

# Honduras – Pico Bonito

Naturetrek Tour Report

16 – 29 January 2015

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Report kindly compiled by tour participant Stephen Harris



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12 Clients on the tour, two completing the extension also

## Introduction

I visited Honduras on a NATURETREK tour, with a pre-tour Highland Extension. We experienced a lot of rain, which impacted on the amount of time we were able to spend in the field, and consequently on the length of the bird list. On the plus side, the accommodation and food were amongst the best I have experienced anywhere. This report is of the birds that I personally saw; a few additional species were observed by other members of the group. Some others (e.g. Great and Little Tinamous, Collared Forest Falcon, Lesser Ground Cuckoo, Violet-headed Hummingbird) were heard only

## Extension Tour

### Day 1

Friday 16th January

Travel day to Honduras for pre extension tour to the Highlands.

### Day 2

Saturday 17th January

Markus and I arrived at Tegucigalpa in the early afternoon as scheduled and were pleased to find Alexander Alvarado waiting for us in the arrivals area. One of Honduras' foremost bird guides, he was to guide the two of us for the four day Highland Extension. Bags were dropped at our city suburbs hotel (the comfortable Hotel Picacho) and, a short drive later, we were birding in pretty farmland along the hilly approach road to La Tigra National Park. The principal target today was the local Green-breasted Mountaingem, which was duly seen feeding in flowering shrubs between the strawberry and raspberry crops. Other good birds were Olive Warbler and Rufous-browed Wren, and we enjoyed a glorious sunset on the way back to the city.

### Day 3

Sunday 18th January

It was still dark when we left the hotel and we were able to make a couple of dawn stops along the same road as last night, seeing more good birds such as Blue-and-white Mockingbird and Bushy-crested Jay in this farmland habitat, before arriving at the La Tigra National Park for a full day in the cloud forest reserve. The habitat certainly lived up to its name and conditions in the morning were difficult, with mist/cloud and light rain. The trails are steep and the birding was slow, and we felt the effects of the altitude and the jet-lag. But the weather cheered up after lunch and so did we, as we chalked up Resplendent Quetzal, Singing Quail and Slate-coloured Solitaire amongst others. However, some of the special birds of this habitat will have to wait for another day.

### Day 4

Monday 19th January

We took a light, early breakfast at the hotel and then a very short drive to Picacho Park. Full of litter on arrival from the previous day's picnickers, an army of cleaners soon had it looking spic and span. Meanwhile, we were

marvelling at the number and variety of woodpeckers that could be easily seen here (we saw six species), as well as spotting excellent birds such as Spot-bellied Bobwhite, Grace's Warbler and Rusty Sparrow. We then set out north from the city along a fast road to Lake Yojoa and an excellent fish lunch at a restaurant with wide views of the lake. Finally we drove up into Cerro Azul National Park and to Panacam Lodge, arriving in time for a siesta and then some birding around the lodge grounds and a first climb up the two nearby canopy towers.

## Day 5

**Tuesday 20th January**

Today was a very full day, starting at dawn in the area known to birders as the 'Panacam Lowlands'. This is an attractive area of mixed, small-scale farming, scrub and forest patches. There is also a forest-lined reservoir. We were accompanied by an armed guard for this part of the day. Prize birds seen here were Prevost's Ground Sparrow, Green-backed Sparrow and Plain Chachalacha. We then drove down to the water's edge at Lake Yojoa, birding around Finca las Glorias and, after a fantastic lunch of steamed fish, at the Los Naranjos archaeological park. Whilst some crakes played hard to get, the opposite was true of a lovely pair of White-winged Becards and an Altamira Oriole which were seen very well amongst numerous other species.

## Day 6/1

**Wednesday 21st January**

### Start of Main Tour

This turned out to be mostly a travel day. After a little early morning birding on the trails at Panacam Lodge, there was a long drive to San Pedro Sula airport. Here we said goodbye to Alexander and hello to the rest of the Naturetrek group, who were arriving on flights from Miami and Atlanta. Then we went on by minibus to Pico Bonito. A long traffic queue where a bridge is being rebuilt meant that we arrived at Pico Bonito at dusk, allowing only a little gentle birding along the way at a roadside comfort stop in Tela.

## Day 2

**Thursday 22nd January**

A full day spent around the Lodge at Pico Bonito. There were morning and afternoon walks with our two bird guides Elmer & Esdras. These covered a little bit of the forest (including a canopy tower), the lodge grounds, an old orchard area and some secondary forest fringe. Lovely Cotinga was duly ticked off, and today was hot and humid.

## Day 3

**Friday 23rd January**

Today we spent the morning at the delightful Rio Santiago Nature Resort, stopping first in the river valley and then ascending a forest trail. The main target bird at Rio Santiago, Keel-billed Motmot, was found without too much trouble, and a couple of male Black-crested Coquettes were a nice bonus for the expenditure of a little sweat on the steep trails. Later, following a siesta, we undertook a little gentle birding around the Lodge area at Pico Bonito in the afternoon.

## Day 4

**Saturday 24th January**

There was a forecast for heavy rain at Pico Bonito today, so we opted for the full-day excursion to the Honduran Emerald Reserve near Arenal in the upper Rio Aguán valley – in the rain shadow of the Pico Bonito mountains. This entailed a 4am, pre-dawn, start and was a 12 hour round trip. We made an early morning petrol station and breakfast stop at Olanchito, which was productive for common open-country birds, and then another stop at the El Carril Bridge plus additional roadside stops as we entered the interesting dry-country habitat – most notably to search for Lesser Roadrunner. The reserve itself comprises cactus and thorn forest, where the endemic Honduran Emerald was located easily, along with several more dry-country species.

## Day 5

**Sunday 25th January**

A rainy day after heavy rain overnight. The plan had been to go to the Cuero y Salado reserve today, but the weather put paid to that and we decided instead to spend the morning at Lancetilla Botanical Gardens. It was raining there too, but the morning was not a complete washout and we managed to see some nice birds. Lunch was taken in a beachside restaurant at Tela, where the rain eased enough for a short walk on the beach. The afternoon was spent around a rainy Lodge at Pico Bonito.

## Day 6

**Monday 26th January**

Today was another day of almost constant rain, at times heavy. Plans for a snorkelling expedition to an offshore island had to be abandoned. Instead we spent the day around the Lodge at Pico Bonito. Most of the group undertook a morning walk into the forest proper, where we saw good birds, despite the weather, and encountered one exceptional canopy flock containing Black-throated Shrike-Tanager and White-necked Puffbird amongst others. Some visited the on-site 'snake park' in the afternoon (although not me).

## Day 7

**Tuesday 27th January**

This was our last full day in Honduras and, despite this being the third day of persistent rain, we could not put off our visit to Cuero y Salado any longer. The reserve was reached on a slow-moving narrow gauge railway through bird-filled wetlands and farmland. Unfortunately, this was not the pleasurable experience it should have been, given the cold and wet conditions, but nevertheless we saw some good birds. Once at the reserve, we embarked on a boat trip through the mangroves. Miraculously, the rain stopped as we got out into mid-channel and we were able to enjoy bird (most memorably seeing a Sungrebe) and mammal watching (we all saw at least the nostrils of a group of manatees) in relative comfort.

## Day 8

**Wednesday 28th January**

Really just a travel day.

## Day 9

**Thursday 29th January**

Return to the UK

## Species Lists

Birds (✓ = recorded but not counted; H = heard only)

### 1. Plain Chachalacha

*Ortalis vetula vetula*

Our luck was in when we chanced upon a group of three birds in the corner of a maize field in the 'Panacam Lowlands' on 20<sup>th</sup>.

### 2. Pied-billed Grebe

*Podylimbus podiceps podiceps*

One at Lake Yojoa at lunchtime on 19<sup>th</sup>. Two immature birds were in the little marina at Finca Las Glorias on 20<sup>th</sup>.

### 3. Brown Pelican

*Pelicanus occidentalis carolinensis*

Around 15 birds were seen from the beach at Tela.

