

Birding Central Costa Rica

THE ULTIMATE INTRO TOUR



CUSTOMIZED NATURAL HISTORY, EDUCATIONAL & BIRDING TOURS

Crescentia Expeditions presents the Central Costa Rica birding trip. The areas to visit offer great opportunities for wildlife observation, enjoy the landscape and learn about the people and culture.

Day 1: *Overnight Hotel Bougainvillea.* <https://www.hb.co.cr/>

Arrival to International Airport and 30-minute transfer to Hotel. Explore 10-acre gardens, scattered trees and vegetation offer great birding opportunities for a leisurely walk. Orientation meeting and welcome dinner.

Total driving: 0.5 hours / Elevation: 3300 ft / Temp: mid to high-70's F.

Day's highlights: Red-billed Pigeon, Squirrel Cuckoo, Blue-vented Hummingbird, Lesson's Motmot, Hoffmann's Woodpecker, Crimson-fronted Parakeet, Brown Jay, Cabanis's Wren, White-eared Ground-Sparrow, Melodious Blackbird, Chestnut-capped Warbler.

Day 2: *Overnight Hotel Quelitales.*

<https://www.hotelquelitales.com/>

Morning drive to Ujarras and Cachi areas in the southeastern section of the Central Valley. We have a chance this morning to look for endemic Cabanis's Ground-Sparrow. Continue to our hotel located on the eastern slopes of Talamanca where we find mixed landscape, with agricultural crops and surrounding hills. Upon arrival we'll bird around the grounds until sunset.

Total driving: 2.5 hours / Elevation: 3000-4000 ft / Temp: mid-70's to mid-80's °F.

Day's highlights: Green Hermit, Garden Emerald, Black-bellied Hummingbird, Hook-billed Kite, Collared Trogon, Lineated Woodpecker, Brown-hooded Parrot, Scaled Antpitta, Sulphur-bellied Flycatcher, Elegant Euphonia, Sooty-faced Finch, Chestnut-headed Oropendola and endemic Cabanis's Ground-Sparrow.

Day 3: *Overnight Hotel Quelitales.*

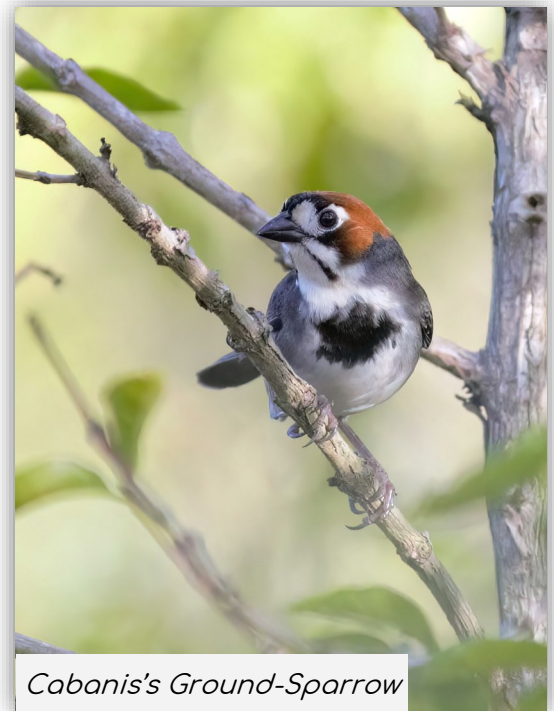
Early morning birding around the lodge and surrounding areas. Explore Caribbean foothills rainforest trails, hummingbird feeders, bird feeders and gardens. Field trip to La Marta Wildlife Refuge to look for mixed species flocks and iconic Snowcap and Sunbittern.

Return to the lodge in the afternoon for more birding.

Total driving: 1.5 hours / Elevation: 2000-4000 ft / Temp: mid-70's to mid-80's °F.



Caribbean Foothills



Cabanis's Ground-Sparrow

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Day's highlights: Snowcap, Green Thorntail, Fasciated Tiger-Heron, Bicolored Hawk, Sunbittern, Zeledon's Antbird, Buff-fronted Foliage-gleaner, Black-and-white Becard, Rufous-browed Tyrannulet, Tawny-chested Flycatcher.

Day 4: *Overnight Hotel Villa Lapas* <https://www.villalapas.com>

Morning departure towards the Central Pacific Transitional forest areas. Road birding around La Ceiba and Guacalillo exploring dryer habitat as we approach the coast. Morning will be spent along these roads then arrive to the lodge and continue birding the grounds for the rest of the afternoon.

