

Ecuador : Andes Northwest and East Slopes plus the Amazon

8 November - 6 December 2014

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Other group members Sue Pollard and Roger Hughes; Jo Thomas for part of the trip

This was a four-week, tailor-made trip for our group of six, arranged by Jo Thomas of *Wild About Travel* (Jo joined the group for two of the four weeks). Having previously travelled several times in India with this company we were confident this would be a well-organised tour and we were not disappointed. Our group totals for the trip were a staggering **691 bird species** and **30 mammal species** plus many reptiles, amphibians, insects and plants. The Diary section of this report gives the main daily highlights. The full list of birds is at the end of the report together with other species and the daily bird checklist can be found by following this link to the *Wild About Travel* website http://www.wildabouttravel.co.uk/trip-reports/Ecuador_bird_tour_checklist_8nov~6dec2014.pdf (or contact us at the above email address).

We visited the northwest and east slopes of the Andes and the Amazon. We flew KLM from Norwich to Amsterdam then direct to Ecuador, arriving in Quito early evening. We spent the following day in Quito in order to acclimatise to the altitude (c.2,800m/9,186ft), then nine days in the northwest followed by eight on the eastern slope before dropping down to the Amazon for eight days. In the Andes we travelled in very spacious, comfortable vehicles with ample room for bags, optics, wet-weather gear, etc. All journeys were short (most were under two hours) and there were many roadside birding stops. Walks were usually fairly short although some trails were longer, could be wet/muddy and sometimes steep but there was always the option of an alternative route or activity.

All guides were very good to excellent. In the northwest we were led by Andrea Molina who knows the area well, was organised, quick to get us onto birds and knew the calls. We appreciated the way she told us each evening exactly what we would do the next day, how long/far we'd walk and what we needed to take with us. Our driver here was Carlos; we enjoyed his company and found him to be very interested in the wildlife and constantly on the lookout for birds.

Jonas Nilsson guided us on the east slope. He is Swedish and has lived in Ecuador for many years; an excellent birder who obviously knows the birds and terrain very well. He, too, could quickly get everyone onto the birds. He has a great personality and good people-skills. Here our driver was Luis who seemed rather shy at first (just the language barrier, really) but we soon had him laughing and joking. He has a keen eye and often spotted birds for us way off in the distance without binoculars.

At Napo Wildlife Centre we had a bilingual guide (Edwin Perez) plus a sharp-eyed native guide (Favian) and another native guy (Dareo) who paddled at the back of the canoe and was also a good "spotter". We were pleased to hear that Favian is taking English lessons from a volunteer teacher at Napo WLC; Favian has the potential to be a top guide.

Oscar Tapuy was our bilingual native guide at Sacha (he has been there since 1995) and another native guide, Pablo; they worked well together. Oscar oozes experience and has perfect English, excellent birding and all-round wildlife skills/knowledge and is very up-to-date with taxonomy changes for both birds and mammals. He will not give up until everyone is happy they have seen the bird properly. A little reserved at first, we had him laughing and joking by day two. Pablo paddled at the back of the canoe but found plenty of birds and mammals for us, quickly getting us onto skulking or distant birds.

The field guide we used was *The Birds of Ecuador* by Robert S Ridgely & Paul J Greenfield (recently re-published). The *Jocotoco Fieldbook of the Birds of Ecuador* by McMullan and Navarrete was less useful.

As we were spending most of our time in cloud- and rain-forest we knew we'd get wet but there was far less rain than expected and it didn't often stop us from birding. We were lucky, too, in the higher areas of Antisana and Papallacta because it wasn't windy; at well over 4,000m/13,000ft we needed a few layers but we've often felt much colder at home on the North Norfolk coast! Elsewhere in the Andes it was frequently cool and damp but often the sky cleared and it would become warm and humid. In the Amazon, of course, we were usually very hot!

Food was delicious everywhere, varied and plentiful with a wide range of options. For anyone interested, elsewhere in this report we've included some of the menus.

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OUTLINE ITINERARY

- 8 Nov** Arrived Quito, reaching Hotel Sebastian by 18.40 hrs. Light rain. 2 nights Quito. Hotel Sebastian
- 9 Nov** Quito: much of day in small park opposite hotel, acclimatising to altitude. *Sunny a.m., rain afternoon and night*
- 10 Nov** Quito to Alambi for hummingbird feeders and riverside walk and on to El Septimo Paraiso Lodge. After lunch, lodge grounds and covered boardwalk in rain. Drove to Mindo Valley - walk/drive/walk. *Rain in Quito, clear west slope until 14.00h, then rain becoming heavy.* 3 nights El Septimo Paraiso
- 11 Nov** Day at Rio Silanche: tower watch, forest and riverside walks. *Heavy overnight rain stopped mid-morning, then hot, damp and humid. Rain again 21.00h*
- 12 Nov** Rio Silanche tower watch, then on to Rancho Suamox. Lunch at San Miguel's Restaurant in Los Bancos by Rio Blanco. Afternoon Milpe Gardens then El Septimo Paraiso grounds. *Overnight rain eased by morning, remaining damp and foggy with occasional light showers or drizzle*
- 13 Nov** Walked Mashpi Road then snacks by hummingbird feeders on Mashpi Road. Lunch at La Cañita in Pacto town. On to Bellavista Lodge by 15.30h. Late evening watch for Olinguito. *Some heavy mist but mostly dry and warm.* 4 nights Bellavista Lodge
- 14 Nov** Early morning to Paz de la Aves : Cock-of-the-rock / hummingbird feeders / riverside walk / Antpitta area. Late breakfast at local hostel. Oilbird cave near Chontal then roadside birding and new feeder station at "Quinto Luna" near Bellavista Lodge. *No rain*
- 15 Nov** Day along Bellavista trails and surrounding area. *Damp and misty but little rain*
- 16 Nov** Bellavista and Milpe. Lunch at San Miguel's Restaurant, Los Bancos. *a.m. mist and light rain, p.m. bright*
- 17 Nov** Bellavista and Maquipicuna. Mid-morning to Alambi. To Quito after lunch. *Clear morning, cloudy afternoon.* 2 nights Quito, Hotel Sebastian
- 18 Nov** Yanacocha. *a.m. clear; heavy mist from midday*
- 19 Nov** Antisana then Guango Lodge and forest trail. *a.m. sun/cloud, mist/rain from 15.30h.* 2 nights Guango Lodge
- 20 Nov** Morning Papallacta. Lunch at Guango Lodge. Afternoon Granja "Eco" Farm, Baeza then Guango Lodge. *Dry*
- 21 Nov** Cayambe-Coca Ecological Reserve (Parcacochoa area above Termas/Papallacta village). Late morning Guango Lodge woodland/river. On to San Isidro/roadside stops. *Mostly dry, some light showers.* 2 nights San Isidro Lodge
- 22 Nov** San Isidro Lodge grounds and trail. On to Bermejo Road then return to San Isidro grounds. *Dry most of day, little rain 16.00h becoming heavy*
- 23 Nov** Roadside stops on route to Wildsumaco including Archidona. Packed lunch at Orchid Restaurant. Loreto and Sumaco roads. *Early heavy mist and rain, dry later.* 4 nights Wildsumaco Lodge
- 24 Nov** Wildsumaco roadside walks and trails. *Heavy rain late a.m., dry and bright p.m. then heavy rain through night*
- 25 Nov** Wildsumaco Lodge and trails. *Heavy rain continued until mid-morning; dry until 15.30h, then heavy rain again.*
- 26 Nov** Wildsumaco trails and Research base. *Early rain easing then occasional showers*
- 27 Nov** Drove from Wildsumaco to Coca. Motor boat then canoe to Napo Wildlife Centre. *No rain, hot and humid.* 4 nights Napo Wildlife Centre
- 28 Nov** Morning channels, forest walks and canopy tower watch. Afternoon around Lodge. Canoe trip 1600-1800 hrs *Dry, distant storms evening*
- 29 Nov** Canoe along channels, Napo river parrot licks and Yasuni NP. *Mostly dry, heavy rain midday and evening*
- 30 Nov** Canoe along channels, Napo river islands, metal tower watch and forest walks. *Early "fog" then hot and humid. Little rain in evening*
- 1 Dec** Transfer from Napo WLC to Sacha. Canoe along channels, wooden tower watch. *Heavy showers through morning, hot and humid p.m.* 4 nights Sacha Lodge
- 2 Dec** Canopy walkway. Canoe along channels. *Hot and humid, no rain*
- 3 Dec** Napo river islands and Yasuni NP Providential Trail. Canoe along channels. *Hot and humid, no rain*
- 4 Dec** Canoe along channels and wooden tower watch. *Heavy rain 14.30 - 18.00 and again from 21.00h*
- 5 Dec** Transfer from Sacha Lodge to riverboat and on to Coca. Flight to Quito. 1 night at Casa Aliso, Quito
- 6 Dec** Day in gardens at Casa Aliso, Quito. Evening flights to UK. *Bright, some cloud*

SITES

QUITO

HOTEL SEBASTIAN La Mariscal district of Quito. Comfortable rooms, reasonable menus and varied buffet-style breakfast, service can be a bit slow. No garden but a small park opposite has plenty of trees and flowers to attract birds and butterflies.

CASA ALISO A charming Spanish colonial-style hotel, formerly a private home. In "La Floresta" area north side of the city. Nice rooms, some very spacious. Good, basic breakfast (no restaurant but there are several nearby). Neat gardens. Very friendly, helpful staff. .

NORTH WEST SLOPES

ALAMBI A little more than an hour out of Quito this small home-style guesthouse is set in 250ha of mostly primary cloud forest beside the Alambi river at the foot of Tandayapa Valley at 1,480m/4,855ft. For a small fee non-residents can watch from the veranda overlooking flower-rich gardens with many hummingbird feeders and banana stake-outs for Tanagers and other fruit-eaters and walk along the riverside trail.

BELLAVISTA LODGE, TRAILS & SURROUNDING AREAS The Lodge is 2200m/7200ft, at the top of Tandayapa valley, 18k south east of Mindo town (under 2hrs from Quito). Bellavista reserve is at the southern edge of the Choco-Andean region and covers 700ha of secondary and primary cloud forest ("subtropical pre-montane rainforest") from 1550m/5000ft up to 2500m/nearly 8000ft.

MASHPI ROAD Roadside walking through wet, mossy lower montane forest where many Choco range-restricted species can be seen. A couple of hours from Quito.

MILPE GARDENS Off the main Calacalí-Los Bancos highway. Another Choco endemic area.

MINDO & TANDYAPA VALLEYS 84 km northwest of Quito, one of the best cloud forest birding area in South America.

PAZ DE LA AVES RESERVE 120ha (70ha are steep primary forest) private reserve close to Mindo. 1,400m/4,600ft.

Famous for its Antpittas and Cock-of-the-rock leks.

RANCHO SUAMOX Although no longer offering accommodation, this 272ha private reserve is well worth a visit. The owner has developed a biodiverse Chocó-Andean corridor by reforesting with native species and creating 10 km of trails .

RIO SILANCHE BIRD SANCTUARY 80 ha of hilly Chocó lowland forest around 300m/984ft. Forest trails and 15m/50ft canopy observation tower. Three hour drive from Quito

SEPTIMO PARAISO CLOUD FOREST RESERVE and **EL SEPTIMO PARAISO LODGE** The reserve covers 420ha of pre-montane and montane cloud forest privately protected and managed by the Green Mindo Foundation. Altitude ranges from 950m/3116ft to 1,650m/5413ft. The lodge is very comfortable, providing excellent food and service, with very helpful and friendly staff.

YANACocha To the north west of Quito, this area of high altitude *Polylepis* cloud-forest on Pichincha volcano is species-rich and home to almost the entire known world population of the critically endangered Black-breasted Puffleg.

EAST SLOPE

ANTISANA High altitude dry páramo and lakes below the snow covered Antisana volcano, just 1½ hours drive from Quito. The protected area ranges from 1400m/4,593ft to 5700m/18,700ft. The higher páramo that we visited and Mica lake are around 4,000m/13,123ft.

PAPALLACTA / PARCACocha (CAYAMBE-COCA ECOLOGICAL RESERVE) Varied high altitude habitats including wet, boggy páramo and dense shrubby vegetation at 3500m/11482ft to >4000m/13,123ft.

GUANGO LODGE / TRAILS Just 1 hour's drive from Quito, this is a charming, very cosy small lodge at 2,700m/8858ft in temperate, humid, forest. Friendly, helpful staff, good food, big log fires and hot water bottles! Hummingbird feeders all around the entrance plus a network of trails through woodland, riverside and open areas with superb views.

SAN ISIDRO LODGE / GROUNDS / TRAILS Another hour or so from Guango, San Isidro Lodge is set at c.2,050m/6,800ft in lush cloud forest in the Cosanga valley between Antisana and Sumaco reserves. Well-marked and maintained forest trails lead through a variety of habitat zones, including well-preserved montane humid forest. The enigmatic "San Isidro Owl" has still not been specifically identified. Good food and hospitality. Well-spaced, basic yet comfortable cabins, some with their own hummingbird feeders.

WILDsumaco LODGE / GROUNDS / TRAILS. In the transitional zone between sub-tropical and lowland forest, this is a fabulous place. Well-run with miles of trails to explore in both old-secondary and primary forest. Good food, neat and spacious cabins set in attractive flower-rich gardens. Lower down the eastern slope, at about 1150m/3772ft, it is noticeably warmer.

AMAZON

COCA "PORT" The town of Puerto Francisco de Orellana sits on the confluence of the Coca and Napo rivers and is commonly known as "Coca". It's the starting point for the high speed river boat journey into the Amazon. Bars and eating places nearby, although we were provided with a packed lunch from Wildsumaco as well as a snack from Napo Wildlife Centre on board the boat.

NAPO WILDLIFE CENTRE (Napo WLC) Just over 2-hours (80k/50m) by motorized boat downstream from Coca on the south side of the Napo river, set in a large private reserve within Yasuni National Park. Owned and managed by the **Kichwa Añangu community**. Benefits local people and preserves diverse flora and fauna of this west Amazonian area. 'Terra firme' rainforest, black-water creeks, 'varzea' (flooded) forest, rivers and lakes and two canopy towers. Some bird and mammal species occurring here in the rich tropical forest are not seen on the north bank of the river at Sacha. Well organised, attractive and comfortable lodge beside Añangu lake (or Añangucocha, "cocha" = lake). Good food and friendly staff.

YASUNI NATIONAL PARK UNESCO Biosphere Reserve. Largest, most bio-diverse and best-conserved tract of Ecuadorian Amazon rainforest. Napo Wildlife Centre is within the park. Entrance fee required for parrot-lick (usually included in Napo WLC package).

YAKU KAWSAY INTERPETATION CENTRE, YASUNI NP Several traditional-style huts, interpretation of underwater fauna, etc. Trails through good primary forest.

SACHA LODGE 2-hours (80k/50m) by motorized boat downstream from Coca on the north side of river; some bird and mammal species found here do not occur on the south side. 5,000 acre/2,000ha private reserve with similar habitats to Napo WLC. A 41m/135ft canopy tower plus a 30m/94ft high canopy walkway with a span of 275m/900ft. Well-organised, comfortable lodge beside Pilchicocha lake. Good food.

DIARY

8 November

We landed at Quito's fairly new airport at about 16.00h and were quickly through passport control and customs. All the officers were very cheerful and welcoming and we collected our bags without delay. Our driver was there to meet us and we soon reached the car park where a **Rufous-collared Sparrow** was foraging beside our spacious vehicle. It was raining lightly but it wasn't cold. We were aware of the altitude already (2,800m/9,186ft). The airport is 18kms east of the city and with "rush hour" traffic it took about 1½ hrs to reach our hotel. The rain stopped and we saw lots of **Eared Doves** and **Great Thrushes** (they really are big), more Rufous-collared Sparrows and brief views of **Common Ground Dove**. Hotel Sebastian is a fairly typical city hotel with comfortable, spacious rooms and a restaurant with a varied menu. It had been a very long day and we retired soon after dinner.