### 4. Singing Quail

*Dactylortyx thoracicus fuscus*

Several noisy birds were approached in the drizzle on the morning of 18<sup>th</sup> at La Tigra but kept frustratingly to cover. A second covey was located in the afternoon, and eventually one crept towards us and put on quite a show, singing at close quarters.

### 5. Spot-bellied Bobwhite

*Colinus leucopogon sclateri*

A covey of at least six birds crept out on to the short grass at Picacho Park on the morning of 19<sup>th</sup>, allowing fairly close approach and nice clear views.

### 6. Neotropic Cormorant

*Phalacrocorax brasiliannus mexicanus*

Two were on the Santiago river on 23<sup>rd</sup>. Five seen from the beach at Tela.

### 7. Bare-throated Tiger Heron

*Tigrisoma mexicanum*

One very bold bird strolled across the lawn at Finca Las Glorias right in front of us on 20<sup>th</sup>. Five birds seen in the mangroves at Cuero y Salado on 27<sup>th</sup>.

### 8. Great Blue Heron

*Ardea herodias herodias*

One at Lake Yojoa on 19<sup>th</sup>. One at Finca Las Glorias on 20<sup>th</sup>. One by the Rio Santiago on 23<sup>rd</sup>. One bird from the train on 27<sup>th</sup>.

### 9. Great Egret

*Ardea alba egretta*

Three at Lake Yojoa on 19<sup>th</sup>. Ten were seen along the road between San Pedro Sula and Pico Bonito on 21<sup>st</sup>. Ten-plus roadside birds on 24<sup>th</sup>. Three from the road on 25<sup>th</sup>. As many as 20 seen in and around Cuero y Salado on 27<sup>th</sup>.

10. Tricolored Heron*Egretta tricolor*

One at Lake Yojoa on 19<sup>th</sup>. One was at the river mouth on Tela beach on 25<sup>th</sup>.

11. Little Blue Heron*Egretta caerulea*

One at Lake Yojoa on 19<sup>th</sup>. One at Finca Las Glorias on 20<sup>th</sup>. Two at the roadside near Tela on 21<sup>st</sup>. One roadside bird seen on 24<sup>th</sup>. About 20 seen in and around Cuero y Salado on 27<sup>th</sup>.

12. Snowy Egret*Egretta thula thula*

Ten at Lake Yojoa on 19<sup>th</sup>. Three at Finca Las Glorias on 20<sup>th</sup>. Six near Tela on 21<sup>st</sup>. Two by the Rio Santiago on 23<sup>rd</sup>. Three were present by the El Carril bridge on 24<sup>th</sup>. Around three seen at Cuero y Salado on 27<sup>th</sup>.

13. Western Cattle Egret*Bubulcus ibis*

Very common amongst livestock in all areas.

14. Green Heron*Butorides virescens virescens*

One beside the Rio Santiago on 23<sup>rd</sup>. Common in the Cuero y Salado area with around 15 seen on 27<sup>th</sup>.

15. Yellow-crowned Night Heron*Nycticorax violaceus violaceus*

Around 12 birds were seen at Cuero y Salado on 27<sup>th</sup>.

16. Boat-billed Heron*Cochlearius cochlearius ridgwayi*

Around eight were seen in the mangroves at Cuero y Salado on 27<sup>th</sup>.

17. Roseate Spoonbill*Platalea ajaja*

A single bird glowed pink in a flooded field, seen from the train to Cuero y Salado on the morning of 27<sup>th</sup>.

18. Wood Stork*Mycteria americana*

Three were soaring over the road near San Pedro Sula on 21<sup>st</sup>. Two more high-flying birds seen from the road on 24<sup>th</sup>.

19. Black-bellied Whistling Duck*Dendrocygna autumnalis autumnalis*

Just a single bird, right by the railway line on the way to Cuero y Salado on 27<sup>th</sup>.

20. Muscovy Duck*Cairina moschata*

Two flew by across Lake Yojoa whilst we were at Finca Las Glorias on 20<sup>th</sup>. Two flew overhead whilst at Cuero y Salado on 27<sup>th</sup>.

21. Blue-winged Teal*Anas discors*

A group of thirty-plus at Lake Yojoa on 19<sup>th</sup>. Six on a roadside pool in the Rio Aguán area on 24<sup>th</sup>. Eight seen from the train on the way to Cuero y Salado on the morning of 27<sup>th</sup>.

22. American Wigeon*Anas americana*

One was scoped rather distantly on Lake Yojoa from Finca las Glorias on 20<sup>th</sup>.

23. Black Vulture*Coragyps atractus*

Very common. The default raptor at all locations and seen every day.

24. Lesser Yellow-headed Vulture*Cathartes burrovianus*

Just one of these was picked out from the many vultures seen at Cuero y Salado on 27<sup>th</sup>.

25. Turkey Vulture*Cathartes aura aura*

A common bird, seen almost every day. Always in smaller numbers than Black Vulture.

26. Western Osprey*Pandion haliaetus carolinensis*

Seeing an Osprey always puts a smile on everybody's face, and seeing one at Cuero y Salado at exactly the moment the rain stopped on 27<sup>th</sup> cheered us all up.

27. Hook-billed Kite*Chondrohierax uncinatus uncinatus*

A rather bedraggled bird was seen perched-up in the forest in the rain at Lancetilla on the morning of 25<sup>th</sup>.

28. White-tailed Kite*Elanus leucurus majusculus*

One was seen from the vehicle, somewhere on 27<sup>th</sup>.

29. Snail Kite*Rostrhamus sociabilis*

One at Lake Yojoa on 19<sup>th</sup>. Three very tame birds gave close views at Finca las Glorias on 20<sup>th</sup>.

30. Crane Hawk*Geranospiza caerulescens nigra*

A single bird in flight near the entrance to the Honduran Emerald Reserve on 24<sup>th</sup> was a good sighting.

31. Grey Hawk*Buteo plagiata*

Two perched birds at Lancetilla on 25<sup>th</sup>. One at Cuero y Salado on 27<sup>th</sup>.

32. Roadside Hawk*Bupornis magnirostris griseocauda*

One seen somewhere at the roadside on 21<sup>st</sup>. One in the farmland near the Lodge at Pico Bonito on 22<sup>nd</sup>. Around 15 birds seen in the dry country on 24<sup>th</sup>. One at Cuero y Salado on 27<sup>th</sup>.

33. Short-tailed Hawk*Buteo brachyurus fuliginosus*

One was watched soaring high over the road near Panacam Lodge on 20<sup>th</sup>.

34. Red-tailed Hawk*Buteo jamaicensis kemsiesi*

One over the forest at Panacam on the morning of 21<sup>st</sup>.

35. Zone-tailed Hawk*Buteo albonotatus*

One at the Honduran Emerald Reserve on 24<sup>th</sup>.

36. Northern Crested Caracara*Caracara cheriway*

Two seen at the roadside on 19<sup>th</sup>. One in the dry country near Olanchito on 24<sup>th</sup>.

37. Laughing Falcon*Herpetotheres cachinnans chapmani*

One on a prominent perch was initially 'scoped' at long distance from the dam and was later found to be right next to the road in the 'Panacam Lowlands' on 20<sup>th</sup>.

38. American Kestrel*Falco sparverius tropicalis*

One at the roadside near Teju on 19<sup>th</sup>. Numerous in the dry areas on 24<sup>th</sup>, with at least 15 seen along the road.

39. Bat Falcon*Falco rufigularis petoensis*

Two pairs were seen sitting on high exposed branches in the area below Panacam Lodge on 20<sup>th</sup>. One pair still sitting in the same place when we passed the following morning.

40. Ruddy Crane*Laterallus ruber*

We were lucky enough to see two run across the road at the dam below Panacam Lodge on 20<sup>th</sup>; lucky because at the target site of Los Naranjos the same afternoon one gave only the briefest of glimpses from the boardwalk. One was heard in the ditch beside the road through Lancetilla Botanical Gardens on 25<sup>th</sup>.

41. Gray-breasted Crane*Laterallus exilis*

One responded to Alex's tape and was sort of, kind of, half-seen from the boardwalk at Los Naranjos on 20<sup>th</sup>.

