



ORIOLE BIRDING



TOUR REPORT COSTA RICA 21ST – 31ST JANUARY 2017

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SATURDAY 21ST JANUARY – Arrival to San Jose

Our flight with Iberia via Madrid arrived on schedule into San Jose just before 1600, and after a rather prolonged baggage reclaim we met with our guide, Paco Madrigal of Cotinga Tours, and embarked on the journey to our first stop at the Hotel Bouganvilla. It should have taken around forty minutes, but due to heavy traffic and a motorway closure, it took just over an hour. This meant that there was no birding to be had today, and instead we settled into our pleasant accommodation and enjoyed an excellent meal before an early night.

SUNDAY 22ND JANUARY – Paraiso del Quetzal and journey to Savegre

We awoke early at 0600 after an excellent rest, and it was straight out onto the balcony to see our first Costa Rican birds! These were common suburban species such as White-winged Dove, Social Flycatcher, Great-tailed Grackle, Tropical Kingbird, Red-billed Pigeon, Baltimore Oriole, Cattle Egret, Blue and White Swallow and Tennessee Warbler. Huge numbers of Crimson-fronted Parakeet were leaving their roost, and we also saw two White-fronted Parrots among them. Heading down, we spent about an hour and a half birding the extensive hotel grounds before breakfast. This was a fantastic place to get to grips with many of the common birds, and we had a very enjoyable and exciting time ambling around watching and photographing! **Hoffman's Woodpecker**, Rufous-collared Sparrow, Philadelphia Vireo, House Wren, Rufous-tailed Hummingbird and Inca Dove were all common and easy to see, but we also had great views of Blue-grey Tanager, **Yellow-bellied Sapsucker**, **Steely-vented Hummingbird**, Summer Tanager, male Baltimore Oriole and Grey Catbird. The two best birds were a surprise sighting of a **Golden-browed Chlorophonia** and two superb **Rufous-naped Wrens**, both range-restricted species. After a superb and hearty breakfast, we gathered our kit together and loaded up for the two hour drive to our birding base for the rest of the day, in the mountains about 70km to the south-east.



Rufous-naped Wren and Blue-crowned Motmot

At around 3650m altitude in the cloud forest, lies the small lodge at Paraiso del Quetzales. We enjoyed a coffee on the verandah when we arrived, watching and photographing the hummingbirds visiting the feeders. This gave us stupendous close range views of **Magnificent**, **Fiery-throated** and **Volcano Hummingbirds**, **White-throated Mountain-gem** and **Green Violet-ear**. At times the birds were also landing on us! It was difficult to tear ourselves away, but after an hour or so with the hummingbirds, and a very tasty lunch, we set off on foot along one of the trails. Just around the parking area, **Yellow-thighed Finch**, **Slaty Flowerpiercer** and **Sooty-capped Brush Finch** were seen –

it was going to be a busy day! The birding along the trail here was great – not a great rush of new species or glimpses of badly seen birds, but a steady stream of excellent views of some very desirable species including several near-endemics. **Black-billed Nightingale Thrush** performed particularly well, we were dazzled by the colourful **Collared Whitestarts**, and rustling leaves by the side of the trail alerted us to the presence of two **Spotted Wood-quails**. Mountain Elaenia, Wilson's Warbler, Olive-striped Flycatcher, Grey-breasted Wood-wren and Tufted Flycatcher were all seen well, and we were very pleased to get close, brief views of a **Wrenthrush** skulking through quietly by the side of the path. Crossing the stream by a waterfall, we began to climb back up towards the lodge, where some bird feeders below the guest cabins were attracting a wide range of species. **Large-footed Finch** was seen well here, and other new birds included Yellow-bellied Siskin, Sooty Thrush, Mountain Thrush, Black-capped Flycatcher and overflying **Barred Parakeet**. Both species of silky flycatcher were seen in quick succession – **Black and Yellow Silky Flycatchers** [which look nothing like a flycatcher and spend much of their time feeding on fruits] showed well and were quite approachable, whereas the waxwing-like **Long-tailed Silky Flycatcher** posed only once for a scope view. The Black-billed Nightingale Thrushes were very easy to see around this area, and were so tame, hopping around under the bushes at close range. All the while we were being buzzed by Magnificent and Fiery-throated Hummingbirds, which were whizzing in and out of the many sugar feeders dotted around the site. Back up at the lodge, near the parking area, we heard a distinctive call up in the trees behind us which Paco said was the flight call of a **Resplendent Quetzal**! Sure enough, we spotted first one and then two males perched up in the bromeliad clad trees above and had some lovely scope views of them sitting in the open – we even saw one fly across with its long streamers waving behind it. A great result to see this iconic species on our first full day in Costa Rica!



Resplendent Quetzal

From here we drove out to the main road and headed down into the valley bottom along the Sevegre River towards our accommodation for the night at Sevegre Lodge. By now it was after 1630 and with the low cloud building it was clearly going to get dark quite early. The bird activity died down too but we only made one short stop, seeing two **Emerald Toucanets** and a couple of **Band-tailed Pigeons**, before our arrival at Sevegre. This busy tourist lodge provides good quality accommodation and an excellent buffet meal, which is just what we needed after twelve hours in the field. It had been

a very rewarding and enjoyable first day, with lovely cool temperatures for birding and some top species on show. We would sleep well again!



Black and Yellow Silky Flycatcher and White-throated Mountain-gem

MONDAY 23RD JANUARY – *Savegre Mountain Lodge*

We rose early this morning in order to walk one of the trails behind the lodge before breakfast, and so we were enjoying a coffee on the verandah around 6am, with the first birds starting to wake around us. It was surprisingly cold, with the temperature probably only in single figures – hats and gloves were required! **Ruddy-capped Nightingale Thrush** was hopping around our cabin at first light, and the ubiquitous **Rufous-collared Sparrows** were the first birdsong of the day. We headed off along the trail, and our first birds were a pair of **Spotted Wood-quail** – we had been lucky to see this skulking bird yesterday but the views we had this morning were superb, the birds foraging in the leaf litter only a few feet away. As the forest began to wake up, so the first mixed feeding flocks of the day began to move around high up in the trees – **Tufted Flycatcher**, **Flame-throated Warbler**, **Collared Whitestart**, **Black and White Warbler** and a superb pair of **Long-tailed Silky Flycatchers** were all seen along the first hundred metres of track.



Red-headed Barbet and Green Violet-ear

A **Grey-breasted Wood-wren** was singing away from dense cover, and with patience we managed some fantastic views of this smart little bird down to just a few feet. Turning up along a small stream,

we flushed a waterthrush from a pathside culvert, and suspected Louisiana due to the elevation and habitat. The bird proved very elusive though, and we only managed fleeting views along the stream, but still enough to lean strongly towards it being a **Louisiana Waterthrush**. Further up the trail, two **Spangle-cheeked Tanagers** were feeding low above the path and a **Chestnut-capped Brush Finch** was flicking over dead leaves on the bank at the far side of the stream gully. It was really chilly along this trail, and we were glad to see the sun striking the emergent trees and warming up the valley – the birds clearly were glad to see it too and right away mixed feeding flocks began to develop overhead. One of these included an absolutely belting male **Black-throated Green Warbler**, two **Ruddy Treerunners**, and Wilson's and Tennessee Warblers. Making our way back down with breakfast calling, we heard the distinctive song of the **Black-faced Solitaire** and after much searching, had good scope views of it in the canopy above. We flushed the waterthrush again, and this time it obliged – it was indeed a **Louisiana Waterthrush**, with distinct white supercilium contrasting with buff washed underparts and an unstreaked white throat. Back at the lodge, a couple more surprises were in store – a stunning **Red-headed Barbet** at the feeders, and some stupendous views of **Acorn Woodpeckers**.



