



ORIOLE BIRDING



TOUR REPORT
COSTA RICA
12TH – 23RD JANUARY 2019

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SATURDAY 12TH JANUARY – 20C, breezy with sunny spells

A long day today saw us depart London Gatwick at 0805, arriving in San Jose some 11hrs later. Just like last year, we had to endure an extremely lengthy immigration process at San Jose airport, with ridiculously long queues caused by a combination of multiple plane arrivals and not enough kiosks! The whole process took 2.5hrs from landing to meeting up with Erick, our guide, and Wilson, our driver. Thankfully the 30 minute transfer to Hotel Bougainvillea was fine and this meant we arrived with an hour of decent daylight left – enough to gain our first taste of Neotropical birding around the gardens! It was fairly quiet but nonetheless we noted House Wren, Red-billed Pigeon, Rufous-tailed Hummingbird, Plain Wren, Hoffman's Woodpecker, Lesson's Motmot and Clay-coloured Thrush to start off our list. We just about managed to stay awake through dinner and crashed out at 8.30pm ready for our first full day tomorrow.

SUNDAY 13TH JANUARY – Dry with sunny spells and a cool breeze, 18C

We met at 6am for coffee before setting off on another circuit of the hotel gardens. Predictably it was much birdier at first light than it had been the previous evening, and we enjoyed some really nice birds. A **Long-billed Starthroat** appeared high in a big tree above us and in the undergrowth below, a cracking **Rufous-naped Wren** was rummaging around. As soon as sunlight began to strike the trees, they came alive – **Greyish Saltator**, **Baltimore Oriole**, **Tennessee Warbler**, **Philadelphia Vireo**, **White-winged Dove** and **Rufous-capped Warbler** all being added in quick succession. **Rufous-collared Sparrows** were common and we had more excellent views of the **Lesson's Motmot**. **Blue-grey** and **Palm Tanagers**, **Social** and **Boat-billed Flycatchers**, flocks of **Crimson-fronted Parakeets** leaving their roost and a **Steely-vented Hummingbird** were some of the other highlights. The best bird we saw was the striking **White-eared Ground Sparrow**, a bit of a speciality for this location and one we were unlikely to see again. Birding continued through breakfast, with many birds visiting the fruit feeders outside the restaurant window, including our first **Great Kiskadee**.



White-eared Ground Sparrow, Bougainvillea 13th January

After breakfast we loaded our luggage and set off on the two hour drive south-east into the mountains. We saw a few birds on the way such as **White-tailed Kite**, our first Turkey and **Black Vultures**, **Tropical Kingbird**, **Great-tailed Grackle** and a **Short-tailed Hawk**. Reaching Paraiso de Quetzal, we popped into the restaurant to use the facilities and have a quick look at the hummingbird feeders – **Green Violet-ear**, **Magnificent Hummingbird**, **Fiery-throated Hummingbird** and **Scintillant Hummingbird** all being seen right away in the stunning light, with spectacular backdrop of mountains shrouded in cloud. We wanted to head back up the entrance road though before returning to spend more time at the feeders later on, and there was lots to see! Just by the lodge, **Slaty Flowerpiercer**, **Wilson's Warbler**, **Long-tailed Silky-Flycatcher** and **Black-billed Nightingale-thrush** were seen, and roving groups of **Sooty-capped Bush-tanagers** were moving through the trees. The localised **Black and Yellow Silky-Flycatcher** was also seen well on three occasions, and we picked up good scope views of a **Black-thighed Grosbeak** feeding unobtrusively and two **Collared Redstarts** dancing around from tree to tree. We followed the winding road back up for a few hundred metres, stopping to sift through another flock of Bush-tanagers. A **Hairy Woodpecker** caught our eye, working away on a trunk through the back of a belt of trees. As we were trying to get everyone onto the woodpecker, another bird flew through our view – quite large and brownish with a long tail; It looked like a furnarid of some sort, and picking the bird up digging away among bromeliads we expected a woodcreeper. We were very pleasantly surprised when the bird popped out into the open, to identify it as a **Buffy Tuftedcheek**, a real speciality of these highlands and the first time we had ever seen it on one of our tours. We followed the bird for a bit until everyone had managed a good view, and then got distracted by another mixed flock which contained a male **Barred Becard**, **Mountain Thrush** and another **Black and Yellow Silky-Flycatcher**. Heading back down towards the lodge, we had superb views of **Black-capped Flycatcher** and **Mountain Elaenia**, and a **Spot-crowned Woodcreeper** also performed very well. Returning to the feeders, we had more time to view and photograph the hummingbirds, and also picked up a very smart **Golden-browed Chlorophonia** in the process.



Black-capped Flycatcher, Paraiso de Quetzales 13th January

After a hearty lunch at the lodge, we rejoined Wilson and drove on towards the Savegre Valley where we would be staying for the next two nights. The steep winding road down into the valley took some navigating, but Wilson did an excellent job and we soon reached our planned roadside stop. We hoped to have our first chance at Resplendent Quetzal, but we drew a blank this afternoon – though we did see plenty of other excellent birds. The first stop produced good views of **Grey-breasted Wood-wren** and **Acorn Woodpecker** but it was otherwise very quiet in the lull of mid-afternoon. We walked on up the road, with Wilson bringing the bus behind us. Sooty-capped Bush-tanagers were again prominent, and one particular flock had quite a few other interesting birds admixed. A female **Barred Becard** showed very well, and a dazzling **Flame-throated Warbler** popped up in the canopy – what a stunner! Even better views of Spot-crowned Woodcreeper were had, and there were plentiful views of the dapper Wilson's Warbler. Erick heard the song of a **Rufous-browed Peppershrike**, and we were lucky with an excellent sighting of this notorious skulker, while a **Large-footed Finch** popped up in bushes beside the road. It was now 4.30pm, and we were quite close to Suria Lodge where we would be staying for the next two nights. We arrived there and checked in, picking up **Black-throated Green Warbler** and **Blue and White Swallow** in the car park as we unloaded the bus! Overhead, large numbers of **White-collared Swifts** were moving, and Black Vultures were also conspicuous as they headed towards their roosting areas. Some of us dropped our bags and went straight for a short walk around the grounds – this was productive and added a number of new species. **Yellow-thighed Finch**, **Ruddy-capped Nightingale Thrush**, **Flame-coloured Tanager**, **Emerald Toucanet** and **Stripe-tailed Hummingbird** were seen, along with great views of two Grey-breasted Wood-wrens, another Large-footed Finch and lots of American warblers including two more **Black-throated Green Warblers**. It felt as though this could be a really busy spot at first light in the morning!

MONDAY 14TH JANUARY – Dry ☺ sunny, 18C after a cold start

It was chilly first thing this morning as we met at 6am for coffee on the verandah and started birding around the car park! Two stunning **Rose-breasted Grosbeaks** were our first birds of the morning, and we had good views of Melodious Blackbird, Tropical Kingbird, Great Kiskadee, Wilson's Warbler, Slaty Flowerpiercer and **Black-billed Nightingale-thrush** close by the lodge. Small flocks of noisy **Sulphur-winged Parakeets** were constantly whizzing overhead, but it took us a while to see any perched – they have a habitat of landing and totally melting away into the trees! **Acorn Woodpeckers** were very much in evidence, with four in one tree in the car park, and overhead the skies began to fill with dainty **Blue and White Swallows**. We took a short walk through the gardens but it was rather quiet to be honest – an **Osprey** perched up being about the highlight. Taking the road back down towards the Savegre River produced **Long-tailed Silky-Flycatcher**, but again despite the fine weather it was really quiet so we headed back for breakfast.