42. Purple Gallinule*Porphyryla martinicus*

One seen from the train in a little wetland near Cuero y Salado on 27<sup>th</sup>.

43. Common Gallinule*Gallinula galeata cachinnans*

Around ten at Lake Yojoa on 19<sup>th</sup>. Another ten or so at Finca las Glorias on 20<sup>th</sup>.

44. American Coot*Fulicana a. americana*

At least 100 visible from the restaurant at Lake Yojoa on 19<sup>th</sup>. Around ten at Finca Las Glorias on 20<sup>th</sup>. Two on a roadside pool near Olanchito on 24<sup>th</sup>.

45. Sungrebe*Heliornis fulica*

We eventually all got good, close views of a furtive bird at Cuero y Salado on 27<sup>th</sup>.

46. Limpkin*Aramus guarauna dolosus*

One seen momentarily in a reed-bed at Lake Yojoa on 19<sup>th</sup>. Better views of one in flight at Finca las Glorias on 20<sup>th</sup>. One close to Cuero y Salado on 27<sup>th</sup>.

47. Killdeer*Charadrius vociferus vociferus*

One at Lake Yojoa on 19<sup>th</sup>. A group of five on a roadside front lawn near Olanchito on 24<sup>th</sup>. Three seen from the train to Cuero y Salado on 27<sup>th</sup>.

48. Black-necked Stilt*Himantopus mexicanus mexicanus*

A roosting group of around 50 at Lake Yojoa on 19<sup>th</sup>.

49. Northern Jacana*Jacana spinosa spinosa*

Six seen at Lake Yojoa on 19<sup>th</sup>. One at Finca las Glorias on 20<sup>th</sup>. Two on a roadside pool west of Olanchito on 24<sup>th</sup>. Up to 12 in the Cuero y Salado area on 27<sup>th</sup>.

50. Spotted Sandpiper*Actitis macularius*

One at Lake Yojoa on 19<sup>th</sup>. Five at the El Carril bridge and nearby on 24<sup>th</sup>.

51. Solitary Sandpiper*Tringa solitaria*

One by the Rio Santiago on 23<sup>rd</sup>. One at the El Carril bridge on 24<sup>th</sup>. One at Cuero y Salado on 27<sup>th</sup>.

52. Laughing Gull*Leucophaeus atricilla megalopterus*

Four birds were patrolling the beach at Tela on 25<sup>th</sup>.

53. Royal Tern*Thalasseus maximus maximus*

A whole load of terns flying around offshore and roosting on distant piers at Tela on 25<sup>th</sup> were probably of this species. The one bird that flew close definitely was.

54. Feral Pigeon*Columba livia*

In small numbers in all towns.

55. Pale-vented Pigeon*Patagioenas cayennensis pallidicrissa*

Five were around the petrol station stop at Tela on 21<sup>st</sup>. One was nearby at Lancetilla Botanical Gardens on 25<sup>th</sup>.

56. Red-billed Pigeon*Patagioenas flavirostris*

Two in the area below Patacam Lodge on 20<sup>th</sup>. At least eight in and around the Lodge grounds at Pico Bonito on 22<sup>nd</sup> and on 26<sup>th</sup>. Two at Cuero y Salado on 27<sup>th</sup>.

57. White-winged Dove*Zenaida asiatica asiatica*

One at Picacho Park on 19<sup>th</sup>. One at Los Naranjos on 20<sup>th</sup>. Five seen at the Olanchito petrol station stop early on 24<sup>th</sup>.

58. Inca Dove*Columbina inca*

One was seen on the approach road to the Rio Santiago Nature Resort on 23<sup>rd</sup>. Six seen at the roadside in drier areas on 24<sup>th</sup>. Ten-plus along the railway line to Cuero y Salado on 27<sup>th</sup>.

59. Ruddy Ground Dove*Columbina talipacoti rufipennis*

Ten-plus at the roadside west of Olanchito on 24<sup>th</sup>.

60. Blue Ground Dove*Claravis pretiosa*

Nice scope views of a perched bird at Rio Santiago Nature Resort on 23<sup>rd</sup>.

61. White-tipped Dove*Leptotila verreauxii bangsi*

One at Picacho Park on 19<sup>th</sup>. Two at Panacam on 20<sup>th</sup>.

62. Grey-chested Dove*Leptotila cassinii cerviniventris*

Two or three were flushed up from forest trails at Pico Bonito on 23<sup>rd</sup>, with two more on the same section of trail on 26<sup>th</sup>.

63. Grey-headed Dove*Leptotila plumbeiceps plumbeiceps*

Brief flight views of one in the forest at Panacam on 19<sup>th</sup>. One at Pico Bonito on 26<sup>th</sup>.

64. Olive-throated Parakeet*Eupsittula nana astec*

Two flew over at Panacam on 20<sup>th</sup>. Two were seen at Rio Santiago on 23<sup>rd</sup>. Two at Pico Bonito on 26<sup>th</sup>.

65. Brown-hooded Parrot*Pytilia haematotis haematotis*

A group of six seen at Panacam on the morning of 21<sup>st</sup>.

66. White-crowned Parrot*Pionus senilis*

At least ten around Pico Bonito on 22<sup>nd</sup>.

67. White-fronted Amazon*Amazona albifrons nana*

Six in the Panacam area on 20<sup>th</sup>. A further six at Panacam on 21<sup>st</sup>, then eight seen at Tela later that day including two that perched up quite close to us.

68. Red-lored Amazon*Amazona autumnalis autumnalis*

One was perched in the rain at Lancetilla Botanical Gardens on 25<sup>th</sup>. Six seen at Cuero y Salado on 27<sup>th</sup>.

69. Squirrel Cuckoo*Piaya cayana thermophila*

Great views of one of these handsome birds at Los Naranjos on 20<sup>th</sup>. One at Panacam on 21<sup>st</sup> in the lodge grounds. One was at the Honduran Emerald Reserve on 24<sup>th</sup> and one at Lancetilla Botanical Gardens the following morning.

70. Yellow-billed Cuckoo*Coccyzus americanus*

Some of the group obtained momentary flight views of a bird at the Honduran Emerald Reserve on 24<sup>th</sup>.

71. Lesser Roadrunner*Geococcyx velox*

A stop at a likely-looking spot at the roadside near the Honduran Emerald Reserve on 24<sup>th</sup> produced a bird almost immediately, perched up on a fence post for excellent 'scope views.

72. Groove-billed Ani*Crotophaga sulcirostris sulcirostris*

Around eight birds could be seen distantly across the fields in the area below Panacam on 20. Three were in the Rio Santiago valley on 23<sup>rd</sup>. Ten roadside birds on 24<sup>th</sup>.

73. Vermiculated Screech Owl*Megascops vermiculatus*

Our guides were able to show us a roosting bird in the old cocoa plantation at Pico Bonito on 22<sup>nd</sup>.

74. Ferruginous Pygmy Owl*Glaucidium brasilianum ridgwayi*

Heard at several locations, often seemingly at high density. One seen at Picacho Park on 19<sup>th</sup>. Good views of an angry-looking pair in a tree in the middle of a maize field below Panacam Lodge on 20<sup>th</sup>. One at the roadside near the El Carril bridge on 24<sup>th</sup>.

75. Pauraque*Nyctidromus albicollis intercedens*

One was kicked-up during a fruitless search for a calling Lesser Ground Cuckoo at the Honduran Emerald reserve on 24<sup>th</sup>.

76. Great Potoo*Nyctibius grandis guatemalensis*

Our guides were able to show us one at a regular roost site within the grounds of the Lodge at Pico Bonito on 22<sup>nd</sup>.

77. White-collared Swift*Streptoprocne zonaris*

Around 20 over Panacam on 19<sup>th</sup> and six more there the next day.

78. Band-tailed Barbthroat*Threnetes ruckeri ventosus*

At least two birds were visiting the feeders at the Rio Santiago Nature Resort on 23<sup>rd</sup>.

