



# LA LOMA

JUNGLE LODGE & CHOCOLATE FARM

WILDLIFE GUIDE

## Welcome to La Loma Jungle Lodge and Chocolate Farm

This guide details a small selection of the abundant tropical wildlife you may encounter during your stay. In creating La Loma we have been careful to preserve and foster the natural habitat of the animals and plants we are privileged to share home with. Please keep in mind the following: maintain your distance and never pick up or touch any animal; do not try to feed any animal during an encounter; talk softly and move slowly. We hope you enjoy sharing the jungle with them too.

Where possible we have included the Guari Guari (local West Indian Caribbean English) and Ngöbere (the language of the indigenous Ngöbe people) names alongside the English common terms. We've also included a few tips on where you are most likely to get a glimpse of the wildlife included here.

**Guari Guari** name where applicable - shown in green  
**Ngöbere** name where applicable - shown in purple

Guari Guari names contributed by Roberto Kelly  
Ngöbere names contributed by Roger Milton and Rodrigo Villagra



I.



**1. Boa Constrictor** - they are solitary and mostly nocturnal, although they are known to enjoy daytime sunbathing. This snake can reach anywhere from 3 feet to 13 feet in length. Their diets consist mostly of rodents, lizards, and sometimes small mammals, which they squeeze with their bodies before eating. They are non-venomous and generally non-aggressive.

**2. Spectacled Caiman (Ju Guble)** - They live throughout most of Central and South America. Males can reach 2 meters, while females are slightly smaller. Their primary diet consists of insects, crustaceans, and some small fish. They are very shy but you can try to see them on the farm pond. At night, you can spot their glowing red eyes in the creeks close to the mangrove. Caimans can tolerate salt and freshwater habitats, making them the most common of all crocodilian species.

**3. Gecko** - Also known as the common house gecko, this lizard can be seen all around climbing on wooden walls on tables. They are sometimes called "limpia casas" (Spanish for House Cleaners) in Central America because they feed on small insects and other arthropods, and are extremely adaptable. Adult Geckos can grow up to 3-6 inches, and live five years on average.

**4. Strawberry Poison Dart Frog (Boboda Tac)** - Also known as Red Frog, these frogs are the most poisonous member of the Oophaga genus in the poison dart family. They have evolved with a wide variety of different colors, many found only on specific islands of the Bocas del Toro archipelago, with brighter hues generally meaning higher toxicity. The colors also play a role in sexual selection. You can easily find red frogs by listening for their sound in wet, shady areas at the bottom of large trees around La Loma.

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9. b

**5. Northern Tamandua (Mensuli / Braces pants)** - This medium-sized anteater spends about half of it's time in the trees located in tropical/subtropical forests of Mexico and Central America. It is mainly nocturnal but sometimes ventures out during the day, however it is very rare to spot one of these beautiful creatures. Like other anteaters it has a specialized, very long tongue covered in sticky saliva that allow it to feed on its unusual diet of ants and termites. Their long, sharp claws allow them to rip open ants nests and aid with climbing.

**6. Central American Agouti** -Diurnal typically in forests or thick brushes under roots. They build dens in hollow logs or under the roots of trees, preferably near water.

**7. White-faced Capuchin (Drowo)** - This monkey is native to the rainforest of Central America and Northern South America. They eat many different types of food from plants to invertebrates and small vertebrates, but they seem to particularly like seeds, cacao and bananas when it ripens in the trees around La Loma. At full size, they can weigh almost nine pounds. Capuchin troops can reach over 20 members in size, all of which play an important part in rainforest ecology by spreading seeds and pollen. Listen for the rustling in the treetops as troop members move along the jungle.

**8. Central American Woolley Opossum (Zorra/Zierri)** - Nocturnal spotting only, often seen hanging upside down nibbling at bananas beside the restaurant lodge. Foods include fruit, flowers, insects, eggs, birds, and other small animals.