Our morning would be spent on the trails up behind Savegre Mountain Lodge, and fifteen minutes by the feeders there before headed up the mountain produced a nice selection – there were **Flame-coloured Tanagers** at the feeders and flocks of Long-tailed Silky-Flycatchers feeding right around the lodge. A **Golden-browed Chlorophonia** appeared and gave some good scope views, and we had a **Red-tailed Hawk** perched on the slope opposite. Our salubrious transport arrived – a 1980's Toyota Landcruiser – and we squeezed in for the bumpy ride up the hill. At the top, it was eerily quiet among the bromeliad and moss covered trees, but we soon began to hear the calls of many small birds. Wilson's Warbler was extremely common here, and we soon began to pick up Sooty-capped Bush-tanagers, Collared Redstart, **Ruddy-capped Nightingale-thrush**, Spot-crowned Woodcreeper and the superb **Flame-throated Warbler**. One of the more tricky species to see in this habitat is the **Ochraceous Wren**, and we were lucky today with really good views of a pair displaying to one another among some mossy vines not too high above us. Continuing up the trail the birding was not easy – as is often the way in these higher altitude forests. What we did see though was quality, and the highlight for rarity value was a pair of **Streak-breasted Treehunters** working methodically through the dense mossy clumps hanging on the higher branches. While following these birds up the trail, we bumped into a **Chestnut-capped Brush-finch** which posed brilliantly in the open for us,

and then a **Ruddy Pigeon** was picked up high overhead, peering out from among the branches of an emergent tree. Our final bird before we reached the spot where we had been dropped off earlier on, was a **Ruddy Treerunner** which appeared on a big trunk right in front of us. We had been given the option of driving back down in the truck, or walking – we chose walking, but regretted it a bit by the time we got back to the lodge! It was pretty steep going down, but we did see some good birds on the way - excellent close views of **Black-cheeked Warbler**, another **Ruddy Treerunner** and a nice bonus in the form of a **Golden-Olive Woodpecker** digging away purposefully on a big mossy bough overhead, occasionally pausing to drum. Back down at the lodge, we met up with Wilson and the bus, and made the short drive back to our lodge for lunch.



Collared Redstart, Savegre Valley 14th January

After a leisurely hour after lunch to catch up with notes and photo editing, we reconvened at 2.30pm to take a very short drive down to the Rio Savegre, where we would spend a couple of hours walking along the trail heading downstream. Another **Yellowish Flycatcher** popped up along the first section, where we also saw **Black-billed Nightingale-thrush**, **Yellow-thighed Finch** and a very confiding **Collared Redstart**. Just past the trout farm, we took the narrow trail that climbs up through the forest, but had only gone about one hundred metres when we realised two of the group were lagging behind. We had left them photographing a **Black Vulture**, but not thinking they could still be looking at that, we wandered back to check. At this point Malcolm came running up the track towards us mouthing 'quetzal' and looking rather flushed! A small bird had flown across the trail, and while trying to relocate it, a male **Resplendent Quetzal** materialised in front of him! Soon we were all watching this most dazzling bird, totally agog and with big smiles across all our faces. We watched

the bird for about half an hour, and it relocated across the other side of the track where the light was even better and its iridescent green plumage and ridiculously long tail streamers left us in shell shock – it was only a few metres away from us and virtually at head height! We ended up leaving the bird be and carrying on along the trail, though we didn't think we could find anything that would top that. We did see a couple of nice birds – the aptly named **Torrent Tyrannulet**, a small grey and white flycatcher that loves to be right down among the rushing rapids picking insects from the rocks, and a party of **Spangle-cheeked Tanagers**. On the return walk, a pair of **Golden-bellied Flycatchers** showed well beside the path, and back at the bridge, we rounded off an excellent afternoon with good scope views of a **Black-faced Solitaire** – our last major target for this area. Amazingly, as we drove back up the hill to the lodge, we had another male **Resplendent Quetzal** perched by the roadside in some tall conifers – it was actually almost in the back garden of our hotel! A great afternoon and one that would be very hard to beat.



Resplendent Quetzal, Savegre Valley 14th January

TUESDAY 15TH JANUARY – *Sunny day with temperatures varying from 15C in the mountains to 30C on the coast*

We skipped the pre-breakfast walk this morning [though some did venture out and see two **Emerald Toucanets**] in favour of a 0630 breakfast and departure soon afterwards, as we had now succeeded in seeing all of our main target birds in the Savegre valley area. Winging our way back out to the main

Pan-American Highway, we headed south-east for a bit and then took a track up through the paramo to Cerro Buena Vista. We were really lucky with the weather today – it was quite calm at the summit, and clear blue skies meant the views south to the Pacific Ocean were spectacular. We had three target birds here and we saw all of them within about twenty minutes – **Volcano Junco**, **Volcano Hummingbird** and **Timberline Wren**. The Junco was hanging out at the top by the radio masts, and we saw 5 or 6 in the end hopping around by the side of the track. The hummingbird was extremely active, and we saw many individuals whizzing back and forward but it was not easy to see them settled – eventually we had scope views of a nice male. Two **Timberline Wrens** were seen well close to the parking area at the summit, and so after taking a few scenery photos, we continued on our way.



Snowy-bellied Hummingbird, Bosque del Dolomuco, 15th January

The next part of the journey was all downhill, towards San Isidro, but soon we turned off the main road and took a short diversion up a steep track to a small reserve and guest house called Bosque del Dolomuco. Here an American lady has set up a fantastic hummingbird garden and sugar feeders, and as soon as we stepped off the bus we were eye-balling new species for our list – **Snowy-bellied Hummingbird**, **Violet Sabrewing** and **Green-crowned Brilliant**. All three were seen extremely well, and the fruit feeders were attracting numerous **Baltimore Orioles**, **Flame-coloured**, **Blue-grey**, **Palm**, **Golden-hooded** and **Silver-throated Tanagers** and **Tennessee Warblers**. **Social Flycatcher** and **Great Kiskadee** were common around the gardens, and we also picked up **Rose-breasted Grosbeak**, **Buff-throated Saltator** and a dazzling male **Scarlet-thighed Dacnis**. A pair of **Red-headed Barbets** briefly visited one of the feeders, and another new hummingbird was found near the verberna

flowers – the delightful **White-tailed Emerald**. Keeping one eye to the sky also paid dividends as we had fantastic views of two **Swallow-tailed Kites** passing through, while in the adjacent trees a troop of **White-faced Capuchin Monkeys** quickly moved past. We had hoped to see the rare **White-crested Coquette** here, though unfortunately it only appeared very briefly just as we were about to leave and was only really seen by Erick and Ashley.

We continued on our way, winding the rest of the way down the hill to San Isidro where we made a short diversion down to the police station to look for the regular **Turquoise Cotinga** which visits the fruiting trees there from time to time. It was baking hot here under the midday sun, and initially we could not see the bird. A **Southern Beardless Tyrannulet** and our first **Crested Caracara** provided some compensation. Another large birding group arrived to look for the bird, just before we found a male perched distantly high in the treetops. It gave us the run around for a bit, before settling long enough for everyone to get a good scope view. Moving on, our next stop just before lunch was at some sewage ponds just outside the town – these provided a flush of new birds [if you'll pardon the pun] including **Spotted Sandpiper**, **Black-necked Stilt**, **Mangrove Swallow**, **Green Heron**, **Black-bellied Whistling Duck**, **Northern Jacana**, **Least Grebe**, **Blue-winged Teal**, **Northern Mockingbird** and **Yellow Warbler**. Lunch was taken at a restaurant some 10km beyond the town, up on the hillside looking back across the valley. Not only was it a fantastic location, but it was also great for birding with **Green Honeycreeper** visiting the fruit feeders and a wealth of new species seen on the lightly wooded slope below the restaurant verandah – **Great Crested Flycatcher**, **Red-crowned Woodpecker**, **Ruddy Ground-dove**, **White-tipped Dove**, **Yellow-crowned** and **Thick-billed Euphonias** and **Yellow-throated Vireo** all being noted. After a superb lunch, we embarked on the last leg of our journey.



