

SOUTH-EAST BRAZIL – ATLANTIC RAIN FOREST BIRDING AT REGUA

23rd June – 20th August 2011

By Duncan Wilson

Introduction

Between 23rd June – 20th August 2011 I worked as a volunteer at the **Guapi Assu Bird Lodge** in Rio de Janeiro State, South East Brazil. The lodge is owned and operated by Reserva Ecologica de Guapi Assu (**REGUA**), a not-for-profit organisation dedicated to protecting Atlantic rainforest. Regua currently owns and manages 7,500 hectares of tropical forest, and is actively engaged in programmes to acquire and reforest adjacent properties within the Guapi Assu watershed.

With continuous forest cover from 30m to 2,000m a.s.l., together with a superb wetland, and access to adjacent farmland, REGUA has an incredibly diverse avifauna – to date 458 species have been recorded within the reserve, of which 118 are Atlantic forest endemics, and 63 endemic to Brazil. A significant number of additional endemic species can be found within a couple of hours' drive on birding excursions organised by the lodge.

My modest contribution to REGUA's work mostly involved assisting the lodge's bird guides on daily excursions around the reserve's extensive trail system, and on day trips to nearby birding sites. I had a hugely enjoyable stay, with some of the best birding I have had anywhere.

Acknowledgements

I would like to record my sincere thanks to Nicholas and Raquel Locke, for allowing me the opportunity to stay at Regua; to Tom and Micaela Locke and my fellow volunteers, for ensuring that my stay was as enjoyable as possible; to Lee Dingain and Rachel Walls for inspiring me to visit and for their great company; and Lilei and Leo (see below!).

Location

Regua is located in the Tres Picos area of the Serra dos Orgaos mountain range, about 90km north of the city of Rio de Janeiro. The nearest town of any size is Cachoeiras de Macacu, a 40 minute drive from the reserve, while the villages of Matumbo and Guapi Assu are within walking distance.

Accommodation

The lodge has very comfortable accommodation for up to 16 guests in 10 en-suite rooms, and is noted for its excellent food, equally excellent caipirinhas, and convivial atmosphere. More information about the lodge can be found at www.guapiassubirdlodge.com, including current rates.

I was based in one of Regua's volunteer houses below the lodge, handily located right next to the wetland area – stunning mountain scenery on one side, and Masked Ducks and Tawny-browed Owls on the other are hard to beat.

Timing and climate

The optimum time to visit Regua from a purely birding perspective is probably early September – late November, when many species are at their most vocal. However, the Austral winter climate (May – August) is very pleasant, with low humidity; warm, sunny days and cool nights are typical. Mixed flocks are a prominent feature at this time of year, and the mild temperatures make for comfortable all-day birding.

Health, dangers etc

There is no malaria or dengue fever in the region, and no particular precautions are required. I did encounter a few mosquitoes, sand-flies and chiggers, but not in sufficient numbers to be a nuisance. I only encountered a single snake during my stay – a non-venomous colubrid – and although *Bothrops* are present in the forest, they are rarely encountered.

Although Brazil does have something of a reputation for high rates of crime, Regua is located in a quiet rural area, and is very safe.

Guides

The lodge employs two exceptionally talented Brazilian bird guides, Leonardo Pimentel and Adilei Carvalho da Cunha ("Lilei"). I have birded in many parts of the world, and have yet to meet sharper birders than Leo and Lilei: both have an extraordinary ability to pick-up the most insignificant calls, and in two months of daily birding with them, I can't recall a single vocalisation they didn't recognise. Both also possess superb field-craft, enabling them to find and show to guests some very difficult species, and are very patient.

Another thing that sets them apart from many guides I have encountered in the tropics is that they are passionate birders: they will spend a week of guiding dawn to dusk, and then go out birding on their days off. I am very grateful to both for allowing me to accompany them.

Although most birders staying at the lodge choose to be accompanied by one of the guides when birding Regua's trails, guests are free to spend some or all of their time walking any of the trails on their own (at their own risk!).

Birding objectives / key species

With its wide variety of habitats, altitudinal variation, extensive trail system, and expert guides, Regua is probably the best single location in SE Brazil for building a long list of Atlantic forest species. In recognition of this fact, a number of tour companies have started offering single-centre birding tours based at Regua.

For me, the most enjoyable aspect of my stay at Regua was simply spending a prolonged period in the Atlantic forest, and familiarising myself with the local avifauna. Most birders will not have the luxury of time that I did, and will have more focused objectives.

Regua specialities include Masked Duck, White-necked and Mantled Hawks, Giant Snipe, Blue-bellied Parrot, Black-banded Owl (one of 11 species of owl recorded on the reserve), Frilled Coquette, Giant, Tufted and White-bearded Antshrikes, Salvadori's Antwren, Slaty Bristlefront, Fork-tailed Tody-Tyrant, Russet-winged Spadebill, Sharpbill, Shrike-like Cotinga, Brown Tanager, and Black-legged Dacnis .

Targets on the standard excursions operated by the lodge include Black-and-gold, Grey-winged and Swallow-tailed Cotinga, Hooded Berryeater, Three-toed Jacamar, and Serra and Restinga Antwrens.

Birding locations at Regua

Wetland

Regua's wetland is located just a couple of minutes' walk from the lodge. It has been restored over the last few years from drained pasture, and has matured remarkably quickly, with luxuriant emergent and surface vegetation providing a home for many aquatic birds.

Wide, easy trails around and across the area allow excellent viewing, and the adjacent areas of scrub and forest edge are often full of birds in the morning and late afternoon, including excellent mixed-species flocks.

Species of note in and around the wetland include Masked Duck, Muscovy Duck, Brazilian Teal, Pinnated Bittern, Rufescent Tiger-Heron and Capped Heron, Rufous-sided and Ash-throated Crake, Blackish Rail, Russet-crowned Crake, Tawny-browed Owl, Scissor-tailed Nightjar, Donacobius, Long-billed Wren, Chestnut-backed Antshrike, Yellow-chinned Spinetail, Lemon-chested Greenlet, Pileated Finch and various seedeaters.

Giant Snipe sites

Contrary to what one might expect, Giant Snipe is not found in the wetland area, but in humid pasture next to the reserve. Regua's guides rotate sites to limit disturbance, and visits are typically made after nightfall. There are, however, some interesting grassland species possible, such as White-browed and Chopi Blackbirds, Pileated Finch and Grassland Sparrow, making a pre-dusk visit worthwhile, then waiting for nightfall when the snipe and Spot-tailed Nightjars become active.

Onofre Cunha Plot

This area of mature lowland forest next to the main road to Cachoeiras is excellent for night birds, most notably Black-banded, Variable Screech, Mottled and Tawny-browed Owls, and both potoos. There are, of course, no guarantees that any owls will be seen on any given night!

The densely-vegetated forest pool half-way along the track is a site for the near-invisible Uniform Crake.

Green (Waterfall) Trail / Grey Trail

This is an excellent and relatively easy forest trail, which is generally walked only as far as the waterfall at the 2.5 km mark, although it does climb much further for those feeling energetic. The start of the trail is a 15 minute

drive from the lodge, mostly through pasture, and birding en route can produce interesting open-country species including Whistling Heron, Yellowish Pipit, White-rumped Monjita etc.

The starting point of the trail is at the Casa Pesquisa; the first few hundred metres can be driven in a 4WD vehicle for those who want to shorten the walk, but the first part of this stretch is through bird-rich scrub which is often good for tanager flocks, and probably the best site for the endemic White-bellied Tanager.

Shrike-like Cotinga can be seen almost anywhere in Regua's forests, but the level lowland forest near the start of the trail is one of the better areas in the winter months, and is also a reliable area for Southern Antpipit, Grey-hooded Attila, Rufous-breasted Leaf Tosser and Rufous-capped Antthrush.

The trail climbs fairly gently through good forest, where almost any of Regua's lower elevation forest birds can occur, and Sharpbill is frequent, then climbs quite steeply up a series of zig-zags – a prime area for Russet-winged Spadebill and, further along the trail, Pin-tailed Manakin and Variegated Antpitta. The waterfall provides a scenic spot to have lunch while looking for Sharp-tailed Streamcreeper, White-thighed Swallow and Saw-billed Hermit.

The return journey can be varied by taking the Grey Trail on the way back: birds on this trail are similar, including another possibility of seeing Russet-winged Spadebill.

Red Trail

This is my favourite trail at Regua, with high-quality forest full of good birds. The downside is that you need to climb the Green Trail almost to the waterfall just to get to the start of the trail, and then climb for another 3 km to get to the best areas at around 900m asl. The trail is also very steep in places, and a reasonable level of fitness is required.

Among the many birds possible on the Red Trail are Brown and Solitary Tinamou, Spot-winged Wood-Quail, Blue-bellied Parrot, Saffron Toucanet, Planalto Hermit, White-collared and White-browed Foliage-gleaners, Short-tailed and Such's Antthrush, Slaty Bristlefront, Ferruginous Antbird, Spotted Bamboo-Wren, Giant, Tufted and White-bearded Antshrike, Black-billed Scythebill, Pale-browed Treehunter, Fork-tailed Tody-Tyrant and Brown Tanager.

Brown / Sao Jose Trail

Excellent lowland forest birding accessible within a short walk from the lodge, the Brown Trail branches off the wetland loop and can be done as a short circuit in its own right, or used to access the long and steep Sao Jose Trail.

The first part of the Brown Trail runs through open secondary growth, which is excellent for a number of flycatcher species, including Fuscous, Euler's, Whiskered and Ochre-bellied, before heading-off into more mature forest. This is especially good for seeing antbirds, including the superb Scaled and White-bibbed Antbirds, and the rare Salvadori's Antwren can be found high on the Sao Jose Trail.

Ant-swarms are often present on the lower stretches of the Sao Jose Trail, and these are invariably attended by Black-goggled Tanagers, Thrush-like, Lesser and Olivaceous Woodcreepers, and quite often the rare White-necked Hawk. The lower part of this trail is also one of the better areas to look for Shrike-like Cotinga.

Waldenoor Trail

Access to this trail requires a short drive through the nearby village of Matumbo, followed by ascent of a steep and bumpy 4WD track. The first part of the trail follows a wide and easy track, where open forest allows for good viewing conditions. White-eared Puffbird should be looked for in hillside scrub en-route to the start of the trail, and Crescent-chested Puffbird near the parking area.

Tanagers are generally conspicuous near the start of the trail, with Golden-chevroned, White-bellied, Green, Red-necked, Yellow-backed and Rufous-headed among the possibilities, while Blue-naped Chlorophonia and Pin-tailed Manakin are possible. Further on, the open forest is good for several species of woodcreeper including Scaled, and Rufous-breasted Leaf Tosser.

