



ORIOLE BIRDING



TOUR REPORT COSTA RICA 4TH – 15TH JANUARY 2020

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SATURDAY 4TH JANUARY – 28C, breezy with sunny spells

For those of the group departing from the UK, our British Airways flight departed on schedule and we arrived in San Jose some 11hrs later, at around 1300 local time. As seems to be the norm at this airport, we had to negotiate very long and tiresome immigration queues (only an hour this year!) before eventually being reunited with our luggage in a very busy and chaotic reclaim hall. Our fifth participant was already waiting for us having arrived independently from the US, and this advanced party met with our guide Erick and driver Rodrigo, for the half hour transfer on to our hotel. Ashley stayed back, to welcome the remaining three clients who were on a slightly later flight, and they too were soon on their way to the Bougainvillea. This perfectly placed hotel is the overnight of choice for all the birding tours visiting the area, as it is close to the airport yet offers beautiful landscaped gardens to get to grips with some of the common Neotropical birds from the off. Several great birds were therefore seen in the last hour before dusk, such as our first **Social Flycatcher**, **Tropical Kingbird**, **Hoffman's Woodpecker**, **Rufous-collared Sparrow** and **Melodious Blackbird**. **Red-billed Pigeon**, **White-winged Dove**, **Black Vulture** and **Rufous-tailed Hummingbird** were also predictable early list additions and we had superb close range views of **Lesson's Motmot**. Some of the group also caught up with **Rufous-naped Wren** and **Summer Tanager**, and hordes of **Crimson-fronted Parakeets** were seen heading to roost. We were all very tired after a long day, so it was an early dinner then off to bed, ready for tomorrow!

SUNDAY 5TH JANUARY – Windy day with sunny spells, cool. 18C

After an excellent nights sleep, we rendezvoused at 0600 for a circuit of the hotel gardens, which is always a productive spot early in the morning as the sun begins to catch the tops of the trees. We soon started picking up typical species such as **Social Flycatcher**, **Hoffman's Woodpecker**, **White-winged Dove**, **Red-billed Pigeon** and **Tennessee Warbler** – in fact there were quite a few North American migrants around with several **Baltimore Orioles**, **Yellow Warbler**, **Philadelphia Vireo** and **Rose-breasted Grosbeak** also seen. A pair of **Rufous-naped Wrens** showed really well, chasing each other up and down tree trunks like nuthatches. The Neotropical wrens are such a diverse family, and those in this particular genus are large, almost thrush-sized birds! The **Lesson's Motmot** showed up again and allowed everyone to get some good photos, and overhead were many noisy groups of parrots – both **Crimson-fronted** and **Orange-chinned Parakeets**, but also two **Yellow-naped Parrots** flying over which was a good one to connect with. Towards the end of our walk, two **White-fronted Parrots** flew in and landed above us for scope views – a delightful species. **Squirrel Cuckoo**, **Ruby-throated Hummingbird**, **Blue-grey Tanager**, **Rufous-collared Sparrow**, **Inca Dove**, **Melodious Blackbird** and **Rufous-tailed Hummingbird** all ensured we headed to breakfast with a full notebook already!

After breakfast, we packed our gear and loaded the bus for the two hour ride up into the Talamanca mountain range where we would be based for the next two nights. A short stop at a supermarket on the way for water supplies yielded six **Kildeer** in a small paddock beside the car park, and also a **Mourning Dove** – a scarce and localised species in Costa Rica. The rest of the journey was uneventful as we wound our way up into the cloud forest to around 9000ft, and the lodge at Paraiso de Quetzales where we would have lunch. First, we birded the entrance road in and started to pick up some good high altitude species. **Black and Yellow Silky-flycatcher** was seen almost right away, a key endemic for the region. **Collared Redstart**, **Black-capped Flycatcher**, **Mountain Elaenia**, **Wilson's Warbler**, **Black-cheeked Warbler** and **Sooty-capped Chlorospingus** were all typical birds of the area which we saw well. A **Volcano Hummingbird** female was a nice bonus and perched right in front of us so that we could easily see her metallic green tail. Reaching the lodge, we ordered lunch before heading out onto the decking to enjoy the hummingbird feeders – **Lesser Violet-ear**, **Fiery-throated**, **Magnificent** and **Scintillant Hummingbirds** were all seen at point blank range and offered excellent photographic opportunities. We also had a brief view of the stunning **Golden-browed Chlorophonia**,

and much better views (almost touching distance) of another endemic – the **Long-tailed Silky-flycatcher**.



Fiery-throated Hummingbird, Paraiso de Quetzales 5th January

After a superb lunch, we decided that since it was so clear, we would drive up to the paramo at Cerro Buena Vista to try our three high altitude targets, the Timberline Wren, Volcano Junco and Volcano Hummingbird (hopefully a male!). Driving up, we saw a puzzling buteo hanging on the wind, against the light. Closer inspection revealed it to be a **Red-tailed Hawk** with really rufous underwing coverts. We saw another, paler one further on. Reaching the summit, we found the **Volcano Junco** as soon as we stepped out of the vehicle, hopping around at close range. It was very windy here though, and finding the wren was going to be difficult. We opted to head down the hill a bit and shelter behind a building, where it was warm in the sun and out of the wind. It seemed that all the birds in the area had the same idea, and we saw a lot here – **Slaty Flowerpiercer** was common, and **Volcano Hummingbirds** were whizzing about everywhere like exorcist missiles. Eventually, we did see a male with purple gorget, feeding high at some tiny flowers. Behind the same building we also located the **Timberline Wren**, which appeared right beside us and gave ridiculously good views, perhaps the best we have ever had. To cap things off, a **Peg-billed Finch** appeared – potentially really easy to mistake as a flowerpiercer, thankfully Erick was on the ball and pointed out its slightly larger size and two-toned bill with pinkish lower mandible. Having 'bagged up' here, we decided to head on down into the Savegre Valley, and give ourselves the first chance to look for a quetzal.



Volcano Junco, Cerro Buena Vista, 5th January

Taking the winding road down into the valley, we stopped at a favoured spot and took a walk for an hour or so. Rodrigo found us a cracking **Black Guan**, and we had really good scope views despite the road being busy with traffic, and every Tico that went past insisted on giving us a jolly toot of his or her horn! Further on, we had Yellow-thighed Finch, and then in one tree we found **Ochraceous Wren**, **Flame-coloured Tanager**, **Flame-throated Warbler** and **Collared Whitestart**. A flock of **Band-tailed Pigeons** flew by, and high over the valley we also saw several **White-collared Swifts** and a soaring **Short-tailed Hawk**. We tried our favourite corner for Resplendent Quetzal, and heard one call way up the slope, but didn't manage a sighting. **Sooty Thrush** and another confiding Volcano Hummingbird were seen though, and several dainty **Blue and White Swallows**. Reaching the lodge just before 1700, there was time to see one or two birds just around the reception area before dusk. **Acorn Woodpecker**, several Rose-breasted Grosbeaks, Flame-coloured Tanager, Melodious Blackbird, **Silver-throated Tanager** and a delightful **Stripe-tailed Hummingbird** were our last birds of a really good day.

MONDAY 6TH JANUARY – *Dry & sunny, still with fresh breeze. 20C*

Our day started around 0545 with coffee on the verandah and a pair of **Northern Emerald Toucanets** in the dim light of dawn, perched right next to us! This species can be easy to miss, so we were pleased to get such a good view. **Sooty-capped Chlorospingus**, **Yellow-thighed Finch**, **Flame-coloured Tanager**, **Yellow-bellied Siskin** and **Acorn Woodpecker** were all seen close by, before we set off on foot to explore the grounds a bit more. A superb male **White-throated Mountain-gem**

perched for us, and in the forest just beyond the cabins, we found a small flock of **Spotted Wood-quails** foraging in the dark leaf litter of the forest understorey. We enjoyed superb views of these secretive birds, as they eventually came right out into the open for us. **Common Chlorospingus** was also seen well, and we had close views of Slaty Flowerpiercer and **Stripe-tailed Hummingbird** as we crossed the river and set off back up the road towards the lodge. One of the group also saw what could only have been an American Dipper, but the rest of us missed it. A very confiding **Black Guan**, our first proper view of a **Ruddy-capped Nightingale-Thrush** and a **Spot-crowned Woodcreeper** rounded off a productive session.