Yellow-bellied Elaenia, near San Isidro 15th January

Taking the road from San Isidro down to the coast, we continued west along the Pacific Ocean passing Quepos and on towards Parrita. The miles and miles of palm oil plantations are rather depressing along this stretch of road, but eventually we broke free of them and stopped at a roadside lagoon near Parrita. There wasn't too much to see at this spot today, and the road was very busy. An **Amazon Kingfisher** showed well, an **Anhinga** flew over and just as we were about to leave, a **Bare-throated Tiger-heron** appeared and perched in a low tree. Two other impromptu roadside stops completed the journey on to Jaco – the first was for a cracking adult **King Vulture** spotted by Erick from the moving bus, and the second was a pair of **Scissor-tailed Flycatchers** which our driver Wilson spotted and pulled off the road for us to get some better views and photos. **Grey and Roadside Hawks**, **Groove-billed Ani**, fields full of Great Egrets, both **Crested** and **Yellow-headed Caracara** and a squadron of **Brown Pelicans** were some of the other species seen from the bus by the time we turned off the road down to Villa Lapas, our base for the next two nights. It was almost dark as we arrived, and we were glad of a shower and beer before dinner as it had been a pretty long and often very hot day.

WEDNESDAY 16TH JANUARY – *Hot and humid, 30C*

We rose early to meet at 0545 for coffee, before taking an hours walk around the hotel grounds. Being in a new environment here, there were lots of new birds to see! **Chestnut-sided Warbler**, **Dusky Antbird**, **Green Kingfisher**, **Streaked**, **Dusky-capped** and **Grey-capped Flycatchers**, **Northern Waterthrush** and a party of **White Ibis** flying down the river were just some of the highlights. We also had **Rufous-naped Wrens**, **Bare-throated Tiger-heron**, a gorgeous male **Summer Tanager**, **Thick-billed Euphonia** and best of all, **Scarlet Macaws** flying through leaving their roost, calling raucously as they glided along the treetops. Breakfast was interrupted with our first dazzling **Blue Morpho Butterfly**, and then on our way back to the cabins we pulled off a trio of new birds – a **Crane Hawk** soaring overhead, a calling **Gartered Trogon** and a spectacular **Pale-billed Woodpecker** drumming on a big tree opposite our rooms. A **Broad-winged Hawk** was also very photogenic, allowing very close approach as it repeatedly dropped to the ground to forage among the leaf litter, raking the leaves with its talons a bit like a galliform!

Departing at 0815, we made the ten minute journey to the entrance of the Carara National Park. This superb area of lowland tropical forest offers a great opportunity to get up close and personal to forest interior birds, from a series of easy trails. Only 100 metres from the car park, we found a lot of bird activity among the undergrowth and forest floor, on a sloping bank. In quick succession we saw **Grey-headed Tanager**, **Bicoloured Antbird** and both **Tawny-winged** and **Northern Barred Woodcreepers**, so we realised there must be an Army Ant swarm! Indeed there was, and in fact the forest floor was a moving carpet of the ferocious ants, and many birds were taking advantage of the other insects fleeing in their wake. We stood in one spot for about forty five minutes, mesmerised by all the activity. **Chestnut-backed Antbird**, **Squirrel Cuckoo**, **White-whiskered Puffbird** and **Orange-billed Sparrow** were also attracted to the frenzy, and as the ants moved down the slope so the birds came ever close to us. A stunning male **Orange-collared Manakin** perched briefly for us, and a **Turquoise-browed Motmot** was a great spot by Erick, sitting quietly way up in the canopy. Eventually we had to move on, as there were more good birds awaiting us further along the trail! **Scarlet Macaws** were seen really well, their loud calls echoing around the forest. Less obvious were **Yellow-olive Flycatcher**, **Eye-ringed Flatbill**, **Black-hooded Antshrike** and **Lesser Greenlet**, all working in the understorey quietly. Erick spotted a **Blue-throated Goldentail**, a tiny hummingbird with high pitched song, which it delivers from a lofty bare twig [making it very hard to spot!]. We followed this up with another **Blue Morpho**, gliding effortlessly through the understorey and across the trail in front of us – what an animal! The next section of the trail switched our focus onto trogons, and we saw three species in quick succession. Two female **Slaty-tailed Trogons** were above the trail, displaying to one another, and while watching these we heard the call of another species just a bit further on. This was a stunning male **Baird's Trogon**, the first seen on our tours and we had great views of it as it called from a sunny perch in the canopy. We saw a second one a bit further on, before bumping into a female **Black-throated Trogon** sitting quietly by the trail. The final section of the

hike was quiet, but we did have good views of a troop of **Central American Spider Monkeys** before we rejoined the bus back at the main road. We were glad of a sit down in the air-conditioned vehicle, for the short ride back to Villa Lapas for lunch!



Baird's Trogon, Carara NP 16th January

Our afternoon was a leisurely affair, as we joined a specially arranged boat trip on the adjacent Tarcoles River. This is often the highlight of the whole tour for many, and its easy to see why – masses of waterbirds, all in fantastic close up and brilliant light! On our way down to the pier, a small muddy pond by the roadside held a small group of **White Ibis**, with two **Roseate Spoonbills** in tow. A **Wood Stork** flew off and as we headed down the coastal track, squadrons of **Magnificent Frigatebirds** flew alongside us. Once we had joined our captain Wilkie, we set off on the river, and the good birding started right away! Just by the jetty, a mud bank was alive with tiny **Least Sandpipers**, **Semipalmated Plovers**, **Hudsonian Whimbrel**, **Little Blue** and **Tricoloured Herons** – all within a few metres of the boat. We headed slowly downstream, with **Mangrove Swallows** for company, picking up **Snowy** and **Great Egrets**, **Yellow-crowned Night-herons**, **Greater Yellowlegs**, **Grey Plover**, **Black-necked Stilt** and **Willet**. **Scarlet Macaws** often overflowed the river as we glided along, and there were some fantastic close encounters with species such as **Common Black Hawk** [here of the mangrove form] and **Great Blue Heron**. Wilkie took us out to the sand bars near the river mouth, and here we got close to roosting **Laughing Gulls**, **Brown Pelicans** and **American Royal Terns**. Close enough in fact to pick out four **Black Skimmers** and a **Franklin's Gull** among them! There were some excellent photographic opportunities with **Ospreys** fishing, and every now and again we would see an **American Crocodile** hauled out on the mud banks. Leaving the main river, we took a channel through the mangroves to look for some of the more elusive small birds to be found there. Four **Boat-billed Herons** roosting in a tree overhanging the water were a great bonus, and our skipper expertly positioned the boat for close views without disturbing the resting birds. As we glided deeper into the mangroves, we found dazzling **Prothonotary Warblers**, **Black-crowned Tityra**, **Common Black Hawk**, and both **Green** and **Amazon Kingfishers**. The endemic **Mangrove**

Hummingbird can also be found here, and we stopped for a while by a flowering mangrove which apparently the bird liked to visit. It soon appeared, giving some really nice views – not the most colourful of hummers, but the rarest one we had seen on the trip so far. An **American Redstart** was flicking around in the waterside trees, where we also found **Tropical Pewee** and the near-endemic **Panama Flycatcher**, both really close to the boat. Another close up was an **American Pygmy Kingfisher**, which let us sidle right up next to it – birds really do seem oblivious to people when you are in a boat! Retracing our route back to the jetty, we added a young **Black-crowned Night-heron**, and enjoyed more views of **Scarlet Macaws** sailing high over the river. Back on dry land, there was one more treat in store – a pair of **Ferruginous Pygmy-owls** were calling close by and we managed to locate them, enjoying superb close up views as they were mobbed by various small birds! After dusk, back at Villa Lapas, a **Common Parakeet** was hunting from the road outside our cabins, jumping up from the tarmac for moths and flashing its bold white wing and tail markings. For some, the day wasn't even quite done there as a superb pair of **Spectacled Owls** appeared, calling in the trees opposite our cabins and giving amazing views by torchlight. It had been a very busy day!



