

# Birdwatching

**Costa Rica** true is the Biodiversity Bridge of the new tropics, its geographical position makes one of the richest countries in wildlife, where in a small area you would have the chance to see big number of species

One of the most striking diverse group are birds, Costa Rica is the birdwatching heaven with amazing colorful birds Hummingbirds, Toucans, Parrots Trogons, just to mention some of the families in a great habitat, in the rain forest

One experience of lifetime for bird and nature lovers you don't want to miss

## Bird Watching in the Jewel of Central America Costa Rica

Peregrinus Expeditions



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# Birdwatching & Nature

## Costa Rica

**DOF - Main trip**

**March 4<sup>th</sup> – March 18<sup>th</sup>, 2022**

**Brief itinerary**

- Day 1. Arrive to Costa Rica. Stay near the airport. Hotel Robledal.**
- Day 2. Travel to Central Pacific Coast, Carara and Tarcoles area. Cerro Lodge**
- Day 3. Boat Tour Tarcoles River, Carara National Park. Cerro Lodge**
- Day 4. Travel to Northern Part of Costa Rica. Ensenada lodge**
- Day 5. Bird Watching in Dry Forest and Salt Panes. Ensenada Lodge**
- Day 6. Travel to Caribbean through Arenal Lake. Observatory Lodge**
- Day 7. Travel to Tirimbina Reserve located in Sarapiquí area. Tirimbina Lodge**
- Day 8. Visit La Selva Field Station. Tirimbina Lodge**
- Day 9. Explore Cachi Valley. Quelitales Lodge**
- Day 10. Travel to Cachi and Orosi Valley. Quelitales Lodge**
- Day 11. Visit Tapanti National Park. Quelitales Lodge**
- Day 12. Visit Copal Reserve. Quelitales Lodge**
- Day 13. Travel to Savegre Cloud Forest. Savegre Lodge**
- Day 14. Visit the Cloud Forest and High Paramo. Savegre Lodge**
- Day 15. Departure to San Jose.**

## Detailed itinerary

The following itinerary explains the main activities, day by day, hotel room description, travel time, among others.

The itinerary is exclusive created for the group according with the request, this itinerary could have some changes and flexibility, especially due to covid changes might apply.

The program and times listed are partly indicative and may be subject to adjustments during the trip.

Transportation, full time guide, bottled water(every participant would receive its own aluminum bottle of water as a gift for the trip), lodging, meals, mentioned activities and taxes are included. We will provide species lists (birds and others).

### General details:

- Cristhian Ureña will be available at each location as your guide (24/7). He will stay in a guide room at the same hotel or in a close lodge. Driver will be also at the same location and available.
- Every day includes the name of the hotel and the province where it is located.
- Some of the common species at each site are listed but it is not a warranty to spot them, even though there is a high chance.
- Costa Rica sunrise usually starts around 5:30am. Early walk/birding from 6:00am to 7:30am (approx..) is offered for those who love to wake up early. Meanwhile, we usually enjoy a good cup of coffee/tea and good conversation too.
- Breakfast usually starts at 7:30am.
- Click on the blue names to go to the ebird hotspot info and list.
- **The Plan trip was created to have as much species of birds as possible from Costa Rica in the 15 days trip, visit both slopes of the country, middle elevation forest and highlands where we have high endemism, we expect to have over 450 species according with the right conditions estimate for march, good moth for resident birds and migrants**

### Day 1. March 4<sup>th</sup> 2022

Arrive to Costa Rica. Arrival time will be announced when I have booked airline tickets. Transfer to Hotel near the airport which is 10 minutes from the International Airport Juan Santa Maria. Depending on the arrival time, we can after accommodation at Hotel Robledal make a walk in the hotel garden / hotel surroundings.

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Cris Would be waiting for you in the airport to do the transfer to El Robledal (10 minutes' drive).

**Overnight at the Hotel Robledal, near the Airport, Alajuela.**

## Hotel Robledal

### **Day 2. March 5<sup>th</sup> 2022**

Start the day at 6am with regular early birding walk, for those who want to rest a little more, can do rest and have some late breakfast (8am); and for the enthusiastic, the hotel has nice gardens with trees that always attract woodpeckers, parrots, and hummingbirds, we can start with the common species as the **Clay-colored Thrush our National bird, Hoffmann's Woodpecker, Rufous-tailed Hummingbird, Inca Dove, and others.**

Our transport would arrive at 9:00am and then we would head to **Central Pacific Coast**, towards **Carara-area**, (driving time is about 1:20 minutes) through the highway 27, we would stay in the top of a little mountain in Cerro Lodge, where we would have nice view of the Mangrove and the Pacific Ocean.