The trail climbs steadily to an overlook above a banana plantation, which is invariably full of Plain Parakeets, and is a good spot for Black-tailed Tityra, Rough-legged Tyrannulet and Green-backed Becard. On warm, sunny days, Black-and-white Hawk-Eagle and Mantled Hawk are reasonably likely. A little further on, the garden of a small casa provides another open area from which to scan for raptors and toucans, and sometimes holds Filled Coquette and Saw-billed Hermit.

After this, the trail enters excellent forest, and can be joined with the Veludo Trail to make a long day-out, with many lower and mid-elevation species possible, including Least Pygmy Owl, Saffron and Spot-billed Toucanets, Giant Antshrike, Black-throated Grosbeak and Uniform Finch.

4x4 track / Casa Anibal

The usual strategy is to drive up to Casa Anibal at approximately 350m elevation, and walk back down through excellent forest. The track is wide and easy, making for good viewing conditions. The main speciality here is Filled Coquette, which is reliably seen in the flowers in the garden of the abandoned Casa, which is also good for Yellow-green Grosbeak.

A little further down the track, Scaled Antbirds are common next to the trail, and Olive-green Tanagers often present in the canopy. Rufous-crowned Motmot, Surucua Trogon, Channel-billed Toucan and Spot-billed Toucanets are regularly seen, as are Mantled Hawk and Black-and-white Hawk-Eagle.

The 4x4 track is one of the more regular spots for the spectacular Long-tailed Potoo, although considerable luck is required.

Birding excursions from Regua

Although many birders staying at Regua are happy to spend their entire stay within the reserve, most split their time between Regua's trails, and day-trips to birding sites outside the reserve. These excursions are highly recommended, as they provide opportunities to see some rare and spectacular species that are either unknown or very difficult at Regua.

Banana stall on the road to Nova Friburgo

Not an excursion in its own right, a roadside banana seller on the road between Regua and Nova Friburgo (i.e. en route to Macae de Cima and Pico da Caledonia) puts over-ripe fruit on feeders in front of his stall, attracting birds from the adjacent mid-elevation forest.

These are among the most spectacular feeders I have seen anywhere, providing point-blank views of some of the most colourful birds in the Neotropics. Blue-naped Chlorophonias dominate, with several dozen usually in attendance; other regular visitors include Green-headed, Red-necked, Golden-chevroned, Azure-winged, Ruby-crowned, Brazilian, Burnished-buff, Black-goggled and Sayaca Tanagers, Chestnut-bellied, Violaceous and Purple-throated Euphonias, Green Honeycreeper and Blue Dacnis.

Pico da Caledonia

The steep, cobbled road running almost to the summit of Pico da Caledonia, directly above Nova Friburgo, provides easy access to some superb birding. It is, however, prone to low cloud and is best attempted during settled weather.

The top of the road is at a little over 2,000m and steps lead to the actual summit and scrub with Itatiaia Spinetail. Around the parking area it is possible to see Plovercrest, Velvet Black-Tyrant, Mottled-cheeked Tyrannulet, Uniform Finch, Bay-chested Warbling-Finch, and the superb Diademed Tanager. A little further downhill, Yellow-browed Woodpecker, Rufous-capped and Large-tailed Antshrike, Rufous-tailed Antbird, and Shear-tailed Grey Tyrant are all likely.

The endemic cotingas are the most important species to most birders, and the grassy look-out not far below the parking area is a good place to scan for Grey-winged – best located by its very high-pitched whistle. While scanning for this subtle bird, the distant whine of Black-and-gold Cotinga will probably soon get on your nerves, but it is necessary to descend some way to locate this species.

Descending the steep road, Brassy-breasted Tanagers are usually abundant, Ochre-faced Tody-Flycatchers common, and Thick-billed Saltator can be seen. Serra do Mar Tyrannulet and Serra do Mar Tyrant-Manakin are also important targets.

Once the upper-elevation species have been dealt with, birders usually head down to the Sao Bernardo track half-way up the mountain for a different set of birds. The key species here is Swallow-tailed Cotinga, but the area is also good for Slaty-breasted Wood-Rail, Seriema, Mouse-coloured Tapaculo, Brazilian Anthrush, Rufous and Grey-eyed Greenlets, Giant Antshrike, and several spinetails and hummingbirds.

Macae de Cima

The Macae de Cima area above Nova Friburgo has some excellent roadside mid-altitude forest. There is considerable overlap with the higher trails at Regua, and the lower elevations at Pico da Caledonia, but there are

several species which are easier here, making a visit very worthwhile – especially for birders who don't climb Regua's Red Trail.

The day-trip from Regua typically involves easy roadside birding together with a visit to the late David Miller's orchid reserve, where the hummingbird feeders are excellent.

Target species include White-throated Hummingbird, Brazilian Ruby, Scale-throated Hermit at feeders, Plovercrest, Such's Antthrush, Rufous Gnatcatcher, Green-winged Saltator, Variable Antshrike, Spot-billed and Saffron Toucanet, Drab-breasted Tyrant, Ochre-rumped and Bertoni's Antbirds, Black-tailed Flycatcher, White-rimmed Warbler, Sharpbill, Hooded Berryeater, Bare-throated Bellbird, Black-and-gold Cotinga, Brown-backed Parrotlet, Planalto Woodcreeper, and Pale-browed and Sharp-billed Treehunters, Diademed Tanager and Bay-breasted Warbling-Finch.

Sumidouro

The primary target of this excursion is to see the endangered Three-toed Jacamar, which is common and easy to see within its restricted range. The forest in which the jacamar occurs is fragmented and much drier than at Regua, and there are many open-country species not found at Regua or on the other day-trips.

The drive to the Jacamar site takes about three hours each way, and regular roadside stops are made en-route. Target species en route include Dusky-legged Guan and Half-collared Sparrow, Crested Oropendola, Common, Orange-eyed and Red-eyed Thornbirds, Crested Black-Tyrant, Firewood-gatherer, Streamer-tailed Tyrant, White-eyed Parrot, Blue-winged Macaw, Seriema, and Curl-crested Jay.

At the jacamar site above Carmo, likely species include Hangnest Tody-Tyrant, Serra Antwren, White-tailed Hawk, Brown-crested Flycatcher, Grey-eyed Greenlet, Rufous Gnatcatcher, Blue-billed Black-Tyrant, Planalto Hermit, White-rumped Monjita and Narrow-billed Woodcreeper. The rare Rio de Janeiro Antbird is an outside chance here.

The late afternoon is typically spent overlooking a forested valley above Teresopolis, where Blue-winged Macaws fly-in to roost, and Ultramarine Grosbeak and Cinnamon Tanager are possible.

Cabo Frio

Only tiny fragments of coastal restinga vegetation remain, and the Cabo Frio area holds the last populations of Restinga Antwren. This is the major target species on this excursion, which fortunately is locally common and easily seen.

Restinga is characterised by low, scrubby forest with cacti on sandy soil, and has low species diversity. The range of additional target species is low, but includes the rare Black-backed Tanager and Minute Hermit. Various shorebird species are possible here, but during my only visit, there was little exposed mud in the coastal lagoons, and the only waders noted were stilts.

Serra dos Orgaos NP

This very scenic national park protects a large area of mid-to-high elevation Atlantic rainforest, and has a very similar set of species to Regua. As always, however, there are some species that are easier to see here.

Most of the birding on this excursion is done from the level "Suspended Trail", which is a long boardwalk constructed along a steep hillside, and gives good views of mid-canopy forest.

Species of note on this excursion include Dusky-legged Guan, Half-collared Sparrow, Hooded Berryeater, Streamcreeper, Mottled-cheeked Tyrannulet, Rufous-capped Spinetail, White-bibbed Antbird, Spot-winged Wood-Quail (which can be very confiding here), Rufous-backed Antwren, Grey-capped Tyrannulet and White-browed Foliage-gleaner.

Systematic List

The following list is limited to birds I saw or heard during my stay at Regua, and on the regular excursions organised for guests at the lodge. It does not include birds seen or heard by other birders at Regua during my stay.

Solitary Tinamou

Tinamus solitarius

UTVs of a single bird flushed from beside the Red Trail.

Brown Tinamou

Crypturelus obsoletus

Singing birds heard on the Red and Green Trails, and along the Suspended Trail at the Serra dos Orgaos NP. This and the above species are very shy and difficult to see.

<u>Tataupa Tinamou</u>	<i>Crypturelus tataupa</i>
Quite common and widely distributed at Regua, this species is easy to hear but difficult to see. My only observation was along the Sao Jose Trail.	
<u>White-faced Whistling-Duck</u>	<i>Dendrocygna viduata</i>
Between 25-30 birds resident in the wetland, where easily observed.	
<u>Muscovy Duck</u>	<i>Cairina moschata</i>
Between 15-20 birds resident in the wetland, where easily observed.	
<u>Brazilian Teal</u>	<i>Amazonetta braziliensis</i>
The most numerous and conspicuous duck in the wetland, with between 30-40 birds resident.	
<u>Masked Duck</u>	<i>Nomonyx dominica</i>
This widely distributed but scarce duck is a speciality of the reserve, with around 10 birds resident in the wetland. Generally easy to locate among floating vegetation in the quieter parts of the wetland.	
<u>Rusty-margined Guan</u>	<i>Penelope superciliaris</i>
I had a few random encounters with this species in the forest, but mostly observed it at the lodge feeders, with up to 4 birds present daily, generally at dusk.	
<u>Dusky-legged Guan</u>	<i>Penelope obscura</i>
This species replaces the former at higher elevations. I had several observations of up to 5 birds in roadside trees across the road from the Dedo da Deus view-point in the Serra dos Orgaos NP, and similar numbers in roadside forest just above Teresopolis.	
<u>Spot-winged Wood-Quail</u>	<i>Odontophorus capueira</i>
I heard calling birds irregularly on the Red and Green trails, but my only sightings were along the Suspended Trail in the Serra dos Orgaos NP, where I encountered small flocks on three occasions. Some of these birds were extremely confiding, apparently habituated to human presence.	
<u>Least Grebe</u>	<i>Tachybaptus dominicus</i>
Small numbers resident in the wetland, where easily observed.	
<u>Neotropic Cormorant</u>	<i>Phalacrocorax brasilianus</i>
Up to 4 birds seen regularly in the late afternoon flying over the wetland to roost; 1-2 occasionally in roosting with Cattle Egrets in the wetland.	
<u>Magnificent Frigatebird</u>	<i>Fregata magnificens</i>
Common along the coast at Rio de Janeiro.	
<u>Rufescent Tiger-Heron</u>	<i>Tigrisoma lineatum</i>
Small numbers resident in the wetland, where easily observed.	
<u>Boat-billed Heron</u>	<i>Cochlearius cochlearius</i>
A single immature bird observed regularly in the wetland during the first few weeks of my stay was the first record at Regua for several years.	
<u>Pinnated Bittern</u>	<i>Botaurus pinnatus</i>
I had a single observation of this scarce and generally difficult species in the wetland, where it is observed infrequently. The bird was foraging in dense emergent vegetation at the back of the wetland.	
<u>Black-crowned Night-Heron</u>	<i>Nycticorax nycticorax</i>
Up to 6 birds resident in the wetland.	
<u>Striated Heron</u>	<i>Butorides striata</i>
A scarce resident in the wetland, with single birds observed frequently.	
<u>Cattle Egret</u>	<i>Bubulcus ibis</i>
A common bird in grazing land outside Regua, a minimum of 700 birds roost in the wetland every night.	
<u>Great Egret</u>	<i>Ardea alba</i>
Small numbers observed regularly in the wetland, roosting with the Cattle Egrets.	
<u>Whistling Heron</u>	<i>Syrigma sibilatrix</i>
Although often seen or heard flying over the wetland, small numbers of this rather odd species can generally be found in pasture just outside the reserve, especially en-route to the Green Trail.	
<u>Capped Heron</u>	<i>Pilherodius pileatus</i>
A small population of 5-6 of these stunning birds is resident in the wetland, where conspicuous.	
<u>Snowy Egret</u>	<i>Egretta thula</i>
Scarce in the wetland, with a daily maximum of 3 birds.	
<u>Turkey Vulture</u>	<i>Cathartes aura</i>
Common resident in and around Regua.	
<u>Lesser Yellow-headed Vulture</u>	<i>Cathartes burrovianus</i>

