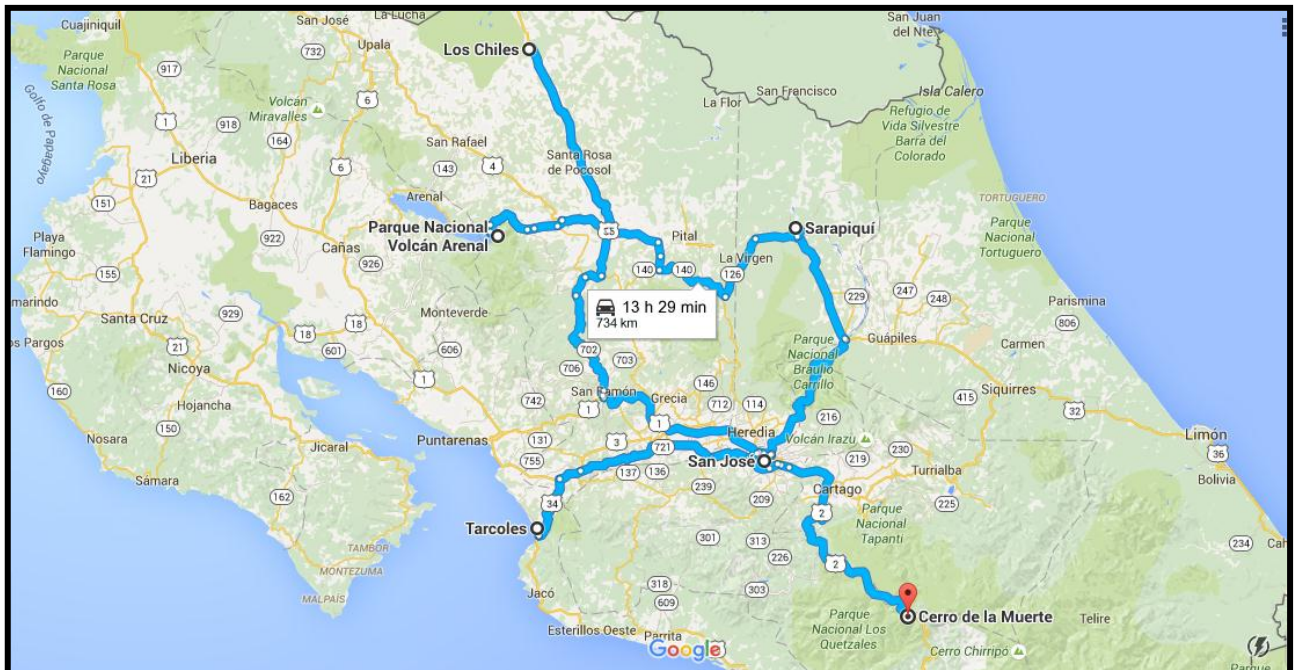




## ITINERARY FOR BIRDING TRIP TO COSTA RICA, XXXXX & FRIENDS.



## Resume:

**Jan. 8, Day 1: Pick up at Ave del Paraiso Hotel at mid morning and transfer to Carara** (1<sup>st</sup> night at Mangroves/Pacific lowlands, Cerro Lodge)

**Jan. 9, Day 2: San José to Carara and Tárcoles** (2<sup>nd</sup> night at Mangroves/Pacific lowlands, Cerro Lodge)

**Jan. 10, Day 3: Carara area and Tárcoles** (3<sup>rd</sup> night at Mangroves/Pacific lowlands, Cerro Lodge)

**Jan. 11, Day 4: Carara to La Selva Biological Station** (1<sup>st</sup> night at Caribbean lowlands, Selva Verde Lodge)

