

Birdwatching & Nature

Costa Rica

January 2027



Specialist tour guide:

Cristhian Ureña



Birdwatching Costa Rica

From January 15th to January 26th, 2027

Brief itinerary



Day 1

Arrive to Costa Rica.
Stay in Hotel Bougainvillea.

Day 2

Travel to Sarapiquí area.
Stay in La Quinta Rainforest Lodge.

Day 3

Visit La Selva Field Station.
Stay in La Quinta Rainforest Lodge.

Day 4

Travel to La Fortuna area
Stay in Arenal Observatory Lodge

Day 5

Birding in the surroundings of the
hotel
Stay in Arenal Observatory Lodge

Day 6

Travel to Central Pacific coast,
Carara and Tarcoles area.
Stay in Cerro Lodge.

Day 7

Boat Tour Tarcoles River and
visit Carara National Park
Stay in Cerro Lodge.

Day 8

Travel to Cloud Forest. Birding on
the way, travel day.
Stay in Sueños del Bosque Lodge

Day 9

Quetzal Spot and Endemic birds
from Cloud Forest highland
species.
Stay in Sueños del Bosque Lodge





Day 10

Explore Ujarrás Valley.
Stay in Hotel Quelitales

Day 11

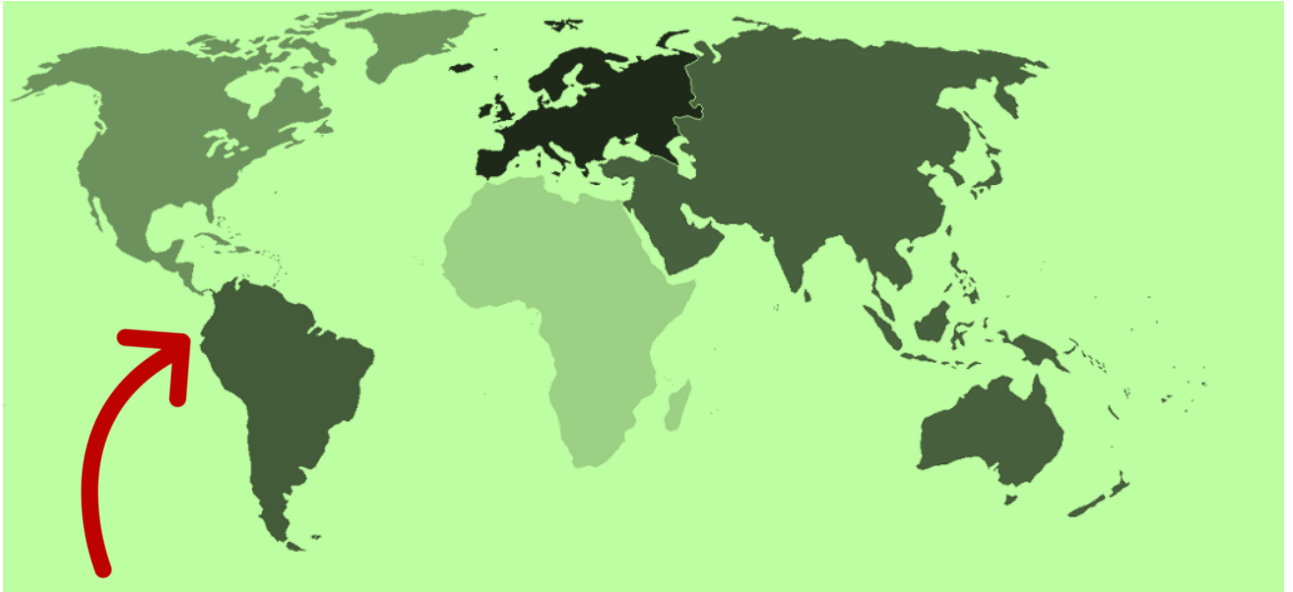
Visit Copal Reserve.
Stay in Hotel Quelitales