Summer Tanager and Acorn Woodpecker

After breakfast we took the 4x4 up a very steep mountain trail beyond the lodge, taking us into primary cloud forest and more great birding terrain. Species numbers were not high here, but the quality certainly was. **Ruddy Treerunner** was seen again, keeping close counsel with foraging **Spangle-cheeked** and **Common Bush Tanagers**. A pair of **Spot-crowned Woodcreepers**, one of our main targets here, showed extremely well and we spent some time following them along the trail gradually piecing together better and better views. We had several 'wow' moments when a **Flame-throated Warbler** or male **Black-throated Green Warbler** would suddenly pop into view among a mixed flock, and we also saw our first Trogon of the trip – a stunning male **Collared Trogon** which was moving around calling in the canopy above. **Golden-browed Chlorophonia** and **Black-cheeked Warbler** were other specialities seen in this area, and more surprising were the excellent low level views we had of a pair of **Sulphur-winged Parakeets** which seemed to be prospecting for a nest hole in the middle storey of the canopy. The track back down added another flock of the latter species, and some great views of **Brown-capped Vireo** and yet another male **Black-throated Green Warbler** – this species was never going to get old! **Yellow-bellied Siskin** and **Boat-billed Flycatcher** rounded off our descent back down to the lodge, where we added **Stripe-tailed Hummingbird**, two **Red-tailed Hawks** and two **Swallow-tailed Kites** overhead before lunch. The hummingbird feeders here entertained us for some time after, as we pursued some photographs of the point-blank **Green Violet-**

ear, Magnificent Hummingbird, Flame-coloured and Silver-throated Tanagers, Baltimore Oriole and in the bushes, Long-tailed Silky Flycatcher and Slaty Flowerpiercer.



Ruddy-capped Nightingale-thrush

After lunch we opted for a fairly leisurely afternoon, working our way along the Savegre River in the valley bottom adjacent to the lodge. **Torrent Tyrannulet** was a fantastic addition to the list, and other quality new birds here included **Scintillant Hummingbird** and **Spotted Barbtail**. An excellent mixed flock included Olive-striped Flycatcher, Yellow-thighed Finch, Common Bush-tanager, **Spangle-cheeked Tanager**, Philadelphia Vireo and yet another **Black-throated Green Warbler**. The Ruddy-capped Nightingale Thrush was particularly confiding along the trail here. Two **Black Guan** were a bonus sighting, here being quite used to people and perching in view for some time, rather than slinking straight off into the forest at the first sign of humans. These large birds were once hunted extensively and in many parts of their range are extremely elusive, but here in Costa Rica they seem to know that people just want to enjoy watching them! Our day was rounded off in some style with news that one of the other guides had stumbled across a roosting **Dusky Nightjar**, a central American endemic restricted to the mountains of central Costa Rica and western Panama.

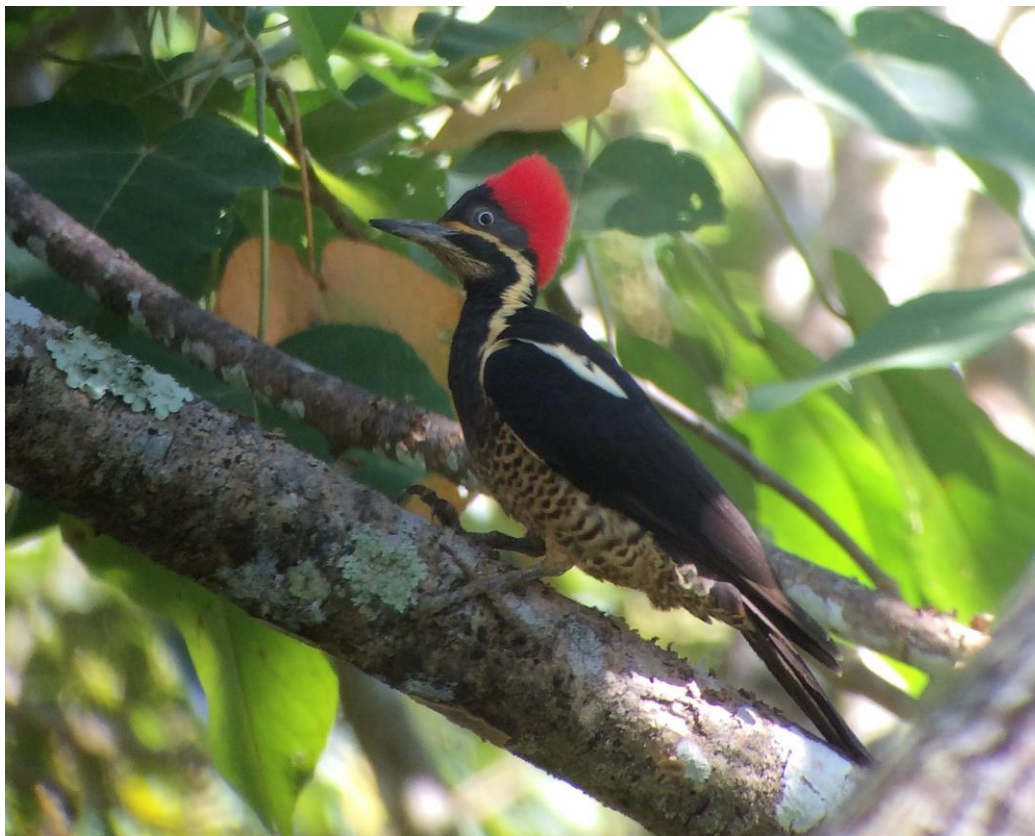


Dusky Nightjar and Black-faced Solitaire

It was only just up the track behind the lodge so we were soon at the location, watching this very desirable list addition as it roosted out in the open high in the canopy. It was perched perpendicular to its chosen branch, and not along it as we might have expected. Its head was also turned back and tucked into its mantle, revealing two white spots in the breast plumage which looked like eyes and meaning it closely resembled a pygmy owl in this roosting posture. This seemed a clever tactic indeed, and certainly if we had not been shown the bird and stumbled on it ourselves, we might have struggled to work out what it was! As dusk fell, this female nightjar left its perch, and two males began calling nearby. One of these danced around us on the track, showing its bright white tail flashes – an exciting way to end a very rewarding day!

TUESDAY 24TH JANUARY – *Savegre Lodge to Carara National Park*

Today was basically a travelling day but with a series of quality birding stops built in along the way. Our total journey time was probably about three hours, but it took us all day to reach our next destination at Villa Lapas in the Carara National Park! We started the day along the Savegre River valley close to the lodge, and here we encountered a nice mixed feeding flock with Olive-striped Flycatcher, Black-capped Flycatcher, Paltry Tyrannulet, Mountain Elaenia and best of all a superb view of a male **Barred Becard**. From here we headed south and higher up into the mountains, to the 'paramo' which is an open bushy habitat at around 11,000ft and well above the tree line. Despite the height, the temperature was pleasant and there was no wind – the views were simply spectacular out to Costa Rica's highest mountain and towards the smouldering caldera of Turrialba Volcano. Birds here were few – Slaty Flowerpiercers were working among the shrubs, paving the way for the dainty **Volcano Hummingbird** to nip in and drink nectar from its conveniently created holes in the back of the flowers. We had two main targets here, one of which popped out right under our noses – the **Timberline Wren**. More similar to our own wren than most of the tropical 'wrens', this was a beautifully marked and vocal little bird which showed really well indeed. Our second target, the **Volcano Junco**, took a bit more finding, but with patience we eventually managed some good views.



