

ITINERARY
SUMMER COSTA RICA
June 22 – July 7, 2026



The amazing Resplendent Quetzal is a bird that everyone wants to see in Costa Rica. We should find them at Cerro de la Muerte. Photograph by participant Jeanette Shores..

We include here information for those interested in the 2026 Field Guides Costa Rica tour:

- a general introduction to the tour
- a description of the birding areas to be visited on the tour
- an abbreviated daily itinerary with some indication of the nature of each day's birding outings

These additional materials will be made available to those who register for the tour:

- an annotated list of the birds recorded on a previous year's Field Guides trip to the area, with comments by guide(s) on notable species or sightings (may be downloaded from our web site)
- a detailed information bulletin with important logistical information and answers to questions regarding accommodations, air arrangements, clothing, currency, customs and immigration, documents, health precautions, and personal items
- a Field Guides checklist for preparing for and keeping track of the birds we see on the tour
- after the conclusion of the tour, a list of birds seen on the tour

Costa Rica is in many ways Central America's most attractive country. With its friendly people, democratic government, and striking scenery of volcanic cordilleras and lush tropical forest, it attracts visitors and settlers from all parts of the world. Costa Rica also holds a strong attraction for naturalists and students of tropical biology, who have come in large numbers to this tremendously rich area. Though the country is smaller than the state of West Virginia, there are more than 850 species of birds, a reflection of two important features: Costa Rica's great variety of habitats and its location between tropical South America and temperate North America.

The geological history of Costa Rica has had an enriching effect on the country's natural history. As part of the land bridge that connected North and South America some five million years ago, Costa Rica was a mixing ground for birds from the north and south, a fact well reflected in the country's avifauna today. Here we find a strong representation of Neotropical families such as hummingbirds, motmots, potoos, jacamars, puffbirds, and toucans. In proportion to its size, Costa Rica's diversity parallels that of the Andean countries of South America. Many of the habitats are similar: lowland rainforest at La Selva in the Rio Sarapiquí region, misty cloudforest at Monteverde, cool temperate forest on the slopes of volcanoes, and even páramo atop Cerro de la Muerte. On the Pacific slope, the transition from humid forest to drier habitats more typical of northern Middle America adds yet a different dimension. Although the diversity here is great, preparation for a visit to Costa Rica is no longer the daunting task it once was. The classic field guide by Stiles and Skutch and a newer guide by Garrigues and Dean make studying for a trip here a real pleasure!

This tour will sample nearly all of Costa Rica's major habitats and seek out many of the endemics and specialties of the area. We'll spend some time at two different sites in the lush forests of the Caribbean foothills—Braulio-Carrillo National Park and Rancho Naturalista—where possibilities include Black-crested Coquette, Green Thorntail, the local Snowcap, Lattice-tailed Trogon, Dull-mantled Antbird, Sharpbill, White-throated Shrike-Tanager, Blue-and-gold and Emerald tanagers, and even Lanceolated Monklet. Farther down the Caribbean slope, we'll visit the Rio Sarapiquí region and La Selva Biological Station. A focus for many of the tropical studies in the country today, the preserve and surrounding area at La Selva are home to an impressive array of specialties, from the beautiful Great Green Macaw and Snowy Cotinga to Black-capped Pygmy-Tyrant and Black-throated and Canebrake wrens.



The Yellow-eared Toucanet is found primarily on the Caribbean slope of Central America. We'll watch for this stunning bird in the lowlands of Braulio Carrillo National Park. Photograph by guide Chris Benesh.

We'll also travel to three very different areas in the mountainous backbone of the country, each at a different elevation and home to a slightly different cross section of birds. At Monteverde, we'll seek (among many other species) Black-breasted Wood-Quail, the scarce Bare-shanked Screech-Owl, Coppery-headed Emerald (a Costa Rican endemic), Prong-billed Barbet, and Three-wattled Bellbird; at Tapantí National Park, targets include Black-bellied Hummingbird, White-bellied Mountain-gem, Barred Becard, Golden-browed Chlorophonia, and Sooty-faced Finch; and at Cerro de la Muerte, in addition to the spectacular Resplendent Quetzal, which can be quite common here, we'll search for the fiery-throated Hummingbird, Timberline Wren, Wrenthrush, Yellow-thighed Brushfinch, and Volcano Junco.