Day 12

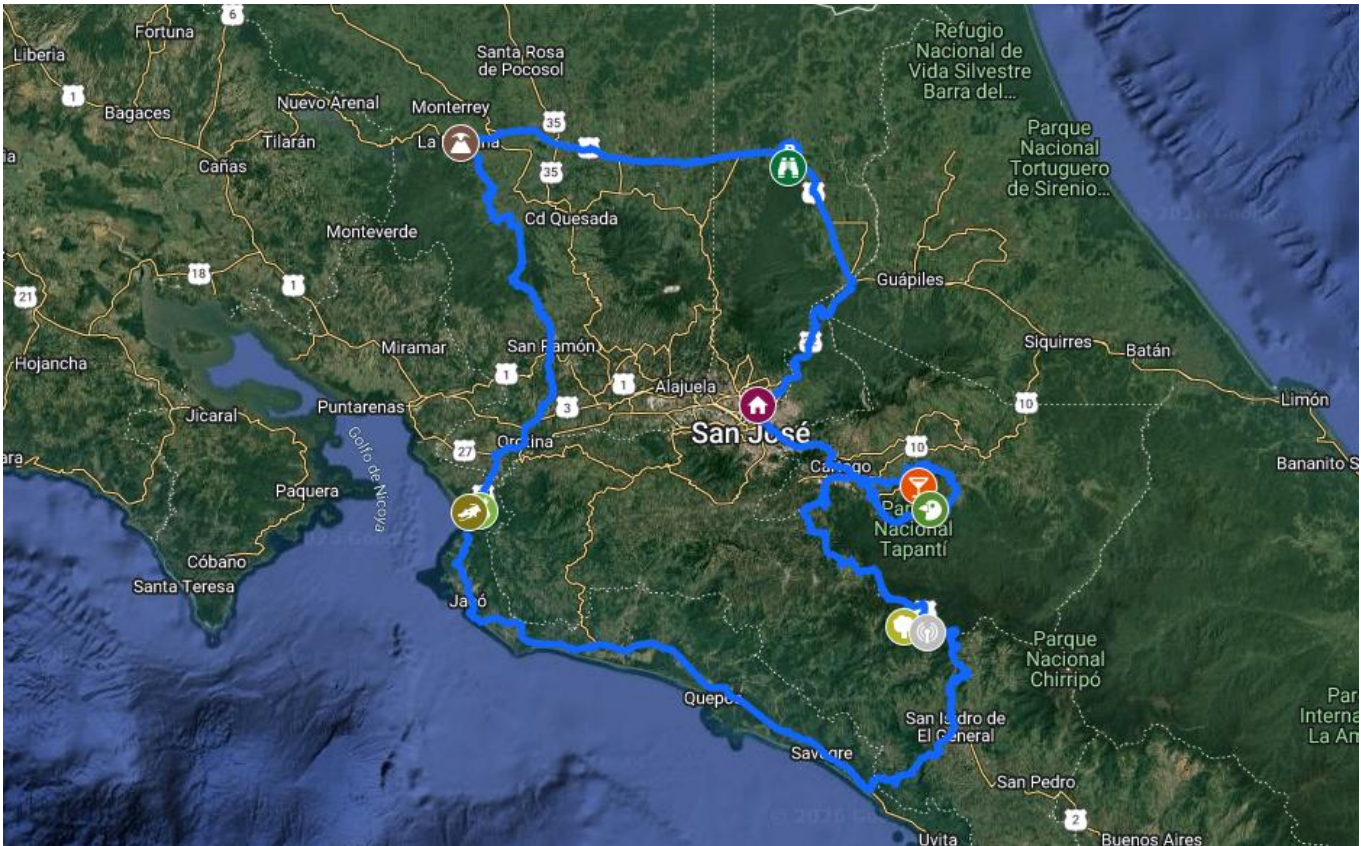
Travel to San Jose or airport

IMPORTANT DETAILS

- ✓ Transport for the whole trip included
- ✓ Hotel accommodations 11 nights included
- ✓ Professional guide during the whole trip
- ✓ Breakfast, lunch and dinner included
- ✗ Alcoholic Drinks Not Included
- ✗ Tips Not Included



COSTA RICA BIRD ROAD



[See detailed map here](#)

Costa Rica

Detailed itinerary

The following itinerary explains a day trip in Costa Rica from January 15th to January 26th, 2027

This itinerary outlines the main daily activities, hotel accommodations, travel times, and other relevant details.

