

Birdwatching

Costa Rica true is the Biodiversity Bridge of the new tropics, its geographical position makes one of the richest countries in wildlife, where in a small area you would have the chance to see big number of species

One of the most striking diverse group are birds, Costa Rica is the birdwatching heaven with amazing colorful birds hummingbirds, toucans, parrots, trogons, just to mention some of the families in a great habitat, the rain forest

One experience of lifetime for bird and nature lovers you don't want to miss

Birdwatching in the Jewel of Central America Costa Rica

Peregrinus Expeditions

Birdwatching & Nature

Costa Rica March - April 2027

Brief itinerary

Day 1. March 28th Arrive to Costa Rica stay in Bougainvillea

Day 2. March 29th Afternoon Departure To Hotel Guayabo lodge

Day 3. March 30th Day tour overnight . Guayabo lodge

Day 4. March 31st Move birding on the road to the mountains. Stay at Hotel Quelitales

Day 5. April 1st Birding around the Hotel and Trails. Stay at Hotel Quelitales

Day 6. April 2nd Travel to Sarapiqui, Caribbean lowlands. Overnight at La Quinta Lodge

Day 7. April 3rd Birding at La Selva Field Station. Overnight at La Quinta Lodge

Day 8. April 4th Travel to Boca Tapada San Carlos. Stay at Laguna Lagarto Lodge

Day 9. April 5th Birding around Boca Tapada trails and roads. Stay at Laguna Lagarto lodge

Day 10. April 6th Travel to Central Pacific Coast, Carara area, birding on the road. Stay at Tarcoles Birding Lodge

Day 11. April 7th Visit Carara National Park and Boat Tour. Stay at Tarcoles Lodge

Day 12. April 8th Travel to the Cloud Forest. Overnight at Cabinas San Gerardo

Day 13. April 9th Cloud Forest Cabinas San Gerardo

Day 14. April 10th Deaparture To San Jose

www.peregrinusexpeditions.com
+506-83027074
Costa Rica

Peregrinus Expeditions

Detailed itinerary

The following itinerary explains the main activities, day by day, hotel room description, travel time, among others.

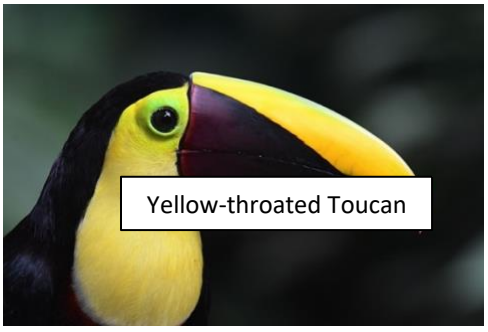
The itinerary is exclusive created for the group according with the request, this itinerary could have some changes and flexibility.

The program and times listed are partly indicative and may be subject to adjustments during the trip.

Transportation, full time guide, bottled water (every participant would receive its own aluminum bottle of water as a gift for the trip), lodging, meals, mentioned activities and taxes are included. We will provide species lists (birds and others).

General details:

- Cristhian Ureña will be available at each location as your guide (24/7). He will stay in a guide room at the same hotel or in a close lodge. Driver will be also at the same location and available.
- Every day includes the name of the hotel and the province where it is located.
- Some of the common species at each site are listed but it is not a warranty to spot them, even though there is a high chance.
- Costa Rica sunrise usually starts around 5:30am. Early walk/birding from 6:00am to 7:30am (approx..) is offered for those who love to wake up early. Meanwhile, we usually enjoy a good cup of coffee/tea and good conversation too.
- Breakfast usually starts at 7:30am.
- Click on the blue names to go to the eBird hotspot info and list.
- The Plan trip was created to have as much species of birds as possible from Costa Rica in the 14-day trip, visit both slopes of the country, middle elevation forest and highlands where we have high endemism, we expect to have over 450 species according with the right conditions estimate for April and may, good moths for resident birds and migrants



Yellow-throated Toucan

Day 1: March 27 th

Arrive to San Jose, and stay in Bouganvillia overnight, Alajuela.

Day 2: March 28-29th

Drive to Hotel Guayabo lodge Eastern part highlands of Central Valley .

Day 3. March 30th


Cabanis´s Ground Sparrow

Breakfast

Travel to the mountains of Cachi, Cartago where we will make a stop at **Ujarras** to look for the Costa Rican endemic **Cabanis´s Ground Sparrow**, this is probably the best spot in the country to look for this species. Other wonderful species can be found at this ares, such as **White-eared Ground-Sparrow**, **Hook-billed Kite, White-tailed Kite**, etc.

Arrive to **Hotel Quelitales** for overnight.

Day 4. March 31st



Green-fronted Lancebill

Early birding at the hotel, it has its own reserve located at 1400 meters above sea level.

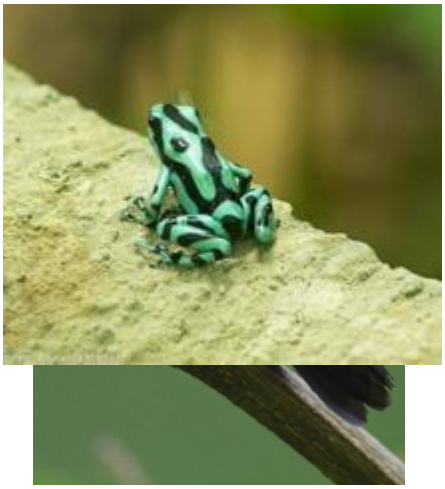
The garden of **Hotel Quelitales** is good to have several colorful hummingbirds and endemics as **Coppery-headed Emerald, Black-bellied Hummingbird, White-bellied Mountain-gem, Green Thorntail and Green-fronted Lancebill.** On the trails of Quelitales we can try to find the elusive and endemic **Sooty-faced Finch,** also **Collared Trogon, White-winged Tanager, Chestnut-capped Brush-Finch and Carmiol`s Tanager.**

In addition, this is the only birding hotspot in Costa Rica with an **Scaled Antpitta** feeder, where a couple individuals have been showing up almost every day.

