Costa Rica: This small country about the same size as West Virginia it is home of 6% of the world’s biodiversity, protected by a solid system of national parks and private reserves across the country. Costa Rica is the ideal destination to learn about the relevance of conservation of natural resources, viewing wildlife, visiting volcanoes, enjoying adventure activities, interacting with locals and discovering the unique historical and multi-cultural wealth.

Following is a detailed description of the custom designed nature & birding trip. The areas to visit offer great opportunities for wildlife observation, enjoy the landscape and learn about the people and culture of Costa Rica as well.

Join us on this birding adventure and support WFO conservation and education programs.
Day 1: Arrival to International Airport and 30-minute transfer to Hotel. Explore 10-acre gardens, scattered trees and vegetation offer great birding and photo opportunities during an easy walk. Orientation meeting and welcome dinner at the hotel restaurant this evening. *Hopefully early flight arrival in time to explore grounds and surroundings*

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

Overnight Hotel Bougainvillea. [https://www.hb.co.cr/](https://www.hb.co.cr/)


[EBird](https://ebird.org/hotspot/L487975)

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Day 2: Morning drive to Ujarras and Cachi areas in the southeastern section of the Central Valley. Mixed landscape, with agricultural crops, water reservoir and surrounding hills. Visit Cabanisi Project to learn about the conservation status and efforts of Costa Rica’s endemic Cabanis’s Ground-Sparrow. Field trip, lecture and lunch included for this visit. Continue to our hotel located on the eastern slopes of Talamanca. Upon arrival we’ll bird around the grounds until sundown then dinner.

Total driving: 2.5 hours / Elevation: 3000-4000 ft / Temp: mid-70’s to mid-80’s ºF.

Overnight Hotel Quelitales. [https://www.hotelquelitales.com/](https://www.hotelquelitales.com/)


[EBird](https://ebird.org/hotspot/L2356602) / [https://ebird.org/hotspot/L7086691](https://ebird.org/hotspot/L7086691)

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Day 3: 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: 0.5 hours / Elevation: 2000-4000 ft / Temp: mid-70’s to mid-80’s ºF.

Overnight Hotel Quelitales


[EBird](https://ebird.org/hotspot/L7086691) / [https://ebird.org/hotspot/L1882589](https://ebird.org/hotspot/L1882589)
Day 4: Departure to Talamanca Highlands with birding along the way at various sites in search of specialties. Afternoon arrival to Sueños del Bosque Lodge. Talamanca is the highest mountain range in southern Central America, its formation is a mix of volcanic activity, tectonic uplift and glaciers. The upper sections of the range is dominated by oak species and above timberline (11000 ft) the unique subalpine paramo is located. The Talamanca mountain range is considered one the most endemic-rich areas in the world.

**Total driving:** 3 hours / **Elevation:** 3000-7200 ft / **Temp:** mid-50's to mid-70's ºF.

**Overnight Sueños del Bosque Lodge**  [https://www.bosquesangerardo.com/](https://www.bosquesangerardo.com/)

**Day's highlights:** Volcano Hummingbird, Scintillant Hummingbird, Black-capped Flycatcher, Mountain Elaenia, Black-billed Nightingale-Thrush, Sooty Thrush, Timberline Wren, Ochraceous Wren, Dark Pewee, Black-and-yellow Silky-flycatcher, Long-tailed Silky-flycatcher.

**eBird:**  [https://ebird.org/hotspot/L3409166](https://ebird.org/hotspot/L3409166)

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Day 5: Full day exploring the lodge's private trails, here we look for other unique species such as Sulphur-winged Parakeet and Ruddy Treerunner. Here we also have a Good chance to find Resplendent Quetzal. We'll also explore along the Savegre River and dense native Chusquea bamboo stands. After lunch we'll explore the surrounding Oak forests to continue our search for more specialties such as Black Guan and Talamanca Hummingbird. We'll gather at the end of the day we'll gather to review the day's checklist and enjoy dinner.

