



TOUR REPORT
COSTA RICA
7TH – 18TH JANUARY 2023

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Cover photo: Ocellated Antbird by Tour Participant “Tat” Taylor

SATURDAY 7TH JANUARY

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 5’oclock local time. A straightforward passage through immigration was followed by a longer wait for our luggage and a queue for our bags to be scanned again before we headed out to the arrivals area. Here we met our local guide Erick and a phone call soon saw the arrival of our bus and driver, Rodrigo. A straightforward half hour transfer followed to the Bougainvillea Hotel, our accommodation for the night. This perfectly placed hotel is the overnight choice for many of the birding tours visiting the area, as it is close to the airport yet offers beautiful, landscaped gardens offering an opportunity to get to grips with some of the common Neotropical birds from the off. Two of the group had arrived the day before, Ted and Celia, so we made contact with them, but we were all very tired after a long day, so it was an early dinner then off to bed!

SUNDAY 8TH JANUARY

After a good night’s sleep for most of us, we met at 5.30 for coffee and a snack before heading into the hotel gardens at first light, to ease ourselves into the wealth of bird life Costa Rica has to offer. We soon started picking up typical, and to a degree, expected species such as Rufous-crowned Sparrow, White-tipped Dove, Red-bellied Pigeon and both Hoffmans and Lineated Woodpecker. Our first Hummingbird was a Rufous-tailed and Tanagers went on the list too, with the addition of several smart Blue-gray. North American migrants included Philadelphia Vireo, Baltimore Oriole, Red-breasted Grosbeak and Yellow and Tennessee Warblers. A pair of showy and vocal Rufous-naped Wrens were an appreciated addition, as were at least three Lesson’s Motmots. Parrots seen included vocal over flying groups of Crimson-fronted Parakeets, smaller numbers of Orange-chinned plus several White-fronted Parrots. A nice selection of Tyrant Flycatchers included the similar looking Great Kiskadee and Boat-billed Flycatcher plus Social Flycatcher and Tropical Kingbird. A pair of Crested Caracara had seemingly started nesting in a tall pine In the garden and treated us to several overflying views, but became virtually impossible to see once they had landed in the top of the tree. With breakfast now beckoning we headed back towards the hotel with one last treat in store, a pair of roosting Mottled Owls.

The Owls were right next to the path in a stand of Bamboo and gave us fantastic views, seemingly oblivious to our assembled group just below them.



Roosting Mottled Owl in the Hotel Gardens

After breakfast we packed our gear and loaded the bus for the two hours ride up into the Talamanca mountain range where we would be based for the next two nights.

Birds seen on the way included the expected Cattle Egrets and Great-tailed Grackles, but also a Short-tailed Hawk, Gray Hawk and Morelet's (now split from Collared) Seedeater. We wound our way up into the cloud forest to around 9000ft, and the Lodge at Paraiso de Quetzales where we would have lunch. We disembarked from the bus some 300 metres from the lodge to bird along the edge of road in. This proved a good move, with us seeing Yellow-thighed Finch, Black-capped Flycatcher, Flame-throated and Wilson's Warblers and Black-billed Nightingale Thrush. The first job on arrival at the lodge was to order lunch, after which we went onto the outside veranda to view the hummingbird feeders and the scrub and trees below. An entertaining 45 minutes followed with some incredible 'up close and personal' views of the Hummingbirds with five species present, Talamanca, Fiery-throated, Volcano, Lesser Violet-ear and White-throated Mountain Gem. Black and Yellow Silky Flycatchers and Sooty-capped Chlorospingus were additional bonuses found feeding in the bushes below us. An enjoyable and welcome lunch followed, after which we took a short walk down into the gardens around the chalets below. New additions to our list quickly followed with

Large-footed Finch, Flame-shouldered Tanager, Slaty-flower Piercer, Black-thighed Grosbeak and what was to be arguably one of the most stunning birds of the trip, Golden-browed Chlorophonia!



Golden-browed Chlorophonia

Returning to the bus we continued our journey onto our next lodge, Savegre, taking the winding road down into the valley, reaching the lodge just after three o'clock. The journey was uneventful with the only bird of note being an Acorn Woodpecker hanging onto the mouth of its nest hole in a dead tree at the side of the road.

Having arrived in good time we still had around ninety minutes of daylight left once we checked in, deposited our bags, and freshened up. New birds continued to be added to the day list, with the addition of Mountain Elaenia, Sulphur-winged Parakeets, Silver-throated Tanager, Band-tailed Pigeon, and Tropical Mockingbird. The closing half an hour or so was spent down near the river with the nearby trackside vegetation revealing Grey-breasted Wood-wren, Spotted Woodcreeper and Ruddy-capped Nightingale-Thrush. A look from the bridge along the river itself, revealed two Torrent Tyrannulets flicking between and on top of the larger protruding rocks. Whilst the group was watching them Philippa's attention had been drawn to what appeared to be a large Kingfisher flying along the river with the bird heading off and away from the group, out over the nearby countryside. Erick had only glimpsed the bird but said he thought it was either a Ringed or Belted, with subsequent enquires revealing that Belted Kingfisher was the only one that had been recorded in the area. One last bird before we headed back was an unusually confiding Louisiana Water-Thrush, which we enjoyed nice views of before returning to the Lodge and dinner.

MONDAY 9TH JANUARY

Our day started around 0530 with coffee on the veranda accompanied by the sound Rufous-Collared Sparrows, singing their loud and not unpleasant song heralding the start of a new day. As the light

broke, we started off for a planned hour or so walk before Breakfast. A small group of four Rose-breasted Grosbeaks were a new addition for most of the group, found perched in the top of a distant tree, with scope views revealing two were males. A selection of commoner birds, such as Silver-throated and Flame-coloured Tanagers, Slaty Flower-piercer, Talamanca Hummingbirds and Turkey Vulture followed, before we headed into a more wooded section of the grounds. Initially things appeared quiet then slowly birds started to appear, a pair of Slate-throated Redstarts were followed by several skulking Chestnut-capped Brush-finches. We left the wood and returned to the more open area around the rooms, with a Long-tailed Silky Flycatcher appearing as our next new bird. There were in fact two and as we watched them, they dropped from their perches and flew towards us. Known to favour a near fruit tree we headed there and sure enough there they were, giving some stunning views and much appreciated photographic opportunities.



Male Long-tailed Silky Flycatcher

We then made a short walk up into the lower area of the mountain range which produced, Melodious Blackbird, Tropical Kingbird and our first Scintillant Hummingbird, a rather smart female.

Sulphur-winged Parakeets made their presence known by noisily flying over us and two Flycatcher species, Black-capped and Yellowish were seen. With time having literally flown by, we retraced our steps to return for Breakfast, noting Yellow-throated and White-napped Brush Finch as we walked back. Erick had already informed us that the Scintillant Flycatcher was the smallest Costa Rican bird, and as we watched the female again it suddenly disappeared. It wasn't quick enough though, as Erick had seen it land on its nest! We trained the scope on the bird and nest and enjoyed great views, a rather unexpected treat!



Female Scintillant Flycatcher on her nest

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 specialties of higher altitude. To begin with it seemed quiet, but by listening for calls and patiently watching for movement, we

started to see birds. We spent the first hour or so around the area, dropping down and heading back down the track to the large, covered viewing area. Initial sightings included two pairs of Acorn Woodpeckers, a couple Tufted Flycatchers, which was a species people would become increasingly familiar with as we searched for birds! Several Wilson's Warblers, Spangled-cheeked Tanager, Spot-crowned Woodcreeper, Ruddy Tree-runner, Black-cheeked Warbler, Collared Redstart and both the previous days Nightingale-Thrush species, concluded a successful time spent there.



Spangled-cheeked Tanager

As we'd made our way down the rain had started, initially drizzle, but soon became heavier, so we waited patiently on the viewing area for it to stop. We picked out a few birds moving around the understorey around us which included Black-throated Green Warbler, with everyone finally gaining nice views, along with further Flame-throated Warbler, Mountain Thrush, Sulphur-winged Parakeets, Black-capped Flycatcher, and a new one for the trip, two flyby Ruddy Pigeons. The rain had eased slightly but showing little sign of stopping completely so a decision was made to head back. There were two options at this stage, to either walk or be collected by the Jeeps that had taken us up. It was a split decision, so a single Jeep collected half the group whilst the rest of us walked down. As the walking group headed down, the rain started to fall again and we initially worried we had made the wrong decision, but this was fortunately not to be the case.

