:46
73.	Fork-tailed Flycatcher	<i>Tyrannus savana</i>	18:01
74.	Garden Emerald	<i>Chlorostilbon assimilis</i>	18:18
75.	Gartered Trogon	<i>Trogon caligatus</i>	18:25
76.	Golden-bellied Flycatcher	<i>Myiodynastes hemichrysus</i>	18:35
77.	Golden-browed Chlorophonia	<i>Chlorophonia callophrys</i>	18:40
78.	Golden-hooded Tanager	<i>Tangara larvata</i>	18:52
79.	Golden-olive Woodpecker	<i>Colaptes rubiginosus</i>	18:59
80.	Gray Hawk	<i>Buteo plagiatus</i>	19:11
81.	Gray-breasted Martin	<i>Progne chalybea</i>	19:21
82.	Gray-cowled Wood-Rail	<i>Aramides axillaris</i>	19:28
83.	Gray-headed Chachalaca	<i>Ortalis cinereiceps</i>	19:33
84.	Gray-headed Tanager	<i>Eucometis penicillata</i>	19:39
85.	Great Blue Heron	<i>Ardea herodias</i>	19:45
86.	Great Crested Flycatcher	<i>Myiarchus crinitus</i>	19:55
87.	Great Egret	<i>Ardea alba</i>	20:02
88.	Great Kiskadee	<i>Pitangus sulphuratus</i>	20:14

89.	Great-tailed Grackle	<i>Quiscalus mexicanus</i>	20:21
90.	Greater Ani	<i>Crotophaga major</i>	20:38
91.	Greater Yellowlegs	<i>Tringa melanoleuca</i>	20:45
92.	Green Heron	<i>Butorides virescens</i>	20:58
93.	Green Honeycreeper	<i>Chlorophanes spiza</i>	21:32
94.	Green Ibis	<i>Mesembrinibis cayennensis</i>	21:48
95.	Green Kingfisher	<i>Chloroceryle americana</i>	21:53
96.	Green-crowned Brilliant	<i>Heliodoxa jacula</i>	22:21
97.	Green-fronted Lancebill	<i>Doryfera ludovicae</i>	22:30
98.	Groove-billed Ani	<i>Crotophaga sulcirostris</i>	22:44
99.	Hairy Woodpecker	<i>Picoides villosus</i>	23:00
100.	Harpy Eagle	<i>Harpia harpyja</i>	23:23
101.	Hepatic-Tanager	<i>Piranga flava</i>	23:56
102.	House Wren	<i>Troglodytes aedon</i>	24:15
103.	Keel-billed Toucan	<i>Ramphastos sulfuratus</i>	24:29
104.	King Vulture	<i>Sarcoramphus papa</i>	24:41
105.	Lance-tailed Manakin	<i>Chiroxiphia lanceolata</i>	25:03
106.	Laughing Falcon	<i>Herpetotheres cachinnans</i>	25:18
107.	Laughing Gull	<i>Leucophaeus atricilla</i>	25:33
108.	Least Grebe	<i>Tachybaptus dominicus</i>	25:47
109.	Least Sandpiper	<i>Calidris minutilla</i>	26:00
110.	Lesser Elaenia	<i>Elaenia chiriquensis</i>	26:11
111.	Lesser Goldfinch	<i>Spinus psaltria</i>	26:18
112.	Lesser Kiskadee	<i>Pitangus lictor</i>	26:23
113.	Lesser Nighthawk	<i>Chordeiles acutipennis</i>	26:35
114.	Lesser Yellow-headed Vulture	<i>Cathartes burrovianus</i>	26:40
115.	Lesson's Motmot	<i>Momotus coeruliceps</i>	26:54
116.	Limpkin	<i>Aramus guarauna</i>	27:14
117.	Lineated Woodpecker	<i>Dryocopus lineatus</i>	27:21
118.	Little Blue Heron	<i>Egretta caerulea</i>	27:33

119.	Little Tinamou	<i>Crypturellus soui</i>	27:38
120.	Long-tailed Silky-flycatcher	<i>Ptiliogonys caudatus</i>	27:46
121.	Long-tailed Tyrant	<i>Colonia colonus</i>	27:53
122.	Louisiana Waterthrush	<i>Parkesia motacilla</i>	28:07