Common resident in and around Regua.	
<u>Black Vulture</u>	<i>Coragyps atratus</i>
Abundant resident in and around Regua.	
<u>Grey-headed Kite</u>	<i>Leptodon cayanensis</i>
Two observations of perched birds in hill forest above the wetland.	
<u>Snail Kite</u>	<i>Rostrhamus sociabilis</i>
A female observed on two consecutive days in the wetland.	
<u>Sharp-shinned Hawk</u>	<i>Accipiter striatus</i>
Two observations of the form <i>erythronemius</i> (Rufous-thighed Hawk) at the wetland, an adult male and an immature or female; also one seen over the Tres Picos watershed trail.	
<u>Crane Hawk</u>	<i>Geranoospiza caeruleascens</i>
Two sightings, one at the wetland, and one over pasture en route to the Green Trail.	
<u>White-necked Hawk</u>	<i>Leucopternis lacernulatus</i>
Regua is one of the best places to see this scarce Brazilian endemic, although even here it is not guaranteed. I had four sightings: once on the Green Trail and twice on the lower part of the Sao Jose Trail, and a pair in the hills above Matumbo. Two of these observations were of pairs soaring in thermals with Black Vultures, and two of single birds flushed from forest under storey at ant-swarms.	
<u>Mantled Hawk</u>	<i>Leucopternis polionotus</i>
I had five sightings of this scarce Atlantic Forest endemic including superb close-up views of a perched bird on the Green Trail; it is worth scanning for soaring birds anywhere over the reserve during warm, clear weather, although the Waldenor Trail is possibly the most reliable.	
<u>Savanna Hawk</u>	<i>Heterospizias meridionalis</i>
This rather terrestrial open-country species is common and often conspicuous in pastures around Regua.	
<u>White-rumped Hawk</u>	<i>Percnohierax leucorrhous</i>
Two birds seen soaring near the Three-toed Jacamar site above Carmo.	
<u>Roadside Hawk</u>	<i>Rupornis magnirostris</i>
Common and conspicuous in open habitats. Also seen attending an ant swarm in forest low on the Sao Jose Trail.	
<u>Black Hawk-Eagle</u>	<i>Spizaetus tyrannus</i>
Single birds observed over David Miller's house at Macae de Cima, above Serra dos Tucanos Lodge, and twice over the Green Trail.	
<u>Black-and-white Hawk-Eagle</u>	<i>Spizaetus melanoleucus</i>
Single soaring birds observed twice over the Green Trail, twice over the Waldenor Trail, and once over the lodge.	
<u>Southern Caracara</u>	<i>Caracara plancus</i>
Common and conspicuous throughout open areas; especially numerous in farmland adjacent to Regua.	
<u>Yellow-headed Caracara</u>	<i>Milvago chimachima</i>
Very common and conspicuous throughout open areas in and around Regua.	
<u>Laughing Falcon</u>	<i>Herpetotheres cachinnans</i>
Quite often heard calling from hill forest above the wetland at dusk, but just a single sighting.	
<u>Barred Forest-Falcon</u>	<i>Micrastur ruficollis</i>
A heard-only on the Green Trail, and an immature bird along the Suspended Trail at the Serra dos Orgaos NP which almost took Leonardo's head-off in response to his pishing!	
<u>Collared Forest-Falcon</u>	<i>Micrastur semitorquatus</i>
Heard-only birds once along the Green Trail, and on several occasions along the Brown Trail.	
<u>American Kestrel</u>	<i>Falco sparverius</i>
Four seen on the Sumidouro excursion.	
<u>Aplomado Falcon</u>	<i>Falco femoralis</i>
Presumably the same immature bird seen regularly around the wetland, and hunting bats at dusk below the lodge; also a superb perched adult at Pico da Caledonia.	
<u>Limpkin</u>	<i>Aramus guarauna</i>
Single birds occasional at the wetland, but generally shy and mostly seen in flight.	
<u>Grey-necked Wood-Rail</u>	<i>Aramides cajanea</i>
Heard once at dusk in dense brush next to the wetland.	
<u>Slaty-breasted Wood-Rail</u>	<i>Aramides saracura</i>
Heard a couple of times at dusk in brush next to the wetland, where the dense vegetation makes for difficult	

viewing. Elsewhere, the species can sometimes be seen feeding in the open and is relatively easy, with single birds seen below Pico da Caledonia and on the feeders at Serra dos Tucanos Lodge.

Uniform Crake

Amaurolimnas concolor

A single bird heard in response to playback at a forest pool in the Onofre Cunha plot.

Russet-crowned Crake

Laterallus viridis

This very skulking crake can be heard calling in the late afternoon from rank grassland and dense scrub fringing the wetland. I found the best site to be quite high up on the scrubby hillside above the NW corner of the wetland, where the rather more open vegetation made it possible to see birds in gaps between shrubs after playback.

Rufous-sided Crake

Laterallus melanophaius

Quite common and easy to see in the wetland, I saw this species many times. Patient scanning of the fringes of typhus stands often provides good views, especially in the early morning.

Ash-throated Crake

Porzana albicollis

Although relatively common in the wetland by voice, this is much more skulking than the previous species. It generally requires playback to obtain views, but is often rather unresponsive after initial interest. I had just a single sighting in the wetland, and another in damp pasture at the "alternative" Giant Snipe site.

Blackish Rail

Pardirallus nigricans

Another railid that is much more easily heard than seen, and is often rather unresponsive to playback. Although heard frequently, I had just a single sighting.

Common Moorhen

Gallinula chloropus

Very common in the wetland, with about 150 birds resident.

Purple Gallinule

Porphyrio martinica

Common and conspicuous in the wetland.

Red-legged Seriema

Cariama cristata

This spectacular bird is seen only infrequently on Regua property, but is reliably found on grassy hillsides on the excursions to Pico da Caledonia and Sumidouro.

Black-necked Stilt

Himantopus mexicanus

Two seen in coastal lagoons near Cabo Frio.

Southern Lapwing

Vanellus chilensis

Common and conspicuous in the wetlands and open country surrounding Regua.

Giant Snipe

Gallinago undulate

One of Regua's speciality birds, this much sought-after species is probably easier to see here than anywhere else on Earth. Birds are attracted by playback at night in areas of damp pasture close to the reserve, and generally spot-lit on the ground at close range. The species is reliably seen in most conditions, but spending cloudless moonlit nights with displaying birds calling overhead, and the mountains silhouetted against a star-filled sky is an experience I will never forget.

Wattled Jacana

Jacana jacana

Common and conspicuous at the wetland and small pools in pasture around the reserve.

Kelp Gull

Larus dominicanus

Five seen at Cabo Frio.

Ruddy Ground-Dove

Columbina talpacoti

Very common and conspicuous in all open areas and light woodland in and around Regua.

Picazuro Pigeon

Patagioenas picazuro

Very common and conspicuous in lightly wooded areas within and around the reserve.

Pale-vented Pigeon

Patagioenas cayennensis

Generally rather scarce and unobtrusive at Regua, I had a few random encounters with this species in forested areas, but mostly observed small flocks flying over the wetland in the late afternoon, en route to their roosting sites.

Plumbeous Pigeon

Patagioenas plumbea

My only encounter with this species at Regua was a single heard-only record on the Waldenoor Trail; it is, however, quite common by voice on Pico da Caledonia, and relatively easy to see there.

White-tipped Dove

Leptotila verreauxi

Small numbers frequently seen in light woodland around the wetland. Unidentified individuals of this or the following species often flushed.

Grey-fronted Dove

Leptotila rufaxilla

Quite common by voice in forest, but seen rather infrequently along most of Regua's forest trails.