Our first roadside bird was a Black-faced Solitaire and whilst watching that a male Collared Trogon flashed in and landed in a small tree right next to us! We watched it for several minutes before it moved off further down the track, being joined by a second male and a female! Several of the group had also seen what they thought may have been a Resplendent Quetzal, there was no further sign of it, but a Black Guan was a bonus found whilst we searched! We continued our walk down and as we did so the rain largely eased, encouraging the birds to become more active with roaming mixed flocks encountered on several occasions. This led to an exciting end to the morning as we worked through them enjoying nice views of previously encountered birds, such as Spot-crowned Woodcreeper, Tennessee, Flame-throated, Black-throated Green and Wilsons Warblers and Speckled-cheeked Tanager plus new additions that included Black and White and Golden-winged

Warblers, Yellow-winged and Brown-capped Vireos, Barred Becard, Lineated-foilage Gleaner and Ruddy Treerunner.

We arrived back at the lodge rendezvousing with the rest of the group for lunch.



Male Collared Trogon

One new addition just as we were finishing lunch was a Red-tailed Hawk, found by Rodrigo as it perched in the top of a large tree outside the restaurant with us all managing to see.

After a short siesta we re-grouped outside the reception area, boarded the bus and headed off to check a nearby site, hoping for Resplendent Quetzal. After a short distance as we drove parallel to the river, two roadside Black Guans were seen and we stopped the bus next to them enabling the people who missed out on them earlier in the day to see them. We resumed our journey taking a turning down to a small Lodge, where we parked to begin our search. It hadn't stopped raining and there were some initial concerns as to what form the visit was going to take. The plan was to walk up the side of the nearby hill to an area the Quetzals were known to favour and stand in the rain until they appeared, not the most appealing plan we'd heard but 'needs must' as they say! The trip ironically couldn't have been any more successful, with us reaching the area we were to view from and turning to scan the trees behind the more open area in front of us. We'd only just lifted our binoculars as Chris's voice rang out saying he'd found a large green bird perched in one of the trees!

We followed his directions and there it was a male Resplendent Quetzal! Scopes were quickly trained on it, and this resulted in the female being found close by.



Male and female Resplendent Quetzals

Things then got even better with the female moving down much closer to us and the discovery of at least two more males and another female in the general vicinity! The rain had also eased and finally stopped, and we enjoyed some great views of the birds over the next hour or so. Other birds in the area included a Yellow-thighed Brush-finch, Yellow-winged Vireo and a ridiculously confiding ground feeding Acorn Woodpecker.



Ground feeding Acorn Woodpecker

We returned back to our Lodge with the rain having unfortunately resumed, resulting in the majority of the group returning to their rooms for the afternoon and just a few hardy damp souls spending the last hour of the day birding the local area. Birds seen included White-throated Mountain Gem, Volcano Hummingbird, Silver-throated Tanager, Chestnut-capped Brush Finch and both Tropical Mocking and Kingbirds.

TUESDAY 10th JANUARY

We assembled again for coffee at 5.30am with the rain having finally stopped overnight. As the light started to improve, we could make out the first Flame-coloured Tanager of the day frequenting its favourite spot near the reception area. A Red-tailed Hawk appeared circling over the area we had seen it in yesterday and a Great-blue Heron flew up from the river and away from us. We decided to head down to the entrance and walk parallel along the road alongside the river. Two Torrent Tyrannulets were again present, giving us closer views than the day before. Our hoped-for species here was Stripe-tailed Hummingbird and it didn't take long for Erick to locate one, already feeding in its favoured patch of Cana Leadus flowers. A dark morph Broad-winged Hawk was found sat under the nearby tree canopy, though quickly flew off along the river. A Black Phoebe appeared; another new addition, followed by two Louisiana Waterthrushes feeding amongst the deposited vegetation lining the edge of the river. We then retraced our steps, taking an earlier breakfast due to the impending journey ahead, noting two species on the way back, both we were now well acquainted with, Mountain Thrush and Talamanca Hummingbird. After Breakfast we loaded our luggage into the bus for what would be our longest transfer day of the trip. We had several stops to make along the way today, the first of these was relatively easy, involving stopping the vehicle at a suitable point along the road, where at least three Sooty Thrushes were present. The birds were very confiding, though looked worryingly like a European Blackbird!

We joined the Panamanian Highway heading up to the highest point of the mountains reaching a height of around 10,600 feet, where we pulled off onto a gravel track. Our targets here were Volcano Junco and Timberline Wren, both it transpired would prove a challenge! Our first touch of success though was with the Junco, with one found feeding alongside a Sooty Thrush at the side of the track. The bird frustratingly disappeared though before we could all see it, so we continued our search. We fortunately didn't have to search for long, with the bird reappearing on the top of a

nearby bush. The light wasn't brilliant, as we were looking to a degree into the sun, but views through the scope were perfectly acceptable. With the Wren the next target we carried on searching, this unfortunately proved unsuccessful, and we headed back towards the bus, the plan to try a different site. At this point a large percentage of the men had decided they would take a comfort break before heading off. As they lined up the joke was made that if the Wren was to appear it would be now, at which point Ted shouted out "there it is, in front of me now!" The assembled group "paused their activities" and rushed over, with views of obtained by all, as it worked its way along the base of the bushes. The rest of the group quickly reappeared though the Wren was clearly 'somewhat unimpressed' with what it had seen and promptly disappeared. There was no further sign, with the only consolation a rather smart male Volcano Hummingbird. With time having slipped away we boarded the bus and headed onto the second site Erick had in mind. Unfortunately, this proved fruitless, so we admitted defeated and started our journey towards the Pacific coast.

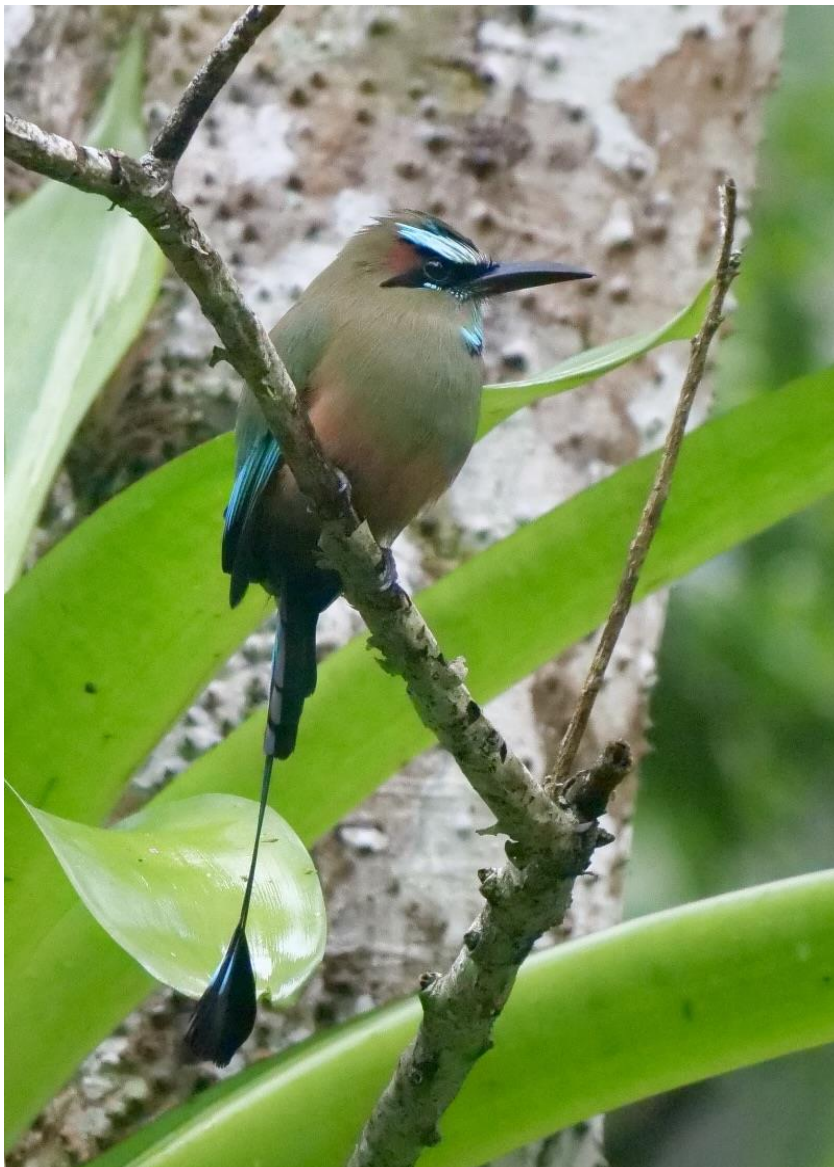
The traffic was heavy, and the journey took around three hours. We made one comfort stop and looked for birds as drove along, though little was seen other than the expected Grackles, Feral Pigeons, and circling Vultures. Things got a little more exciting as we passed a roadside lake on the outskirts of San Jose, we us adding Black-bellied Whistling Duck and Great Egret. As we approached our destination we had our first Scarlet Macaw's along with a few Wood Storks, both species we would encounter again. We arrived at Villa Lapas, leaving our bags on the bus, and headed straight in for lunch. After lunch we saw our first Bare-throated Tiger Heron sitting on the bank of the river, plus two Hummingbirds around some nearby flowers, Rufous-tailed and Scaly-breasted, after which we headed to reception and checked into our rooms.