American Pygmy Kingfisher, Tarcoles River 16th January

THURSDAY 17TH JANUARY – *Hot and dry, 30C*

We met at dawn as usual for coffee, picking up a lovely bonus to start the day with a **Crested Guan** high in the treetops on the far side of the river. We also saw our first **Buff-rumped Warblers** of the trip, with a pair singing and fanning their bright tails in the deep shade of the waters edge. We set off on foot through the gardens to take the trail along the river at the far end of the complex, through a small banana plantation and into secondary growth forest. It was actually all rather quiet, and we had to work pretty hard for what we saw. Nevertheless, there was some real quality to be had, with scope views of a **Black-faced Anthrush** among the leaf litter and two **Ovenbirds** foraging by the track

perhaps the highlights. Dusky and Chestnut-backed Antbirds, **Sulphur-rumped Flycatcher** and Black-headed Trogon [our fifth trogon of the tour] rounded things off before breakfast – though one lucky group member also saw a **Rufous-tailed Jacamar**!

Packing up the bus, we left Villa Lapas and headed north up the Pacific Coast, making a short birding stop after not too long at a coastal lagoon where we saw more Laughing Gulls, American Royal Terns, Willet, Brown Pelican, Magnificent Frigatebird and Hudsonian Whimbrel. We then drove pretty much directly to the dry forest and stopped on the approach to our overnight lodge, La Ensenada. It was baking hot here, but a fairly short roadside stop for a cracking **White-crowned Parrot** yielded many other species new for our lists in this new terrain. **White-lored Gnatcatcher**, **Ruby-throated Hummingbird**, **White-throated Magpie-Jay** and a roosting **Lesser Nighthawk**, expertly spotted by Erick roosting way up in a big tree, were the highlights. Grey and **Common Black Hawks** were also noted before we reached the lodge, a delightful place in a stunning setting. Lunch was pretty much ready as we arrived, so after a quick check in we quenched our thirst with a glass of homemade lemonade and watched the daring **White-throated Magpie-Jays** attempting to steal from the lunch buffet!



Lesser Nighthawk, near La Ensenada 17th January

Meeting up at 1.15pm, we made the one hour trip up to the cattle ranch at Solimar where we would spend the afternoon with local guide Dimitrio. A pair of **Pacific Screech Owls** roosting in the garden of the main house kicked things off nicely, before we headed down onto the ranch for a couple of hours waterbird 'safari'. This open savannah type landscape is flooded with vast areas of marshland, created by water being canalised across from the Caribbean slope where of course there is much higher annual rainfall. The result of this irrigation is a heron-fest quite unlike any other, and we saw literally thousands of Cattle, Snowy and Great Egrets, Great Blue, Green and Little Blue Herons and **Bare-throated Tiger-herons** – the latter standing sentinel-like at every turn, and flushing up from the ditches in droves. We saw flocks of **Northern Jacana** one hundred strong, Spotted and **Solitary Sandpipers**, **Double-striped Thick-knees** and large flocks of **White Ibis** and **Wood Stork**. Raptors were very much in evidence, and as well as the delightful **Snail Kites** we saw Crested and Yellow-headed Caracara, Osprey, **Peregrine**, **Merlin**, **White-tailed Kite** and **Harris Hawk**. There were plenty of reptiles to be seen here too, with huge **Green Iguanas**, and even bigger **American Crocodiles** sliding into the water as we drove past. We saw all sizes from two feet up to man-eating beasts hauled out quietly under shady overhangs – not a place to go wandering about close to the water's edge! One of the highlights of any visit to Solimar is the **Jabiru**, a huge stork which nests here and is very difficult to see elsewhere in Costa Rica. We saw an adult bird distantly through the scope, standing on its huge stick nest. Driving along one of the dykes, a small party of **Black-necked Stilts** flew alongside us and then a mass of **Snowy Egrets** whirled in and settled in front of the bus with their plumes erect – what a sight!



Collared Plover, Solimar 17th January

Cattle Egrets were gathering to roost in huge numbers, and among them we also picked out single adults of **Black-crowned Night-heron** and **Boat-billed Heron**. Flocks of **Red-winged Blackbirds**, a single **Red-breasted Blackbird**, **Eastern Meadowlark**, **Common Ground-dove** and **Orange-chinned Parakeets** were also seen, while a party of **Southern Lapwing** hosted a pair of **Collared Plovers**, and four **Kildeer** which flew off calling. On our way back out of the ranch, we stopped by some tall trees where Dimitrio hoped to find us some different orioles. The only species we saw was Baltimore, but by whistling the pygmy-owl call he produced us close up views of **White-lored Gnatcatcher**, **Rose-throated Becard**, **Brown-crested Flycatcher** and **Green-breasted Mango**! It had been a magical afternoon, and in true Costa Rican style the drive back had a couple more highlights for us – a **Lineated Woodpecker** in its nest hole in a roadside telegraph pole, and the amazing sight of hundreds of **Lesser Nighthawks** emerging from the mangroves and taking high into the sky against a backdrop of a deep orange sunset.

FRIDAY 18TH JANUARY – *Hot day with sunny spells, 30C*

La Ensenada is a stunning location, and the views across the Pacific Gulf of Nicoya at dawn were something special. We enjoyed a male **Spot-breasted Oriole** above us at first light as we had coffee, before setting off on a walk around the ranch. This open, dry country with low bushes brought a whole new suite of birds for us, and the good birding started just in the car park!



Turquoise-browed Motmot, La Ensenada 18th January

The trees came alive as the first rays of morning sun caught their tops – **Streak-backed Oriole**, Hoffman's Woodpecker, **White-fronted Parrots**, Tennessee and Yellow Warblers and Melodious Blackbirds were all in evidence. A pair of **Black-headed Trogons** showed well, and we quickly found one of our main targets for this location – the delightful **Cinammon Hummingbird**. Moving out along one of the trails, birds came thick and fast – Double-striped Thick-knee, calling Inca Doves, Green-breasted Mango, Ruby-throated Hummingbirds, **Stripe-headed Sparrow** and **Orange-fronted Parakeet** – all to the backdrop of a distant troop of **Mantled Howler Monkeys** calling. A **Turquoise-browed Motmot** posed beautifully for us on a low shady branch overhanging the path, and we also had our best views yet of **Yellow-throated Vireo** and a small party of **Scrub Euphonia**. It took us a while to walk no more than a few hundred metres, as there were so many birds in the trees around us. A male **Long-tailed Manakin** was a real bonus, as these birds are often extremely difficult to glimpse for more than a few seconds. Thankfully we had one feeding on small fruits, so he hung around for almost twenty seconds! In the same area, **Blue Grosbeak**, **Orchard Oriole**, **Mangrove Cuckoo** and a cracking **White-necked Puffbird** rounded off what had probably been our best pre-breakfast walk of the trip so far.