- Ruddy Quail-Dove *Geotrygon montana*
Two observations; seen once along the Green Trail and once on the Sao Jose Trail.
- Blue-winged Macaw *Primolius maracana*
Two birds seen flying into roost along a forested valley above Teresopolis – a regular site for this species. Also heard near Carmo, on the Sumidouro excursion.
- White-eyed Parakeet *Aratinga leucophthalma*
Small flocks of this large, noisy parakeet seen at Sumidouro, Serra dos Orgaos NP and Pico da Caledonia.
- Maroon-Bellied Parakeet *Pyrrhura frontalis*
The most abundant parrot at Regua, seen and heard daily in good numbers. Confiding flocks visit the lodge feeders daily.
- Blue-winged Parrotlet *Forpus xanthopterygius*
Flocks of 2-6 birds seen on five dates; twice on the Waldenoor Trail, twice at the wetland and once on the Sao Jose Trail.
- Plain Parakeet *Brotogeris tirica*
Fairly common at Regua, with small flocks frequently heard over mid-altitude forest. The Waldenoor Trail is particularly good for this species, with small flocks frequently feeding in banana plantations next to the trail.
- Brown-backed Parrotlet *Touit melanotus*
I had just a single sighting of this rare and elusive species: a flock of about 30 birds at Macae de Cima. This is one of the more difficult Atlantic forest endemics.
- Golden-tailed Parrotlet *Touit surdus*
My only encounter was a heard-only flock over the Green Trail. The Red Trail is the most regular site but considerable luck is required.
- Pileated Parrot *Pionopsitta pileata*
Heard reasonably regularly over mid to upper level forest trails, with a couple of fly-overs seen, but only observed perched once, on the Grey Trail.
- Scaly-headed Parrot *Pionus maximiliani*
Fairly common at Regua, with pairs or small flocks of this very vocal species seen flying overhead daily.
- Orange-winged Parrot *Amazona amazonica*
Rather scarce at Regua, I had two sightings of pairs flying over the lodge, and another two heard-only records.
- Blue-bellied Parrot *Tricharia malachitacea*
I had four sightings and two heard-only birds. Regua is one of the best places to see this rare and elusive endemic, which is regularly found along the Red Trail. Best located by its rather thrush-like song, it is responsive to playback but getting good views of this shy species can be difficult.
- Squirrel Cuckoo *Piaya cayana*
Fairly common at Regua: seen or heard most days.
- Greater Ani *Crotophaga major*
A flock of up to 10 birds seen regularly in the wetland.
- Smooth-billed Ani *Crotophaga ani*
Common and conspicuous in open areas in and around Regua.
- Guira Cuckoo *Guira guira*
Common and conspicuous in open areas in and around Regua.
- Striped Cuckoo *Tapera naevia*
Heard on several dates in scrub around the wetland, but not seen; one heard at a roadside stop on the Sumidouro excursion.
- Common Barn Owl *Tyto alba*
Seen twice hunting over pasture close to Regua.
- Tropical Screech-Owl *Megascops choliba*
Fairly common in and around Regua. A pair roosts daily in trees close to the volunteer houses.
- Black-capped (Variable) Screech Owl *Megascops atricapilla*
Heard three times at the Onofre Cunha plot.
- Tawny-browed Owl *Pulsatrix koeniswaldiana*
The most numerous of the larger owls at Regua, its fantastic song can be heard nightly in and around Regua. I saw single birds or pairs on a number of occasions, with the area around the office and volunteers' houses reasonably reliable.
- Mottled Owl *Strix virgata*
I heard this widespread species on most night-birding visits to the Onofre Cunha plot.

- Black-banded Owl *Strix huhula*
Regua is probably the best place to see the rare Atlantic form of this superb owl. I had three sightings of single birds and one of a pair, all in the Onofre Cunha plot.
- Least Pygmy-Owl *Glaucidium minutissimum*
I had three sightings of this species: one each on the Grey, Red and Waldenoor Trails. It occurs at elevations above about 400m a.s.l., where it is sympatric with Ferruginous Pygmy Owl.
- Ferruginous Pygmy-Owl *Glaucidium brasilianum*
The most numerous owl at Regua, with calling birds heard daily and nightly both around the lodge, and along all forest trails. Seen frequently, often in response to whistled imitations intended to attract passerine flocks.
- Burrowing Owl *Athene cunicularia*
Fairly common and conspicuous in farmland around Regua.
- Striped Owl *Rhinoptynx clamator*
A single calling bird heard on one date at the “alternative Giant Snipe site”.
- Stygian Owl *Asio stygius*
A single sighting of a bird perched in a dead tree in the wetland was the first record for Regua and apparently just the third for Rio de Janeiro state. Remarkably, this is the 11th species of owl recorded in the reserve.
- Long-tailed Potoo *Nyctibius aethereus*
I had a single sighting of this very striking species: a bird roosting on an exposed dead snag just above the 4x4 Trail, which provided wonderful views. Also a single bird heard on one night at the Onofre Cunha plot.
- Common Potoo *Nyctibius griseus*
I had a single sighting, at the Onofre Cunha plot; I also heard one calling around the lodge most nights.
- Pauraque *Nyctidromus albicollis*
Common and conspicuous, this species is easily seen along dirt tracks in and around Regua; calling birds were almost constantly within earshot from late July onwards .
- Spot-tailed Nightjar *Caprimulgus maculicaudus*
A few heard and seen at the alternative Giant Snipe site on two nights.
- Scissor-tailed Nightjar *Hydropsalis torquata*
This spectacular little nightjar is scarce at Regua, but can be reliably seen after dusk in scrubby woodland towards the back of the wetland, typically located by its rather un-nightjar-like call.
- White-collared Swift *Streptoprocne zonaris*
I frequently observed flocks of large, white-collared swifts at Regua, but separation of this and the next species is problematic and the great majority remained unidentified. When I did encounter low-flying birds, I was able to identify some individuals of both species, and both are probably common.
- Biscutate Swift *Streptoprocne biscutata*
See above.
- Grey-rumped Swift *Chaetura cinereiventris*
This is the most frequently recorded swift at Regua, and seen more or less daily in small numbers.
- Lesser Swallow-tailed Swift *Panyptila cayannensis*
This striking swift is rather scarce at Regua, but small numbers can often be seen flying relatively high over the wetland in the late afternoon, often in the company of bats.
- Saw-billed Hermit *Ramphodon naevius*
I recorded this large and distinctive hermit on most days spent along forest trails, although it is more frequently heard than seen. Also at least one individual attending the feeders at Serra dos Tucanos Lodge.
- Rufous-breasted Hermit *Glaucis hirsutus*
Fairly common at Regua, with one or two birds regularly attending the lodge feeders.
- Reddish Hermit *Phaethornis ruber*
This tiny hermit is rather uncommon at Regua. I had occasional sightings in forest, but it is most easily seen feeding on flowers around the lodge gardens.
- Planalto Hermit *Phaethornis pretrei*
Uncommon at Regua, and generally found at higher elevations, I had three sightings of this species – twice along the Grey Trail and once along the Red Trail; single birds also seen at Pico da Caledonia and above Carmo on the Sumidouro excursion.
- Scale-throated Hermit *Phaethornis eurynome*
A scarce species at Regua, but relatively common at feeders at David Miller’s house at Macae de Cima; also a single at Serra dos Orgaos NP.
- Swallow-tailed Hummingbird *Eupetomena macroura*

This is the dominant hummingbird at the lodge feeders, with 3-4 birds permanently present throughout the day. Only a few birds seen elsewhere: one at the banana plantation along the Waldenoor Trail, and two in restinga at Cabo frio on the coast.

Sombre Hummingbird

Aphantochroa cirrhochloris

My only observations were of birds on the feeders at Serra dos Tucanos Lodge, where it is the dominant hummingbird, with up to 10 birds continuously present.

Black Jacobin

Florisuga fusca

This striking species is a seasonal visitor to the lodge feeders at Regua, but was absent during my stay, with just a single bird seen on one day. A flowering tree along the Grey Trail attracted around 5 individuals while in bloom, and I observed a single bird at the Serra dos Tucanos Lodge feeders.

Frilled Coquette

Lophornis magnificus

This species is scarce at Regua. My only sightings were of a single male on two dates, at Casa Anibel on the 4x4 track – a reliable site.

Violet-capped Woodnymph

Thalurania glaucopsis

Seen more or less daily, this is the most frequently-encountered hummingbird at Regua, and is common both in the forest and in the lodge gardens

White-chinned Sapphire

Hylocharis cyanus

My only sightings of this species at Regua were at the lodge feeders, where single birds were present most days.

White-throated Hummingbird

Leucochloris albicollis

This is the dominant species at feeders in David Miller's garden at Macae de Cima, with approximately 15 individuals present. Small numbers also seen on the Pico da Caledonia.

Glittering-throated Emerald

Amazilia fimbriata

One or two individuals of this species are generally present at the lodge feeders; two birds also seen at Pico da Caledonia.

Glittering-bellied Emerald

Chlorostilbon lucidus

Three seen along the Sao Bernardo track at Pico da Caledonia.

Sapphire-spangled Emerald

Amazilia lactea

Two seen along the Sao Bernardo track at Pico da Caledonia.

Brazilian Ruby

Clytolaema rubricauda

A maximum of five seen at the feeders at David Miller's house at Macae de Cima, up to 3 seen at Pico da Caledonia, and a single at Serra dos Orgaos NP.

Surucua Trogon

Trogon surrucura

The most numerous trogon at Regua; frequently heard, with single birds seen on most days spent along the forest trails. Males of the local form have yellow underparts and care is required to separate it from the next species.

Black-throated Trogon

Trogon rufus

I observed this species seven times at Regua, with birds on the Waldenoor, Red, Green and 4x4 Trails.

Ringed Kingfisher

Ceryle torquatus

At least one pair resident at the wetlands, recorded there most visits.

Green Kingfisher

Chloroceryle americana

Seen once at the wetland.

Rufous-capped Motmot

Baryphthengus ruficapillus

Although reasonably common in forest by voice, this shy species is quite difficult to see without using playback and I had just 4 sightings.

Rufous-tailed Jacamar

Galbula ruficauda

Not especially common, but easy to see at Regua where a pair is resident behind the education centre canteen.

Three-toed Jacamar

Jacamaralcyon tridactyla

This rather subtle species is common and very easy to see within its restricted range, with two pairs seen in remnant forest patches above the small town of Carmo on the Sumidouro excursion.

Buff-bellied Puffbird

Notharchus swainsoni

A rather scarce forest canopy species, I had three sightings – singles on the Green and Grey Trails, and three together on the Red Trail.

White-eared Puffbird

Nystalus chacuru

Generally found in more open scrub and woodland, this species is scarce at Regua. I had two observations, of a single bird and a group of four, on the vehicle track leading to the Waldenoor Trail – a regular spot. I also saw

two birds above Carmo on the Sumidouro excursion.

Crescent-chested Puffbird

Malacoptila striata

Fairly common in forest within the reserve, I observed this excellent species reasonably frequently.

Channel-billed Toucan

Ramphastos vitellinus

Vocally conspicuous in Regua's forest, this species can be surprisingly tricky to see well. I had numerous sightings, generally of distant or flying birds. The Waldenoor, 4x4, and Brown Trails are quite reliable.

Spot-billed Toucanet

Selenidera maculirostris

Rather scarce in Regua's forest, I had seven sightings plus a number of heard-only records, on the Red, Green and Waldenoor Trails. Also seen on the feeders at Serra dos Tucanos Lodge, and at Macae de Cima.