A short respite for unpacking and freshening up then we regrouped in the reception area for a walk around the grounds.



Adult Bare-throated Tiger Heron

Assembling at reception the birding started with a stunningly bright Scarlet-rumped Tanager and an old friend in the form of a male Baltimore Oriole. We took a circular walk around the grounds with the first part of the walk seeing us craning our necks to look at birds such as Red-legged Honeycreeper, Streaky-breasted Woodcreeper and Summer Tanager high that where high in the tree canopy above us. Things got slightly easier as we concentrated on some lower trees around the accommodation areas, where American migrants became a feature, with species seen such as Yellow and Chestnut-sided Warbler, Northern Waterthrush and Yellow-throated Vireo seen. Other species we encountered included Lesser Greenlet, Grey-capped and Olive-striped Flycatchers, Yellow-throated Euphonia, Common Tody Flycatcher and Orange-billed Sparrow. We moved on completing the circuit and concluding the walk on the more open area in front of our rooms. Here we found the most confiding birds of the walk, a Turquoise-browed Motmot and a White-whiskered Puffbird, both sitting perfectly still on their respective perches.



Turquoise-browed Motmot

Palm Tanager was also added here and as we separated to head to our own individual rooms some movement was noted in the treetops on the other side of the river which transpired to be our first Toucan of the trip, a Yellow-throated.

After dinner Erick took us out to the ornamental ponds by reception to look for tree frogs, with three species seen, two small Tree Frog species, Red-eyed and Hourglass and another at the end of the spectrum the Smokey Jungle Frog, which was probably one of the largest frogs many of us had ever seen!

WEDNESDAY 11TH JANUARY – *Pleasant, some rain lunch time but temp a pleasant 25C.*

Our day started typically early with coffee by the river a 0545, then we took a pre-breakfast amble around the grounds for an hour or so before breakfast. We stood outside reception scanning for movement, with a small flock of female Scarlet-rumped Tanagers followed shortly later by two Scarlet Macaws. The Macaws landed in some closer trees, and we gained some nice views, though when they took off it transpired there was a further five which had kept themselves hidden from view! A Bare-throated Tiger Heron had begun nesting in a tall Rain tree just outside reception, though even with a scope trained on the nest we failed to convince some of the group there was a bird in it!

Our walk produced a selection of birds we'd seen before such as Hoffman's Woodpecker, Rufous-napped Wren and Turquoise-browed Motmot. There were the hoped-for new birds too, Slaty-tailed Trogon, Scaly-breasted Wren and Golden-naped Woodpecker all being seen well.

Our destination this morning after breakfast was Carara National Park, only a fifteen-minute drive from Villa Lapas. We stopped almost as soon as we started the drive, with a Groove-billed Ani found perched in a tree near the road. Arriving at the Park we checked in and headed off down the main birding route.

A Plain Xenops was the first bird we encountered, right next to the path behaving in its typically active manner, as we all watched and attempted to gain views of it. In contrast a pair a White-whiskered Puffbirds were discovered sat nearby with the female only feet from the path.



Female White-whiskered Puffbird

We spent close to three hours walking the path, enjoying nice views of a variety of new birds plus a selection of mammals.

Erick explaining the ecology of the Primary and Secondary forest we walked through, identify some of the trees and insects. Bird wise additions were a flock of seven Grey-headed Tanagers that had come down to drink on a nearby stream and a Wood Thrush which hopped through the leaf litter seemingly making itself as hard to see as possible! Cocoa Woodcreeper was a species we saw several times, again not the most co-operative, though a Pale-billed Woodpecker that returned to its nest site several times was the complete opposite!



Pale-billed Woodpecker at it's nesting tree

A new Hummingbird, Blue-throated Golden-tail, perched nicely for us and was seen through the scopes, with Black-hooded Antshrike and Chestnut-backed Antbird both seen nearby. A Black-throated Trogon sat nicely for us though Eye-ringed Flatbill and Riverside Wren were a tad more challenging. Mammals wise we encountered a troop of White-chinned Capuchin Monkeys, a roosting White-lined Bat, two White-tailed Deer, several Agouti's and a rather smart and confiding male White-nosed Coati. Mantled Howler Monkeys were heard, and as we crossed a dried riverbed Erick pointed out a Masked tree Frog, totally out of context it was anyone's guess what it was doing there.

The final bird of the morning was very much a surprise, with a feeding flock of six Marbled Wood Quail right by the path, another species that seemed totally oblivious to us all standing there watching them.



Marbled Wood-quail

Lunch wasn't as straight forward as we would have liked with the glass protector screen shattering over the food just as we arrived, meaning lunch was somewhat delayed! A Ringed Kingfisher along the river was a welcome diversion as we waited for things to be re-organised.

After lunch we made the short drive to the nearby Tarcoles River for our afternoon boat trip.

As seemingly always even the shortest journey was broken by birds along the way on this occasion, roadside Gartered Trogon, Groove-billed Ani and Hoffman's Woodpecker delayed us.



Male Gartered Trogon

This excursion is always a tour highlight, with the chance to see a variety of wildlife up close in excellent light. As we boarded the boat, new birds were arriving thick and fast, Mangrove Swallow, Snowy Egret, White Ibis, Least and Spotted Sandpipers and that was before we'd even started moving!

We spent the next few hours working several routes along the river before heading finally to the river mouth, which corresponded beautifully with the high tide. Many of the species we saw were arguably expected, such as the Herons, Little and Great Blue, Tricoloured, Bare-throated and Yellow-crowned Night Heron all seen. Kingfishers were also well represented with four species, Belted, Ringed, Green and American Pygmy seen.



Green Kingfisher one of four species seen during our river trip

Anhingas and Neotropical Cormorants were also noted perched out in typical fashion along our route and Magnificent Frigatebirds regularly drifted over. Common Black Hawk lived up to their name with five together on one stretch of the river, where a territorial dispute saw one ending up briefly in the river. Several Ospreys and a Peregrine were also noted. The passerines were represented by Mangrove, Black and White and Prothonotary Warblers, Tropical Peewee which we all saw, but unfortunately the same couldn't be said for Mangrove Hummingbird. As we headed to the river mouth Royal Terns and Brown Pelicans joined our list and additional shorebirds included Whimbrel, Black-necked Stint, Turnstone and Willet. A hoped-for species here was Collared Plover which after a degree of searching were finally located on a favoured stretch of riverbank. Two birds were present, and we enjoyed good views as we watched them scurry rapidly across the sand in 'clockwork toy' manner!



Collared Plover

THURSDAY 11TH JANUARY

We met up for coffee at 0545 as usual, then set out around the gardens following a path alongside the river and planning to extend our route on from the first afternoon. Several Scarlet Macaws appeared, landing in the path side trees, giving us some nice views and the Turquoise-browed Motmot wasted no time in appearing to impress us again. Two Buff-rumped Warblers flitted along the vegetation on the far side of the river, flashing their 'bright' rumps at us repeatedly. A Gray-breasted Dove was unfortunately no more than a profile as it landed on the path in front of us, immediately taking off, and a Black-faced Antbird was equally as brief. A rather quiet and frustrating thirty minutes followed from a sighting's perspective, but as always calling birds could be heard around us. Then as you find with forest birding things suddenly got better, with the appearance of Cocoa Woodcreeper, White-whiskered Puff-bird, Black-throated Trogon and a new Woodcreeper, Northern Barred.