**Total driving:** 0.5 hours / **Elevation:** 7200 - 8000ft / **Temp:** mid-50's to mid-70's ºF.

**Overnight Sueños del Bosque Lodge**

**Day's highlights:** White-throated Mountain-Gem, Talamanca Hummingbird, Streak-breasted Treehunter, Lineated Foliage-Gleaner, Ruddy Treerunner, Golden-bellied Flycatcher, Torrent Tyrannulet, Spangled-cheeked Tanager, Silvery-fronted Tapaculo, Sulphur-winged Parakeet, Ruddy-capped Nightingale-Thrush.

**eBird:**  [https://ebird.org/hotspot/L1122262](https://ebird.org/hotspot/L1122262)

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Day 6: Morning departure to our next lodge, located at 9000ft. On the way we'll visit the Subalpine Paramo section to look for a truly habitat specialist: Volcano Junco. This species has an extremely limited range restricted to small sections atop the highest mountains of Costa Rica and Western Panama above timberline which generally occurs at 11000ft. We'll continue exploring backroads and the lodge's grounds. Arrival to the lodge in the afternoon.

**Total driving:** 1 hour / **Elevation:** 7000 - 9000ft/ **Temp:** mid-40's to mid-70's ºF.


**Day's highlights:** Sooty-capped Chlorospingus, Volcano Junco, Costa Rican Pygmy Owl, Large-footed Finch, Yellow-thighed Brushfinch, Buffy Tuftedcheek, Ochraceous Pewee, Flame-throated Warbler, Black-cheeked Warbler, Collared Redstart, Peg-billed Finch, Yellow-winged Vireo.

**eBird:**  [https://ebird.org/hotspot/L3409166](https://ebird.org/hotspot/L3409166) /  [https://ebird.org/hotspot/L1126301](https://ebird.org/hotspot/L1126301)
Day 7: Morning walk around the lodge and then start our drive towards El General Valley where we look for highly sought-after Turquoise Cotinga. We also have a chance for other species like Lesser Elaenia. At the lodge and surrounding areas we will be looking for White-crested Coquette. Dinner at the lodge.  
Total driving: 1.5 hours / Elevation: 9000 - 3000 ft / Temp: mid-70's to mid-80's °F.  
Overnight Talari Mountain Lodge http://www.talari.co.cr/

eBird: https://ebird.org/hotspots / https://ebird.org/hotspot/L450581

Day 8: Morning field trip to Los Cusingos Bird Sanctuary, former home of renowned author Alexander Skutch, here we will visit the museum and bird the grounds for Red-capped Manakin and Fiery-billed Aracari. Later we'll have chance to bird La Gamba road for Pearl Kite, Brown-throated Parakeet and many more. Afternoon walk around the lodge for our first chance for endemic Black-cheeked Ant-Tanager.  
Total driving: 3 hours / Elevation: 1000 - 300 ft / Temp: mid-80's to mid-90's °F.  
Overnight Esquinas Rainforest Lodge https://www.esquinoslodge.com/

eBird: https://ebird.org/hotspot/L441313 / https://ebird.org/hotspot/L1026422

Day 9: Morning birding around lodge's grounds and trails in search of endemic and endangered Black-cheeked Ant-Tanager. After lunch drive and bird La Gamba road for more open habitat. Dense lowland rainforest along the trails, open habitat along La Gamba road. The 37-acre private reserve and the adjoining forest of Piedras Blancas National Park attract over 300 species of birds. On the way to the next lodge we'll explore the rice fields near Ciudad Neilly and Cot-47, here look for recent additions to Costa Rica avifauna such as Sapphire-throated Hummingbird. Arrival to the lodge in the afternoon. Landscape is mainly agricultural fields, rivers and some riparian secondary growth. Arrival to the lodge in the late afternoon.  
Total driving: 2 hours / Elevation: 300-100 ft / Temp: mid-80's to mid-90's °F.  
Overnight Danta Corcovado Lodge https://dantalodge.com/index.php/rooms/

eBird: https://ebird.org/hotspot/L1278192 / https://ebird.org/hotspot/L3856834
Day 10: Early morning field trip to Rincon River bridge in search of near endemic and highly endangered Yellow-billed Cotinga. After breakfast we’ll visit La Cotinga Biological Station to learn about their conservation projects and bird around the grounds. Then return to the lodge for lunch and continue exploring the lodge’s trails and surrounding areas including Golfo Dulce shoreline.