9 November

A leisurely day in Quito adjusting to altitude; we lingered over breakfast (buffet-style, cereals, breads, cheeses, fruits, juices, tea and coffee, with eggs cooked to order) and our first hummingbird appeared in a tree by the window - **Sparkling Violetear!** We spent the morning in a small park opposite the hotel, finding some good birds and butterflies in the warm sunshine. Highlights were **Blackburnian Warbler**, **American Redstart** and **Cinereous Conebill**. After lunch at the hotel we walked the tree-lined streets, picking up more birds (**Black-tailed Trainbearer**) until late afternoon when the cloud thickened, thunder rumbled and it started to rain.

10 November

Andrea Molina, our guide for the next nine days, met us in the lobby at 07.15h and our driver, Carlos, quickly loaded the bags and we were away by 07.25h. Leaving the hustle and bustle of the city, we climbed up through a green, forested landscape with superb views of Pichincha volcano. First stop was **Alambi**, just an hour from the city; a fabulous site with **10 species of hummingbird** whizzing around nectar-feeders just a few metres from us and several confusing tanagers (well, confusing for those who'd never been to South or even Central America before) feasting on bananas. Notable highlights were **Western Emerald**, **Red-headed Barbet**, **Ecuadorian Thrush**, **Choco Brush Finch**, **Yellow-tufted Dacnis**. In warm sunshine we walked down to the river, hoping for White-capped Dipper, but no luck. Consolation came, though, with a pair of **Golden-headed Quetzals** and **Pacific Hornero** and many other birds, frogs, butterflies and flowers. We had another half hour with the hummingbirds before continuing our journey along **Tandyapa Valley** to **El Septimo Paraiso Lodge**. The sun was still shining as we arrived and we sat in the lush garden surrounded by birds and butterflies until lunch was ready. It started to rain but birds were still active, **White-whiskered Hermit**, **Violet-tailed Sylph**, **Ornate Flycatcher** and **Beryl-spangled Tanager** being the most notable. We then drove just a few minutes along the road in this spectacular **Mindo** area, seeing **Lyre-tailed Nightjar**, **Rufous Motmot**, **Torrent Tyrannulet**, **Masked Water Tyrant** and **Yellow-bellied Seedeater**. We were looking forward to our 3-night stay here even though there was heavy rain overnight.

11 November

Breakfast at 05.15h (still raining) and away by 06.00h heading for Silanche Conservation Area. Rain stopped by 08.00h, becoming hot, damp and humid. Before reaching Silanche we stopped a few times and walked for a while by secondary forest and open areas for some good birding, including excellent views of a **Laughing Falcon** with a very long snake. Other highlights on route were **Barred Puffbird**, **Black-mandibled Toucan**, **Red-rumped Woodpecker**, **Pacific Parrotlet**, **White-thighed Swallow** and **Bay Wren**. At **Silanche** we first climbed the 15m/50ft observation platform for views over the forest before walking a trail in hope of **White-bearded Manakin** - success! As well as plenty more birds and insects, the climbers, bromeliads and orchids were impressive. We tried the tower again and were rewarded with six superb **Swallow-tailed Kites**. Other highlights at Silanche were **Doubled-toothed Kite**, **Bicolored Hawk**, **Lesser Swallow-tailed Swift**, **Blue-chested** and **Purple-chested Hummingbirds**, **Checker-throated Antwren**, **Black-capped Pygmy Tyrant**,

Black-and-white Becard. After all this we were feeling hungry and enjoyed a packed lunch (tasty rice with vegetables, plantain crisps, home-made cake, an orange and soft drinks) before walking along the road to the Rio Silanche bridge. A huge "**Morpho**" butterfly danced around us and we found **Rufous Motmot** and **Buff-rumped Warbler**. A group of children were fascinated by Andrea's telescope. It was very hot and humid and by 16.00h we were ready to head back to the lodge. It took only an hour so there was plenty of time before dinner to shower, relax and do the check list. Rain again by 21.00h but the frogs and moths around the cabins were great.

12 November

Today's itinerary included Rancho Suamox and Milpe Gardens, but first we enjoyed another session at **Silanche** tower - much more productive than yesterday, including two **Guayaquil Woodpeckers** and another **Swallow-tailed Kite**, then took a short walk along the forest trail. Highlights of the morning were **Pale-mandibled Aracari**, **Purple-chested Hummingbird**, **White-tailed Trogon**, **Broad-billed Motmot**, **Choco Toucan**, **Purple-throated Fruitcrow**, **Masked Tityra**, **Tawny-crested and Rufous-winged Tanagers**, **Tufted Dacnis**. At nearby **Rancho Suamox** we watched at the feeding station and walked the woodland and gardens - **Streak-headed Woodcreeper**, **Sooty-headed Tyrannulet**, **Orange-billed Sparrow**, **Dusky-faced Tanager**, **Pallid Dove** and **Great Antshrike** as well as a large, round "oven" nest of **Pacific Hornero**. Lunch today was at a very nice restaurant, San Miguel's in Los Bancos, complete with a bird feeding station by the window (**Bananaquit** and six species of **hummingbird**) and a veranda high above the Rio Blanco. Heavy mist had descended but by the time we reached **Milpe Gardens** visibility improved and we saw a good range of species - **Collared Trogon**, **Cinnamon** and **One-colored Becards**, **Choco and Three-striped Warblers**, **Swallow Tanager**. Back at **El Septimo Paraiso Lodge** we had ½ hour in the grounds watching **Booted Racket-tail** and **Violet-tailed Sylph**. A **Black Agouti** trotted across a path as it was getting dark and an **Equatorial Anole Lizard** was chasing moths in the lounge.

13 November

We left at 05.30h for **Mashpi Road**, passing the archaeological/cultural site of Tulipe on the equator. First target for the day was **Club-winged Manakin** and we were lucky, with two males displaying! The species kept coming: a female **Lyre-tailed Nightjar**, three **Rose-faced Parrots**, **Band-tailed Pigeon**, **Empress Brilliant**, **Purple-bibbed Whitetip**, **Smoky-brown Woodpecker**, **Orange-breasted Fruiteater**, **Andean Solitaire**, **Moss-backed Tanager**, **Black-chinned Mountain Tanager** and **Indigo Flowerpiercer**. It had been an excellent morning and by 11.00h we were ready for some refreshment - just off the road was a couple of benches and a table under a canopy where an enterprising young couple have set up a bird feeding station and offer coffee, tea and biscuits. We spent a very pleasant hour there watching such delights as **Velvet-purple Coronet** and **Crowned Woodnymph**. Lunch was in the town of **Pacto**; the coffee-stall couple joined us and we learnt that they had provided the (organic) chicken and fruit for our meal.

Back in our vehicle and heading towards Bellavista, we turned off the tarmac onto a dirt road and almost immediately a **Sickle-winged Guan** flew in front of us. We arrived at **Bellavista Lodge** by 15.30h and settled in for a four-night stay. The first bird we saw was **Strong-billed Woodcreeper**, soon followed by **Masked Trogon**, **Golden-crowned Flycatcher**, **Green-and-black Fruiteater**, **Grass-green Tanager**, **White-sided Flowerpiercer** and a whole range of **hummingbirds**. At dusk moths descended on every wall, a huge variety of weird and wonderful shapes, sizes and colours, accompanied by cicadas, leafhoppers, stick insects - all sitting quietly, dazzled by the lights. There will be a lot of food in the morning for the birds. After dinner two of us sat on the top veranda watching the trees where staff had hauled up bunches of bananas; the night sounds were fantastic. After some time we had splendid views of an **Olinguito**, a mammal not recognised as a species until 2013 and so far found only in high elevation cloud forests of Ecuador and Colombia. It's a nocturnal, arboreal fruit-eater and at Bellavista bananas are provided each evening to entice it into view.

14 November

We left at 05.00h to reach **Angel Paz's** Cock-of-the-rock area. As we walked along the narrow trail towards a viewing shelter the air was filled with the strange rasping calls of lekking males. As they dashed past gaps in the trees we caught flashes of incredibly-bright red, black and grey. The atmosphere was amazing. It took a while, but eventually we had good views of perched and displaying males - stunning. Then Andrea called us urgently - a roosting **Rufous-bellied Nighthawk**. What a fantastic morning! We moved on and walked for a while by a river and, after a little coaxing with titbits from Angel, a **Yellow-breasted Antpitta** appeared, giving excellent views. At some nearby hummingbird feeders we were lucky to see **Wedge-billed Hummingbird**, a good bird to see. Then it was time for more antpittas; a steep climb up a hillside and similar coaxing enticed the **Giant Antpitta** onto the path in front of us - fabulous views! A little further on an **Ochre-breasted Antpitta** was also lured out to perch on branches in front of us and this little beauty had the most curious swaying motion. A short drive from the river took us to another site where two **Chestnut-crowned Antpittas** were encouraged into the open. Other highlights this morning were **Golden-headed Quetzal**, **Golden-winged Manakin** and **Sepia-brown Wren**. All this before a proper breakfast!

We took a break at a nearby rural hostel which served a light, traditional breakfast whilst we watched a **Broad-winged Hawk** above a wooded hillside.

This afternoon's target was **Oilbirds** and we had a couple of hours' drive to reach the site a few miles from the village of **Chontal**. It was a short walk to a narrow gorge, then a scramble up and over a wet, rocky stream and there they were! At least 16 of them, sleepily peering down at us from ledges and crevices in the rock face. We stayed for ages as it was hard

to drag ourselves away from these beguiling birds. Almost reeling from such an amazing day, we headed back to **Bellavista**, stopping for half an hour to check out a new feeder site (**Quinta Luna**) not far from the Lodge - and saw yet more hummingbird species: *Tawny-bellied Hermit*, *Fawn-breasted Brilliant* and *Brown Inca*, then at **Bellavista** we added *Azara's Spinetail* to our fast-growing list. The *Olinguito* was very obliging tonight, putting on a good show for those who had missed it yesterday.

15 November

Early morning was spent around **Bellavista Lodge** and after breakfast we walked a steep trail through cool, thick cloud forest and up to a gravel track for some forest edge birding. Along the track the sun was really warm; butterflies were in abundance around the many flowers and dragonflies were all around us. At the end of the track a welcome sight was Carlos sitting in our bus ready to return us to the lodge. After lunch some of the group birded the roadsides not far from the lodge, others stayed around the lodge's short trails.

Highlights around Bellavista included *Toucan Barbet*, *Rufous-headed Pygmy Tyrant*, *Yellow-bellied Chat Tyrant*, *Flavescent Flycatcher*, *White-winged Brush Finch*, *Hooded Mountain Tanager*, *Golden Grosbeak* and away from the lodge *Plate-billed Mountain Toucan* and *Tanager Finch* were good finds.

16 November

Four of us spent the day birding **Milpe** where the morning's highlights were *Choco Trogon* and *Snowy-throated Kingbird*. After a stop for lunch at San Miguel's in Los Bancos town again, they slowly birded their way back to the Lodge. Others walked **Bellavista's** very productive trails; some of the highlights were *White-throated Ground Dove*, *Blue-winged Mountain Tanager*, *Empress Brilliant*, *Masked Trogon*, *Toucan-Barbet*, *White-faced Nunbird*, *Cinnamon Flycatcher*, *Grey-breasted Wood Wren*, *Beryl-spangled and Flame-faced Tanagers*, *Chestnut-capped Brush Finch*. In the evening moths were out in force and we took a ridiculous number of photographs - it will be a challenge to get them identified!

17 November

We had a final early morning walk along the "Compost Trail" at **Bellavista** where *Powerful Woodpecker*, *Slaty-backed Nightingale-Thrush* and *Rufous-chested Tanager* were amongst the highlights. After breakfast we set off for another visit to Alambi's amazing feeding station. On route our driver pointed out a *Cock-of-the-rock's nest* below an overhang on the roadside. **Alambi** didn't disappoint - *Summer* and *Silver-throated Tanagers*, *Western Emerald*, *Choco Brush Finch* and a fantastic performance by the hummingbirds including *Purple-bibbed Whitetip* and *White-whiskered Hermit*. A *Barred Hawk* flew over. We enjoyed a leisurely lunch at Alambi then drove to Hotel Sebastian in Quito. Jo Thomas had flown in today and she joined us around 18.00h.

18 November

Breakfast at 06.00h and away by 06.45h for the 1½hr drive to Yanacocha. City traffic was quite heavy but soon we were in open country, still on the western slope of the Andes. This is cattle-grazing country so most of the forest has gone. Climbing higher to steep, forested slopes under a clear blue sky the views were stunning once more. We reached the Jocotoco Foundation's **Yanacocha Reserve**, an area of high elevation cloud-forest which holds almost the entire known world population of the critically endangered Black-breasted Puffleg. Sightings have been few and far-between in recent times and we were not lucky. At this altitude (3,400m/11,150ft) we walked quite slowly but it was fairly level ground with just a few gentle inclines. There were so many birds to see: *Andean Guan* within minutes of leaving the vehicle, then *Barred-bellied Woodpecker*, *Rufous Antpitta*, *Supercilliaried Hemispingus* and *Black-chested Mountain Tanager*. Plants were impressive, too, with several species of orchid. Even up here we found hummingbird feeders with *Great Sapphirewing*, *Golden-breasted* and *Sapphire-vented Pufflegs*. High in the tree above us was an unbelievable *Sword-billed Hummingbird*; our only disappointment was that we didn't see it feed.

Steadily the cloud built up and it began to rain, although not heavily, so we sat under the shelter by the hummingbirds with our packed lunch. We went down nearer the start of the trail but were soon thwarted as cloud descended and visibility was very poor. Having seen so many good things we decided to call it a day and return to Quito where we said goodbye to Carlos (we'll miss his cheery personality). Andrea did her final checklist with us before she, too, left us as we'd completed our tour of the northwest slopes of the Andes. Tomorrow will bring new adventures!

19 November

Our new guide Jonas Nilssen and driver Luis joined us for breakfast at Hotel Sebastian. Luis was driving a vehicle bigger and even more comfortable than our previous one. Again, it took some time to get through Quito's traffic into the green grazing lands and (sadly) some conifer plantations on the eastern slope. Higher up, on our way to **Antisana**, we passed a very old lava flow (some quarrying going on). Higher still and we stopped by a bridge to walk beside a stream and soon saw a female *Ecuadorian Hillstar* and both *Chestnut-winged* and *Stout-billed Cinclodes*. The plants here were very different. The road climbed even higher and we reached dry grass páramo; as the cloud broke we could see snow-capped Cotapaxi volcano in the distant and then stunning views of Antisana's ice fields and "ice rock faces". At this high elevation we had expected to be cold but we were lucky as there was virtually no wind or rain, just cloud, so we were quite

comfortable, nothing like the chill of home on the north Norfolk coast! On the wide open páramo we had two very close *Andean Ibis*, a flock of *Andean Gulls* and dozens of *Carunculated Caracaras*. Jonas found a distant, perched *Aplomado Falcon* and we managed to get decent 'scope views. Suddenly, above a ridge, soared an *Andean Condor*! Then another. Two truly huge birds. One was a young bird. They were in view on and off for about 10 minutes. What wonderful luck. We moved on, passing some distant grazing llamas and seeing more high altitude birds and two *White-tailed Deer* resting in the open beside the road. We passed a small lake before reaching the very large La Mica lake (which provides much of Quito's water) with *Silvery Grebe*, *Andean Teal* and much more. Other highlights were *Variable Hawk*, *Yellow-billed Pintail*, *Andean Coot*, *Andean Lapwing*, *Black-chested Buzzard-eagle*, *Black-winged Ground Dove*, *Paramo Pipit* and *Black-billed Shrike-tyrant*. We were now well over 4,000m/c.13,200ft and one of our party was suffering so we quickly went down to lower ground. It had been a spectacular morning.