In the Pacific lowlands, we'll spend several days in and around Carara National Park, situated in the transition zone between the dry northwestern lowlands and the more humid southern Pacific slope. Birds such as Baird's Trogon, Fiery-

billed Aracari, Orange-collared Manakin, and Black-hooded Antshrike reach the northern limits of their range here, while species more typical of northern Central America that can also be found here include Turquoise-browed Motmot, Lesser Ground-Cuckoo, and White-throated Magpie-Jay. Mangroves and coastal mudflats add another dimension to the birding here and serve to make this region one of the most diverse in the country. Why not join us this summer and discover for yourself why Costa Rica continues to be one of the most popular birding destinations in the Americas!

We want to be sure you are on the right tour! Below is a description of the physical requirements of the tour. If you are concerned about the difficulty, please contact us about this and be sure to fully explain your concerns. We want to make sure you have a wonderful time with us, so if you are uncomfortable with the requirements, just let us know and we can help you find a better fitting tour! Field Guides will not charge you a change or cancellation fee if you opt out within 10 days of depositing.

About the Physical Requirements & Pace:

- **TRAILS & WALKING:** Trails will vary; may be steep and uneven in some areas. Depending on recent weather, some trails may be muddy. We will not walk fast, but will likely be on our feet for several hours at a time; bring a stool if you may need to sit and rest.
- **POTENTIAL CHALLENGES:** Much of our birding will be in forest where we will need to wait quietly for skulkers to appear. We will be standing a lot, and will need to listen and be quiet.
- **PACE:** Most days we'll start early to avoid the heat; 5:00-5:30 a.m., possibly earlier some days. Most nights we'll be able to get to bed by 9:00 p.m. Some nights we will do night-birding, so we may be out a bit later.
- **ELEVATION:** We will be birding between 7000 and 9000 feet for most of our stay in and around the Savegre Valley. At our highest point (on Cerro de la Muerte) we will reach about 11,000 feet and spend approximately two to three hours at that elevation. For overnights, generally below 4000 feet, but up to 7200 feet or higher in the Savegre Valley.
- **WEATHER:** Tropical; warm to hot, and humid; cooler in the higher elevations.
- **VEHICLE SEATING:** So that each participant has equal opportunity during our travel, we employ a seat rotation system on all tours. Participants will need to be flexible enough to maneuver to the back of the vehicle on occasion. Those who experience motion sickness will need to bring adequate medication for the duration of the tour, as we are not able to reserve forward seats for medical conditions.
- **BATHROOM BREAKS:** Whenever possible, we use modern, indoor restrooms, but on occasion, participants must be prepared to make a comfort stop in nature.
- **OPTING OUT:** Where we are staying multiple days in the same lodging, participants can easily opt to sit out a day or sometimes a half-day. This will not be possible on days when we are changing locations.

If you are uncertain about whether this tour is a good match for your abilities, please don't hesitate to contact our office; if they cannot directly answer your queries, they will put you in touch with the guide.