After a hearty breakfast, we loaded our luggage into the bus before taking a short walk down to the jetty overlooking the Gulf of Nicoya. Here a few Ruddy Turnstone and Grey Plover were on the rocks, and with the tide rising, several small groups of waders flew in – mainly **Semipalmated Sandpipers**, but also with two **Western Sandpipers** and a Semipalmated Plover. We then drove ten minutes or so to the nearby Salinas, to check to see if there were many waders here. A **Roadside Hawk** greeted us on the way down, and the first pools held Little Blue and Yellow-crowned Night Herons, a few Semipalmated Sandpipers and a **Solitary Sandpiper**. Sheltering from the intense sun under the salt workers gazebo, we scanned the pools and found a couple of Lesser Yellowlegs, good numbers of Semipalmated Sandpipers, a few more **Western Sandpipers**, Black-necked Stilts and two **Stilt Sandpipers**.



Red-legged Honeycreeper, Arenal Observatory Lodge 18th January

The middle part of the day was largely taken up with travelling north-east around the west end of Lake Arenal, along fairly rough roads and through a fair bit of traffic. A brief coffee and toilet stop on the way produced our first **Collared Aracari** of the trip, and lunch followed shortly after on the northern side of the lake. It was therefore around 3pm before we did any more birding, as we reached the dam and made a short stop to stretch our legs. **Northern Rough-winged Swallow**, **Scarlet-rumped Tanager**, **White-collared Seedeater**, **Amazon Kingfisher**, **Grey Hawk** and a troop of **White-nosed Coati** were seen here. Another twenty minutes or so, and we arrived at Arenal Observatory Lodge which would be our base for the next two nights. The clear skies meant we could see the top of the volcano towering above the lodge, a small plume of smoke rising from its caldera. After a swift check in we reconvened on the observation deck to watch the fruit feeders – and what a treat! Spectacular **Montezuma Oropendola**, several **Great Curassows**, **Red-legged** and **Green Honeycreepers**, **Golden-hooded** and **Emerald Tanagers**, **Yellow-throated Euphonia** and **Violet-headed Hummingbird** were all added here, with the jaw-dropping backdrop of the lake and volcano behind! We wanted to make the most of the last hour of daylight, so embarked on a walk through the extensive gardens. We found a productive spot where all the birds seemed to be concentrated into about two trees! **Social** and **Grey-capped Flycatchers**, **Tropical Pewee**, **Cinammon Becard**, **Summer Tanager**, **Collared Aracari**, **Common Tody-flycatcher**, **Streak-headed Woodcreeper**, **Pale-billed** and **Golden-olive Woodpeckers**, **Crested Guan**, **Scaly-breasted Hummingbird** and the stunning **Band-backed Wren** were all seen in a short spell. Darkness fell really quickly in the strong winds and darkening clouds, and our final birds of the day were a pair of **Black-mandibled Toucans** by the reception.



Black-mandibled Toucan, Arenal Observatory Lodge 18th January

SATURDAY 19TH JANUARY – Breezy with showers, 20C

Our pre-breakfast this morning was just spent on the observation deck at the lodge, where we could watch a variety of tanagers and honeycreepers, Montezuma Oropendolas and Great Curassows at point blank range. We added a new species in the form of two Red-lored Parrots flying by, and had good views of a number of **Black-mandibled Toucans** calling in the trees around. Violet-headed and Scaly-breasted Hummingbirds were also seen around the verbena flowers below the deck. After breakfast, we set off on foot to take on one of the longer of the lodges loop trails. **Hepatic Tanager**, **Black and White Warbler** and **Gartered Trogon** were seen in the pines just by reception, as we set off through the gardens. It began to rain quite hard, but thankfully it was short lived, and we were entertained by two fighting **Crested Guans** while we sheltered under the roof of a small gazebo. Keel-billed Toucan had eluded us so far, so we were pleased to hear one 'croaking' and to get our first glimpse of it in the treetops. **Band-backed Wren** was seen again too – what a stunning bird with its orange underparts and zebra striped back! The first part of the trail wound down through humid forest, and there wasn't a lot to be seen – a pair of **Orange-bellied Trogons** showed extremely well though, and completed our trogon set for the tour.



Orange-bellied Trogon, Arenal Trails 19th January

Further on, we got really lucky as a quail-dove appeared on the trail in front of us. These skulking birds walk around on the forest floor and seldom come into the open. Even with decent photos, it took us a while to be sure which one it was between Olive-backed and Purplish-backed. In the end we settled for **Purplish-backed Quail-dove** due to its fairly pronounced black moustachial line. Wrens in this dark forest understorey can be frustratingly elusive, but we did manage good views of a pair of **Stripe-breasted Wrens** beside the trail, with a **White-breasted Wood-wren** remaining hidden. Crossing the river and breaking back out into the open, we picked up **Scale-crested Pygmy-tyrant** and **Dusky-capped Flycatcher** along the forest edge, before dropping back down to a ford back across the river. In this open terrain, kiskadees and kingbirds were everywhere, but it was also a good vista for scanning for raptors. We had excellent views of **White Hawk**, but also a **Black Hawk-eagle**, young **Grey Hawk**, **Broad-winged Hawk** and a lovely **Barred Hawk** which soared up into the clouds and disappeared. **Variable Seedeater** and **Yellow-faced Grassquit** were common in the pasture here and **Northern Rough-winged Swallows** were hawking over the fields. Eventually after quite a hike, we dropped back down to the lodge gardens – on the approach, we added **Bay-headed Tanager** and both **Golden-olive** and **Black-cheeked Woodpeckers** in the same tree. The verbena hedges in the lodge gardens are fantastic for hummingbirds, and we had a Costa Rican endemic and new species for our tours with a female **Coppery-headed Emerald**. This delightful little hummer has distinctive white tail sides and a decurved bill – it hung around despite lots of unwanted attention from the aggressive **Rufous-tails**!



Purplish-backed Quail-dove, Arenal Trails 19th January

After a bit of a siesta following lunch, we reconvened at 3pm for a trip out along the entrance track about 8km out from the lodge. Our aim was to bird some of the quieter stretches of forest to see if we could pick up **Broad-billed Motmot** and others. It was mainly pretty quiet with just a few pockets of activity where we saw Chestnut-sided Warbler, Yellow-throated Vireo, **Olive-backed Euphonia**, Keel-billed Toucan and Roadside Hawk. **Broad-billed Motmot** responded to playback and appeared right beside the trail, but remained hidden at first among the mossy vines and branches. Eventually we found a window where we could view the bird nicely and everyone got a good look before it crossed the track and began calling back to us. Wrens again were on the agenda, and we managed to glimpse **Bay Wren**, with **Black-throated Wren** giving us no more than a shape moving through dense cover. A pair of **Red-lore Parrots** flew in and gave lovely views overhead in the last rays of evening light, and a Thicket Antpitta was calling incessantly beside the trail – we knew that we were never going to see that one! Our final bird of the day was a lovely **Black Phoebe** flycatching from rocks in the river viewed from the bridge just before the entrance into the observatory lodge.

SUNDAY 20TH JANUARY – *A wet day, clearing in the afternoon. 25C*

It was cool first thing this morning after more heavy rain overnight, and we opted to leave the observation deck to take a walk around the gardens before breakfast instead. Amazingly we added a further nine species to the trip list in about ninety minutes, starting with a superb male **Crimson-collared Tanager** in a fruiting wild fig tree with **Crested Guans**, **Collared Aracaris** and myriad tanagers, flycatchers and orioles. Close by, at the verbena flowers, a cracking male **Black-crested Coquette** appeared – what a dazzling little hummingbird and so close to! We followed this up with our first pair of **Masked Tityra**, before rain began to set in and we headed for the nearby observation tower for shelter. From here we had more great views of **Bay-headed Tanagers**, a **Cinammon Becard**, **Black-striped Sparrow** and a crop of **Red-legged Honeycreepers**. Somehow, they manage to look iridescent even in the rain! As the weather passed over, we took a walk down on one of the trails, noting two **Tawny-faced Gnatwrens** close to the path as we went. Further into the forest, it was quiet and we had to keep our wits about us to see what we could find – and boy did we come up trumps. No less than three stunning **Ocellated Antbirds** were seen, one of the star turns of the Neotropics and a real bonus indeed. In fact, it was pretty close to where we had seen the species on our previous tour. **Bicoloured** and **Spotted Antbirds** and a **Smoky-brown Woodpecker** was also seen, so all in all a pretty productive pre-breakfast excursion.

