



A [Tropical Birding](#) SET DEPARTURE tour

COSTA RICA: The Introtour

16th - 26th February 2017



This show stopping **Turquoise Cotinga** was seen on the outskirts of *San Isidro*

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All photos in this trip report were taken by Keith Barnes



White-fronted Capuchin in our hotel grounds in **Monteverde**

INTRODUCTION

Costa Rica is a small Central American country with an excellent reputation for birdwatchers, naturalists, and nature photographers from all over the world. With an excellent infrastructure and a wonderful national parks system, visitors can feel and enjoy nature almost everywhere.

This Introtour took place in mid-February, combining the breeding season for many of the resident species with the visit of many wintering North American migrants.

This country is home to more than 900 species of birds. During our tour we were amazed by the incredible diversity of habitats, excellent local cuisine, friendly people, and (of course) a great number of species seen in just 11 days!

*We visited four major life zones, from the world famous **Monteverde Cloud Forest Reserve** we moved to the **Central Pacific Coast of Carara National Park**, and then from the **Highlands of the Talamanca Mountain Range** to visit the **paramo** at the top of **Cerro de la Muerte** to the lush **Tropical Rainforest of the Caribbean lowlands of the Sarapiquí Region**.*

Highlights:

After our first night in a hotel near the *San Jose International Airport* we spent two nights at *Monteverde Cloud Forest Preserve*. There, we had the opportunity to explore some of private preserves in search for middle elevation species such as, **White-eared Ground Sparrow** (below) **Orange-billed Nightingale-Thrush**, **Emerald Toucanet**, and a couple of hummingbird feeders to see the local **Magenta-throated Woodstar**. In addition, we encountered a small army ant swarm on one of the forest trails, with the rare **Ruddy Woodcreeper**, and also saw the shy **Barred Forest Falcon** for over 10 minutes! On the second day, we saw our first **Resplendent Quetzal** feeding on the wild *avocado* fruits.



Our visit to **Carara National Park** was full of surprises, including our first close up encounter with the **Great Tinamou** found right next to a forest trail. Another army ant swarm was found near the trail and gave us a real show of “ant followers” such as **Black-faced Antthrush**, **Tawny-winged Woodcreeper**, and **Bicolored Antbird**. A pair of **Scarlet Macaws** was found attending a nest by a small river inside the park, and the boat trip on the *Tarcoles River* was incredibly productive with specialties like, **Boat-billed Heron**, **Common (Mangrove) Black Hawk**, **Yellow-naped Parrot**, and the inconspicuous **Panama Flycatcher**. Our last morning in the park gave us a great view of a **Northern Ghost Bat** at the only reliable place for it in the country.

The **Talamanca Mountain Range** are the highest mountains in Costa Rica, and the ones with the biggest concentration of regional endemic species, including the local **Volcano Junco** that we saw very well, **Peg-billed Finch** which can be absent sometimes, but we were lucky to see it numerous times during our visit to their Paramo habitat; and other attractive birds seen during our stay here included **Spotted Wood-Quail**, **Acorn Woodpecker** which was a favorite bird

for some of the participants, and the rare **Ochraceous Pewee** seen for a long time in the oak forest reserve above the lodge.

Our last region of the tour was the **Sarapiquí** lowlands and the foothills of **Braulio Carrillo National Park**. A pair of **Great Curassow** gave us the welcome upon arrival to our rooms at the former! And then, we were immediately surrounded by a pair of **Short-tailed Nighthawks** soaring above us for a long time. Our last days here were a delight for new birds of the trip; some of the memorable species included **Snowcap**, **Great Potoo**, **Black-crested Coquette**, and **Thicket Antpitta** (below).



TOUR SUMMARY:

Day One (of birding) 17 February: Central Valley to Monteverde Cloud Forest

We started birding the grounds of our hotel before breakfast. We met in the garden to see our first birds of the trip. As usual, the common **Great Kiskadee** was there, along with **Blue-gray Tanagers**, **White-winged Dove**, **Clay-colored Thrush** and the uber-abundant **Great-tailed Grackle**.

After breakfast we loaded the bus, and headed towards our main destination, **Monteverde**. We did stop along the coast near the port city of **Caldera** where we saw lots of **Laughing Gulls** and **Royal Terns**. Other interesting birds seen here

were **Magnificent Frigatebird**, **Squirrel Cuckoo**, **Whimbrel**, **Willet** and **White Ibises** came along to join the flock of **Laughing Gulls** near the mangrove forest.



A **Lesson's Motmot** poses in *Monteverde*

We arrived at **Monteverde** in the middle of the day and immediately felt the difference in climate compared to the hot and dry coastal area two hours earlier. Upon arrival at the lodge, we saw the beautiful **Lesson's Motmot** (also known as *Blue-crowned*) in the grounds. This one was quite confident by our presence but a bit difficult to see well. Shortly after this great bird some other noisy and numerous ones showed up, like **Brown Jay**. During our way to the rooms a troop of **White-fronted Capuchin Monkeys** started to move through the lodge grounds. This was a very special moment for all of us, especially because we saw them really well for a considerable period of time. We had another troop of the same species later during the trip at **La Selva Station**. The rest of the afternoon was dedicated to enjoying a short walk near the entrance of the **Monteverde Reserve** and the *hummingbird gallery*. Some of the best species here were **Green Hermit**, **Purple-throated Mountain-Gem**, **Violet Sabrewing**, and the endemic **Coppery-headed Emerald**.



There was a fruiting tree right outside the hummingbird gallery with a few **Emerald Toucanets** (photo page before) within it. Not bad for a traveling day right? Later in the evening we returned to our lodge for last minute birding before going for dinner in an excellent local restaurant.



This female **Orange-bellied Trogon** (a regional endemic) was seen in the *Monteverde* area

Day Two (18 February): Ecological Sanctuary and Monteverde Cloud Forest Reserve

Our morning started from the balcony of the restaurant with nice birds like **Hoffman's Woodpecker** (below), **Golden-olive Woodpecker**, **Lesser Greenlet**, **Red-billed Pigeon**, **Emerald Toucanet** and some migrants species such as **Black-**

and-white, Black-throated Green, Wilson's Warbler, and Tennessee Warblers, Yellow-throated Vireo and a single Philadelphia Vireo. We finally had amazing views of Lesson's Motmot this morning. After breakfast, we visited another reserve of *Monteverde* area called the *Ecological Sanctuary*. A while ago, this place was a regular family operated business with a few banana plants and a coffee plantation for the local market. Nowadays, this area is under regeneration and is a great spot for some of the middle elevation species that are not found at higher elevation in the whole area. Some of these birds for us included, Long-tailed Manakin, Yellow-throated Euphonia, White-eared Ground-Sparrow, Rufous-capped Warbler, Orange-billed Nightingale-Thrush and Black Guan.



As we walked along the different trail systems we were lucky to get an army ant swarm a few meters away from the trail. Some of the species attending the army ants included **Gray-headed Tanager**, **Northern Barred Woodcreeper**, and it was here that we saw one of the most difficult birds to see in the forest, **Barred Forest Falcon**. A juvenile was seen hunting beside the ants, which was a special tour moment for sure. Another great bird seen there was **Ruddy Woodcreeper** that is also known to be a follower of army ants too, but is generally quite rare in the country.

Another creature seen here was the **Central American Agouti**, this small animal plays an important role in the forest by dispersing the seeds of trees, and it is always fun to see them interacting with each other. We had lunch in a local restaurant in the town of *Santa Elena* (where most tourists stay "in" Monteverde) before we continued to the next place for the afternoon.



White-nosed Coatis were typically tame in *Monteverde*!

One of the reasons to visit the main *Monteverde Cloud Forest Reserve* in the afternoon is to avoid the crowds of people at the trails that often are present in the considerably more popular mornings there. Our plan was very successful, allowing us to choose any trail we wanted, and no large groups of people anywhere. We spent most of the time along the *Nuboso Trail* where we got a glimpse of a **Slaty-backed Nightingale-Thrush**, but also **Slate-throated Redstart** and **Slaty Antwren**, the noisy **Gray-breasted Wood-Wren** was calling along the trails, and **Black-faced Solitaire** was a highlight later that afternoon.

As we moved along the trail, we had a pair of **Prong-billed Barbets** that were seen very well, our first juvenile male **Resplendent Quetzal** was quite cooperative near the *El Camino Trail* on our way back too. We also saw **Spotted Barbtail**, male and female **Plain Antvireos**, **Yellowish Flycatcher**, and **Costa Rican Warblers** were seen along the *Camino Trail* a couple of times (a recent split from *Three-striped Warbler*). We headed back to the lodge in the late afternoon, and enjoyed to sunset from the road back towards the town.

Day Three (19 February): Curi-Cancha Reserve to Carara

A final morning at the lovely *Cala Lodge* provided great looks of a pair of **Rufous-and-White Wrens** building a nest near the restaurant. We also saw **Emerald Toucanets** and **Brown Jays** just next to the main building. A great view of a **Yellow-bellied Sapsucker** (uncommon in Costa Rica) was also had in the *Cecropia* trees beside the garden.