Lunch was at a small restaurant overlooking a steep, rugged cliff face where a pair of *Andean Condors* nested. We enjoyed prolonged views of both adults coming and going and what seemed to be two recently-fledged juveniles, one of which was tagged. These two seemed to have a different plumage from the young bird seen earlier so we may have seen five birds in total - but perhaps not, so we'll say four! From the other window we could see a *Giant Hummingbird*, so it was very hard to concentrate on the delicious traditional lunch being served to us. As we returned to our vehicle a *Hooded Siskin* was singing from a tree top.

The cloud thickened as we dropped lower and we were in heavy mist then rain by the time we reached **Guango Lodge** at 16.30h. Never mind, plenty of hummingbirds as we walked along the path to Reception, including *Tourmaline Sunangel*. Someone had seen fresh *Mountain Tapir* tracks on the trail opposite the Lodge this afternoon so we quickly set off along a steep, muddy trail in the hope of finding at least some tracks if not the beast itself. Not much luck, just one rather obscure footprint, but at least we knew the animal was around. It was almost dark as we returned to the Lodge but we'd had good views of *White-capped Dipper* under the road bridge.

Back at Guango Lodge we did the checklist by a fire in the cosy upstairs lounge. After dinner staff brought us hot water bottles; with portable heaters already in the room, we were more than cosy!

20 November

Breakfast at 05.30h then off to the amazing landscape of **Papallacta**. Masses of flowering plants and shrubs fascinated us as we made our way up from wet páramo to the high, rocky habitat with an array of "cushion plants" at the radio station on a high ridge with stunning views of Andean peaks stretching far into the distance. We reached about 4,200m/13,800ft and Jonas continually reminded us to take it slowly. He went ahead as we watched *Plumbeous Sierra-finches* and photographed some impressive plants. Jonas called us. "DON'T RUN; take your time, they won't fly away!!" They didn't. He'd found a couple of *Rufous-bellied Seedsnipe* and their camouflage in this habitat was perfect, so hard to see until they moved. We had very close views as they foraged just below the track. Over the next couple of hours we slowly wandered downhill, birding and botanising all the way; some of us found it difficult to drag ourselves away from the many varied and fascinating plants, while the true birders amongst us were drawn from one specialty to another: *Ecuadorian Hillstar*, *Andean Tit-spinetail*, *Blue-mantled Thornbill*, *White-chinned Thistle-tail*, *Many-striped Canastero* and *Brown-backed Chat-tyrant*.

Before lunch at **Guango Lodge** we walked the riverside trail finding first a male, then a female *Torrent Duck* as well as the only *Slaty-backed Chat-tyrant* of the trip. It was raining after lunch so we drove down lower to **Baeza** (about 1½ hrs) and went to **Granja "Eco" Farm**. Scenically it's a beautiful place, full of birds, but it's a strange set-up; a few vegetables here and there, lots of flowering trees and shrubs, several large wire pens with captive animals - an *Amazonian Tapir* (why not the local native *Mountain Tapir*?), an *African Ostrich*, and a native Red Brocket Deer. We followed a marked trail across open fields (llamas and cows) and through some interesting natural woodland where we had good views of *Ash-browed Spinetail*, *Golden-rumped Euphonia*, *Inca Jay* and *Golden-collared Honeycreeper*. It wasn't raining but the clouds were threatening and thunder rumbled all around us. As we left the "farm" a couple of small birds were chasing across a field - *Vermilion Flycatchers*! - then we saw a pair of *Southern Lapwings*.

It rained again this evening but it didn't bother us as we sat by the fire doing the checklist! After yet another tasty evening meal we retired at 21.00h to our very warm beds.

21 November

Another high-altitude morning. We were in the **Cayambe-Coca Ecological Reserve**, near Laguna Parcacocha, having driven through the village of Papallacta. We continuously scanned the dense, shrubby and steep habitat on the way up, hoping in vain for a glimpse of Spectacled Bear, Mountain Tapir or Andean Fox. We walked the road for a couple of hours through fascinating páramo habitat (yet more different plant species) and wonderful scenery. Birds, too, were fascinating - *Shining Sunbeam*, *Viridian Metaltail*, *Black-backed Bush Tanager*, *Black-chested* and *Masked Mountain Tanagers*. Although we were near 4,000m/13,000ft again there was hardly any wind and only high cloud, no rain.

Having succeeded in seeing many of the special birds at this altitude, we returned to Guango Lodge and walked the trails where we were lucky to see a flock of *Red-hooded Tanagers*. Other highlights were *Northern Mountain Cacique*,

Russet-crowned Warbler, Grey-headed Bush Tanager and Buff-breasted Mountain Tanager. Our luck continued because the rain held off until the end of our walk.

After lunch we departed for San Isidro, making several roadside stops along the way, encountering **Black-and-chestnut Eagle, Saffron-crowned Tanager and Torrent Duck.** There was no time to settle into our rooms at Cabañas San Isidro because our cabins had their own hummingbird feeders; **Bronzy Inca and Long-tailed Sylph** are impossible to ignore and some of us were late for the check list call. There was a little rain but it didn't stop us finding a **Pale-edged Flycatcher** along the wooded pathway. It was much warmer here and immediately after dinner we went in search of the "**San Isidro Owl**" which took only a matter of minutes; a very obliging bird. We watched from the restaurant veranda as Tapirs often come to the salt lick here but probably much later when there are fewer people about and we were just too tired to stay longer.

22 November

We spent early morning around **San Isidro** lodge and the roadside - **Handsome Flycatcher, White-throated Toucanet, Streak-headed Antbird.** Staff had scattered corn near the cabins which enticed a **Black Agouti.** We visited one of the trails where a **White-bellied Antpitta** is fed every morning; we were not disappointed and enjoyed wonderful views.

After lunch we drove to **Bermejo Road** with lots of roadside stops; two new species were **Lemon-browed Flycatcher** and **Crimson-mantled Woodpecker.** Other species included **Blue-winged Mountain Tanager, Saffron-crowned Tanager** and **Capped Conebill.** Although it was overcast and quite dull, there was no rain.

This evening at **San Isidro** we stood on a rooftop watchpoint hoping for Kinkajou or Night Monkey - no luck, but the night sounds were good with three or four **Wattled Guans** and a **Rufous-banded Owl** calling. We abandoned the watch when light drizzle turned to rain.

23 November

Overnight rain had eased by dawn and after breakfast we birded around the grounds for an hour or so, finding **Rufous-Crowned Tody-Flycatcher, Glossy-black Thrush, Black-eared Hemispingus** and **Saffron-crowned Tanager** then a mixed feeding flock came along and **Spotted Barbtail, Pearled Treerunner, Montane Woodcreeper, Smoke-colored Pewee, Golden-crowned Flycatcher, Black-and-white Warbler, Spectacled Whitestart, Common Bush Tanager, Blue-grey, Beryl-spangled** and **Summer Tanagers** kept us busy for quite a while. As we were moving on to Wildsumaco today we loaded our bags onto the vehicle by about 07.00h. However, the mist thickened and visibility was very poor so there was no point sticking to our original plan of walking the nearby Guacamayos Ridge Trail even though this meant missing the chance of goodies such as Greater Scythebill, Masked Saltator and Bicolored Antvireo. We drove lower where it was a little better but at the first stop we could only *hear* birds, not seeing anything at all. Continuing down the road, signs announced that we were leaving Antisana Natural Reserve and entering Sumaco National Park - all wonderful, protected forest, just a pity we couldn't see it through the mist! But whilst crossing a couple of rivers we saw a **Torrent Duck** and a **Fasciated Tiger Heron.** A big surprise was a **Merlin** perched in a small tree - Jonas informed us it was the first record for this area, so he was very keen to get a photograph.

Eventually the sky cleared and at the next stop, by a cafe overlooking a wide area of scrub, cultivations and a wet marsh we saw a nice range of species, including **Blackish Rail, Glittering-throated Emerald, Violaceous Jay, Black-capped Donacobius, Thrush-like Wren, Crested Oropendola, Magpie Tanager, Yellow-browed Sparrow** and **Chestnut-bellied Seed Finch.** Dropping still lower, we had a productive hour at the roadside, picking up **Short-tailed Hawk, Short-tailed Swift, Yellow-tufted and Little Woodpeckers, Boat-billed Flycatcher, White-banded Swallow** and **Giant Cowbird** amongst many others. We then went to lunch at **El Paraiso de las Orquideas** ("The Orchid Paradise") where, instead of ordering a meal, Jonas said we should eat our own packed lunches! To ease our conscience a little we said yes to the offer of freshly-made crême brûlée as well as tea and coffee! The staff seemed quite relaxed about this arrangement, it probably happens regularly. The place is also a rescue centre for "wild animals" and a semi-tame Woolly Monkey was a bit of a nuisance.

We then made our way along the **Loreto Road** stopping four times for short walks. At the first stop we had really close views of a roosting **Blackish Nightjar** and we could hear **Andean Cock-of-the-rocks** lekking but unfortunately couldn't actually see them. The second stop by steep cliffs produced at least three **Cliff Flycatchers.** Another stop was by a bridge adorned with huge Nephila spiders but our attention was soon drawn away from them by a **Green-fronted Lancebill** down by the river. Another stop, another cafe, this time with an array of gorgeous butterflies swarming over the wet ground. We walked down to a photogenic waterfall and some hummingbird feeders and had our first encounter with **Many-spotted Hummingbird.** Other species were **Southern Lapwing, Blue-headed Parrot, Common Tody-Flycatcher, Great Kiskadee, White-winged Swallow, White-lored Euphonia, Turquoise Tanager** and **Greyish Saltator.**

Eventually we turned onto the long, very rough track leading to Wildumaco Lodge, seeing **Scaled Pigeon** and two calling **Black-mandibled Toucans** along the way. It was late afternoon by the time we reached the lodge and we made the most of remaining daylight sitting on the veranda watching **Gould's Jewelfront, Napo Sabrewing** and **Rufous-vented Whitetip.**

As darkness fell, three **Band-bellied Owls** were calling close to the veranda and moths of all shapes and sizes were everywhere, together with some really weird-looking crickets. There will be another bird-feast in the morning!

24 November

Luis, our driver, left us after breakfast as there was no need for a big vehicle here; most of the time we will be walking the trails and the Lodge has its own vehicle if needed. Our first walk was out from the lodge and along the road. Some of the species seen in the mixed woodland and scrub were **White-backed Fire-eye**, **Bronze-green Euphonia**, **Yellow-throated Bush Tanager** and **Spotted Tanager**. The walk was cut short as it started to rain, then it poured down and we hurried back to the lodge. Jonas lit a huge fire in the lounge to dry our coats and rucksacks and we then moved out to the covered veranda where many birds were in view - **Squirrel Cuckoo**, **Napo Sabrewing**, **Black-throated Brilliant**, **Hair-crested Thorntail** and **Guilded Barbet**. The grounds around the lodge were great, with **Violet-headed Hummingbird**, **Gorgeted Woodstar**, **Ecuadorian Tyrannulet**, **Fiery-throated Fruiteater**, **Olivaceous Greenlet**, **Golden-collared Toucanet** and **Cerulean Warbler**, so we didn't need to go far when it stopped raining.

The afternoon walk along **Coopman Trail** was brilliant with many more birds being added to our list as we moved from open areas through species-rich old secondary forest and into dense primary forest. Here we saw **Fiery-throated Fruiteater**, **Golden-winged** and **Blue-rumped Manakins**. A lodge guide (called "Campion") feeds a **Plain-backed Antpitta** here; we had amazingly-close views! To end the day we walked along the road, making a detour to yet more hummingbird feeders. **Coppery-chested Jacamar**, **Ecuadorian Piedtail** and a fly-over **Military Macaw** were the star birds.

25 November

Still raining but this didn't stop the hummingbirds from feeding and we enjoyed watching **Black-throated Brilliant** and **Gould's Jewelfront** from the veranda. As the rain eased off **Napo Tamarins** scampered up the trees to reach bananas put out for them. We set off at 09.30h to walk one of the trails, first through old secondary forest then into fabulous primary forest, full of insects, fungi and, of course, birds - **Olive-chested Flycatcher**, **White-necked Thrush**, **White-breasted Woodwren**, **Plain Antvireo** and **Collared Trogon**. Unfortunately we failed to find the Band-bellied Owl seen by others yesterday; maybe the very heavy, prolonged rain had forced it to find a better roost.

After a few hours mist thickened then turned to light rain so we resorted to driving along the approach road, walking whenever the mist lifted for a while. It certainly wasn't a wasted afternoon: **Yellow-tufted Woodpecker**, **White-thighed Swallow**, **Olive-backed Woodcreeper**, **Blue-rumped** and **White-crowned Manakins**, **Tawny-breasted Myiobius**, **American Redstart**, **Magpie Tanager** and **Paradise Tanager**. We arrived back at the lodge just before dusk when the sky cleared, giving wonderful views of Antisana volcano. Lots of insects around and intense night sounds.

26 November

We took a gentle stroll in the lodge grounds and Lodge Loop before tackling a longer trail through open areas, secondary forest, then back into primary forest. In this rich, dense habitat some birds were reasonably easy to see but many could only be heard or barely glimpsed. We reached the Biological Research base built by the owners of Wildsumaco Lodge and part-funded by two Ecuadorian universities; there were some good birds here, including **Channel-billed Toucan**, **Little Woodpecker**, **Olive-chested Flycatcher**, **White-winged Becard** and **Striated Puffbird**. Following some steep trails we found **Ecuadorian Piedtail**, **Grey-tailed Piha**, **Wing-banded Wren** and a brief view of an **Andean Cock-of-the-rock**.

We perfected the technique of birding with an umbrella as we walked along the approach road and up to some more hummingbird feeders. Highlights included **Grey-breasted Sabrewing**, **Violet-fronted Brilliant**, **Red-billed Tyrannulet**, **Chestnut-bellied Seedeater** and **Rose-breasted Grosbeak**. Other species included **Squirrel Cuckoo**, **Violet-headed hummingbird**, **Gorgeted Woodstar**, **Military Macaw**, **Dusky Spinetail**, **Lined Antshrike**, **Blackish Antbird**, **White-crowned Manakin** and **Thrush-like Wren**. Then to round off the day nicely we saw two **Sickle-winged Guans** outside the dining room!

27 November

Up at 04.30h to pack as we move on to Amazonia today! As the sun rose, we watched the snow-covered peaks of Antisana turning a delicate shade of pink. Our departure was delayed a little because as Jo opened the dining room door a hummingbird flew in! This has happened before – Jonas and team swung into action, grabbing a large "butterfly" net and attempting to catch it but luckily it found its own way out after a while. The delay gave the rest of us a few extra minutes birding - the best sighting being more **Sickle-winged Guans**.

Our early departure was necessary due to resurfacing work along the approach road. Jonas had been advised to reach the main road before 08.00h but we found work had already begun by 07.45 and we feared we'd get stuck in the mud. Wildsumaco had anticipated this; a second truck followed us and was ready to haul us out if necessary – but we were OK.