Overnight at Hotel Quelitales

www.peregrinusexpeditions.com
+506-83027074
Costa Rica

Day 5. April 1st



Snowcap

Full Day, travel to **Reserva El Copal** one of the rural and beautiful area to look for birds in the immensity of the Rain Forest. 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 start from the place, the **Snowcap Hummingbird.**

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 at Copal Reserve

Day 6. April 2nd



Brown-hooded Parrot

Departure to Sarapiqui area

Make a stop at **Donde Cope- La Unión de Guapiles** (driving time 2:30 minutes), a beautiful place located on Guapiles, Limon, this place has amazing feeders where birds as **Brown-hooded Parrot**, **Red-legged Honeycreeper**, and many more species get to eat bananas.

Lunch in Town.

Birdwatching in some of the hotspots around the hotel with the opportunity to look for **White tent bats.** **Tirimbina Rainforest Center**

Stay in Hotel La Quinta, Caribbean lowlands, Heredia.

Day 7. April 3rd

Today is the opportunity to Visit **La Selva (OTS Reserve)** (8am), one of the most studies places in the new tropics within the rainforest. It will be an easy walk in the flat trails on a private tour. 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**, It is unpredictable but the **Bare-necked UmbrellaBird** has been showing around some of the trails in the forest of La Selva, there are some chances to look for this bird in La Selva forest trails, it is probably one of the most wanted in Central America, but one of the most elusive too.

Dart Poison Frog

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).

Stay in Hotel La Quinta

Day 8. April 4th



Olive-backed Euphonia

Early birding around the hotel, enjoying local birds before breakfast.

After breakfast, we will head to **Boca Tapada** (around 1:20 minutes driving), located close to the **San Carlos river**, a place where we will enjoy one of the best places for photography of the trip, this place offers many places with excellent viewpoints and hides for birding.

At **Laguna Lagarto Lodge**, we can have wonderful views of magis species such as **Olive-backed Euphonia**, **Keel-billed Toucan, Chestnut-colored Woodpecker, Great Curasow**, and many more just from the balcony.

Overnight at Laguna Lagarto Lodge.

Day 9. April 5th



Collared Aracari

Another day to enjoy this beautiful place, where we will look for the highlights at this area, **King Vulture** hide, **Red-capped Manakin** lek, possible sighting of **Tropical Royal Flycatcher**, as well as other species like **White-fronted Nunbird, Central American Pygmy-Owl, Black Hawk-Eagle, Ornate Hawk Eagle**, and if we are the luckiest, the very elusives **Gray-bellied Hawk** and **Black-and-white Hawk Eagle.**

Overnight at Laguna Lagarto Lodge.

Day 10. April 6th

Early birding

Breakfast

Departure to the pacific coast (around 4 hours driving) with birding stops on the way at higher elevations around **Poas Volcano**.

Lunch on the way.

Arrive to Tarcoles Birding Lodge, where we will spend the night

Day 11. April 7th



Pacific Screech-Owl

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

Lunch in town (12:30pm).

Boat Tour in Tarcoles River in the afternoon.

2 hours and 30 minutes **Tarcoles Boat 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.**

Go back to Tarcoles Birding Lodge for overnight

Day 12. April 8th



Resplendent Quetzal

Departure to San Gerardo de Dota (3:30 hours driving)

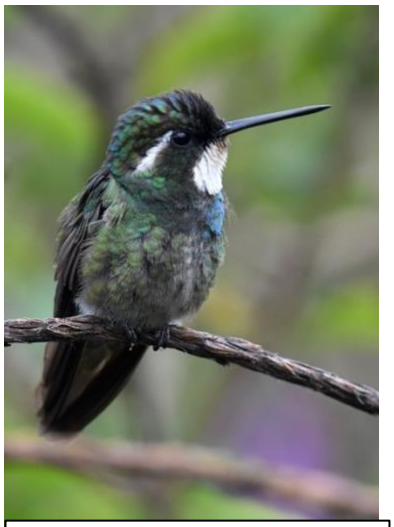
This day we would head to one of the best birding destinations, which is the beautiful cloud Forest of Savegre area, a place to look for one of the most beautiful birds of the world - the **Resplendent Quetzal**.

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 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**

We drive down to the valley to our hotel that is located next to a river that is about 2200m above sea level, a little rural town, where we enjoy the amazing views of the majestic mountains of the Oak Forest.

Stay at Sueños del Bosque

Day 13. April 9th



White-throated Mountain-gem

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 **hotspots**, where normally quetzals are visiting avocado trees.

We would have part of the morning to visit the waterfall trail 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** in a very different Ecosystem, where we would see the transition the tree line, one of the highest peaks of Costa Rica her there are few endemics as **Volcano Junco and Volcano Hummingbird** and an opportunity for **Timberland Wren, Peg-billed Fich** and **Slaty Finch (rare)**.

Stay at Sueños del Bosque

Day 13. April 10th

Early birding around hotel (Depends of the time of the flight)

Breakfast

Departure back to San Jose



Keel-billed Toucan