A visit was arranged to nearby **Curi-Cancha** private reserve, near the famous *Monteverde Cheese Factory*. Our main goal was to visit the hummingbird feeder, and we also knew that some of the wild avocado trees had ripe fruits, which increased our chances to find the biggest local star; the **Resplendent Quetzal**. We arrived as soon as we could, and headed towards the famous spot for this must-see bird, as soon as we arrived there was a single female *Quetzal* in a huge tree in the middle of the clearing. We immediately saw the other trees nearby the forest with more fruits, with one male *Quetzal* sitting there, and it allowed us to be at very close range for photos. It is truly amazing how brightly colored this bird is. The area of the preserve soon was packed with many people hoping to get great views of this fabulous bird (which I am sure they did!)

We spent enough time at the spot before we went to the reserve's hummingbird feeders. The last hour of the morning we invested in the *porterweed* plants near the feeders to get pictures of hummingbirds in a natural environment. There were some other good-looking birds at the clearing too, such as **Elegant Euphonia** which was hidden in the middle of the *mistletoe* above us. **Lesson's Motmot** was also seen there, and we also got great looks at the minute **Paltry Tyrannulet** in the same area, which is typically higher up near the canopy.

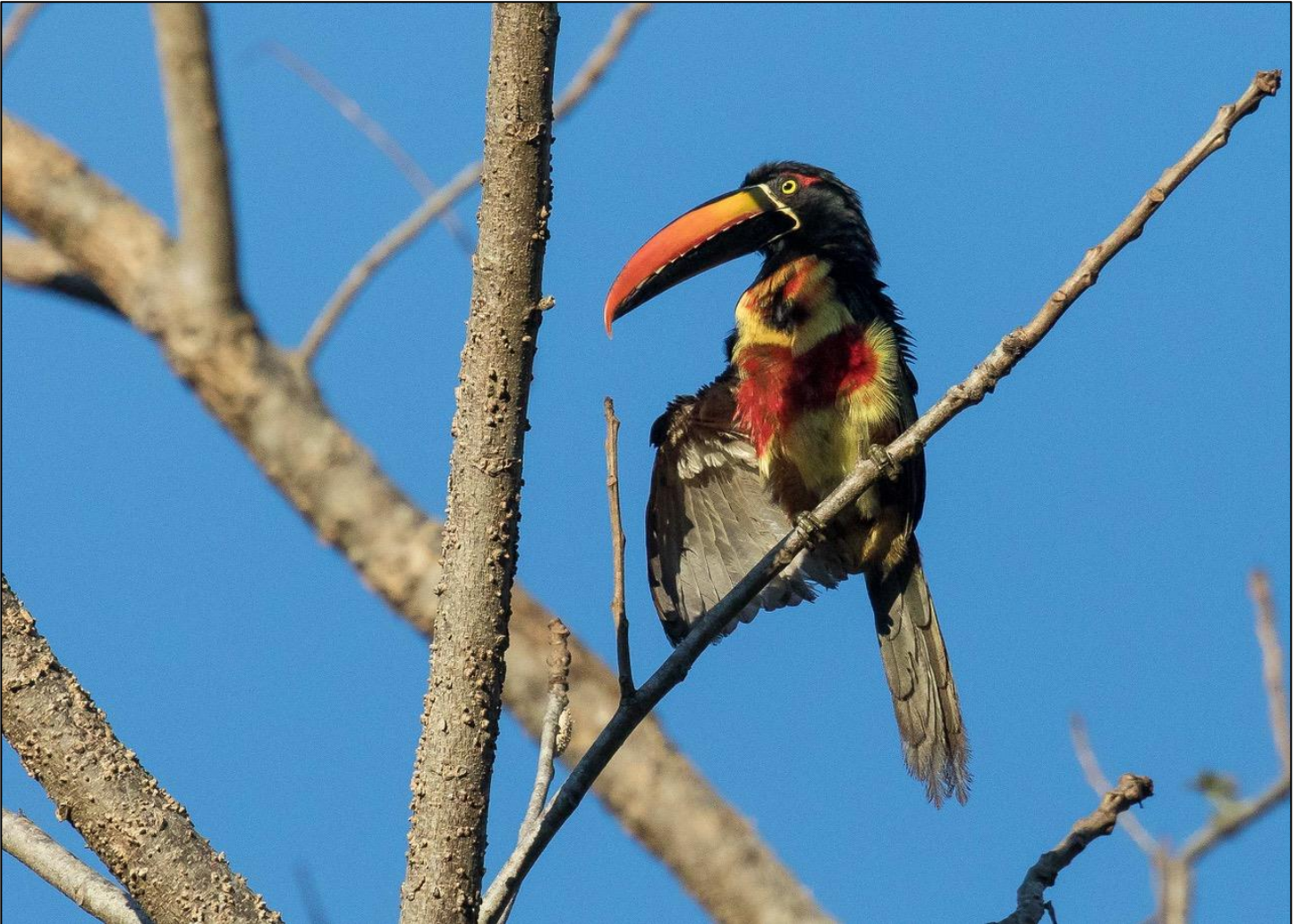
After a very good lunch in town, it was time to leave this magical place in the mountains. As we drove down the road back to the *Panamerican Highway* we had incredible views of the *Gulf of Nicoya*, the *Nicoya Peninsula*, and two ports located on the pacific coast, *Caldera* and *Puntarenas*. We stopped near the town of **Orotina** to get some good birds, like **Spectacled Owl**, **Barn Owl** and **Ferruginous Pygmy Owl**. All of these birds were seen during the *daytime*. In addition to the owls, we also saw **White-whiskered Puffbird**, **Lineated Woodpecker**, **White-tipped Dove**, **White-fronted Parrot**, **Orange-fronted Parrot**, and **Yellow-headed Caracara** flying over the surrounding agricultural fields.

Day Four (20 February): Carara National Park and Tarcoles River

Our morning started with some good Costa Rican coffee, and birding on the grounds of our hotel (**Villa Lapas**). We spent most of the time near a fig tree by the swimming pools, which was full of fruits. Just during our first hour there we got excellent views of a **Yellow-throated Toucan** that was eating some of the palm nuts in the garden, a pair of **Scarlet Macaws** flew over the hills in the distance, and some of the other birds were **Clay-colored Thrush** (Costa Rica's national bird), **Gray-capped Flycatcher**, **Buff-rumped Warbler**, **Greenish Elaenia**, **Black-headed Trogon**, **Slaty-tailed Trogon**, **Piratic Flycatcher** and a pair of **Fiery-billed Aracaris** were spotted right in the middle of the garden. Other wildlife in the surrounding area included **Black Ctenosaur (Iguana)**, **Asian House Gecko**, and a fantastic roost of **Tent-making Bats** (below)!



After breakfast, we left for **Carara National Park** where we spent the rest of the morning. Shortly after we arrived, we saw the first **Rufous-naped Wren** of the tour, which is a very common bird of the dry forest and is expanding its range in recent years. As we moved along the trail, a female **Barred Antshrike** was found nearby, and we also got the common **Buff-throated Saltator**, **Great Crested Flycatcher**, **White-tipped Dove**, **Northern Waterthrush**, and a pair of **Chestnut-backed Antbirds** was watched calling in bushes right next to the trail, (**Carara National Park** is arguably the best place in the world to see this antbird, and see it well).



Fiery-billed Aracari rests in the garden of our *Carara* hotel

When we started the loop trail we found a **Great Tinamou** crossing the trail in front of us, we dedicated at least 25 minutes to watching this, and enjoying the moment because these birds are generally very elusive almost everywhere, but Costa Rica must be one of the very best countries to see them. When you have a large protected area you can increase your chances to see birds like tinamous, curassows, quails and guans, and *Carara National Park* is one of the best examples of this. After the *Great Tinamou* we saw more **Chestnut-backed Antbirds**, and luckily another army ant swarm was found at the end of the first loop trail. Another special moment for the tour came when seeing all the different bird species interacting at the ant swarm; this one was larger than the one we found at *Monteverde*. Some of the birds we saw there were Gray-headed Tanager (at least 8 individuals), Chestnut-backed Antbird (*again*), some **Bicolored Antbirds** with a couple of Juveniles, **Northern Barred Woodcreeper**, and the decidedly uncommon **Tawny-winged Woodcreeper**, which is a "specialist ant follower". However, the most wanted of them was a single **Black-faced Antthrush** that was moving up and down from the top of a dirt mound inside the trail. This *antthrush* used to be very common many years ago in both Pacific and Caribbean lowlands, but the number of sightings is decreasing significantly. We dedicated a good time to see this moment and many other people including some non-birders were also interested to know what was going on there. By this point of the morning, *Carara* still has many more things to offer, and this included a nice pair of **Scarlet Macaws** at a nest high in the canopy. This is the iconic bird of the whole

area and everyone rightly wants to see them. The *Scarlet Macaw* is an excellent example of successful conservation efforts; not that long ago the estimated population was only 90-100 pairs in the region, but following a successful breeding project and local education, the population is now estimated to be between 350-400 pairs! On the way back to the main entrance, we got other cool looking birds, including the regional endemic **Black-hooded Antshrike**, **Plain Xenops**, **Black-throated Trogon**, and we also tried hard to see a **Blue-throated Goldentail** well, and we did, with great scope views of this often difficult hummingbird. It was then time to return to the bus and got for lunch.