As we dropped lower it became more "tropical", hot and humid. We saw our first **Great Yellow-headed Vulture** and a **Plumbeous Kite**. There was a couple of hours wait beside the river at Coca (where the Napo and Coca rivers meet) before the boat arrived for our journey along the Napo. Only 11.30h and we were already eating our boxed lunch when a hummingbird whizzed by – **Black-throated Mango**, the only sighting in the whole trip. Our new guide, Edwin Perez

arrived and we said a fond farewell to Jonas who by now was wilting in the heat and humidity and more than ready to head for home in the heights of Quito. Edwin briefed us on what to expect for the rest of the day: a 2½hr fast boat along the Rio Napo to the “Welcome” area of Napo Wildlife Centre; followed by 1½hrs on a paddle-canoe to reach the lodge. We boarded the motor boat along with other groups staying at a different lodge (it is basically a river bus service) and donned life jackets – Edwin assured us they weren’t necessary but safety regulations stipulate they must be worn. Next we were handed lunch bags (yes, more food) and those of us with dietary preferences received individually-named bags! Soon we were speeding down the wide Napo river. At first there were many clearings and buildings; Edwin explained about the oil exploration here and the waste gas being continuously burnt off, day and night, as the “most economical” way of dealing with it - cheaper than getting the gas to needy local communities. There’s no concern for the thousands of moths and other insects that are attracted and die in the flames each night. The river widened and the forest on each side became much more dense; large islands appeared in the river, some densely vegetated, some pure sand and at last it felt we were really in the Amazon. We were travelling too fast for birdwatching but we did see *Osprey* and *Large-billed Tern*. Time passed quickly, the boat slowed and we turned into a narrow black-water channel and arrived at **Napo Wildlife Centre’s Welcome Point** (or “warehouse” as it is usually called), a collection of neat rustic buildings including a restaurant, covered seating area and toilet block. In a 10-minute stop here we watched nesting *Yellow-rumped Caciques*, *Ferruginous Pygmy Owl* and two *Tropical Screech Owls*. What a great start! Then we were all on the canoe with our three guides paddling hard and fast; we wanted to take it slowly but Edwin explained why this wasn’t possible at the moment; not enough rain had fallen. Water levels were still low and flowing very fast in a narrow channel; when levels are higher water spreads widely, flooding the forest, and slowing the current. Edwin assured us it would be much better as we got nearer to the lodge. Suddenly the canoe “stopped” – all three paddlers fighting to hold it still against the current. Favian (our local naturalist guide) had spotted a *Two-toed Sloth* hanging in a tall tree! The canoe stopped or slowed many more times for us to view *Amazonian Streaked Antwren*, *Orange-crested Manakin*, *Grey-headed and Masked Crimson Tanagers*, *White-chinned Jacamar* and *Limpkin*, a troop of *Squirrel Monkeys* and a small pale yellow frog with a big black spot on its head. Gradually the channel widened and we could now really appreciate the trees, bamboo and climbers. We heard a strange, hoarse “huffing and puffing” and realised we’d found our first *Hoatzins*. They really are weird. It was almost two hours before the tall observation tower of Napo WLC appeared above the tree line and we emerged onto a large, scenic lake. Instead of heading directly towards the lodge, we veered towards the centre of the Añangu lake to see a huge *Black Caiman* floating at the surface. So, how come they say you can swim in the lake provided you are out of the water before dusk?

After settling into our rather luxurious cabins we strolled over to the dining area, delayed somewhat by a *Smooth-billed Ani* and a family group of *Great Kiskadees*. Dinner was buffet-style by the lake; it was very warm and humid with a background chorus of frogs and insects. A *Pauraque* flew up from the path as we walked back to our cabin. We were glad of nets around our bed tonight, not for mosquitoes (there were none) but to keep the moths off of us as we slept.

28 November

The first sound we heard on waking was a *Pauraque* then, as dawn broke, we could hear what at first sounded like a distant gale, but there wasn’t a breath of wind. It was *Howler Monkeys*! This was to become a familiar sound morning and evening, and sometimes even in the middle of the day. As we had breakfast dozens of *Long-nosed Bats* were skimming across the lake; an unusual species as they roost in the open on low branches overhanging the water’s edge.

By 06.00h we were out on the canoe moving slowly along narrow channels in the forest. *Hoatzin’s* must be late risers as they seemed barely awake as we drifted past. *Black-capped Donacobius* were much more alert! We had a nice view of *Capped Heron* before leaving the canoe to walk the Napo Trail and reached the 39m/130ft **Canopy Tower** built onto a massive Kapok tree. It was a steep climb and quite hard work in such high humidity, but well worth the effort; what a magnificent view! It’s stunning to be above the canopy, being able to properly see some of the species that live up here - *Scarlet Macaw*, *Blue-and-Yellow Macaw*, *Plum-throated* and *Spangled Cotingas*, *Green* and *Olive Oropendolas*. Way off in the distance we could just make out Sacha Lodge’s canopy walkway above the forest - scary! We were up there for 2½ hours and would happily have stayed much longer. Very reluctantly we headed back to the canoe, seeing a marvellous *Wire-tailed Manakin* on the way, then a *Sungrebe* from the canoe. As we reached Añangu Lake the guides suddenly started paddling furiously, heading for the opposite side of the lake - they’d spotted a massive *Anaconda* on the bank. It was about 5.5m/18ft long but Edwin said it was still a youngster and had a lot more growing to do!

Through the heat of the day we lazed in hammocks on our verandas, watching *Black Agoutis* and many butterflies then strolled around the lodge grounds (a *King Vulture* overhead was spectacular) and by the lake (*Yellow-spotted Amazon River Turtles*). At 16.00h we were back on the canoe and drifting slowly along another narrow channel; numerous holes and “slides” down to the water were the home of a Giant Otter family but disappointingly they had recently moved on. Never mind, plenty more to see; highlights were *Silvered* and *Plumbeous Antbirds*, *Dusky-throated Antshrike*, *Slender-billed Kite*, *White-throated Toucan*, *Black-headed Parrot*, *Rufous-bellied Euphonia*, *Black-faced* and *Blue Dacnis*. Light was fading fast when some of us saw *Night Monkeys* and then we all heard a peculiar, hollow “whoop” call. The guides got very excited and worked hard to get us in close, using torches to show us a *Zigzag Heron*, then another which seemed to be a juvenile. Elated by this experience, we were then treated to a wonderful display of fireflies along the water’s edge as we headed back to the lodge. A great end to yet another memorable day.

29 November

Today's plan was to visit islands in the Napo river then on to Yasuni National Park's parrot lick. First, though, we had a very productive time going slowly along the main channel in the canoe (*Equatorial Saki Monkey*, *Rufescent Tiger Heron*, *Ringed Kingfisher*, *White-chinned Jacamar*, *Lettered Aracari*, *Slate-colored Hawk* and *Greater Potoo*). At the "Warehouse" we had a ten minute wait before boarding the river boat; there were many butterflies around and, best of all, a *Red Titi monkey* resting in a tree.

All the guides keep in touch by radio so we were able to reach an exposed patch of steep river bank on the main Napo river at just the right time - dozens of *Blue-headed Parrots* and *Dusky-headed Parakeets* were gathering at the salt-rich soil, a lovely sight.

We moved on to the islands in the main Napo river, seeing *Cocoi Heron*, *Roseate Spoonbill*, *Pied Plover*, *Oriole Blackbird* and an *Osprey* which almost sank after catching a very large fish. Then we headed back to **Yasuni National Park**. Apparently, now was the exact time for us to approach another parrot-lick. It started to rain heavily as we walked the short trail through dense forest. Dareo pointed out a spectacularly-patterned *Guichenot's Dwarf Iguana* (more commonly known as "Forest Dragon") and some huge *Owl Butterflies* along the way. It was pouring down and we were relieved to reach a covered watchpoint at the lick site. We were looking out on a muddy pool in front of a small cave with overhanging trees and vegetation. Another group of people was already in the shelter but we had plenty of room to sit comfortably and wait. We had been warned that parrots may not come down in really heavy rain but we needn't have worried; a few *Cobalt-winged Parakeets* and *Orange-cheeked Parrots* began perching above the cave, then larger groups descended and eventually hundreds were gathering with a deafening crescendo of screeching calls. There were many nervous, aborted attempts to land in the muddy pool but finally they plucked up the courage. It was a marvellous, colourful and very noisy spectacle. High above them a group of *Red Howler monkeys*, looking very forlorn in the heavy rain, occasionally peered down, apparently watching the parrots. As the last few parrots left, a young male Howler descended very cautiously but lost its nerve and hurried back up the tree. Slowly others came down and warily approached the cave, took a few sips of water then entered the cave - we could see them drinking and licking the cave walls! It seemed that these four male monkeys were reassured by the parrots' behaviour that no predators were lurking in the cave.

Instead of returning by river boat we walked through the forest back to the "Warehouse" for lunch - all cooked by Napo Wildlife Centre staff, so the same excellent standard. Outside the dining hut we photographed dozens of gorgeous, very large day-flying moths (*Green-banded Urania*) that were fluttering butterfly-like over bare earth, sipping the salts. We made our way very slowly back to the lodge by canoe - slowly because we lingered to watch *Black-tailed and Green-backed Trogons*, *Cinnamon Attila* and *Black-tailed Tityra*.

Other highlights of the day were *Spix's Guan*, *Blue-throated Piping-Guan*, *Slender-billed Kite*, *Amazon Kingfisher*, *Yellow-headed and Black Caracaras*, *Scarlet Macaw*, *Dot-backed Antbird* and *Bare-necked Fruitcrow*.

30 November

A very misty morning, foggy in fact and slow to clear, but we stuck with our plan and went to the main **Napo river** to walk on some of the islands. As we approached a big expanse of sand at the edge of tall forest we were pleased to see *Collared Plover* and *Greater Yellowlegs*.

Moving on to another, more vegetated island we found *Olive-spotted Hummingbird*, *Short-crested Flycatcher*, *Caqueta* and *Lesson's Seedeaters*. Depressingly, we found dozens of plundered river turtle nests, such easy targets as their footprints show exactly where the nest is. Our spirits were lifted as a *Yellow-headed Caracara* flew over, being chased by two *Great Kiskadees*! From the boat, after leaving the islands, we managed to see a *Great Potoo* and a *White-necked Puffbird*. Mist and cloud continued to swirl over the forest but it was hot and humid all day.

Next on our itinerary was a visit to the **Metal Tower** but we didn't get that far as we were waylaid by rather a lot of "skulkers" en route: *Mouse-coloured Antshrike*, *White-flanked Antwren*, *Black-faced Antbird*, *Peruvian Warbling Antbird* and *Sooty Antbird*. We managed to reach the tower in the afternoon via a very wet and slippery forest trail. Although there was a chance of Golden Tamarin here, we were out of luck but views over the rainforest and Napo river were fabulous. Back on the canoe it began to rain and we gratefully donned the ponchos provided by the lodge but it was only a short shower.

Other highlights were *Crimson-crested Woodpecker*, *Black-fronted Nunbird*, *Blue-and-yellow Macaw* and *Fuscous Flycatcher* (the only one of the trip), then just before reaching Añangu lake we saw a *Solitary Cacique* (yes, it was alone).

1 December

This morning we are moving to Sacha Lodge on the other side of the Napo river. Two other groups were also checking out but by 05.45 we were all on canoes and feeling sad to leave such a wonderful place.....but, hey, **we** have four more nights in the Amazon whereas everyone else is going back to Quito! We moved quickly across Añangu Lake and along the channel but still had some great sightings (*Capped Heron*, *Rufescent Tiger Heron*, *Spot-winged Antbird* and more of

the unbelievably prehistoric-looking *Hoatzins*). After a final 10 minute stop at the Warehouse we said our goodbyes to the Napo guides and boarded the motorised boat for the 20 minute transfer along the Napo river to reach **Sacha Lodge's** "Welcome Point" on the northern bank. Our new guide, Oscar Tapuy, was there to greet us. We had to say goodbye to Jo here as she was returning to the UK. There was a 40-minute walk along the edge of the forest with several birding stops along the way (*Black-fronted Nunbird*, *White-chinned Jacamar*, *Short-tailed Pygmy Tyrant*, *Coraya Wren* and *Black-mantled Tamarin monkeys*) before reaching a canoe which took us along a narrow channel and across Pilchicocha lake (smaller than Añangucocha lake at Napo and perhaps a little more picturesque) to Sacha Lodge. As we had light refreshments in the outdoor (covered) dining area it started to teem down, completely obliterating the lake from view! Needless to say, we stayed under cover until it stopped mid-afternoon (most of the walkways are covered). We spent a while lazing on the cabin verandas watching *Swallow-winged Puffbirds* and a *Black Agouti* as well as many butterflies that seemed oblivious of the rain. At 15.30h we set off in a canoe across the lake and along the Orquidea (Orchid) black-water channel, gliding almost silently through prime flooded forest ("varzea"). After about 20 minutes we got out for a short walk through forest to reach the 41m/135ft **Wooden Tower** built around a massive kapok tree. The huge boughs of the kapok were covered in bromeliads, ferns and orchids. Views over the canopy were stunning and birding was excellent; a few highlights were *Slender-billed Kite*, *Black Caracara*, *Zimmer's Flatbill*, *Spangled Cotinga*, *Black-capped Becard* and *White-lored Euphonia*. It was, of course, less hot and humid up on the tower, with the hint of a breeze. As usual, we found it difficult to tear ourselves away from this spectacle but compensation came soon after we reached terra firma - close views of a roosting *Tawny-bellied Screech Owl* and a *Lucifer or Yellow-handed Titi monkey*. When we returned to the lodge *Long-nosed Bats* were whizzing around low over the water (here their day-time roost is in full view on exposed posts around the jetty). We did the checklist in the bar above the main restaurant, having first visited the fairly well-stocked shop. Laundry handed in at lunchtime today was returned to us this evening.

2 December

We headed for the **Canopy Walkway** this morning; some (most?) of us were a little apprehensive as we set off along the path leading away from the cabins, getting fantastic views of three sleepy *Spix's Night Monkeys* in their roosting hole, a big *tarantula* spider and a *Blue-crowned Manakin*. At the last minute one of our group opted out of the walkway experience and explored the forest below with Pablo. Ascending the first of the three towers was fine, at 30m/94ft it was lower than others we had climbed, but at the top there was the walkway, swaying gently and leading off into the distance high above the trees - the span is 275m/900ft, supported by three metal towers. After watching *Spix's Guan*, *Black-and-white Hawk Eagle*, *Double-toothed Kite*, *Crane Hawk*, *White Hawk*, *Pied Puffbird*, *Channel-billed Toucan*, *Black-banded Woodcreeper*, *Zimmer's* and *Grey-crowned Flatbills*, *Purple-throated Fruitcrow* and *Green-and-gold Tanager* from the platform it was time to brave the walkway. It was an exhilarating experience; thinking about it had been much worse than doing it!

Returning to the ground we took a different route back to the lodge, much of it along a less-walked trail where Pablo needed to chop through climbers and small trees to open up a path. We saw a great deal including a pair of roosting *Crested Owls*, a group of *12 baby Tarantula spiders*, *Plain-winged* and *Dusky-throated Antshrikes*, *Wire-tailed* and *White-bearded Manakin*.

It was very hot and sticky today so after some light refreshment at the lodge (in a gentle breeze beside the lake) we lazed on our verandas watching the *Swallow-winged Puffbirds* and butterflies until meeting at 15.45hr by the canoes. We followed the Anaconda channel and were rewarded with *Zigzag Heron*, *Sungrebe*, *Green-backed Trogon* and *Dot-backed Antbird*.

It didn't rain at all today.