79. Long-billed Hermit*Phaethornis longirostris longirostris*

Common around the feeders at Panacam on 19<sup>th</sup>, with one noted in the lodge grounds there early on the morning of 21<sup>st</sup>. Common on the feeders at Rio Santiago Nature Resort on 23<sup>rd</sup> and at the Lodge at Pico Bonito throughout our time there.

80. Stripe-throated Hermit*Phaethornis striigularis saturatus*

A couple in the area below Panacam and one at Los Naranjos on 19<sup>th</sup>. Common around the lodge grounds at Pico Bonito throughout our time there and on the feeders at the Rio Santiago Nature Resort on 23<sup>rd</sup>.

81. White-necked Jacobin*Florisuga mellivora mellivora*

At least six birds visiting the feeders at the Lodge at Pico Bonito on 22<sup>nd</sup>, with others seen each day at the lodge.

82. Scaly-breasted Hummingbird*Phaeochroa curvierii roberti*

One bird was seen in the grounds of the Rio Santiago Nature Resort on 23<sup>rd</sup>.

83. Violet Sabrewing*Campylopterus hemileucurus hemileucurus*

A common visitor to hummingbird feeders at Panacam, the Lodge at Pico Bonito and at the Rio Santiago Nature Resort.

84. Green Violetear*Colibri thalassinus thalassinus*

Several noisy birds were seen at close quarters along the approach road to La Tigra National Park on the afternoon of 17<sup>th</sup>.

85. Black-crested Coquette*Lophornis belenae*

Two male birds were visiting the same perch in forest margin habitat at Rio Santiago Nature Resort on 23<sup>rd</sup>.

86. Crowned Woodnymph*Thalurania colombica townsendi*

Plenty of this species visiting the feeders at the Lodge at Pico Bonito throughout our time there, plus also at the Rio Santiago Nature Resort on 23<sup>rd</sup>.

87. Azure-crowned Hummingbird*Amazilia cyanocephala cyanocephala*

Four birds seen at La Tigra National Park on 18<sup>th</sup>. One at Picacho Park on 19<sup>th</sup>.

88. Rufous-tailed Hummingbird*Amazilia tzacatl tzacatl*

Plentiful around the lodge grounds at Panacam on 19<sup>th</sup>. One in the farmland below Panacam on 20<sup>th</sup> and another at Panacam Lodge on morning of 21<sup>st</sup>. Six-plus seen daily around the Lodge at Pico Bonito from 22<sup>nd</sup>. Present also at Rio Santiago Nature Resort on 23<sup>rd</sup>. One at Lancetilla on 25<sup>th</sup>.

89. Cinnamon Hummingbird*Amazilia rutila coralistrostris*

One at Panacam Lodge and one at Finca las Glorias on 20<sup>th</sup>. At least two were seen at the Honduran Emerald reserve on 24<sup>th</sup>.

90. Honduran Emerald*Amazilia luciae*

It is hard to say exactly how many we saw at the Honduran Emerald reserve on 24<sup>th</sup>, perhaps a dozen, but suffice to say that they are very pretty and we saw them very well.

91. Stripe-tailed Hummingbird*Eupherusa eximina eximina*

One seen at the Rio Santiago Nature Resort on 23<sup>rd</sup>.

92. White-eared Hummingbird*Basilinna leucotis pygmaea*

Common along the approach road to La Tigra National Park on the afternoon of 17<sup>th</sup> and three more seen in the same area the following morning.

93. White-bellied Emerald*Amazilia candida candida*

Very common at the feeders at Panacam Lodge on 19<sup>th</sup>. Two seen at Panacam on morning of 21<sup>st</sup>. A regular customer at the feeders at the Lodge at Pico Bonito throughout our stay there and also at the Rio Santiago Nature Resort on 23<sup>rd</sup>.

94. Green-breasted Mountaingem*Lampornis sybillae*

Two or three were eventually seen very well on the approach road to La Tigra National Park on the afternoon of 17<sup>th</sup>.

95. Ruby-throated Hummingbird*Archilochus colubris*

One was elusive in the forest canopy at Pico Bonito on 26<sup>th</sup>.

96. Black-headed Trogon*Trogon melanocephalus*

One seen briefly by the dam, below Panacam on 20<sup>th</sup>. A female at Pico Bonito on 22<sup>nd</sup>. Three were seen at Lancetilla Botanical Gardens on 25<sup>th</sup>. Two were seen at Cuero y Salado on 27<sup>th</sup>.

97. Gartered Trogon*Trogon caligatus sallaei*

Very good, close views of a female at Panacam on 19<sup>th</sup>.

98. Collared Trogon*Trogon collaris puella*

Good close views of a male at Panacam on 19<sup>th</sup>. A pair at Panacam Lodge on morning of 21<sup>st</sup>. A fine male at the Lodge at Pico Bonito on the afternoon of 23<sup>rd</sup>.

99. Mountain Trogon*Trogon mexicanus lutescens*

We spent a lot of time searching for this species in the cloud forest at La Tigra National Park on the 18<sup>th</sup>, without any luck. Alex then spotted a pair in roadside pine woodland from the car as we drove away from the park, and they gave very good views in the late afternoon.

100. Slaty-tailed Trogon*Trogon massina boffmanni*

A great male seen at Lancetilla Botanical Gardens on 25<sup>th</sup>.

101. Resplendent Quetzal*Pharomachrus mocinno mocinno*

This is one of the flagship species at La Tigra National Park and we were pleased to see two males during our day there on 18<sup>th</sup>. The second one was particularly resplendent and proved to be a highlight of the tour.

102. Blue-diademed Motmot*Momotus lessonii lessonii*

Amazingly tame and numerous around the grounds at Panacam Lodge on 19<sup>th</sup> 20<sup>th</sup> and 21<sup>st</sup>. Also present in the Pico Bonito area, with four seen around the lodge grounds on 22<sup>nd</sup>.

103. Keel-billed Motmot*Electron carinatum*

After a bit of searching, one was seen very well close to Panacam Lodge on the morning of 21<sup>st</sup>. Good scope views of one in the forest at the Rio Santiago Nature Resort on 23<sup>rd</sup>.

104. Turquoise-browed Motmot*Eumomota superciliosa euroaustriis*

One seen on the approach road to Panacam Lodge on 19<sup>th</sup>. Three in the same area on 20<sup>th</sup>, when there was also one at Los Naranjos. One seen momentarily at Pico Bonito on 22<sup>nd</sup>.

105. Ringed Kingfisher*Megaceryle torquata torquata*

One at the Finca las Glorias on 20<sup>th</sup>.

106. Belted Kingfisher*Megaceryle alcyon*

Two at Cuero y Salado on 27<sup>th</sup>.

107. Amazon Kingfisher*Chloroceryle amazona*

Three seen in the Rio Santiago valley on 23<sup>rd</sup>. Three at roadside stops on 24<sup>th</sup>.

108. Green Kingfisher*Chloroceryle americana septentrionalis*

Two at Cuero y Salado on 27<sup>th</sup>.

109. American Pygmy Kingfisher*Chloroceryle aenea stiktoptera*

Two or three were seen zipping low over the water at Cuero y Salado on 27<sup>th</sup>.

110. White-necked Puffbird*Notharchus hyperrhynchus hyperrhynchus*

One, or just possibly perhaps two, of this striking species was in the canopy flock at Pico Bonito on the morning of 26<sup>th</sup>.

111. Emerald Toucanet*Aulacorhynchus prasinus virensens*

Two birds flew rapidly across the clearing by the visitor centre in La Tigra National Park, late on the afternoon of 18<sup>th</sup>.

112. Collared Aracari*Pteroglossus torquatus torquatus*

Three visited the lodge grounds at Panacam on the morning of 21<sup>st</sup>. Up to 15 seen around the Lodge area at Pico Bonito on 22<sup>nd</sup>, where they were feasting on Lychees in the old orchard. Three at the Rio Santiago Nature Resort on 23<sup>rd</sup>. Four were seen at Lancetilla on 25<sup>th</sup>.