During the afternoon we went for a boat trip along the *Tarcoles River*. The river is full of wildlife you just do not stop looking at animals along the banks of the river, and surrounding trees and pastures. Some **Mangrove Swallows** gave us a generous welcome as soon as we sat in the boat. Our plan was to go up the river first and then later make our way back to the mangrove forest to see the birds going to roost for the end of the day. We saw almost all the *herons* and *egrets* recorded in the country, (except the rare *Reddish Egret*). A **Purple Gallinule** was found near the water, amazing views of this one! Other birds there were **Black-necked Stilt**, **Northern Jacana**, **Southern Lapwing**, and **Red-winged Blackbird** were abundant there. We had a nice look at an **Osprey** atop a tree, and some further **Scarlet Macaws** were spotted flying over the river not far from our boat.

We continued the boat trip with the beautiful **Bare-throated Tiger-Heron**, including both juvenile and adult birds, **Amazon Kingfisher**, **Yellow-crowned Night-Heron** was incredible common there, and we saw just one **Black-crowned Night-Heron** within the mangrove forest. The *Tarcoles River* is just a fantastic place to finish a birding day, later on the evening we spent some time at the mangrove forest where we found the **Mangrove (Yellow) Warbler**, **Northern Waterthrush**, **Prothonotary Warbler**, the uncommon **Panama Flycatcher** was very cooperative, flocks of **White Ibises** in the trees, and a few **Roseate Spoonbills** at the edge of the river. **Wood Storks** were present in small numbers at this time too. A nice flock of the endangered **Yellow-naped Parrot** stopped briefly in a small tree in a pasture near the river, and shortly after we found lots of **Lesser Nighthawks** flying above the river mouth.

Day Five (21 February): Carara National Park to the Talamanca Mountains (Savegre)

Our short pre-breakfast birding walk at *Hotel Villa Lapas* was fantastic again, with **3 species of trogons** seen at the same area near the famous fig tree - **Gartered Trogon**, **Black-headed Trogon** and **Slaty-tailed Trogon**, (photo next page). Not being enough for just a pre-breakfast walk, we also got incredible views of a flock of another regional endemic; **Fiery-billed Aracari** (photo page 12) was perched out in the open with the morning light, great looks, great pictures! We had breakfast and left this wonderful birding hot spot. Our next destination was going to be the highest mountains of the country, known as the *Talamanca Mountain Range*.



We checked out of the hotel at 9:00 AM and ready to have a long driving day to the mountains. We passed the famous surfing towns of *Playa Jaco* and *Playa Hermosa*, where the views of the *Pacific Ocean* were impressive. Just before the town of **Esterillos** our driver *Luis* spotted a nice **Double-striped Thick-Knee** (above) sitting at the edge of a pasture close to the road, we stopped of course and got out to get some photos of this interesting bird. This one was the only sighting of this species during the entire tour. There were some **Crested Caracaras** and **Turkey Vultures** soaring over fields where rice had been planted during the rainy season.



Three trogons were seen during one brief spell in the hotel garden at *Carara*! (**Slaty-tailed Trogon**)

As we continued driving along the "Costanera Road" it was getting very hot, and so there were not too many places to bird until we reached the intersection between *Dominical Beach* and *San Isidro*. Our lunch stop was in the port town of *Quepos*, where we saw many **Magnificent Frigatebirds** and a couple of **Brown Pelicans**. When we drove across the *Fila Costera* (a small and isolated mountain near the coast) we saw the beautiful **Swallow-tailed Kite** flying gracefully above the ridges. Our next stop was in the town of *San Isidro* in order to search for the scarce and local *Turquoise Cotinga*. We stopped along the road next to the police station to scrutinize the forest fragment in the area hoping of finding this bright blue bird sitting on top of the trees. We spent some good time checking carefully every single crown of the trees, *without success*. It was very hot and sunny (but we knew this bird likes this!) and then we moved more into a shade at the forest edge. Luis our driver was also participating in the event and suddenly we looked at the right tree and there it was! A brightly colored bird preening itself at the top of a single tree close to the road. We really enjoyed this one, the **Turquoise Cotinga** is a member of a large family of Neotropical birds that most of them are usually brightly colored and many of them are very rare to find. We spent plenty of time there before we continued driving to higher elevations.

We spent the rest of the afternoon driving along a famous road called "*Cerro de la Muerte*" or "*death road*". Today is not considered dangerous at all, but back in colonial times people used to ride horses from the town of San Isidro all the way to the capital city San Jose, a journey that took more than two days and required a walk over the summit where

temperatures can plummet to 10 Fahrenheit at night sometimes! Which is quite challenging for the unprepared Costa Rican peoples at that time. Upon arrival to the lodge for the next two nights we saw a couple of good hummingbirds at the lodge feeders, like **Lesser (Green) Violetear** and **Magnificent Hummingbird**.

Day Six (22 February): San Gerardo de Dota (Savegre) and Cerro de la Muerte

As usual, we had an optional pre-breakfast birding hour in the grounds of the hotel. A lot of new birds were seen just outside the main building there, including a nesting pair of the lovely **Long-tailed Silky-Flycatcher**, **Sulphur-winged Parakeets** flew over the apple orchards, and **Blue-and-white Swallows** were seen by reception. Another good bird was the **Slaty Flowerpiercer** (regional endemic) that was fighting with the local **White-throated Mountain Gems** for a space at the flowers in the garden. Other birds worth mentioning here were **Red-tailed Hawk** (resident), colorful **Flame-colored Tanagers** were attending the fruit feeders along with **Acorn Woodpeckers**. **Rufous-collared Sparrow** was one of the most common birds of the area, and its nice song was heard everywhere around the lodge.

We left our lodge as soon as we finished breakfast and went to the top of the mountain to a place called "**Las Antenas**". This area is where you can find paramo habitat, which in Costa Rica is only found above 3,000 meters above sea level. The reason to come here was to find a very localized species, the **Volcano Junco**.

Our time there was very productive with great views of the *junco* that we found just 15 minutes after we arrived, and another good one was also a cooperative **Peg-billed Finch** which can often be very hard to find anywhere in the country. This finch follows the seeding bamboo so, some years can be easier than other years, and we also tried to see another endemic the *Timberline Wren* without success. We heard it in a couple places but it was not cooperative for us at this time. Other key birds seen there included **Volcano Hummingbird**, **Sooty-capped Chlorospingus**, **Sooty Thrush**, and **Black-billed Nightingale-Thrush**.

After the visit to the paramo habitat, we went to a private property known to have the awesome **Fiery-throated Hummingbird**. Once at the location, we saw lots of them that were really a great show for us; we also got **Magnificent Hummingbird** and **Lesser Violetear** (a very recent split from *Green Violetear*). There was a large flock of **White-collared Swifts** down in the valley and some of them passed just in front of the balcony where we were looking at the hummingbirds; a single **Short-tailed Hawk** was soaring there too, and we also found a pair of **Large-footed Finches** that were foraging in the lower section of the garden. We headed back to our lodge for lunch and a midday break, before we continued birding for the rest of the afternoon on the lodge property. By the afternoon, our plan was to go in the forest fragment behind the rooms near the **Savegre River**. We saw a beautiful **Collared Redstart** that was following us along the trail while we were there. **Emerald Toucanet** appeared again, and we also got our first **Scintillant Hummingbird** of the trip. Other birds we added to our list included **Spangle-cheeked Tanager**, **Yellow-winged Vireo**, **Silver-throated Tanager**, **Band-tailed Pigeon**, **Stripe-tailed Hummingbird**, **Common Chlorospingus**, and by the river we got a pair of **Torrent Tyrannulets** building a nest. We spent the rest of the evening outside the restaurant of the lodge enjoying the fruit and hummingbird feeders.

Day Seven (23 February): San Gerardo de Dota (Savegre) and El Tapir

Our excursion uphill to the oak forests above the lodge was planned after breakfast on this day, so we did something similar to yesterday starting with coffee outside reception, when we saw many people leaving early to search for *Resplendent Quetzal*. Fortunately, we had seen this bird very well at *Monteverde* so had no need to do the same. We focused our energies on other, *new* birds. Along the river bridge someone saw a small bird with red on the head, we

immediately look at it, and to our surprise found it to be a male **Red-headed Barbet** sitting out there in the open for us (a scarcity)! What a cracking bird. Also, we had large flocks of **Barred Parakeets**, an irruptive visitor to the valley, which is connected to the local seeding of *chusquea* bamboo.