3 December

Breakfast was a little earlier this morning as we were heading for some islands in the **Napo River**. First we had the short canoe ride (close views of *Green-and-Rufous Kingfisher*, *Social Flycatcher* and *Great Kiskadee*) followed by a 40-minute walk to reach the motorised canoe by the main river. There were many birds around the boardwalk but as the forest is quite dense we heard rather more species than we actually saw. Highlights were *Russet-backed Oropendola*, *Hauvwell's Thrush*, *Plumbeous Antbird*, *Spot-backed Antbird*, *Purplish Jacamar*, *Spix's Guan*, *Black-fronted Nunbird*, *Grey Antwren*, *Masked Crimson Tanager(H)*, *Coraya Wren(H)*, *Peruvian Warbling Antwren(H)*, *White-flanked Antwren(H)*, *Citron-bellied Attila(H)*, *Speckled Chachalaca(H)*.

As we reached a big sandy island a *Peregrine* flew over, a couple of *Pied Plovers* were running along the sand and a *Cocoi Heron* was standing motionless. On fringing bushes we could see *Oriole Blackbird* and *Pale-vented Pigeon*. Moving on to a densely-vegetated island for some river-island specialists, we found birding wasn't easy, with much-reduced visibility so we were lucky to see *Olive-spotted Hummingbird*, *Castelnau's Antshrike*, *Black-and-White Antbird*, *Lesser Hornero* and *White-bellied Spinetail*.

Back on the motor canoe, with *White-winged Swallows* all around us, a flock of *Blue-headed Parrots* flew by. The boat slowed as we turned into a wide channel and immediately we could hear a *Coraya Wren* calling loudly, a *Ringed Kingfisher* was perched on an overhang and a *Greater Ani* flew past. Some of us missed the *Drab Water Tyrant* but we

had good views of four *Chestnut-eared Aracaris*. The boat was moored by the **Yaku Kawsay Interpretation Centre** and we spent the rest of the morning walking in superb pristine forest, often on little-used, barely-visible trails. It was an amazing morning with a very long list of birds seen. One of the most memorable experiences was first hearing the almost-deafening calls of at least three *Screaming Pihás*, and then watching them making this incredible sound.

More of this morning's highlights were *Plum-throated Cotinga, Wedge-billed Woodcreeper, Dusky-capped Flycatcher(H), Ochre-striped Antpitta(H), Plain Brown Woodcreeper, Dwarf Tyrant-Manakin, Chestnut-winged Hookbill, Paradise Tanager, Yellow-bellied Tanager, Purple Honeycreeper, Palm Tanager, Lafresnaye's Piculet, White-lored Euphonia, White-vented Euphonia, Opal-rumped Tanager, White-bearded Manakin, Piratic Flycatcher(H), Casqued Oropendola, Spot-winged Antshrike, Black-headed Parrot(H), Straight-billed Hermit, Purplish Jacamar, Ruddy-tailed Flycatcher, Magpie Tanager* and to cap it all, Pablo found us a *Southern Tamadua* (anteater), a real bonus for some of us!

We ate a packed lunch (more like a feast) in one of the traditional long huts at the Interpretation Centre then wandered around the museum and buildings before returning to the river. It was very hot and humid (we got through several bottles of water each) so it was good to reach the Napo river to cool down. A *Scarlet-crowned Barbet* and a huge *Caiman-Lizard* were seen on the way back to the lodge. There was just enough time to shower and write up a few notes before an evening canoe ride along the Orchid channel. It was a very pleasant, slow-paced ride giving us time to see birds really well; of note were *Black-crowned Night Heron, Plain-brown Woodcreeper, Great and Lesser Kiskadees*.

It's Wednesday, which means BBQ night! Lovely food (even some English mustard for the sausages) served in the open breakfast area instead of the restaurant. All the staff come along for the BBQ (other nights only the bilingual guides stay to eat with their group). It was a beautiful red sunset, lighting up the lake and a *Tawny-bellied Screech Owl* was calling nearby.

Another day with no rain.

4 December

It was still quite dark as we entered the Orchid creek this morning, very calm and peaceful until the *Hoatzins* started to wake up, huffing, puffing and wheezing as they peered at us from the overhanging branches. We were heading for the wooden tower where we would spend most of the morning. As we approached the small jetty at the end of the channel what at first looked like a small brown log was in fact a *Rufescent Tiger Heron* peering intently into the dark coffee-coloured water.

It was a fabulous morning with mist rising from the forest as we looked down from above the canopy. A big troop of *Squirrel Monkeys* made their way noisily through the trees and four big male *Red Howlers* were feeding on bunches of yellow flowers in a huge tree opposite the tower. There were so many good sightings it's hard to pick out highlights - perhaps the most memorable were *Black-bellied Cuckoo, Ivory-billed Aracari, Scaly-breasted Woodpecker, Dugand's Antwren, Slender-footed Tyrannulet, Plum-throated Cotinga, White-browed Purple-tuft, Epaulet Oriole* and a perched *King Vulture*.

As we left the tower and walked through the forest we chanced upon a *Black-spotted Bare-eye* and enjoyed another view of the *Tawny-bellied Screech Owl*. We returned to the lodge for a late morning snack (did we *really* need more food?) and then birded around the cabins until lunch. It started to rain about 14.30h, then it became torrential with lots of thunder and there was no chance of going anywhere during the afternoon. Not that it mattered, there was so much to reflect on and write up in our notebooks; we also had to start packing for tomorrow's journey.

5 December

The rain seemed to continue all night and it was teeming down when we got up just before 04.00. Thankfully it eased a bit so we didn't get too wet on the way to breakfast. A few other groups are also leaving today and it was quite a performance getting everyone organised and onto the canoes - luckily the rain stopped as we headed off across the lake. When we reached the trail that goes to the main river, with so many people walking along, carrying their rucksacks, we looked like a line of leaf-cutter ants! All too soon we were whizzing along the Napo, passing the horrible oil drilling settlements and reaching Coca once more. Oscar, our guide, was still with us, and one of the lodge managers, too. Everything was well-organised. They took us to a waiting area where tea, coffee, biscuits and bananas were laid on. Then we all piled into a coach to be taken to the airport just a few minutes away. Oscar handed us our flight tickets, made sure we got into the correct queue and that our bags were checked in properly. We were sad to say goodbye to him as he left for the 25-minute walk to his home for a few days rest (he needs it having looked after the six of us for five days!)

It was just a half-hour flight to Quito and we only had brief views of the Amazon before it disappeared behind cloud. We glimpsed some of the Andean peaks before the cloud thickened too much and then we were dropping down to Quito. There was much less traffic this morning and it was only an hour's drive to Casa Aliso hotel. We were back at about 2,800m/9,186ft and decided we wouldn't rush around finding birds in the city; instead we had a superb lunch in a very

smart Italian restaurant one block away from the hotel, then relaxed at the hotel, remembering all the fabulous things we had seen over the past 4 weeks.

6 December

After a leisurely breakfast, two of the group went to a local craft and cultural museum, whilst the rest sat in the hotel's flowery garden watching *Black Flowerpiercer*, *Rufous-collared Sparrow*, *Eared Dove*, *Great Thrush*, *Cinereous Conebill* and a last-minute new bird *Southern Beardless-Tyrannulet*. A few *Black Vultures* gathered overhead and several different butterflies and a dragonfly kept us occupied until it was time to jump into the taxi for the one-hour drive to the airport. The end of a really superb, well-organised holiday.

SPECIES LISTS

BIRDS For a full list of the 691 species recorded see below. Please follow this link to the Wild About Travel website where you'll find the daily checklist:

http://www.wildabouttravel.co.uk/trip-reports/Ecuador_bird_tour_checklist_8nov~6dec2014.pdf

MAMMALS 30 spp. (26 sp. seen, 4 sp. tracks/signs only)

Southern Tamandua	<i>Tamandua tetradactyla</i>	Amazon-Napo
2-Toed Sloth (probably Linné's)	<i>Choloepus ? didactylus</i>	Amazon-Napo
Tapeti (Forest Rabbit)	<i>Sylvilagus brasiliensis</i>	Eastern Slopes
Western Red-tailed Squirrel	<i>Sciurus granatensis</i>	Alambi, Silanche, Mashpi
Amazon Red Squirrel <i>sp.</i>	<i>Sciurus spadiceus igniventris</i>	San Isidro area
Western Dwarf Squirrel	<i>Microsciurus mimulus</i>	Mashpi, Angel Paz
Amazon Dwarf Squirrel	<i>Microsciurus flaviventer</i>	Wildsumaco
Black Agouti	<i>Dasyprocta fuliginosa</i>	Paraiso, Isidro, Sacha
Olinguito	<i>Bassaricyon neblina</i>	Bella Vista Lodge
Kinkajou	<i>Potos flavus</i>	Amazon-Sacha
Greater Fishing (Bulldog) Bat	<i>Noctilio ?leporinus.</i>	Amazon-Napo & Sacha
Proboscis (Long-nosed) Bat	<i>Rhynchonycteris naso</i>	Amazon-Sacha
White-lined Sac-winged Bat	<i>Saccopteryx ?bilineata</i>	Amazon-Sacha
Napo Tamarin	<i>Saguinus graellsii</i>	Wildsumaco
Black-mantled Tamarin	<i>Saguinus nigricollis</i>	Amazon-Sacha
Pygmy Marmoset	<i>Cebuella pygmaea</i>	Amazon-Sacha
Common Squirrel Monkey	<i>Saimiri sciureus</i>	Amazon
White-fronted Capuchin	<i>Cebus albifrons</i>	Amazon
Spix's Night Monkey	<i>Aotus vociferans</i>	Amazon-Sacha
?Lucifer/Yellow-handed Titi Monkey	<i>Callicebus ? lucifer</i>	Amazon-Sacha
(Red) Titi Monkey	<i>Callicebus discolor</i>	Amazon-Napo
(Equatorial) Saki Monkey	<i>Pithecia ? aequatorialis</i>	Amazon-Napo
Poepig's Woolly Monkey	<i>Lagothrix poeppigii</i>	Eastern : Semi-tame
Colombian Red Howler	<i>Alouatta seniculus</i>	Amazon
Red Brocket Deer	<i>Mazama americana</i>	Amazon-Sacha
White-tailed Deer	<i>Odocoileus virginianus</i>	Antisana, Papallacta

MAMMAL TRACKS / SIGNS

Armadillo <i>sp.</i>		Amazon-Napo
Peccary <i>sp.</i>	<i>Tayassu sp.</i>	Amazon-Yasuni NP
Mountain Tapir	<i>Tapirus pinchaque</i>	Footprints - Guango
Brazilian Tapir	<i>Tapirus terrestris</i>	Footprints - Sacha

REPTILES

Equatorial Anole Lizard	<i>Anolis aequatorialis</i>	El Septimo Paraiso Lodge
Amazon Wood lizard (Guichenot's)		
Dwarf Iguana)	<i>Enyalioides laticeps</i>	Amazon
Caiman Lizard	<i>Dracaena guianensis</i>	Amazon-Sacha
Spectacled (White) Caiman	<i>Caiman crocodilus</i>	Amazon-Sacha
Black Caiman	<i>Melanosuchus niger</i>	Amazon-Sacha
Green Anaconda	<i>Eunectes murinus</i>	Amazon-Sacha
Copper Parrot Snake	<i>Leptophis cupreus</i>	Amazon:Sacha
Yellow-spotted Amazon River Turtle	<i>Podocnemis unifilis</i>	Amazon
Plus many unidentified small and medium-sized lizards and geckos, particularly in the Amazon.		

AMPHIBIANS

Convict Treefrog	<i>Hypsiboas calcaratus</i>	
Olive Snouted-Treefrog	<i>Scinax elaeochrous</i>	Rancho Suamox
Cane/Giant/Marine Toad	<i>Enyaliodes (Bufo) marinus</i>	Amazon-Napo
Plus many unidentified frogs and treefrogs, mostly in the Amazon.		

FISH

Paiche Fish *Arapaima gigas* in Pilchicocha lake at Sacha.

INVERTEBRATES

At several of the lodges, particularly Bellavista and Wildsumaco, huge numbers of spectacular **moths**, **cicadas**, **crickets**, **beetles** and **other insects** could be seen around the lights, on windows and walls.

Butterflies were abundant, particularly in the Amazon, including **Morphos** and **Owl Butterflies** *Caligo* sp.

Glow worms/Fireflies were frequent in the Amazon

Tarantulas - in the Amazon, only 1 adult was seen, plus about a dozen “babies” (2cm) on a forest trail.

Tarantulas - in the Amazon, only 1 adult was seen, plus about a dozen “babies” (2cm) on a forest trail.

BIRDS - SEEN 618 spp

Torrent Duck	<i>Merganetta armata</i>	Bicolored Hawk	<i>Accipiter bicolor</i>
Blue-Winged Teal	<i>Anas discors</i>	Plumbeous Kite	<i>Ictinia plumbea</i>
Andean Teal	<i>Anas andium</i>	Slender-billed Kite	<i>Helicolestes hamatus</i>
Yellow-billed Pintail	<i>Anas georgica</i>	Crane Hawk	<i>Geranospiza caerulescens</i>
Andean Duck	<i>Oxyura ferruginea</i>	Slate-coloured Hawk	<i>Buteogallus schistaceus</i>
Speckled Chachalaca	<i>Ortalis guttata</i>	Barred Hawk	<i>Morphnarchus princeps</i>
Andean Guan	<i>Penelope montagnii</i>	Roadside Hawk	<i>Rupornis magnirostris</i>
Spix's Guan	<i>Penelope jacquacu</i>	Variable Hawk	<i>Geranoaetus polysoma</i>
Blue-throated Piping Guan	<i>Pipile cumanensis</i>	Black-chested Buzzard-eagle	<i>G.melanoleucus</i>
Sickle-winged Guan	<i>Chamaepetes goudotii</i>	White Hawk	<i>Pseudastur albicollis</i>
Silvery Grebe	<i>Podiceps occipitalis</i>	Broad-winged Hawk	<i>Buteo platypterus</i>
Andean Ibis	<i>Theristicus branickii</i>	Short-tailed Hawk	<i>Buteo brachyurus</i>
Roseate Spoonbill	<i>Platalea ajaja</i>	Sungrebe	<i>Heliornis fulica</i>
Rufescent Tiger Heron	<i>Tigrisoma lineatum</i>	Blackish Rail	<i>Pardirallus nigricans</i>
Fasciated Tiger Heron	<i>Tigrisoma fasciatum</i>	Andean Coot	<i>Fulica ardesiaca</i>
Boat-billed Heron	<i>Cochlearius cochlearius</i>	Limpkin	<i>Aramus guarauna</i>
Zigzag Heron	<i>Zebrilus undulatus</i>	Southern Lapwing	<i>Vanellus chilensis</i>
Black-crowned Night Heron	<i>Nycticorax nycticorax</i>	Andean Lapwing	<i>Vanellus resplendens</i>
Striated Heron	<i>Butorides striata</i>	Collared Plover	<i>Charadrius collaris</i>
Western Cattle Egret	<i>Bubulcus ibis</i>	Pied Plover	<i>Hoploxypterus cayanus</i>
Cocoi Heron	<i>Ardea cocoi</i>	Rufous-bellied Seedsnipe	<i>Attagis gayi</i>
Great Egret	<i>Ardea alba</i>	Greater Yellowlegs	<i>Tringa melanoleuca</i>
Capped Heron	<i>Pilherodius pileatus</i>	Spotted Sandpiper	<i>Actitis macularius</i>
Little Blue Heron	<i>Egretta caerulea</i>	Wilson's Phalarope	<i>Phalaropus tricolor</i>
Snowy Egret	<i>Egretta thula</i>	Andean Gull	<i>Chroicocephalus serranus</i>
Neotropical Cormorant	<i>Phalacrocorax brasilianus</i>	Laughing Gull	<i>Leucophaeus atricilla</i>
Anhinga	<i>Anhinga anhinga</i>	Large-billed Tern	<i>Phaetusa simplex</i>
Turkey Vulture	<i>Cathartes aura</i>	Rock Dove	<i>Columba livia</i>
Greater Yellow-headed Vulture	<i>Catharses melambrotus</i>	Scaled Pigeon	<i>Patagioenas speciosa</i>
Black Vulture	<i>Coragyps atratus</i>	Band-tailed Pigeon	<i>Patagioenas fasciata</i>
King Vulture	<i>Sarcoramphus papa</i>	Pale-vented Pigeon	<i>Patagioenas cayennensis</i>
Andean Condor	<i>Vultur gryphus</i>	Plumbeous Pigeon	<i>Patagioenas plumbea</i>
Western Osprey	<i>Pandion haliaetus</i>	Ruddy Pigeon	<i>Patagioenas subvinacea</i>
Swallow-tailed Kite	<i>Elanoides forficatus</i>	Dusky Pigeon	<i>Patagioenas goodsoni</i>
Black Hawk-eagle	<i>Spizaetus tyrannus</i>	Eared Dove	<i>Zenaida auriculata</i>
Black-and-white Hawk-eagle	<i>Spizaetus melanoleucus</i>	Common Ground Dove	<i>Columbina passerine</i>
Black-and-chestnut Eagle	<i>Spizaetus isidori</i>	Ruddy Ground Dove	<i>Columbina talpacoti</i>
Double-toothed Kite	<i>Harpagus bidentatus</i>	Black-winged Ground Dove	<i>Metriopelia melanoptera</i>
Semicollared Hawk	<i>Accipiter collaris</i>	White-tipped Dove	<i>Leptotila verreauxi</i>