Spotted Wood-quails, Savegre 6th January

After breakfast, we took two 4x4 trucks up the mountain behind the lodge, to the cloud forest reserve. This would give us the chance to connect with several specialities of higher altitude, and we did really well just around the turning circle at the top. To begin with it seemed quiet, but by listening for calls and patiently watching for movement, we gradually pieced together an excellent list. **Flame-throated Warbler**, **Ruddy Treerunner**, **Hairy Woodpecker**, **Tufted Flycatcher** and **Black-throated Green Warbler** were all seen, while a **Black-faced Solitaire** (which we had heard calling way off in the forest) suddenly appeared right in front of us. There were good views also of a **Ruddy Pigeon**, and large numbers of **White-collared Swifts** overhead held a few **Vaux's Swifts** too. Wilson's Warbler was common at this elevation, and they seemed to be flitting around everywhere. A **Rufous-browed Peppershrike** was also around, but sticking to the very high canopy of the massive emergent trees above us so not easy to see! Heading back down, we spent some time at the viewing platform enjoying close views of the swifts. A **Paltry Tyrannulet** was also right below us, and a dark morph **Broad-winged Hawk** drifted over. Here one of the vehicles returned to collect three of the

group for a ride back down, while the rest of us walked. It was fairly quiet bird-wise, but we saw another **Ruddy Pigeon** on the track, and added **Lesser Goldfinch** and **Yellow-faced Grassquit**, while a dazzling male **Scintillant Hummingbird** watched bathing in a small pool was also excellent. A final highlight was a **Yellowish Flycatcher**, which posed in the open for us in the same spot as another confiding **Ruddy-capped Nightingale-thrush**.



Black-faced Solitaire, Savegre cloud forest, 6th January

After lunch and a bit of a break for a couple of hours, we met again around 1415 to head down along the river and check some spots for the quetzal. Another **Yellowish Flycatcher** was seen along the trail behind the cabins as we walked down, and once we crossed the river and headed downstream, we found a lovely **Torrent Tyrannulet** hunting from the rocks in the middle of the river. This intriguing little flycatcher is only found by running water, often clinging to the wet mossy edges of the rocks right by the gushing water of rapids and waterfalls. Once we started to hike up into the forest we were listening and watching carefully for quetzal activity. It wasn't to be though, and we didn't manage to connect with one here today. It was really quiet along this trail, with a few species we had seen previously such as Sooty-capped Chlorospingus, Mountain Elaenia, Silver-throated Tanager, Stripe-tailed Hummingbird and another **Torrent Tyrannulet** being the best of it. Two of us saw a **Dark Pewee**, perched high up in the trees beside the river, and a Tropical Kingbird was seen. We decided to have another crack at the spot where we had heard the quetzal the previous evening, and so met up with the bus again and made the ten minute drive there. It was cold and windy once again at this spot, but another group had seen the bird there early this morning so we

knew it was probably close by. The **Sooty Thrush** was seen in the same tree as yesterday, and a **Volcano Hummingbird** gave close views, but alas our main target remained elusive – it would mean an early start tomorrow!



Volcano Hummingbird, Savegre 6th January

TUESDAY 7TH JANUARY – *Sunny day with temperatures varying from 10C in the mountains to 30C on the coast*

An epic days birding today started at dawn, with a 5.30am visit back to the area where the **Resplendent Quetzals** had been showing in recent mornings, and where we had heard one on our first evening in the valley. With so few Wild Avocado trees currently in fruit, and a reliable pair of birds, this meant one thing – people! There were about 100 folk gathered by the time we arrived, but to be fair their guides all had them well organised and quiet, and it was surprisingly civilised for such a scrum – nevertheless, it highlighted why we have always tried to find the birds ourselves away from such dawn gatherings! But needs must, and even as we pulled up in the bus, we could see a female **Resplendent Quetzal** perched on the telegraph wires by the roadside! She soon flew to the Avocado trees, and this gave us chance to walk past her, with a quick scope view, before joining the crowd. These birds were regular in their movements, and the hope was that the male would now arrive and follow her into the same trees. After five minutes, he indeed appeared, and flew across the road in front of everyone to perch in full view in the open. We marvelled at the stonking scope views, but also at how seemingly oblivious the birds were to their massed admirers. They hung around for ten minutes or so, then flew back down into the valley below where the male began to call. We headed back along the road to our bus, but found the female again perched low and really close – superb views! With that, we decided to take a walk downhill for a bit, to the Savegre River below, to see what else we could find. It was fairly quiet, but a **Black-billed Nightingale-thrush** was seen by the river. Back to the lodge for breakfast!



Resplendent Quetzals, Savegre Valley 7th January

A great view of a **Northern Emerald Toucanet** perched above the lodge was our parting shot after breakfast as we loaded our luggage into the bus for what would be our longest transfer day of the trip. This involved winding our way back out of the valley to the Pan-American Highway, and then on towards the town of San Isidro. After about 90 minutes, we reached our first birding stop at Bosque del Tolomuco, a delightful hummingbird garden on the Pacific slope. This was a cracking stop, and we totally bagged up here on a whole crop of new species. The fruit feeders were bustling with gaudy **Silver-throated Tanagers** as we arrived, and two gorgeous **Speckled Tanagers** came to join them. Scarlet-rumped Tanager (formerly Passerini's/Cherries'), Rose-breasted Grosbeak, Baltimore Oriole, **Buff-throated Saltator**, Tennessee Warbler, **Bananaquit** and a female **Red-headed Barbet** were other attendees. This place is all about the hummingbirds though, with hedges of flowering verbena and supplementary sugar feeders attracting a wide array. **White-tailed Emerald** and **Snowy-bellied Hummingbird** were easy ones which were new for us, and we also saw Rufous-tailed Hummingbird and White-throated Mountain-gem. After a stake-out by the verbena hedge, we had excellent views of a female **White-crested Coquette**. Eventually the bird whizzed off, and what we assumed was the same bird replaced it – no! It was a dazzling male **Magenta-throated Woodstar**! Two stunning miniature hummers in the space of moments. At the sugar feeders, there were two more to be seen – the plus-sized **Violet Sabrewing**, and iridescent **Green-crowned Brilliant**. A male **Red-headed Barbet** wowed everyone with its ridiculous colours, and overhead a **Swallow-tailed Kite** cruised effortlessly on the wind right over our heads. Sadly, we had to tear ourselves away from this heavenly spot, and continue on our journey.

Less picturesque was the police station at San Isidro! This location (well, the surrounding tall trees actually) is a well known location for the **Turquoise Cotinga**. Rodrigo spotted a male almost as soon as we arrived, but it flew off and a tense wait followed with much scanning in the baking hot conditions under the midday sun. Eventually Erick spotted it again – an immature male - and we had good views, until it was joined by a stunning adult male. Other additions in the area were **Ruddy Ground-dove** and **Tropical Mockingbird**, before we continued on our way again. Some small sewage

ponds just on the edge of town allowed us to make a ‘smash and grab’ raid for some waterbirds – **Southern Lapwing, Northern Jacana, Least Grebe, Black-bellied Whistling Duck, Snowy Egret, Spotted Sandpiper, Blue-winged Teal** and **Mangrove Swallow** were all swiftly added. Our lunch stop was up in the hills beyond the town, with a stunning view across the valley. The buffet lunch equalled the vista, and the birding wasn’t bad either, with a bird table full of dazzlingly beautiful **Fiery-billed Aracaris**. A group of **Grey-headed Chachalacas** also appeared, and we notched **Green Honeycreeper, Yellow-crowned Euphonia**, Great Egret and Neotropic Cormorant too. Refreshed, and with a burgeoning notebook, we pressed on.