113. Keel-billed Toucan*Ramfastos sulphuratus brevicarinatus*

Six seen in the area below Panacam Lodge on 20<sup>th</sup>. Six more in the Pico Bonito area on 22<sup>nd</sup>. Two seen at Pico Bonito on 26<sup>th</sup> and again on 27<sup>th</sup>.

114. Acorn Woodpecker*Melanerpes formicivorus lineatus*

Amazing numbers at Picacho Park on 19<sup>th</sup> and lots of comical and endearing behaviour – at least 50 present.

115. Black-cheeked Woodpecker*Melanerpes pucherani*

One was spotted from the breakfast table at the Lodge at Pico Bonito on 22<sup>nd</sup>. Two were at Lancetilla Botanical Gardens on 25<sup>th</sup>.

116. Velazquez's Woodpecker*Melanerpes santacruzi pauper*

A recent split from Golden-fronted Woodpecker. One on the approach road to La Tigra National Park on the afternoon of 17<sup>th</sup> was the first bird of the trip and two more were seen in the same area the next day. At least six at Picacho Park on the morning of 19<sup>th</sup>. Six in total seen on 20<sup>th</sup>. Three around the Lodge grounds at Pico Bonito on 22<sup>nd</sup>. One at Rio Santiago on 23<sup>rd</sup>. Two were at Lancetilla Botanical Gardens on 25<sup>th</sup>.

117. Yellow-bellied Sapsucker*Sphyrapicus varius*

One seen at Picacho Park on 19<sup>th</sup>. One at Rio Santiago on 23<sup>rd</sup>. One at Lancetilla Botanical Gardens on 25<sup>th</sup>.

118. Hairy Woodpecker*Picoides villosus sanctorum*

One glimpsed in the cloud-forest at La Tigra National Park on 18<sup>th</sup>.

119. Smoky-Brown Woodpecker*Picoides fumigatus sanguinolentus*

Three seen at Lancetilla Botanical Gardens on 25<sup>th</sup>.

120. Golden-olive Woodpecker*Colaptes rubiginosus yucatanensis*

One seen at Picacho Park on 19<sup>th</sup>.

121. Northern Flicker*Colaptes auratus mexicanoides*

One seen on the approach road to La Tigra National Park, early on the morning of 18<sup>th</sup>. There were three amongst the hordes of woodpeckers at Picacho Park on 19<sup>th</sup>.

122. Chestnut-coloured Woodpecker*Celex castaneus*

Great views of this beautiful bird in forest at Pico Bonito on 23<sup>rd</sup>. Another at Pico Bonito on 26<sup>th</sup>.

123. Lineated Woodpecker*Dryocopus lineatus similis*

One seen very well at Picacho Park on 19<sup>th</sup>. Another of these big woodpeckers was seen at Pico Bonito on 22<sup>nd</sup>. Two at a roadside stop in the Rio Aguán valley on 24<sup>th</sup>.

124. Pale-billed Woodpecker*Campephilus guatamalensis guatamalensis*

One was seen at Panacam Lodge on 20<sup>th</sup>.

125. Buff-throated Foliage-gleaner*Automolus ochrolaemus hypophaeus*

Good views of a single bird in the forest at Panacam on 21<sup>st</sup>.

126. Plain Xenops*Xenops minutus mexicanus*

One in the forest at Panacam on 21<sup>st</sup>. One in a canopy flock at Pico Bonito on 26<sup>th</sup>.

127. Tawny-throated Leaf-tosser*Sclerurus mexicanus mexicanus*

One gave uncharacteristically good views at La Tigra National Park on 18<sup>th</sup>.

128. Tawny-winged Woodcreeper*Dendrocinca anabatina anabatina*

One seen in the forest at Pico Bonito on 26<sup>th</sup>.

129. Wedge-billed Woodcreeper*Glyphorhynchus spirurus pectoralis*

One seen in the forest at Panacam on 21<sup>st</sup>. Another the following day at Pico Bonito, with one more there on 26<sup>th</sup>.

130. Strong-billed Woodcreeper*Xiphocolaptes promeropirhynchus emigrans*

A bird was watched hunting for moths under a street light, in pre-dawn light on the approach road to La Tigra National Park, early on 18<sup>th</sup>.

131. Northern Barred Woodcreeper*Dendrocolaptes sanctithomae sanctithomae*

One at Panacam on 19<sup>th</sup>.

132. Ivory-billed Woodcreeper*Xiphorhynchus flavigaster eburneiostris*

One was seen at Los Naranjos on 20<sup>th</sup>. One close to the Lodge at Pico Bonito on 22<sup>nd</sup>, with another there on 26<sup>th</sup>.

133. Spotted Woodcreeper*Xiphorhynchus erythrogygius parvus*

One seen in the cloud-forest at La Tigra National Park on 18<sup>th</sup>.

134. Streak-headed Woodcreeper*Lepidocolaptes souleyetii compressus*

As many as ten were seen at Los Naranjos on 20<sup>th</sup>. Three were at Lancetilla Botanical Gardens on 25<sup>th</sup>.

135. Spot-crowned Woodcreeper*Lepidocolaptes affinis affinis*

Three birds seen in the cloud-forest at La Tigra National Park on 18<sup>th</sup>.

136. Great Antshrike*Taraba major melanocrissus*

A pair were seen just inside the entrance gate at Lancetilla Botanical Gardens on 25<sup>th</sup>.

137. Black-crowned Antshrike*Thamnophilus atrinucha atrinucha*

(Formerly named Western Slaty Antshrike). A male came close in response to a tape in the mangroves at Cuero y Salado on 27<sup>th</sup>.

138. Russet Antshrike*Thamnistes anabatinnus anabatinnus*

One bird was in the mixed canopy flock that we viewed at Pico Bonito on 26<sup>th</sup>.

139. Yellow-bellied Elaenia*Elaenia flavogaster subpagana*

One very mobile bird was by the dam, below Panacam on 20<sup>th</sup>. Two seen in the Panacam area on 21<sup>st</sup>.

140. Ochre-bellied Flycatcher*Mionectes oleaginous assimilis*

One was around the grounds at Panacam Lodge on 20<sup>th</sup>. A single bird close to the Lodge at Pico Bonito on 22<sup>nd</sup>.

141. Common Tody-Flycatcher*Todirostrum cinereum finitimum*

One was seen in the Rio Santiago valley on 23<sup>rd</sup>.

142. Yellow-olive Flatbill*Tolmomyias sulphurescens cinereiceps*

One seen from one of the canopy towers at Panacam Lodge on 19<sup>th</sup>. One at Lancetilla on 25<sup>th</sup>.

143. Greater Pewee*Contopus pertinax minor*

Two were seen at Picacho Park on 19<sup>th</sup>.

144. Yellow-bellied Flycatcher*Empidonax flaviventris*

Three were seen at Los Naranjos on 20<sup>th</sup>. One at Pico Bonito on 22<sup>nd</sup>, with another there on 26<sup>th</sup>.

145. White-throated Flycatcher*Empidonax albigularis albigularis*

Two were seen on 20<sup>th</sup>, one at Finca las Glorias and one at Los Naranjos.

146. Least Flycatcher*Empidonax minimus*

One bird seen close to La Tigra National Park on the morning of 18<sup>th</sup>. One was at Panacam Lodge on 20<sup>th</sup>.

147. Yellowish Flycatcher*Empidonax flavescens salvini*

Two seen in the cloud-forest at La Tigra National Park on 18<sup>th</sup>.

148. Black Phoebe*Sayornis nigricans aquaticus*

There were two close to the El Carril bridge on 24<sup>th</sup>.

149. Great-crested Flycatcher*Myiarchus crinitus*

One was at Panacam Lodge on 20<sup>th</sup>. One at Lancetilla on 25<sup>th</sup>.

150. Brown-crested Flycatcher*Myiarchus tyrannulus cooperi*

One was perched near the minibus at the Honduran Emerald reserve on 24<sup>th</sup>. One at Lancetilla on 25<sup>th</sup>.