After breakfast, we board our two jeeps to take us up to the higher oak forests. We visited a famous birding trail called **Los Robles**, an absolutely beautiful area of tall, mature cloudforest. Some of the first birds we recorded there were **Gray-breasted Wood-Wren**, **Acorn Woodpecker**, **Wilson's Warbler**, **Black-throated Green Warbler**, and we also heard the notoriously difficult *Costa Rican Pygmy Owl* in the distance. We kept going along the trail, and a few minutes later we finally encountered a small mixed species flock with **Sooty-capped Chlorospingus**, **Tufted Flycatcher**, **Hairy Woodpecker**, **Brown-capped Vireo**, and the rare **Ochraceous Pewee** within it. Near the end of the trail, we also got a soaring **Ornate Hawk-Eagle**! This was seen poorly between the canopy unfortunately, and we also tried again for the *Costa Rican Pygmy-Owl* unsuccessfully, but on the side of the trail was a **Spotted Wood-Quail** sitting quietly by the base of a huge tree, and we had unbelievable views of this often very inconspicuous bird. Before we got back to the jeeps, we searched the viewpoint and got **Rufous-browed Peppershrike**, **Large-footed Finch**, and another regional endemic, **Black-capped Flycatcher**. We then picked up our boxed lunch and reluctantly left this amazing mountain valley behind us.

It is sad to leave such a lovely place like this one, but it was time to continue our birding adventure to the lowlands of **Sarapiquí region**. A long afternoon was on the way, as we drove back part of the way to the city of San Jose, and then crossed the impressive **Braulio Carrillo National Park**, the second largest of the country's national parks. Our first birding stop was in the foothills of the national park, where we stayed in front of some flowering plants to watch in particular for hummingbirds at a small place called **El Tapir**. There were many **Rufous-tailed Hummingbirds** as usual, an unusual species there just 6 years ago, but is now one of the most common birds in the garden.

Other species that we saw there were **Violet-headed Hummingbird** (below), **Crowned Woodnymph**, and **Green Thorntail**. We waited longer to see two more jewels of the garden, **Black-crested Coquette** showed up and sat up in the bare branch for more than five minutes, and later on a male **Snowcap** came to the flowers in a corner of the garden. For sure this one was some of the best moments of the tour.



Other birds that we saw in the garden included **Black-faced Grosbeak**, **Variable Seedeater**, **Passerini's Tanager**, **Black-cowled Oriole**, **Buff-throated Saltator**, and a pair of the scarce **Speckled Tanager**. Our visit to this place had definitely been successful, and so we then headed towards the **La Selva Station** for the next two nights. As soon as we arrived at our rooms there was a pair of **Great Curassows** in the trees at the forest edge. Amazing birds that became the official bird of the visit to La Selva, a significant stronghold for the species. Just before dark the *curassows* were going up in the trees to roost, and we got a pair of **Short-tailed Nighthawks** flying above us. What a fantastic welcome we had at La Selva on this day! In the road to the restaurant we also got a pair of **Common Pauraque** sitting in the road.



Day Eight (24 February): La Selva Station

La Selva Station is owned and operated by the OTS (*Organization for Tropical Studies*). The organization has three field stations in the country, and La Selva is the largest of these, located in the lowlands of the *Sarapiquí* region. With its World-renowned reputation for tropical research, conservation and education of the natural resources, along with its fantastic trail system, it is a great place to finish a birding trip. All these elements allowed us to see many species only found in the *Caribbean* lowlands of the country. Our first morning here was superb; our first bird of the morning was a single **Great Green Macaw** that flew low right over our bungalows! We also saw **Chestnut-headed Oropendola**, **Long-tailed Tyrant**, **Gray-chested Dove**, and a beautiful **Chestnut-colored Woodpecker** probing the *Heliconia* flowers, all before breakfast. As we moved on, we also found more **Rufous-tailed Hummingbirds**, **Crested Guan** feeding at the forest edge, **Yellow-throated Toucan** was common bird there, and we also got cracking views of **Keel-billed Toucan** ([above](#)) as well.

The grounds around the main building are often incredibly productive; there we saw **Golden-hooded Tanager**, **Black-cowled Oriole**, **Orange-chinned Parakeet**, **Masked Tityra**, **Semiplumbeous Hawk**, **Scarlet-thighed** and **Blue Dacnises**, and a perched **Gray-headed Kite** ([below](#)) right outside the restaurant enjoying the morning sun.



After breakfast, we went on a trail to get more interior forest species. At the *Stone Bridge* we saw a pair of nesting **Rufous-tailed Jacamars** down by the river. We also saw our first **Spectacled Caiman**, and lots of **Green Iguanas** were sitting in the upper bare branches of the fig trees alongside the river. Once inside the forest, we got **Broad-billed Motmot** calling up in a tree, and also a **Rufous Motmot** in the same area. Our local guide for the morning also found a colony of **Bullet Ants**.

Along the "*River Trail*" we got **Bay Wren**, **Black-throated Trogon**, **Cocoa Woodcreeper**, and a **Collared Peccary** (a wild pig species) was passing by in front of the group. Later in the morning we searched for a famous reptile named **Eyelash Pit-Viper** (the yellow form) that our local guide knew about. We tried to find but no luck until I decided to check the back of a giant Kapok tree and there it was, a very special snake mainly found in trees. *La Selva* always has something to offer, and our walk back along the trail proved this, with great looks of a locally endangered species, the **Purple-throated Fruitcrow**; a species that is in decline for no apparent reason. We had 7-8 individuals of them foraging low in some small trees in front of us. Our last birds of the morning were **Double-toothed Kite**, **Montezuma Oropendola**, **Olive-backed Euphonia**, and **Mealy Parrot**. At the laboratory clearing we found a female **Brown-throated Three-toed Sloth** with a baby, which was a nice sighting for sure. And, at the end of the morning, we got a flock of **Collared Aracari**, **Black-faced Grosbeak**, and some **Gray-rumped Swifts** in the open skies above.



During the afternoon we spent more time in the tall secondary forest and open areas of the reserve in order to find more lowland specialties. We had **Pied Puffbird** calling high in the canopy, and later saw a male **White-collared Manakin** foraging on some berries. We also saw a **Vermiculated Screech-Owl** sleeping in some trailside tangles, at a known roosting site. Other birds here were: **Yellow-crowned Euphonia**, **Streak-headed Woodcreeper**, **Stripe-breasted Wren**, **Squirrel Cuckoo**, **White-crowned Parrot**, **Shiny Cowbird**, **Green Honeycreeper**, **Southern Rough-winged Swallow**, and **Bright-rumped Attila**.



Day Nine (25 February): La Selva Station and Braulio Carrillo NP (to San Jose area)

Our last morning at this wonderful place was excellent too; we went to check out a small road next to the station in the quest for **Great Green Macaw**. On our walk to the spot we saw an array of open country species such as **White-collared and Variable Seedeaters**, **Slaty Spinetail**, **Brown-hooded Parrots** flew fast through the forest, we also got great views of a **Gray-crowned Yellowthroat**, **Thick-billed Seed-Finch**, **Black-striped Sparrow** was seen in the bush at the side of the road, **Crimson-fronted Parakeets** were calling incessantly from the top of an isolated tree in the field, **Olive-backed Yellowthroat** was seen by a few of us, and two **Black-headed Saltators** came up into a clear view from the road. We also had a flock of **Gray-headed Chachalacas** traveling through the open country. As if this was not enough, one of the clients found a distant raptor in a tree that turned out to be a beautiful pair of **Laughing Falcons!** Macaws were neither seen nor heard that morning though, so we went to have breakfast. We heard a *White-throated Crake* while boarding the bus, and tried to see it without success. After breakfast, we birded our way back to the bungalows. Just outside the main building we got a nice male **Rufous-winged Woodpecker**.

We also found a **Hoffman's Two-toed Sloth** way up in a tree, but with the spotting scope we managed to get great views of its face, and while enjoying this, a **Great Tinamou** was found sitting quietly at the side of the trail. The latter was so close it felt like we very nearly stepped on it! It is just incredible to see this forest bird in an area that was a cow pasture as little as 30 years ago. A male **Blue-black Grosbeak** was seen feeding at the flowers along a stream by the

small soccer field, and we also found a female later on during the morning. Another cool bird to see *well* was the **Dusky Antbird**, a bird of secondary growth. We also managed to find **Rufous Mourner**, **Boat-billed Flycatcher**, **Social Flycatcher**, **Piratic Flycatcher**, and a **Masked Tityra** was active at the forest edge. While looking at these flycatchers we saw a **King Vulture** soaring up in the sky above us, giving excellent views to all of us, and just a few minutes later a *juvenile King Vulture* came into view too!



