

**Costa Rica**  
**March 16-25, 2022**

**Itinerary:**

**Day 1, March 16: Arrival and drive to Ujarras Valley**

We will meet our local guide at the airport and drive to our hotel in the Ujarras Valley, the gateway to Tapanti National Park and other middle elevation birding spots. It is also the most reliable place to find the endemic Cabanis's Ground-Sparrow. After settling into our accommodation, we will explore the grounds of our lodge to get familiar with some of the common resident species such as Great Kiskadee, Social Flycatcher, Rufous-tailed Hummingbird and Scarlet-rumped Tanager to name a few. **Night at Hotel Casona del Cafetal or similar.**

**Day 2, March 17: Tapanti National Park**

We will have an early birding outing on the grounds and coffee fields to look for the endemic Cabanis's Ground-Sparrow. After breakfast, we drive to Tapanti National Park and spend the morning birding this spectacular middle-elevation rainforest. In the afternoon we will explore other good birding spots in the area. Some of the species that we will be targeting today are American Dipper, Black-bellied Hummingbird, Golden-bellied Flycatcher, Collared Trogon, and so many more. **Night at Hotel Casona del Cafetal or similar**

**Day 3, March 18: La Marta Wildlife Refuge; Rancho Naturalista**

After some more early birding at the lodge grounds we drive to the Turrialba area. En route we will visit La Marta Wildlife Refuge, where we search the foothill rainforest for several special species such as Ashy-throated Chlorospingus, Tawny-crested Tanager, Tawny-capped Euphonia and Black-faced Grosbeak. We will arrive at our hotel for lunch and spend the afternoon birding the lodge gardens and feeding stations looking for White-necked Jacobin, Green-breasted Mango, Golden-crowned Warbler, Orange-billed Sparrow. **Night at Rancho Naturalista**

**Day 4, March 19: Birding at Rancho Naturalista**

At dawn we will meet at the moth light, where a number of forest species gather to feast on the insects attracted during the night. Red-throated Ant-Tanager, White-breasted Wood-Wren, Spotted and Plain brown Woodcreepers and the uncommon Tawny-chested Flycatcher are some of the expected species. After breakfast we will explore the trails for Caribbean Foothill species including Buff-throated Foliage-gleaner, Black-throated Wren, Tawny-capped Euphonia and Rancho specialties such as Tawny-chested Flycatcher and White-crowned Manakin. The gardens of the lodge provide feeding grounds to several species of hummingbirds, like the sought-after Snowcap, Garden Emerald and Black-crested Coquette. After lunch, we will visit other hotspots in the area looking for White-lined Tanager, White-crowned Parrot, Black-checked Woodpecker and the impressive Sunbittern. **Night at Rancho Naturalista**

**Day 5, March 20: Birding in the Highlands**

Before breakfast, we will have one last chance to enjoy the gardens and Porterweed hedgerows trying to get some views of White-vented Euphonia, Montezuma Oropendola, Black-crested Coquette and Snowcap. Then, we will drive to the Talamanca Mountains, one of the most important endemism centers in the Western Hemisphere. On the way to the hotel, we will stop at Quetzal's Paradise for lunch and some birding. The nectar feeders lure Fiery-throated, Volcano and Talamanca Hummingbirds, and Black-capped Flycatcher, Long-tailed Silky-Flycatcher, Large-footed Finch are some of the other species

often found in the gardens. Before dusk we will drive to our hotel in Savegre Valley. **Night at Savegre Lodge of similar**

**Day 6, March 21: Birding for Highland Endemics**

In the early morning we walk on the grounds of the hotel where Flame-colored Tanager, Slaty Flowerpiercer, Silver-throated Tanager and Ruddy-capped Nightingale-Thrush are common. After breakfast we will visit the oak forest in search for highland specialties such as Sulphur-winged Parakeet, Yellow-thighed Brushfinch, Buffy Tuftedcheek, Ruddy Treerunner, Barred Becard and of course the Resplendent Quetzal. In the afternoon, we will visit the lower valley for Black-cheeked Warbler, Black-thighed Grosbeak, Stripe-tailed Hummingbird, Collared Redstart and Spangle-cheeked Tanager. **Night at Savegre Lodge of similar.**

**Day 7, March 22: Paramo and drive to El General Valley**

After breakfast we will head to Cerro Buenavista, where we will experience the Paramo, a habitat found only above the timberline at 11,000 ft + elevation. This unique high elevation grassland is home to some of our target Costa Rican near-endemics such as Volcano Junco, Volcano Hummingbird, Timberline Wren, Flame-throated Warbler, Peg-billed Finch, and others. After this visit we will stop at the feeders of Bosque del Tolomuco, where we will spend some time looking for hummingbird species such as, White-crested Coquette, White-tailed Emerald and Snowy-bellied Hummingbird. Red-headed Barbets and Speckled Tanagers also visit the fruit feeders. We arrive to our lodge in the afternoon and relax. **Night at El Pelicano Lodge or similar**

**Day 8, March 23: Birding at Los Cusingos; drive to Central Pacific**

We will start our day on the grounds of the hotel, where we will look for Northern Emerald-Toucanet, Bay-headed Tanager, Lesson's Motmot, Chestnut-capped Brushfinch and the near-endemic Costa Rican Brushfinch. After breakfast we head to the Pacific Coast. On the way we will stop at Los Cusingos Reserve, a small Pacific Foothill Rainforest and later home to great naturalist Dr. Alexander Skutch, author of the first field guide to the birds of Costa Rica. Some of the species here are Red-crowned Ant-Tanager, Rufous Piha, Red-capped and Blue-crowned Manakins, Golden-crowned Spadebill and Chiriqui Foliage-gleaner. After checking in at our hotel we will bird on the grounds for Riverside Wren, Spot-crowned and Thick-billed Euphonia, White-whiskered Puffbird, Rufous-tailed Jacamar and more. **Night at Hotel Villa Lapas**

**Day 9, March 24: Tarcoles River and Carara National Park**

This morning we will start with a boat ride on Tarcoles River, the limit between the Tropical Dry Forest and the Pacific Lowland Rainforest. The boat ride will provide wonderful opportunities for wetland and mangrove species such as Common Black Hawk, Roseate Spoonbill, Bare-throated Tiger Heron, Mangrove Vireo, Boat-billed Heron and the endemic Mangrove Hummingbird. There will be chances of seeing shorebirds and pelagic species from the mouth of the river such as Magnificent Frigatebird, Terns and several species of egrets, kingfishers and sandpipers. We will spend the afternoon walking the trails of Carara National Park, a Pacific lowland rainforest, host a wide variety of bird species, some of our targets here are: Orange-collared Manakin, Black-hooded Antshrike, Baird's Trogon, Fiery-billed Aracari, Streak-chested Antpitta and the stunning Scarlet Macaw. **Night at Hotel Villa Lapas or similar.**

**Day 10, March 25: Departure**

Early birding at the lodge grounds, after breakfast departure towards San Jose, en route we will be birding along backroads that provide habitat for Tropical Dry Forest Species such as Stripe-headed

Sparrow, Turquoise-browed Motmot, Black-headed Trogon and Ferruginous Pygmy-Owl to name a few.  
We will have lunch en route and arrive to the international airport for your late afternoon departure.