Pallid Dove	<i>Leptotila pallida</i>	Violet-fronted Brilliant	<i>Heliodoxa leadbeateri</i>
White-throated Quail-Dove	<i>Geotrygon leucometopia</i>	Buff-tailed Coronet	<i>Biossoneaua flavescens</i>
Hoatzin	<i>Opisthocomus hoatzin</i>	Chestnut-breasted Coronet	<i>Biossoneaua matthewsii</i>
Greater Ani	<i>Crotophaga major</i>	Velvet-purple Coronet	<i>Biossoneaua jardini</i>
Smooth-billed Ani	<i>Crotophaga ani</i>	Shining Sunbeam	<i>Aglaeactis cupripennis</i>
Squirrel Cuckoo	<i>Piaya cayana</i>	Ecuadorian Hillstar	<i>Oreotrochilus chimborazo</i>
Black-bellied Cuckoo	<i>Piaya melanogaster</i>	Mountain Velvetbreast	<i>Lafresnaya lafresnayi</i>
Tropical Screech Owl	<i>Megascops choliba</i>	Bronzy Inca	<i>Coeligena coeligena</i>
Tawny-bellied Screech Owl	<i>Megascops watsonii</i>	Brown Inca	<i>Coeligena wilsoni</i>
'San Isidro Owl'	<i>Strix sp.</i>	Collared Inca	<i>Coeligena torquata</i>
Crested Owl	<i>Lophostrix cristata</i>	Buff-winged Starfrontlet	<i>Coeligena lutetiae</i>
Ferruginous Pygmy Owl	<i>Glaucidium brasilianum</i>	Sword-billed Hummingbird	<i>Ensifera ensifera</i>
Oilbird	<i>Steatornis caripensis</i>	Great Sapphirewing	<i>Pterophanes cyanopterus</i>
Great Potoo	<i>Nyctibius grans</i>	Giant Hummingbird	<i>Patagona gigas</i>
Rufous-bellied Nighthawk	<i>Lurocalis rufiventris</i>	Gorgeted Sunangel	<i>Heliangelus strophianus</i>
Blackish Nightjar	<i>Nyctipolus nigrescens</i>	Tourmaline Sunangel	<i>Heliangelus exortis</i>
Pauraque	<i>Nyctidromus albicollis</i>	Sapphire-vented Puffleg	<i>Eriocnemis luciani</i>
Lyre-tailed Nightjar	<i>Uropsalis lyra</i>	Golden-breasted Puffleg	<i>Eriocnemis mosquera</i>
Chestnut-collared Swift	<i>Streptoprocne rutila</i>	Purple-bibbed Whitetip	<i>Urostitte benjamini</i>
White-collared Swift	<i>Streptoprocne zonaris</i>	Rufous-vented Whitetip	<i>Urostitte ruficrissa</i>
Band-rumped Swift	<i>Chaetura spinicaudus</i>	Booted Racket-tail	<i>Ocreatus underwoodii</i>
Grey-Rumped Swift	<i>Chaetura cinereiventris</i>	Black-tailed Trainbearer	<i>Lesbia victoriae</i>
Short-tailed Swift	<i>Chaetura brachyura</i>	Purple-backed Thornbill	<i>R. microrhynchum</i>
Neotropical Palm Swift	<i>Tachornis squamata</i>	Tyrian Metaltail	<i>Metallura tyrianthina</i>
Lesser Swallow-tailed Swift	<i>Panyptila cayennensis</i>	Viridian Metaltail	<i>Metallura williami</i>
Rufous-breasted Hermit	<i>Glaucis hirsutus</i>	Blue-mantled Thornbill	<i>Chalcostigma stanleyi</i>
Bronzy Hermit	<i>Glaucis aeneus</i>	Long-tailed Sylph	<i>Aglaiocercus kingii</i>
White-whiskered Hermit	<i>Phaethornis yaruqui</i>	Violet-tailed Sylph	<i>Aglaiocercus coelestis</i>
Green Hermit	<i>Phaethornis guy</i>	Wedge-billed Hummingbird	<i>Schistes geoffroyi</i>
White-bearded Hermit	<i>Phaethornis hispidus</i>	Purple-throated Woodstar	<i>Calliphlox mitchellii</i>
Tawny-bellied Hermit	<i>P. syrmatophorus</i>	White-bellied Woodstar	<i>Chaetocercus mulsant</i>
Straight-billed Hermit	<i>Phaethornis bourcierii</i>	Gorgeted Woodstar	<i>Chaetocercus heliodor</i>
Green-fronted Lancebill	<i>Doryfera ludovicae</i>	Golden-headed Quetzal	<i>Pharomachrus auriceps</i>
Grey-breasted Sabrewing	<i>Campylopterus largipennis</i>	Crested Quetzal	<i>Pharomachrus antisanus</i>
Napo Sabrewing	<i>C. villaviscensio</i>	Choco Trogon	<i>Trogon comptus</i>
White-necked Jacobin	<i>Florisuga mellivora</i>	Black-tailed Trogon	<i>Trogon melanurus</i>
Brown Violetear	<i>Colibri delphinae</i>	White-tailed Trogon	<i>Trogon chionurus</i>
Green Violetear	<i>Colibri talassinus</i>	Green-backed Trogon	<i>Trogon viridis</i>
Sparkling Violetear	<i>Colibri coruscans</i>	Collared Trogon	<i>Trogon collaris</i>
Black-throated Mango	<i>Anthracothorax nigricollis</i>	Masked Trogon	<i>Trogon personatus</i>
Violet-headed Hummingbird	<i>Klais guimeti</i>	Green-and-rufous Kingfisher	<i>Chloroceryle inda</i>
Wire-crested Thorntail	<i>Discosura popelairii</i>	Amazon Kingfisher	<i>Chloroceryle amazona</i>
Green Thorntail	<i>Discosura conversii</i>	Ringed Kingfisher	<i>Megaceryle torquata</i>
Blue-tailed Emerald	<i>Chlorostilbon mellisurgus</i>	Andean Motmot	<i>Momotus aequatorialis</i>
Western Emerald	<i>C. melanorhynchus</i>	Rufous Motmot	<i>Baryphthengus martii</i>
Crowned Woodnymph	<i>Thalurania colombica</i>	Broad-billed Motmot	<i>Electron platyrhynchum</i>
Fork-tailed Woodnymph	<i>Thalurania furcata</i>	Coppery-chested Jacamar	<i>Galbula pastazae</i>
Golden-tailed Sapphire	<i>Chrysuronia oenone</i>	White-chinned Jacamar	<i>Galbula tombacea</i>
Olive-spotted Hummingbird	<i>Leucippus chlorocercus</i>	Purplish Jacamar	<i>Galbula chalcothorax</i>
Many-spotted Hummingbird	<i>Taphrospilus hypostictus</i>	White-necked Puffbird	<i>Notharchus hyperryhnchus</i>
Rufous-tailed Hummingbird	<i>Amazilia tzacatl</i>	Pied Puffbird	<i>Notharchus tectus</i>
Andean Emerald	<i>Amazilia franciae</i>	Barred Puffbird	<i>Nystalus radiatus</i>
Glittering-throated Emerald	<i>Amazilia fimbriata</i>	Striolated Puffbird	<i>Nystalus striolatus</i>
Blue-chested Hummingbird	<i>Amazilia amabilis</i>	White-faced Nunbird	<i>Hapaloptila castanea</i>
Purple-chested Hummingbird	<i>Amazilia rosenbergi</i>	Black-fronted Nunbird	<i>Monasa nigrifrons</i>
Speckled Hummingbird	<i>Adelomyia melanogenys</i>	White-fronted Nunbird	<i>Monasa morphoeus</i>
Ecuadorian Piedtail	<i>Phlogophilus hemileucurus</i>	Swallow-winged Puffbird	<i>Chelidoptera tenebrosa</i>
Black-throated Brilliant	<i>Heliodoxa schreibersii</i>	Scarlet-crowned Barbet	<i>Capito aurovirens</i>
Gould's Jewelfront	<i>Heliodoxa aurescens</i>	Gilded Barbet	<i>Capito auratus</i>
Fawn-breasted Brilliant	<i>Heliodoxa rubinoides</i>	Red-headed Barbet	<i>Eubucco bourcierii</i>
Green-crowned Brilliant	<i>Heliodoxa jacula</i>	Toucan Barbet	<i>Semnornis ramphastinus</i>
Empress Brilliant	<i>Heliodoxa imperatrix</i>	White-throated Toucanet	<i>Aulacorhynchus ablativ</i>

Crimson-rumped Toucanet	<i>A. haematopygus</i>	White-chinned Thistletail	<i>Asthenes fuliginosa</i>
Lettered Aracari	<i>Pteroglossus inscriptus</i>	Many-striped Canastero	<i>Asthenes flammulata</i>
Ivory-billed Aracari	<i>Pteroglossus azara</i>	Azara's Spinetail	<i>Synallaxis azarae</i>
Chestnut-eared Aracari	<i>Pteroglossus castanotis</i>	White-Bellied Spinetail	<i>Synallaxis propinqua</i>
Many-banded Aracari	<i>Pteroglossus pluricinctus</i>	Dusky Spinetail	<i>Synallaxis moesta</i>
Pale-mandibled Aracari	<i>P. erythropygius</i>	Red-faced Spinetail	<i>Cranioleuca erythroptus</i>
Golden-collared Toucanet	<i>Selenidera reinwardtii</i>	Ash-browed Spinetail	<i>Cranioleuca curtata</i>
Plate-billed Mountain Toucan	<i>Andigena laminirostris</i>	Spotted Barbtail	<i>Premnoplex brunnescens</i>
Channel-billed Toucan	<i>Ramphastos vitellinus</i>	Pearled Treerunner	<i>Margarornis squamiger</i>
Choco Toucan	<i>Ramphastos brevis</i>	Streaked Tuftedcheek	<i>P. boissonneautii</i>
White-throated Toucan	<i>Ramphastos tucanus</i>	Scaly-throated Foliage-gleaner	<i>Anabacerthia variegaticeps</i>
Black-Mandibled Toucan	<i>Ramphastos ambiguus</i>	Montane Foliage-gleaner	<i>Anabacerthia striaticollis</i>
Lafresnaye's Piculet	<i>Picumnus lafresnayi</i>	Chestnut-winged Hookbill	<i>Ancistrops strigilatus</i>
Olivaceous Piculet	<i>Picumnus olivaceus</i>	Buff-fronted Foliage-gleaner	<i>Philydor rufum</i>
Yellow-tufted Woodpecker	<i>Melanerpes cruentatus</i>	Striped Treehunter	<i>Thripadectes holostictus</i>
Black-cheeked Woodpecker	<i>Melanerpes pucherani</i>	Streak-capped Treehunter	<i>Thripadectes virgaticeps</i>
Smoky-brown Woodpecker	<i>Picoides fumigatus</i>	Ruddy Foliage-gleaner	<i>Automolus rubiginosus</i>
Yellow-vented Woodpecker	<i>Veniliornis dignus</i>	Plain Xenops	<i>Xenops minutus</i>
Bar-bellied Woodpecker	<i>Veniliornis nigriceps</i>	Streaked Xenops	<i>Xenops rutilans</i>
Little Woodpecker	<i>Veniliornis passerinus</i>	Plain-brown Woodcreeper	<i>Dendrocincla fuliginosa</i>
Red-rumped Woodpecker	<i>Veniliornis kirkii</i>	Olivaceous Woodcreeper	<i>Sittasomus griseicapillus</i>
Golden-olive Woodpecker	<i>Colaptes ribiginosus</i>	Wedge-billed Woodcreeper	<i>Glyphorhynchus spirurus</i>
Crimson-mantled Woodpecker	<i>Colaptes rivolii</i>	Strong-billed Woodcreeper	<i>X. promeropirhynchus</i>
Scaly-breasted Woodpecker	<i>Celeus grammicus</i>	Black-banded Woodcreeper	<i>Dendrocolaptes picumnus</i>
Chestnut Woodpecker	<i>Celeus elegans</i>	Striped Woodcreeper	<i>Xiphorhynchus obsoletus</i>
Lineated Woodpecker	<i>Dryocopus lineatus</i>	Buff-throated Woodcreeper	<i>Xiphorhynchus guttatus</i>
Powerful Woodpecker	<i>Campephilus pollens</i>	Spotted Woodcreeper	<i>X. erythropygius</i>
Crimson-crested Woodpecker	<i>C. melanoleucos</i>	Olive-backed Woodcreeper	<i>Xiphorhynchus triangularis</i>
Guayaquil Woodpecker	<i>C. gayaquilensis</i>	Streak-headed Woodcreeper	<i>Lepidocolaptes souleyetii</i>
Black Caracara	<i>Daptrius ater</i>	Montane Woodcreeper	<i>Lepidocolaptes lacrymiger</i>
Carunculated Caracara	<i>Phalcoboenus carunculatus</i>	Great Antshrike	<i>Taraba major</i>
Yellow-headed Caracara	<i>Milvago chimachima</i>	Lined Antshrike	<i>Thamnophilus tenuipunctatus</i>
Laughing Falcon	<i>Herpetotheres cachimans</i>	Castelnau's Antshrike	<i>Thamnophilus cryptoleucus</i>
American Kestrel	<i>Falco sparverius</i>	Plain-winged Antshrike	<i>Thamnophilus schistaceus</i>
Aplomado Falcon	<i>Falco femoralis</i>	Mouse-colored Antshrike	<i>Thamnophilus murinus</i>
Merlin	<i>Falco columbarius</i>	Plain Antwren	<i>Dystithamnus mentalis</i>
Peregrine Falcon	<i>Falco peregrinus</i>	Dusky-throated Antshrike	<i>Thamnomanes ardesiacus</i>
Blue-and-yellow Macaw	<i>Ara ararauna</i>	Spot-winged Antshrike	<i>Pygiptilia stellaris</i>
Military Macaw	<i>Ara militaris</i>	Checker-throated Antwren	<i>Epinecophylla fulviventris</i>
Scarlet Macaw	<i>Ara macao</i>	Plain-throated Antwren	<i>Isleria hauxwelli</i>
Chestnut-fronted Macaw	<i>Ara severus</i>	Amazonian Streaked Antwren	<i>Myrmotherula multostriata</i>
Red-bellied Macaw	<i>Orthopsittaca manilatus</i>	White-flanked Antwren	<i>Myrmotherula maxillaries</i>
Dusky-headed Parakeet	<i>Aratinga weddellii</i>	Slaty Antwren	<i>Myrmotherula schisticolor</i>
White-eyed Parakeet	<i>Psittacara leucophthalmus</i>	Plain-winged Antwren	<i>Myrmotherula behni</i>
Maroon-tailed Parakeet	<i>Pyrrhura melanura</i>	Grey Antwren	<i>Myrmotherula menetriesii</i>
Pacific Parrotlet	<i>Forpus coelestis</i>	Dugand's Antwren	<i>Herpsilochmus dugandi</i>
Cobalt-winged Parakeet	<i>Brotogeris cyanoptera</i>	Dot-winged Antwren	<i>Microrhopias quixensis</i>
Black-headed Parrot	<i>Pionites melanocephalus</i>	Streak-headed Antbird	<i>Drymophila striaticeps</i>
Rose-faced Parrot	<i>Pyrilia pulchra</i>	Blackish Antbird	<i>Cercomacra nigrescens</i>
Orange-cheeked Parrot	<i>Pyrilia barrabandi</i>	White-backed Fire-eye	<i>Pyriglena leuconota</i>
Blue-headed Parrot	<i>Pionus menstruus</i>	Black-faced Antbird	<i>Myrmoborus myotherinus</i>
Red-billed Parrot	<i>Pionus sordidus</i>	Peruvian Warbling Antbird	<i>Hypocnemis peruviana</i>
White-capped Parrot	<i>Pionus seniloides</i>	Silvered Antbird	<i>Sclateria naevia</i>
Bronze-winged Parrot	<i>Pionus chalcopiterus</i>	Spot-winged Antbird	<i>Schistocichla leucostigma</i>
Yellow-crowned Amazon	<i>Amazona ochrocephala</i>	White-shouldered Antbird	<i>Myrmeciza melanoceps</i>
Orange-winged Amazon	<i>Amazona amazonica</i>	Plumbeous Antbird	<i>Myrmeciza hyperythra</i>
Mealy Amazon	<i>Amazona farinosa</i>	Sooty Antbird	<i>Myrmeciza fortis</i>
Chestnut-winged Cinclodes	<i>Cinclodes albidiventris</i>	Dot-backed Antbird	<i>Hylophylax punctulatus</i>
Stout-billed Cinclodes	<i>Cinclodes excelsior</i>	Black-spotted Bare-eye	<i>Phlegopsis nigromaculata</i>
Lesser Hornero	<i>Furnarius minor</i>	Giant Antpitta	<i>Grallaria gigantea</i>
Pacific Hornero	<i>Furnarius cinnamomeus</i>	Plain-backed Antpitta	<i>Grallaria haplota</i>
Andean Tit-spinetail	<i>Leptasthenura andicola</i>	Chestnut-crowned Antpitta	<i>Grallaria ruficapilla</i>