Lineated Woodpecker

Approaching the town of San Isidro, we made a roadside stop at a café overlooking the forest and while enjoying a café con leche and a quick snack of spiced potato in a corn tortilla, we watched **Lineated Woodpecker**, **Green Honeyreeper**, **Chestnut-sided Warbler**, **Scarlet-thighed Dacnis** and **Golden-hooded Tanager**. Nearby in the town itself, Paco took us to a spot where we might find **Turquoise Cotinga**, and we spotted a male after about thirty seconds of getting out of the car! A superb glossy iridescent cotinga which we even managed to show in the telescope to a bemused local policeman! A little south of the town, an impromptu roadside stop by two small sewage pools rattled up about a dozen new trip birds. **Black-bellied Whistling Duck**, **Blue-winged Teal**, **Lesser Scaup**, **Green Heron**, **Least Grebe**, **Northern Jacana**, **Spotted Sandpiper**, **Southern Lapwing**, **Northern Rough-winged Swallow**, **Mangrove Swallow** and **Red-crowned Woodpecker** all being easily seen. Another half an hour or so, and we would reach our lunch stop, overlooking the Pacific Ocean and with **Magnificent Frigatebird** and **Brown Pelican** to boot.

The drive north along the coast road to Villa Lapas took about one hour, with some nice roadside birds as things started to become distinctly more 'birdy'. Every section of wire had **Great Kiskadee**, **Social Flycatcher** or **Tropical Kingbird**, and we added **Roadside** and **Grey Hawks**, **Northern** and **Yellow-headed Caracaras**, **Tropical Mockingbird** and **Wood Stork**. An excellent roadside pool at Parrita side-tracked us for a good hour, as we enjoyed dazzling views of **Ringed** and **Amazon Kingfishers**, **Anhinga** and **Scissor-tailed Flycatcher** as well as a range of other common waterbirds. **White-coloured Seedeater**, **Blue Grosbeak** and **Orchard Oriole** were in the surrounding bushes and reeds. Our list was growing fast!



Ringed and Amazon Kingfishers

The miles upon miles of Palm Oil plantations gradually gave way to lowland tropical forest as we reached Carara National Park, and we saw our first **Chestnut-mandibled Toucan** just before we turned off the road and down to Villa Lapas. As dusk fell along the entrance road, we had two **Scarlet Macaws** fly low overhead calling – a breathtaking sight indeed! An **Osprey** was sitting above us on a dead tree and we had another close view of a **Ringed Kingfisher** too. Our last birds of the day [almost] were three **Common Tody-flycatchers** and over dinner, a **Spectacled Owl** flew in and called just above our table before flying off through the lit garden and into the forest. Quite a day!

25TH JANUARY – Carara National Park

We started our day around the gardens of the hotel Villa Lapas where there were many new birds to be found, in the beautiful temperature and light of the early morning. A **Slaty-tailed Trogon** flew in and perched just above us, and our first **Fiery-bellied Aracari's** came in from across the river and

gave some superb views in the secropias just overhead. With the sun already catching the treetops on the far side of the river, we had some lovely views of a pair of **Scarlet Macaws**, mutually preening one another and occasionally giving their harsh, loud calls. To see them in flight was quite something – an amazing lazy wing action more like a large raptor than a parrot. Down in the low vegetation, many small birds could be found such as **Rufous and White Wren**, Buff-throated Saltator and **Dusky Antbird**. A **Grey-headed Tanager** was a nice surprise, normally associated more with the forest interior, and we had point blank views of a **White-whiskered Puffbird**.



White-whiskered Puffbird and Scarlet Macaws

After breakfast we made the short journey to the nearby park entrance, with a view to spending the rest of the morning birding in the primary forest there. Our targets were more skulking forest inhabitants such as antbirds and tinamous, and we were not disappointed. In fact the whole of the loop trail was extremely birdy, and we hardly had five minutes in three hours of birding where there was not something new to be discovered. Male and female **Black-throated Trogon** were our first birds, the female posing beautifully on a handrail by the side of the trail while the male called above. We had indeed hoped to find a tinamou here but we were not prepared for the simply staggering views we would get of a pair of **Great Tinamou** which we spent about half an hour with, right beside, and sometimes on, the trail in front of us. They were totally unperturbed by our presence, unlike many previous encounters with this family which are normally extremely difficult to see. Buoyed by this, we cracked on with some of the mixed feeding flocks in the mid storey of the forest. Here we found **Sulphur-rumped** and **Ruddy-tailed Flycatchers**, **White-winged Becard**, **White-shouldered Tanager**, **Dot-winged Antwren**, **Long-billed Gnatwren**, **Golden-crowned Spadebill**, **Tropical Parula** and **Blue-crowned Manakin**. Crossing a stream, we spent some time watching **Buff-rumped Warblers** and comparing a Northern Waterthrush to the Louisiana we had seen two days previously. **Scarlet Macaw** was seen again, poking its head out of a nest hole high above, and then we got to work on the woodcreepers! This often tricky group really did the business for us today, with five species being noted. The best was the rare **Long-tailed Woodcreeper**, but we also had good views of **Streak-headed**, **Black-striped**, **Cocoa** and **Wedge-billed Woodcreeps** too. Paco alerted us to a singing **Blue-throated Goldentail**, a tiny hummingbird, which he could hear high in the canopy. The instruction was to look on all the tiny dead sticks to see if we could spot it, and we duly did, managing some lovely views through the scope. Other hummingbirds in this forest interior were few, but included three more new species – **Long-billed Hermit**, **Long-billed Starthroat** and the elusive **Stripe-throated Hermit** which sings very close to the ground. Again this one took some patience to find, but once we had worked out his favourite perch, we had some nice views. **Chestnut-backed Antbird** was another forest interior species which we were hoping to see, and we ended up seeing two different birds around the trail. Often while watching one species another two

or three pop into view, and this was the case as we realised a **Black-hooded Antshrike** was nesting right in front of us. Rufous-breasted and **Riverside Wrens** then both appeared in the same tree, and a Buff-throated Foliage-gleaner flew in and landed on a vine in the open – wow, what a list! A calling **Rufous Piha** then led us onto a pair of **Rufous-winged Woodpeckers** chasing each other around the canopy, and above them was a **Crested Guan**, feeding silently way up in a big emergent tree. It was hard to keep up, and with lunch fast approaching we really needed to start making our way back out. A family of **Plain Xenops** were foraging at eye level and the superb **Orange-billed Sparrow** was also noted, before we headed back out into the hot sun and made our way back to the hotel for lunch.



Black-throated Trogon and Scarlet Macaw

The afternoon would be devoted to a boat trip along the Tarcoles River which turned out to be one of the highlights of the tour. We had a large, powerful but quiet boat equipped for taking up to 54 tourists looking at Crocodiles on the sandy banks in the river mouth, and a skipper who knew the birds by both sight and sound. Add to this the fabulous light and the closeness of our subjects, and it made for a truly fantastic experience. Herons were well represented with Little Blue, Great Blue, Tricoloured and **Bare-throated Tiger Herons**, Snowy and Great Egrets all seen at close range. Heading upstream, we passed close to a muddy island where as well as American Crocodiles we saw Spotted Sandpiper, **Least Sandpiper**, Yellow-headed Caracara, Wood Stork, White Ibis and Hudsonian Whimbrel. **Blue Ground Dove** and **Scarlet Macaw** were seen flying over the river and low to the water were hawking Mangrove and Barn Swallows, Grey-breasted Martin and our first **Costa Rican Swifts**. Turning the boat we then headed down to the river mouth, enjoying more point blank views of the herons and shorebirds, including **Willet**, Grey Plover and **Black-necked Stilt**. Heading into the Mangroves, we sidled up alongside a roosting **Boat-billed Heron** and had superb views of **Mangrove Black Hawk** perched overhead, before spending some time looking for small birds along the edge of the mangroves. **Prothonotary Warblers** turned out to be quite common, with at least twenty seen, and our main target, **Mangrove Hummingbird**, gave us good views alongside the larger **Scaly-breasted Hummingbird**. An **American Pygmy Kingfisher** was a great spot perched low at the waterside, and we were able to pull up right alongside it, while a male **American Redstart** was flitting around up above with two **Tropical Pewee** for company. Peregrine, Anhinga and Ringed Kingfisher were also seen, and our last bird was a fabulous **Osprey** which was perched on a low bough just above the river and allowed us to drift right underneath it at ridiculously close range.