Speckled Tanager, Bosque del Tolomuco 7th January

We had another 2.5hrs to reach our lodge on the Pacific Coast, and this took us down to sea level at the town of Quepos, and on to Parrita. A roadside stop here by some lagoons produced no fewer than three species of kingfisher. **Amazon, Ringed** and **Belted Kingfishers** were all lined up on the wires for comparison! Anhinga was also seen, with Crimson-fronted Parakeets flying over and a couple of distant **Groove-billed Anis**. A **Green Heron** was hiding in the shade too. The final leg took us right along the shore of the Pacific Ocean, with **Yellow-headed** and **Crested Caracara, Magnificent Frigatebird, Brown Pelican** and even a brace of stately **Scarlet Macaws** flying alongside the bus as we arrived at Villa Lapas. Check in was swift, and we were in our cabins by 5pm for a welcome shower and chance to sort out our gear and catch up with notes and photos. Soon though, the sounds of the lowland forest night were tempting us outside – **Laughing Falcon, Bare-throated Tiger-heron** and **Common Parakeet** all being audible outside our rooms as dusk descended on a brilliant day.

WEDNESDAY 8TH JANUARY – Hot and humid, 30C

Our day started typically early with coffee by the river at 0530, and a Bare-throated Tiger-heron in the trees above. We took a pre-breakfast amble around the grounds for an hour or so, noting a fist-full of new birds in our new environment. **Slaty-tailed Trogon, Ochre-bellied Flycatcher, Tropical**

Pewee, White-necked Jacobin, Long-billed Hermit, Masked Tityra and Tawny-winged Woodcreeper were new for us, and we had more views both perched and in flight of the spectacular **Scarlet Macaws**. A flock of **White Ibis** also flew down the river, where a **Northern Waterthrush** was skipping about on the rocks.



Scarlet Macaw, Carara National Park 8th January

After breakfast, we drove to the nearby Carara National Park and spent the rest of the morning birding the trail system there. A **Steely-vented Hummingbird** greeted us in the parking area, and once on the trail we were soon enjoying the sights and sounds of this lowland 'transitional' forest, which bridges the gap between the typical Pacific dry forest to the north, and the isolated patch of rainforest further south. In fact, many species find either their northern or southernmost limit at Carara. A **Dusky Antbird** by the trail was our first good bird, followed up by a fleeting **Pale-billed Woodpecker** (one from the large *campephilus* genus). **Leaf-cutter Ants, White-faced Capuchin Monkeys** and dazzling **Blue Morpho butterflies** were other typical inhabitants noted as we wandered slowly along listening for calls. Eventually we bumped into a really good mixed flock and began to get properly stuck in, though this did come with the disadvantage of 'birder's neck' as most of the birds were high in the canopy above us. Nevertheless we had good views of **Black-hooded Antshrike, Sulphur-rumped Flycatcher, White-tipped Dove, Eye-ringed Flatbill, Dot-winged Antwren, Wedge-billed Woodcreeper, Bay-headed and White-shouldered Tanagers, Lesser Greenlet, Chestnut-sided Warbler** and the difficult **Tawny-crowned Greenlet**. Less obliging were **Ruddy-tailed Flycatcher, Rufous-breasted Wren** and **White-winged Becard**, which only afforded

brief views. Eventually after over an hour in this one spot, we continued on, finding a superb **Crane Hawk** beside the trail and watching a **Scarlet Macaw** peering down at us from its lofty nest hole above the river. Soon after, we saw a furtive **Great Tinamou** beside the trail, blending in perfectly with the leaf litter but occasionally appearing in open patches of dull light on the otherwise dark forest floor. A **Grey-headed Tanager** perched briefly, and a **White-whiskered Puffbird** was typically obliging, sitting stock still until long after we had passed. Our second trogon of the day was a young male **Black-throated Trogon**, perched above the trail, and we also glimpsed a **Long-billed Gnatwren** bustling among the vines and lianas clinging to some of the colossal emergent trees. Eventually we rejoined Rodrigo who had moved the bus to another exit point, and after a welcome and rehydrating fruit snack, we boarded the bus back to the lodge for lunch.



White-whiskered Puffbird, Carara National Park 8th January

After a two hour break, where some went for a swim, enjoyed walking round the grounds or caught up with some rest, we drove the short distance to the Tarcoles River for our late afternoon boat trip. This excursion is always a tour highlight, with the chance to see a variety of wildlife up close in excellent light. In fact, we saw a huge **American Crocodile** hauled out on the mud bank right by the jetty, surrounded by myriad shorebirds – **Least Sandpipers** showing their diagnostic yellow legs, and gaudy **Black-necked Stilts**. **Willet**, **Hudsonian Whimbrel** and **Semipalmated Plover** were also here, while a superb **Bare-throated Tiger-heron** glowered at us from the handrail of the jetty itself! We

had timed our trip as late in the day as possible to make sure the tide was low – trickier for negotiating the river, but essential for ensuring plenty of waders. We glided past numerous **Yellow-crowned Night Herons**, **Little Blue Herons**, **Tricoloured Herons**, **White Ibis**, **Roseate Spoonbill** and **Wood Storks** on the muddy banks, while the dead branches in the water provided perches for Mangrove Swallows and **Green Kingfisher**. On the banks, a big flock of **Red-winged Blackbirds** were seen, and overflying raptors included Yellow-headed Caracara, Short-tailed Hawk and **Osprey**. After heading upstream for a while, we turned and headed towards the sea with the current, passing more exposed mud areas with plenty of Spotted Sandpipers and Willets. A **Reddish Egret** was seen, and Brown Pelican, Magnificent Frigatebird, **American Royal Tern** and **Laughing Gull** could also be seen. Nosing into the mangroves, we had point blank views of **American Pygmy Kingfisher** at almost touching distance, which was lapped up by the photographers in the group. At the other end of the scale, a huge **Ringed Kingfisher** also posed beautifully. **Green-breasted Mango**, **Scaly-breasted Hummingbird** and **Prothonotary Warbler** were the pick of the small birds seen in the trees, though we couldn't find the Mangrove Hummingbird this year. **Common Black Hawk** was seen gliding through the trees, and some excellent views of roosting **Boat-billed Herons** capped an excellent few hours. As we steamed back in under the setting sun, we watched **Scarlet Macaws** flying across the river to roost – what a sight! Dusk had already descended by the time we reached dry land again, but this meant that the **Lesser Nighthawks** were leaving their roosting places and dancing off across the river. A magical afternoon! We returned weary to the hotel, but made time for a look at the **Common Parakeet** which was feeding from the ground by the last cabins. Using the bus headlights, we were able to get some really great views. A long day!