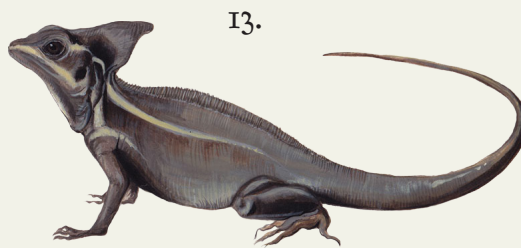
**9. a) Three-toed Sloth (Cou)** - Sloths are specially adapted to live in the treetops, with long curved claws to grasp branches and vines. They hang comfortably while sleeping, or eating tough leaves. At over two weeks, their digestion time is the slowest of any mammal. They sleep a lot—some 15 to 20 hours every day and once a week, they descend from the treetops to urinate and defecate, at which time they are highly vulnerable to predators. Due to their extra cervical vertebrae, these sloths have the ability to rotate their necks like owls, allowing for better scanning of predators. Well camouflaged mossy clumps, in the treetops most often seen at cacao farm and the trumpet trees as you first enter La Loma.

**9. b) Two-toed Sloth** - Like all sloths, they live in the trees of tropical and cloud forests of Central and South America. Aside from having one "toe" (actually one claw) less than its three-toed relatives, these sloths are also larger, furrier, faster, have more prominent snouts, and do not have tails. They spend most of their lives hanging upside down, pulling themselves from branch to branch. They also differ from three-toed sloths in their climbing behavior, preferring to descend head first.

**10. Night Monkey (Jurrie do doe)** - As the name suggests, this monkey is nocturnal. They have large, brown, monochromatic eyes (cannot detect color), to see better at night. They also have tiny, almost indistinguishable, ears. Their scientific genus name, Aotus, actually means earless. They live high in the treetops and so are very difficult to spot. They are monogamous, keeping a partner for life. If you hear seeds or fruits dropping on a roof at night, look up! You might see a family snacking in the trees above.



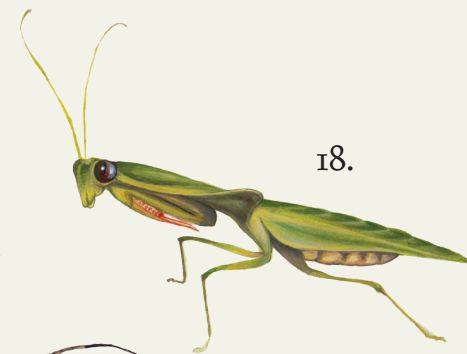
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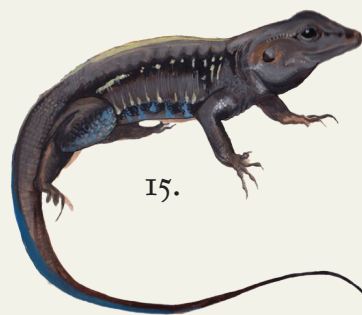
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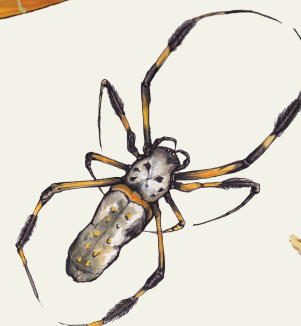
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**11. Bats** - Isla Bastimentos is home to dozens of different bat species, each distinguished mainly by its diet. There are fruit bats, fishing bats, and even vampire bats. These winged mammals provide a vital ecological role in pollination and spreading seeds. They also do a great job keeping the mosquito population under control. You can see them flying around at night in the rainforest, but the best place to find them is in the bat cave.

**12. Green Iguana (Roo / Guana)** - Green iguanas possess a row of spines along their backs and tails, which helps to protect them from predators. Their whip-like tails can be used to deliver painful strikes, and like many other lizards, when grabbed by the tail, iguanas can allow it to break, so they can escape and eventually regenerate a new one. You can find them lounged in the sun high up in the trees.

**13. Striped Basilisk (Roochala)** - Also known as 'the Jesus lizard' as it can 'walk' on water, seen most often basking in the sunlight at ground level. While motionless, their camouflage makes them very difficult to spot.

**14. 9-Banded Armadillo (Nusi)** - This solitary, mostly nocturnal mammal is the most widespread of all armadillos. It feeds mostly on ants, termites, and other small invertebrates. Unlike its Three-Banded cousin, it cannot roll itself into a ball. Instead, it depends on armorlike skin made of keratinized epidermal scales which cover its back, sides, head, and tail. You might see (or hear) one along the paths at night near the base of larger trees.

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**15. Central American Whiptail (Meguera)** - Is brown-colored, with darker browns making a zig-zag pattern down the back. Juveniles have metallic-blue tails. That flurry of activity in the leaf litter that spooks you? It's probably one of these.