Another breathtaking day, rounded off by great views of **Common Parakeet** in the hotel garden just before dinner.



Snowy Egret and Osprey

26th JANUARY – *Villa Lapas to La Ensenada*

As usual we were out at 6am this morning but instead of birding around the hotel grounds we walked up along the river and into the secondary growth forest behind. Both **Spot-crowned** and **Thick-billed Euphonias** were seen around the cabins and a **Black and White Warbler** was working the mossy branches above us as we made our way up to the start of the trail. Here we could compare Grey-capped and Social Flycatchers, and added our first **Streaked Flycatcher** too, before we entered the darker forest interior. Here we began to walk slowly and look for slight movements in the trees and on the forest floor that might give away the presence of some of its more unusual inhabitants. Sulphur-rumped Flycatcher, Northern Bentbill, Dusky Antbird, **Northern Barred Woodcreeper**, Tropical Gnatcatcher and Chestnut-sided Warbler were all seen flitting and sallying among the branches, but it was the leafy forest floor that gave us our best two birds. First was a furtive **Black-faced Antthrush** which we picked up calling close to the trail. With patience over the next half hour we gradually pieced together better and better views until we realised we actually had two together and they made their way out into the open quite close to us. Moving just off the trail in order to position ourselves for better views of these birds led us onto a beautiful **Wood Thrush** tossing the leaves on the forest floor – perhaps the most stunning of the *catharus* thrushes, this little stunner performed really well and made us think how great it would be for another one to turn up in Britain one day after the single record on the Scillies many years ago. Our next great bird was a lek of male **Long-tailed Manakin**, their weird electrical sounding calls emanating from the undergrowth and eventually leading us to a spot where we had just a little window through the thick cover to their chosen display perch. It was just about possible to get a scope on them, and see two males jumping up and down from their desired branch, their bright blue crowns standing out in the gloom of the forest understorey. Another bird we had heard a few times, but not managed to see, was **Rufous-tailed Jacamar**, which was particularly vocal along this trail. We ended up getting two or three really good sightings, albeit all rather brief, of this slightly improbably looking bird which looks somewhere

between a flycatcher and a kingfisher in shape and habits. A great morning, and as usual breakfast had slipped back a bit as a result – it was now 8am!

The middle of the day would then be taken up with the drive north along the coast to our next base, which took around two hours including a stop by a wide river mouth where many waterbirds could be seen. **Royal Terns** and **Laughing Gulls** were the most numerous species, but we picked out a single **Cabot's Tern** among them too, the Pacific equivalent to our own **Sandwich Tern**. We eventually reached La Ensenada Lodge, our base for tonight, at around 1.30pm, and what a lovely place. Overlooking the Pacific Ocean Gulf of Nicoya, the cabins surround gardens buzzing with butterflies and the endemic **Cinammon Hummingbird**, while the gaudy **White-throated Magpie Jays** are rather used to people and hop around inside the restaurant! We were escorted straight down to view two rooting **Pacific Screech Owls** while lunch was served, a typically excellent offering washed down with homemade lemonade.



Least and Semipalmated Sandpipers



Long-billed Curlew

Our afternoon session would involve a half hour drive to a small group of salt pans near the gulf, for some shorebirds. What a fantastic few hours we enjoyed here – the pans were full of birds as the high tide pushed them off the nearby beaches, and we were engrossed by the wonderful diversity of American shorebirds laid out before us in pristine light. A big flock of **American Black Skimmers** whirled in as we arrived and joined a big group of Laughing Gulls. Among these, we picked out singles of **Franklin's Gull**, **Gull-billed Tern**, **Cabot's Tern** and **Elegant Tern**, the latter a very nice surprise indeed.

At the back, among throngs of Hudsonian Whimbrel, was a stunning **Long-billed Curlew**, a species we really had not expected to see and one which Paco sees only rarely himself. Flocks of **Marbled Godwits**, **Willet**, **Black-necked Stilt** and **Short-billed Dowitcher** also hosted many **Grey Plover**, single **Red Knot** and a **Lesser Yellowlegs**. **Wilson's** and **Semipalmated Plovers**, **Western Semipalmated**, **Least** and **Spotted Sandpipers** were all here too, and each time the pack shuffled we would pick out new birds or get better views of certain species. The opportunities to compare and photograph were fantastic, and we could really get to grips with all the identification features which separate each species from its more familiar old world counterpart. We ended up staying here until it began to get dark, with **Scissor-tailed Flycatcher**, **Roadside Hawk** and a brilliant **Turquoise-browed Motmot** being our final birds of another action packed day.

27TH JANUARY – *La Ensenada to Arenal*

We woke to many interesting sounds around the cabins at dawn this morning! **Laughing Falcon**, **Pacific Screech Owl** and **Ferruginous Pygmy-owl** could all be heard just before daylight broke, and it certainly speeded us up getting out of the room! What a magical place to wake up – **Spot-breasted Orioles** were in the trees around us with the gaudy **White-throated Magpie Jays**, and new species included **Melodious Blackbird**, **Orange-fronted Parakeet**, **Stripe-headed Sparrow** and better views of the **Cinammon Hummingbird**.



Ferruginous Pygmy Owl

We wandered around the property, enjoying good views of the local specialities, and down to the shore where there were wonderful views across the Gulf of Nicoya. Many species of heron such as Little Blue and Tricoloured, Great and Snowy Egrets were along the shore, but we couldn't find any Surf-birds which apparently are sometimes around here. A **Ferruginous Pygmy-owl** was calling nearby, and with patience we located it, perched in beautiful morning sunlight on an open perch in an acacia tree. **Squirrel Cuckoo** and **Banded Wren** were found in the surrounding low cover, and a female **Rose-throated Becard** was foraging above us. Breakfast was calling – another wonderful spread which issued us with our five-a-day before 8am!!