Long-billed Hermits could be heard calling constantly around us and we realised it was a Lek. Birds flashed backwards and forwards over the path often chasing each other and after a while we were able to find perched calling birds to gain good looks at. We turned tail and started walking back, as we did so adding a pair of Dusky Antbirds to the list. A Green Kingfisher was found perched over the river and Yellow-olive and Ruddy-tailed Flycatchers were found nearby. We entered the clearer area around the accommodation noting a flock of four Brown Jays which were quickly followed by a pair of Montezuma Oropendolas. Final birds of the walk were a pair of Hoffman's Woodpeckers, which concluded a very successful morning.

After breakfast we loaded the bus and said our goodbyes and started on our way to our next destination, a one-night stop at La Esenada Lodge, a two-hour journey along the Pacific coast. As usual we didn't get far, with Erick spotting a Zone-tailed Hawk over the road. We all climbed out and watched the bird circling overhead with several larger Turkey Vultures. A larger mixed Kettle of Vultures and Magnificent Frigatebirds were also noted nearby. The journey was straightforward and largely traffic free and from a birding perspective, Inca Doves on some roadside wires, a small group of Black-bellied Whistling Ducks, Crested Caracara and Gray Hawk were the highlights. Close to our destination we turned off the main road and headed down an unmade track. An adult and a young

Orange-fronted Parrakeet, Squirrel Cuckoo, White-tipped Dove, Barn Swallow, Ruddy-Ground Dove, and Stripe-headed Sparrow meant we made several stops along the way. We arrived at La Ensenada Lodge for lunch, a fantastic setting overlooking the sea and the Gulf of Nicoya surrounded by largely open countryside and scattered forest patches.

After lunch with the temperature having become a bit too hot for birding, we enjoyed a short siesta before meeting up again and walking down to the nearby Jetty to view the shoreline there. The tide was in and we were hoping for a few birds, but a single Whimbrel and Spotted Sandpiper was all we could manage. Brown Pelican and Neotropic Cormorants could be seen out over the sea and several Magnificent Frigate birds drifted over us, including the first adult birds we'd seen. We walked back to board the bus, noting an unsurprisingly confiding Turquoise-browed Motmot along the way.

Our main destination this afternoon was some nearby salt pans with us obviously checking the surrounding area as we drove along. A male Blue Grosbeak on some roadside wires was a welcome first, the bird unfortunately didn't stay on show for very long, disappearing quickly into some nearby trees.

We continued our journey with the next stop courtesy of an 'eagle eyed' Tat, who'd seen an interesting looking bird perched in a large roadside tree. We stopped and all climbed to enjoy great views of a smart, White-necked Puff bird.



White-necked Puffbird

The stop proved incredibly productive with the area producing one bird after another, female Ruby-throated Hummingbird, Cinnamon, Scaly-breasted and Blue-vented Hummingbirds, Green-breasted Mango, White-lored Gnatcatcher, White-fronted Parrot and importantly Keith also managed to add Wood Stork to his list!

We eventually managed to drag ourselves away and continued our journey to the Saltpans. On arrival we disembarked, and scopes were quickly erected, though a troop of Howler Monkeys in the nearby trees distracting us briefly from the birds.

A very productive afternoon followed with us viewing from several positions around the pans, checking the various filter beds and making the best of the light. Hundreds of shorebirds were present, the most numerous seemingly Western and Semipalmated Sandpipers, Whimbrel and Willet. Checking through the flocks revealed a good mix of other birds present, these included Black-necked Stilt, Turnstone, Black-bellied Plover, Short-billed Dowitcher and several Least and Spotted Sandpipers. What we initially thought were just Semi-palmated Plovers were found to be mixed flocks, that included Wilson's Plovers, which proved a useful exercise to compare the two similar looking species.



Wilson's and Semi-palmated Plover

Half a dozen Lesser Yellowlegs and two Surfbirds were also discovered, with a late flyby flock of Grey Plovers and Red Knot perhaps the biggest surprise of the afternoon, the latter a new life bird for Erick! Other birds during the afternoon included a single Roseate Spoonbill, Northern Shoveler, a dozen Blue-winged Teal, Bare-throated Tiger Heron, Great and Little Blue Heron and Great Egret. Several over-flying Yellow-naped Parrots were a new addition to the list, with their yellow napes particularly noticeable. An adult Peregrine appeared, flying low and disturbing the settled birds on several occasions during the late afternoon, perching in a large tree on the edge of the pans between sorties.

FRIDAY 13TH JANUARY

A lovely sunny morning greeted us as we set off after our regulation early morning coffee at 5.45, with us walking through the reception area out along onto the open dry habitat.

An array of familiar species such as Hoffmans Woodpecker, vocal Kiskadees, Social Flycatchers and Baltimore Oriole started things off and we were soon adding new birds to the day list, a male Spot-breasted Oriole and Rose-coloured Becard the first of these. The Oriole showed nicely, the Becard

less so, though we did find another a short while later so needn't have worried. Several White-fronted Parrots flew over quickly followed by a flock of around ten Wood Storks. Several trees alongside the path were a popular choice for the birds, so we paused to see what we could find. Orange-chinned Parakeets were noisily feeding in the treetops along with several Orange-fronted Parakeets and at least three Scrub Euphonias, including two males, could be seen flitting around there too. A Rosette Spoonbill flew over, looking particularly smart in the early morning sun, followed a few minutes later by a second.

We continued down the track adding birds along the way, Melodious Blackbird, Streak-backed Oriole, White-lored Gnatcatcher, Turquoise-browed Motmot, Green-breasted Mango and another White-necked Puffbird amongst those seen. Two *Myiarchus* type flycatchers were found, a tricky group but these birds called making ID-ing them easier, namely Great and Brown-crested. Perched views of the smaller doves, Inca and Common Ground-Dove were appreciated making seeing these largely ground dwelling birds easier. Over flying raptors during our walk were Gray Hawk and Crested and Yellow-headed Caracara. A Trogon appeared, a male Black-headed, another new one, it perched in full view for us, but the position of the sun made it difficult to appreciate the finer details. Our last new bird before turning back for breakfast was a Banded Wren, with vocal birds both sides of the track ensuring we had some nice views. As we arrived back for breakfast another male Black-headed Trogon appeared, the light was better but the bird not so co-operative and soon disappeared.

After breakfast we loaded the bus to start the journey to our next base, with birding from the bus on the way producing Ruddy-ground Dove, Montezuma Oropendola, Broad-winged Hawk and Morelet's Seedeater. A speculative look at a random roadside stop proved a good move, with a vocal Ferruginous Pygmy Owl being found allowing most of the group to see it. A rather mournful whistle revealed another *Myiarchus* type flycatcher, this time a Dusky-capped, with the cap clearly darker and demarcated compared to the other two we'd seen earlier.

Our next stop was for a distantly perched falcon spotted by Rodrigo, scopes were trained on it and its identity revealed as an American Kestrel. We re-joined the main highway and after a comfort stop, we were away again. Another stop followed a short while later, this time a roadside drinking pool, which had one bird on it, a Greater Yellowlegs! A short while later we crossed the divide onto the Caribbean Slope, with Arenal Lake coming into view in front of us. Lunch next which was a traditional restaurant overlooking the lake. Refuelled and refreshed we started on our way again, pulling over to admire a flock of White-throated Magpie-Jays that had flown across the road.



A real Wow bird, White-throated Magpie-Jay

A group of Coati, around twenty animals were encountered next, with Gary casually asking did anyone know the collective noun for a group of Coati's? he regretted his question as soon as he said it, with a series of suggestions coming back, one that it was possibly a Wardrobe! Which seem to amuse a certain section of the group! A flock of around six Toucans appeared shortly after, the majority Yellow-throated, though at least one bird was a Keel-billed, brief views unfortunately, but hopefully more to come.



Yellow-throated Toucan

A juvenile Broad-winged Hawk at the roadside was followed by our first Southern Rough-winged Swallow as we entered the entrance for Arenal Observatory Lodge, our base for the next two days. We checked in and then met up again on the viewing deck overlooking the gardens and the bird feeders. New birds came quick and fast, lots of colour and a mirage of names to get our heads around. Olive-backed and Yellow-throated Euphonia, Golden-headed, Emerald and Bay-headed Tanager, Stripe-throated Hermit, Green Hermit, Violet-headed Hummingbird, Green Honeycreeper, and Bananaquit! Three Great Curassow (a male and two females) appeared and given their size proved surprisingly frustratingly difficult to see properly.

SATURDAY 14TH JANUARY

Our day started on the observation deck at first light, where the fruit feeders were already bustling with activity from the larger birds clambering to get on – Crested Guans, Great Curassows and Montezuma Oropendolas.