Yellow-breasted Antpitta	<i>Grallaria flavotincta</i>	Boat-billed Flycatcher	<i>Megarynchus pitangua</i>
White-bellied Antpitta	<i>Grallaria hypoleuca</i>	Snowy-throated Kingbird	<i>Tyrannus niveigularis</i>
Rufous Antpitta	<i>Grallaria rufula</i>	Tropical Kingbird	<i>Tyrannus melancholicus</i>
Tawny Antpitta	<i>Grallaria quitensis</i>	Dusky-capped Flycatcher	<i>Myiarchus tuberculifer</i>
Ochre-breasted Antpitta	<i>Grallaricula flavirostris</i>	Short-crested Flycatcher	<i>Myiarchus ferox</i>
Sooty-headed Tyrannulet	<i>Phyllomyias griseiceps</i>	Pale-edged Flycatcher	<i>Myiarchus cephalotes</i>
Yellow-crowned Tyrannulet	<i>Tyrannulus elatus</i>	Cinnamon Attila	<i>Attila cinnamomeus</i>
Southern Beardless Tyrannulet	<i>Camptostoma obsoletum</i>	Red-crested Cotinga	<i>Ampelion rubrocristatus</i>
White-throated Tyrannulet	<i>Mecocerculus leucophrys</i>	Green-and-black Fruiteater	<i>Pipreola riefferii</i>
White-tailed Tyrannulet	<i>M. poecilocercus</i>	Orange-breasted Fruiteater	<i>Pipreola jucunda</i>
White-banded Tyrannulet	<i>Mecocerculus stictopterus</i>	Fiery-throated Fruiteater	<i>Pipreola chlorolepidota</i>
Torrent Tyrannulet	<i>Serpophaga cinerea</i>	Andean Cock-of-the-rock	<i>Rupicola peruvianus</i>
Bronze-olive Pygmy Tyrant	<i>Pseudotriccus pelzelni</i>	Plum-throated Cotinga	<i>Cotinga maynana</i>
Rufous-headed Pygmy Tyrant	<i>Pseudotriccus ruficeps</i>	Spangled Cotinga	<i>Cotinga cayana</i>
Red-billed Tyrannulet	<i>Zimmerius cinereicapilla</i>	Screaming Piha	<i>Lipaugus vociferans</i>
Slender-footed Tyrannulet	<i>Zimmerius gracilipes</i>	Grey-tailed Piha	<i>Snowornis subalaris</i>
Golden-faced Tyrannulet	<i>Zimmerius chrysops</i>	Bare-necked Fruitcrow	<i>Gymnoderus foetidus</i>
Marble-faced Bristle Tyrant	<i>P. ophthalmicus</i>	Purple-throated Fruitcrow	<i>Querula purpurata</i>
Ecuadorian Tyrannulet	<i>Phylloscartes gualaquiza</i>	Dwarf Tyrant-Manakin	<i>Tyrannetes stolzmanni</i>
Streak-necked Flycatcher	<i>Mionectes striaticollis</i>	Golden-winged Manakin	<i>Masius chrysopterus</i>
Ochre-bellied Flycatcher	<i>Mionectes oleagineus</i>	Club-winged Manakin	<i>Machaeropterus deliciosus</i>
Slaty-capped Flycatcher	<i>Leptopogon superciliaris</i>	Blue-crowned Manakin	<i>Lepidothrix coronata</i>
Rufous-breasted Flycatcher	<i>Leptopogon rufipectus</i>	Blue-rumped Manakin	<i>Leidothrix isidorei</i>
Fluorescent Flycatcher	<i>Myiophobus flavicans</i>	White-bearded Manakin	<i>Manacus manacus</i>
Olive-chested Flycatcher	<i>M. cryptoxanthus</i>	Orange-crested Manakin	<i>Heterocercus aurantiivertex</i>
Handsome Flycatcher	<i>Nephelomyias pulcher</i>	Wire-tailed Manakin	<i>Pipra filicauda</i>
Ornate Flycatcher	<i>Myiobicus ornatus</i>	White-crowned Manakin	<i>Dixiphia pipra</i>
Black-capped Pygmy Tyrant	<i>Myiornis atricapillus</i>	Golden-headed Manakin	<i>Dixiphia erythrocephala</i>
Short-tailed Pygmy Tyrant	<i>Myiornis ecuadatus</i>	Tawny-breasted Myiobius	<i>Myiobius villosus</i>
Scale-crested Pygmy Tyrant	<i>Lophotriccus pileatus</i>	Black-tailed Myiobius	<i>Myiobius atricaudus</i>
Rufous-crowned Tody-Flycatcher	<i>Poecilotriccus ruficeps</i>	Ruddy-tailed Flycatcher	<i>Terenotriccus erythrurus</i>
Common Tody-Flycatcher	<i>Todirostrum cinereum</i>	Black-tailed Tityra	<i>Tityra cabana</i>
Yellow-browed Tody-Flycatcher	<i>T. chrysocrotaphum</i>	Masked Tityra	<i>Tityra semifasciata</i>
Zimmer's Flatbill	<i>Tolmomyias assimilis</i>	White-browed Purpletuft	<i>Iodopleura isabellae</i>
Grey-crowned Flatbill	<i>T. poliocephalus</i>	Barred Becard	<i>Pachyramphus versicolor</i>
White-throated Spadebill	<i>Platyrinchus mystaceus</i>	Cinnamon Becard	<i>Pachyramphus cinnamomeus</i>
Cinnamon Flycatcher	<i>Pyrrhomyias cinnamomeus</i>	White-winged Becard	<i>Pachyramphus polychopterus</i>
Cliff Flycatcher	<i>Hirundinea ferruginea</i>	Black-capped Becard	<i>Pachyramphus marginatus</i>
Euler's Flycatcher	<i>Lathotriccus eulerei</i>	Black-and-white Becard	<i>Pachyramphus albogriseus</i>
Fuscous Flycatcher	<i>Cnemotriccus fuscatus</i>	One-Colored Becard	<i>Pachyramphus homochrous</i>
Black Phoebe	<i>Sayornis nigricans</i>	Black-billed Peppershrike	<i>Cyclarhis nigrirostris</i>
Olive-sided Flycatcher	<i>Contopus cooperi</i>	Brown-capped Vireo	<i>Vireo leucophrys</i>
Smoke-Colored Pewee	<i>Contopus fumigatus</i>	Red-eyed Vireo	<i>Vireo olivaceus</i>
Western Wood Pewee	<i>Contopus sordidulus</i>	Yellow-green Vireo	<i>Vireo flavoviridis</i>
Eastern Wood Pewee	<i>Contopus virens</i>	Olivaceous Greenlet	<i>Hylophilus olivaceus</i>
Vermillion Flycatcher	<i>Pyrocephalus rubinus</i>	Lesser Greenlet	<i>Hylophilus decurtatus</i>
Drab Water Tyrant	<i>Ochthornis littoralis</i>	Turquoise Jay	<i>Cyanolyca turcosa</i>
Paramo Ground Tyrant	<i>Muscisaxicola alpinus</i>	Violaceous Jay	<i>Cyanocorax yncas</i>
Black-billed Shrike-Tyrant	<i>Agriornis montanus</i>	Inca Jay	<i>Cyanocorax yncas</i>
Masked Water Tyrant	<i>Fluvicola nengeta</i>	Sand Martin	<i>Riparia riparia</i>
Yellow-bellied Chat-Tyrant	<i>Silvicoltrix diadema</i>	White-winged Swallow	<i>Tachycineta albiventer</i>
Slaty-backed Chat-Tyrant	<i>O. cinnamomeiventris</i>	Grey-breasted Martin	<i>Progne chalybea</i>
Rufous-breasted Chat-Tyrant	<i>Ochthoeca rufipectoralis</i>	Brown-chested Martin	<i>Progne tapera</i>
Brown-backed Chat-Tyrant	<i>Ochthoeca fumicolor</i>	Blue-and-white Swallow	<i>Notiochelidon cyanoleuca</i>
Piratic Flycatcher	<i>Legatus leucophaeus</i>	Brown-bellied Swallow	<i>Notiochelidon murina</i>
Rusty-margined Flycatcher	<i>Myiozetetes cayanensis</i>	White-banded Swallow	<i>Atticora fasciata</i>
Social Flycatcher	<i>Myiozetetes similis</i>	White-thighed Swallow	<i>Neochelidon tibialis</i>
Great Kiskadee	<i>Pitangus sulphuratus</i>	Southern Rough-winged Swallow	<i>Stelgidopteryx ruficollis</i>
Lesser Kiskadee	<i>Philohydor lictor</i>	Barn Swallow	<i>Hirundo rustica</i>
Lemon-browed Flycatcher	<i>Canopias cinchoneti</i>	Black-capped Donacobius	<i>Donacobius atricapilla</i>
Golden-crowned Flycatcher	<i>M. chrysocephalus</i>	Thrush-like Wren	<i>Campylorhynchus turdinus</i>
Streaked Flycatcher	<i>Myiodynastes maculatus</i>	Rufous Wren	<i>Cinnycerthia unirufa</i>