It has been exclusively created for the group based on their request. Some flexibility and modifications may apply, particularly due to COVID-related adjustments or other unexpected situations.

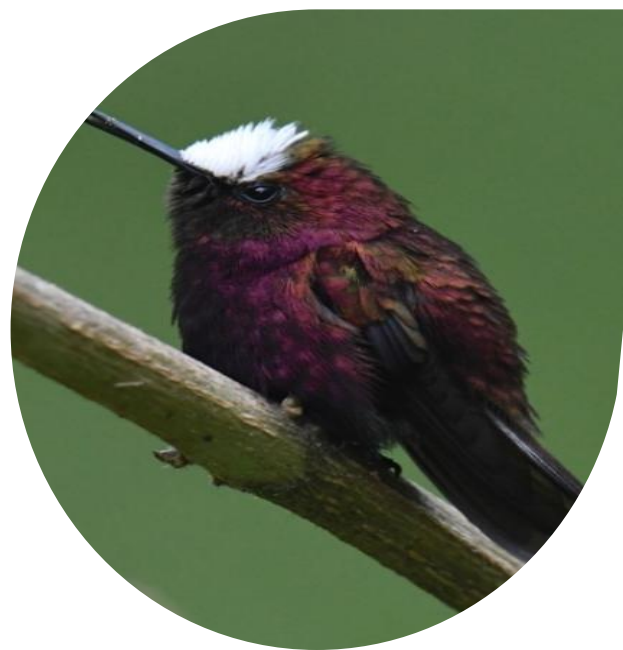
The schedule and listed times are indicative and may be subject to changes during the trip.

Included in the package: transportation, full-time guide and driver, lodging, meals, mentioned activities, and applicable taxes. Additionally, we will provide species lists (birds and other wildlife).

General details:

- This itinerary is designed to maximize bird species sightings within Costa Rica over a 12-day trip. Each day's schedule includes the name of the hotel.
- Your guide and driver (the same person) will be available 24/7 at each location. He will stay in a designated guide room at the same hotel or a nearby lodge. The driver will also be on-site and available as needed.
- A list of common species found at each site is provided. While sightings are highly likely, they cannot be guaranteed.
- In Costa Rica, sunrise typically begins around 5:30 AM. For early risers, a guided walk and birdwatching session are offered from approximately 6:00 AM to 7:30 AM. During this time, we also enjoy a good cup of coffee or tea and great conversation.
- Breakfast is usually served at 7:30 AM.

3% of the tour's revenue will be allocated to conservation and environmental education programs in the Turrialba region.



Day 1. January 15th

Arrive to Costa Rica. Transfer to Hotel Bougainvillea (30 minutes drive)

Overnight at the [Hotel Bougainvillea](#), Heredia.

Day 2. January 16th

Start the day at 6:00am with regular early birding walk, for those who want to rest a little more, can do rest and join to breakfast (7am); and for the enthusiastic, the hotel has nice gardens with trees that always attract woodpeckers, parrots, and hummingbirds, we can start with the common species as the **Clay-colored Thrush** which is our **National bird**, **Hoffmann's Woodpecker**, **Rufous-tailed Hummingbird**, **Inca Dove**, and others.

We will departure to **Sarapiquí** area but before we get there, we would stop in a feeder to shot some photographs.

Lunch on the way.

Bird Watching in the afternoon in Sarapiquí Caribbean Lowlands, good for Macaws and Parrots and other Caribbean Birds

Stay in La Quinta Rainforest Lodge, Sarapiquí Area, Heredia Province.