Black-necked Stilts, Tarcoles Estuary 8th January

THURSDAY 9TH JANUARY – *Hot and dry, 30C*

We met up for coffee at 0530 as usual, and had excellent views of the adult Bare-throated Tiger-heron feeding in the river by the restaurant. Our pre-breakfast walk was a long one, as we wanted to bird the gardens again but also the trail beyond into the forest, so we were out for about three hours. Just in the gardens, the fruiting tree that had been so productive yesterday morning was again attracting several Slaty-tailed Trogons, but we also picked up **Rose-throated Becard**, **Northern Beardless Tyrannulet** and our first **Gartered Trogon** of the trip. A **Laughing Falcon** called, and then flew high over the river towards us. Heading to the trail, we added a beautiful perched **Grey Hawk** and **Buff-rumped Warbler** at the river – this really was a stunning spot with the early morning shafts of sunlight glinting through the trees. A male White-necked Jacobin was hovering over the water catching insects, perfectly lit in these early morning rays. Once on the trail, we passed through a small banana plantation and then into secondary growth forest and began to enjoy some more excellent birds. **Dusky Antbird** showed really well, and there were also good views of **Cocoa Woodcreeper** and for some, a scoped up **Royal Flycatcher**. Star bird of the morning was a **Streak-chested Antpitta** which showed really well, though it was hard to get away from the magical sight of the **Scarlet Macaws**, flying down the valley giving their raucous calls but also perched up in the trees overhead. Once we reached the river, we turned back, picking up **Streak-headed Woodcreeper**, **Bright-rumped Atilla**, **Grey-chested Dove** and **Black and White Warbler** along the way. The stunning **Blue Morpho** butterflies were also very much in evidence here. After a very welcome breakfast, we packed our gear and loaded the bus again, but there were good birds to be seen even then. First an adult **King Vulture** drifted away over the valley, and then we had scope views of a pair of **Rufous-tailed Jacamars** in the trees above the rooms.



Streak-chested Antpitta, Villa Lapas trails 9th January

Departing Villa Lapas, we made the two hour journey up the Pacific coast to our one night stop at La Ensenada lodge. The journey went smoothly and with one quick stop by a coastal lagoon where there were lots of Laughing Gulls, American Royal Terns, Tricoloured Heron and Brown Pelicans. The habitat quickly began to change as we headed north, and we entered the Pacific dry forest region. This hot, dry area is typified by thorny trees and bushes and tinder dry ground, the blue sky overhead rarely punctuated by clouds. Cattle ranches intersperse the forest patches and indeed we would be staying on a working finca at La Ensenada. We arrived in time for lunch, accompanied by the charismatic **White-throated Magpie-Jays**, and checked into our delightful wooden cabins overlooking the stunning vista of the Gulf of Nicoya. It was a short turnaround after lunch today, as we wanted to head out to some Salinas and catch the high tide for roosting shorebirds. So there was just time to scope a pair of roosting **Pacific Screech Owls** after lunch, outside the restaurant, and then it was back on the bus for a half hour drive to the pans.



Pacific Screech Owl, La Ensenada 9th January

This place provided some excellent wader-watching, with hundreds of birds roosting over the tide. A track along the edge of the mangroves gave us excellent views with the hot sun behind us, and we were able to compare and contrast a wide variety of species – **Semipalmated** and **Wilson's Plovers**, **Western** and **Semipalmated Sandpipers**, **Willet**, **Short-billed Dowitcher**, **Black-necked Stilt**, **Marbled Godwit** and **Grey Plover**. A second year **American Herring Gull** was a nice bonus, and we picked a **Franklin's Gull** out too. The birds were flushed a few times by passing raptors – first a **Short-tailed Hawk**, and then a hunting young **Peregrine**. This sent them into swirling balls over the water like shoals of fish, flashing silver in the sun. Each time they returned though, and we could continue sifting through the throng. A single **Least Sandpiper** was picked out, and there were some excellent general comparisons to be had of some of the 'peeps'. Back on the main track, we found a **Northern Scrub Flycatcher** and then **Green-breasted Mango**, **Scrub Euphonia** and **Turquoise-browed Motmot** all appeared in the same trees. A male **Painted Bunting** was sadly all too brief, and couldn't be relocated. Back in the bus, we drove back out along the track towards the village, having an impromptu stop for a fenceline full of **White-collared Seedeaters**. A larger bird flew in and joined them – a stunning **Blue Grosbeak**! **Common Ground-dove** was also here, and we added the chunky **Stripe-headed Sparrow**. Indeed we had really good views of this species a bit further up the hill where we disembarked to see what else we could find. A **White-lored Gnatcatcher** was identified from photos, and we finally had a parakeet in the scope after many flyovers – a gorgeous **Orange-fronted Parakeet**. This nicely rounded off an action-packed day, and we returned to the lodge to enjoy the sunset over the gulf before dinner.



Shorebirds near Puntarenas, 9th January

FRIDAY 10TH JANUARY – *Warm start but cloudy and cooler later, up to 30C*

A beautiful morning awaited us at La Ensenada, a stunning location overlooking the Gulf of Nicoya and surrounded by some excellent Pacific dry forest habitat. The good birding started with the first rays of the morning sun catching the big fruiting fig tree by the parking area where we enjoyed at least three **Black-headed Trogons** among a veritable melee of Great Kiskadees. White-fronted

Parrots spiralled in and both **Orange-chinned Parakeets** (perched at last!) and **Yellow-naped Parrots** were seen. We spent a good while checking this one group of trees as many birds were coming and going, but the best was spotted by Rodrigo, our driver – a stunning male **Three-wattled Bellbird**! What a stunner, and good scope views for all of this tour first. Summer Tanagers and Baltimore Orioles adorned the treetops and a bit further down the trail, a flowering tree attracted many Ruby-throated Hummingbirds. Greater Ani's, Squirrel Cuckoo and Inca Doves were disturbed from the trackside trees as we wandered slowly along, and another **Turquoise-browed Motmot** posed in the open for us. Crossing a shady gulley of taller trees, we found **Banded Wren**, **White-lored Gnatcatcher** and the gorgeous **Spot-breasted Oriole**. Eventually we reached a patch of more extensive woodland and birding at its edge produced a tree full of passerines by imitating the pygmy owl call – Yellow-throated and **Philadelphia Vireos**, **Prothonotary Warbler**, **Yellow-throated Euphonia**, female **Painted Bunting**, **Orchard Oriole** and a brief view of a **Cinnamon Hummingbird** which would prove the only one of the trip. Time was racing on and we had to get back for breakfast, but we squeezed in a quick look down towards the shore in the larger trees beyond the cabins – here a pair of **Ferruginous Pygmy-owls** gave superb views in the canopy above us. Breakfast time!



Three-wattled Bellbird, La Ensenada trails 10th January

The rest of our morning was taken up with the drive up to Arenal, where we would be based for the next two nights. There were a couple of stops on the way, the first being within the grounds of the ranch as we spotted a **Double-striped Thick-knee** standing in the open right beside the track. A **Brown-crested Flycatcher** was in the same location – often when stopping to look at one bird, another appears! The next part of the journey took us up onto the windswept hills of the continental

divide, adorned with windfarms and mainly covered in cattle pasture. A small roadside pond though held a **Greater Yellowlegs**, two **Kildeer** and a **Least Sandpiper**! Soon the vast Arenal Lake loomed into view, and we wound our way around to its north-eastern side and continued along the shore until we reached our lunch stop. Here, we added two **Crested Guans**, in the trees right outside the restaurant! After a typically hearty lunch, we pressed on for another half hour until we reached the dam. Here we turned onto the track that leads on for several kilometres through the forest towards our lodge, and the tactic for the afternoon would be to walk a couple of km with the bus following us for lifts when necessary. **Black Phoebe** and **Northern Rough-winged Swallow** got us off the mark by the dam, and as we continued along this road the birding was really top class. We would frequently encounter pockets of activity with birds flitting all over the place, particularly Chestnut-sided Warblers which were really common. A **Keel-billed Motmot** was expertly spotted by Erick, way up in the canopy. We had great scope views of this, the hardest of the five species we were hoping to see on the tour. Its greenish plumage and bright blue supercilium good clues to its identity. **Yellow-bellied Flycatcher**, **Black-cowled Oriole**, **Long-tailed Tyrant**, **Crimson-collared Tanager**, **Collared Aracari**, **Black-headed Saltator** and the superb **Rufous Motmot** were all excellent list additions, supplementing some 'second views' of species such as **Rufous-tailed Jacamar**, **Brown-crested Flycatcher**, **Broad-winged Hawk** and **Buff-rumped warbler**. A **Broad-billed Motmot** rounded off our set of five nicely, and a **Zone-tailed Hawk** soared overhead, doing its best to be overlooked as a Turkey Vulture. A species which is often heard but seldom seen is the elusive **Yellow-billed Cacique**, so we were very lucky to get one perched long enough for scope views, in a tangle of vines overhanging the track. Eventually we rejoined Rodrigo and the bus, but he had been busy in our absence and had found us a roosting **Great Potoo**! A brilliant pick out, way up among mossy branches and partly obscured. A **Crowned Woodnymph** visited the flowers below, adding to **Purple-crowned fairy** and **Violet-headed Hummingbird** which we had also seen along this road. This was perhaps our most breathless afternoon of birding so far! Time was wearing on, so we had to drive the last few kilometres to the lodge. A mixed flock of **Montezuma** and **Chestnut-headed Oropendolas** and **Giant Cowbird** were our last new sightings of the day, as we reached the Observatory Lodge at 1700 for check in.