Saffron Toucanet

Pteroglossus bailloni

I had just two sightings of this scarce Atlantic forest endemic – one high on the Waldenoor Trail, and one above the garden of Serra dos Tucanos Lodge.

White-barred Piculet

Picumnus cirratus

A common species at Regua, frequently seen in lightly wooded areas, including the lodge grounds.

White Woodpecker

Melanerpes candidus

I saw this species twice at Regua – once in the lodge garden, and once in trees opposite the office.

Yellow-fronted Woodpecker

Melanerpes flavifrons

I had five sightings of up to 3 birds on the Waldenoor, Brown and Red Trails, and twice on the 4x4 Trail.

Yellow-eared Woodpecker

Veniliornis maculifrons

Probably the most numerous woodpecker at Regua, I had frequent observations on all the forest trails.

Yellow-throated Woodpecker

Piculus flavigula

Relatively common at Regua, I observed this attractive species frequently throughout forested parts of the reserve. The local form has a bright orange-red throat.

Yellow-browed Woodpecker

Piculus aurulentus

I saw this apparently rather scarce woodpecker just twice, with a pair and a single bird high on Pico da Caledonia.

Campo Flicker

Colaptes campestris

A common and conspicuous bird of farmland and open habitats.

Blond-crested Woodpecker

Celeus flavescens

This rather bizarre-looking species is quite common and conspicuous at Regua, with birds frequently seen in the lodge grounds.

Lineated Woodpecker

Dryocopus lineatus

A single bird seen on the Sumidouro excursion.

Spot-backed Antshrike

Hypoedaleus guttatus

This large and striking forest canopy species is rather uncommon, but vocally fairly conspicuous. I had five sightings, on the Green, Red and Sao Jose Trails.

Giant Antshrike

Batara cinerea

I had two sightings of this massive antshrike, one on the Red Trail and one at Pico da Caledonia; also heard-only birds in dense secondary growth behind the wetland, along the Red Trail, and on the Waldenoor Trail.

Tufted Antshrike

Mackenziana severa

My only sighting of this attractive species was a pair taped-in on the Red Trail; also heard-only records on the Red Trail and Pico da Caledonia.

White-bearded Antshrike

Biatus nigropectus

I had a single sighting of a male of this fantastic and much sought-after rarity, high on the Red Trail. Definitely one of the highlights of my time at Regua.

Chestnut-backed Antshrike

Thamnophilus palliatus

A common and conspicuous species in regenerating secondary growth and forest edge, its jaunty "bouncing ball" song is one of the characteristic sounds of Regua's wetland trails.

Sooretama Slaty Antshrike

Thamnophilus ambiguus

Fairly common by voice in lower elevation forest canopy, I regularly encountered this species along the forest trails at Regua.

Variable Antshrike

Thamnophilus caerulescens

Rather common at higher elevations, with up to three birds seen at each of Macae de Cima, Pico da Caledonia, Serra dos Orgaos NP and near Carmo, Sumidouro.

Spot-breasted Antwreio

Dysithamnus stictothorax

I had numerous sightings of this species along the forest trails at Regua, where it is common and vocal. A

regular component of mixed-species flocks.

Plain Antwreos

Dysithamnus mentalis

As with the previous species, a common and frequently-encountered forest species at Regua, often in mixed flocks.

Rufous-backed Antwreos

Dysithamnus xanthopterus

I had just two sightings of this attractive antwreos, which occurs at higher elevations: a single bird at Macae de Cima, and two birds at Serra dos Orgaos NP.

Star-throated Antwrens

Myrmotherula gularis

One of my favourite birds at Regua, these skulking little gems are reasonably common in dense, humid undergrowth in forest, especially near streams. I had regular sightings along most of the Regua trails.

White-flanked Antwrens

Myrmotherula axillaris

A common and frequently-seen species at Regua, often in mixed species flocks. Mostly seen along forest trails but also occasionally in scrub next to the wetland.

Salvadori's Antwrens

Myrmotherula minor

I had just a single sighting of this scarce endemic, a male in a mixed flock attracted to imitations of Least Pygmy Owl high up on the Sao Jose Trail.

Unicolored Antwrens

Myrmotherula unicolor

I saw this rather uncommon species on eight dates, with several more heard-only birds. I observed birds on the Sao Jose, Green, 4x4 and Waldenoor Trails – mostly in mixed-species flocks.

Rufous-winged Antwrens

Herpsilochmus rufimarginatus

A common component of mixed-species canopy flocks along all of Regua's forest trails, with many observations. Birds at Regua have a rather different song from, and do not respond to, the recording on the Birds of Brazil CD.

Serra Antwrens

Formicivora serrana

I had a single observation of a pair of this attractive restricted-range endemic near Carmo, on the Sumidouro excursion. Relatively easily seen at known territories using playback.

Restinga Antwrens

Formicivora littoralis

I had several observations of this endangered species at Praia da Conchas near Cabo Frio. Although locally abundant, only a tiny fragment of its coastal restinga habitat remains, and its global population is very small.

Ferruginous Antbird

Drymophila ferruginea

Quite common, but very skulking, in dense bamboo under-storey at higher elevations along the Red Trail, with a maximum of six birds seen on two dates.

Bertoni's Antbird

Drymophila rubricollis

A single individual of this very handsome species seen at Macae de Cima.

Rufous-tailed Antbird

Drymophila genei

The highest elevation Drymophila antbird, two birds seen on two dates at Pico da Caledonia.

Ochre-rumped Antbird

Drymophila ochropyga

Heard only at Macae de Cima.

Dusky-tailed Antbird

Drymophila malura

Heard only at Macae de Cima.

Scaled Antbird

Drymophila squamata

This distinctive species is fairly common at mid elevation forest at Regua, where I had regular sightings. The Sao Jose Trail and especially the 4x4 Track are particularly good.

Streak-capped Antwrens

Terenura maculata

This diminutive forest canopy species is quite common at Regua, generally seen in mixed feeding flocks. I had numerous observations throughout.

White-shouldered Fire-eye

Pyriglena leucoptera

Quite common by voice, I had several observations of this distinctive antbird at Regua, with birds seen on the Waldenoor, Green and Sao Jose Trails. Also seen at Serra dos Orgaos NP.

White-bibbed Antbird

Myrmeciza loricata

One of the most striking antbirds, the only birds I saw at Regua were a pair at a territory at the bottom of the Sao Jose Trail; also seen from the Suspended Trail at Serra dos Orgaos NP.

Rufous Gnateater

Conopophaga lineata

This replaces the following species at higher elevations. I had three sightings – at Pico da Caledonia, Macae de Cima and above Carmo on the Sumidouro excursion.

Black-cheeked Gnateater

Conopophaga melanops

This delightful species is common, vocal and easily seen along the lower elevation forest trails at Regua; I had

numerous sightings, on all the trails.

Variegated Antpitta

Grallaria varia

This species is probably not too uncommon at Regua, but few birds were calling during my visit, with singles heard along the Red, Green and 4x4 Trails.

Spotted Bamboowren

Psilorhamphus guttatus

A distant bird singing on the Red Trail was my only record.

Slaty Bristlefront

Merulaxis ater

A rather scarce and much sought-after species with an exceptional song, I had two sightings – both high on the Red Trail, where it is relatively reliable.

Mouse-coloured Tapaculo

Scytalopus speluncae

Although not uncommon at higher elevations by voice, this is a tricky bird to see. I only managed a single sighting, at Pico da Caledonia.

Rufous-capped Antthrush

Formicarius colma

This very attractive antthrush is quite common in lower elevation forest at Regua; I had frequent sightings, mostly on the Green Trail.

Short-tailed Antthrush

Chamaeza campanisoma

My only record was a heard-only bird on the lower part of the Red Trail.

Such's Antthrush

Chamaeza meruloides

This replaces the above at higher elevations; my only observation was of a pair on the upper part of the Red Trail.

Rufous-tailed Antthrush

Chamaeza ruficauda

I had two observations of this excellent species – single birds at Pico da Caledonia and from the Suspended Trail at Serra dos Orgaos NP. The latter is a reliable site.

Rufous-breasted Leaf-tosser

Sclerurus scansor

Reasonably common along the trails at Regua, I observed this species quite frequently on the Green, Waldenoor and 4x4 Trails.

Plain-winged (Thrush-like) Woodcreeper

Dendrocincla turdina

Rather common along Regua's forest trails, I observed this species frequently, often attending ant swarms.

Olivaceous Woodcreeper

Sittasomus griseicapillus

The smallest and most numerous woodcreeper in Regua, and a regular component of mixed-species flocks, I had many sightings.

White-throated Woodcreeper

Xiphocolaptes albicollis

The largest woodcreeper at Regua, this spectacular species is relatively common; I had regular sightings along most trails. Also seen at Serra dos Orgaos NP.

Planalto Woodcreeper

Dendrocolaptes platyrostris

I only recorded this seemingly scarce higher-elevation woodcreeper on two dates: two birds seen at Macae de Cima, and a single seen on the "Tres Picos watershed trail".

Lesser Woodcreeper

Xiphorhynchus fuscus

A common species along Regua's forest trails; frequently seen.

Scaled Woodcreeper

Lepidocolaptes squamatus

A relatively scarce species at Regua, I recorded this attractive species on six dates; also seen at Macae de Cima.

Narrow-billed Woodcreeper

Lepidocolaptes angustirostris

My only sighting of this striking woodcreeper was of a pair in scrubby forest near Carmo in the Sumidouro excursion.

Black-billed Scythebill

Campylorhamphus falcularius

I had two sightings of this rare and spectacular species at Regua: singles at the bottom of the Sao Jose Trail (an exceptionally low record), and high on the Red Trail.

Wing-banded (Tail-banded) Hornero

Furnarius figulus

Fairly common and conspicuous around the wetland, where I had numerous sightings.

Rufous Hornero

Furnarius rufus

Apparently not as numerous at Regua as the previous species, but still frequently observed around the wetland.

Rufous-capped Spinetail

Synallaxis ruficapilla

I had two observations of this species: two birds high on the Waldenoor Trail at Regua, and two birds at Macae de Cima.

Spix's Spinetail

Synallaxis spixi

Seen on two dates: a minimum of three birds near Carmo on the Sumidouro excursion, and two birds at Pico da Caledonia.

Pallid Spinetail

Cranioleuca pallida

Seen on four dates: twice at Pico da Caledonia, and once each at Serra dos Orgaos NP and Macae de Cima.

Yellow-chinned Spinetail

Certhiaxis cinnamomea

A common, vocal and conspicuous species at the wetland.