Before checking in at the hotel we will have lunch on the way (12:30pm) in a typical Costa Rican restaurant in Tarcoles town.

Afternoon birding in the garden, balcony and feeders of Cerro Lodge and Road (4:00 – 5:30pm), great activity for parrots, this is where maybe we have the first encounter with **Scarlet Macaws, Yellow-naped Parrot , Orange-fronted Parakeet, as well as Yellow-headed Caracara, Canivet's Emerald, Blue-vented Hummingbird** just in the road.

**Stay in Cerro Lodge, Tárcoles area, Puntarenas.**

## Cerro Lodge

### **Day 3. March 6<sup>th</sup> 2020**

5:45am early cup of coffee/tea **6:30am Boat Tour in Tarcoles River**, the first hours of the morning are the best to look for the special aquatic birds in The Tarcoles River and the Mangrove, 2:30minutes Tour in a comfortable Boat with roof, possible to see, **The Roseate Spoonbill, Boat-billed Heron, Green Kingfisher, Amazon Kingfisher, Ringed Kingfisher, Bare-throated Tiger-Heron**, some North American waders too, also the chance to see the endemic Mangrove Hummingbird.

## Tárcoles--Tour en Bote

**Carara National Park**

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Yellow-throated Toucan



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Ferruginous Nighthawk  
Glaucidium brasilianum

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After the tour, we visit **Carara National Park** (9:30am), one of the best parks that has interesting transition forest, we can walk in very easy trails, and look for special birds as: **White-whiskered Puffbird, The elusive Royal Flycatcher, Orange-collared Manakin, Red-capped Manakin, Great Tinamou**. We would be moving around, every place Carara, Tarcoles River and Cerro lodge are very close to each other, 30 min. drive.

### [PN Carara--main headquarters](#)

Lunch in town (12:30pm). Free afternoon to enjoy the gardens and 4:00pm coffee and birds around the hotel. Dinner at the hotel.

### **Over Night Cerro Lodge, Tárcoles area, Puntarenas**

### **Day 4. March 7<sup>th</sup> 2022**

6am Early birding from the balcony, and visit a road next to the Hotel, try to get some of the species from pasture as **Double-stripe Thick-knee, Crane Hawk, Black-headed Trogon**.

### [Road below Cerro Lodge](#)

### [Cerro Lodge entrance road](#)

7am breakfast and 9:00am and then departure towards Dry Forest to **Ensenada area**, (driving time 1:40 minutes). Free in the afternoon. Time to visit the feeders. Stay in the Dry area Ensenada lodge, North Limit of Puntarenas. Opportunity to watch the sunset of the Pacific and look for a couple of Owls as **Pacific Screech-Owl and Ferruginous Pygmy-Owl** around the hotel (6:30pm).

### [Ensenada Lodge.](#)

### **Stay in Ensenada Lodge, North Pacific, Puntarenas**

### **Day 5. March 8<sup>th</sup> 2022**

Birding in the morning in dry forest - one of the few dry rain forest left in the pacific, look for some of the special birds in this unique ecosystem as **Thicket Tinamou, Ferruginous Pygmy Owl, Streak-backed Oriole, Turquoise-browed Motmot, besides some of the migrants from North America**

Enjoy the Salt Pans and the opportunity to watch the waders that come from North America, and the local aquatic birds, **Sandpipers, Plovers, Terns, Dowitchers, Yellowlegs, Curlew**.

All day in the area short driving to the Salinas and other close hot spots.

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Ferruginous Pygmy-Owl



Wilson's Plover



## Ensenada Lodge--salt pannes and mangroves

**Stay in Ensenada Lodge, Puntarenas Province. Salt pans**

### **Day 6. March 9<sup>th</sup> 2022**

This day we would leave the Pacific area and head to the other side, where it is greener - the Caribbean side (driving time 3hrs). We would have a drive to Arenal Lake with beautiful views of this lake, and the opportunity to stop for pictures and birds. Our next destination would be in the foothills of the mountain of Tilaran Coordillera in front of the Arenal Volcano.