SATURDAY 11TH JANUARY – *Breezy with sunny spells, 22C*

Our day started on the observation deck at first light, where the fruit feeders were already bustling with activity from many large birds – **Crested Guans**, **Great Curassows** and **Montezuma Oropendolas**. As the light increased so more smaller birds began to appear, particularly hummingbirds at the verbena flowers – we saw a female **Green Thorntail**, **Crowned Woodnymph**, **Bronze-tailed Plumeleteer** and the delightful **Violet-headed Hummingbird** here. The dazzling **Emerald Tanager** joined the various other species at the feeders, and we had close views of **Black-striped Sparrow**, **Grey-chested Dove** and **Melodious Blackbird**. Just before breakfast, an obliging **Yellow-throated Toucan** appeared and was calling just above the reception building, and a party of subtle **Carmiol's Tanagers** moved through the mossy branches.

After breakfast, we headed off along the trail system behind the gardens, and enjoyed some superb birding. It actually took us well over an hour to get about 50yards! Migrant North American warblers were everywhere and included great views of **Golden-winged** and **Black and White Warblers**. A male **Gartered Trogon** sat in the open in the sunshine for us and Summer Tanagers were sallying from the high branches. We also picked up **Black-cowled Oriole**, **Grey-capped Flycatcher**, **Tropical Parula**, **Common Tody-flycatcher**, **Yellow-faced Grassquit** and **Cinnamon Becard** in this breathless start to the day. We had seen relatively few woodpeckers on the trip so far, but this was rectified as we had superb views of **Black-cheeked**, **Hoffman's** and **Golden-olive Woodpeckers** in one small area – in fact they were taking turns to bath in a water-filled tree hole, where a **Streak-headed Woodcreeper** was also queueing up for a turn! A male **White-ruffed Manakin** wowed us, and there

were cameos from **Scaly-breasted Hummingbird**, **Stripe-throated Hermit** and **Purple-crowned Fairy**. The canopy was constantly bustling with activity from various tanagers and warblers, and careful checking revealed **Tawny-capped Euphonia** and the tiny **Scale-crested Pygmy-tyrant** too. As we headed deeper into the forest the activity decreased but the quality was still there – we had prolonged views of a **Pale-billed Woodpecker** working away beside the trail, and a **Great Potoo** roosting out in the open on a sunny branch. **Stripe-throated Wren** was more difficult, but eventually everyone got a view of this skulker. Mammals featured this morning too, from the confiding group of roving White-nosed Coatis, to the acrobatic **Central American Spider Monkey**.



Gartered Trogon, Arenal 11th January

After lunch, we decided to tackle the longer loop trail, as we were missing a few forest species for this area. We probably had our quietest session of the trip bird-wise, but it was a pleasant hike. Just in the gardens, we added a superb **Band-backed Wren**, rooting around among the bromeliads and keeping mainly well hidden. Once into the forest, there were again plenty of small birds flicking about and we had eye-level views of Golden-winged Warbler and the resident **Golden-crowned Warbler**, which was new for us. A **Wood Thrush** fed furtively among the leaf litter and a Scale-crested Pygmy-tyrant gave much improved views after our glimpse in the morning. Reaching the river, we crossed the hanging bridge to the open country beyond, where a **Grey Hawk** was circling

and many Northern Rough-winged Swallows were feeding. We had another good view of a **Tropical Parula** along this stretch, plus another new bird in the form of a pair of **Black-crowned Tityras**. Eventually we had to cross the river again, and Erick picked out a lovely **Louisiana Waterthrush** for us here, bathing in an eddy at the edge of the water. We then had a bit of a hike up the road through some conifer woodland, but even here we added a great scope view of our first **Keel-billed Toucan**. We arrived back at the lodge just after 5pm, ready for a hot shower!



Black-crested Coquette, Arenal 11th January

SUNDAY 12TH JANUARY – *Sunny spells and heavy showers, 25C*

Our final morning at Arenal saw us return to the forest pre-breakfast to try for some of the antbirds we were missing. It was cool and cloudy so inside the forest interior it was pretty dark! Nevertheless we managed some seriously good birds. **Orange-billed Sparrow** was one which had largely eluded us with 'heard only's' and frustratingly brief views, so it was nice to get a pair out in the open on the trail. Grey-chested Dove was seen again walking at the side of the path in typical fashion, but it was antbirds that did indeed steal the show. We had fantastic views of **Dull-mantled Antbird**, a species which can be really skulking – they seemed to be calling all over the forest, having been entirely absent on our previous walk and showing the importance of an early morning start. At one point we had four together, calling and displaying beside the path. It's at this point that they transform themselves by fluffing out the bright white feathering on their mantle to form a blazing bright triangle – not 'dull' at all! Another bird we had heard but had little prospect of seeing was the **Thicket Antpitta**, so when one began calling very close to the trail our ears pricked up. It was also in a fairly open spot, so we thought maybe we had a chance. Expertly, Dave spotted the bird about three feet off the ground and way back inside a dark tangle, but we were able to get the scope on it and watch it calling with neck stretched up, showing its ochre breast and streaked front. A superb

bird! We watched it for several minutes, signing from different perches and hopping around on the forest floor on long pink legs. Just before heavy rain set in, we were able to upgrade another 'heard only' to a full fat sighting, with a **Buff-throated Foliage Gleaner** working mossy branches high above us – superb!



White-ruffed Manakin, Arenal Lake 12th January

After breakfast, we departed the lodge and headed down towards Arenal Lake. A quick roadside stop on the way down for a pair of **White-crowned Parrots** also yielded both species of Toucan perched together, a fine male **White-collared Manakin** and a fairly obscured view of a **Spotted Antbird**. Day 9, and still the new birds came thick and fast. We stopped at a spot overlooking a marshy bay with the lake beyond, and here we did really well with a nice variety of birds, starting with two Grey-crowned Yellowthroats bouncing around on the rushes trying to dry out after the rain. American Purple Gallinule, Great Blue Heron, Green Kingfisher, Osprey and **Pied-billed Grebe** could be seen, but it was the lush vegetation beneath us that held the most interest. Several small birds were coming and going in these fallen branches, including Yellow-throated Euphonia, Scarlet-rumped Tanagers, Yellow Warbler and a superb **Olive-crowned Yellowthroat**. **Slaty Spinetail** was also calling, and after some perseverance, everyone had an excellent view of this serial skulker. A male **White-ruffed Manakin** appeared, showing its 'black' plumage to actually be almost iridescent navy blue, and a **Yellow Tyrannulet** popped up. Not a bad haul for a quick stop!