Rufous-fronted (Common) Thornbird

Phacellodomus rufifrons

Seen on three dates: in farmland near Matumbo close to Regua, at Pico da Caledonia, and in roadside scrub en route to Sumidouro.

Orange-eyed thornbird

Phacellodomus ferrugineigula

A few of this skulking species seen on both visits to Pico da Caledonia.

Firewood-gatherer

Anumbius annumbi

Seen once, in roadside scrub en route to Sumidouro.

White-browed Foliage-gleaner

Anabacerthia amaurotis

I recorded this rare foliage-gleaner just twice: two birds seen at Serra dos Orgaos NP, and two seen on the Red Trail.

Buff-browed Foliage-gleaner

Syndactyla rufosupercileata

I had two observations of this species: two birds at Pico da Caledonia and a single on the Waldenoor Trail.

Ochre-breasted Foliage-gleaner

Philydor lichtensteini

I observed this species on four dates: two singles on the Green Trail, and three birds on the Red Trail, and two at Macae de Cima.

Black-capped Foliage-gleaner

Philydor atricapillus

This attractive species is probably the most numerous foliage-gleaner at Regua, and a common component of mixed species flocks. I recorded it most days on Regua's forest trails.

Buff-fronted Foliage-gleaner

Philydor rufum

A common species at Regua, frequently in mixed flocks, I recorded it most days on Regua's forest trails.

White-collared Foliage-gleaner

Anabazenops fuscus

I had just a single observation of this uncommon and very striking foliage-gleaner: two birds skulking in dense bamboo at Pico da Caledonia.

Pale-browed Treehunter

Cichlocolaptes leucophrus

I observed singles of this scarce species on four dates – twice on the Red Trail, and at Macae de Cima and Serra dos Orgaos NP.

White-eyed Foliage-gleaner

Automolus leucophthalmus

Relatively common, I had reasonably frequent observations of this rather vocal species on Regua's forest trails.

Sharp-billed Treehunter

Heliobletus contaminatus

I had just one sighting of this species; a single bird at Macae de Cima.

Sharp-tailed Streamcreeper

Lochmias nematura

This much-sought after species can usually be seen foraging around the base of the waterfall on the Green Trail, where I had several sightings. Also heard at Serra dos Orgaos NP, Macae de Cima and Pico da Caledonia.

Plain Xenops

Xenops minutus

Considerably less numerous than the following species at Regua, I observed single birds on nine dates on the forest trails.

Streaked Xenops

Xenops rutilans

A common component of mixed species flocks at Regua, I had many observations of this smart little species.

Ochre-bellied Flycatcher

Mionectes oleagineus

Fairly common at Regua, I had frequent observations of single birds along all the forest trails and in regenerating secondary growth.

Grey-hooded Flycatcher

Mionectes rufiventris

I found this species to be rather less numerous than the previous species at Regua, but still relatively common, with frequent observations.

Sepia-capped Flycatcher

Leptopogon amaurocephalus

This rather distinctive flycatcher is fairly common along forest trails at Regua, and a frequent component of mixed species flocks; I had numerous observations.

Southern Antpipit

Corythopus delalandi

A beautiful and rather scarce species, there are several territories along Regua's forest trails where it can reliably be seen; I had regular observations along the Green and Brown Trails, and once along the Waldenoor

Trail.

Drab-breasted Bamboo-Tyrant

Hemitriccus diops

A rather more interesting species than its name would suggest, I had just a single sighting at Macae de Cima.

Eye-ringed Tody-Tyrant

Hemitriccus orbitatus

The somewhat inconspicuous call of this smart little bird is a common sound along the lower elevations of Regua's forest trails: I had numerous observations.

Hangnest Tody-Tyrant

Hemitriccus nidipendulus

I had four observations of this species, which frequents more open habitats: two birds at Sumidouro and singles in scrub above Teresopolis.

Fork-tailed Tody-Tyrant

Hemitriccus furcatus

This rare Brazilian endemic has a very restricted range and was only discovered at Regua in April 2011, the first record for the Serra dos Orgaos region. It has now been recorded from two territories along the Red Trail, where I had a single observation of a pair.

Ochre-faced Tody-Flycatcher

Poecilotriccus plumbeiceps

This very attractive little bird is relatively common by voice in dense vegetation at higher elevations. I had several observations at Pico da Caledonia, and a heard-only record at Macae de Cima.

Yellow-lored Tody-Flycatcher

Todirostrum poliocephalum

A common and conspicuous species of forest edge and scrub, I had numerous sightings around the edge of the wetland and in the grounds at Regua.

Common Tody-Flycatcher

Todirostrum cinereum

Ironically, not as numerous as the previous species, but still seen quite frequently around the edge of the wetland area.

Rough-legged Tyrannulet

Phyllomyias burmeisteri

I had just three sightings of this apparently rather uncommon tyrannulet, all around the banana plantation along the Waldenoor Trail.

Planalto Tyrannulet

Phyllomyias fasciatus

This is probably the most numerous tyrannulet around Regua, being quite common by voice at lower elevations; I saw the species reasonably often, with the forest edge behind the education centre canteen a reliable territory.

Grey-capped Tyrannulet

Phyllomyias griseocapilla

A rather scarce higher elevation species, my only observation at Regua was on the Red Trail. I also had single birds at Pico da Caledonia, Macae de Cima, Serra dos Orgaos NP

Yellow-bellied Elaenia

Elaenia flavogaster

Fairly common and conspicuous in scrub in the wetland area; probably best located (and identified!) by voice.

Highland Elaenia

Elaenia obscura

Three of these large, sluggish elaenias seen at Macae de Cima.

Southern Beardless Tyrannulet

Camptostoma obsoletum

Reasonably common in scrubby areas around the wetland.

White-crested Tyrannulet

Serpophaga subcristata

My only observations were singles on two dates at Pico da Caledonia.

Yellow Tyrannulet

Capsiempis flaveolus

This distinctive tyrannulet is reasonably common in scrub around the wetland.

Oustalet's Tyrannulet

Phylloscartes oustaleti

UTVs of a single bird high in the canopy on the upper part of the Red Trail.

Serra do Mar Tyrannulet

Phylloscartes difficilis

I had single sightings on two dates of this distinctive and restricted-range endemic, both at Pico da Caledonia.

Eared Pygmy-Tyrant

Myiornis auricularis

One of my favourite birds at Regua, and quite commonly encountered in forest once the rather inconspicuous call is learnt; I had reasonably frequent sightings.

Yellow-olive Flycatcher

Tolmomyias sulphurescens

The harsh call of this species is one of the most conspicuous sounds in Regua's forests, where it is commonly seen.

Yellow-breasted Flycatcher

Tolmomyias flaviventris

Just three observations at Regua, close to the wetland.

White-throated Spadebill

Platyrinchus mystaceus

This endearing and poorly-named species (the throat isn't white!) is reasonably common in forest at Regua,

where I had regular sightings along most of the trails.

Russet-winged Spadebill

Platyrrinchus leucoryphus

This rare and local Atlantic forest endemic is a real Regua speciality, being one of the few known sites for the species. Even so, it is not an easy bird to see, and I had just three sightings plus a single heard-only record. Territories are known along the Green and Grey Trails.

Bran-coloured Flycatcher

Myiophobus fasciatus

I saw this species rather infrequently in open regenerating secondary forest along the Brown Trail.

Whiskered (Sulphur-rumped) Flycatcher

Myiobius barbatus

A fairly common and frequently-encountered species along Regua's forest trails, where it often joins mixed feeding flocks.

Black-tailed Flycatcher

Myiobius atricaudus

Extremely similar to the previous species, which it apparently replaces at higher elevations in SE Brazil, the only birds I identified with any confidence (based on voice) were at Macae de Cima, and along the Red Trail.

Cliff Flycatcher

Hirundinea ferruginea

I only recorded this species infrequently, and never anywhere near cliffs! At Regua, it is regularly seen along the Waldenoor and Green Trails; I also recorded it at Macae de Cima, Sumidouro, and on buildings in Nova Friburgo.

Euler's Flycatcher

Lathrotriccus euleri

Common by voice in forest and regenerating secondary growth, I frequently encountered this species at Regua.

Fuscous Flycatcher

Cnemotriccus fuscatus

Apparently scarce at Regua, I observed this species infrequently in open regenerating secondary forest at the start of the Brown Trail.

Tropical Pewee

Contopus cinereus

Apparently scarce at Regua, I observed this extraordinarily dull species a handful of times along the Green, Red and Waldenoor Trails.

Vermillion Flycatcher

Pyrocephalus rubinus

Just a single observation of a stunning male at the wetland.

Blue-billed Black-Tyrant

Knipolegus cyanirostris

Seen on three dates, on the Waldenoor Trail, on the Sumidouro excursion, and at a roadside stop en route to Serra dos Orgaos NP.

Crested Black-Tyrant

Knipolegus lophotes

Just a single observation, a pair seen at a roadside stop en route to Sumidouro.

Velvety Black-Tyrant

Knipolegus nigerrimus

This high elevation endemic is common and conspicuous at Pico da Caledonia, with several birds seen on both my visits; also seen in the mountains above Matumbo.

Yellow-browed Tyrant

Satrapa icterophrys

Small numbers resident at the wetland, where it is conspicuous and frequently seen.

Grey Monjita

Xolmis cinereus

A single bird observed along the Sao Bernardo track at Pico da Caledonia.

White-rumped Monjita

Xolmis velatus

I saw a single bird at a roadside stop on the Sumidouro excursion, and three in a field en route to the Green Trail.

Streamer-tailed Tyrant

Gubernetes yetapa

I had two sightings of this fantastic species: a male displaying like fury in response to playback at a roadside stop en route to Sumidouro, and a pair in open grassland in the Tres Picos above Regua.

Shear-tailed Gray Tyrant

Muscipipra vetula

Singles of this rather uninspiring tyrant seen on two dates at Pico da Caledonia.

Masked Water-Tyrant

Fluvicola nengeta

A common bird wherever there is standing water in open country. Conspicuous and confiding at the wetland.

White-headed Marsh-Tyrant

Arundinicola leucocephala

Common and conspicuous at the wetland.

Long-tailed Tyrant

Colonia colonus

Single birds seen along the Red and Waldenoor Trails at Regua; also seen on the Sumidouro excursion and en route to Serra dos Orgaos NP.

Cattle Tyrant

Machetornis rixosa

A few seen in pastures around Regua, and one in central Nova Friburgo.