Sepia-brown Wren	<i>Cinnycerthia olivascens</i>	Oriole Blackbird	<i>Gymnomystax mexicanus</i>
Sedge Wren	<i>Cistothorus platensis</i>	Bananaquit	<i>Coereba flaveola</i>
Coroia Wren	<i>Pheugopedius coroya</i>	Rufous-collared Sparrow	<i>Zonotrichia capensis</i>
Bay Wren	<i>Cantorchilus nigricapillus</i>	Yellow-browed Sparrow	<i>Ammodramus auriferous</i>
House Wren	<i>Troglodytes aedon</i>	Orange-billed Sparrow	<i>Arremon aurantirostris</i>
Mountain Wren	<i>Troglodytes solstitialis</i>	Chestnut-capped Brush Finch	<i>Arremon brunneinucha</i>
White-breasted Wood Wren	<i>Henicorhina leucosticta</i>	Choco Brush Finch	<i>Atlapetes crassus</i>
Grey-breasted Wood Wren	<i>Henicorhina leucophrys</i>	Yellow-breasted Brush Finch	<i>Atlapetes latinuchus</i>
Wing-banded Wren	<i>Microcerculus bambla</i>	Slaty Brush Finch	<i>Atlapetes schistaceus</i>
Andean Solitaire	<i>Myadestes ralloides</i>	White-winged Brush Finch	<i>Atlapetes leucopterus</i>
Slaty-backed Nightingale-Thrush	<i>Catharus fuscater</i>	Common Bush Tanager	<i>Chlorospingus flavopectus</i>
Swainson's Thrush	<i>Catharus ustulatus</i>	Dusky Bush Tanager	<i>Chlorospingus semifuscus</i>
Pale-eyed Thrush	<i>Turdus leucops</i>	Yellow-whiskered Bush Tanager	<i>Chlorospingus parvirostris</i>
Great Thrush	<i>Turdus fuscater</i>	Yellow-throated Bush Tanager	<i>Chlorospingus flavigularis</i>
Glossy-black Thrush	<i>Turdus sourness</i>	Ashy-throated Bush Tanager	<i>Chlorospingus canigularis</i>
Black-billed Thrush	<i>Turdus ignobilis</i>	Red-capped Cardinal	<i>Paroaria gularis</i>
Hauxwell's Thrush	<i>Turdus hauxwelli</i>	Magpie Tanager	<i>Cissopis leverianus</i>
Ecuadorian Thrush	<i>Turdus maculirostris</i>	Dusky-faced Tanager	<i>Mitrospingus cassinii</i>
White-necked Thrush	<i>Turdus albicollis</i>	Superciliaried Hemispingus	<i>Hemispingus superciliaris</i>
White-capped Dipper	<i>Cinclus leucocephalus</i>	Black-eared Hemispingus	<i>Hemispingus melanotis</i>
Paramo Pipit	<i>Anthus bogotensis</i>	Grey-hooded Bush Tanager	<i>Cnemoscopus rubrirostris</i>
Olivaceous Siskin	<i>Spinus olivavea</i>	Rufous-chested Tanager	<i>Thylpopsis ornata</i>
Hooded Siskin	<i>Spinus magellanica</i>	Grey-headed Tanager	<i>Eucometis penicillata</i>
Orange-crowned Euphonia	<i>Euphonia saturata</i>	White-shouldered Tanager	<i>Tachyphonus luctuosus</i>
Thick-billed Euphonia	<i>Euphonia laniirostris</i>	Tawny-crested Tanager	<i>Tachyphonus delatrii</i>
Golden-rumped Euphonia	<i>Euphonia cyanocephala</i>	White-lined Tanager	<i>Tachyphonus rufus</i>
White-lored Euphonia	<i>Euphonia chrysopasta</i>	Masked Crimson Tanager	<i>Ramphocelus nigrogularis</i>
Bronze-green Euphonia	<i>Euphonia mesochrysa</i>	Silver-beaked Tanager	<i>Ramphocelus carbo</i>
White-vented Euphonia	<i>Euphonia minuta</i>	Lemon-rumped Tanager	<i>Ramphocelus icteronotus</i>
Orange-bellied Euphonia	<i>Euphonia xanthogaster</i>	Blue-grey Tanager	<i>Thraupis episcopus</i>
Rufous-bellied Euphonia	<i>Euphonia rufiventris</i>	Palm Tanager	<i>Thraupis palmarum</i>
Yellow-collared Chlorophonia	<i>Chlorophonia flavorists</i>	Blue-capped Tanager	<i>Thraupis cyanocephala</i>
Black-and-white Warbler	<i>Mniotilta varia</i>	Blue-and-yellow Tanager	<i>Thraupis bonariensis</i>
American Redstart	<i>Setophaga ruticilla</i>	Moss-backed Tanager	<i>Bangsia edwardsi</i>
Cerulean Warbler	<i>Setophaga cerulea</i>	Hooded Mountain Tanager	<i>Buthraupis montana</i>
Tropical Parula	<i>Setophaga pitiayumi</i>	Black-chested Mountain Tanager	<i>Buthraupis eximia</i>
Blackburnian Warbler	<i>Setophaga fusca</i>	Masked Mountain Tanager	<i>Buthraupis wetmorei</i>
Blackpoll Warbler	<i>Setophaga striata</i>	Lacrimose Mountain Tanager	<i>Anisognathus lacrymosus</i>
Black-crested Warbler	<i>Myiothlypis nigrocristata</i>	Scarlet-bellied Mountain Tanager	<i>Anisognathus igniventris</i>
Buff-rumped Warbler	<i>Myiothlypis fulvicauda</i>	Blue-winged Mountain Tanager	<i>Anisognathus somptuosus</i>
Choco Warbler	<i>Myiothlypis chlorophrys</i>	Black-chinned Mountain Tanager	<i>Anisognathus notables</i>
Russet-crowned Warbler	<i>Myiothlypis coronata</i>	Grass-green Tanager	<i>Chlorornis riefferii</i>
Three-striped Warbler	<i>Basileuterus tristriatus</i>	Buff-breasted Mountain Tanager	<i>Dubusia taeniata</i>
Canada Warbler	<i>Cardellina canadensis</i>	Golden-crowned Tanager	<i>Iridosornis rufivertex</i>
Slate-throated Whitestart	<i>Myioborus miniatus</i>	Fawn-breasted Tanager	<i>Pipraeidea melanonota</i>
Spectacled Whitestart	<i>M. melanocephalus</i>	Grey-and-gold Tanager	<i>Tangara palmeri</i>
Yellow-billed Cacique	<i>Amblycercus holosericeus</i>	Turquoise Tanager	<i>Tangara mexicana</i>
Russet-backed Oropendola	<i>Psarocolius angustifrons</i>	Paradise Tanager	<i>Tangara chilensis</i>
Crested Oropendola	<i>Psarocolius decumanus</i>	Blue-whiskered Tanager	<i>Tangara johannae</i>
Green Oropendola	<i>Psarocolius viridis</i>	Green-and-gold Tanager	<i>Tangara shrank</i>
Olive Oropendola	<i>Psarocolius bifas</i>	Golden Tanager	<i>Tangara arthus</i>
Solitary Cacique	<i>Cacicus solitarius</i>	Silver-throated Tanager	<i>Tangara icterocephala</i>
Yellow-rumped Cacique	<i>Cacicus cela</i>	Saffron-crowned Tanager	<i>Tangara xanthocephala</i>
Scarlet-rumped Cacique	<i>Cacicus microrhynchus</i>	Flame-faced Tanager	<i>Tangara parzudakii</i>
Northern Mountain Cacique	<i>Cacicus leucoramphus</i>	Yellow-bellied Tanager	<i>Tangara xanthogastra</i>
Casqued Oropendola	<i>Cacicus oseryi</i>	Spotted Tanager	<i>Tangara punctata</i>
Yellow-tailed Oriole	<i>Icterus graceannae</i>	Bay-headed Tanager	<i>Tangara gyrola</i>
Epaulet Oriole	<i>Icterus cayanensis</i>	Rufous-winged Tanager	<i>Tangara lavinia</i>
Giant Cowbird	<i>Molothrus oryzivorus</i>	Golden-naped Tanager	<i>Tangara ruficervix</i>
Shiny Cowbird	<i>Molothrus bonariensis</i>	Blue-necked Tanager	<i>Tangara cyanicollis</i>
Scrub Blackbird	<i>Dives warczewiczi</i>	Golden-hooded Tanager	<i>Tangara larvata</i>

Masked Tanager	<i>Tangara nigrocincta</i>	Masked Flowerpiercer	<i>Diglossa cyanea</i>
Beryl-spangled Tanager	<i>Tangara nigroviridis</i>	Blue-backed Bush Tanager	<i>Urothraupis stolzmanni</i>
Blue-and-black Tanager	<i>Tangara versos</i>	Tanager Finch	<i>Oreothraupis arremonops</i>
Black-capped Tanager	<i>Tangara heinei</i>	Plumbeous Sierra Finch	<i>Phrygilus unicolor</i>
Opal-rumped Tanager	<i>Tangara velia</i>	Blue-black Grassquit	<i>Volatinia jacarina</i>
Opal-crowned Tanager	<i>Tangara callophrys</i>	Variable Seedeater	<i>Sporophila corvina</i>
Swallow Tanager	<i>Tersina viridis</i>	Caqueta Seedeater	<i>Sporophila murallae</i>
Black-faced Dacnis	<i>Dacnis lineata</i>	Lesson's Seedeater	<i>Sporophila bourvronides</i>
Yellow-tufted Dacnis	<i>Dacnis egregia</i>	Black-and-white Seedeater	<i>Sporophila luctuosa</i>
Yellow-bellied Dacnis	<i>Dacnis flaviventer</i>	Yellow-bellied Seedeater	<i>Sporophila nigricollis</i>
Blue Dacnis	<i>Dacnis cayana</i>	Chestnut-bellied Seedeater	<i>Sporophila castaneiventris</i>
Purple Honeycreeper	<i>Cyanerpes caeruleus</i>	Chestnut-bellied Seed Finch	<i>Oryzoborus angolensis</i>
Green Honeycreeper	<i>Chlorophanes spiza</i>	Plain-colored Seedeater	<i>Catamenia inornata</i>
Golden-collared Honeycreeper	<i>Iridophanes pulcherrimus</i>	Summer Tanager	<i>Piranga rubra</i>
Cinereous Conebill	<i>Conirostrum cinereum</i>	Scarlet Tanager	<i>Piranga olivacea</i>
Blue-backed Conebill	<i>Conirostrum sitticolor</i>	White-winged Tanager	<i>Piranga leucoptera</i>
Capped Conebill	<i>Conirostrum albifrons</i>	Red-hooded Tanager	<i>Piranga rubriceps</i>
Glossy Flowerpiercer	<i>Diglossa lafresnayii</i>	Ochre-breasted Tanager	<i>Chlorothraupis stolzmanni</i>
Black Flowerpiercer	<i>Diglossa humourless</i>	Golden Grosbeak	<i>Pheucticus chrysogaster</i>
White-sided Flowerpiercer	<i>Diglossa albilatera</i>	Rose-breasted Grosbeak	<i>Pheucticus ludovicianus</i>
Indigo Flowerpiercer	<i>Diglossa indigotica</i>	Buff-throated Saltator	<i>Saltator maximus</i>
Bluish Flowerpiercer	<i>Diglossa caerulescens</i>	Black-winged Saltator	<i>Saltator atripennis</i>
		Greyish Saltator	<i>Saltator coerulescens</i>

BIRDS – HEARD ONLY 73 spp.

Great Tinamou	<i>Tinamus major</i>	Common Scale-backed Antbird	<i>Willisornis poecilinotus</i>
Tawny-breasted Tinamou	<i>Nothocercus julius</i>	Rufous-breasted Antthrush	<i>Formicarius rufipectus</i>
Cinereous Tinamou	<i>Crypturellus cibereus</i>	Short-tailed Antthrush	<i>Chamaeza campanisona</i>
Little Tinamou	<i>Crypturellus soui</i>	Striated Antthrush	<i>Chamaeza nobilis</i>
Undulated Tinamou	<i>Crypturellus undulatus</i>	Undulated Antpitta	<i>Grallaria squamigera</i>
Wattled Guan	<i>Aburria aburri</i>	Ochre-striped Antpitta	<i>Grallaria dignissima</i>
Grey-breasted Crake	<i>Laterallus exilis</i>	Slaty-crowned Antpitta	<i>Grallaricula nana</i>
Grey-fronted Dove	<i>Leptotila rufaxilla</i>	Chestnut-crowned Gnateater	<i>Conopophaga castaneiceps</i>
Rufous-banded Owl	<i>Strix albitarsis</i>	Ocellated Tapaculo	<i>Acropternis orthonyx</i>
Band-bellied Owl	<i>Pulsatrix melanota</i>	Northern White-crowned Tapaculo	<i>Scytalopus stratus</i>
Andean Pygmy Owl	<i>Glaucidium jardiinii</i>	Long-tailed Tapaculo	<i>Scytalopus micropterus</i>
Common Potoo	<i>Nyctibius griseus</i>	Narino Tapaculo	<i>Scytalopus vicinior</i>
Blue-fronted Lancebill	<i>Doryfera johannae</i>	Spillman's Tapaculo	<i>Scytalopus spillmanni</i>
Amazonian Trogon	<i>Trogon ramonianus</i>	Paramo Tapaculo	<i>Scytalopus opacus</i>
Black-throated Trogon	<i>Trogon rufus</i>	Blackish Tapaculo	<i>Scytalopus latrans</i>
Amazonian Motmot	<i>Momotus momota</i>	Foothill Elaenia	<i>Miopagis olallai</i>
Cream-Colored Woodpecker	<i>Ceelus flavus</i>	Olive-striped Flycatcher	<i>Mionectes olivaceus</i>
Barred Forest Falcon	<i>Micrastur ruficollis</i>	Buff-throated Tody-Tyrant	<i>Hemitriccus rufigularis</i>
Lined Forest Falcon	<i>Micrastur gilvcollis</i>	Olive-faced Flatbill	<i>Tolmomyias viridiceps</i>
Streak-backed Canastero	<i>Asthenes wyatti</i>	Large-headed Flatbill	<i>R. megacephalum</i>
Dark-breasted Spinetail	<i>Synallaxis albigularis</i>	Rufous-tailed Flatbill	<i>Ramphotrigon ruficauda</i>
Ruddy Spinetail	<i>Synallaxis rutilans</i>	Citron-bellied Attila	<i>Attila citriniventris</i>
Plain-crowned Spinetail	<i>Synallaxis gujanensis</i>	Bright-Rumped Attila	<i>Attila spadiceus</i>
White-browed Spinetail	<i>Hellmayrea gularis</i>	Barred Fruiteater	<i>Pipreola arcuata</i>
Lineated Foliage-gleaner	<i>Syndactyla subalaris</i>	Western Striped Manakin	<i>Machaeropterus striolatus</i>
Black-billed Treehunter	<i>T. melanorhynchus</i>	Slaty-capped Shrike Vireo	<i>Vireolanius leucotis</i>
Sharp-tailed Streamcreeper	<i>Lochmias nematura</i>	Rufous-naped Greenlet	<i>Hylophilus semibrunneus</i>
Tyrannine Woodcreeper	<i>Dendrocincla tyrannina</i>	Grey-mantled Wren	<i>Odontorchilus branickii</i>
Long-billed Woodcreeper	<i>Nasica longirostris</i>	Plain-tailed Wren	<i>Pheugopedius euophrys</i>
Straight-billed Woodcreeper	<i>Dendroplex picus</i>	Buff-breasted Wren	<i>Cantorchilus leucotis</i>
Russet Antshrike	<i>Thamnistes anabatinus</i>	Lawrence's Thrush	<i>Turdus lawrencii</i>
Pygmy Antwren	<i>Myrmotherula brachyura</i>	Orange-backed Troupial	<i>Icterus croconotus</i>
Yellow-breasted Antwren	<i>Herpsilochmus axillaris</i>	Grey-browed Brush Finch	<i>Arremon assemblies</i>
Grey Antbird	<i>Cercomacra cinerascens</i>	Pale-naped Brush Finch	<i>Atlapetes pallidinucha</i>
Black-and-white Antbird	<i>Myrmochanes hemileuces</i>	White-capped Tanager	<i>Sericossypha albocristata</i>
Lunulated Antbird	<i>Gymnopathys lunulatus</i>	Golden-eyed Flowerpiercer	<i>Diglossa glauca</i>
Spot-backed Antbird	<i>Hylophylax naevius</i>		

Menus

All lodges changed their menu daily during the course of our stay; some examples of the type of meals provided are shown below. Given advance notice they all catered very well for special diets.

Guango Lodge

- Breakfasts Cereals, yoghurt, fresh fruit, scrambled eggs, or ham topped with eggs on toast, toast.
Lunches Soup (tomato, lentil, vegetable). Meat or fish, pasta or rice, Vegetables (potato cake, lentils, beans) plantain.
Dinners Various meats or fish. Vegetables with rice or potatoes (sauté, mashed, boiled)
Desserts Good variety of hot and cold desserts daily.

San Isidro

- Breakfast Cereals, fresh fruit, eggs, corncake with eggs, toast.
Lunches Soup (vegetable, spinach, tomato, chicken). Mince “rissole”, fish or chicken. Vegetables, lentils/beans, potatoes or pasta.
Dinners Soup. Beef stir fry, chicken in a sauce. Vegetables, rice, potatoes.
Desserts Good variety of desserts - fresh fruit, cakes, corn pastries in a sweet sauce.

Wildsumaco

- Breakfasts Cereals, fruit, yoghurt, eggs, pancakes maple syrup, plantain with eggs and cheese, toast.
Lunches Soup. Lasagne, chicken, pork with cauliflower and potatoes, spaghetti bolognese, beefsteak with potatoes. Vegetables/salads.
Dinners Soup. Chicken, grilled fish, pork chop, broccoli, french beans, coleslaw, rice and potatoes.
Desserts Mousse, cake with cream, ice-cream, fresh fruit.

Napo Lodge

- Breakfasts Cereal, fruit, scrambled eggs, sausages, toast.
Lunches Soup. Quiche, chicken, beef stew. Vegetables/salads, rice, potatoes.
Dinners Soup (shrimp soup was particularly delicious). Beefburgers, grilled chicken, stuffed chicken, lamb casserole. Vegetables/salads, potatoes rice
Desserts A variety of cakes and fresh fruit.

Sacha Lodge

- Breakfast Cereal, fruit, yoghurt, cheese, ham, eggs, sausage, bacon, pancakes, toast, bread.
Lunches Soup (an unusual variety, all delicious: garlic consommé, oat, spinach, asparagus, sardine). Chicken, shrimps, beef bolognese, pizza, quiche, lamb cutlets, fish, pork, beef escalope. Vegetables (carrots, cauliflower, broccoli, beans, lentils). Salads. Potatoes (plain or sautéd with vegetables and onion, croquettes). Rice.
Dinners Soup. Beef, chicken, meatballs, pork, turkey, beef stroganoff, pork. Vegetables as above.
Desserts Kiwi tart, lemon and papaya mousse, chocolate pudding, carrot cake, bread pudding, chocolate mousse, cheesecake, fruit torte, pear or walnut pie, apple strudel, chocolate ring doughnuts, strawberry sponge, fresh fruit.

Packed meals from the lodges were very good, e.g. variety of wraps, rice dishes, quiche, eggs, fresh fruit, cakes, etc.