Total driving: 3 hours / Elevation: 4000-50 ft / Temp: mid-80's to high-90's F.

Day's highlights: Cinnamon Hummingbird, Plain-breasted Ground Dove, Lesser Ground-Cuckoo, White-throated Magpie-Jay, Turquoise-browed Motmot, Orange-fronted Parakeet, Scrub Euphonia, Black-headed Trogon.

Day 5: *Overnight Hotel Villa Lapas*

Full day at Carara National Park trails. We'll visit both primary and succession forest trails returning to the hotel for lunch and mid-day break.

Total driving: 0.5 hours / Elevation: 0-100 ft / Temp: high-80's to mid-90's F.



Day's highlights: Great Tinamou, Ruddy Quail-Dove, Streak-chested Antpitta, Long-tailed Manakin, Red-capped Manakin, Baird's Trogon, Fiery-billed Aracari, Bicolored Antbird, Scarlet Macaw, Black-hooded Antshrike.

Day 6: *Overnight Cala Lodge* <http://calalodge.com/>

Early morning Tarcoles river boat tour, look for water and shore birds, mangrove estuary for specialties like endemic Mangrove Hummingbird. After the tour we'll begin our journey up to the Tilaran Mountain range where Monteverde is located.

Total driving: 2.5 hours / Elevation: 0-4500 ft / Temp: low-80's to mid-70's F.



Resplendent Quetzal

Day's highlights: Mangrove Hummingbird, Rufous-necked Wood-Rail, Double-striped Thick-knee, Collared Plover, American Pygmy Kingfisher, Northern Scrub-Flycatcher, Panama Flycatcher, Mangrove Vireo, Yellow-naped Parrot, Yellow Warbler (Mangrove sub-species).

Day 7: *Overnight Cala Lodge*

Full day of birding around the Monteverde area, visit 2 reserves during the course on the day based on recent reports and activity, we'll be exploring cloud forest habitat, mostly forest trails and secondary growth.

Total driving: 0.5 hour / Elevation: 4500-6000 ft / Temp: low-60's to mid-70's F.

Day's highlights: Resplendent Quetzal, Highland Tinamou, Black-breasted Wood-Quail, Coppery-headed Emerald, Prong-billed Barbet, Gray-throated Leaf-tosser, White-throated Spadebill, Tufted Flycatcher, Slaty-backed Nightingale-Thrush, Black-faced Solitaire and Golden-browed Chlorophonia.

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Black-crested Coquette

Day 8: *Overnight Arenal Observatory Lodge* <https://www.arenalobservatorylodge.com/en/>

Morning departure for Arenal area, birding along La Peninsula road before arrival to the lodge for. Afternoon will be spent birding around the lodge's trails and grounds.

Total driving: 3 hours / Elevation: 4500-2000 ft / Temp: high-70's to high-80's F.

Day's highlights: Keel-billed Motmot, White-fronted Nunbird, Bare-crowned Antbird, Black-throated Wren, Bay Wren, White-throated Thrush, Rufous-tailed Jacamar.

Day 9: *Overnight Arenal Observatory Lodge*

Morning field trip to nearby Sky Adventures Park for our hanging bridges walk through a spectacular Caribbean foothill rain forest. Return to the lodge for lunch and more birding on the grounds.

Total driving: 0.5 hours / Elevation: 2000 ft / Temp: high-70's to high-80's F.

Day's highlights: Black-crested Coquette, Ornate Hawk-Eagle, Black-throated Trogon, Broad-billed Motmot, Slaty Antwren, Dull-mantled Antbird, Spotted Antbird, Ocellated Antbird, Black-headed Antthrush, White-ruffed Manakin, , Stripe-breasted Wren.

Day 10: *Overnight Hotel Robledal* <https://hotelrobledal.com/en/>

Departure after breakfast back to the Central Valley. Stop at Bogarin trails for an all morning visit. This is a small private reserve near La Fortuna mostly succession forest habitat and ponds. Then in the afternoon we'll continue our journey to the hotel. Dinner at the hotel restaurant.

Total driving: 3 hours / Elevation: 2000-3000 ft / Temp: mid-80's to high-70's F.

Day's highlights: White-throated Crake, Uniform Crake, White-collared Manakin, Rufous-winged Woodpecker, Rufous Motmot, Fasciated Antshrike, Black-crowned Tityra, Yellow-throated Euphonia.

Day 11: Transfer to International Airport for returning flights.