About the Birding Areas

La Selva Biological Station, established in 1968 by the Organization for Tropical Studies (OTS), includes approximately 2500 acres of land, almost ninety percent of which is virgin forest. The station, located in the Caribbean lowlands near Puerto Viejo on the Rio Sarapiquí, adjoins Braulio Carrillo National Park and forms the lower end of a continuous forest from near sea level at La Selva to almost 10,000 feet at the summit of Volcán Barva. Since its inception, La Selva has been an important destination for scientists and students studying Neotropical ecosystems, and innumerable projects (including pioneering work on the rainforest canopy) have been undertaken here. Well-marked trails provide access to swamp and rainforest, as well as to the perimeter of the reserve, where there are several successional strips in various stages of regeneration. The bird life is rich and includes (along with hundreds of others not listed here) Great and Slaty-breasted tinamous (sometimes quite tame), Green Ibis, Great Curassow, Semiplumbeous Hawk, Band-tailed Barbthroat, Blue-chested Hummingbird, Slaty-tailed Trogon, Rufous and Broad-billed motmots, Chestnut-colored Woodpecker, Great Green Macaw, Fasciated, Black-crowned and Great antshrikes, Snowy Cotinga, Black-capped Pygmy-Tyrant, Yellow-winged Flatbill, White-ringed Flycatcher, Band-backed, Stripe-breasted, Bay, and Song wrens, Green Shrike-Vireo, Buff-rumped Warbler, Dusky-faced Tanager, and Black-faced and Blue-black grosbeaks. Pasture and edge habitats in the region harbor a different cross section of bird life including Striped Cuckoo, Slaty Spinetail, Yellow Tyrannulet, Long-tailed Tyrant, Canebrake Wren, Olive-crowned Yellowthroat, and Yellow-billed Cacique.



Braulio Carrillo National Park,

established in the 1980s to protect a large portion of Caribbean slope forest and watershed just outside San Jose, gives access to an elevation in the Caribbean foothills similar to that of Rancho Naturalista, but the forest here is decidedly wetter—and the birding is generally richer—than at Rancho. There are few trails in this huge park, but we'll visit a famously productive one on the day we travel from the La Selva area to Rancho Naturalista, for some further explorations of this rich habitat. If the weather is in our favor, this area can be very birdy, and it's certainly well worth the visit, as there are a number of species here that we won't encounter anywhere else on the tour. Ornate Hawk-Eagle, Lattice-tailed Trogon, Red-headed Barbet, Yellow-eared Toucanet, Cinnamon Woodpecker, Striped Woodhaunter, Middle American (Tawny-throated) Leaf-tosser, Streak-

crowned Antwren, White-flanked Antwren, Checker-throated Stipplethroat, the rare Sharpbill, Scale-crested Pygmy-Tyrant, Tawny-faced Gnatwren, Black-headed Nightingale-Thrush, Nightingale Wren, Ashy-throated Chlorospingus, White-throated Shrike-Tanager, and Tawny-crested, Carmiol's, Emerald, and Blue-and-gold tanagers are among the specialties we'll be targeting.

Rancho Naturalista is a private reserve nestled in the forested Caribbean foothills east of San Jose. Located at an elevation of about 3200 feet, it is perfectly sited to allow exploration into some of the richest birding habitats in Costa Rica. In these humid middle elevations, bird activity is characterized by the movement of large feeding flocks (often made up of ten to fifteen species or more), and these make for exciting (if sometimes frustrating!) birding. Around Rancho Naturalista, we'll be watching for such species as Bicolored Hawk, Gray-headed Chachalaca, the spectacular Sunbittern, Brown-hooded Parrot, Crimson-fronted Parakeet, Rufous-winged Woodpecker, Brown-billed Scythebill, Dull-mantled and Zeledon's antbirds, Thicket Antpitta, White-collared, White-ruffed, and White-crowned manakins, Tawny-chested and Slaty-capped flycatchers, Black-headed Tody-Flycatcher, Black-throated and Scaly-breasted wrens, Black-and-yellow, Crimson-collared, and Speckled tanagers, Scarlet-rumped Cacique, Chestnut-headed Oropendola, Chestnut-capped Brushfinch, and Black-headed Saltator. On the grounds of the lodge itself, hummingbirds—including such dazzling gems as Green and Stripe-throated hermits, Green-breasted Mango, Crowned Woodnymph, Green Thorntail, Black-crested Coquette, White-necked Jacobin, Green-crowned Brilliant, Violet-headed and Rufous-tailed hummingbirds, Snowcap, and Bronze-tailed Plumeleteer—visit feeders and flowering hedges, often only a few feet from the observer! Nearby areas we may visit from here offer up birds like Snail Kite, Limpkin, and Red-breasted Meadowlark, among many others.