151. Social Flycatcher*Myiozetetes similis texensis*

Three were seen by Lake Yojoa on 20<sup>th</sup>. Two at the petrol station stop at Tela on 21<sup>st</sup>. A pair was nesting in a cactus by the restaurant at the Lodge at Pico Bonito and was seen each day there. At least five seen along the road on 24<sup>th</sup>. Five seen at Lancetilla on 25<sup>th</sup>.

152. Great Kiskadee*Pitangus sulphuratus guatemalensis*

First seen at Lake Yojoa, where there were five on 19<sup>th</sup>. Two at Finca las Glorias on 20<sup>th</sup>. A pair were nesting by the swimming pool at the Lodge at Pico Bonito and were observed each day there. A pair were at the petrol station at Olanchito on the morning of 24<sup>th</sup>. Around six seen at Lancetilla Botanical Gardens on 25<sup>th</sup>.

153. Boat-billed Flycatcher*Megarynchus pitangua mexicanus*

One was at Panacam Lodge and another by Lake Yojoa on 20<sup>th</sup>. Around ten seen along the road on 21<sup>st</sup>.

154. Tropical Kingbird*Tyrannus melancholicus satrapa*

Very common everywhere away from primary forest. Usually perched prominently on treetops or wires.

155. White-winged Becard*Pachyrhamphus polychopterus similis*

Close views of a male, with a female keeping her distance, at Los Naranjos on 20<sup>th</sup>. This is quite a scarce species in Honduras.

156. Rose-throated Becard*Pachyrhamphus aglaiae hypophaeus*

A pair seen close to the dam, below Panacam Lodge on 20<sup>th</sup>. Very nice views of a pair at the Rio Santiago Nature Resort on 23<sup>rd</sup>.

157. Lovely Cotinga*Cotinga amabilis*

First priority at the Lodge at Pico Bonito in the early morning of 22<sup>nd</sup> was to find this species, and a total of four males and one female were seen on treetops from various viewpoints. A single male was seen braving the rain on a treetop at Pico Bonito on the morning of 26<sup>th</sup>.

158. Rufous Mourner*Rhytiptera holerythra holerythra*

One was seen near the Lodge at Pico Bonito on 22<sup>nd</sup>. Another at Pico Bonito on 26<sup>th</sup>.

159. Masked Tityra*Tityra semifasciata personata*

First seen at Lake Yojoa, where there were two in the trees by the place we stopped to buy coconuts on 20<sup>th</sup>. Eight seen in forest edge habitat at the Lodge at Pico Bonito on the morning of 22<sup>nd</sup>.

160. White-collared Manakin*Manacus candei*

Rather poor views of a female in the forest at Panacam on 21<sup>st</sup>. Better views of a beautiful male at Lancetilla Botanical Gardens on 25<sup>th</sup>.

161. White-eyed Vireo*Vireo griseus griseus*

One seen at the petrol station stop at Tela on 21<sup>st</sup>.

162. Yellow-throated Vireo*Vireo flavifrons*

The first was seen at Panacam on 21<sup>st</sup>. Then singles at Pico Bonito on 22<sup>nd</sup>, at the Honduran Emerald reserve on 24<sup>th</sup>, and at Lancetilla on 25<sup>th</sup>.

163. Plumbeous Vireo*Vireo plumbeous montanus*

One seen along the approach road to La Tigra National Park on the morning of 18<sup>th</sup>. One at Picacho Park on the morning of 19<sup>th</sup>. One in the area below Panacam Lodge on 20<sup>th</sup>.

164. Philadelphia Vireo*Vireo philadelphicus*

One at the Lodge at Pico Bonito on 22<sup>nd</sup> was the only bird of the trip.

165. Lesser Greenlet*Hylophilus decurtatus decurtatus*

At least one, possibly several, of this nondescript species were difficult to see in the canopy at Pico Bonito on 26<sup>th</sup>.

166. Brown Jay*Psilorhinus morio morio*

A group of around six seen near Lake Yojoa on 19<sup>th</sup>. Two later the same day at Panacam. Up to 25 seen at various locations on 20<sup>th</sup>. Thirty-plus around the Lodge at Pico Bonito on 22<sup>nd</sup> with six there the following afternoon and two on 26<sup>th</sup>. ten-plus at Cuero y Salado on 27<sup>th</sup>.

167. Bushy-crested Jay*Cyanocorax melanocyanus chavezii*

Around twenty of this highly charismatic species were seen in two flocks along the approach road to La Tigra National Park on 18<sup>th</sup>. Twenty-plus at Picacho Park on 19<sup>th</sup>.

168. Mangrove Swallow*Tachycineta albilinea*

Two were seen at the roadside somewhere near Tela on 21<sup>st</sup>.

169. Northern Rough-winged Swallow*Stelgidopteryx serripennis fulvipennis*

Two were seen over the dam near Panacam Lodge and a further 20 at Finca las Glorias on 20<sup>th</sup>.

170. Rufous-backed Wren*Campylorhynchus capistratus castaneus*

One of this very attractive wren species was seen on 20<sup>th</sup> at Finca las Glorias.

171. Band-backed Wren*Campylorhynchus zonatus vulcanius*

A pair seen near La Tigra National Park on 18<sup>th</sup>. Another pair at Picacho Park on 19<sup>th</sup>.

172. Spot-breasted Wren*Pheugopedius maculipectus canobrunneus*

One near Panacam and one at Los Naranjos on 20<sup>th</sup>. One in the forest at Rio Santiago on 23<sup>rd</sup>. Two at Lancetilla on 25<sup>th</sup>.

173. Plain Wren*Cantorchilus m. modestus*

One skulking bird reluctantly showed itself on the approach road to La Tigra National Park on the afternoon of 17<sup>th</sup>.

174. House Wren*Troglodytes aedon intermedius*

A pair seen at Picacho Park on 19<sup>th</sup> and one more later the same day at Lake Yojoa. One at Los Naranjos on 20<sup>th</sup>.

175. Rufous-browed Wren*Troglodytes rufociliatus rebni*

One seen well along the approach road to La Tigra National Park on the afternoon of 17<sup>th</sup>.

176. White-breasted Wood Wren*Henichorbhina leucosticte tropaea*

One seen well from one of the canopy towers at Panacam on 21<sup>st</sup>. Another at the Lodge at Pico Bonito on 22<sup>nd</sup>. A pair were seen at their large and scruffy nest at Pico Bonito on 26<sup>th</sup>.

177. White-bellied Wren*Uropsila leucogastra australis*

Four of these dry country wrens were seen at the Honduran Emerald reserve on 24<sup>th</sup>.

178. Long-billed Gnatwren*Ramphocaenus melanurus rufiventris*

Good, if brief, views of one on the forest trails at Panacam on 21<sup>st</sup>. One skulker from the canopy tower at the Lodge at Pico Bonito on 22<sup>nd</sup>.

179. White-lored Gnatcatcher*Poliophtila a. albiloris*

This species proved very elusive at the Honduran Emerald reserve, with just brief looks at a female bird.

180. Grey Catbird*Dumetella carolinensis*

Five were seen during the course of the day on 20<sup>th</sup>. One in the Lodge grounds at Pico Bonito on 22<sup>nd</sup>.

181. Tropical Mockingbird*Mimus gilvus gracilis*

Two were seen from the vehicle, close to Olanchito on 24<sup>th</sup>.

182. Blue-and-white Mockingbird*Melanotis hypoleucus*

One bird seen well, close to La Tigra National Park on the morning of 18<sup>th</sup>.

183. Slate-coloured Solitaire*Myadestes unicolor unicolor*

Four birds seen in the cloud-forest at La Tigra National Park on 18<sup>th</sup>.

184. Ruddy-capped Nightingale-Thrush*Catbarus frantzii juancitonis*

One seen very well on a pathway in La Tigra National Park on 18<sup>th</sup>, flashing its white undertail coverts at us.

185. Wood Thrush*Hylocichla mustelina*

Five seen on the forest paths around Panacam Lodge on 20<sup>th</sup>. Three flushed off the trails at Pico Bonito on 22<sup>nd</sup> and two more on the trails here on 26<sup>th</sup>.

186. Mountain Thrush*Turdus plebejus rafaelsis*

Two birds were feeding in a fruiting tree at La Tigra National Park on 18<sup>th</sup>.