Total driving: 0.5 hours / Elevation: 300-100 ft / Temp: mid-80’s to mid-90’s °F.

Overnight Danta Corcovado Lodge https://dantalodge.com/index.php/rooms/


eBird: https://ebird.org/hotspot/L480217 / https://ebird.org/hotspot/L1628656

Day 11: Morning departure towards Central Pacific area, with several stops along the way, checking different sites for raptors such as King Vulture and Black Hawk-Eagle. Arrival to the lodge in the afternoon and birding around the grounds.

Total driving: 3 hours / Elevation: 0-150 ft / Temp: mid-80’s to hi-90’s °F.

Overnight Hotel Villa Lapas https://www.villalapas.com/rooms

Day’s highlights: King Vulture, Double-toothed Kite, Short-tailed Hawk, White-whiskered Puffbird, Bare-throated Tiger Heron, Pale-billed Woodpecker, Long-tailed Manakin, Greenish Elaenia, Amazon Kingfisher, Slaty-tailed Trogon, Red-legged Honeycreeper, Cocoa Woodcreeper and Dusky Antbird.

eBird https://ebird.org/hotspot/L9938998 / https://ebird.org/hotspot/L585101

Day 12: Morning boat tour on the Tarcoles River then begin our drive back to the Central Valley, stopping a various location in search fo dry forest species. Arrival to the hotel in the afternoon.

Total driving: 2 hours / Elevation: 100-3000 ft / Temp: mid-80’s to mid-90’s °F.

Overnight Hotel Robledal https://hotelrobledal.com/

Day’s highlights: Roseate Spoonbill, Mangrove Vireo, Rufous-necked Wood-Rail, Northern Scrub Flycatcher, Panama Flycatcher, Collared Plover, American Pygmy Kingfisher, Scrub Euphonia, White-lored Gnatcatcher, Crested Bobwhite

eBird https://ebird.org/hotspot/L3354750 / https://ebird.org/hotspot/L1456779

Day 13: Field trip to La Paz Waterfall Gardens, Mirador Cinchona and Virgen del Socorro road. Here we expect to see some specialties like endemic Coppery-headed Emerald and Prong-billed Barbet Return to the hotel for farewell dinner.

Total driving: 2 hours / Elevation: 3000-4000 ft / Temp: mid-70’s to mid-80’s °F.


eBird: https://ebird.org/hotspot/L445844 / https://ebird.org/hotspot/L436224

Day 14: Transfer to International airport for returning flights.
INCLUDED:
- All meals indicated with: B - breakfast, L - lunch and D - dinner.
- All lodging in standard room starting with day 1, ending with day 13.
- All entrance fees and excursions.
- Professional naturalist & birding guide services throughout the program.
- Coach transportation throughout the program (airport pick-up and drop-off).
- Donation to local conservation groups Cabanisi Project & La Cotinga Reserve
- Visit La Marta Refuge, Los Cusingos Bird Sanctuary & Tarcoles River Tour.
- Updated Costa Rica’s bird & wildlife check-list.
- Purified water & snacks
- Donation to WFO scholarship & conservation projects

NOT INCLUDED:
- Airline ticket - Travel insurance
- Alcoholic beverages and personal expenses - Gratuities

LOCATIONS
1- HOTEL BOUGAINVILLEA
   CENTRAL VALLEY
2- HOTEL QUELITALES
   TALAMANCA CARIBBEAN
   FOOTHILLS
3- SUENOS DEL BOSQUE
   HOTEL / TALAMANCA
   SAVEGRE VALLEY
4- PARAISO QUETZAL
   LODGE / TALAMANCA
   MOUNTAINS
5- TALARI MOUNTAIN
   LODGE / TALAMANCA
   PACIFIC FOOTHILLS
6- ESQUINAS RAINFOREST
   LODGE / PACIFIC
   LOWLAND RAINFOREST
7- DANTA CORCOVADO
   LODGE / OSA PENINSULA
8- HOTEL VILLA LAPAS / CENTRAL PACIFIC
   TRANSITIONAL FOREST
9- HOTEL ROBLEDAL
   CENTRAL VALLEY

WESTERN FIELD ORNITHOLOGISTS
administrator@westernfieldornithologists.org