Enjoy the gardens in front of the lodge and the view if it is clear and if you have some energy, we could do a short night hike to the ponds of the frogs. We have chance to see **Red-eyed Tree Frog**, and if the weather is good the **Black-and-white Owl**.

[Arenal--Peninsula road \(shortcut to dam\).](#)

### [Arenal Observatory Lodge](#)

**Stay in Arenal Observatory Lodge; Arenal area, Alajuela province**

### **Day 7. March 10<sup>th</sup> 2022**

Birding in the trails of the lodge and gardens and feeders. The feeders are good for pictures of the **Crested Guan, Green Honeycreeper, Toucans as Collared Aracari and Keel-billed Toucan, Scarlet-rumped Tanager, Golden-hooded Tanager, and others.**

We have some time to walk the forest trails for interesting forest birds, such as **Spotted Woodcreeper, Black-headed Nightingale-Thrush, Tawny-capped Euphonia and Great Curassow.**

During the morning birding, we use Arenal Observatory lodge to break the long distance from Ensenada and Tirimbina. Besides this, it is one of the best birding hotspots in the country.

At 10 am we will departure to Sarapiquí area to spend good time in one of the most studies places in the Tropics: La Selva Area (driving time 1.30m).

Lunch in Town.

Birdwatching in some of the hot spots in the hotel with the opportunity to look for **White tent bats**. The lodge have trails where we can look for this amazing mammal, that build tents with Heliconias Leaves.

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Collared Aracari

## Tirimbina Rainforest Center

Stay at Tirimbina Reserve, Sarapiquí Area, Heredia Province.

### Day 8. March 11<sup>th</sup> 2022

Today is the opportunity to Visit **La Selva Field Station** (8am), one of the most studies places in the new tropics within the rainforest. It will be an easy walk in the flat trails on a private tour. The focus would be birdwatching and see wildlife as **Monkeys, Sloths, Iguanas, Dart-poison Frog, and insects.**

Opportunity to see, **Great Green Macaws, Snowy Cotinga, Slaty-tailed Trogon, Dusky-faced Tanager, White-collared Manakin.** It is unpredictable but the **Umbrella Bird** has been showing around some of the trails in the forest of la Selva, there are some chances to look. for this bird in La Selva forest trails is probably one of the most wanted in Central America, but one of the most elusive too.

The tour is very enjoyable in the suspension bridge that cross Puerto Viejo River.

Afternoon optional tour: Chocolate tour, Bats lecture at night (not included).

## La Selva (OTS Reserve)

Stay at Tirimbina Reserve, Sarapiquí Area, Heredia Province.

### Day 9. March 12<sup>th</sup> 2022

Enjoy the surroundings of the reserve and the **Longest Suspension bridge of Costa Rica, Tirimbina Rain Forest.**

AT 9am we will departure towards Orosi area. The ride is 3hrs 30min straight drive. We would break that time possible stop in Braulio Carrillo National Park which is one of the biggest rainforests with a lot of altitude gradient that allows the birds having good movement in a forest from high to lowlands.

PN Braulio Carrillo--Localidad General **hotspot link.**

Arriving to Quelitales Lodge in daytime light to get to know or Hotel. From here we would be 4 nights to explore the middle elevation forest and coffee fields, lakes, and rivers for special species of birds and endemics from the central Caribbean mountains.

## Hotel Quelitales

Stay in Quelitales Lodge, Cachi area Cartago Province

### Day 10. March 13<sup>th</sup> 2022

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Dart Poison Frog



Time to enjoy the gardens and feeders looking for local species around the gardens and trails of Qualities Lodge. The hotel has its own reserve located at 1400 meters above sea level.

The garden of Qualities is good to have several colorful hummingbirds and endemics as **Coppery-headed Emerald, Black-bellied Hummingbird, Purple-throated Mountain-gem, White-bellied Mountain-gem, Green Thorntail and Green-fronted Lancebill**. On the trails of Quelitales we can try to find the elusive and endemic **Sooty-faced Finch, also Collared Trogon, White-winged Tanager, Chestnut-capped Brush-Finch and Carmiol's Tanager**.

Collared Trogon

The area of Cachi is surrounded mostly for coffee plantations and other open habitat for some locals as the **Cabanis's Ground-Sparrow (endemic), White-eared Ground-Sparrow, and other species of Seedeaters and Euphonias**, in better light conditions to watch.

### [Ujarrás \(Cartago\)](#)

Free afternoon.