We'd utilised the higher covered viewing area due to the rain still falling heavily which didn't distract from the experience and in many ways was better, with an impressive vista out over the surrounding area. A House wren hopped around on the pavement below us and the first Hummingbirds appeared around the Verbena flowers, the expected Rufous-tailed but also Bronze-tailed Plumeleteer, which were followed by Violet-crowned Hummingbird, Purple-Crowned Woodnymph and White-necked Jacobin. As the bigger birds lost interest they were replaced by the expected smaller species, a similar range to the night before, with visitors such as Emerald, Palm and Golden-headed Tanagers, Yellow-throated Euphonia and Green Honeycreeper. Activity in a heavily fruit tree attracted our

attention with a brief Rufous-winged Tanager, Bay-headed Tanager and Scarlet-thighed Dacnis all noted. Several distant flocks of Band-tailed Pigeons were noted as were several vocal Red-lored Parrots with the appearance of a Black-striped Sparrow signalling it was time for breakfast. After some confusion as to breakfast times, (enough said I think!) We assembled on the viewing deck with some of the earlier arrivals adding Black-checked Woodpecker and Cartered Trogon to their lists, though we all managed time to see our first Chestnut-headed Oropendola before heading off along the trail system behind the gardens.



Chestnut-headed Oropendola

After a short distance along the road, we were soon peering up into the tall treetops, another Black-cheeked Woodpecker, Spotted Woodcreeper and Black and White Warbler meant an encouraging start. The morning had started in a somewhat unsettled fashioned manner weather wise, and this was set to continue with heavy showers and occasional dry spells the pattern for the rest of the morning. We managed to avoid the worst of it though utilising available shelter along the way. A perched, White-crowned Parrot was much appreciated as we sheltered, as was Paltry and Olive-striped Flycatchers, the latter the result of a collision with some door glass, though after a minute or two to recover in a quiet corner the bird to our relief flew off.

Collared Aracari, Pale-billed Woodpecker, Violet-headed Hummingbird and Brown Jay also being seen. With a lull in the weather, we took one of the forest trails which produced White-collared Mannikin, Bay Wren, Dull-mantled Antbird, Wedge-billed Woodcreeper and Slaty Antwren. Views of Keel-billed Toucan were much appreciated, especially by those that missed out the day before and a new Motmot appeared, a Broad-billed, which posed nicely for us as Motmots tend to do! The morning had flown past, so we headed back to the reception area with a Variable Seedeater the last bird of the morning as we headed in for lunch.

After a short siesta we headed out for another walk around the grounds taking a different route from the morning. Yellow-bellied Flycatcher started the proceedings, with Buff-rumped Warbler, House Wren and Southern Rough-winged Swallow seen nearby. We entered a more restrictive denser section of the walk with a small flock of four Carmiol's Tanagers greeting us. This signalled the start of a particularly productive spell, with a pair of Tawny-capped Euphonia, Rufous-tailed Jacana, Golden-crowned Warbler and Stripe-breasted Wren all appearing in quick succession. A lull followed, before we noted a dove walking along the path just ahead of us and closer inspection identified it as a Purplish Quail-Dove, a far from common bird! A Wood Thrush followed, again on the path ahead of us, though not overly co-operative and soon disappearing from view. We checked one more area, an open clearing in the forest, finding mixed success, the best we could manage being a pair of Black-cheeked Woodpeckers and a Dusky-capped Flycatcher. We then headed back to reception to freshen up before the log call and dinner. One more new bird was added on the way, a female type Hepatic tanager which conveniently called enabling Erick to find and identify it, but then promptly give us no more than a flight views.

SUNDAY 15TH JANUARY

Our final morning at Arenal saw us return to the forest pre-breakfast to try for some of the Antbirds we were missing. We grouped for coffee as the previous morning on the higher watchpoint, seeing Great Curassow, Crested Guan and Montezuma Oropendolas jockeying for position again in the half-light on the restocked feeders. A Hepatic Tanager, a bird we'd only glimpsed yesterday, showed well for us perched on a nearby power line. We walked through the gardens alongside the Verbena bushes which were already bustling with activity and pausing to check them out revealing Bananaquits and Tennessee Warblers. A small hummingbird appeared with them, a Black-crested Coquette, followed a short while later by a Green Thorntail, both new birds for the trip, an encouraging start! The start of the trail revealed several path side Orange-billed Sparrows and a Wood Thrush before a Tawny-throated Leaf-tosser was found hanging onto the embankment at the side of the path, not really the setting it was expected in! A dove walking on the path ahead of us eluding identity, but movement nearby transpired to be our first hoped for Antbird, a Spotted. At this point things just got better and better, with it becoming apparent there were several birds and a swarm of ants around them. As we watched several Bi-coloured Antbirds appeared along with more Spotted, including some showy males. A White-coloured Mannikin perched on vegetation above them, then was quickly out shone by another Antbird an Oscellated, one of the most visibly striking. A White-throated Thrush distracted us briefly before a Black-headed Ant-thrush appeared, though views were annoyingly brief! We stood watching the Antbirds for at least 15 minutes before realising time had slipped by and we need to head back for breakfast. A change of location today, so we loaded our luggage on the bus and we were soon on our way. We made several stops during our mornings journey, the first of these a comfort stop which was surprisingly productive. Our first House Sparrows of the trip seemed a somewhat bizarre addition, though Tropical Mockingbird, Great-tailed Grackle, Bare-throated Tiger Heron, Gray-breasted Martin and two flyby Scarlet Macaws more in line with what we were expecting. We continued our journey, but were soon stopping again for roadside birds, which included a Harris Hawk, an immature bird, Northern Rough-winged Swallow, Red-winged Blackbird and a pair of Orchard Orioles, one a smart adult male. Other birds seen further along the route included Keel-billed and Yellow-throated Toucans and a Green Ibis that flew over the road, though unfortunately not the best view!

We arrived at our next Lodge, Selva Verde, where we checked in and headed straight in for lunch. After lunch we departed almost immediately needing to make the most of the time we had available, heading off to a restaurant with a viewing deck and an array of feeders and hopefully birds too! Again we kept our eyes open as we drove along, noting Ruddy-ground Dove on some roadside wires, an overflying Osprey, Crested Caracara and our first swifts of the trip, White-collared, their large size making them appear like small falcons as they circled around with amongst the Black Vultures.

We arrived at the restaurant and positioned ourselves in view of the feeders and then the birds just kept arriving! The first birds we saw were several new Hummingbirds, Violet Sabrewing, Green-crowned Brilliant and Green Hermit and what stunners they were!



Violet Sabrewing, arguably one of the most eye striking Hummingbirds of the trip.

The feeders had just been restocked so the birds arrived en masse initially birds we were familiar with, such as Silver-throated, Blue-Gray, Summer and Palm Tanagers, though the closeness of the feeders meant the views were quite amazing. New arrivals included Prong-billed Barbet, Common Chlorospingus, Crimson-collared Tanager, Yellow-billed Cacique and three species of Saltator, Buff throated, Black-headed, and Cinnamon-bellied. Blackburnian and Black and White Warblers were noted flitting around in the trees and under the feeders, with two Buff-fronted Quail Doves, Chestnut-capped Brush-finches and a Wood Thrush on the ground doing the same, though none made life easy from a viewing perspective. Emerald Toucanet was a hoped-for species here and we were made to wait, though a welcome drink and snack made it easier, and when we did see two, so we weren't disappointed!

The afternoon had flown past, and it was time to head back, though as always, we didn't seem to have driven far before we were pulling over again. We'd stopped for a speculative look over a large, wooded valley to see what we could see, but were soon aware the nearby bushes were full of birds. Blackburnian and Black and White Warblers, Philadelphia Vireo, Black-cowled Oriole, Black-cheeked Woodpecker, Common Tody Flycatcher, Yellow-bellied Elania and Yellow-faced Grassquit amongst the birds seen. We stopped again a little bit further along which wasn't as productive but some low flying White-collared Swifts improved the previous views we'd had. A pale "bird" had been spotted by Keith in a distant tree, and to his credit on this occasion it looked quite feasible as one (previous ones had proved to be yellow leaves). Unfortunately views through the scope proved this to be the case again. Fuel was now a requirement for our journey back, so a petrol stop was made with us

disembarking and birding whilst we stood waiting for the bus to be filled. Hoffman's Woodpecker, Gray-breasted Swallow and Red-lored Parrot all being seen.

We continued, with our last stop revealing our First three-toed sloth which was disappointingly received, not quite the views people were clearly expecting, with one member of the group even refusing to accept the furry lump curled up against the tree actually was one!