**Jan. 12, Day 5: La Selva Biological Station** (2<sup>nd</sup> night at Caribbean lowlands, Selva Verde Lodge).

**Jan. 13, Day 6: La Selva OTS to Arenal Volcano** (1<sup>st</sup> night at Caribbean foothills, Arenal Lodge)

**Jan. 14, Day 7: Arenal Volcano and La Peninsula road** (2<sup>nd</sup> night at Caribbean foothills, Arenal Lodge)

**Jan. 15, Day 8: Arenal Volcano and Sky Hanging Bridges** (3<sup>rd</sup> night at Caribbean foothills, Arenal Lodge)

**Jan. 16, Day 9: Arenal to Caño Negro Wildlife Refuge** (1<sup>st</sup> night at Wetlands, Caño Negro Natural Lodge)

**Jan. 17, Day 10: Caño Negro Wetlands** (2<sup>nd</sup> night at Wetlands, Caño Negro Natural Lodge)

**Jan. 18, Day 11: Caño Negro to Cerro de la Muerte area** (1<sup>st</sup> night at Talamanca highlands, Paraiso de Quetzal Lodge)

**Jan. 19, Day 12: Cerro de la Muerte area** (2<sup>nd</sup> night at Talamanca highlands, Paraiso de Quetzal Lodge)

**Jan. 20, Day 13: Cerro de la Muerte area** (3<sup>rd</sup> night at Talamanca highlands, Paraiso de Quetzal Lodge)

**Jan. 21, Day 14: Transfer to your next destination for the final part of your trip on your own** (night at hotel of your choice, not included).

## DETAILED ITINERARY:

### Day 1: Ave del Paraiso, Costa Rica

Pick up at Ave del Paraiso at mid-morning and drive to Central Pacific, depending on weather and time one or two stops in the way for birding on the shoreline for Magnificent Frigatebird, Royal Tern, Elegant Tern, shorebirds and others.

- First night at Cerro Lodge

### Day 2: Carara National Park

Early mangrove boat tour looking for Yellow-billed Cotinga, Mangrove Hummingbird, Mangrove Vireo, Northern Scrub-Flycatcher, Costa Rican Swift, Mangrove Warbler, American Pygmy-Kingfisher and several species of herons and egrets. One of the highlights will be the colorful Scarlet Macaw that is quite common around the Carara National Park area.

Afternoon locally in vicinity of the hotel looking for Ferruginous Pygmy-Owl, Pearl Kite, King Vulture, Fiery-billed Aracari and Yellow-naped, White-fronted and Orange-fronted Parrots; the Pacific Screech-Owl and Black and White Owl should give us good view opportunities too near hotel restaurant by dinner time.

- Second night at Cerro Lodge.

### Day 3: Carara and Tarcoles.

Morning exploring the two main trails in Carara National Park looking for the elusive Red-capped Manakin and the Orange-collared Manakin. Streak-chested Antpitta, Black-hooded Antshrike, Riverside Wren, Spot-crowned Euphonia, Scrub Euphonia, Royal Flycatcher and Black-faced Antthrush will be other targets inside the park.

(The National Park entrance and the boat ride can change the order depending on weather and/or guide personal perception of a better coverage of the birds).

- Third night at Cerro Lodge.

### Day 4. Carara to La Selva Biological Station

Drive to La Selva area after breakfast with a stop in the way at Zarcero town for watching the church and park and get try some Palmito cheese.

Arrive at Sarapiquí area on time for getting use to your hotel and spend the afternoon at the Great Green Macaw favorite roosting site and give it a chance to this elusive target species and other parrots like Red-lored and Crimson-fronted Parakeets that roost in the same general area.

- First night at Selva Verde.

### Day 5. La Selva Biological Station



Explore La Selva Biological Station and surroundings give a second chance for Great Green Macaw, Snowy Cotinga, Plain-colored Tanager, Band-backed Wren, Black-throated Wren, Stripe-breasted

Wren, Crimson-fronted Parakeet. Woodpeckers are usually a highlight of this reserve with more than 6 species been reliable in the area including the Chestnut-colored, Cinammon, Pale-billed, Rufous-winged, Black-cheeked and Lineated Woodpecker.

- Second night at Selva Verde Lodge.

### Day 6: La Selva area to Arenal Volcano (1<sup>st</sup> night at Caribbean foothills, Arenal Observatory Lodge)

Drive to Arenal Volcano area, bird in the way and once we get to Arenal we will spend afternoon at gardens and entrance road of our hotel it usually provides good looks at Banded-backed Wren, Montezuma Oropendula, Buff-throated Saltator, Red-legged Honeycreeper, Crimson-collared Tanager, Passerine's Tanager among others.