We returned to the *Screech-Owl* spot and only saw one on this occasion, where the day before there had been two of them. Continuing birding along the *Arrierazompopa Trail*, we saw a **Northern Bentbill** in some vine tangles, and managed great views of this tiny bird. After this flycatcher, we got a pair of **Pale-billed Woodpeckers** (left) that were so nice and cooperative that we spent 25 minutes with them, watching them as they worked their way up and down the trees. A single **Montezuma Oropendola** joined them and we had great shots of both species searching for food inside the *bromeliads*. At the end of our walk we got much better views of a pair of **Pied Puffbirds** than previously that were calling in a treetop beside the bungalows.

We had lunch back at the station and checked out before heading back towards the city of *San Jose*. Of course, we had a plan to finish our great trip with a significant finale on the way back though, so we did not arrive back near Costa Rica's capital until much later. This involved a visit to a small private property located near *Braulio Carrillo National Park*. In one stop we saw some of the cutest bats ever; **Honduran White Bats** (*Ectophylla alba*) under a *Heliconia* leaf at the side of the trail. We had previously searched many empty "tents" where no bats had been found. They typically move around a lot, and so have multiple roosts in one area. There were five individuals this time, but some tents can have up to 12 individuals! Our local guide, *Cope*, showed us a colony of **Chestnut-headed Oropendolas** with at least 4 **Giant Cowbirds** around their nest that was very interesting to watch; (the cowbirds were likely looking to lay their eggs in the nest of an unsuspecting oropendola). We saw the male *oropendolas* chasing the *cowbirds* away. There, we also saw **Long-tailed Tyrant**, **Yellow-throated Toucan**, **Keel-billed Toucan**, and **Collared Aracari** (below) in the same area.



Our last hour was invested in another forest fragment, where we hoped to see the notoriously elusive **Thicket Antpitta**. We got to the spot, then waited, and waited, and waited. Then, thanks to the expertise of our local guide, we finally saw the bird coming out into the open. What an unforgettable experience to see this special (and shy) bird for such a long time. Just before we went to his house we stopped along the main road for a roosting **Great Potoo**, and there it was!



There are few places on this tour where you can actually have the chance to see them even if you go out at night. The best way is to know a place where they usually roost, or to have local knowledge like we did on this fortunate occasion. We returned to the house of the local guide to enjoy the on site fruit feeders, and got the best views of a **Red-legged Honeycreeper** that came to eat *papaya*. Other birds at the feeders included **Palm and Passerini's Tanagers**, **Pale-vented Pigeon** (new for the trip!), **Blue-gray Tanager** and we also got good hummingbirds nearby, like **White-necked Jacobin**, **Stripe-throated** and **Long-billed Hermits**, **Bronze-tailed Plumeleteer**, **Violet-headed Hummingbird**, and also saw the scarce **White-tipped Sicklebill** at a huge hanging flower (*Heliconia pogonantha*) in the garden. The best way to finish a tour. We drove back to the city during the remainder of the afternoon.

I want to thank all the participants on this Costa Rica Introtour for their patience, perseverance (specially while waiting for the birds to show up), and sense of humor throughout the tour, which made it very enjoyable indeed. We definitely had an awesome time together sharing our anecdotes and funny stories! I am sure this tour lived up to, and likely exceeded, pre-tour expectations. Thank you again and happy birding!



This handsome **Chestnut-colored Woodpecker** was seen at *La Selva Station*

Some more photos from the tour:



Watching me; watching you: **Northern Ghost Bat** in *Carara*; **Saturn Moth Caterpillars**, *La Selva*



SPECIES LISTS

Birds:

The taxonomy of the list follows: Clements, James F., White, Anthony W., and Fitzpatrick, John W. The Clements Checklist of Birds of the World. Cornell, 2007. This list is up to date with recent major changes published by Cornell.

Birds that were *only heard* are marked with an **H**.

Species seen by the group are marked **X**.

Note: Birds only seen or heard by the TB Leader are not marked on this bird list.

We had a total of 324 species seen, and 5 species that were only heard.

The SITES each species were recorded at are denoted on the right hand side, abbreviated as follows:

MON - MONTEVERDE area

CAR - CARARA area

TR - TARCOLES RIVER

SAV - SAVEGRE area

BC - BRAULIO CARRILLO NP

LS - LA SELVA

ER - En-route (i.e. between sites)

		MONT	CAR	TR	SAV	BC	LS	ER
TINAMOUS	TINAMIDAE							
Great Tinamou	<i>Tinamus major</i>		X				X	
Slaty-breasted Tinamou	<i>Crypturellus boucardi</i>						X	
DUCKS, GEESE, AND WATERFOWL	ANATIDAE							
Muscovy Duck	<i>Cairina moschata</i>			X				
GUANS, CHACHALACAS & CURASSOWS	CRACIDAE							
Crested Guan	<i>Penelope purpurascens</i>		X				X	
Gray-headed Chachalaca	<i>Ortalis cinereiceps</i>						X	
Black Guan	<i>Chamaepetes unicolor</i>	X			X			
Great Curassow	<i>CraXrubra</i>						X	
New World Quail: Odontophoridae								
Spotted Wood-Quail	<i>Odontophorus guttatus</i>				X			
STORKS	CICONIIDAE							
Wood Stork	<i>Mycteria americana</i>			X				
FRIGATEBIRDS	FREGATIDAE							
Magnificent Frigatebird	<i>Fregata magnificens</i>			X				X
CORMORANTS & SHAGS	PHALACROCORACIDAE							
Neotropic Cormorant	<i>PhalacrocoraxBrasilianus</i>			X				
ANHINGAS	ANHINGIDAE							
Anhinga	<i>Anhinga anhinga</i>			X				

PELICANS		PELICANIDAE							
Brown Pelican	<i>Pelecanus occidentalis</i>			X					X
HERONS, EGRETS & BITTERNS		ARDEIDAE							
Fasciated Tiger-Heron	<i>Tigrisoma fasciatum</i>		X	X	X				
Bare-throated Tiger-Heron	<i>Tigrisoma mexicanum</i>			X					
Great Blue Heron	<i>Ardea herodias</i>		X	X					
Great Egret	<i>Ardea alba</i>		X	X					X
Snowy Egret	<i>Egretta thula</i>			X					
Little Blue Heron	<i>Egretta caerulea</i>			X					
Tricolored Heron	<i>Egretta tricolor</i>			X					X
Cattle Egret	<i>Bubulcus ibis</i>		X	X					X
Green Heron	<i>Butorides virescens</i>			X					
Black-crowned Night-Heron	<i>NycticoraxNycticorax</i>			X					
Yellow-crowned Night-Heron	<i>Nyctanassa violacea</i>			X					
Boat-billed Heron	<i>Cochlearius cochlearius</i>			X					
IBISES AND SPOONBILLS		THRESKIORNITHIDAE							
White Ibis	<i>Eudocimus albus</i>			X					
Roseate Spoonbill	<i>Platalea ajaja</i>			X					
NEW WORLD VULTURES		CATHARTIDAE							
Black Vulture	<i>Coragyps atratus</i>	X		X	X	X	X	X	X
Turkey Vulture	<i>Cathartes aura</i>	X	X	X	X	X	X	X	X
King Vulture	<i>Sarcoramphus papa</i>							X	
OSPREYS		PANDIONIDAE							
Osprey	<i>Pandion haliaetus</i>			X					
HAWKS, EAGLES & KITES		ACCIPITRIDAE							
Swallow-tailed Kite	<i>Elanoides forficatus</i>								X
Double-toothed Kite	<i>Harpagus bidentatus</i>								X
Ornate Hawk-Eagle	<i>Spizaetus ornatus</i>							X	
Short-tailed Hawk	<i>Buteo brachyurus</i>								
Semiplumbeous Hawk	<i>Leucopternis semiplumbeus</i>							X	
Common Black-Hawk	<i>Buteogallus anthracinus</i>			X					
Roadside Hawk	<i>Buteo magnirostris</i>								X
Gray Hawk	<i>Buteo plagiatus</i>			X					
Red-tailed Hawk	<i>Buteo jamaicensis</i>							X	
RAILS, GALLINULES & COOTS		RALLIDAE							
White-throated Crake	<i>Laterallus albigularis</i>							H	
Gray-cowled Wood-Rail	<i>Aramides Cajaneus</i>			X					
Purple Gallinule	<i>Porphyrio martinicus</i>			X					
THICK-KNEES		BURHINIDAE							
Double-striped Thick-knee	<i>Burhinus bistriatus</i>								X

PLOVERS & LAPWINGS**CHARADRIIDAE**

Southern Lapwing	<i>Vanellus chilensis</i>			X				
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STILTS & AVOCETS**RECURVIROSTRIDAE**

Black-necked Stilt	<i>Himantopus mexicanus</i>			X				
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JACANAS**JACANIDAE**

Northern Jacana	<i>Jacana spinosa</i>			X				
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SANDPIPERS & ALLIES**SCOLOPACIDAE**

Spotted Sandpiper	<i>Actitis macularius</i>			X				X
Willet	<i>Tringa semipalmata</i>			X				X
Whimbrel	<i>Numenius phaeopus</i>			X				X
Least Sandpiper	<i>Calidris minutilla</i>			X				X

