



TOGETHER FOR NATURE

Birding Costa Rica

February 4-18, 2020

Tentative Trip Itinerary

Day 1, Saturday February 4, Arrival

Arrival to international airport in Alajuela, Costa Rica. We will meet the recommended flight and stay at a hotel close to the airport.

Lodging: Courtyard Marriott

Day 2, Sunday February 5--Drive to Osa Peninsula--Long Travel Day

After breakfast we will pack up and head south. This is the longest travel day of the trip. We will break it up with multiple stops on the way to the Osa Peninsula included a visit to the Tarcoles Bridge and lunch at Hacienda Baru. As we drive along the Pacific coast we will watch for Double-toothed Kite, Scarlet Macaw, and Yellow-headed Caracara.

Lodging: Cabinas Jimenez

Day 3, Monday February 6--Osa Peninsula

Places we hope to visit today and tomorrow include a mix of rainforest, forest edge and open wetlands. These locations might include Bosque del Rio Tigre, Carbonera Agricultural Fields (Escuela Carbonera), and the town of Dos Brazos. The birding will be rich with great numbers of individuals, as we seek out specialties such as White-crested Coquette, Baird's Trogon, Black-hooded Antshrike and Black-cheeked Ant-Tanager.

Lodging: Cabinas Jimenez

Day 4, Tuesday, February 7--Osa Peninsula

We'll spend time at Rio Rincon Bridge and Playa Sandalo, on the lookout for Yellow-billed Cotinga, Mangrove Hummingbird, as well as many raptors and wading birds. We will also keep our eyes open for non-avian wildlife, including Central American Squirrel Monkeys and Hoffman's 2-toed sloth.

Lodging: Cabinas Jimenez

Day 5, Wednesday February 8--Osa Peninsula to Talamanca

After an early breakfast, we drive north up the Pacific Coast to the lovely Talamanca Cordillera. Possible stops today include Mirador Valle del General and Bosque Tolomuco, both magnets for a rich variety of tropical hummingbirds. Our journey will take us through both cloud and pre-montane forest as we drive the rim of the cordillera. We'll check into our lodge with time to explore the grounds to search for Large-footed Finch, Long-tailed Silky Flycatcher and Black-billed Nightingale Thrush.

Lodging: Paraiso Quetzal

Day 6, Thursday February 9--Talamanca

This morning we will explore the surrounding farms, forests and hills searching for the magnificent Resplendent Quetzal, considered by many to be the most beautiful bird in the world! We may also come across some mixed species flocks of highland tropical birds such as Golden-browed Chlorophonia, Sooty-capped Chlorospingus, Black-faced Solitaire, Tufted Flycatcher and Spangle-cheeked Tanager.

Lodging: Paraiso Quetzal

Day 7, Friday February 10--Talamanca to Orosi

Today we will make a stop on Cerro de la Muerte (11,300') the highest point on the inter-american highway. Here, we will look for a few highland species in the northernmost extent of Paramo, a habitat that consists of grasses and windswept shrubs and bamboo, our main target being the Volcano Junco. We may also encounter Timberline Wren, Slaty Flowerpiercer and Flame-throated Warbler. We will lunch in Orosi, then check into our hotel with time for a short evening bird walk before dinner.

Lodging: Hotel Rio Perlas

Day 8, Saturday February 11--Orosi

From the shores of Lake Cachi to the village of Ujarras we'll seek out Central Valley mid-slope specialties including Cabanis's Ground Sparrow, Sunbittern, Least Grebe, Scarlet-thighed Dacnis and Golden-hooded Tanager. In the afternoon, we will visit the bird-friendly coffee plantation at Cafe Cristina, where delicious coffee and more birds await!

Lodging: Hotel Rio Perlas

Day 9, Sunday February 12—Orosi to Caribbean lowlands

Morning birding on the grounds, then birding our way to Sarapiquí and Gavilan Lodge. We will head north through cloud forest and mid-elevation slopes toward the Llanura de San Carlos and the Caribbean Lowlands. Stops along the way should give us some excellent sightings possibly including Coppery-headed Emerald, Black-cheeked Woodpecker and Collared Aracari.

Lodging: Gavilan Lodge

Day 10, Monday February 13—Puerto Viejo de Sarapiquí

We will depart early this morning to take advantage of the activity on the entrance road to the La Selva Biological Station. This forest edge is frequented by many species and mixed-species flocks frequently pass through, including a variety of antbirds and antthrush. At about 8:00 a.m. we'll enter the reserve and walk the rainforest trails with a guide from La Selva. This afternoon we will visit the lovely feeders at Cinchona, where both Red-headed and Prong-billed Barbets are a strong possibility.

Lodging: Gavilan Lodge

Day 11, Tuesday February 14--Travel to Tortuguero

After a morning bird walk in search of Great Green Macaw, we check out and head east over the foothills to Guapiles then north through pasture and banana plantation of the coastal plain to Cariari where we will meet our boat and travel down the Rio Suerte to the charming village of Tortuguero. Here, we will meet Daryl Loth, owner of Casa Marbella, our host and guide through the canals. It will take about 2 hrs by boat, through the waterway of Tortuguero National Park, to get to the village. Tortuguero is a small village with no cars on a spit of sand between the Caribbean and a canal.

Lodging: Casa Marbella

Day 12, Wednesday February 15--Tortuguero

Today, we will take morning and afternoon boat tours through Tortuguero National Park and surrounding canals. From the boat we will look for herons, raptors, kingfishers, toucans, parrots, manakins, as well as caiman, freshwater turtles and up to 3 species of monkeys and 2 species of sloth! The luxury of birding by boat through a variety of canals is a unique experience.

Lodging: Casa Marbella, Tortuguero

Day 13, Thursday February 16--Tortuguero

This morning we will take another peaceful and relaxing boat ride up the canals to search for more birds and wildlife, including possible encounters with Rufescent Tiger Heron. The afternoon will have a relaxed pace exploring the village.

Lodging: Casa Marbella

Day 14, Friday February 17—Tortuguero to Alajuela

About mid-morning we will begin our return to our Hotel in Alajuela. Lunch and birding in various habitats along the way.

Lodging: Courtyard Marriott

Day 15, Saturday February 18--Alajuela

Departure from international airport in Alajuela, to your respective destinations.

Trip Leaders

Candace Larson: clarson@audubonportland.org and local guides