MONDAY 16TH JANUARY –

A break with the 'norm' today with us having coffee and an early cold buffet breakfast to head straight out and make the most of the morning and our time at Le Selva Biological Station. We were away as planned shortly after 6 o'clock, though two extra passengers confused us, and them, for a while! We soon found ourselves pulling off the road to add Green Ibis, Gray-breasted Martin and White-crowned Parrot to the day list. A short walk prior to arriving at Le Selva proved productive with opportunities to reinforce our IDs some of the commoner species we'd previously seen. More notable included Common Tody Flycatcher, Buff-throated and Cinnamon-bellied Saltators, Streak-headed Woodcreeper and Plain Xenops. There were as always new additions too, some more frustrating than others, the first of these, a calling Bat Falcon, did no more than briefly fly from the tree it was clearly in, before disappearing again. In contrast Blue-black Grassquit, Salty Spinetail, Grey Catbird and Olive-throated Parrakeet were seen by most of the group. Both species of Macaw appeared, they were difficult to miss, with Green being a new bird for the trip.

We arrived at Le Selva, for a brief coffee break, and filling in of the required registration documents. Birding was soon underway with Olive-backed Euphonia, Green Honeycreeper and a pair of Shining Honeycreepers in the trees close to the reception buildings. Another Green Macaw flew over and as we walked along the path Rodrigo spotted a Snowy Cotinga in a distant tree.



Snowy Cotinga, a hoped for species

Scopes were excitedly trained on it and we all enjoyed good views of this hoped for species. Short-billed Pigeon was a new addition and a confiding somewhat predictable Bronze-tailed Plumeleteer gave us some nice perched views. With a local research station guide with us too, we headed off along the trails. A nesting Chestnut-coloured Woodpecker was the first new addition, periodically peering out from its nest hole and a red Poison Dart Frog was spotted by Erick nearby. A brief Rufous Mourner was followed by a mixed feeding flock of birds that were far more cooperative,

Mainly Black-faced Grosbeaks, two Cinnamon woodpeckers and a Scarlet-rumped Cacique in amongst them. Rufous Woodpecker was our next woodpecker species, which made it three in less than thirty minutes! A male Cartered Trogon appeared, though was relatively actively pausing only for brief periods before flying to a different perch. Ochre-bellied Flycatcher, Tropical or as it is now known White-lored Gnatcatcher, and Blue-black Grosbeak followed next, with a non-avian addition Collared Peckory to follow with a small presumed family group seen on the path ahead. We came to a small clearing where the first birds noted were two Long-tailed tyrants sat out on view, one an adult the other a short-tailed juvenile bird. Southern Rough-winged Swallow and Plain-coloured Tanager were found in the same clearing and the rest of the area proved just as productive, with Band-tailed Barbthroat, Dusky-face Tanager, Cocoa Woodcreeper, Masked Tytira, more Black-faced Grosbeaks and another Gartered Trogon all seen nearby. We returned back to the visitors centre diverting briefly over the suspension bridge to view the river. This proved a good move, with a Spectacled Caimin and several Turtles noted on the various logs that were on the edge of the water. Bird wise a Green kingfisher was noted, though pride of place went to a Sungrebe that showed brilliantly for us just below our position on the bridge.



Sungrebe, viewed from the bridge at Le Selva

We headed back for lunch, stopping briefly for a roadside Squirrel Cuckoo, though again seemingly not perched out for some of the group as obviously as it would seem! Several of the group had met early for our afternoon outing and had spent some time looking at the feeders at the rear of the restaurant, which resulted in a Red-throated Ant-tanager being added to the list. Once we had all assembled, we headed back to the Le Selva reserve, meeting our guide Joel with the plan being to explore some other trails on the reserve. The afternoons birding was very much quality as opposed to quantity, with things starting off seemingly on the quiet side. The trees around the centre again held a few birds with Bay-headed Tanager being a new addition for the day, as was a confiding Mistletoe (Paltry) Tyrannulet. We crossed over the river again via the suspension bridge, timing our visit with a Spider Monkey that wanted to cross too! A Blue-chested Hummingbird appeared as we continued on, though silhouetted to a degree and again frustratingly brief.

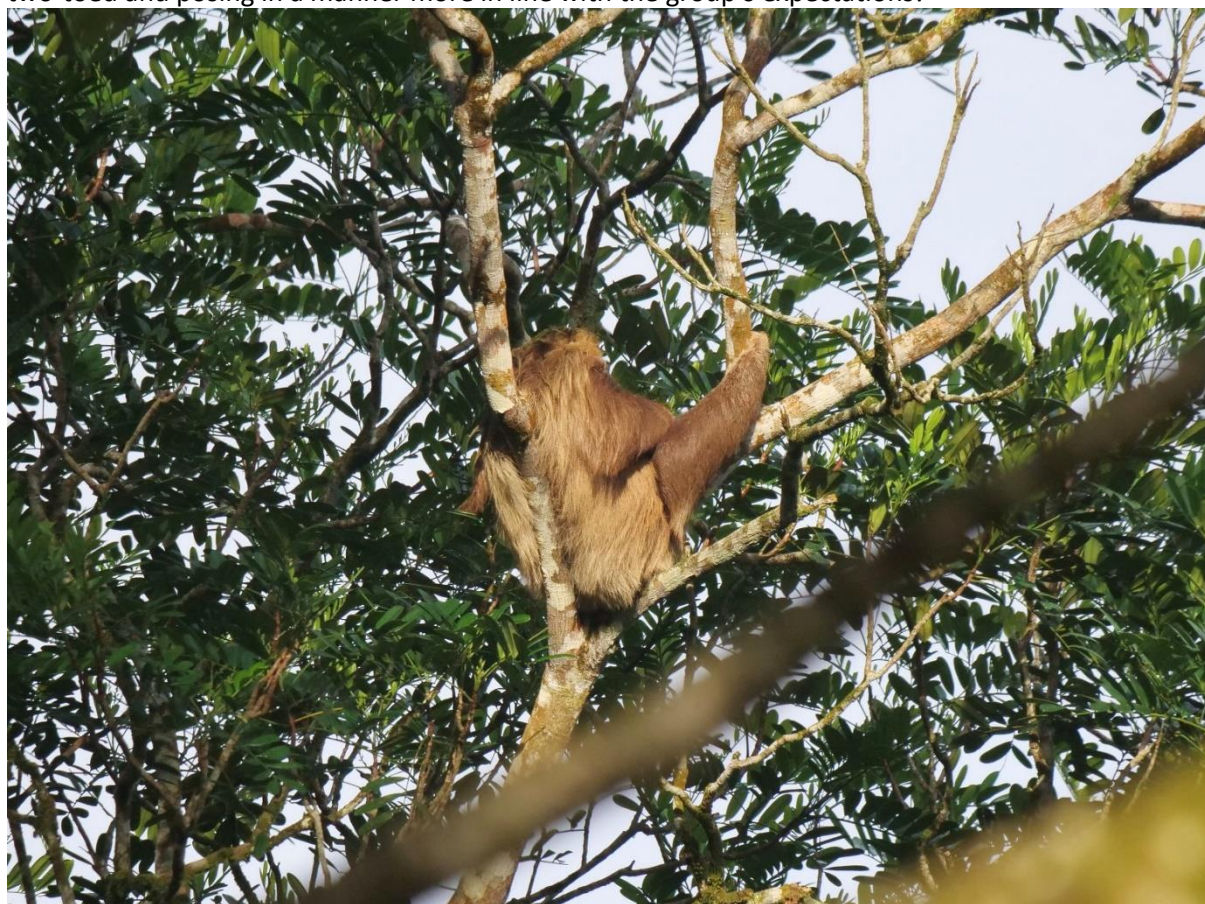
We walked onto a forest trail and walked for twenty minutes with little happening, then suddenly a pair of Rufous-naped Wood-rails were spotted feeding by the path. They were clearly wrapped up with what they were doing and unaware of us standing there watching. The group moved on with Gary, Tat and Rodrigo hanging back slightly, a good move as movement nearby proved to be a White-ruffed Mannikin, clearly a case of the right place, right time! Several Woodcreepers were seen next, a Northern Barred, which we'd seen before, plus a pair of Plain-brown Woodcreepers, a useful comparison exercise. Tat had wandered back to where the Mannikin had appeared, which was a small stream, seeing a Wood Thrush drinking there which was suddenly joined by a male Kentucky Warbler! The rest of the group joined him, and we all managed to see it well.