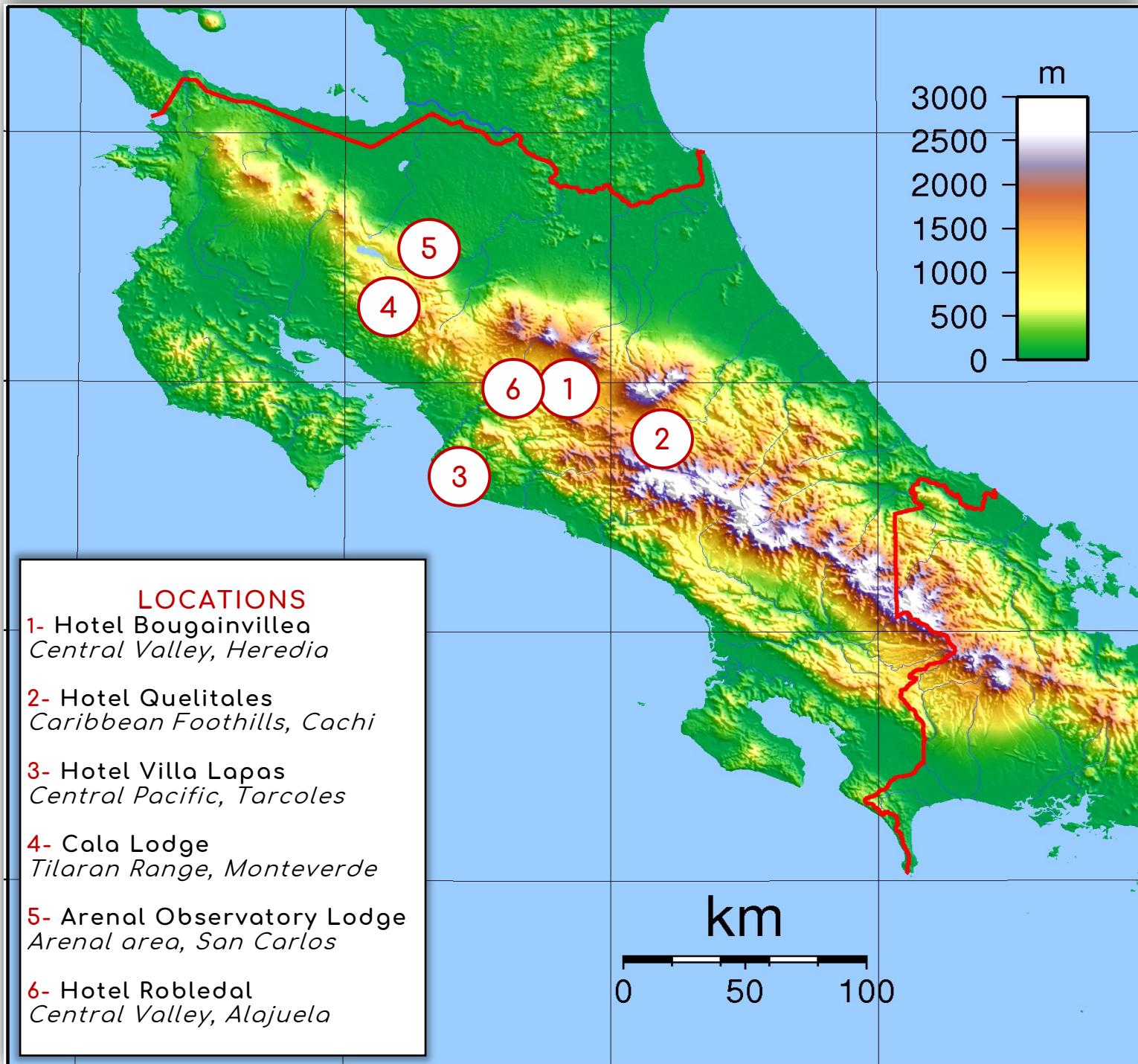
TRIP INCLUDES:

- All lodging in comfortable eco-lodges and hotels (double occupancy; single available at extra cost).
- All meals starting with dinner on first day ending with breakfast on the final morning
- Private A/C transportation throughout the program
- Professional birding/naturalist bilingual guide
- All entrance fees to tours and excursions in the program
- Airport pickup on day 1 and drop off on departure date
- Purified water
- Updated Costa Rica Bird and Wildlife printed checklist

NOT INCLUDED:

- Airline ticket
- Travel insurance
- Gratuities
- Alcoholic beverages and personal expenses

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For further information please contact
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www.crescentiaexpeditions.com

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