Tapanti National Park is a beautiful cloudforest park tucked away in the northern reaches of the Cordillera de Talamanca. The accessible section of the park ranges from 3500 to 5000 feet in elevation and is home to a good assortment of wet middle-elevation species. Black Guan, Black and Ornate hawk-eagles, Green-fronted Lancebill, Black-bellied Hummingbird, White-bellied Mountain-gem, Prong-billed and Red-headed barbets, Spotted Barbtail, Lineated Foliage-gleaner, Red-faced Spinetail, Barred Becard, Torrent Tyrannulet, Slaty-backed Nightingale-Thrush, Black-faced Solitaire, Golden-browed Chlorophonia, Elegant Euphonia, and Sooty-faced Finch are just some of the many species we could encounter here. With luck, we may also encounter any of a number of rare and seldom-seen species, including Buffy-crowned Wood-Partridge, Scaled and Ochre-breasted antpittas, and Black-banded Woodcreeper.

Cerro de La Muerte, along the Pan-American Highway atop the Cordillera de Talamanca, provides access to some fine temperate forest and páramo habitats between 7000 and 11,000 feet, the highest elevation for this tour. In this range, we'll search for some of Costa Rica's most sought-after birds, many of which are restricted to the mountains of Costa Rica

and western Panama. This list includes the rare Red-fronted Parrotlet, Costa Rican Pygmy-Owl, Dusky Nightjar, Fiery-throated, Volcano, and Talamanca hummingbirds, White-throated Mountain-gem, Ruddy Treerunner, Buffy Tuftedcheek, Silvery-fronted Tapaculo, Ochraceous Pewee, Silvery-throated Jay, Timberline Wren, Black-billed Nightingale-Thrush, Sooty Thrush, Long-tailed Silky-flycatcher, Flame-throated and Black-cheeked warblers, Wrenthrush, Slaty Flowerpiercer, Sooty-capped Chlorospingus, Spangle-cheeked Tanager, Large-footed and Peg-billed finches, Yellow-thighed Brushfinch, Black-thighed Grosbeak, and Volcano Junco. Our lodge is situated in beautiful, cool montane oak forest at about 7000 feet, and we sometimes have the good fortune of watching Resplendent Quetzals feeding in favored fruiting trees right behind our cabins!



*The Black-billed Nightingale-Thrush is one of the birds we'll watch for in the highlands of the Cerro de la Muerte.
Photograph by guide Cory Gregory.*

Carara Biological Reserve, in the Pacific lowlands near Tarcoles, marks the transition between the humid habitats of southwestern Costa Rica and the dry habitats of the country's northwest. Here, the humid forest typical of the southwestern Pacific lowlands reaches its northernmost limit, as does its characteristic avifauna. Specialties of this area are many, and include Scarlet Macaw, Baird's Trogon, Golden-naped Woodpecker, Fiery-billed Aracari, Chiriqui Foliage-gleaner, Piping Long-tailed Woodcreeper, Black-hooded Antshrike, Streak-chested Antpitta, Orange-collared Manakin, Riverside and Black-bellied wrens, the rare Yellow-billed Cotinga, and Spot-crowned Euphonia. Other more widespread forest species we may encounter include Graceful Black-throated Trogon, White-whiskered Puffbird, Red-capped and Velvety manakins, Tropical Royal Flycatcher, Gray-headed and White-shouldered tanagers, Red-legged Honeycreeper, and Orange-billed Sparrow.