123.	Magenta-throated Woodstar	<i>Calliphlox bryantae</i>	28:12
124.	Magnificent Frigatebird	<i>Fregata magnificens</i>	28:19
125.	Masked Duck	<i>Nomonyx dominicus</i>	28:26
126.	Masked Tityra	<i>Tityra semifasciata</i>	28:45
127.	Mealy Parrot	<i>Amazona farinosa</i>	29:00
128.	Merlin	<i>Falco columbarius</i>	29:07
129.	Montezuma Oropendola	<i>Psarocolius montezuma</i>	29:21
130.	Mountain Elaenia	<i>Elaenia frantzii</i>	29:34
131.	Mountain Thrush	<i>Turdus plebejus</i>	29:51
132.	Mourning Dove	<i>Zenaida macroura</i>	29:57
133.	Neotropic Cormorant	<i>Phalacrocorax brasilianus</i>	30:03
134.	Northern Jacana	<i>Jacana spinosa</i>	30:08
135.	Northern Shoveler	<i>Spatula clypeata</i>	30:29
136.	Northern Barred Woodcreeper	<i>Dendrocolaptes sanctithomae</i>	30:36
137.	Ochre-bellied Flycatcher	<i>Mionectes oleagineus</i>	30:43
138.	Olivaceous Woodcreeper	<i>Sittasomus griseicapillus</i>	30:51
139.	Olive-sided Flycatcher	<i>Contopus cooperi</i>	30:57
140.	Orange-bellied Trogon	<i>Trogon aurantiiventris</i>	31:02
141.	Orange-billed Nightingale-Thrush	<i>Catharus aurantiirostris</i>	31:14
142.	Orange-chinned Parakeet	<i>Brotogeris jugularis</i>	31:21
143.	Pale-billed Woodpecker	<i>Campephilus guatemalensis</i>	31:28
144.	Pale-breasted Spinetail	<i>Synallaxis albescens</i>	31:45
145.	Pale-vented Pigeon	<i>Patagioenas cayennensis</i>	31:53
146.	Palm Tanager	<i>Tangara palmarum</i>	31:59
147.	Panama Flycatcher	<i>Myiarchus panamensis</i>	32:13
148.	Pearl Kite	<i>Gampsonyx swainsonii</i>	32:21

149.	Peg-billed Finch	<i>Haplospiza bairdi</i>	32:26
150.	Peregrine Falcon	<i>Falco peregrinus</i>	32:41
151.	Piratic Flycatcher	<i>Legatus leucophaeus</i>	32:48
152.	Plumbeous Kite	<i>Ictinia plumbea</i>	32:55
153.	Purple Gallinule	<i>Porphyrio martinicus</i>	33:02
154.	Red-breasted Meadowlark	<i>Sturnella militaris</i>	33:16
155.	Red-crowned Ant Tanager	<i>Habia rubica</i>	33:26
156.	Red-crowned Woodpecker	<i>Melanerpes rubricapillus</i>	33:43
157.	Red-faced Spinetail	<i>Cranioleuca erythroptera</i>	34:05
158.	Red-headed Barbet	<i>Eubucco bourcierii</i>	34:19
159.	Red-legged Honeycreeper	<i>Cyanerpes cyaneus</i>	34:36
160.	Red-lored Parrot	<i>Amazona autumnalis</i>	35:06
161.	Red-throated Caracara	<i>Ibycter americanus</i>	35:21
162.	Resplendent Quetzal	<i>Pharomachrus mocinno</i>	35:28
163.	Ringed Kingfisher	<i>Megaceryle torquata</i>	36:25
164.	Roadside Hawk	<i>Rupornis magnirostris</i>	36:39
165.	Roseate Spoonbill	<i>Platalea ajaja</i>	37:09
166.	Rose-breasted Grosbeak	<i>Pheucticus ludovicianus</i>	37:15
167.	Rose-throated Becard	<i>Pachyramphus aglaiae</i>	37:29
168.	Royal Flycatcher	<i>Onychorhynchus coronatus</i>	37:36
169.	Ruddy Ground-Dove	<i>Columbina talpacoti</i>	37:49