Our main morning session would be spent around forty minutes drive away at the wonderful Solimar wetlands, a massive 20,000 acre private estate which we were able to enter with a local guide, and our four wheel drive vehicle. This vast area of drainage channels, marshes, flooded pasture and gallery forest is mainly cattle ranch land, but farmed in such a way that there is plenty of room for wildlife – and boy did we see some birds here! The whole place was thronged with waterbirds – flocks of hundreds of Cattle and Great Egrets, Little Blue and Tricoloured Herons, vast flocks of Black-bellied Whistling Ducks and Blue-winged Teals. At every turn we found either a **Bare-throated Tiger-heron** posing by the side of the track, or foraging **Limpkins**, small parties of **Killdeer** or **Belted, Ringed** and **Green Kingfishers**. The whole place was a birders paradise! We saw **Snail Kites** hunting at point blank range, had **Osprey**, **Swainson's** and **Harris Hawks** low over our heads, and **Wilson's Plover**, **Solitary Sandpiper** and flocks of Northern Jacanas on the myriad pools. American Crocodiles were common, and we even watched one sneaking up underwater on a statue-esque Bare-throated Tiger-heron! Our main target bird in this area was the impressive **Jabiru**, and after first finding one out on a marshy area with Wood Storks, we ended up getting amazing views of an adult and three chicks in a nest. A real treat indeed, and thanks to our local guide Dimitri who showed them to us. He had also staked out a pair of **Spectacled Owls**, in a mosquito-ridden piece of gallery forest – needless to say we didn't stay here longer than required, but had wonderful views of the owls and bagged a **Black-headed Trogon** to boot! It had been a truly epic morning, and Dimitri had one more trick up his sleeve before we dropped him back at the lodge. The elusive **Lesser Ground Cuckoo** was expertly whistled from the undergrowth, and we had good views of it skulking through the dry bushes and reeds, attempting to remain out of view. A superb bird, and now time for a slap up lunch! Fabulous melt in the mouth steak at a local restaurant!



Spectacled Owl and Jabiru nest

The mid afternoon was taken up with the drive around Lake Arenal and to our next base at the Arenal Observatory Lodge. This took just under two hours, with some great scenery along the way, looking across the lake to the cone of Arenal Volcano. At the start of the entrance track to the lodge, we made a half hour birding stop to use the last bit of decent light of the day. A **Great Potoo** had been seen roosting here recently, but we weren't sure exactly where to find it. Luck would be on our side though, as we spotted the cryptic beast perched high on a dead branch way up in the trees. The light was still good, and the bird was surprisingly active, stretching up its neck and looking around a few times. Other new birds in the trees here included **Passerini's** and **Crimson-collared Tanagers**, **Mourning Warbler** and **Black Pheobe**. We were now on the Caribbean slope, and could expect yet another wealth of new birds in this forest tomorrow, compared to the last few days on the Pacific side. A **Stripe-throated Hermit** posed beautifully for scope views, and we also saw **Coatimundi** and **Mantled Howler Monkeys** before we made our way up the mountain track to the lodge. Another stunning location, with views across to the volcano, and surrounded by prime birding habitat. We couldn't wait for tomorrow!

28TH JANUARY – Arenal Observatory Lodge

Our day started at dawn on the viewing deck at the lodge, where the fruit feeders were attracting a wide range of forest birds to feed at close quarters. Perhaps the most spectacular of these was the **Great Curassow**, a bird seldom seen through most of its range due to it being a favoured quarry species for hunters. But in Costa Rica, where sport hunting is banned, many of the large forest birds such as the guans and curassows, are extraordinarily tame. **Montezuma Oropendola's** were monopolising the feeding station, squabbling with the Brown Jays over papaya, pineapple and water melon. A variety of tanagers included Palm, Blue-grey, Bay-headed, Silver-throated, Summer and the spectacular **Emerald Tanager**, while we were also dazzled by **Red-legged Honeycreeper** and added our first **Black-striped Sparrows**. Band-tailed Pigeon and Red-lored Parrot were also noted before the breakfast buffet opened at 7am.



Chestnut-mandibled Toucan and Wood Thrush

We actually spent our whole day today just around the lodge, keeping it pretty chilled out and enjoying taking plenty of photos and having the time to really digest and enjoy the huge variety of birds on offer. A fruiting Fig Tree in the gardens ended up entertaining us for over an hour and a half,

and we recorded an amazing 32 species using just this one tree! Many species of tanagers were here, plus **Chestnut-mandibled** and **Keel-billed Toucans**, **Collared Aracari** and the rare **Yellow-eared Toucanet** even put in an appearance. The tree was absolutely full of Clay-coloured Thrushes, but also the beautifully subtle **White-throated Thrush**, and both **Tawny-capped** and **Yellow-throated Euphonias**. We were thrilled to see two of the forest manakins, **White-ruffed** and **White-collared Manakins**, and both stunning males to boot! **Band-backed Wrens** were bustling about in the low bushes close by where we also enjoyed point blank views of **Common Tody-flycatchers**, **Chestnut-sided Warblers**, **Rufous-tailed** and **Violet-headed Hummingbirds**, and **White-necked Jacobin**. The **Crested Guans** almost became relegated to the also-rans, amazing considering this is normally an elusive inhabitant of forest interior. Here we had about six of them feeding out in the open down to about 10m range! **Black-cheeked Woodpecker** and **Streak-headed Woodcreeper** both put in cameo appearances, and a party of **Brown-hooded Parrots** dropped in. A **Wood Thrush** probably just about stole the show despite all these wonderful birds on offer – this dazzling *catharus* popped out and began feeding on the grass below the fig tree, really close. Just before we were going to finally tear ourselves away, and **Ornate Hawk-eagle** drifted over scattering all the birds – wow!

An easy loop trail through mainly secondary growth forest was a bit less birdy, but we were looking for one or two special forest interior species here and spent some time walking quietly and listening. A **Pale-billed Woodpecker**, one of the larger species, showed amazingly well, chiselling chunks from a rotting trunk and digging around among the bromeliads. A pair of **Buff-rumped Warblers** followed us down the trail, often popping up right by our feet, and as is often the case, a **Louisiana Waterthrush** was loosely in their company. **Black and Yellow Tanager** was perhaps the best bird along this stretch, but we also enjoyed watching a pair of **Orange-chinned Parakeets** digging out their nest hole. Another **Crested Guan**, **Chestnut-mandibled Toucan**, and our first **Hepatic Tanager**, rounded off a busy morning.



Louisiana Waterthrush and Orange-chinned Parakeets

We took a long lunch break today, to catch up with field notes and editing photographs. This was very welcome, and we were refreshed and ready to go back into the field by 1430. We started down at the river, where an adult **Fasciated Tiger-heron** was stalking among the boulders and entertained us for some time. What a truly stunning bird! **Black Phoebe** was also seen again here, and a **Purple-crowned Fairy** was living up to its name, dancing around the flowers overhanging the water. Further up the hill we visited a viewpoint overlooking the lake, and here we had some great views across the tree tops. This enabled us to pick up a **Long-tailed Tyrant** perched on the top, and another pair of **Black-cheeked Woodpeckers**. **Grey-capped Flycatcher**, **Dusky Antbird**, **Southern Rough-winged Swallow** and **Wilson's Warbler** were also seen here. We wound up our afternoon back by the fig tree,

first of all checking the dense secondary forest just beyond for the elusive Thicket Antpitta. We heard it calling, but weren't lucky with a sighting – a superb **Spotted Antbird** was good compensation though, and we also saw **Stripe-throated Wren**. Around the verbane flowers, an immature male **Black-crested Coquette** was seen, both perched and feeding, and we had more fun watching the Collared Aracari's, and Keel-billed Toucans to round off the day. Happy Hour was beckoning now, and we watched the sun go down overlooking the volcano with a beer in hand.

29TH JANUARY – Arenal Observatory Lodge to Selva Verde

Another dawn start this morning, and as we headed bleary-eyed up to reception to meet Paco, we were very quickly stunned into life with news that a female **Margay**, one of the jungle cats, had been seen near the kitchen buildings. Paco had already told us about this animal, often coming to take food when she becomes pregnant, but then disappearing off into the forest for a year at a time. We didn't therefore think we had a chance to see her but we were very excited to hear this news! Sure enough, there she was, sitting on a rock right in the open! We had amazing views, until a Coati spooked her up into a nearby tree. She soon came back down, and relaxed to our presence, allowing very close approach and photos – what a beautiful animal! We had just enough time then before breakfast for a quick whip round the gardens to the fruiting fig tree, where we saw a similar selection of thrushes, tanagers, toucans, guans and the like seen yesterday. A male **Yellow-eared Toucanet** was here this time, and the **Black-crested Coquette** was also seen again.