<u>Social Flycatcher</u> Abundant throughout.	<i>Myiozetetes similis</i>
<u>Great Kiskadee</u> Abundant throughout.	<i>Pitangus sulphuratus</i>
<u>Streaked Flycatcher</u> A single bird seen in regenerating secondary forest at the start of the Brown Trail.	<i>Myiodynastes maculatus</i>
<u>Boat-billed Flycatcher</u> Common throughout.	<i>Megarhyncus pitangua</i>
<u>Tropical Kingbird</u> Abundant in open areas.	<i>Tyrannus malancholicus</i>
<u>Greyish Mourner</u> Fairly common by voice in lower elevation forest at Regua, this canopy species is generally very responsive to playback; I had frequent sightings.	<i>Rhytipterna simplex</i>
<u>Short-crested Flycatcher</u> Extremely similar to the following species, and best identified by voice, it is quite common at Regua in scrubby areas around the wetland. Also seen above Carmo on the Sumidouro excursion.	<i>Myiarchus ferox</i>
<u>Brown-crested Flycatcher</u> My only record was a pair seen above Carmo on the Sumidouro excursion.	<i>Myiarchus tyrannulus</i>
<u>Large-headed Flatbill</u> I saw this species three times, always at the bamboo grove low down on the Green Trail.	<i>Ramphotrigon megalcephalum</i>
<u>Grey-hooded Attila</u> This striking bird is moderately common in forest at Regua, best located by its loud and distinctive song. I observed the species fairly frequently, mostly along the Green and Brown Trails.	<i>Attila rufus</i>
<u>Sharpbill</u> Regua may well be the most reliable place to see this highly sought-after Neotropical species. It is fairly common by voice, and I had numerous observations – mostly along the Green and Red Trails Also recorded on the Waldenoor and 4x4 Trails, and at Macae de Cima and Serra dos Orgaos NP.	<i>Oxyruncus cristatus</i>
<u>Swallow-tailed Cotinga</u> Perhaps the most iconic and most wanted Atlantic forest endemic, I was fortunate enough to have three sightings of this species at Pico da Caledonia: two distant singles, and mega-close-up eye-level views of a flock of 8-10 birds feeding on berries. Unlike most cotingas, this species is virtually silent and is generally observed perched-up on exposed branches.	<i>Phibalura flavirostris</i>
<u>Hooded Berryeater</u> I recorded this attractive endemic on three dates – a single bird seen at Macae de Cima, a heard-only at Serra dos Orgaos NP, and 5-6 birds heard and one seen during a walk over the Tres Picos watershed. This cotinga has a loud and distinctive call, and responds well to playback.	<i>Carpornis cucullata</i>
<u>Bare-throated Bellbird</u> My only record was a single bird heard from the lodge garden. The species had not started singing by the time I left Regua, but is apparently vocal and easy to see from late August on.	<i>Procnias nudicollis</i>
<u>Black-and-gold Cotinga</u> This large and attractive cotinga, with possibly the world's most irritating song, is relatively common in higher elevation forest. I had three sightings of males – two at Macae de Cima and one at Pico da Caledonia, and heard several other males at both sites and on a walk over the Tres Picos watershed.	<i>Tijuca atra</i>
<u>Grey-winged Cotinga</u> This little-known cotinga has an extremely limited distribution, being restricted to high altitude forest on just a few mountains in Rio de Janeiro State. Pico da Caledonia above Nova Friburgo is by far the most accessible and reliable site, but even here it is not guaranteed. I heard a number of birds, but had just a single sighting in two visits.	<i>Tijuca condita</i>
<u>Pin-tailed Manakin</u> This attractive but rather unobtrusive endemic is thinly-distributed in forest at Regua, but reliably seen at territories. I had reasonably frequent observations on the Green, Waldenoor, and 4x4 Trails; also seen at Macae de Cima and Serra dos Orgaos NP.	<i>Ilicura militaris</i>
<u>Serra do Mar Tyrant-Manakin</u> I had a single sighting of this interesting restricted-range endemic on Pico da Caledonia.	<i>Neopelma chrysolophum</i>
<u>White-bearded Manakin</u> This delightful species is common and conspicuous in low altitude forest at Regua, including the edge of the	<i>Manacus manacus</i>

lodge garden.

Blue Manakin

Chiroxiphia caudata

Males of this large manakin are simply stunning: the glowing orange crown has to be seen to be believed. It is extraordinarily common by voice in Regua's forest, generally occurring at higher elevations than the previous species, but can be surprisingly unobtrusive. I had many observations during my stay at Regua.

Shrike-like Cotinga (Brazilian Laniisoma)

Laniisoma elegans

Regua is probably the best place in the world to see this beautiful and highly sought-after species. Usually located by its sharp whistling calls, it can be seen on any of the forest trails, although the Sao Jose and Green Trails are probably the most reliable. Although I was a little early for birds to be calling spontaneously, I had six observations during my stay.

Black-tailed Tityra

Tityra cayana

I had three sightings of this species, all near the banana plantation on the Waldenoor Trail.

Green-backed Becard

Pachyramphus viridis

A single of this scarce species heard-only on the Waldenoor Trail.

Chestnut-crowned Becard

Pachyramphus castaneus

This attractive species is a common component of mixed-species flocks in forest at Regua; I had many sightings.

White-winged Becard

Pachyramphus polychopterus

Common in mixed forest-edge flocks, particularly at the margins of the wetland. I had many sightings of female-plumaged birds, but only a handful of male-plumaged birds.

Black-capped Becard

Pachyramphus marginatus

I observed this species on five occasions at Regua, all on the Green and Waldenoor Trails.

Crested Becard

Pachyramphus validus

I observed this species seven times at Regua, mostly in forest around the edge of the wetland.

Rufous-browed Peppershrike

Cyclarhis gujanensis

The melodious song of this species is one of the characteristic songs of the region's forests, and I commonly encountered birds in mixed feeding flocks.

Red-eyed (Chivi) Vireo

Vireo olivaceus

A common species in forest and light woodland; frequently recorded.

Rufous-crowned Greenlet

Hylophilus poecilotis

Difficult to separate from the following species except by voice, this typically occurs in more forested habitat. I had several sightings at each of Macae de Cima, Serra dos Orgaos NP and Pico da Caledonia.

Grey-eyed Greenlet

Hylophilus amaurocephalus

Relatively common in scrubby areas at higher elevations, I recorded this species in Serra dos Orgaos NP, above Teresopolis, and at Pico da Caledonia.

Lemon-chested Greenlet

Hylophilus thoracicus

The nominate form is restricted to SE Brazil and has a highly disjunct range and somewhat different song. The only records I had were occasional observations at the wetland, where there is a territory behind the tower hide.

Curl-crested Jay

Cyanocorax cristatellus

Two heard-only birds at roadside stops on the Sumidouro excursion were my only records.

White-rumped Swallow

Tachycineta leucorrhoa

Only two birds seen on one date, feeding over grassy fields between Regua and Matumbo.

Brown-chested Martin

Progne tapera

A few over the wetland.

Gray-breasted Martin

Progne chalybea

Commonly seen over open country.

Blue-and-white Swallow

Pygochelidon cyanoleuca

Common throughout.

White-thighed Swallow

Neochelidon tibialis

My only observations were small flocks foraging around the waterfall on the Green Trail on two dates, and a few birds feeding over the 4x4 Trail on one date.

Southern Rough-winged Swallow

Stelgidopteryx ruficollis

Common over open country.

Southern House Wren

Troglodytes musculus

Frequently seen and heard in the gardens and wetland at Regua.

Moustached Wren

Thryothorus genibarbis

I had two observations of this species, both in scrub around the wetland.

Long-billed Wren

Thryothorus longirostris

This striking endemic wren is common in forest undergrowth and scrub around Regua; frequently seen and heard, especially on the margins of the wetland.

Black-capped Donacobius

Donacobius atricapilla

A small (and vocal!) population is resident in the wetland, where it is a conspicuous species in emergent vegetation.

Yellow-legged Thrush

Platycichla flavipes

As with the other altitudinal migrant thrushes, this attractive species was common in lower elevation forest at Regua throughout my stay.

Rufous-bellied Thrush

Turdus rufiventris

Common and conspicuous in more open woodland and forest edge, including the lodge garden.

Pale-breasted Thrush

Turdus leucomelas

Reasonably common and conspicuous in open woodland and forest at Regua; an interesting partially-albinistic individual was resident in the lodge garden.

Creamy-bellied Thrush

Turdus amaurochalinus

The most numerous thrush at Regua during my stay.

White-necked Thrush

Turdus albicollis

This was easily the least numerous of the thrushes at Regua during my stay, and typically restricted to forest. I heard calling birds relatively frequently, but only had three sightings.

Chalk-browed Mockingbird

Mimus saturninus

This open-country species is reasonably common and conspicuous around the wetland, and in farmland next to Regua.

Yellowish Pipit

Anthus lutescens

I observed this species twice in grassy fields just outside Regua, en route to the Green Trail.

Bananaquit

Coereba flaveola

Generally quite a scarce bird compared to some parts of its range, but seen reasonably regularly in forest edge and gardens.

Brown Tanager

Orchesticus abeillei

I had three encounters with this scarce and interesting (seriously!) endemic: a flock of five birds seen high on the Red Trail, a heard only record at the same spot on a different date, and a flock of six birds in a mixed tanager flock next to the road near the Dedo da Deus view-point en route to Serra dos Orgaos NP.

Cinnamon Tanager

Schistochlamys ruficapillus

Two of these attractive tanagers seen in scrub in mountains above Teresopolis, on one date.

Hooded Tanager

Nemosia pileata

I had a four observations of this smart and rather uncommon tanager at Regua: twice at the wetland, low on the Waldenoor Trail, and at the start of the Green Trail.

Olive-green Tanager

Orthogonys chloricterus

This large and dull tanager is relatively common in forest at Regua, generally in single-species canopy flocks: I had numerous observations.

Black-goggled Tanager

Trichothraupis melanops

This tanager is a common and conspicuous forest under-storey bird at Regua, and an invariable component of flocks attending ant-swarms. I observed this species very frequently.

Red-crowned Ant-Tanager

Habia rubica

Although less common than the above species, this is a reasonably frequently-encountered forest under-storey species and ant-swarm attendant, and I saw birds most days spent along Regua's forest trails.

Flame-crested Tanager

Tachyphonus cristatus

Another reasonably common forest tanager, but generally found in mixed canopy flocks; I had numerous observations of this species.

Ruby-crowned Tanager

Tachyphonus coronatus

Common and conspicuous in forest and forest edge, typically in mixed flocks, I recorded this species more or less daily.

Brazilian Tanager

Ramphocelus bresilius

This gaudy species is common in bushy areas around Regua; I had numerous observations around the edge of the wetlands and in the lodge garden.