Joel the local guide had stayed in our original spot and beckoned the group to join him, he'd found a Great Tinamou! Always a hoped-for species but often difficult to see, so a real bonus for the group! The afternoon had flown past, so we headed back to the centre, said goodbye to Joel and made our way back to the Lodge for our last evening together.

TUESDAY 17TH JANUARY

A more relaxed start to the day today, with us meeting for coffee as normal at 5.45 and spending some time at the feeders waiting to see what birds came in as dawn broke. Clay-coloured Thrushes were amongst the first, followed a short while later by a male Red-throated Ant-tanager, a bird some of the group had missed yesterday. The sharp repetitive call of a Orange-billed Sparrow was followed shortly after by the birds appearance, along with several more Red-throated Ant-Tanagers and Scarlet-rumped Tanagers.

We left the viewing area heading past the buildings to head down to the river. A call from a large tree just outside the restaurant caught our attention, we looked up to see two Green Ibis perched there. Both Keel-billed and Yellow-throated Toucan were also in the tree, plus a Sloth this time a two-toed and posing in a manner more in line with the group's expectations!



Two-toed Sloth

We arrived at the river noting Spotted sandpiper and Black Phoebe along the banks. The nearby trees and bushes revealed Bay-breasted Warbler, Black-cheeked Woodpecker, Silver-throated Tanager, Cinnamon Becard and Common Tody Flycatcher. Four Green Macaws flew over followed noisily by a flock of Crimson-fronted Parakeets.

Breakfast, finally packing and bus loading followed, after which we were on the road heading onto our last birding destination of the trip. A stop enroute by a roadside pool revealed Northern Jacana, Red-winged Blackbird, Great Blue Heron, Great and Snowy Egrets.

We made good time arriving at Cope's house, a local artist with an impressive small garden reserve, just after 9 o'clock. We were greeted by Cope plus an array of birds as soon as we climbed off the bus, with the Hummingbird feeders near the entrance attracting White-necked Jacobins, Long-billed Hermit, Green and Red-legged Honeycreepers and Olive-back Euphonias. We were taken around the back of the house which revealed a covered seated viewing area complete with a large pond surrounded by trees and bushes. Food had been placed strategically around the trees in front of us and the birds were making the most of it! Orange-chinned Parakeets, Palm and Blue-gray Tanagers, Montezuma and Chestnut Oropendola to name a few! With more unexpected species such as a Russet-naped Wood-Rail and Pale-vented Pigeon, the latter a new bird for the trip. We sat watching and photographing the birds as they came and went, with some of the group returning to the area at the front of the house which added more species such as Rufous-winged Woodpecker, Squirrel Cuckoo and Purple Crowned Fairy, it was truly amazing the variety of birds in such a small area.

We were also planning a short drive to a forest area near Cope's house, with the lure of some roosting Owls in the area. The track into the forest was apparently extremely muddy though, but this was all in hand as everyone was supplied with a pair of Wellington Boots! We arrived at the forest track and followed Cope in, forming a line behind him. The walk in was as promised muddy and at times both challenging and amusing, but well worth it as we stood admiring the first of the mornings hoped for species, a pair of roosting Crested Owls!



Roosting Crested Owls

The Owls were clearly aware of our presence but fortunately remained sat quietly on their perch peering at us through half opened eyes. We continued on slipping and sliding as we went, the next port of a call a roosting spot for some Honduran White Bats. The Bats it seems chew the ends of a large leaf, which causes the leaf to tightened forming a tent shape which they roost under. More Owls followed, this time a pair of Spectacled Owls, slightly more difficult to see than the Crested, but Erick positioned his scope in a way that everyone one gained nice views.

We returned to the road and bus, pausing to wash our boots in the river before returning to Copes house for the final half hour or so left of the morning.



Ceremonial boot washing for the group

More birds followed including Green Heron on a small stream opposite the house, a Short-tailed Hawk over head with a soaring kettle of Black Vultures, a Band-tailed Barbthroat on the Hummingbird feeders and Bay-breasted Warbler and Black-cowled Oriole in some nearby bushes! After a look at Cope's artwork and a chance to refresh we said our goodbyes and started our journey onto the airport. After a nice lunch in a well-chosen Costa Rican style restaurant, we were soon entering the outskirts of San Jose, with a White-tailed Kite transpiring to be the last new bird of the trip.

Rodrigo ensured we arrived at the airport in good time, and we gave our thanks and said our goodbyes to both him and Erick before checking in for our flights and enjoying a straightforward flight home.

I'd just like to add a personal thanks to everyone for making the trip so much fun, we saw some great birds and wildlife and had a great guide and driver in Erick and Rodrigo. We also had some laughs along the way, normally courtesy of the dynamic duo Dennis and Keith, who I often thought were out to make life for me as challenging as possible!

Gary

SYSTEMATIC LIST

1. Great Tinamou
2. Little Tinamou (H)
3. Great Curassow
4. Crested Guan
5. Black Guan
6. Marbled Wood-quail
7. Sungrebe
8. Black-bellied Whistling Duck
9. Muscovy Duck
10. Northern Shoveler
11. Blue-winged Teal
12. Brown Pelican
13. Neotropic Cormorant
14. Anhinga
15. Magnificent Frigatebird
16. Royal Tern
17. Bare-throated Tiger-heron
18. Yellow-crowned Night-heron
19. Cattle Egret
20. Green Heron
21. Little Blue Heron
22. Tricoloured Heron
23. Snowy Egret
24. Great Egret
25. Great Blue Heron
26. Wood Stork
27. Green Ibis
28. White Ibis
29. Roseate Spoonbill
30. Black-necked Stilt
31. Marbled Godwit
32. Black-bellied Plover
33. Semipalmated Plover
34. Collared Plover
35. Wilson's Plover
36. Hudsonian Whimbrel
37. Willet
38. Spotted Sandpiper
39. Semipalmated Sandpiper
40. Ruddy Turnstone
41. Western Sandpiper
42. Greater Yellowlegs
43. Lesser Yellowlegs
44. Surfbird
45. Short-billed Dowitcher
46. Least Sandpiper
47. Red Knot
48. Russet-necked Wood-rail
49. Northern Jacana

50. Turkey Vulture
51. Black Vulture
52. Osprey
53. White-tailed Kite
54. Short-tailed Hawk
55. Common Black-hawk
56. Zone-tailed Hawk
57. Grey Hawk
58. Harris hawk
59. Broad-winged Hawk
60. Red-tailed hawk
61. Crested Caracara
62. Yellow-headed Caracara
63. American Kestrel
64. Bat Falcon
65. Peregrine
66. Crested Owl
67. Spectacled Owl
68. Ferruginous Pygmy Owl
69. Mottled Owl
70. White-collared Swift
71. Gray-rumped Swift
72. Bronzy Hermit
73. Black-crested Coquette
74. Band-tailed Barbthroat
75. Long-billed Hermit
76. Green Hermit
77. Stripe-throated Hermit
78. Scaly-breasted Hummingbird
79. Violet Sabrewing
80. White-necked Jacobin
81. Lesser Violet-ear
82. Green-breasted Mango
83. Violet-headed Hummingbird
84. Green Thorntail
85. Violet-crowned Woodnymph
86. Fiery-throated Hummingbird
87. Blue-throated Hummingbird
88. Blue-chested Hummingbird
89. Mangrove Hummingbird
90. Steely-vented Hummingbird
91. Cinnamon Hummingbird
92. Rufous-tailed Hummingbird
93. Stripe-tailed Hummingbird
94. White-throated Mountain-gem
95. Bronze-tailed Plumeleteer
96. Talamanca Hummingbird
97. Green-crowned Brilliant
98. Purple-crowned Fairy
99. Ruby-throated Hummingbird
100. Volcano Hummingbird