Margay and Great Potoo

After breakfast we headed to the hillside viewpoint, and today we had better luck with raptors here – at least three different **White Hawks** were seen, including smashing views of one individual soaring around above the forest. A **Tropical Parula** was also here, and we saw only our second sighting of a **Crimson-collared Tanager**. Down at the bridge, yesterdays adult **Fasciated Tiger-heron** was still present and even closer this time, so we couldn't resist just a few more pictures! We had to crack on though, as we really wanted to bird along the entrance track a little bit before we had to head off to our final base at Selva Verde. It was not particularly birdy along the track, but we picked out one or two quality targets which we had been hoping for. The first of these was **White-fronted Nunbird**, a bit like a new world version of a roller, and we saw at least three in one small area alongside both

Broad-billed and **Keel-billed Motmots**. The latter was an excellent addition to our list, being rare in Costa Rica and difficult to find away from this location. A **Rufous-winged Woodpecker** showed briefly, and we found the song perch of a **Long-billed Hermit** which was a species that we had only glimpsed previously. Continuing along the track towards Arenal dam, we had good views of both **Broad-winged** and **Zone-tailed Hawks**, before stumbling on a second **Keel-billed Motmot** by the side of the trail. This one gave even better views, and while enjoying this lovely bird we realised we were right at the spot where we had seen the **Great Potoo** yesterday. It had clearly moved from its perch – but it was now lower down in an even more open position. We found a spot where we could get a scope on it and what a view – we even had the locals queueing up for a look in the scope at this most amazing of nocturnal birds.



Fasciated Tiger-heron and White-fronted Nunbird

The drive on to Selva Verde was just short of two hours, with no new birds along the way. On arrival, a cracking **Yellow-throated Vireo** was by the reception and at the fruit feeders, we quickly added **Red-throated Ant-tanager** and had great views of **Red-legged** and **Green Honeycreeper**. After yet another excellent lunch, we met up again at 3pm and spent the last two hours of daylight birding around the extensive lodge grounds, along the river and into the botanical gardens. It was in truth a little quiet compared to what we had become accustomed to, but nevertheless we added some quality birds. Down by the river, we found **Little Blue Heron**, **Green** and **Amazon Kingfishers** and yet another **Fasciated Tiger-heron** – a youngster this time, posing statue-like in the middle of the river on a rock. A **Masked Tityra** flew across and landed in the treetops, a typical bird of Caribbean lowland forest and our first of the trip, though we went on to see two more by the end of the walk. The ‘yellow-bellied’ flycatchers are a group containing many superficially similar species, such as the **kiskadees** and **Social & Boat-billed Flycatchers**, where minor differences such as bill shape and size are important identification features. Now we had the chance to get to grips with yet another member of this group, the **White-ringed Flycatcher**, which looks very similar to **Social** but has a white supercilium which meets on the back of the head and prefers lofty perches at the ends of branches of tall emergent trees. Inside the forest, we found **Chestnut-backed Antbird**, **Stripe-breasted Wren**, **Red-throated Ant-tanager** and our first **Hoffman’s Two-toed Sloth** of the trip. **Bronze-tailed Plumeleteer** was busy around the flowers in the botanical garden, where we also found a **Broad-winged Hawk** perched in the open and skulking **White-breasted Wood-wren**. Two more **Wood Thrushes** meant we had now done really well for this species, and best of all a raucous call overhead alerted us to a **Great Green Macaw** floating over in stately fashion. Two **Scarlet Macaws** followed soon after, and it is great to see both these species now side by side in the Caribbean lowlands. Two more new parrots were noted before close of play – **White-crowned Parrot** which we had previously only glimpsed in flight, and **Olive-throated Parakeet** which was scoped feeding on fruits high in the treetops. Tomorrow was perhaps our biggest day yet, so an early night was definitely on the cards!

Our pre-breakfast birding around the grounds of Selva Verde Lodge produced one or two nice birds, including Green and Amazon Kingfishers along the river, and good views of **Olive-backed Euphonia** among the many tanagers and thrushes visiting the feeding station. Around the forest loop trail, we finally connected with a **Gartered Trogon**, and also saw our first **Cinammon Becards** and **Bay Wrens** of the trip. Overhead, six **Great Green Macaws** floated over, advertising their arrival with their raucous calls. The whole morning would be spent at the nearby La Selva Biological Station, where we completed a circular route through mainly secondary growth forest. It was very birdy here and just around the reception buildings we saw our first **Chestnut-coloured Woodpecker**, and species such as **Collared Aracari**, **Keel-billed** and **Chestnut-mandibled Toucans** and **Great Tinamou**, all of which were easy to see here. In the forest, we found as usual pockets of birdlife where we could encounter many species in quick succession – **White-ringed**, **Grey-capped** and **Dusky-capped Flycatchers**, **Black-faced Grosbeak**, **Masked Tityra**, **Bright-rumped Atilla**, **Dusky Antbird**, **Golden-winged Warbler**, **Tropical Gnatcatcher**, and both **Pale-billed** and **Lineated Woodpeckers** all being common. We were taken to see two roosting **Vermiculated Screech Owls**, which were sitting in low brush at eye level and affording excellent views – we were doing very well for owls on the trip so far! **Rufous Mourner** and **Fasciated Antshrike** were both nice new additions to the list, and we had great views of **Black-throated Trogon**, **Rufous-tailed Jacamar** and **Broad-billed Motmot** around the various clearings and rides. **Bronze-tailed Plumeleteer**, **Crowned Woodnymph**, **Purple-crowned Fairy** and **Band-tailed Barbthroat** were among the more interesting hummingbirds noted, while a fruiting tree added nice views of **Pale-vented Thrush**, two obliging **Long-billed Gnatwrens** and a party of **Dusky-faced Tanagers**. On our way out of the park, to head back for lunch, we stopped to check a small stream for **Sunbittern**. There was no sign of one, but we had great views of a **Hoffman's Two-toed Sloth** and had a **Black Hawk-eagle** circling overhead giving its distinctive call.



Black-throated Trogon and Keel-billed Toucan

After lunch back at the lodge, we decided to return to La Selva for another session in the afternoon, concentrating on the primary forest trail this time. In truth, this turned out to be perhaps our quietest session of the trip for birding, perhaps in part due to the time of day and increased humidity. Nevertheless, we saw some nice bits and pieces such as a **Gartered Trogon** perched right beside the trail, great views of **Wedge-billed** and **Cocoa Woodcreepers**, another **Chestnut-coloured Woodpecker** and our first examples of **Western Slaty Antshrike** and **Black-capped Pygmy-tyrant**.

Mammals were also a feature here, with both **Spider** and **White-faced Capuchin Monkeys** above the trail, and a family of **Collared Peccaries** bustling across the path in front of us. Underneath a large leaf, four **Honduran White Tent-making Bats** were an amazing discovery – they chew the edges of large leaves to encourage them to collapse into a tent shape, and the bats then roost underneath in a huddle. They allow amazing close observation, providing you do not touch their leaf! Amazing! We were feeling pretty tired after a long day, and so decided with things a little quiet, that we would make it back to the lodge in time for happy hour – a very good choice!