**16. Katydid (Troda)** - Are tree living insects that are most commonly heard at night. may be distinguished from the grasshopper by the length of their filamentous antennae, which may exceed their own body length.

**17. Golden Orb Weaver (Jogo / Nancy)** - The most commonly spotter spider, but don't be scared, they are totally harmless and their webs serve as wonderful insect netting.

**18. Leaf Mantis (Chube / Devil Riding Horse)** - The majority of mantises are ambush predators that only feed upon live prey within their reach. They either camouflage themselves and remain stationary, waiting for prey to approach, or stalk their prey with slow, stealthy movements. Occasionally appears at the dinner table.

**19. Brown Vine Snake** - This mostly arboreal and diurnal snake is an excellent climber, and can be found in trees and shrubs from southern Arizona to northern South America. True to its name, it is often mistaken for a thin vine, growing up to 60 inches in length. When it is threatened, it opens its mouth to reveal the black lining inside its mouth. It uses mild venom injected by rear grooved teeth to subdue lizards, frogs, and insects. When injected into a human, the experienced symptoms can be localized swelling or blistering.

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**20. Montezuma Oropendula (Nurie)** - The “unforgettable” song of the male consists of a conversational bubbling followed by loud gurgles, tic-tic-glik-glak-GLUUuuuuu. It is a colonial breeder and only the females build hanging woven nests of fibres and vines, 60–180 cm long, in a tree that is up to 30 meters high. They love to eat fruit, so keep an eye out for them in the farm snacking on bananas or papayas.

**21. Long-tailed Hermit Hummingbird (Miyi)** - It is the largest of hermit hummingbirds, with a length of around 15 cm. During the breeding season, male long-tailed hermits sing in communal leks of up to several dozen birds, the female selects the best lek singer to mate with. These are particularly fond of passion flowers on the vines.

**22. Magnificent Hummingbird (Miyi)** - This flying dancer looks very dark unless the sun catches the iridescence of the plumage and the brilliant colors flash in the sunlight, it feeds on nectar from a wide variety of flowering plants. It builds an open cup nest of soft feathers and moss bound with spider silk and covered with lichen. They can be seen flying around the lodge.

**23. Lemon-collared Manakin (Miyi)** - Males are striking with a bright yellow throat and collar, while females are entirely olive-green with red legs and dark bill and eye. Males display an Acrobatic courtship, if you see little flashes of yellow among the fruit trees, it is probably one of these.

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**24. Blue Morpho Butterfly (Mala)** - The brilliant blue color in the butterfly’s wings is caused by the diffraction of the light from millions of tiny scales on its wings. It uses this to frighten away predators, by flashing its wings rapidly. Lope through the farm and shrubs around the lodge on sunny days.

**25. Passerini’s Tanager (Mudu Nuguoe)** - Most likely to see flashes of their velvety black with striking red rumps as they forage through the fruit trees around the lodge and Cacao Farm House Bungalow.

**26. Red-lore Amazon (Lorro)** - **20. Red-lore Amazon (Lorro)** - This species exhibits a predominantly green coloration. A striking red forehead and a blue crown are the hallmarks of this parrot. It has become rare in some areas due to trapping for the caged bird trade. At 4:30 pm the shrieking calls begin as these social parrots flock to the top of the trees until sunset.

**27. Lineated Woodpecker** - This is one of the largest species of woodpeckers, they chip out holes, often quite big, while searching out insects in trees.

8.

If you love animals as much as we do,  
you might enjoy this. Have you heard about  
our Guided Snorkeling Adventure?

Here's a list of the marine life you may encounter:

- |                         |                       |
|-------------------------|-----------------------|
| » Bottlenose Dolphin    | » Sergeant Major      |
| » Southern Stingray     | » Bluehead Wrasse     |
| » Spotted Eagle Ray     | » Yellowtail Snapper  |
| » Nurse Shark           | » Black Grouper       |
| » Hawksbill Sea Turtle  | » Surgeonfish         |
| » Green Sea Turtle      | » Butterflyfish       |
| » Blue tang             | » Trumpetfish         |
| » Parrot Fish           | » Pufferfish          |
| » Yellowtail Damselfish | » Lionfish - Invasive |
| » Queen Angelfish       |                       |

Ask more info in reception.