101. Scintillant Hummingbird
102. Feral Pigeon
103. Band-tailed Pigeon
104. Pale-vented Pigeon
105. Red-billed Pigeon
106. Ruddy Pigeon
107. Short-billed Pigeon
108. White-winged Dove
109. Inca Dove
110. Ruddy Ground-dove
111. Common Ground-dove
112. White-tipped Dove
113. Grey-chested Dove
114. Buff-fronted Quail-Dove
115. Purplish Quail Dove
116. Scarlet Macaw
117. Great Green Macaw
118. Crimson-fronted Parakeet
119. Olive-throated Parakeet
120. Orange-fronted Parakeet
121. Orange-chinned Parakeet
122. Sulphur-winged Parakeet
123. Orange-chinned Parrakeet
124. White-crowned Parrot
125. White-fronted Parrot
126. Red-lored Parrot
127. Yellow-naped Parrot
128. Squirrel Cuckoo
129. Groove-billed Ani
130. Resplendent Quetzal
131. Slaty-tailed Trogon
132. Black-headed Trogon
133. Collared Trogon
134. Black-throated Trogon
135. Gartered (Violaceous) Trogon
136. Broad-billed Motmot
137. Turquoise-browed Motmot
138. Blue-crowned (Lesson's) Motmot
139. Ringed Kingfisher
140. Belted Kingfisher
141. Green Kingfisher
142. American Pygmy Kingfisher
143. Rufous-tailed Jacamar
144. White-necked Puffbird
145. White-whiskered Puffbird
146. Prong-billed Barbet
147. Emerald Toucanet
148. Collared Aracari
149. Keel-billed Toucan
150. Yellow-throated Toucan
151. Acorn Woodpecker

152. Golden-naped Woodpecker
153. Black-cheeked Woodpecker
154. Hoffman's Woodpecker
155. Rufous-winged Woodpecker
156. Chestnut-coloured Woodpecker
157. Cinnamon Woodpecker
158. Lineated Woodpecker
159. Pale-billed Woodpecker
160. Plain-brown Woodcreeper
161. Wedge-billed Woodcreeper
162. Northern Barred Woodcreeper
163. Cocoa Woodcreeper
164. Spotted Woodcreeper
165. Steak-headed Woodcreeper
166. Spot-crowned Woodcreeper
167. Slaty Spinetail
168. Ruddy Treerunner
169. Lineated Foliage-gleaner
170. Tawny-throated Leaf-tosser
171. Plain Xenops
172. Black-hooded Ant-shrike
173. Black-crowned Ant-shrike
174. Slaty Antwren
175. Chestnut-backed Antbird
176. Dull-mantled Antbird
177. Bicoloured Antbird
178. Spotted Antbird
179. Ocellated Antbird
180. Black-headed Antthrush
181. Black Phoebe
182. Long-tailed Tyrant
183. Tropical Kingbird
184. Boat-billed Flycatcher
185. Bright-rumped Atilla (H)
186. Grey-capped Flycatcher
187. Social Flycatcher
188. Great Kiskadee
189. Rufous Mourner
190. Brown-crested Flycatcher
191. Great-Crested Flycatcher
192. Dusky-capped Flycatcher
193. Eatsern Wood-pewee
194. Tropical Pewee
195. Yellow-bellied Flycatcher
196. Yellowish Flycatcher
197. Black-capped Flycatcher
198. Tufted Flycatcher
199. Ruddy-tailed Flycatcher
200. Yellow-olive Flycatcher
201. Eye-ringed Flatbill
202. Common Tody-Flycatcher

- 203. Torrent Tyrannulet
- 204. Yellow-bellied Elaenia
- 205. Mountain Elaenia
- 206. Paltry Tyrannulet
- 207. Olive-striped Flycatcher
- 208. Ochre-bellied Flycatcher
- 209. Barred Becard
- 210. Cinnamon Becard
- 211. Rose-throated Becard
- 212. Masked Tityra
- 213. Snowy Cotinga
- 214. White-collared Manakin
- 215. White-ruffed Manakin
- 216. Brown Jay
- 217. White-throated Magpie-Jay
- 218. Grey-breasted Martin
- 219. Barn Swallow
- 220. Southern Rough-winged Swallow
- 221. Northern Rough-winged Swallow
- 222. Blue & White Swallow
- 223. Mangrove Swallow
- 224. White-throated Thrush
- 225. Clay-coloured Thrush
- 226. Pale-vented Thrush
- 227. Mountain Thrush
- 228. Sooty Thrush
- 229. Black-faced Solitaire
- 230. Wood Thrush
- 231. Ruddy-capped Nightingale-thrush
- 232. Black-billed Nightingale-thrush
- 233. Tropical Mockingbird
- 234. Gray Catbird
- 235. Long-tailed Silky-flycatcher
- 236. Black and Yellow Silky-flycatcher
- 237. Tropical Gnatcatcher
- 238. White-lored Gnatcatcher
- 239. Tawny-faced Gnatwren
- 240. Rufous-naped Wren
- 241. Cabani's Wren
- 242. Stripe-breasted Wren
- 243. Bay Wren
- 244. Banded Wren
- 245. Riverside Wren
- 246. House Wren
- 247. Timberline Wren
- 248. White-breasted Wood-wren (L.O)
- 249. Grey-breasted Wood-wren
- 250. Scaly-breasted Wren
- 251. Yellow-winged Vireo
- 252. Yellow-throated Vireo
- 253. Philadelphia Vireo

254. Brown-capped Vireo
255. Lesser Greenlet
256. Bananaquit
257. Black and White Warbler
258. Prothonotary Warbler
259. Golden-winged Warbler
260. Tennessee Warbler
261. Flame-throated Warbler
262. Yellow Warbler
263. Mangrove Warber
264. Black-throated Green Warbler
265. Chestnut-sided Warbler
266. Blackburnian Warbler
267. Bay-breasted Warbler
268. Northern Waterthrush
269. Louisiana Waterthrush
270. Wilson's Warbler
271. Slate-throated Redstart
272. Collared Redstart
273. Golden-crowned Warbler
274. Black-cheeked Warbler
275. Buff-rumped Warbler
276. Emerald Tanager
277. Silver-throated Tanager
278. Golden-hooded Tanager
279. Plain-coloured Tanager
280. Rufous-winged Tanager
281. Bay-headed Tanager
282. Spangled Cheeked Tanager
283. Green Honeycreeper
284. Red-legged Honeycreeper
285. Shining Honeycreeper
286. Scarlet-thighed Dacnis
287. Blue-grey Tanager
288. Palm Tanager
289. Scarlet-rumped Tanager
290. Crimson-collared Tanager
291. Hepatic Tanager
292. Summer Tanager
293. Flame-coloured Tanager
294. Carmiol's (Olive) Tanager
295. Red-throated Ant-tanager
296. Gray-headed Tanager
297. Dusky-faced Tanager
298. Common Chlorospingus
299. Sooty-capped Chlorospingus
300. Black-headed Saltator
301. Buff-throated Saltator
302. Cinnamon-bellied Saltator
303. Black-faced Grosbeak
304. Black-thighed Grosbeak

305. Rose-breasted Grosbeak
306. Blue-black Grosbeak
307. Blue Grosbeak
308. Blue-black Grassquit
309. Yellow-faced Grassquit
310. Morelet's Seedeater
311. Variable Seedeater
312. Slaty Flowerpiercer
313. Large-footed Finch
314. Yellow-thighed Finch
315. White-napped Brush-finch
316. Chestnut-capped Brush-finch
317. Orange-billed Sparrow
318. Black-striped Sparrow
319. White-eared Ground-sparrow – **Bougainvillea, Celia and Ted only.**
320. Stripe-headed Sparrow
321. Volcano Junco
322. Rufous-collared Sparrow
323. House Sparrow
324. Chestnut-headed Oropendola
325. Montezuma Oropendola
326. Scarlet-rumped Cacique
327. Yellow-billed Cacique
328. Melodious Blackbird
329. Great-tailed Grackle
330. Orchard Oriole
331. Spot-breasted Oriole
332. Streak-backed Oriole
333. Black-cowled Oriole
334. Baltimore Oriole
335. Red-winged Blackbird
336. Golden-browed Chlorophonia
337. Tawny-capped Euphonia
338. Scrub Euphonia
339. Yellow-crowned Euphonia
340. Yellow-throated Euphonia
341. Olive-backed Euphonia
342. Spot-crowned Euphonia
343. Lesser Goldfinch

Mammals

- Brown-throated three-toed Sloth
- Hoffman's Two-toed Sloth
- Mantled howler Monkey
- Central American Spider Monkey
- White-throated Capuchin Monkey
- Central American Agouti
- White-nosed Coati
- Northern Raccoon
- Nine-banded Armadillo
- Variegated Squirrel
- Red-tailed Squirrel

Honduran White Bat
 White-lined Bat
 Collared Peccary
 White-tailed deer

Reptiles and Amphibians

American Crocodile
 Spectacled Caiman
 Green Iguana
 Spinytail Black Iguana
 Black River Turtle
 Poison Dart Frog (Red)
 Red-eyed Tree Frog
 Hourglass Tree Frog
 Masked Tree Frog
 Savage's Tree Frog (Smokey Jungle)

Insects

Helicopter Damselfly
 Katydid



The route we took, plus our overnight stops

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