We then made the hour or so drive to the Caribbean lowlands and our final lodge of the trip, Selva Verde. A hearty lunch awaited us and then check in followed by a short siesta. For our afternoon session, we would make the short journey to the fringes of La Selva Biological Station, to an open area of cultivated land with scattered large trees where we hoped to find the **Great Green Macaw**. We could hear the birds calling as we disembarked the bus, and soon we were enjoying great views of a pair together on a high branch. Several flight views were also had, and it was great to see their vivid colours against the distant dark rain clouds. A group of **Plain-coloured Tanagers** moved through

the bushes, and we had our best view yet of a **Keel-billed Toucan**, calling right above the track. We walked slowly down the track as there were lots of small birds in the grass at the edge of the track – mostly Variable Seedeaters but we also picked out the scarce **Yellow-bellied Seedeater**, a male **Blue-black Grassquit** and a **Thick-billed Seed-finch**. Grey Hawk and **Red-lored Parrot** were both seen perched (with several pairs of parrots also flying to their roosting places) and we enjoyed a brilliant sighting of a **Three-toed Sloth** mother and tiny baby. One of the big emergent trees was also home to a pair of **Lineated Woodpeckers**, who were working away on a dead branch high up. One flowering tree by the side of the track produced no fewer than 13 species of birds, including great views of our first **Yellow-bellied Elaenia**. Green and Red-legged Honeycreepers, Yellow-crowned Euphonia, Common Tody-flycatcher and many others were also seen in this one tree! In the adjacent cassava plantation, a superb male **Barred Antshrike** was seen and a male **Hooded Warbler** glimpsed briefly. At the edge of La Selva itself, we saw **Boat-billed Flycatcher**, **Long-tailed Tyrant** and **Cinnamon Becard**. Finally we rejoined the bus, which Rodrigo had moved to meet us, and headed back to the lodge.



Fasciated Tiger-heron, Arenal 12th January

MONDAY 13TH JANUARY – *Sunny spells and frequent heavy rain showers, 25C*

Our pre-breakfast walk set a bit of a tone for the day, as it was largely hampered by rain. Nevertheless we saw plenty of birds, most notably concentrated around a single fruiting fig tree in the gardens. Here many species were coming to take advantage of the bountiful fruit, and this included the gorgeous **White-collared Manakin** and subtle **Olive-backed Euphonia**. Flycatchers were everywhere, including the **White-ringed Flycatcher** which was a new bird for us, looking very similar to Social but longer-billed and with a complete white head band. **Red-throated Ant-tanager** was also seen really well and Orange-chinned Parakeets also showed up in the same tree. Back at the

restaurant for breakfast, a gorgeous **Wood Thrush** was under the feeders and an **Orange-billed Sparrow** also bucked the trend of skulking in the dark and came nicely into the open.



Wood Thrush, Selva Verde Lodge 13th January

La Selva Biological Station would be our destination for the rest of the day, but our morning session here was severely hampered by heavy rain. We managed to see an amazing amount though in between the showers! Just along the entrance road we had a lovely pair of **Short-billed Pigeons**, and then a male White-collared Manakin lekking. Slaty-tailed Trogon and a flyover **Double-toothed Kite** were also seen before we had reached the reception buildings, but we had to take shelter here for half an hour due to a deluge of rain. Even here though we had superb views of a nest-building **Band-backed Wren**, brief **Cinnamon Woodpecker**, close-up **Black-faced Grosbeak** and some good views of Squirrel Cuckoo. A **Rufous-winged Woodpecker** would have been one of the highlights of the morning, but it was very brief and not everyone got onto it. Taking the first trail, our next good bird was perched high on the bare branches of an emergent tree in typical fashion – a **Snowy Cotinga**. This sought-after bird is a real speciality of La Selva, and we were pleased to get such good, long scope views as it moved around with a couple of Masked Tityra. Then came another rain storm, and we had to shelter again for 20 minutes, before we could continue along the trail. After all that rain, the frogs were having a great time and we saw three **Strawberry Poison Dart Frogs** along this section – the so-called ‘Blue Jeans’ frog. A **Rufous Motmot** in the canopy was only our second sighting of the trip and overhead, many **Grey-rumped Swifts** were moving through in small groups. Turning right off the main trail, we headed down to check a roost spot for **Vermiculated Screech Owl** (now Middle American Screech Owl). We found two roosting and by sneaking into the bushes

one at a time, everyone could enjoy a close up view. A **Bright-rumped Atila** was also obliging along this now rather muddy trail, perching low down in the open. More rain ended our session here, and Rodrigo was sent to bring the bus down to take us back to the lodge for lunch.



Chestnut-coloured Woodpecker, La Selva 13th January

In the afternoon we returned to La Selva, which was only a fifteen minute drive from our lodge. This time we joined a local guide and crossed the bridge into the forest on the far side. A pair of **Bay Wrens** were a good start to the afternoon – we had not done particularly well with this family on the trip so this was a good catch up on one we should have seen already. A **Broad-winged Hawk** feeding on the grass among the research buildings was also our best sighting of the trip. We spent quite a while in this area, as we found a mixed feeding flock which kicked off with a beautiful **Chestnut-coloured Woodpecker** drumming by the side of the path. Among the myriad tanagers and other small birds we added **Shining Honeycreeper**, **Scarlet-thighed Dacnis**, **Blue-chested Hummingbird** and **Bay-breasted Warbler**. Olive-backed Euphonia was common and there were good views of Bay-headed Tanager, Orange-chinned Parakeet and Streak-headed Woodcreeper too. A regional endemic was the delightful **Rufous-winged Woodpecker**, which was elusive but eventually stopped

to preen and we were able to get it in the scope. A mother and baby **Hoffman's Two-toed Sloth** were in the trees right over our heads too, and a pair of **King Vulture** circled over. Another rain storm saw us taking shelter for a while, but the **Collared Peccaries** didn't mind – they emerged from the forest and began feeding all around us! A **Mantled Howler Monkey** also descended a tree right in front of us and lolloped across the grass to the forest edge – none of us had ever seen one take to the ground before.



Red-eyed Tree Frog, Selva Verde Lodge 13th January

Once the rain stopped the sun came out and many birds appeared to sun themselves on the high branches of the surrounding trees, particularly Keel-billed and Yellow-throated Toucans, and both Red-lored and **Mealy Parrots**. In fact we counted almost twenty toucans departing one tree and gliding effortlessly over without a wing flap! Other birds included another scope view of the **Shining Honeycreeper**, several Grey-capped Flycatchers, a perched (at last!) **Purple-crowned Fairy** and a group of Collared Aracaris. A **White-necked Puffbird** was our first one of the tour, perched high up in a big tree and calling to give away its presence. From here we took to one of the trails into deeper forest for the last hour of the day, and it was predictably quieter here. A **Great Tinamou** walking beside the path and then right at the end, nine **Great Green Macaws** in the trees above us were the highlights. We headed back to the centre, picking up a close **Broad-billed Motmot** along the way, and boarded the bus to head back to the lodge.

TUESDAY 14TH JANUARY – *Sunny spells and showers, 25C*

Our final morning saw the group divide as our American clients departed on an early transfer at 0745 for their earlier flights back to the US. A group of **Chestnut-backed Antbirds** by our rooms after breakfast were a nice start to the day after a well-earned lie in (!) and breakfast at 0700 before

packing our gear and heading for a mornings birding at Cope's house. On the way, we made a riverside stop to check for Sunbittern – no sign of the bird, but we did get Ringed and Amazon Kingfishers, Louisiana Waterthrush, **Fasciated Tiger-heron**, Cocoa Woodcreeper, **Black-crowned Tityra** and a superb close view of our first **Northern Barred Woodcreeper**.