In riverine habitats near the park, we'll search for the likes of Anhinga, Boat-billed Heron, Bare-throated Tiger-Heron, Muscovy Duck, Northern Jacana, and Ringed, Green, and American Pygmy kingfishers, among others. In mangroves fringing the nearby coast, we may find Plumbeous Kite, Common Black-Hawk, Pacific Screech-Owl, the endemic and local Mangrove Hummingbird, White-necked Puffbird, Panama Flycatcher, Northern Scrub-Flycatcher, Mangrove Vireo, Rufous-browed Peppershrike, and Mangrove Yellow Warbler, while the adjacent mudflats at the river's mouth are a magnet for migrant waders and shorebirds, which may already be arriving from their northern breeding grounds. Coastal areas are also good for Crested and Yellow-headed caracaras, Crane Hawk, Yellow-naped Parrot, Black-headed Trogon, Rose-throated Becard, and Rufous-backed Wren, as well as a multitude of other species.

Monteverde is probably Costa Rica's most famous natural history destination. Centered atop the continental divide and protecting approximately 25,000 acres of largely undisturbed cloud and upper tropical forest, the Monteverde Cloud Forest Preserve has been a magnet for naturalists and photographers since its inception in 1972. Reaching an elevation

of 5000 feet, the preserve and neighboring areas feature many birds that we are unlikely to see elsewhere during our tour. Specialties of the area include two of Middle America's most famous cloudforest denizens—the exquisite Resplendent Quetzal, sacred to ancient cultures of Middle America and considered by some people to be the most beautiful bird in the New World, and the Three-wattled Bellbird, whose far-carrying “bongs” ring from treetop song perches across the roof of the forest. Other species we may find in the region include Black Guan, Collared (Orange-bellied) Trogon, Ruddy Treerunner, Gray-throated Leaf-tosser, Red-faced Spinetail, Golden-bellied Flycatcher, Slaty-backed Nightingale-Thrush, Black-faced Solitaire, Collared Redstart, Costa Rican Warbler, and Spangle-cheeked Tanager. Other avian attractions of the area include the famous Monteverde hummingbird feeders—where such dazzling birds as Lesser Violetear, Violet Sabrewing, Magenta-throated Woodstar, Stripe-tailed Hummingbird, the endemic Coppery-headed Emerald, Purple-throated Mountain-gem, and Green-crowned Brilliant may be seen at arm's length, and forest specialties from Chiriqui Quail-Dove, Prong-billed Barbet, and Streak-breasted Treehunter to Black-breasted Wood-Quail, Azure-hooded Jay, and Bare-shanked Screech-Owl.



*The charming Collared Redstart is endemic to the highlands of Costa Rica and Panama.
Photograph by guide Megan Edwards Crewe.*

Itinerary for Costa Rica

Note: For a list of each day's special target birds, be sure to check the “About the Birding Areas” section above.

Day 1, Mon, 22 Jun. Arrival. There are many daily flights into San Jose from various North American cities; call our office and we'll be happy to help you determine the flight schedule that best suits your needs. If weather and flight times allow, we'll meet in the hotel lobby at 4:30 p.m. on Day 1 for a bird walk on the hotel grounds and/or in surrounding areas. Your guide will let you know if plans change. Otherwise, we'll gather in the hotel lobby at 7:00 p.m. for dinner. Night at Hotel Bouganvillea.

Day 2, Tue, 23 Jun. To Puerto Viejo de Sarapiquí. We'll start the day with an early morning walk near the hotel, then depart after breakfast en route to the Caribbean lowlands. Our first destination will be the beautiful Virgen del Socorro valley, an excellent site for many Caribbean foothill species, including several we may not encounter anywhere else. The scarce White-tipped Sicklebill, the oft-heard but seldom seen Nightingale Wren, Slate-colored Grosbeak, Sooty-faced Finch, and tanagers such as Speckled, Crimson-collared, and Black-and-yellow are some of the specialties we'll hope to encounter here, among a variety of more widespread species. As the morning heats up and thermals begin to rise, we'll