After breakfast we checked out and loaded our gear into the bus, before setting off on the two hour drive down to Selva Verde Lodge. We made a quick pit stop in La Fortuna on the way down [picking up **House Sparrow**!] before reaching the lodge around 11am. We had an hour to wait before we could have lunch and check in, so we took a leisurely birding walk around the extensive grounds. **Long-billed Hermit** was a new hummingbird for the trip, visiting the heliconia by reception. Our first **Hoffman's Two-toed Sloth** was hanging low down in a small tree, and **Red-throated Ant-tanagers** were scolding from the undergrowth around us. The tanagers led us to a nice mixed feeding flock, which produced **Eye-ringed Flatbill**, **Ochre-bellied Flycatcher** and both **Streak-headed** and **Cocoa Woodcreepers**. We returned to the restaurant and checked the fruit feeders, before having lunch and getting checked into our rooms. Lunch was interrupted though as the young sloth we had seen earlier, had fallen asleep and dropped out of its tree! It was now scrambling on the ground trying to get back up! It made light work of a series of vines and pulled itself back up and soon sped up the nearest tree trunk to the exact same roosting spot it was in before! An amazing encounter, and the sloth seemed none the worse off for the experience!

After check in, we met up around 1.45pm and took the long suspension bridge across the river to the patch of primary forest on the far side. It was dark and humid inside, and it felt like we were in true rainforest here! This was supported by the **Strawberry Poison Dart Frogs** we saw right beside the trail! Up ahead, we could hear our quarry – strange electric clicking and buzzing sound emanating from the forest understorey. It was the unmistakable sound of lekking **Manakins**, and we were soon to be treated to the most amazing views of them. A group of male **White-collared Manakins** had

cleared a small theatre on the forest floor, and were zipping and dancing between perches giving their bizarre calls. We watched them entranced for about twenty minutes – a memorable experience. Back over the bridge and we wandered through to meet up with Wilson, and head out for the last couple of hours of daylight to an area near the edge of the nearby town. We started off in the local park! Not your average birding spot, being busy with families and children, but it bordered secondary growth forest which was excellent for birds and we had a fantastic hour here. **Broad-billed Motmot** was calling and showed really well, but then we found a **Keel-billed Motmot** as well, perched on the same branch! The two motmots sat motionless together for some twenty minutes without moving, while we watched a troop of **Mantled Howler Monkeys** pass through, another **Hoffman's Two-toed Sloth**, and our first **Golden-winged Warbler**. **Brown-hooded Parrot** and **Crimson-fronted Parakeet** were around, and a group of **Groove-billed Ani's** were foraging beneath a group of cattle in the field next to the park. In a quiet corner here we found two **Long-tailed Tyrants** and a cracking male **Barred Antshrike** as well.



White-collared Manakin, Selva Verde 20th January

Returning to the bus, we had fantastic views of two displaying male Red-winged Blackbirds, before driving a short way to another spot to look for **Great Green Macaws**. A **Plain-coloured Tanager** was a list addition here, and as dusk began to fall raptors came to the forest edge to hunt – we had

amazing views of both **Grey-headed Kite** and a **Laughing Falcon** perched in the same secropia tree! The **Great Green Macaws** did not disappoint, giving some great views as they flew around calling. Red-lored Parrots were also seen going to roost and we ended the day with a bonus **Yellow-bellied Sapsucker** in trees by the bus. We returned to the lodge around 5.30pm at the end of a pretty long and humid day.

MONDAY 21ST JANUARY – *An overcast day with frequent rain showers, 25C*

We were pretty lucky with the weather today – being on the Caribbean slope, it does tend to rain an awful lot and there had been a deluge overnight. Our pre-breakfast walk was conducted mainly in the dry, into the small park opposite the lodge and just down along the river, but we didn't see an awful lot. It was really overcast and in fact felt as if it was struggling to get properly light. The birds clearly thought it was not time to get up either! Pale-billed Woodpecker, Red-throated Ant-tanager, **Shining Honeycreeper** and **Stripe-throated Hermit** were some of the species seen, the latter two being new for the list.



Black-crowned Antshrike, La Selva 21st January

After breakfast, we made the short drive to La Selva Biological Station and started birding along the entrance road just before the security point. Almost right away we found one of the star birds of the day, in the bare tree tops – a stunning **Snowy Cotinga**! This species is well known to occur at this location, but this was a tour first for us. We had excellent scope views of the cotinga as it fed alongside a large group of Masked Tityra. There was also a good mixed flock along this road, with **Black-faced Grosbeak** among lots of tanagers and warblers. At the visitor centre, we were serenaded by a **Short-billed Pigeon** as we signed in, and then had our first **Blue Dacnis** working through a fruiting tree with Buff-throated Saltators. A splendid **Long-billed Hermit** visiting heliconia flowers was a 'catch up' for some of the group from yesterday, and another Broad-billed Motmot was noted. We spent the next two hours doing a circular loop on one of the trails, and had some excellent

birding along the way. There was always plenty to see, whether it be Squirrel Cuckoos in the canopy or Grey-chested Doves on the forest floor. One of the birds we had been trying really hard for over the last few days was the **Rufous-tailed Jacamar**, which we had heard a few times but not yet seen. We had a real treat then, when one popped out on a vine above the trail and sat there in full view for ten minutes! Along the same shady trail we saw **Rufous Mourner**, and then a **Green Ibis** walking on the track ahead of us which felt slightly odd! Army Ants were around and this was indicated by the presence of **Northern Barred Woodcreeper** and **White-whiskered Puffbird** close to the trail. A **Black-throated Trogon** popped up too, and then in quick succession two new antbirds – **Black-crowned Antshrike** and **Fasciated Antshrike**. As we headed back out, we crossed the suspension bridge to check the gardens on the far side. A **King Vulture** circled over, and we could hear a **Black Hawk-eagle** calling, but it remained hidden. **White-necked Jacobin** (a male this time) was finally added and we saw a fine Chestnut-sided Warbler already coming into breeding plumage. Back over the bridge, and we got luck with the **Black Hawk-eagle** which was now perched in full view – we could see its feathered ‘trousers’ and huge talons as it stared at us from a lofty perch up in a secropia. A pair of **Chestnut-coloured Woodpeckers** gave excellent views to round off the morning, before we rejoined Wilson and the bus and headed back to the lodge for lunch.

The afternoon session was about quality rather than quantity, as we headed back to La Selva to target two particular species we had missed during the morning – **Rufous Motmot** and **Great Tinamou**. It was overcast and a bit drizzly, but the weather held out for us and we cleaned up! On the way into the reserve, Erick spotted a **Semiplumbeous Hawk** perched by the side of the trail. We jumped out and had excellent views of this forest interior bird through the scopes – ace! Heading down and across the bridge we took a different trail to the morning session, and predictably for the time of day it was pretty quiet. We saw both toucans though, and **Scarlet-rumped Cacique**, but there wasn’t much moving in the way of small birds. Our first main target was soon found, when Erick called a **Rufous Motmot** into view for us – what a beauty! We saw two more Broad-billed Motmots too and spent some time (carefully!) photographing an Eyelash Viper which was coiled up in a small bush beside the path. As we began to head back, a movement deep in the undergrowth caught the eye – it was a **Great Tinamou**! The bird eventually came right to the edge of the trail, before gingerly crossing right in front of us – job done! As we headed back out of the reserve with dusk falling, a **Bat Falcon** whizzed overhead and a male **Slaty-tailed Trogon** allowed us to walk right past it at stroking distance without budging – it had been a pretty good day.