170.	Ruddy-breasted Seedeater	<i>Sporophila minuta</i>	38:11
171.	Ruddy-capped Nightingale-Thrush	<i>Catharus frantzii</i>	38:18
172.	Rufescent Tiger-Heron	<i>Tigrisoma lineatum</i>	38:25
173.	Rufous-and-white Wren	<i>Thryophilus rufalbus</i>	38:44
174.	Rufous Motmot	<i>Baryphthengus martii</i>	39:00
175.	Rufous-collared Sparrow	<i>Zonotrichia capensis</i>	39:06
176.	Rufous-tailed Hummingbird	<i>Amazilia tzacatl</i>	39:20
177.	Rufous-tailed Jacamar	<i>Galbula ruficauda</i>	39:42
178.	Saffron Finch	<i>Sicalis flaveola</i>	39:49

179.	Sapphire-throated Hummingbird	<i>Lepidopyga coeruleogularis</i>	39:56
180.	Savanna Hawk	<i>Buteogallus meridionalis</i>	40:10
181.	Scaled Pigeon	<i>Patagioenas speciosa</i>	40:24
182.	Scaly-breasted Hummingbird	<i>Phaeochroa cuvierii</i>	40:41
183.	Scarlet Macaw	<i>Ara macao</i>	41:05
184.	Scarlet-thighed Dacnis	<i>Dacnis venusta</i>	41:33
185.	Scarlet-rumped Tanager	<i>Ramphocelus passerinii</i>	41:57
186.	Scintillant Hummingbird	<i>Selasphorus scintilla</i>	42:11
187.	Semipalmated Plover	<i>Charadrius semipalmatus</i>	42:29
188.	Semiplumbeous Hawk	<i>Leucopternis semiplumbeus</i>	42:36
189.	Short-billed Dowitcher	<i>Limnodromus griseus</i>	42:44
190.	Silver-throated Tanager	<i>Tangara icterocephala</i>	42:51
191.	Slate-throated Redstart	<i>Myioborus miniatus</i>	43:03
192.	Slaty Finch	<i>Haplospiza rustica</i>	43:18
193.	Slaty-backed Nightingale-Thrush	<i>Catharus fuscater</i>	43:33
194.	Slaty-tailed Trogon	<i>Trogon massena</i>	43:40
195.	Smooth-billed Ani	<i>Crotophaga ani</i>	44:55
196.	Snail Kite	<i>Rostrhamus sociabilis</i>	44:02
197.	Snowy Egret	<i>Egretta thula</i>	44:10
198.	Snowy-bellied Hummingbird	<i>Amazilia edward</i>	44:16
199.	Social Flycatcher	<i>Myiozetetes similis</i>	44:43
200.	Solitary Sandpiper	<i>Tringa solitaria</i>	44:50
201.	Sooty Thrush	<i>Turdus nigrescens</i>	45:04
202.	Southern Lapwing	<i>Vanellus chilensis</i>	45:23
203.	Southern Rough-winged Swallow	<i>Stelgidopteryx ruficollis</i>	45:30
204.	Speckled Tanager	<i>Tangara guttata</i>	45:37
205.	Spot-crowned Woodcreeper	<i>Lepidocolaptes affinis</i>	45:44
206.	Spot-fronted Swift	<i>Cypseloides cherriei</i>	45:56
207.	Spotted Sandpiper	<i>Actitis macularius</i>	46:04
208.	Squirrel Cuckoo	<i>Piaya cayana</i>	46:19

209.	Streaked Flycatcher	<i>Myiodynastes maculatus</i>	46:33
210.	Streaked Saltator	<i>Saltator striatipectus</i>	46:40
211.	Stripe-cheeked Woodpecker	<i>Piculus callopterus</i>	46:48
212.	Summer Tanager	<i>Piranga rubra</i>	46:55
213.	Sunbittern	<i>Eurypyga helias</i>	47:25
214.	Swainson's Thrush	<i>Catharus ustulatus</i>	47:39
215.	Swallow-tailed Kite	<i>Elanoides forficatus</i>	47:55
216.	Tennessee Warbler	<i>Leiothlypis peregrina</i>	48:24