31ST JANUARY – *‘Cope’s House’ and return to San Jose*

We had the first half of today for birding, before making our way back to the airport. Paco had a real treat in store for us to finish, with a visit to the house of his friend Cope who has created a small nature reserve, with private viewing gallery and amazing photographic opportunities in his garden. En route, we made a diversion along the edge of La Selva to check for **Bat Falcon** – Paco quickly located one sitting high in a tree, and we saw a second bring in prey which it then proceeded to pluck and offer to its mate. In the trees around, **Great Green Macaw** were nesting, and we had our best views yet of this magnificent parrot. Other birds around included **Collared Aracari**, **Green Ibis**, **Grey Hawk**, **Masked Tityra**, **Red-lored Parrot** and lots of common birds. Reaching Cope’s house, we were astonished to find in the small garden of a very ordinary little house, a wonderful pool surrounded by dense cover, with fruit and sugar feeders attracting a huge variety of birds. From his viewing gallery we could watch a variety of tanagers, honeycreepers, kiskadees and thrushes coming to feed at his natural looking feeding station, which was decorated with mosses, lichens and bromeliads making for excellent photographic opportunities. **Grey-necked Wood-rails** were feeding right outside the ‘hide’ and we had close views of **Bay Wren**, **Orange-billed Sparrow**, **Collared Aracari**, **Green Heron** and **Cocoa Woodcreeper**. Hummingbirds were everywhere and included **Crowned Woodnymph**, **Violet-headed Hummingbird**, **White-necked Jacobin**, **Stripe-throated** and **Long-billed Hermits** and **Rufous-tailed Hummingbird**. A truly amazing place to sit and watch birds, and with Cope’s excellent photographs and amazing paintings adorning the walls, there was an opportunity to pick up a souvenir or two as well!



Green Heron & Passerini’s Tanager

We took a short trip out in the vehicle to go and check a roost site for **Crested Owls**. This is one of the more difficult neotropical owls to catch up with and were not hopeful one would be available, and so we were elated when Paco spotted one as soon as we got out of the car! This wasn’t even supposed to be the one we were going to see – the roost tree was in fact further along the track and held a further two birds! Amazing views of this most impressive of owls – we had the chance to go for

another Spectacled Owl too but opted instead to try a spot Cope had given us for the **Thicket Antpitta**.



Crested Owl & Thicket Antpitta

This really tricky dweller of forest undergrowth required some enticing from its tangled lair using playback, the only time on the whole trip we had actually opted to use this method. It worked, and the bird tentatively appeared in the buttress roots of a tree and showed for scope views – brief but very clear and in lovely light. What a super little bird to end our trip and one we were most definitely not expecting. We couldn't thank Paco enough for his hard work and great company, and we returned to San Jose with a notebook [and memory card!] full of great memories of Costa Rica.



Green Honeycreeper & Collared Aracari



Violet-headed Hummingbird and Red-legged Honeycreeper

SYSTEMATIC LIST

1. Great Tinamou
2. Slaty-breasted Tinamou [H]
3. Least Grebe
4. Brown Pelican
5. Neotropic Cormorant
6. Anhinga
7. Magnificent Frigatebird
8. Bare-throated Tiger-heron
9. Fasciated Tiger-heron
10. Black-crowned Night-heron
11. Yellow-crowned Night-heron
12. Boat-billed Heron
13. Cattle Egret
14. Green Heron
15. Little Blue Heron
16. Tricoloured Heron
17. Snowy Egret
18. Great Egret
19. Great Blue Heron
20. Wood Stork
21. Jabiru
22. Green Ibis
23. White Ibis
24. Roseate Spoonbill
25. Black-bellied Whistling Duck
26. Blue-winged Teal
27. Lesser Scaup
28. Turkey Vulture
29. Black Vulture
30. Osprey
31. Grey-headed Kite
32. American Swallow-tailed Kite
33. Double-toothed Kite

34. Snail Kite
35. Semi-plumbeous Hawk [H]
36. White Hawk
37. Mangrove Black Hawk
38. Zone-tailed Hawk
39. Grey Hawk
40. Roadside Hawk
41. Broad-winged Hawk
42. Short-tailed Hawk
43. Swainson's Hawk
44. Red-tailed Hawk
45. Ornate Hawk-eagle
46. Black Hawk-eagle
47. Crested Caracara
48. Yellow-headed Caracara
49. Laughing Falcon [H]
50. Bat Falcon
51. Peregrine
52. Great Curassow
53. Black Guan
54. Crested Guan
55. Spotted Wood-quail
56. Grey-necked Wood-rail
57. White-throated Crake
58. Northern Jacana
59. Double-striped Thick-knee
60. Black-necked Stilt
61. Southern Lapwing
62. Black-bellied Plover
63. Semipalmated Plover
64. Wilson's Plover
65. Collared Plover
66. Kildeer
67. Hudsonian Whimbrel
68. Willet
69. Spotted Sandpiper
70. Solitary Sandpiper
71. Semipalmated Sandpiper
72. Western Sandpiper
73. Least Sandpiper
74. Ruddy Turnstone
75. Red Knot
76. Lesser Yellowlegs
77. Short-billed Dowitcher
78. Long-billed Curlew
79. Laughing Gull
80. Franklin's Gull
81. Gull-billed Tern
82. Cabot's Tern
83. Royal Tern
84. Elegant Tern
85. Black Skimmer
86. Band-tailed Pigeon
87. Pale-vented Pigeon
88. Red-billed Pigeon
89. Ruddy Pigeon
90. Short-billed Pigeon
91. White-winged Dove

92. Ruddy Ground-dove
93. Inca Dove
94. Blue Ground-dove
95. White-tipped Dove
96. Grey-chested Dove
97. Scarlet Macaw
98. Great Green Macaw
99. Crimson-fronted Parakeet
100. Olive-throated Parakeet
101. Orange-fronted Parakeet
102. Sulphur-winged Parakeet
103. Orange-chinned Parakeet
104. Barred Parakeet
105. Brown-hooded Parrot
106. White-fronted Parrot
107. Red-lored Parrot
108. Mealy Parrot
109. Yellow-naped Parrot
110. Squirrel Cuckoo
111. Groove-billed Ani
112. Lesser Ground Cuckoo
113. Pacific Screech Owl
114. Vermiculated Screech Owl
115. Crested Owl
116. Spectacled Owl
117. Ferruginous Pygmy-owl
118. Great Potoo
119. Common Parakeet
120. Dusky Nightjar
121. White-collared Swift
122. Vaux's Swift
123. Costa Rican Swift
124. Grey-rumped Swift
125. Band-tailed Barbthroat
126. Long-billed Hermit
127. Stripe-throated Hermit
128. Scaly-breasted Hummingbird
129. White-necked Jacobin
130. Long-billed Starthroat
131. Green Violet-ear
132. Violet-headed Hummingbird
133. Black-crested Coquette
134. Violet-crowned Woodnymph
135. Fiery-throated Hummingbird
136. Blue-throated Goldentail
137. Mangrove Hummingbird
138. Steely-vented Hummingbird
139. Rufous-tailed Hummingbird
140. Stripe-tailed Hummingbird
141. White-throated Mountain-gem
142. Bronze-tailed Plumeleteer
143. Magnificent Hummingbird
144. Purple-crowned Fairy
145. Volcano Hummingbird
146. Scintillant Hummingbird
147. Resplendent Quetzal
148. Slaty-tailed Trogon
149. Black-headed Trogon