Day 3. January 17th

Today we would visit [La Selva \(OTS Reserve\) Biological Field Station](#) (8am), one of the most studies places in the new tropics within the rainforest. The tour would also be with a guide from la Selva and the focus would be birdwatching and see wildlife as **Monkeys**, **Sloths**, **Iguanas**, **Dart-poison Frog**, and insects.

Opportunity to see, **Great Green Macaws**, **Snowy Cotinga**, **Slaty-tailed Trogon**, **Dusky-faced Tanager**, **White-collared Manakin**. The tour is very enjoyable in the suspension bridge that cross Puerto Viejo River.

Afternoon optional tour: Chocolate tour, Bats lecture at night (not included). Or just bird watching I other spots

Stay in La Quinta Rainforest Lodge, Sarapiquí area.



Day 4. January 18th

Breakfast and then we would have a drive to La Fortuna area, making a stop in Cinchona area

Stay in Arenal Observatory Lodge (La Fortuna , San Carlos, Alajuela)

Day 5. January 19th

Breakfast and visit the [Arenal Observatory Lodge](#) one of the greatest hotspot in the Foothills of Arenal Volcano, The feeders are good for pictures of the **Crested Guan**, **Green Honeycreeper**, **Toucans** as **Collared Aracari** and **Keel-billed Toucan**, **Scarlet-rumped Tanager**, **Golden-hooded Tanager**, and others.

We have some time to walk the forest trails for interesting forest birds, such as **Spotted Woodcreeper**, **Black-headed Nightingale-Thrush**, **Tawny-capped Euphonia** and **Great Curassow**.

Stay in Arenal Observatory Lodge (La Fortuna , San Carlos, Alajuela)

Day 6. January 20th

We would be moving to the Pacific side travel to Central Pacific Coast opportunity to stop on the way for cloudforest Birds, morning travel.

Stay in [Cerro Lodge](#)



Day 7. January 21st

Early morning [Tárcoles--Tour en Bote](#), look for the special aquatic birds in the river and the Mangrove, 2:30minutes Tour in a comfortable Boat with roof, possible to see, the **Roseate Spoonbill, Boat-billed Heron, Green Kingfisher, Amazon Kingfisher, Ringed Kingfisher, Bare-throated Tiger-Heron, some North American waders** too, also the chance to see the endemic **Mangrove Hummingbird**.

Enjoy breakfast and then visit [Carara National Park](#), one of the best parks that has interesting transition forest, we can walk in easy trails and look for special birds as: White-whiskered Puffbird, the elusive Royal Flycatcher, Orange-collared Manakin, Red-capped Manakin, Great Tinamou. We would be moving around, every place Carara, Tarcoles River and Cerro lodge are very close to each other, 30 min. drive.

Lunch in town (12:30pm). After Lunch we would be visiting other section of the park El Sendero Universal, for more forest birds, after the park we would visit the road near Villa Lapas lodge, look for the **Fiery-billed Aracari** in the forest edges, after arrive to the hotel about 5pm.

Overnight in Cerro Lodge, Puntarenas

Day 8. January 22nd

This day we would head to one of the best birding destination, which is the beautiful **cloud forest of Savegre** area, a place to look for one of the most beautiful birds of the world, the **Resplendent Quetzal**.

Travel Day and do some stops on the way,

Lunch on the way, opportunity to stop for birds in **Valle del General**, south pacific species and move to the highlands

We should need a sweater or something warm for this part of the trip because we would be in the high altitude with a dramatic temperature changing. We will enjoy the gardens with new species and high-altitude Hummingbirds, good place to look for the **Black-and-yellow Silky-Flycatcher** that is endemic from Costa Rica and Panama and also **Long tailed-silky Flycatcher**.

[PN Los Quetzales--KM 76, Providencia road](#)

Stay in Sueños del Bosque Lodge



Day 9. January 23rd

Another day to look for some of the most beautiful bird of the Tropic, the **Resplendent Quetzal**.