187. Clay-coloured Thrush*Turdus grayi megas*

At least ten on the lawns at Picacho Park on 19<sup>th</sup>. Very common around the lodge grounds at Panacam on 19<sup>th</sup>. Up to 50 seen at various sites on 20<sup>th</sup>. Six at Panacam and two at Tela on 21<sup>st</sup>. Typically around ten to be seen around the lodge grounds at Pico Bonito during our time there. Also present at the Rio Santiago Nature Resort on 23<sup>rd</sup>. Just one at Lancetilla on 25<sup>th</sup>. Up to ten at Cuero y Salado on 27<sup>th</sup>.

188. White-throated Thrush*Turdus assimilis hondurensis*

Two birds seen in farmland approaching La Tigra National Park on the morning of 18<sup>th</sup>.

189. Rufous-collared Thrush*Turdus rufitorques*

Three birds flew into a tall tree on the approach road to La Tigra National Park on the morning of 18<sup>th</sup>. Not very well-seen.

190. Olive Warbler*Peucedramus taeniatus micrus*

One seen from the approach road to La Tigra National Park on 17<sup>th</sup>.

191. Blue-winged Warbler*Vermivora cyanoptera*

Two birds at Lancetilla Botanical Gardens on 25<sup>th</sup>.

192. Golden-winged Warbler*Vermivora chrysoptera*

One seen in a mixed canopy flock at La Tigra National Park on 18<sup>th</sup>. One was in the Panacam area on 20<sup>th</sup>. Four at Lancetilla Botanical Gardens on 25<sup>th</sup>.

193. Tennessee Warbler*Leioblyptis peregrina*

One on the approach road to La Tigra National Park on the afternoon of 17<sup>th</sup>, and five or six more in the same area the following morning. One in the Panacam area on 20<sup>th</sup>. Two birds at Lancetilla Botanical Gardens on 25<sup>th</sup>.

194. Northern Parula*Setophaga americana*

One seen at the Honduran Emerald reserve on 24<sup>th</sup>.

195. Chestnut-sided Warbler*Setophaga pensylvanica*

One near Panacam Lodge and one at Los Naranjos on 20<sup>th</sup>. Two in the forest at Panacam on 21<sup>st</sup>. Two noted at Pico Bonito on 22<sup>nd</sup> and another there on 26<sup>th</sup>. One at Rio Santiago on 23<sup>rd</sup>. Three birds at Lancetilla Botanical Gardens on 25<sup>th</sup>.

196. Grey-crowned Yellowthroat*Geothlypis poliocephala caninuca*

Two were seen at Picacho Park on 19<sup>th</sup>. Seen (just a single bird I think) at a stop in the Rio Santiago valley on 23<sup>rd</sup>.

197. Common Yellowthroat*Geothlypis trichas arizela*

Three were seen at Los Naranjos on 20<sup>th</sup>. Around six seen from the train to Cuero y Salado on 27<sup>th</sup>.

198. Hooded Warbler*Setophaga citrina*

Four of these pretty birds were at Panacam on 20<sup>th</sup>. Two at Pico Bonito on 22<sup>nd</sup> and another there on 23<sup>rd</sup>, with two more on 26<sup>th</sup>. Three seen at Cuero y Salado on 27<sup>th</sup>.

199. American Redstart*Setophaga ruticilla*

One was at Picacho Park on 19<sup>th</sup>. One in the Panacam area and one at Los Naranjos on 20<sup>th</sup>. Another at Panacam Lodge on 21<sup>st</sup>. Common at Pico Bonito, with at least six seen around the lodge area on 22<sup>nd</sup> and three on 26<sup>th</sup>. Four birds at Lancetilla Botanical Gardens on 25<sup>th</sup>.

200. Ovenbird*Seiurus aurocapilla*

Single birds seen on forest paths at Panacam on 19<sup>th</sup>. Three in the same area on 20<sup>th</sup>. One seen momentarily in the forest at Pico Bonito on 26<sup>th</sup>.

201. Louisiana Waterthrush*Parkesia motacilla*

One was on the saturated camping ground at Panacam on 19<sup>th</sup>.

202. Northern Waterthrush*Parkesia noveboracensis*

One was at the dam below Panacam on the morning of 18<sup>th</sup>. One at the El Carril bridge on 24<sup>th</sup>. One around the puddles at the entrance to Lancetilla Botanical Gardens on 25<sup>th</sup>. Three at Cuero y Salado on 27<sup>th</sup>.

203. American Yellow Warbler*Setophaga aestiva*

One at Lake Yojoa on 19<sup>th</sup>. Up to around six birds at various sites on 20<sup>th</sup>. One seen at the roadside west of Olanchito on 24<sup>th</sup>. Three at Cuero y Salado on 27<sup>th</sup>.

204. Magnolia Warbler*Setophaga magnolia*

Four seen at Panacam Lodge and elsewhere on 20<sup>th</sup>. One at the roadside petrol station stop at Tela on 21<sup>st</sup>. At least five around Pico Bonito on 22<sup>nd</sup>. One at the Rio Santiago Nature Resort on 23<sup>rd</sup>. One at Lancetilla Botanical Gardens on 25<sup>th</sup>.

205. Grace's Warbler*Setophaga graciae*

One showed very nicely at Picacho Park on the morning of 18<sup>th</sup>.

206. Townsend's Warbler*Setophaga townsendi*

One along the approach road to La Tigra National Park on 18<sup>th</sup>. Another at Picacho Park on 19<sup>th</sup>.

207. Golden-cheeked Warbler*Setophaga chrysoparia*

One was at Picacho Park on 19<sup>th</sup>.

208. Black-throated Green Warbler*Setophaga virens*

One seen from the approach road to La Tigra National Park on 18<sup>th</sup>. One at Picacho Park on 19<sup>th</sup>. One at Pico Bonito on 22<sup>nd</sup>.

209. Black-and-white Warbler*Mniotiltla varia*

One from the approach road to La Tigra National Park on 17<sup>th</sup>. Two were at Picacho Park on 19<sup>th</sup>. One was at Panacam on 20<sup>th</sup>. Three birds at Lancetilla Botanical Gardens on 25<sup>th</sup>. At least four at Pico Bonito on 26<sup>th</sup>. One by the visitor centre at Cuero y Salado on 27<sup>th</sup>.

210. Wilson's Warbler*Cardellina pusilla*

Around eight birds seen on the approach road to La Tigra National Park on the afternoon of 17<sup>th</sup> and two more in the same area the following morning. At least two were seen on 20<sup>th</sup>. Five around Panacam Lodge on 21<sup>st</sup>.

211. Slate-throated Whitestart*Myioborus miniatus connectens*

One on the approach road to La Tigra National Park on the afternoon of 17<sup>th</sup>. Two seen in the national park itself the following day.

212. Golden-crowned Warbler*Basileuterus culicivorus culicivorus*

One seen at Panacam on 21<sup>st</sup>.

213. Yellow-faced Grassquit*Tiaris olivacea pusillus*

Around six birds along the approach road to La Tigra National Park on 18<sup>th</sup>. Two were seen at Picacho Park on 19<sup>th</sup>.

214. Cinnamon-bellied Flowerpiercer*Diglossa baritula parva*

Two seen from the approach road to La Tigra National Park on 18<sup>th</sup>.

215. Common Bush Tanager (Common Chlorospingus)

*Chlorospingus flavopectus honduratus*

A group of three-plus on the approach road to La Tigra National Park on the afternoon of 17<sup>th</sup>. Three little groups of this species were encountered in the cloud-forest at la Tigra on 18<sup>th</sup>.

216. Black-throated Shrike-Tanager

*Lanio aurantius*

One of this striking and seldom seen species was in the mixed canopy flock at Pico Bonito on 26<sup>th</sup>.

217. White-shouldered Tanager

*Tachyphonus luctuosus axillaris*

A pair gave close views from the Toucan Tower at Pico Bonito on 23<sup>rd</sup>. A group of six birds in the forest at Pico Bonito on 26<sup>th</sup>.