watch the skies for a variety of soaring raptors, including White and Barred hawks and Swallow-tailed Kite before we move on to the nearby La Paz Waterfall Gardens. Here, we'll spend some time enjoying the frenetic activity around the garden's hummingbird feeders, where Black-bellied Hummingbird, White-bellied Mountain-gem, the tiny endemic Coppery-headed Emerald, Green Thorntail, and Magenta-throated Woodstar will be among our quarries. Fruit feeders could bring such treats as Prong-billed Barbet, and Spangle-cheeked and Silver-throated tanagers, while Silvery-fronted Tapaculo, Gray-breasted Wood-Wren, Slaty-backed Nightingale-Thrush, and Chestnut-capped Brushfinch are just some of the possibilities along the forest trails. We'll also enjoy a restaurant lunch on the grounds before continuing downslope and into the lowlands, where we expect to arrive at our hotel in the late afternoon. **Rain is a strong possibility today, and it would be wise to have an umbrella, poncho, or rain jacket handy on the bus.** Night at La Quinta de Sarapiquí Lodge.

Days 3-4, Wed-Thu, 24-25 Jun. La Selva and the Sarapiquí lowlands. We'll have two full days to explore the various trails and forest types in and around La Selva Biological Station, just a twenty-minute drive from our hotel. Much of our time here will be spent at La Selva itself, home to hundreds of species. (See the area's listing in the preceding "About the Birding Areas" section for more details.) If possible, on at least one night of our stay here, there will be a night excursion to look for Crested Owl, Middle American Screech-Owl, Great Potoo, and nocturnal mammals, frogs, and snakes. Outside of the reserve, we'll search for such exciting species as Laughing Falcon, Pied Puffbird, Great Green Macaw, and Olive-crowned Yellowthroat, while in nearby areas of tall, rank grass, we may find White-throated Crake, Slaty Spinetail, Yellow Tyrannulet, Canebrake and Black-throated wrens, and the now-scarce Nicaraguan Seed-Finch.

Trails are well maintained at La Selva to minimize the impact of foot traffic on the forest. Those trails close to the buildings are concrete walkways, while further afield they consist of wooden boards, finally becoming simple dirt tracks in the far reaches of the reserve. **Comfortable footwear is adequate, but be sure to wear close-toed shoes or boots (i.e. no sandals), or you won't be allowed into the reserve property.** Although less likely here than in the foothills, rain is still a possibility during all outings, so plan accordingly. Nights at La Quinta de Sarapiquí Lodge.



While we sometimes find Crested Owls, such as this one, on a day-roost, we will also have a few night excursions looking for owls, potoos and other creatures. Photograph by participant Holger Teichmann.

Day 5, Fri, 26 Jun. To Rancho Naturalista via Braulio Carrillo National Park. After an early breakfast, we'll load up the bus and get on the move, headed for Rancho Naturalista. On the way, we'll make a detour into Braulio Carrillo National Park, where we plan to spend the morning birding in the lower sections of the park. Much of our time will be spent on a wonderful trail inside the forest as we try to catch up with a multitude of interior forest species and perhaps track down one of the large, ever-moving feeding flocks, which is every birder's goal here. The trails here are steep in places with a few muddy sections, but birding is certainly worth the effort; there are a number of species found at Braulio

that we won't encounter elsewhere on our tour route. **To be safe and comfortable walking on the trails, you'll need appropriate footwear; we also strongly recommend raingear!**

After a picnic lunch at the park, we'll continue on to Rancho, perhaps with a stop or two on the way, arriving at the lodge in the late afternoon, perhaps with enough light left to enjoy the hummingbird show at the balcony feeders. Night at Rancho Naturalista.

Day 6, Sat, 27 Jun. Rancho Naturalista. Rancho Naturalista has a reputation as one of the birdiest sites in Costa Rica, and the "porch birding" here, overlooking the looming Volcán Turrialba, (which has just recently become active) and the expansive Rio Tuis Valley, can be truly magical! A typical early morning on the porch features a good variety of birds feeding on the cooked rice and bananas put out by the staff, and the hummingbird feeders and vervain hedges are alive with as many as fourteen species of hummers—including the diminutive Snowcap and Black-crested Coquette. It might be hard to concentrate on breakfast, as it is served on the terrace with good views of the feeders, but, after we've managed to eat and tear ourselves away from this spectacle, we'll spend the morning exploring the trails in the lodge's private forest reserve.