GULLS, TERNS & SKIMMERS**LARIDAE**

Laughing Gull	<i>Leucophaeus atricilla</i>			X				X
Royal Tern	<i>Thalasseus maximus</i>							X

PIGEONS & DOVES**COLUMBIDAE**

Rock Pigeon	<i>Columba livia</i>						X	X
Red-billed Pigeon	<i>Patagioenas flavirostris</i>	X						X
Band-tailed Pigeon	<i>Patagioenas fasciata</i>				X			
Ruddy Pigeon	<i>Patagioenas subvinacea</i>	X			X			
Short-billed Pigeon	<i>Patagioenas nigrirostris</i>		X				H	
White-winged Dove	<i>Zenaida asiatica</i>							X
Inca Dove	<i>Columbina inca</i>							X
Plain-breasted Ground- Dove	<i>Columbina minuta</i>		X					
Common Ground-Dove	<i>Columbina passerina</i>							X
Ruddy Ground-Dove	<i>Columbina talpacoti</i>		X		X			
White-tipped Dove	<i>Leptotila verreauxi</i>		X					
Gray-chested Dove	<i>Leptotila cassini</i>		X				X	
Pale-vented Pigeon	<i>Geotrygon costaricensis</i>						X	

CUCKOOS**CUCULIDAE**

Squirrel Cuckoo	<i>Piaya cayana</i>		X				X	X
Lesser Ground-Cuckoo	<i>Morococcyxerythropterus</i>							H
Groove-billed Ani	<i>Crotophaga sulcirostris</i>	X			X		X	X

OWLS**STRIGIDAE**

Vermiculated Screech-Owl	<i>Megascops guatemalae</i>		X					
Costa Rican Pygmy-Owl	<i>Glaucidium costaricanum</i>				H			
Barn Owl	<i>Tyto alba</i>							X
Spectacled Owl	<i>Pulsatrixperspicillata</i>							X
Ferruginous Pygmy-Owl	<i>Glaucidium brasilianum</i>		X					X

NIGHTJARS AND ALLIES**CAPRIMULGIDAE**

Short-tailed Nighthawk	<i>Lurocalis semitorquatus</i>						X	
Lesser Nighthawk	<i>Chordeiles acutipennis</i>			X				

Common Pauraque	<i>Nyctidromus albicollis</i>		X					X	
POTOOS	NYCTIBIIDAE								
Great Potoo	<i>Nyctibius grandis</i>								X
SWIFTS	APODIDAE								
White-collared Swift	<i>Streptoprocne zonaris</i>				X			X	
Vaux's Swift	<i>Chaetura vauxi</i>	X							X
Black Swift	<i>Cypseloides niger</i>							X	
Gray-rumped Swift	<i>Chaetura cinereiventris</i>							X	
HUMMINGBIRDS	TROCHILIDAE								
White-necked Jacobin	<i>Florisuga mellivora</i>	X							
Green Hermit	<i>Phaethornis guy</i>	X	X						
Long-billed Hermit	<i>Phaethornis longirostris</i>	X						X	X
Stripe-throated Hermit	<i>Phaethornis striigularis</i>								X
Lesser Violetear	<i>Colibri cyanotus</i>	X			X				
Green-breasted Mango	<i>AnthracothoraXprevostii</i>		X						
Green Thorntail	<i>Discosura conversii</i>						X		
Black-crested Coquette	<i>Lophornis helenae</i>						X		
Green-crowned Brilliant	<i>Heliodoxa jacula</i>	X						X	
Magnificent Hummingbird	<i>Eugenes fulgens</i>				X				
Fiery-throated Hummingbird	<i>Panterpe insignis</i>								X
Purple-throated Mountain-gem	<i>Lampornis calolaemus</i>	X						X	
White-throated Mountain-gem	<i>Lampornis castaneiventris</i>				X				
Magenta-throated Woodstar	<i>CalliphloXbryantae</i>	X							
White-tipped Sicklebill	<i>Eutoxeres aquila</i>								X
Volcano Hummingbird	<i>Selasphorus flammula</i>				X				X
Scintillant Hummingbird	<i>Selasphorus scintilla</i>				X				
Blue-throated Goldentail	<i>Chlorostilbon canivetii</i>		X						
Violet-headed Hummingbird	<i>Klais guimeti</i>						X		X
Violet Sabrewing	<i>Campylopterus hemileucurus</i>	X							
Bronze-tailed Plumeleteer	<i>Chalybura urochrysis</i>	X							
Crowned Woodnymph	<i>Thalurania colombica</i>						X	X	
Stripe-tailed Hummingbird	<i>Eupherusa eximia</i>	X	X		X				X
Coppery-headed Emerald	<i>Amazilia edward</i>	X							
Snowcap	<i>Microchera albocoronata</i>						X		
Steely-vented Hummingbird	<i>Amazilia saucerrottei</i>	X	X						
Rufous-tailed Hummingbird	<i>Amazilia tzacatl</i>	X	X				X	X	X
Scaly-breasted Hummingbird	<i>Phaeochroa cuvierii</i>		X						
TROGONS	TROGONIDAE								
Resplendent Quetzal	<i>Pharomachrus mocinno</i>	X		X					
Black-headed Trogon	<i>Trogon melanocephalus</i>		X						
Slaty-tailed Trogon	<i>Trogon massena</i>		X					X	
Gartered Trogon	<i>Trogon caligatus</i>	X	X					X	X

Black-throated Trogon	<i>Trogon rufus</i>		X					X	
Orange-bellied Trogon	<i>Trogon aurantiiventris</i>	X						X	
MOTMOTS	MOMOTIDAE								
Lesson's Motmot	<i>Momotus lessoni</i>	X							X
Rufous Motmot	<i>Baryphthengus martii</i>							X	
Broad-billed Motmot	<i>Electron platyrhynchum</i>	X						X	
Turquoise-browed Motmot	<i>Eumomota superciliosa</i>	X							X
KINGFISHERS	ALCEDINIDAE								
Ringed Kingfisher	<i>Megaceryle torquata</i>			X					
Amazon Kingfisher	<i>Chloroceryle amazona</i>			X					
Green Kingfisher	<i>Chloroceryle americana</i>			X					
Belted Kingfisher	<i>Chloroceryle aenea</i>			X					
PUFFBIRDS	BUCCONIDAE								
Pied Puffbird	<i>Notharchus tectus</i>							X	
JACAMARS	GALBULIDAE								
Rufous-tailed Jacamar	<i>Galbula ruficauda</i>							X	
NEW WORLD BARBETS	CAPITONIDAE								
Red-headed Barbet	<i>Eubucco bourcierii</i>				X				X
TOUCAN BARBETS	SEMNORNITHIDAE								
Prong-billed Barbet	<i>Semnornis frantzii</i>							X	
TOUCANS	RAMPHASTIDAE								
Emerald Toucanet	<i>Aulacorhynchus prasinus</i>	X			X				
Collared Aracari	<i>Pteroglossus torquatus</i>		X					X	
Fiery-billed Aracari	<i>Pteroglossus frantzii</i>		X		X				
Yellow-throated Toucan	<i>Ramphastos ambiguus</i>		X					X	X
Keel-billed Toucan	<i>Ramphastos sulfuratus</i>	X						X	X
WOODPECKERS	PICIDAE								
Acorn Woodpecker	<i>Melanerpes formicivorus</i>				X				
Black-cheeked Woodpecker	<i>Melanerpes pucherani</i>							X	
Hoffmann's Woodpecker	<i>Melanerpes hoffmannii</i>		X	X				X	
Hairy Woodpecker	<i>Picoides villosus</i>				X				
Rufous-winged Woodpecker	<i>Piculus simplex</i>							X	
Golden-olive Woodpecker	<i>Colaptes rubiginosus</i>	X							X
Chestnut-colored Woodpecker	<i>Celeus castaneus</i>							X	
Lineated Woodpecker	<i>Dryocopus lineatus</i>								X
Pale-billed Woodpecker	<i>Campephilus guatemalensis</i>							X	
FALCONS & CARACARAS	FALCONIDAE								
Barred Forest-Falcon	<i>Micrastur ruficollis</i>	X							
Crested Caracara	<i>Caracara cheriway</i>		X	X					X
Yellow-headed Caracara	<i>Milvago chimachima</i>		X	X					
Laughing Falcon	<i>Herpetotheres cachinnans</i>		X						
Bat Falcon	<i>Falco ruficularis</i>	X							