- First night at Arenal Lodge

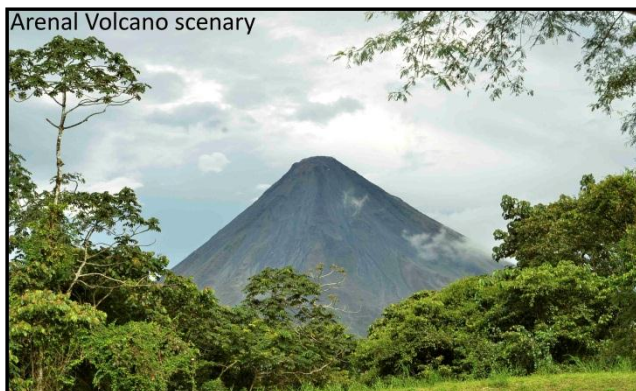
### Day 7: Arenal Volcano and La Peninsula road

Birding is extraordinary here plus the constant presence of Arenal Volcano will always give great scenery. We will spend the early morning in the Lodge grounds. Potential target species are Striped-breasted Wren, White-throated Shrike-Tanager, Tawny-capped Euphonia, Black-crested Coquette and Green Thorntail. Afternoon we will walk the Peninsula road looking for Long-tailed Tyrant, White-fronted Nunbird, Keel-billed Motmot, White Hawk and Dull-mantled Antbird. The order of this walks and spots for birding might change depending on the guide knowledge of recent sightings and weather.

- Second night at Arenal Observatory Lodge



### Day 8: Arenal Volcano and Sky Hanging Bridges



An spectacular spot for Ornate Hawk-eagle and Antbirds. Among them Ocellated, Bicolored, Zeledon's and Spotted Antbirds. The hanging bridges provide excellent views of the canopy and good photographic opportunities.

- Third night at Arenal Lodge

### Day 9: Arenal to Caño Negro Wildlife Refuge

Drive to Caño Negro area. Bird on the roadside of the entrance to Caño Negro for the elusive Jabiru, the Red-breasted Blackbird, many water birds and raptors and the very local endemic Nicaraguan Seed-finch with its massive pink bill.

- First night at Caño Negro Natural Lodge.



### Day 10: Caño Negro Wetlands

Caño Negro Wildlife Refuge visit by boat. A very comfortable tour of 2 to 3 hours to the wetlands with targets like Yellow-breasted Crake, Black-collared Hawk, Lesser Yellow-headed Vulture, 6 species of kingfishers (all species present in Costa Rica) and many other waterbirds.

- Second night at Caño Negro Natural Lodge.



### Day 11: Caño Negro to Cerro de la Muerte

Drive to Paraiso del Quetzal with a few stops in the way for birding and lunch.

- First night Paraiso del Quetzal Lodge.



### Day 12: Paraiso del Quetzal

Early morning looking for a good view opportunity of the world famous Resplendent Quetzal, roadside and open areas and gardens provide a fantastic opportunity for birding. This location can produce species like Golden-browed Chlorophonia, Black-thighed Grosbeak, Large-footed Finch, Yellow-thighed Finch, Slaty Flowerpiercer, Spangle-cheeked Tanager, Sooty-capped Bush-Tanager, Black Guan, Sulfur-winged Parakeet, Fiery-throated Hummingbird, Black-faced Solitaire, Black-billed Nightingale-Thrush, Sooty Thrush and Long-tailed Silky Flycatcher.

Bare-shanked Screech-Owl, Dusky Nightjar will be good targets for some night birding.

- Second night at Paraiso de Quetzal



### Day 13: Paramo and Savegre Valley

Morning in the savegre Valley and the Robledal trail and then to Paramo looking for several specialties in this very open habitat, species like Volcano Junco, Timberline Wren, Peg-billed Finch and Maroon-chested Ground Dove will be targets here.

- Third night at Paraiso de Quetzal Lodge

**Day 14: Savegre Valley to next destination (San José or Guanacaste?)**

Early morning at the local bird feeders and exploring the surrounding sites for species we might still need. Drive to your next destination.

Night at Tambor Hotel so you can continue on your trip by your own.

