Bird List Mount Totumas Cloud Forest

Highland Tinamou

Black Guan   
Crested Guan  
Grey-headed Chacalaca

Spotted Wood Quail

Cattle Egret

Turkey Vulture

Black Vulture

Swallow-Tailed Kite  
Plumbeous Kite  
Ornate Hawk Eagle   
Black-and-White Hawk-Eagle

Broad-winged Hawk  
Short-tailed Hawk  
Sharp-shinned Hawk

Great Black Hawk

Red-tailed Hawk  
Roadside Hawk  
Yellow Headed Caracara

Collared Forest Falcon  
Barred Forest-Falcon

American Kestrel  
Bat Falcon

Spotted Sandpiper

Band-Tailed Pigeon  
Ruddy Pigeon

Buff-Fronted Quail Dove

Chiriqui Quail Dove

White-Tipped Dove

Sulfur-winged Parakeet

Crimson-fronted Parakeet

Blue-Headed Parrot  
Brown-hooded Parrot

Spectacled Owl  
Mottled Owl

Bare-shanked Screech Owl

Common Pauraque

Dusky Nightjar

White-Collared Swift  
Chestnut-collared Swift

Vauxs Swift

Scintillant Hummingbird  
Fiery-throated Hummingbird

Volcano Hummingbird

Stripe-Tailed Hummingbird

Purple-Throated Mountain Gem

White-throated Mountain Gem

Green Hermit

Violet Sabrewing

Magnificent Hummingbird

Green Violet-Ear  
Brown Violet-Ear

Green-Crowned Brilliant

Snowy Bellied Hummingbird  
Magenta-throated Woodstar  
Purple-crowned Fairy  
Long-billed Starthroat  
Snowcap

Resplendent Quetzal

Collared Trogon  
Orange-bellied Trogon

Blue-Crowned Motmot

Blue-throated Toucanet  
Fiery-billed Aracari

Prong-billed Barbet

Red-Headed Barbet

Acorn Woodpecker

Hairy Woodpecker

Red-Crowned Woodpecker  
Smoky-brown Woodpecker  
Golden-Olive Woodpecker  
Yellow-Bellied Sapsucker  
Olivaceous Piculet

Ruddy Tree Runner

Lineated Foilage-Gleaner

Spectacled Foilage-Gleaner  
Buff-Fronted Foilage-Gleaner

Spotted Barbtail  
Red-Faced Spinetail

Spot-crowned Woodcreeper

Brown-billed Scythebill

Olivaceous Woodcreeper   
Buffy Tuftedcheek   
Streak-breasted Treehunter

Slaty Antwren

Silvery-fronted Tapaculo

Mountain Elaenia

Yellow-Bellied Elaenia

Torrent Tyrannulet  
Paltry Tyrannulet  
Eye-ringed Flatbill

Common Tody-Flycatcher

Rough-legged Tyranulet

White-Throated Spadebill

Tufted Flycatcher

Ochraceous Pewee

Western Wood-Pewee  
Olive-sided Flycatcher

Eastern Wood-Pewee  
Western Wood-Pewee

Dark Pewee

Yellow-bellied Flycatcher  
Black Phoebe  
Yellowish Flycatcher

Bright-Rumped Atitla

Dusky-capped Flycatcher  
Panama Flycatcher

Great Kiskadee

Social Flycatcher

Boat-billed Flycatcher

Golden-bellied Flycatcher

Streaked Flycatcher

Tropical Kingbird

Eastern Kingbird  
Masked Tityra

White-Winged Becard  
Black-and-white Becard  
Barred Becard

Three-Wattled Bellbird

Yellow-winged Vireo

Yellow-Throated Vireo  
Brown-capped Vireo

Philadelphia Vireo  
Red-eyed Vireo

Rufous-Browed Peppershrike

Silvery-Throated Jay  
Brown Jay

Blue and White Swallow  
Barn Swallow  
Southern Rough-winged Swallow

Ochraceous Wren

House Wren  
Plain Wren

Grey-Breasted Woodwren  
Southern Nightingale-Wren

American Dipper

Mountain Thrush  
Clay-colored Thrush

Black-faced Solitaire

Orange-Billed Nightingale Thrush   
Ruddy-capped Nightingale Thrush  
Black-billed Nightingale Thrush

Slaty-backed Nightingale Thrush

Swainsons Thrush  
Wood Thrush  
White-throated Thrush

Black and Yellow Silky-Flycatcher

Long-tailed Silky Flycatcher

Black and White Warbler

Wilsons Warbler  
Canada Warbler

Black-throated Green Warbler  
Magnolia Warbler

Collared Redstart

Slate-throated Redstart  
Black cheeked Warbler

Buff-rumped Warbler  
Wrenthrush

Mourning Warbler

Flame Throated Warbler

Golden Winged Warbler

Three Striped Warbler  
Blackburnian Warbler  
Tennessee Warbler

Ovenbird  
Northern Waterthrush  
Louisiana Waterthrush

Common Bush Tanager

Sooty Capped Bush Tanager

Silver-throated Tanager

Summer Tanager  
Scarlet Tanager

Flame Colored Tanager  
Cherrie’s Tanager

Blue Grey Tanager

White Winged Tanager

Bay Headed Tanager

Spangle Cheeked Tanager

Golden-Hooded Tanager

Scarlet-Thighed Dacnis  
Red-legged Honeycreeper

Buff-throated Saltator

Streaked Saltator

Yellow-faced Grassquit  
Blue-Black Grassquit

White-naped Brush Finch

Yellow-thighed Finch

Chestnut Capped Brush Finch

Large Footed Finch

Rufous-collared Sparrow

Slaty Flower-piercer

Baltimore Oriole  
Eastern Meadowlark

Shiny Cowbird  
Bronzed Cowbird

Great-Tailed Grackle

Rose-breasted Grosbeak  
Black-thighed Grosbeak

Elegant Euphonia  
Spot-crowned Euphonia  
Yellow-throated Euphonia  
Golden Browed Chlorophonia   
Yellow-bellied Siskin

\* Elevation range from 1500 to 2200 (including Rio Colorado drainage in La Amistad National Park)

\*\* Last updated May 15, 2015 203 species total