White-tipped Sicklebill, Cope's House, 14th January

Arriving at Cope's, which is around an hour away on the road to San Jose, we were in for a treat. Here a local artist and naturalist has turned his back garden into a small nature reserve with a brilliant photography hide, and my word what a selection of birds can be enjoyed here in close up. On our previous visits, there has often been mention of an occasional visit by a **White-tipped Sicklebill**, but we have never seen it. Imagine our delight then, when we discovered the bird was waiting for us on arrival! This remarkable hummingbird, such a denizen of the dark forest interior and specialist in heliconia flowers, is rarely seen perched in the open. So to have the bird just feet away on and off during our visit was a tour highlight for sure. We spent about an hour watching oropendolas, parakeets, tanagers, aracarís, thrushes and more piling in and out of the feeding station and posing on the well-positioned mossy branches for endless photos. A Green Heron stalked the shallows of the pond in front of the hide and a Green Kingfisher even paid a visit. Hummingbirds were represented by Long-billed and Stripe-throated Hermits, White-necked Jacobin, Bronze-tailed Plumeleteer and Crowned Woodnymph. After enjoying our fill here, we boarded the bus and made a short drive accompanied by Luiz, one of Cope's assistants, to search for roosting owls. **Spectacled**

Owl was on the agenda today, and after a muddy walk deep into the forest, we were soon enjoying amazing close views of two adults and a fledged chick. This was a fabulous way to end our time in this incredibly biodiverse country, we can't wait to come back!



Green Kingfisher, Cope's garden 14th January

SYSTEMATIC LIST

1. Great Tinamou
2. Little Tinamou (H)
3. Pied-billed Grebe – **Arenal Lake**
4. Least Grebe – **San Isidro**
5. Brown Pelican
6. Neotropic Cormorant
7. Anhinga
8. Magnificent Frigatebird
9. Bare-throated Tiger-heron
10. Fasciated Tiger-heron
11. Yellow-crowned Night-heron
12. Boat-billed Heron
13. Cattle Egret
14. Green Heron
15. Little Blue Heron

16. Tricoloured Heron
17. Reddish Egret – **Tarcoles Estuary**
18. Snowy Egret
19. Great Egret
20. Great Blue Heron
21. Wood Stork
22. White Ibis
23. Roseate Spoonbill – **Tarcoles Estuary**
24. Black-bellied Whistling Duck
25. Blue-winged Teal
26. Turkey Vulture
27. Black Vulture
28. King Vulture
29. Osprey
30. American Swallow-tailed Kite – **Bosque del Tolomuco**
31. White-tailed Kite
32. Double-toothed Kite – **La Selva**
33. Crane Hawk – **Carara NP**
34. Common Black-hawk
35. Zone-tailed Hawk - **Arenal**
36. Grey Hawk
37. Roadside Hawk
38. Broad-winged Hawk
39. Short-tailed Hawk
40. Red-tailed Hawk
41. Harris Hawk
42. Crested Caracara
43. Yellow-headed Caracara
44. Laughing Falcon – **Villa Lapas**
45. Peregrine
46. Great Curassow
47. Crested Guan
48. Black Guan
49. Grey-headed Chachalaca – **lunch stop near San Isidro**
- 50. Spotted Wood-quail - Savegre**
51. Rufous-necked Wood-rail - **Tarcoles**
52. White-throated Crake (H)
53. American Purple Gallinule
54. Northern Jacana
55. Double-striped Thick-knee – **La Ensenada**
56. Black-necked Stilt
57. Marbled Godwit
58. Southern Lapwing
59. Grey Plover
60. Semipalmated Plover
61. Wilson's Plover
62. Kildeer
63. Hudsonian Whimbrel
64. Willet
65. Spotted Sandpiper
66. Semipalmated Sandpiper

67. Western Sandpiper
68. Greater Yellowlegs
69. Short-billed Dowitcher
70. Least Sandpiper
71. Laughing Gull
72. Franklin's Gull
73. American Herring Gull
74. Royal Tern
75. Band-tailed Pigeon
76. Pale-vented Pigeon – **Cope's garden**
77. Red-billed Pigeon
78. Ruddy Pigeon – **Above Savegre lodge**
79. Mourning Dove
80. Short-billed Pigeon – **La Selva**
81. White-winged Dove
82. Inca Dove
83. Ruddy Ground-dove
84. Common Ground-dove
85. White-tipped Dove
86. Grey-chested Dove
87. Scarlet Macaw
88. Great Green Macaw
89. Crimson-fronted Parakeet - **Bougainvillea**
90. Olive-throated Parakeet – **La Selva flyover**
91. Orange-fronted Parakeet – **Near Puntarenas salt pans**
92. Orange-chinned Parakeet
93. Sulphur-winged Parakeet – **Savegre valley flyovers**
94. White-crowned Parrot – **Arenal and La Selva**
95. White-fronted Parrot – **La Ensenada**
96. Red-lored Parrot
97. Mealy Parrot – **La Selva**
98. Yellow-naped Parrot
99. Squirrel Cuckoo
100. Groove-billed Ani
101. Pacific Screech-owl
102. Vermiculated (Middle American) Screech Owl
103. Spectacled Owl
104. Ferruginous Pygmy-owl
105. Great Potoo
106. Lesser Nighthawk - **Tarcoles**
107. Common Parakeet
108. Chestnut-collared Swift – **Flock over near La Selva**
109. White-collared Swift
110. Vaux's Swift – **flock over at Savegre**
111. Costa Rican Swift – **Villa Lapas**
112. Grey-rumped Swift – **La Selva**
113. White-tipped Sicklebill – **Cope's Garden**
114. Bronzy Hermit – **La Selva**
115. Long-billed Hermit
116. Green Hermit
117. Stripe-throated Hermit

118. Scaly-breasted Hummingbird
119. Violet Sabrewing – **Bosque del Tolomuco**
120. White-necked Jacobin
121. Green Violet-ear
122. Green-breasted Mango
123. Violet-headed Hummingbird
124. White-crested Coquette - **Bosque del Tolomuco**
125. Black-crested Coquette - **Arenal**
126. Green Thorntail - **Arenal**
127. White-tailed Emerald - **Bosque del Tolomuco**
128. Violet-crowned Woodnymph
129. Fiery-throated Hummingbird
130. Snowy-bellied Hummingbird
131. Blue-chested Hummingbird – **La Selva**
132. Steely-vented Hummingbird – **Carara NP**
133. Cinnamon Hummingbird – **La Ensenada**
134. Rufous-tailed Hummingbird
135. Stripe-tailed Hummingbird - **Savegre**
136. White-throated Mountain-gem
137. Bronze-tailed Plumeleteer
138. Green-crowned Brilliant - **Bosque del Tolomuco**
139. Magnificent Hummingbird
140. Purple-crowned Fairy
141. Ruby-throated Hummingbird
142. Magenta-throated Woodstar - **Bosque del Tolomuco**
143. Volcano Hummingbird
144. Scintillant Hummingbird
145. Resplendent Quetzal
146. Slaty-tailed Trogon
147. Black-headed Trogon
148. Black-throated Trogon
149. Gartered (Violaceous) Trogon
150. Ringed Kingfisher
151. Belted Kingfisher
152. Amazon Kingfisher
153. Green Kingfisher
154. American Pygmy Kingfisher
155. Broad-billed Motmot
156. Turquoise-browed Motmot
157. Rufous Motmot
158. Keel-billed Motmot
159. Blue-crowned (Lesson's) Motmot
160. Rufous-tailed Jacamar
161. White-necked Puffbird – **La Selva**
162. White-whiskered Puffbird
163. Red-headed Barbet
164. Emerald Toucanet
165. Fiery-billed Aracari – **Villa Lapas**
166. Collared Aracari
167. Keel-billed Toucan
168. Black-mandibled Toucan