PARROTS**PSITTACIDAE**

Sulphur-winged Parakeet	<i>Pyrrhura hoffmanni</i>				X			
Crimson-fronted Parakeet	<i>Aratinga finschi</i>		X					X
Olive-throated Parakeet	<i>Aratinga nana</i>						X	
Barred Parakeet	<i>Bolborhynchus lineola</i>				X			
Orange-fronted Parakeet	<i>Aratinga canicularis</i>							X
Great Green Macaw	<i>Ara ambiguus</i>						X	
Scarlet Macaw	<i>Ara macao</i>		X	X				
Orange-chinned Parakeet	<i>Brotogeris jugularis</i>			X			X	X
Brown-hooded Parrot	<i>Pyrrhura haematotis</i>						X	
White-crowned Parrot	<i>Pionus senilis</i>	X					X	
White-fronted Parrot	<i>Amazona albifrons</i>							X
Red-lored Parrot	<i>Amazona autumnalis</i>				X		X	
Mealy Parrot	<i>Amazona farinosa</i>		X					
Yellow-naped Parrot	<i>Amazona auropalliata</i>			X				

TYPICAL ANTIBIRDS**THAMNOPHILIDAE**

Fasciated Antshrike	<i>Cymbilaimus lineatus</i>						X	
Barred Antshrike	<i>Thamnophilus doliatus</i>		X				X	
Black-hooded Antshrike	<i>Thamnophilus bridgesi</i>		X					
Plain Antwren	<i>Dysithamnus mentalis</i>	X						
Slaty Antwren	<i>Myrmotherula schisticolor</i>	X						
Dusky Antbird	<i>Cercomacra tyrannina</i>		X				X	

TYPICAL ANTIBIRDS cont.**THAMNOPHILIDAE**

Chestnut-backed Antbird	<i>Myrmeciza exsul</i>		X		X		X	
Bicolored Antbird	<i>Gymnopithys bicolor</i>		X					

ANTPITTAS**GRALLARIIDAE**

Thicket Antpitta	<i>Hylopezus dives</i>							X
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TAPACULOS**RHINOCRYPTIDAE**

Silvery-fronted Tapaculo	<i>Scytalopus argentifrons</i>	H						
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ANTTHRUSHES**FORMICARIIDAE**

Black-faced Antthrush	<i>Formicarius analis</i>		X					
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OVENBIRDS & WOODCREEPERS**FURNARIIDAE**

Ruddy Woodcreeper	<i>Dendrocicla homochroa</i>	X						
Tawny-winged Woodcreeper	<i>Dendrocicla anabatina</i>		X		X			
Northern Barred-Woodcreeper	<i>Dendrocolaptes sanctithomae</i>		X		X			
Cocoa Woodcreeper	<i>Xiphorhynchus susurrans</i>		X		X			
Plain-brown Woodcreeper	<i>Xiphorhynchus erythropygius</i>	X						
Streak-headed Woodcreeper	<i>Lepidocolaptes souleyetii</i>		X				X	
Spot-crowned Woodcreeper	<i>Lepidocolaptes affinis</i>				X			
Plain Xenops	<i>Xenops minutus</i>		X					
Buffy Tuftedcheek	<i>Pseudocolaptes lawrencii</i>				X			X
Spotted Barbtail	<i>Premnoplex brunnescens</i>	X						

TYRANT FLYCATCHERS

TYRANNIDAE

Mountain Elaenia	<i>Elaenia frantzii</i>	X						
Torrent Tyrannulet	<i>Serpophaga cinerea</i>	X						
Paltry Tyrannulet	<i>Zimmerius vilissimus</i>	X						
Northern Bentbill	<i>Oncostoma cinereigulare</i>						X	
Slate-headed Tody-Flycatcher	<i>Poecilotriccus sylvia</i>		X					
Common Tody-Flycatcher	<i>Todirostrum cinereum</i>		X					
Yellow-olive Flycatcher	<i>Tolmomyias sulphurescens</i>		X					
Tufted Flycatcher	<i>Mitrephanes phaeocercus</i>				X			
Southern Beardless Tyrannulet	<i>Empidonax flaviventris</i>		X					
Yellowish Flycatcher	<i>Empidonax flavescens</i>	X					X	
Black-capped Flycatcher	<i>Empidonax triceps</i>				X			
Long-tailed Tyrant	<i>Colonia colonus</i>						X	
Bright-rumped Attila	<i>Attila spadiceus</i>						X	
Rufous Mourner	<i>Rhytipterna holerythra</i>						X	
Dusky-capped Flycatcher	<i>Myiarchus tuberculifer</i>		X					
Black Phoebe	<i>Sayornis nigricans</i>					X		
Dark Pewee	<i>Contopus lugubris</i>					X		
Ochraceous Pewee	<i>Contopus ochraceus</i>					X		
Panama Flycatcher	<i>Myiarchus panamensis</i>			X		X		
Greenish Elaenia	<i>Myiopagis viridicata</i>		X					
Brown-crested Flycatcher	<i>Myiarchus tyrannulus</i>		X					
Great Crested Flycatcher	<i>Myiarchus crinitus</i>		H					
Great Kiskadee	<i>Pitangus sulphuratus</i>	X	X	X	X		X	
Boat-billed Flycatcher	<i>Megarynchus pitangua</i>	X	X	X	X	X	X	X
Social Flycatcher	<i>Myiozetetes similis</i>		X					
Gray-capped Flycatcher	<i>Myiozetetes granadensis</i>		X					
White-ringed Flycatcher	<i>Conopias albivittatus</i>							
Yellow-bellied Elaenia	<i>Elaenia flavogaster</i>		X				X	
Streaked Flycatcher	<i>Myiodynastes maculatus</i>		X		X			
Sulphur-rumped Flycatcher	<i>Myiobius sulphureipygius</i>		X					
Piratic Flycatcher	<i>Legatus leucophaeus</i>		X				X	
Tropical Kingbird	<i>Tyrannus melancholicus</i>	X	X	X	X	X	X	
Scissor-tailed Flycatcher	<i>Tyrannus forficatus</i>			X				X

COTINGAS

COTINGIDAE

Purple-throated Fruitcrow	<i>Querula purpurata</i>						X	
Turquoise Cotinga	<i>Cotinga ridwayi</i>							X

MANAKINS

PIPRIDAE

White-collared Manakin	<i>Manacus candei</i>						X	X
Orange-collared Manakin	<i>Manacus aurantiacus</i>		X					

Long-tailed Manakin	<i>Chiroxiphia linearis</i>	X						
Red-capped Manakin	<i>Pipra mentalis</i>		X					
TITYRAS & ALLIES	TITYRIDAE							
Masked Tityra	<i>Tityra semifasciata</i>	X	X				X	X
White-winged Becard	<i>Pachyramphus polychopterus</i>						X	
VIREOS	VIREONIDAE							
Yellow-throated Vireo	<i>Vireo flavifrons</i>	X	X					
Yellow-winged Vireo	<i>Vireo carmioli</i>				X			
Brown-capped Vireo	<i>Vireo leucophrys</i>				X			
Philadelphia Vireo	<i>Vireo philadelphicus</i>	X						
Lesser Greenlet	<i>Hylophilus decurtatus</i>	X					X	
Rufous-browed Peppershrike	<i>Cyclarhis gujanensis</i>					X		
CROWS, JAYS & MAGPIES	CORVIDAE							
Brown Jay	<i>Psilorhinus morio</i>	X	X					
SWALLOWS	HIRUNDINIDAE							
Blue-and-white Swallow	<i>Pygochelidon cyanoleuca</i>	X						X
Southern Rough-winged Swallow	<i>Stelgidopteryx ruficollis</i>						X	
Gray-breasted Martin	<i>Progne chalybea</i>		X	X				X
Mangrove Swallow	<i>Tachycineta albilinea</i>		X	X		X		
Barn Swallow	<i>Hirundo rustica</i>			X				X
WRENS	TROGLODYTIDAE							
House Wren	<i>Troglodytes aedon</i>	X	X		X			X
WRENS Cont.	TROGLODYTIDAE							
Timberline Wren	<i>Thryorchilus browni</i>			X	H			
Rufous-naped Wren	<i>Campylorhynchus rufinucha</i>	X	X	X	X			X
Rufous-breasted Wren	<i>Pheugopedius rutilus</i>		X		X			
Rufous-and-white Wren	<i>Thryophilus rufalbus</i>	X					X	
Stripe-breasted Wren	<i>Cantorchilus thoracicus</i>		X				X	
Plain Wren	<i>Cantorchilus modestus</i>	X			X		X	X
Riverside Wren	<i>Cantorchilus semibadius</i>		H		X			
Bay Wren	<i>Cantorchilus nigricapillus</i>		X				H	
White-breasted Wood-Wren	<i>Henicorhina leucosticta</i>	X	X				H	
Gray-breasted Wood-Wren	<i>Henicorhina leucophrys</i>	X			X			
GNATCATCHERS	POLIOPTILIDAE							
Tropical Gnatcatcher	<i>Polioptila plumbea</i>							X
THRUSHES & ALLIES	TURDIDAE							
Black-faced Solitaire	<i>Myadestes melanops</i>	X			X			
Black-billed Nightingale-Thrush	<i>Catharus gracirostris</i>				X			
Orange-billed Nightingale-Thrush	<i>Catharus aurantirostris</i>	X						X
Slaty-backed Nightingale-Thrush	<i>Catharus fuscater</i>	X						