TUESDAY 22ND JANUARY – *Sunny day, 25C*

Our final day turned out to be a bit special, as we made the most of the half a days birding time we had left before transferring to San Jose for the flight home. A **Piratic Flycatcher** around the lodge before breakfast was a bonus list addition, but we basically opted out of an early morning walk in favour of a bit of a lie in after an intense few days, and the chance to get the packing done. We set off from the lodge around 8am and headed towards Cope’s house, always a highlight of the tour! Cope himself was out today so we didn’t meet him, but his apprentice Luiz met us on arrival and we went into the small viewing gallery in the garden. Amazing view of birds incredibly close and in perfect light is the order of the day here – we were literally no more than a few metres from Chestnut-mandibled Toucan, Collared Aracari, Chestnut-headed Oropendola, Red-legged Honeycreeper, Orange-chinned Parakeet and even a Green Heron, among others. **White-necked Jacobin** was common at the hummingbird feeders, and we added a new ‘hummer’ in the form of a **Bronze-tailed Plumeleteer**. After a short photography session here, we hopped back in the bus and took a short drive with Luiz to check some spots in the local forest for roosting owls. The Crested Owls were not in residence today, but we had stunning views of a pair of **Spectacled Owls** sitting characteristically low down in the forest understorey. Nearby, a **Black and White Owl** started randomly calling out, and Luiz knew where it would be. After a bit of a tricky walk through dense, dark forest with lots of hanging vines, we found a spot where we could see this most delightful of neotropical owls – what a bird! Heading back out to the road, we drove again to another spot, where a **Great Potoo** was waiting for us, roosting right out in the open on a sunny branch – a mad hours birding! Back to Cope’s house, and we had another short session watching the feeders, before it was time to start making our way to

San Jose. Erick had one last trick up his sleeve though – as we wound our way up through the hills, we pulled into a nondescript looking track where we were greeted with a small clearing full of verbena – and hummingbirds! Goodness me this was an amazing spot. We had two **Green Thorntails** right away (a new tour bird) and simply stunning views of **Violet-headed Hummingbird** and **Black-crested Coquette**. The area was full of butterflies too, with two different species of **Blue Morpho** seen and a **Giant Swallowtail**. A mixed flock of tanagers also came charging down out of the forest into a single small fruiting tree, bringing an amazing four new species – **Olive Tanager**, **Black and Yellow Tanager**, **Speckled Tanager** and a female **White-throated Shrike-tanager**. Flabbergasted, we got back into the bus and completed the descent down from the hills to San Jose. An excellent final lunch was enjoyed by all, before we transferred on to the airport and said goodbye to Erick and Wilson.



Black-crested Coquette, near San Jose 22nd January

SYSTEMATIC LIST

1. Great Tinamou
2. Least Grebe
3. Brown Pelican
4. Neotropic Cormorant
5. Anhinga
6. Magnificent Frigatebird

7. Bare-throated Tiger-heron
8. Fasciated Tiger-heron
9. Black-crowned Night-heron
10. Yellow-crowned Night-heron
11. Boat-billed Heron
12. Cattle Egret
13. Green Heron
14. Little Blue Heron
15. Tricoloured Heron
16. Snowy Egret
17. Great Egret
18. Great Blue Heron
19. Jabiru
20. Wood Stork
21. Green Ibis
22. White Ibis
23. Roseate Spoonbill
24. Black-bellied Whistling Duck
25. Fulvous Whistling Duck
26. Muscovy Duck
27. Blue-winged Teal
28. Turkey Vulture
29. Black Vulture
30. King Vulture
31. Osprey
32. Grey-headed Kite
33. American Swallow-tailed Kite
34. White-tailed Kite
35. Snail Kite
36. Crane Hawk
37. Barred Hawk
38. Semi-plumbeous Hawk
39. White Hawk
40. Common Black-hawk
41. Zone-tailed Hawk
42. Grey Hawk
43. Roadside Hawk
44. Broad-winged Hawk
45. Short-tailed Hawk
46. Red-tailed Hawk
47. Harris Hawk
48. Black Hawk-eagle
49. Crested Caracara
50. Yellow-headed Caracara
51. Laughing Falcon
52. Merlin
53. Bat Falcon
54. Peregrine
55. Great Curassow
56. Crested Guan

57. Northern Jacana
58. Limpkin
59. Double-striped Thick-knee
60. Black-necked Stilt
61. Southern Lapwing
62. Grey Plover
63. Semipalmated Plover
64. Collared Plover
65. Kildeer
66. Hudsonian Whimbrel
67. Willet
68. Spotted Sandpiper
69. Stilt Sandpiper
70. Semipalmated Sandpiper
71. Western Sandpiper
72. Ruddy Turnstone
73. Greater Yellowlegs
74. Lesser Yellowlegs
75. Sanderling
76. Solitary Sandpiper
77. Least Sandpiper
78. Laughing Gull
79. Franklin's Gull
80. Royal Tern
81. Black Skimmer
82. Band-tailed Pigeon
83. Pale-vented Pigeon
84. Red-billed Pigeon
85. Ruddy Pigeon
86. Short-billed Pigeon
87. White-winged Dove
88. Inca Dove
89. Ruddy Ground-dove
90. Common Ground-dove
91. White-tipped Dove
92. Grey-chested Dove
93. Purplish-backed Quail-dove
94. Scarlet Macaw
95. Great Green Macaw
96. Crimson-fronted Parakeet
97. Olive-throated Parakeet
98. Orange-fronted Parakeet
99. Orange-chinned Parakeet
100. Sulphur-winged Parakeet
101. White-crowned Parrot
102. White-fronted Parrot
103. Red-lored Parrot
104. Yellow-naped Parrot
105. Squirrel Cuckoo
106. Groove-billed Ani

107. Mangrove Cuckoo
108. Pacific Screech-owl
109. Spectacled Owl
110. Ferruginous Pygmy-owl
111. Black and White Owl
112. Great Potoo
113. Lesser Nighthawk
114. Common Parakeet
115. White-collared Swift
116. Costa Rican Swift
117. Grey-rumped Swift
118. Long-billed Hermit
119. Green Hermit
120. Stripe-throated Hermit
121. Scaly-breasted Hummingbird
122. Violet Sabrewing
123. White-necked Jacobin
124. Long-billed Starthroat
125. Green Violet-ear
126. Green-breasted Mango
127. Violet-headed Hummingbird
128. Black-crested Coquette
129. White-tailed Emerald
130. Coppery-headed Emerald
131. Violet-crowned Woodnymph
132. Fiery-throated Hummingbird
133. Blue-throated Goldentail
134. Snowy-bellied Hummingbird
135. Mangrove Hummingbird (E)
136. Steely-vented Hummingbird
137. Cinammon Hummingbird
138. Rufous-tailed Hummingbird
139. Stripe-tailed Hummingbird
140. White-throated Mountain-gem
141. Bronze-tailed Plumeleteer
142. Green-crowned Brilliant
143. Magnificent Hummingbird
144. Ruby-throated Hummingbird
145. Volcano Hummingbird
146. Scintillant Hummingbird
147. Resplendent Quetzal
148. Slaty-tailed Trogon
149. Black-headed Trogon
150. Orange-bellied Trogon
151. Baird's Trogon
152. Black-throated Trogon
153. Gartered (Violaceous) Trogon
154. Ringed Kingfisher
155. Amazon Kingfisher
156. Green Kingfisher

