

BIRDWATCHING IN SOUTHERN OF COSTA RICA

Daily Schedule

Day	Date	Highlights	location
Day 1	Sunday	Arrival to San Jose and meet your guide-transfer to Central Pacific	Cerro lodge
Day 2	Monday	Bird watching at Carara-Tarcoles	Carara
Day 3	Tuesday	Transfer to the southern pacific	Esquinas lodge
Day 4	Wednesday	birding walk at the lodge	Esquinas lodge and surroundings
Day 5	Thursday	Transfer to Las cruces biological station- San vito	Las cruces biological station
Day 6	Friday	Birding at the biological station and surroundings	San vito- las cruces
Day 7	Saturday	Transfer to San Gerardo de Dota	San Gerardo
Day 8	Sunday	Birding at lodge	San Gerardo
Day 9	Monday	transfer to the airport	Departure

Day 1- Arrival transfer to central Pacific

Welcome to Costa Rica! We are looking forward to sharing the wonders of our beautiful country with you. Once you have made your way through the airport, your personal, Dedicated Guide will be awaiting you outside the terminal door; he or she will be checking your flight details in real time, so no worries if your flight is delayed, or early, your guide will be there.



Our Group Leader is a trained birding expert who will lead field trips and give educational presentations.

From here, our group leader will be in charge of every single detail of your trip like hotels, confirmations and logistics, so you can relax and enjoy the countryside. Your guide is very knowledgeable in different topics like nature, culture, geography and history.

After settling in at the hotel, we'll join the Group Leader for a bit of birding on the hotel grounds.

Day 2- Birding at Carara national park- Boat tour in Tarcoles river

Early breakfast and departure to the Carara Biological Reserve where you will see the brilliantly patterned Scarlet Macaws and many other species including guans, trogons, toucans, and motmots. Monkeys, squirrels, sloths and agoutis are among the more common mammals present at Carara.



Mangrove Vireo, and Panama Flycatcher. A variety of egrets and many herons spend most of the day in the forest and roost at night in the mangroves.

In the afternoon we will embark on an adventure along the Tárcoles River and mangrove forest. This mangrove forest is one of the most important in the mid Pacific Coast for the conservation of the Scarlet Macaw and rare and endangered bird species such as the Mangrove Cuckoo, Mangrove Hummingbird,

Day 3- transfer to the southern pacific

After check-out and loading the bus, we'll begin our transfer to our lodge in the Golfito area, we'll have lunch at a restaurant in route.

After check in we'll settle into our rooms and then join our Group Leader in birding activities along the property's garden and trails. The lodge is situated amidst the lowland tropical wet forest of Piedras Blancas National Park. Over 340 bird species have been recorded at this location, including Black-striped Woodcreeper, Black-cheeked Ant-Tanager, Brown-throated Parakeet, Southern Lapwing, Slate-colored Seedeater, Red-breasted Blackbird, and Crested Oropendola.

Day 4- Birding at the lodge and surroundings

We'll start the day with some early morning birding in lodge environs before returning for breakfast. Then we'll set out for a full day of birding activities at



the Rainforest Reserve. We will bird in the forest, along reserve trails, as well as in open areas around the lodge. The local bird checklist includes 362 species, many of them considered as specialties that are either endemics or easily found here, for example the Great Curasaw, Spectacled Owl, Rufous-winged Woodpecker, Olivaceous Piculet, Black-cheeked Ant-Tanager and Rudy-breasted Seedeater, amongst others. The grass fields and marshes around the lodge are the habitat for many species of water birds and shorebirds like herons, egrets, wood storks, ducks and spoonbills.

In the afternoon we'll continue birding at the reserve and along La Gamba Road this afternoon, maximizing our chances of seeing the target species.

Day 5- Transfer to La cruces biological station

We will have an early morning birding walk on the lodge grounds then return for breakfast. After checking out, we will board our bus and begin the transfer

to the San Vito area in the Coto Brus Valley. We will arrive at Las Cruces Biological Station in time for lunch. Las Cruces Biological Station is an important tropical research facility and center for teaching and environmental education run by the Organization for Tropical Studies (OTS). Station facilities include classrooms, a laboratory, an auditorium, and a library with an herbarium. This mid-elevation site is responsible for protecting more than 300 hectares of premontane wet forest habitat and was declared part of the La Amistad Biosphere Reserve by UNESCO in 1983. Variations in elevation, ranging from 3,280 ft - 4,592 ft, contribute to the station's rich diversity of flora and fauna, including more than 400 birds, 113 mammals, and 2,000 plant species.



We'll go on a birding walk in the gardens and secondary forest around the botanical gardens. This is an excellent location for us to spot tanagers, dacnis, and saltadors. Las Cruces Biological Station is also home to the world-famous Wilson Botanical Gardens.

Day 6- Birding at the station and surroundings

We'll join our Group Leader for early morning birding in the Station's environs then return for breakfast. Then we'll take a short walk to the 49-foot observation tower and climb its metal staircase to the top. As we make our way up the tower, we'll pause at different levels and search for birds in the forest understory and canopy. We hope to spot some of the mid-elevation birds of the Pacific side of the Talamanca Mountains such as Speckled Tanagers, Scarlet-Thighed Dacnis, Blue-Crowned Motmots, Violaceous Trogons, and Turquoise Cotingas. We'll remain vigilant for Coto Brus Valley species such as the Streaked Saltator and Charming Hummingbird.



In the afternoon accompany we go on a walk through the station's gardens for an afternoon birding session. Then we'll board the bus and make our way to Cerro Paraguas (Umbrella Mountain) for some more birding.

Day 7- transfer to San Gerardo de dota

San Gerardo de Dota is a tiny community in the Talamanca

Mountains settled in the fresh mist of a mountain valley surrounded by deep cloud forests and filled with massive tropical trees. San Gerardo de Dota is a high elevation paradise for birdwatchers with more than 170 bird species, including some of the rarest and most endangered species. It is a special place for watching the Resplendent Quetzal, one of the most ornate wild creatures and member of the colorful Trogonidae family. A wide variety of migratory species arrive seasonally, joining the native species to add more colorful views for birdwatchers.

Day 8- birding at the lodge and surroundings

We will have an early morning walk, birding around the lodge, then return for breakfast. Next, we'll ride in 4x4 vehicles to reach upper trails, then set off birding on foot in the lodge's reserve adjacent to the Los Quetzales National Park. The Resplendent Quetzal is our main target in this area, but we also

hope to observe interesting species like the Emerald Toucanet, Collared Trogon and Long-tailed Silky Flycatcher. The San Gerardo Valley (approximately 7,000 ft elevation) combines highland oak and cloud forests with open grasslands and forest edges, attracting a variety of birds including large numbers of Resplendent Quetzals. In addition, the region is also home to a number of birds only found at this elevation range like Fiery-colored Tanagers, Marbled Wood Quails, Buffy-Tuftedcheeks, Golden-browed Clorophonias, Elegant Euphonias and Tufted Flycatchers. We'll ride back to the lodge after our field trip.



Day 9- departure

Rates

2 people \$3603

4 people \$2547

6 people \$2195

8 people \$2004

10 people \$1926

12 people \$1844