217.	Thick-billed Euphonia	<i>Euphonia laniirostris</i>	48:31
218.	Three-wattled Bellbird	<i>Procnias tricarunculatus</i>	48:45
219.	Torrent Tyrannulet	<i>Serpophaga cinerea</i>	49:09
220.	Tricolored Heron	<i>Egretta tricolor</i>	49:16
221.	Tropical Kingbird	<i>Tyrannus melancholicus</i>	49:30
222.	Tropical Mockingbird	<i>Mimus gilvus</i>	49:51
223.	Tropical Pewee	<i>Contopus cinereus</i>	49:58
224.	Tropical Screech-Owl	<i>Megascops choliba</i>	50:05
225.	Tufted Flycatcher	<i>Mitrephanes phaeocercus</i>	50:19
226.	Turkey Vulture	<i>Cathartes aura</i>	50:26
227.	Unspotted Saw-whet Owl	<i>Aegolius ridgwayi</i>	50:53
228.	Variable Seedeater	<i>Sporophila corvina</i>	51:13
229.	Veraguan Mango Hummingbird	<i>Anthracothorax veraguensis</i>	51:27
230.	Vermiculated Screech-Owl	<i>Megascops guatemalae</i>	51:36
231.	Violet Sabrewing	<i>Campylopterus hemileucuru</i>	51:42
232.	Violet-bellied Hummingbird	<i>Juliamyia julie</i>	51:58
233.	Violet-capped Hummingbird	<i>Goldmania violiceps</i>	52:05
234.	Volcano Hummingbird	<i>Selasphorus flammula</i>	52:12
235.	Volcano Junco	<i>Junco vulcani</i>	52:33
236.	Wattled Jacana	<i>Jacana jacana</i>	52:41
237.	Western Wood-Pewee	<i>Contopus sordidulus</i>	52:46
238.	Whimbrel	<i>Numenius phaeopus</i>	52:54

239.	White Hawk	<i>Pseudastur albicollis</i>	53:08
240.	White Ibis	<i>Eudocimus albus</i>	53:22
241.	White-chinned Swift	<i>Cypseloides cryptus</i>	53:29
242.	White-collared Seedeater	<i>Sporophila torqueola</i>	53:36
243.	White-lined Tanager	<i>Tachyphonus rufus</i>	53:46
244.	White-naped Brush-Finch	<i>Atlapetes albinucha</i>	54:00
245.	White-necked Jacobin	<i>Florisuga mellivora</i>	54:08
246.	White-necked Puffbird	<i>Notharchus hyperhynchus</i>	54:15
247.	White-shouldered Tanager	<i>Tachyphonus luctuosus</i>	54:30
248.	White-tailed Kite	<i>Elanus leucurus</i>	54:37
249.	White-throated Mountain-gem	<i>Lampornis castaneiventris</i>	54:44
250.	White-tipped Dove	<i>Leptotila verreauxi</i>	54:51
251.	White-vented Plumeteer	<i>Chalybura buffonii</i>	55:13
252.	White-whiskered Puffbird	<i>Malacoptila panamensis</i>	55:20
253.	Whooping Motmot	<i>Momotus subrufescens</i>	55:27
254.	Willet	<i>Tringa semipalmata</i>	55:34
255.	Willow Flycatcher	<i>Empidonax traillii</i>	55:41
256.	Wood Stork	<i>Mycteria americana</i>	55:53
257.	Yellow-backed Oriole	<i>Icterus chrysater</i>	56:30
258.	Yellow-bellied Elaenia	<i>Elaenia flavogaster</i>	56:37
259.	Yellow-bellied Seedeater	<i>Sporophila nigricollis</i>	56:54
260.	Yellow-faced Grassquit	<i>Tiaris olivaceus</i>	57:01
261.	Yellow-headed Caracara	<i>Milvago chimachima</i>	57:15
262.	Yellowish Flycatcher	<i>Empidonax flavescens</i>	57:43
263.	Yellow-olive Flycatcher	<i>Tolmomyias sulphurescens</i>	58:00