218. Red-throated Ant Tanager

*Habia fuscicauda salvini*

A pair were seen at Los Naranjos on 20<sup>th</sup>. Good views were had of a displaying male at Pico Bonito on 26<sup>th</sup>.

219. Summer Tanager

*Piranga rubra cooperi*

A female bird was near Panacam and a male at Los Naranjos on 20<sup>th</sup>. One was by the petrol station at Tela on 21<sup>st</sup>. A male at Pico Bonito on 22<sup>nd</sup> and again on 23<sup>rd</sup>. Three birds at Lancetilla Botanical Gardens on 25<sup>th</sup>.

220. Hepatic Tanager

*Piranga hepatica albifacies*

A male at Picacho Park on the morning of 18<sup>th</sup> was the only sighting of this species.

221. Passerini's Tanager

*Ramphocelus passerinii*

Two females and a particularly beautiful male were seen by the road at Lancetilla Botanical Gardens on 25<sup>th</sup>.

222. Blue-grey Tanager

*Thraupis episcopus cana*

There were three at Finca las Glorias on and two at Los Naranjos on 20<sup>th</sup>. Two at Lancetilla on 25<sup>th</sup>.

223. Yellow-winged Tanager

*Thraupis abbas*

One bird seen briefly by the dam below Panacam on 20<sup>th</sup>. One at Lancetilla on 25<sup>th</sup>.

224. Rufous-winged Tanager

*Tangara lavinia clara*

A female showed very briefly by the canopy tower at the Lodge at Pico Bonito on 22<sup>nd</sup>, the first of the year there apparently.

225. Shining Honeycreeper

*Cyanerpes lucidus lucidus*

A flock of at least five were feeding in the canopy at the Rio Santiago Nature Resort on 23<sup>rd</sup>.

226. Green Honeycreeper

*Chlorophanes spiza guatemalensis*

One from the canopy tower at the Lodge at Pico Bonito on 22<sup>nd</sup>.

227. Yellow-throated Euphonia

*Euphonia hirundinacea hirundinacea*

Four birds at Los Naranjos on 20<sup>th</sup>. A female was at Panacam on 21<sup>st</sup>. A male at the Lodge at Pico Bonito on 22<sup>nd</sup>.

228. Olive-backed Euphonia

*Euphonia gouldi praetermissa*

A female was in the lodge grounds at Pico Bonito on 22<sup>nd</sup>. Around ten seen at Pico Bonito on 26<sup>th</sup>.

229. Blue-black Grassquit

*Volatinia jacarina splendens*

I had managed to miss a couple elsewhere, so the only bird of the tour for me was a male in the Rio Santiago valley on 23<sup>rd</sup>.

230. Variable Seedeater

*Sporophila corvina corvina*

Six seen at Lancetilla Botanical Gardens on 25<sup>th</sup>.

231. White-collared Seedeater

*Sporophila torqueola moreletii*

Around six were seen at Lake Yojoa on 20<sup>th</sup>. Five seen along the road, including from the traffic queue, on 21<sup>st</sup>. A group of around six were at the petrol station in Olanchito early on 24<sup>th</sup>. At least 20 seen in and around Cuero y Salado on 27<sup>th</sup>.

232. Thick-billed Seed Finch

*Oryzoborus funereus funereus*

One at Los Naranjos on 20<sup>th</sup>.

233. White-naped Brush Finch

*Atlapites albinucha fuscipygius*

Two seen from the approach road to La Tigra National Park on the afternoon of 17<sup>th</sup>.

234. House Sparrow

*Passer domesticus*

A small flock of around ten at the petrol station at Olanchito on 24<sup>th</sup> were the only ones I managed to focus on.

235. Prevost's Ground Sparrow

*Melospiza biarcuata biarcuata*

A very elusive bird was eventually seen feeding at the edge of a maize field below Panacam on 20<sup>th</sup>.

236. Green-backed Sparrow

*Arremonops cholronotus twomeyi*

One seen briefly close to the dam at Panacam on 20<sup>th</sup>.

237. Rusty Sparrow*Aimophila rufescens pygmaea*

A highly inquisitive pair gave us extended, close views at Picacho Park on 19<sup>th</sup>. One was at the dam near Panacam on 20<sup>th</sup>.

238. Buff-throated Saltator*Saltator maximus magnoides*

Around six were seen in the farmland near Panacam on 20<sup>th</sup>. Four more in the same area the following day. One at Lancetilla on 25<sup>th</sup>.

239. Black-headed Saltator*Saltator atriceps atriceps*

A single bird seen near La Tigra National Park on 18<sup>th</sup> and another in Picacho Park the following morning.

240. Black-faced Grosbeak*Caryothraustes poliogaster poliogaster*

Four seen in flight at Pico Bonito on 26<sup>th</sup>.

241. Rose-breasted Grosbeak*Pheucticus ludovicianus*

The first sighting was of a female at Rio Santiago on 23<sup>rd</sup>. Four were at the Lancetilla Botanical Gardens on 25<sup>th</sup>.

242. Blue-Black Grosbeak*Cyanocopsa cyanoidea concreta*

Rather poor views of a female in the forest at Pico Bonito on 26<sup>th</sup>.

243. Indigo Bunting*Passerina cyanea*

Three from the train to Cuero y Salado on 27<sup>th</sup>.

244. Melodious Blackbird*Dives dives*

Two birds were seen near La Tigra National Park on 18<sup>th</sup>. Two more at Picacho Park on 19<sup>th</sup> and a further two on 20<sup>th</sup>. Two birds in the lodge grounds at Pico Bonito were seen daily whilst we were there.

245. Great-tailed Grackle*Quiscalus mexicanus mexicanus*

Very common. Seen everywhere except in the forest interior.

246. Giant Cowbird*Scaphidura oryzivorus impacifus*

A group of four birds were seen in farmland near Panacam on 20<sup>th</sup>.

247. Black-vented Oriole*Icterus wagleri wagleri*

One seen alongside three other Oriole species in a fruiting palm tree near La Tigra National Park on 18<sup>th</sup>.

**248. Orchard Oriole***Icterus spurius*

One at San Pedro Sula on 21<sup>st</sup>.

**249. Yellow-backed Oriole***Icterus chrysater chrysater*

Two birds were seen in a mixed group of Orioles near La Tigra National Park on 18<sup>th</sup>.

**250. Spot-breasted Oriole***Icterus pectoralis guttulatus*

At least three birds were in the feeding Oriole flock near La Tigra National Park on 18<sup>th</sup>. Two in Picacho Park on 19<sup>th</sup>.

**251. Altamira Oriole***Icterus gularis gigas*

Four were seen feeding in a fruiting tree at Finca las Glorias on 20<sup>th</sup>.

**252. Baltimore Oriole***Icterus balbula*

Two in the mixed flock of feeding Orioles seen on the approach to La Tigra National Park on 18<sup>th</sup>. One at Lake Yojoa on 19<sup>th</sup> and four nearby at Los Naranjos on 20<sup>th</sup>. A flock of around 25 birds was at Tela on 21<sup>st</sup>. A male bird was in the orchard area near the Lodge at Pico Bonito on 22<sup>nd</sup>. Two at Rio Santiago on 23<sup>rd</sup>. Six seen from the train to Cuero y Salado on 27<sup>th</sup>.

**253. Chestnut-headed Oropendola***Psarocolius wagleri wagleri*

As many as thirty birds seen during the course of the day on 20<sup>th</sup>. Around ten at Pico Bonito on 22<sup>nd</sup> and on subsequent days there.

**254. Montezuma's Oropendola***Gymnostinops montezuma*

First sighting was of a single bird in flight at Panacam on 19<sup>th</sup> with seven seen there the following morning. One seen somewhere along the road on 21<sup>st</sup>. Thirty-plus at Pico Bonito on 22<sup>nd</sup>. Present in good numbers at both Rio Santiago Nature Resort and the Lodge at Pico Bonito on 23<sup>rd</sup>. Around ten birds at Lancetilla Botanical Gardens on 25<sup>th</sup>.

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