Sayaca Tanager

Thraupis sayaca

Common in bushy areas and open woodland at Regua, this species is a regular attendant at the lodge feeders.

Azure-shouldered Tanager

Thraupis cyanoptera

A rather brighter version of the above species, and considerably less common, I recorded this scarce endemic at Regua with reasonable frequency. The most reliable area is regenerating forest at the start of the Green Trail, but I also saw birds along the Waldenoor and 4x4 Trails; however, the best views by far were at the banana stall feeders along the main road towards Nova Friburgo.

Golden-chevroned Tanager

Thraupis ornata

A reasonably common forest tanager at Regua, typically in mixed canopy flocks, I had frequent sightings. As with the above species, my best views were at the roadside banana stall.

Palm Tanager

Thraupis palmarum

Rather uncommon at Regua, I mostly observed this species at the lodge feeders, where a pair was frequently present.

Diademed Tanager

Stephanophorus diadematus

This spectacular tanager is common, conspicuous and often confiding at high elevations: I had numerous observations at Pico da Caledonia.

Fawn-breasted Tanager

Pipraeidea menalonota

Apparently rather scarce at Regua, I had just a few observations in scrub next to the wetland, and occasionally at the lodge feeders.

White-bellied Tanager

Tangara braziliensis

This split from Turquoise Tanager is an attractive and apparently scarce endemic. I had five records of small flocks, twice from the start of the Waldenoor Trail, and three times from the bottom of the Green Trail.

Green-headed Tanager

Tangara seledon

This beautiful tanager is common in forest and forest edge at Regua; I encountered numerous flocks, notably along the Green, Waldenoor and 4x4 Trails.

Red-necked Tanager

Tangara cyanocephala

Possibly the gaudiest *Tangara* of all, it is less numerous than the previous species, but I still recorded it quite frequently, notably on the Green and Waldenoor Trails.

Brassy-breasted Tanager

Tangara desmaresti

Yet another beautiful tanager, this endemic is mostly found at higher elevations, although I did observe single birds on the Brown Trail on two dates, once on the Green Trail, and a flock of six on the Waldenoor Trail. It is, however, much more numerous at altitude, and can be positively abundant on Pico da Caledonia, where I recorded several dozen birds on each visit.

Burnished-buff Tanager

Tangara cayana

This is a reasonably common forest edge species at Regua, and a frequent visitor to the lodge feeders.

Black-backed Tanager

Tangara peruviana

Regrettably, I had just brief flight views of a bird that had been calling unseen from dense coastal Restinga scrub near Cabo Frio.

Swallow-Tanager

Tersina viridis

I had just two sightings of this species: a flock of three birds at the wetland, and a single male in the lodge garden.

Black-legged Dacnis

Dacnis nigripes

The movements of this rare and localised endemic are unclear: it is regularly recorded in the lodge garden and around the wetland in the early autumn, but is rarely observed at Regua during the summer. Fortunately, an excellent flowering tree along the Grey Trail was in bloom during part of my stay, and this attracted at least two males and one female of this species, together with a number of Blue Dacnis for useful comparative purposes.

Blue Dacnis

Dacnis cayana

This attractive species is common in forest and forest edge at Regua. Very frequently observed, and often present at the lodge feeders.

Green Honeycreeper

Chlorophanes spiza

A single female seen near the casa on the Waldenoor Trail was, remarkably, the first record of this species at Regua. Also seen at the Serra dos Tucanos feeders, and the banana stall on the road to Nova Friburgo.

Rufous-headed Tanager

Hemithraupis ruficapilla

This distinctive endemic is seemingly rather uncommon at Regua. I observed occasional flocks, typically in the canopy mixed with other tanagers, on the Green, Red and Waldenoor Trails, and also at Macae de Cima.

Yellow-backed Tanager

Hemithraupis flavicollis

A common forest and forest edge tanager, typically in mixed flocks; frequently observed.

<u>Chestnut-vented Conebill</u>	<i>Conirostrum speciosum</i>
Very common in forest edge habitats, frequently in mixed flocks.	
<u>Bay-chested Warbling-Finch</u>	<i>Poospiza thoracica</i>
This very attractive endemic is rather common at higher elevations; I had several observations at Pico da Caledonia and one at Macae de Cima.	
<u>Rufous-collared Sparrow</u>	<i>Zonotrichia capensis</i>
Rather surprisingly, I did not record this species at Regua; it is, however, common in Nova Friburgo and Pico da Caledonia.	
<u>Grassland Sparrow</u>	<i>Ammodramus humeralis</i>
Two birds seen at the “alternative” Giant Snipe pasture near Matumbo.	
<u>Uniform Finch</u>	<i>Haplospiza unicolor</i>
I had just three sightings of this “subtle” bamboo-loving finch: a pair on the 4x4 Trail, four on the Green Trail, and a pair at Pico da Caledonia.	
<u>Stripe-tailed Yellow-Finch</u>	<i>Sicalis citrina</i>
Four seen at a roadside stop en-route to Sumidouro.	
<u>Saffron Finch</u>	<i>Sicalis flaveola</i>
This widespread species is common and confiding around the wetland, and in agriculture adjacent to Regua.	
<u>Wedge-tailed Grassfinch</u>	<i>Emberizoides herbicola</i>
I recorded single birds on the scrubby hillside above the wetland on two dates.	
<u>Blue-black Grassquit</u>	<i>Volatinia jacarina</i>
Only a few observations of this common species, in rank grassland around the wetlands.	
<u>Temminck's Seedeater</u>	<i>Sporophila falcirostris</i>
I had two sightings of this rare endemic: three, including a singing bird in female-type plumage along the Schincariol Trail, and a single along the 4x4 Trail.	
<u>Double-collared Seedeater</u>	<i>Sporophila caerulescens</i>
I observed small numbers of this species in rank grass around the wetland.	
<u>White-bellied Seedeater</u>	<i>Sporophila leucoptera</i>
A single female-type bird seen in the wetland.	
<u>Half-collared Sparrow</u>	<i>Arremon semitorquatus</i>
Excellent views of a pair of this striking and scarce endemic at a roadside stop en route to Serra dos Orgaos NP.	
<u>Pileated Finch</u>	<i>Coryphospingus pileatus</i>
A single male of this attractive finch in scrub at the edge of the wetland, and a pair in bushes near Matumbo.	
<u>Yellow-green Grosbeak</u>	<i>Caryothraustes Canadensis</i>
I encountered single-species flocks of this large canopy-dwelling finch on eight days – four times on the Waldenoor Trail, three times on the 4x4 Trail, and once on the Green Trail.	
<u>Black-throated Grosbeak</u>	<i>Saltator fuliginosus</i>
I had five encounters with this impressive finch – twice on the Sao Jose Trail, once each on the Red and Waldenoor Trails, and several birds at a roadside stop en route to Serra dos Orgaos NP.	
<u>Ultramarine Grosbeak</u>	<i>Cyanocompsa brissonii</i>
A pair seen in scrub in the mountains above Teresopolis on one date.	
<u>Buff-throated Saltator</u>	<i>Saltator maximus</i>
This is the most numerous saltator at Regua: I encountered it moderately often, mostly at the forest edge next to the wetland.	
<u>Thick-billed Saltator</u>	<i>Saltator maxillosus</i>
I saw a single and a pair of this impressively-billed species on my two visits to Pico da Caledonia.	
<u>Green-winged Saltator</u>	<i>Saltator similis</i>
Unfortunately, most of my observations of this sweet-songed species were of caged birds; my only wild birds were three seen at Macae de Cima.	
<u>Tropical Parula</u>	<i>Parula pitayumi</i>
Fairly common at Regua, where mostly seen in forest edge habitat.	
<u>Golden-crowned Warbler</u>	<i>Basileuterus culicivorus</i>
This species is moderately common at Regua, with singles seen on the Red, Green and Waldenoor Trails; also seen at Macae de Cima, Serra dos Orgaos NP and Pico Caledonia.	
<u>White-browed (White-rimmed) Warbler</u>	<i>Basileuterus leucoblepharus</i>
Two of this very smart warbler seen at Macae de Cima, and three at Serra dos Orgaos NP.	
<u>Crested Oropendola</u>	<i>Psarocolius decumanus</i>

I saw this species just once at Regua: a single bird perched above the lodge garden; also four birds seen on the Sumidouro excursion.

Red-rumped Cacique

Cacicus haemorrhous

This vocal species is relatively common and conspicuous at Regua, both inside the forest and along the forest edge.

Chopi Blackbird

Gnorimopsar chopi

My only records were of two birds flying over the wetland, and a group of four birds in fields near Matumbo.

Chestnut-capped Blackbird

Chrysomus ruficapillus

Small flocks of this species roost in stands of Typhus in the wetland, and can be seen arriving in the late afternoon.

Giant Cowbird

Scaphidura oryzivorus

I only observed this species once: three birds perched in trees above the wetland.

Shiny Cowbird

Molothrus bonariensis

Small numbers of this species often join the Chestnut-capped Blackbird flocks roosting in the wetland; a few also seen in agricultural land near Regua.

White-browed Blackbird

Sturnella superciliaris

A male and two females seen in pasture at the "alternative" Giant Snipe site near Matumbo.

Hooded Siskin

Carduelis magellanica

I had just two sightings of individual birds at Pico da Caledonia.

Purple-throated Euphonia

Euphonia chlorotica

This comparatively dull euphonia is moderately common at the lodge feeders; also seen at the banana stall feeder along the road to Nova Friburgo.

Violaceous Euphonia

Euphonia violacea

The most numerous euphonia at Regua, a few individuals are almost permanently present on the lodge feeders.

Orange-bellied Euphonia

Euphonia xanthogaster

Considerably less numerous at Regua than the previous species, I saw this species rather infrequently, although it does attend the lodge feeders.

Chestnut-bellied Euphonia

Euphonia pectoralis

A rather uncommon forest species at Regua, I saw this attractive species moderately often. Regular at the banana stall feeder along the Nova Friburgo road.

Blue-naped Chlorophonia

Chlorophonia cyanea

I only observed this gorgeous little bird on a few occasions at Regua – a flock of six birds in the lodge garden, three times on the Waldenoor Trail, and once on the Green Trail. This is, however, by far the most abundant species on the banana stall feeder on the road to Nova Friburgo, where thirty or more can be watched at a distance of two or three metres.

Common Waxbill

Estrilda astrild

A flock of about twenty seen near Serra dos Orgaos NP.

House Sparrow

Passer domesticus

A single seen in Matumbo.