157. American Pygmy Kingfisher
158. Broad-billed Motmot
159. Turquoise-browed Motmot
160. Rufous Motmot
161. Keel-billed Motmot
162. Blue-crowned (Lesson's) Motmot
163. Rufous-tailed Jacamar
164. White-necked Puffbird
165. White-whiskered Puffbird
166. Red-headed Barbet
167. Emerald Toucanet
168. Collared Aracari
169. Keel-billed Toucan
170. Black-mandibled Toucan
171. Acorn Woodpecker
172. Black-cheeked Woodpecker
173. Hoffman's Woodpecker
174. Red-crowned Woodpecker
175. Hairy Woodpecker
176. Smoky Brown Woodpecker
177. Golden-olive Woodpecker
178. Rufous-winged Woodpecker
179. Chestnut-coloured Woodpecker
180. Lineated Woodpecker
181. Pale-billed Woodpecker
182. Yellow-bellied Sapsucker
183. Tawny-winged Woodcreeper
184. Wedge-billed Woodcreeper
185. Northern Barred Woodcreeper
186. Cocoa Woodcreeper
187. Steak-headed Woodcreeper
188. Spot-crowned Woodcreeper
189. Ruddy Treerunner
190. Buffy Tuftedcheek
191. Streak-breasted Treehunter
192. Fasciated Antshrike
193. Barred Antshrike
194. Black-hooded Antshrike
195. Black-crowned (Western Slaty) Antshrike
196. Dusky Antbird
197. Chestnut-backed Antbird
198. Bicoloured Antbird
199. Spotted Antbird
200. Ocellated Antbird
201. Black-faced Antthrush
202. Thicket Antpitta (H)
203. Barred Becard
204. Cinammon Becard
205. Rose-throated Becard
206. Masked Tityra

- 207. Black-crowned Tityra
- 208. Rufous Piha (H)
- 209. Turquoise Cotinga
- 210. Snowy Cotinga
- 211. Long-tailed Manakin
- 212. Orange-collared Manakin
- 213. White-collared Manakin
- 214. Black Phoebe
- 215. Long-tailed Tyrant
- 216. Scissor-tailed Flycatcher
- 217. Tropical Kingbird
- 218. Boat-billed Flycatcher
- 219. Bright-rumped Atila
- 220. Streaked Flycatcher
- 221. Golden-bellied Flycatcher
- 222. Grey-capped Flycatcher
- 223. Social Flycatcher
- 224. Great Kiskadee
- 225. Rufous Mourner
- 226. Panama Flycatcher
- 227. Brown-crested Flycatcher
- 228. Great Crested Flycatcher
- 229. Dusky-capped Flycatcher
- 230. Tropical Pewee
- 231. Yellow-bellied Flycatcher
- 232. Yellowish Flycatcher
- 233. Black-capped Flycatcher
- 234. Tufted Flycatcher
- 235. Sulphur-rumped Flycatcher
- 236. Yellow-olive Flycatcher
- 237. Eye-ringed Flatbill
- 238. Common Tody-flycatcher
- 239. Northern Bentbill (H)
- 240. Scale-crested Pygmy-tyrant
- 241. Torrent Tyrannulet
- 242. Yellow-bellied Elaenia
- 243. Mountain Elaenia
- 244. Southern Beardless Tyrannulet
- 245. Paltry Tyrannulet
- 246. Ochre-bellied Flycatcher
- 247. Grey-breasted Martin
- 248. Barn Swallow
- 249. Southern Rough-winged Swallow
- 250. Northern Rough-winged Swallow
- 251. Blue & White Swallow
- 252. Mangrove Swallow
- 253. Brown Jay
- 254. White-throated Magpie-Jay
- 255. Band-backed Wren
- 256. Rufous-naped Wren

- 257. Stripe-breasted Wren
- 258. Bay Wren
- 259. Black-throated Wren
- 260. House Wren
- 261. Ochraceous Wren
- 262. Timberline Wren
- 263. Grey-breasted Wood-wren
- 264. White-breasted Wood-wren
- 265. White-throated Thrush
- 266. Clay-coloured Thrush
- 267. Mountain Thrush
- 268. Sooty Thrush
- 269. Black-faced Solitaire
- 270. Ruddy-capped Nightingale-thrush
- 271. Black-billed Nightingale-thrush
- 272. Tropical Gnatcatcher
- 273. White-lored Gnatcatcher
- 274. Tawny-faced Gnatwren
- 275. Long-tailed Silky-flycatcher
- 276. Black and Yellow Silky-flycatcher
- 277. Rufous-browed Peppershrike
- 278. Yellow-throated Vireo
- 279. Philadelphia Vireo
- 280. Lesser Greenlet
- 281. Bananaquit
- 282. Black and White Warbler
- 283. Prothonotary Warbler
- 284. Golden-winged Warbler
- 285. Tennessee Warbler
- 286. Flame-throated Warbler
- 287. Yellow Warbler
- 288. Black-throated Green Warbler
- 289. Chestnut-sided Warbler
- 290. Bay-breasted Warbler
- 291. Ovenbird
- 292. Northern Waterthrush
- 293. Mourning Warbler
- 294. Wilson's Warbler
- 295. American Redstart
- 296. Collared Redstart
- 297. Black-cheeked Warbler
- 298. Rufous-capped Warbler
- 299. Buff-rumped Warbler
- 300. Chestnut-headed Oropendola
- 301. Montezuma Oropendola
- 302. Scarlet-rumped Cacique
- 303. Giant Cowbird
- 304. Melodious Blackbird
- 305. Great-tailed Grackle
- 306. Orchard Oriole

307. Spot-breasted Oriole
308. Streak-backed Oriole
309. Black-cowled Oriole
310. Baltimore Oriole
311. Red-winged Blackbird
312. Red-breasted Blackbird
313. Eastern Meadowlark
314. Golden-browed Chlorophonia
315. Tawny-capped Euphonia
316. Scrub Euphonia
317. Yellow-throated Euphonia
318. Olive-backed Euphonia
319. Thick-billed Euphonia
320. Emerald Tanager
321. Speckled Tanager
322. Silver-throated Tanager
323. Golden-hooded Tanager
324. Plain-coloured Tanager
325. Bay-headed Tanager
326. Spangle-cheeked Tanager
327. Green Honeycreeper
328. Red-legged Honeycreeper
329. Shining Honeycreeper
330. Blue Dacnis
331. Scarlet-thighed Dacnis
332. Blue-grey Tanager
333. Palm Tanager
334. Scarlet-rumped Tanager
335. Crimson-collared Tanager
336. Hepatic Tanager
337. Summer Tanager
338. Flame-coloured Tanager
339. Red-throated Ant-tanager
340. Grey-headed Tanager
341. Tawny-crested Tanager
342. Black and Yellow Tanager
343. Sooty-capped Chlorospingus (Bush-tanager)
344. Buff-throated Saltator
345. Greyish Saltator
346. Black-faced Grosbeak
347. Black-thighed Grosbeak
348. Rose-breasted Grosbeak
349. Blue Grosbeak
350. Thick-billed Seed-finch
351. Blue-black Grassquit
352. Yellow-faced Grassquit
353. White-collared Seedeater
354. Variable Seedeater
355. Slaty Flowerpiercer
356. Large-footed Finch

- 357. Yellow-thighed Finch
- 358. Chestnut-capped Brush-finch
- 359. Orange-billed Sparrow
- 360. Black-striped Sparrow
- 361. White-eared Ground-sparrow
- 362. Stripe-headed Sparrow
- 363. Volcano Junco
- 364. Rufous-collared Sparrow
- 365. House Sparrow

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