169. Acorn Woodpecker
170. Black-cheeked Woodpecker
171. Hoffman's Woodpecker
172. Red-crowned Woodpecker
- 173. Hairy Woodpecker – Above Savegre**
174. Golden-olive Woodpecker
175. Rufous-winged Woodpecker – **La Selva**
176. Chestnut-coloured Woodpecker - **La Selva**
177. Cinnamon Woodpecker - **La Selva**
178. Lineated Woodpecker
179. Pale-billed Woodpecker
180. Tawny-winged Woodcreeper – Villa Lapas
181. Wedge-billed Woodcreeper
182. Northern Barred Woodcreeper – **riverside near Cope's garden**
183. Cocoa Woodcreeper
184. Steak-headed Woodcreeper
185. Spot-crowned Woodcreeper
186. Slaty Spinetail – **Lake Arenal**
187. Red-faced Spinetail – **Bosque del Tolomuco**
188. Ruddy Treerunner – **Above Savegre**
189. Lineated Foliage-gleaner (H) – **Villa Lapas**
190. Buff-throated Foliage-gleaner – **Arenal trails**
191. Barred Antshrike
192. Black-hooded Antshrike
193. Dot-winged Antwren – **Carara NP**
194. Dusky Antbird
195. Chestnut-backed Antbird – **Selva Verde**
196. Dull-mantled Antbird - **Arenal**
197. Spotted Antbird
198. Streak-chested Antpitta – **Villa Lapas**
199. Thicket Antpitta - **Arenal**
200. Cinnamon Becard
201. White-winged Becard
202. Rose-throated Becard – **Villa Lapas**
203. Masked Tityra
204. Black-crowned Tityra
205. Turquoise Cotinga – **San Isidro**
206. Snowy Cotinga
207. Three-wattled Bellbird – **La Ensenada**
208. Red-capped Manakin
209. White-collared Manakin
210. White-ruffed Manakin
211. Black Phoebe
212. Long-tailed Tyrant
213. Scissor-tailed Flycatcher
214. Tropical Kingbird
215. White-ringed Flycatcher – **Selva Verde**
216. Boat-billed Flycatcher
217. Bright-rumped Atilla
218. Grey-capped Flycatcher
219. Social Flycatcher

220. Great Kiskadee
221. Brown-crested Flycatcher
222. Dusky-capped Flycatcher
223. Tropical Pewee
224. Dark Pewee – **Savegre, Tony and Ashley only**
225. Yellow-bellied Flycatcher
226. Yellowish Flycatcher
227. Black-capped Flycatcher
228. Tufted Flycatcher
229. Ruddy-tailed Flycatcher
230. Sulphur-rumped Flycatcher
231. Royal Flycatcher – **Villa Lapas**
232. Yellow-olive Flycatcher
233. Northern Scrub Flycatcher
234. Eye-ringed Flatbill
235. Common Tody-flycatcher
236. Scale-crested Pygmy-tyrant – **Arenal trails**
237. Yellow Tyrannulet – **Arenal lake**
238. Torrent Tyrannulet
239. Yellow-bellied Elaenia
240. Mountain Elaenia
241. Southern Beardless Tyrannulet
242. Paltry Tyrannulet
243. Olive-striped Flycatcher
244. Ochre-bellied Flycatcher
245. Grey-breasted Martin
246. Barn Swallow
247. Southern Rough-winged Swallow
248. Northern Rough-winged Swallow
249. Blue & White Swallow
250. Mangrove Swallow
251. Brown Jay
252. White-throated Magpie-Jay
253. Tropical Mockingbird
254. Band-backed Wren
255. Rufous-naped Wren
256. Stripe-breasted Wren
257. Bay Wren – **La Selva**
258. Banded Wren – **Arenal trails**
259. Black-throated Wren
260. Rufous-breasted Wren – **Carara NP**
261. House Wren
262. Ochraceous Wren – **Savegre valley**
263. Timberline Wren - **Paramo**
264. Grey-breasted Wood-wren (H) – **at Quetzal site**
265. Clay-coloured Thrush
266. Mountain Thrush
267. Sooty Thrush
268. Black-faced Solitaire
269. Wood Thrush
270. Ruddy-capped Nightingale-thrush

271. Black-billed Nightingale-thrush
272. White-lored Gnatcatcher
273. Long-billed Gnatwren
274. Long-tailed Silky-flycatcher
275. Black and Yellow Silky-flycatcher – **Paraiso de Quetzales**
276. Rufous-browed Peppershrike – **above Savegre**
277. Yellow-throated Vireo
278. Philadelphia Vireo
279. Tawny-crowned Greenlet – **Carara NP**
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. Tropical Parula
288. Yellow Warbler
289. Black-throated Green Warbler
290. Chestnut-sided Warbler
291. Bay-breasted Warbler – **La Selva**
292. Northern Waterthrush
293. Louisiana Waterthrush
294. Olive-crowned Yellowthroat - **Lake Arenal**
295. Grey-crowned Yellowthroat – **Lake Arenal**
296. Wilson’s Warbler
297. Collared Redstart
298. Golden-crowned Warbler – **Arenal trails**
299. Black-cheeked Warbler – **Paraiso de Quetzales**
300. Buff-rumped Warbler
301. Chestnut-headed Oropendola
302. Montezuma Oropendola
303. Scarlet-rumped Cacique
304. Yellow-billed Cacique – **Arenal approach track**
305. Melodious Blackbird
306. Great-tailed Grackle
307. Orchard Oriole
308. Spot-breasted Oriole
309. Streak-backed Oriole
310. Black-cowled Oriole
311. Baltimore Oriole
312. Red-winged Blackbird
313. Red-breasted Blackbird
314. Golden-browed Chlorophonia – **Paraiso de Quetzales**
315. Tawny-capped Euphonia
316. Scrub Euphonia
317. Yellow-crowned Euphonia
318. Yellow-throated Euphonia
319. Olive-backed Euphonia
320. Yellow-bellied Siskin - **Savegre**
321. Lesser Goldfinch - **Savegre**

322. Emerald Tanager
323. Speckled Tanager – **Bosque del Tolomuco**
324. Silver-throated Tanager
325. Golden-hooded Tanager
326. Plain-coloured Tanager
327. Bay-headed Tanager
328. Green Honeycreeper
329. Red-legged Honeycreeper
330. Shining Honeycreeper – **La Selva**
331. Scarlet-thighed Dacnis - **La Selva**
332. Blue-grey Tanager
333. Palm Tanager
334. Scarlet-rumped Tanager
335. Crimson-collared Tanager – **Arenal approach track**
336. Summer Tanager
337. Flame-coloured Tanager
338. Carmiol's (Olive) Tanager
339. Red-crowned Ant-tanager
340. Red-throated Ant-tanager – **Selva Verde**
341. White-shouldered Tanager
342. Grey-headed Tanager – **Carara NP**
343. Common Chlorospingus
344. Sooty-capped Chlorospingus
345. Black-headed Saltator - **Arenal approach track**
346. Buff-throated Saltator
347. Greyish Saltator
348. Black-faced Grosbeak – **La Selva**
349. Rose-breasted Grosbeak
350. Blue-black Grosbeak
351. Blue Grosbeak – **Near Puntarenas salt pans**
352. Painted Bunting
353. Thick-billed Seed-finch
354. Blue-black Grassquit
355. Yellow-faced Grassquit
356. White-collared Seedeater
357. Yellow-bellied Seedeater
358. Variable Seedeater
359. Peg-billed Finch - **Paramo**
360. Slaty Flowerpiercer
361. Yellow-thighed Finch
362. Chestnut-capped Brush-finch
363. Orange-billed Sparrow
364. Black-striped Sparrow
365. White-eared Ground-sparrow – **Bougainvillea, Barbara and Erick only**
366. Stripe-headed Sparrow
367. Volcano Junco
368. Rufous-collared Sparrow
369. House Sparrow

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