- 150. Collared Trogon
- 151. Black-throated Trogon
- 152. Gartered Trogon
- 153. Ringed Kingfisher
- 154. Green Kingfisher
- 155. Amazon Kingfisher
- 156. Belted Kingfisher
- 157. American Pygmy Kingfisher
- 158. Broad-billed Motmot
- 159. Keel-billed Motmot
- 160. Blue-crowned Motmot
- 161. Turquoise-browed Motmot
- 162. Rufous Motmot [H]
- 163. Rufous-tailed Jacamar
- 164. Pied Puffbird [H]
- 165. White-whiskered Puffbird
- 166. White-fronted Nunbird
- 167. Red-headed Barbet
- 168. Emerald Toucanet
- 169. Collared Aracari
- 170. Fiery-bellied Aracari
- 171. Yellow-eared Toucanet
- 172. Keel-billed Toucan
- 173. Chestnut-mandibled Toucan
- 174. Acorn Woodpecker
- 175. Black-cheeked Woodpecker
- 176. Hoffman's Woodpecker
- 177. Red-crowned Woodpecker
- 178. Rufous-winged Woodpecker
- 179. Chestnut-coloured Woodpecker
- 180. Lineated Woodpecker
- 181. Pale-billed Woodpecker
- 182. Yellow-bellied Sapsucker
- 183. Long-tailed Woodcreeper
- 184. Wedge-billed Woodcreeper
- 185. Northern Barred Woodcreeper
- 186. Cocoa Woodcreeper
- 187. Black-striped Woodcreeper
- 188. Streak-headed Woodcreeper
- 189. Spot-crowned Woodcreeper
- 190. Spotted Barbtail
- 191. Ruddy Treerunner
- 192. Buff-throated Foliage-gleaner
- 193. Plain Xenops
- 194. Fasciated Antshrike
- 195. Black-hooded Antshrike
- 196. Western Slaty Antshrike
- 197. Dot-winged Antwren
- 198. Dusky Antbird
- 199. Chestnut-backed Antbird
- 200. Spotted Antbird
- 201. Black-faced Antthrush
- 202. Thicket Antpitta
- 203. Cinammon Becard
- 204. White-winged Becard
- 205. Rose-throated Becard
- 206. Masked Tityra
- 207. Rufous Piha

- 208. Turquoise Cotinga
- 209. Purple-throated Fruitcrow [H]
- 210. Blue-crowned Manakin
- 211. Long-tailed Manakin
- 212. White-ruffed Manakin
- 213. White-collared Manakin
- 214. Black Phoebe
- 215. Long-tailed Tyrant
- 216. Scissor-tailed Flycatcher
- 217. Tropical Kingbird
- 218. White-ringed Flycatcher
- 219. Boat-billed Flycatcher
- 220. Bright-rumped Atilla
- 221. Streaked Flycatcher
- 222. Grey-capped Flycatcher
- 223. Social Flycatcher
- 224. Great Kiskadee
- 225. Rufous Mourner
- 226. Dusky-capped Flycatcher
- 227. Tropical Pewee
- 228. Black-capped Flycatcher
- 229. Tufted Flycatcher
- 230. Ruddy-tailed Flycatcher
- 231. Sulphur-rumped Flycatcher
- 232. Golden-crowned Spadebill
- 233. Eye-ringed Flatbill
- 234. Common Tody-Flycatcher
- 235. Northern Bentbill
- 236. Black-capped Pygmy Tyrant
- 237. Torrent Tyrannulet
- 238. Yellow-bellied Elaenia
- 239. Mountain Elaenia
- 240. Paltry Tyrannulet
- 241. Olive-striped Flycatcher
- 242. Ochre-bellied Flycatcher
- 243. Grey-breasted Martin
- 244. Barn Swallow
- 245. Southern Rough-winged Swallow
- 246. Northern Rough-winged Swallow
- 247. Blue and White Swallow
- 248. Mangrove Swallow
- 249. Brown Jay
- 250. White-throated Magpie-jay
- 251. Band-backed Wren
- 252. Rufous-naped Wren
- 253. Rufous and White Wren
- 254. Stripe-breasted Wren
- 255. Bay Wren
- 256. Banded Wren
- 257. Riverside Wren
- 258. Rufous-breasted Wren
- 259. House Wren
- 260. Ochraceous Wren
- 261. Timberline Wren
- 262. White-breasted Wood-wren
- 263. Grey-breasted Wood-wren
- 264. White-throated Thrush
- 265. Clay-coloured Thrush

266. Pale-vented Thrush
267. Mountain Thrush
268. Sooty Thrush
269. Black-faced Solitaire
270. Wood Thrush
271. Ruddy-capped Nightingale Thrush
272. Black-billed Nightingale Thrush
273. Tropical Gnatcatcher
274. Long-billed Gnatwren
275. Long-tailed Silky Flycatcher
276. Black & Yellow Silky Flycatcher
277. Rufous-browed Peppershrike [H]
278. Green Shrike-vireo [H]
279. Yellow-throated Vireo
280. Philadelphia Vireo
281. Brown-capped Vireo
282. Tawny-crowned Greenlet
283. Lesser Greenlet
284. Bananaquit
285. Black and White Warbler
286. Prothonotary Warbler
287. Golden-winged Warbler
288. Tennessee Warbler
289. Flame-throated Warbler
290. Tropical Parula
291. Yellow Warbler
292. Black-throated Green Warbler
293. Chestnut-sided Warbler
294. Ovenbird
295. Northern Waterthrush
296. Louisiana Waterthrush
297. Mourning Warbler
298. Wilson's Warbler
299. American Redstart
300. Collared Whitestart
301. Black-cheeked Warbler
302. Buff-rumped Warbler
303. Wrenthrush
304. Chestnut-headed Oropendola
305. Montezuma Oropendola
306. Melodious Blackbird
307. Great-tailed Grackle
308. Orchard Oriole
309. Spot-breasted Oriole
310. Streak-backed Oriole
311. Black-cowled Oriole
312. Baltimore Oriole
313. Red-winged Blackbird
314. Eastern Meadowlark
315. Golden-browed Chlorophonia
316. Tawny-capped Euphonia
317. Yellow-crowned Euphonia
318. Spot-crowned Euphonia
319. Olive-backed Euphonia
320. Yellow-throated Euphonia
321. Thick-billed Euphonia
322. Yellow-bellied Siskin
323. Emerald Tanager

- 324. Silver-throated Tanager
- 325. Golden-hooded Tanager
- 326. Bay-headed Tanager
- 327. Spangle-cheeked Tanager
- 328. Green Honeycreeper
- 329. Red-legged Honeycreeper
- 330. Blue Dacnis
- 331. Scarlet-thighed Dacnis
- 332. Blue-grey Tanager
- 333. Palm Tanager
- 334. Passerini's Tanager
- 335. Crimson-collared Tanager
- 336. Hepatic Tanager
- 337. Summer Tanager
- 338. Flame-coloured Tanager
- 339. Red-throated Ant-tanager
- 340. White-shouldered Tanager
- 341. Grey-headed Tanager
- 342. Dusky-faced Tanager
- 343. Black and Yellow Tanager
- 344. Common Bush-tanager
- 345. Sooty-capped Bush-tanager
- 346. Buff-throated Saltator
- 347. Greyish Saltator
- 348. Black-faced Grosbeak
- 349. Rose-breasted Grosbeak
- 350. Blue Grosbeak
- 351. Blue-black Grassquit
- 352. White-collared Seedeater
- 353. Variable Seedeater
- 354. Slaty Flowerpiercer
- 355. Large-footed Finch
- 356. Yellow-thighed Finch
- 357. Chestnut-capped Brush-finch
- 358. Orange-billed Sparrow
- 359. Black-striped Sparrow
- 360. Stripe-headed Sparrow
- 361. Volcano Junco
- 362. Tropical Mockingbird
- 363. Grey Catbird

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