**Stay in Quelitales Lodge, Cachi area Cartago Province**

### **Day 11. March 14<sup>th</sup> 2022**

This day we would be visiting Tapanti National Park (8am, 50 min drive from our hotel). Tapanti is one of the rainiest places of the country. That is the reason the abundance of moss and epiphytes in trees. The Park is a place that provide water to the central Valley and Hydro electrical projects.

The forest is unique place with a great diversity of birds e.g., **Slaty-backed Nightingale-Thrush, Red-faced Spinetail, Red-headed Barbet, Slate-throated Redstart, Black-faced Solitaire, Black Guan, Spangle-cheeked Tanager, and if we are lucky, we can see Ornate Hawk-Eagle** soaring.

### [PN Tapanti--Sector Tapanti](#)

Box lunch.

Back to the hotel and rest the afternoon, enjoy the gardens and feeders.

**Stay in Quelitales Lodge, Cachi area, Cartago Province**

### **Day 12. March 15<sup>th</sup> 2022**

Full Day, travel to Copal Reserve one of the rural and beautiful area to look for birds in the immensity of the Rain Forest. Copal is base next to one of the

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big forests connected area between private reserves and parks of Costa Rica (driving time 1:15 minutes from the Hotel).

We would spend the whole morning in Copal enjoying the Balcony and trails. The Copal Reserve is run by an Association of local Farmers that has 190 private Hectares of forest and is a great place to have tanagers as **Speckled Tanager, Emerald Tanager, Black-and-yellow Tanager, White-shouldered Tanager, Blue-and-gold Tanager, Carmiol's Tanager, Ashy-throated Chlorospingus** and of course the start from the place the **Snowcap Hummingbird**.

### Reserva El Copal

Lunch in Copal Reserve (typical food).

In the afternoon we would head back but we first we would have the chance to look for some specialties as the **Sunbittern** and **Fasciated Tiger-Heron**.

**Stay in Quelitales Lodge, Cachi area Cartago Province**

## Day 13. March 16<sup>th</sup> 2022

This day we would head to one of the last birding destination, which is the beautiful cloud Forest of Savegre area, a place to look for one of the most beautiful birds of the world - the **Resplendent Quetzal**.

We would departure from Quelitales after breakfast (9am, driving time 2 hours).

We would have delicious lunch in Paraiso de Quetzales this is one of the famous places in the Cloud forest about 3000 meters above sea level. We should need a sweater or something warm for this part of the trip because we would be in the high altitude with a dramatic temperature changing. We will enjoy the gardens with new species and high-altitude Hummingbirds, good place to look for the **Black-and-yellow Silky-Flycatcher** that is endemic from Costa Rica and Panama and also **Long tailed-silky Flycatcher**

### Paraiso Quetzal Lodge - Km 70.

We drive down to the valley to our hotel that is located next to a river that is about 2200m above sea level, a little rural town, where we enjoy the amazing views of the majestic mountains of the Oak Forest.

### San Gerardo de Dota

### Savegre Hotel

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Snowcap



Speckled Tanager

**Stay in Savegre Lodge, San Gerardo de Dota San Jose province**

### **Day 14. March 17<sup>th</sup> 2022**

Another day to look for some of the most beautiful bird of the Tropic - the Resplendent Quetzal.

Quetzals are an early morning and late afternoon bird, so that is the reason to weak up and go to the hot spots, where normally quetzals are visiting avocado trees, or maybe at this time of the year they are nesting.

We would have part of the morning to visit the waterfall trail a great spot to look for the local birds: In the highlands of Costa Rica, we have good number of endemic birds such as: **Yellow-winged Vireo, Black Guan, Fiery-throated Hummingbirds, Volcano Hummingbirds, Slaty Flowerpiercer, Wrenthrush and other beautiful as Collared Redstart, American Dipper, Flame-throated Warbler, Dark Pewee and Ochraceous Wren.**

In the Afternoon we would be visiting the **Hight Paramo** in a very different Ecosystem, where we would see the transition the tree line, one of the highest peaks of Costa Rica her there are few endemics as **Volcano Junco and Volcano Hummingbird and an opportunity for Timberland Wren and Slaty Finch (rare).**

**[Cerro Buenavista communication towers.](#)**

**Stay in Savegre Lodge, San Gerardo de Dota, San Jose province.**

### **Day 15. March 18<sup>th</sup> 2022**

Departure depends on flight times. Driving time to the airport is around 3 hours.



Resplendent Quetzal