Quetzals are an early morning and late afternoon bird, so that is the reason to wake up and go to the hot spots, where normally quetzals are visiting avocado trees, or maybe at this time of the year they are nesting.

We would have part of the morning to visit the oak forest a great spot to look for the local birds: In the highlands of Costa Rica, we have good number of endemic birds such as: **Yellow-winged Vireo, Black Guan, Fiery-throated Hummingbirds, Volcano Hummingbirds, Slaty Flowerpiercer, Wrenthrush** and other beautiful as **Collared Redstart, American Dipper, Flame-throated Warbler, Dark Pewee** and **Ochraceous Wren**.

In the afternoon we would be visiting the **high paramo**, a very different ecosystem, where we would see the transition of the tree line, one of the highest peaks of Costa Rica, there are few endemics as **Volcano Junco** and **Volcano Hummingbird** and an opportunity for **Timberline Wren** and **Slaty Finch (rare)**.

Stay in **Sueños del Bosque Lodge**

[Cerro Buenavista communication towers.](#)

Day 10. January 24th

Transfer from Highlands to [Ujarras](#)-Cachi Valley.

We will enjoy the ride by stopping on the way for a great lunch and maybe a short walk and beautiful gardens.

Stay in [Hotel Quelitales](#)



Day 11. January 25th

Full Day, travel to [Reserva El Copal](#) one of the rural and beautiful area to look for birds in the immensity of the **rainforest**. Copal is base next to one of the big forests connected area between private reserves and parks of Costa Rica (driving time 1:15 minutes from the Hotel).

We would spend the whole morning in Copal enjoying the balcony and trails. The Copal Reserve is run by an association of **local farmers** that has 190 private hectares of forest and is a great place to have tanagers as **Speckled Tanager, Emerald Tanager, Black-and-yellow Tanager, White-shouldered Tanager, Blue-and-gold Tanager, Carmiol's Tanager, Ashy-throated Chlorospingus** and of course the star from the place the **Snowcap**

Lunch in Copal Reserve (typical food).

In the afternoon we would head back, but we first we would have the chance to look for some specialties as the **Sunbittern** and **Fasciated Tiger-Heron**.

Stay in Hotel Quelitales

Day 12. January 26th

Return to San Jose or the airport, depends on flight times. Driving time to the airport is around 3 hours





Important Facts While Traveling in Costa Rica

- **Currency:** The Costa Rican currency is the *colón* (₡). The exchange rate is approximately **₡500 per US dollar**. However, US dollars are widely accepted in most places due to the country's strong tourism industry.
- **Language:** The official language is **Spanish**, but a high percentage of the population speaks **English**.
- **Weather & Packing Tips:** Costa Rica has a **tropical climate** with two distinct seasons:

Rainy Season: May to December.

Dry Season: December to April/May.

Regardless of the season, it's always important to pack a **poncho or raincoat**, **umbrella**, and **warm clothes** for visits to the highlands and forested areas.

- **Safety:** Costa Rica **does not have an army** and is generally a **safe country**. However, crime does exist, especially in urban areas. Always be aware of your belongings. If visiting the city, we recommend avoiding non-touristic areas and not traveling alone.
- **Tipping** in Costa Rica is a hot topic. While locals are not traditionally accustomed to tipping, it has become common in the tourism industry.
Suggested tipping guidelines:
Cleaners: \$5 to \$20 per day, depending on lodging class and room size.
Masseuses: \$5 to \$20.
Naturalist guides: \$10 to \$20 per person per tour, depending on experience.
Drivers: 10%, up to \$10 per person.
Wait staff: 10%, in addition to the 10% "service tax" already included.
Boat hands and captains: 10-15%.
Concierges: \$5 to \$20 per reservation, depending on complexity and cost.
Personal chefs: 15-20%.
Other services: 10-15%.

- **Giving Back:** 3% of the tour's revenue will be allocated to conservation and environmental education programs in the Turrialba region.