Ruddy-capped Nightingale-Thrush	<i>Catharus frantzii</i>				X			X
Wood Thrush	<i>Hylocichla mustelina</i>	X	X					
Sooty Thrush	<i>Turdus nigrescens</i>				X			
Mountain Thrush	<i>Turdus plebejus</i>				X			
Clay-colored Thrush	<i>Turdus grayi</i>	X	X	X	X	X	X	X

SILKY-FLYCATCHERS**PTILOGONATIDAE**

Long-tailed Silky-flycatcher	<i>Ptilogonys caudatus</i>				X			
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NEW WORLD WARBLERS**PARULIDAE**

Ovenbird	<i>Seiurus aurocapilla</i>	X						X
American Redstar	<i>Setophaga ruticilla</i>				X			
Northern Waterthrush	<i>Parkesia noveboracensis</i>		X					
Golden-winged Warbler	<i>Vermivora chrysoptera</i>				X			
Black-and-white Warbler	<i>Mniotilta varia</i>		X		X		X	
Prothonotary Warbler	<i>Protonotaria citrea</i>			X		X		
Flame-throated Warbler	<i>Oreothlypis gutturalis</i>				X			
Tennessee Warbler	<i>Oreothlypis peregrina</i>	X	X		X			
Tropical Parula	<i>Setophaga pitiayumi</i>							X
Yellow (Mangrove) Warbler	<i>Setopaga petechia bryanti</i>			X				
Yellow Warbler	<i>Setophaga petechia</i>	X			X			
Chestnut-sided Warbler	<i>Setophaga pensylvanica</i>			X		X		X
Black-throated Green Warbler	<i>Setophaga virens</i>	X					X	X
Black-cheeked Warbler	<i>Basileuterus melanogenys</i>			X				
Costa Rican Warbler	<i>Basileuterus melanotis</i>	X						
Rufous-capped Warbler	<i>Basileuterus rufifrons</i>		X					
Buff-rumped Warbler	<i>Myiothlypis fulvicauda</i>		X	X				
Wilson's Warbler	<i>Cardellina pusilla</i>			X			X	X
Slate-throated Redstart	<i>Myioborus miniatus</i>						X	
Collared Redstart	<i>Myioborus torquatus</i>			X				

TANAGERS**THRAUPIDAE**

Gray-headed Tanager	<i>Eucometis penicillata</i>	X	X					
White-shouldered Tanager	<i>Tachyphonus luctuosus</i>		X					
Passerini's Tanager	<i>Ramphocelus passerinii</i>		X				X	
Cherrie's Tanager	<i>Ramphocelus costaricensis</i>		X	X				
Blue-gray Tanager	<i>Thraupis episcopus</i>		X	X			X	X
Palm Tanager	<i>Thraupis palmarum</i>	X	X	X		X	X	X

TANAGERS**THRAUPIDAE**

Golden-hooded Tanager	<i>Tangara larvata</i>		X				X	X
Spangle-cheeked Tanager	<i>Tangara dowii</i>				X			
Silver-throated Tanager	<i>Tangara icterocephala</i>				X	X		X
Blue Dacnis	<i>Dacnis cayana</i>					X	X	

Red-legged Honeycreeper	<i>Cyanerpes cyaneus</i>					X		X	X
Green Honeycreeper	<i>Chlorophanes spiza</i>						X		X
Slaty Flowerpiercer	<i>Diglossa plumbea</i>					X			
Peg-billed Finch	<i>Acanthidops bairdi</i>					X			
Blue-black Grassquit	<i>Volatinia jacarina</i>							X	X
Variable Seedeater	<i>Sporophila corvina</i>		X					X	X
White-collared Seedeater	<i>Sporophila torqueola</i>		X				X		X
Thick-billed Seed-Finch	<i>Oryzoborus funereus</i>							X	
Bananaquit	<i>Coereba flaveola</i>	X	X					X	
Yellow-faced Grassquit	<i>Tiaris olivaceus</i>	X							
Black-headed Saltator	<i>Saltator atriceps</i>							X	
Buff-throated Saltator	<i>Saltator maximus</i>		X					X	X
BUNTINGS & NEW WORLD SPARROWS	EMBERIZIDAE								
Yellow-thighed Finch	<i>Pselliophorus tibialis</i>					X			
Large-footed Finch	<i>Pezopetes capitalis</i>					X			X
Orange-billed Sparrow	<i>Arremon aurantirostris</i>		X					X	
Black-striped Sparrow	<i>Arremonops conirostris</i>							X	X
White-eared Ground-Sparrow	<i>Melospiza leucotis</i>	X						X	
Stripe-headed Sparrow	<i>Peucaea ruficauda</i>		X						X
Rufous-collared Sparrow	<i>Zonotrichia capensis</i>	X				X			X
Volcano Junco	<i>Junco vulcani</i>								X
Common Chlorospingus	<i>Chlorospingus ophthalmicus</i>					X		X	
Sooty-capped Chlorospingus	<i>Chlorospingus pileatus</i>					X			

CARDINALS & ALLIES**CARDINALIDAE**

Summer Tanager	<i>Piranga rubra</i>	X	X						X
Flame-colored Tanager	<i>Piranga bidentata</i>					X			X
Blue Grosbeak	<i>Passerina caerulea</i>		X						
Blue-backed Grosbeak	<i>Cyanocopsa cyanoides</i>							X	
Black-faced Grosbeak	<i>Caryothraustes poliogaster</i>						X	X	
Painted Bunting	<i>Passerina ciris</i>		X						

TROUPIALS & ALLIES**ICTERIDAE**

Red-winged Blackbird	<i>Agelaius phoeniceus</i>		X						X
Eastern Meadowlark	<i>Sturnella magna</i>								X
Melodious Blackbird	<i>Dives dives</i>	X						X	X
Great-tailed Grackle	<i>Quiscalus mexicanus</i>	X	X	X	X	X			X
Shiny Cowbird	<i>Molothrus bonariensis</i>							X	
Black-cowled Oriole	<i>Icterus prothemelas</i>							X	
Orchard Oriole	<i>Icterus spurius</i>								X
Baltimore Oriole	<i>Icterus galbula</i>	X	X	X					X
Giant Cowbird	<i>Cacicus uropygialis</i>								X

Chestnut-headed Oropendola	<i>Psarocolius wagleri</i>								X
Montezuma Oropendola	<i>Psarocolius montezuma</i>							X	X

SISKINS, CROSSBILLS & ALLIES**FRINGILLIDAE**

Scrub Euphonia	<i>Euphonia affinis</i>		X						
Yellow-crowned Euphonia	<i>Euphonia luteicapilla</i>		X					X	
Yellow-throated Euphonia	<i>Euphonia hirundinacea</i>	X						X	
Elegant Euphonia	<i>Euphonia elegantissima</i>	X							
Olive-backed Euphonia	<i>Euphonia gouldi</i>							X	
Golden-browed Chlorophonia	<i>Chlorophonia callophrys</i>					X		X	X

OLD WORLD SPARROWS**PASSERIDAE**

House Sparrow	<i>Passer domesticus</i>								X
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MAMMAL LIST

White-faced Capuchin Monkey	<i>Cebus capucinus</i>	X							
Mantled Howler Monkey	<i>Alouatta palliata</i>	H	H					X	
Brown-throated Three-toed Sloth	<i>Bradypus variegatus</i>							X	
Hoffmann's Three-toed Sloth	<i>Choloepus hoffmanni</i>							X	
Northern Ghost Bat	<i>Diclorus sp</i>		X						
Proboscis Bat	<i>SaccopteryXsp</i>		X						
Honduran Tent-making Bat	<i>Ectophylla alba</i>								X
Red-tailed Squirrel	<i>Sciurus granatensis</i>	X							
Central American Agouti	<i>Dasyprocta punctata</i>	X	X					X	
Variiegated Squirrel	<i>Sciurus variegatoides</i>	X			X			X	X
White-nosed Coati	<i>Nasua narica</i>	X							
Collared Peccary	<i>Pecari tajacu</i>							X	

A SELECTION OF OTHER WILDLIFE

Army Ants	<i>Ecytom sp.</i>	X	X						
Eyelash Pit-Viper (yellow form)	<i>Bothriechis schlegeli</i>							X	
Strawberry Poison Dart Frog	<i>Oophaga pumilio</i>		X					X	
Green-black Poison Dart Frog	<i>Oophaga auratus</i>		X						
Emerald Basilisk	<i>Basiliscus plumifrons</i>								
Brown (Striped) Basilisk	<i>Basiliscus vittatus</i>		X	X					
Ctenosaur (Black Iguana)	<i>Ctenosaurua similis</i>		X	X					
Green Iguana	<i>Iguana iguana</i>		X	X				X	
American Crocodile	<i>Crocodylus acutus</i>			X			X		
Spectacled Cayman	<i>Caiman crocodilus</i>							X	
Blue Morpho Butterfly	<i>Morpho marinita</i>							X	