After lunch at the lodge, there will be ample free time to relax on the porch, have a snooze in one of the hammocks, or walk in the forest before we gather again. In the late afternoon, we'll spend some time at a quiet forest stream where a variety of species, including Snowcap, Purple-crowned Fairy, Crowned Woodnymph, Dull-mantled Antbird, Golden-crowned Warbler and Middle American Leaf-tosser sometimes come to bathe, remaining there until dusk if the activity is good, or moving on to the trails again if things are slow. Birding here will be along dirt roads and well-maintained forest trails. The trails follow the undulating terrain of the foothills and may be muddy if there has been significant rain. Night at Rancho Naturalista.



The Snowcap is a charming hummingbird restricted to Costa Rica and Panama. We should get good views of this little gem at Rancho Naturalista. Photograph by participant Mary Trombley.

Day 7, Sun, 28 Jun. Rancho Naturalista; to the Orosi Valley. We'll have a second full morning to spend around Rancho, and we'll use it to track down whatever Caribbean slope species we have not yet run across. After lunch at the lodge, we'll board the bus and make our way to the Orosi Valley for a one night stay. On the way, we'll make a stop or two in the valley to try to find the elusive endemic Cabanis's Ground-Sparrow and a few other species before arriving at our hotel in the late afternoon. Weather permitting, we may also make an optional foray out after dinner, with Bare-shanked Screech-Owl as the main quarry. Night in Orosi Valley at Hotel Quelitales.

Day 8, Mon, 29 Jun. Tapantí National Park; to the Savegre Valley. The magnificent cloudforests of Tapantí National Park are only about a half hour's drive away from our lodge, so we'll be able to arrive there early and have a full morning of birding before moving on to the highlands. With the likes of Prong-billed Barbet, Black-bellied Hummingbird, Sooty-faced Finch, and Spangle-cheeked Tanager on our target list, and rarities from Ornate Hawk-Eagle to Scaled Antpitta to Sharpbill among the possibilities, a visit here is always exciting! After a picnic lunch in the park, and a little early afternoon birding, we'll get back on the road and make our way up onto the spine of the Talamanca Mountains, following the Continental Divide before dropping down into the scenic Savegre Valley. Time permitting, we'll make a couple of brief birding stops to look for a few key species before our descent into the valley. We expect to arrive at the lodge in the late afternoon or early evening, so be prepared for a long, but wonderful day! **Once again, rain is a possibility today, so keep your raingear handy.** Comfortable footwear will suffice, as most of our birding will take place along graveled roads and trails. Night at Savegre Hotel.



*Spotted Wood-Quail can be difficult to see, but we've gotten some great views on previous tours.
Photograph by participant Myles McNally.*

Day 9, Tue, 30 Jun. Rio Savegre Valley and Cerro de la Muerte. Here, Northern Emerald Toucanet, Acorn Woodpecker, Tufted Flycatcher, Mountain Elaenia, Long-tailed Silky-flycatcher, Yellow-bellied Siskin, and Black-thighed Grosbeak may greet us before we're fully awake! Flowering hedges in the beautiful gardens may host hummingbirds such as Lesser Violetear, White-throated Mountain-gem, and Talamanca and Volcano hummingbirds, as well as a Slaty Flowerpiercer or two. And there's always a chance that we could luck into the area's star bird, the glorious Resplendent Quetzal, right by the hotel, as we've done on previous tours.

After breakfast, we'll venture up a narrow dirt road above a nearby lodge to bird the towering oak forest near the top of the ridge. We'll be ferried up the hill in the back of a 4WD truck and then dropped at a trailhead among the impressive oaks. The trails up here are rather narrow (but open) and can be steep in places, but we'll walk these at a pace to accommodate everyone and much of our walk will be downhill. We may start off with a climb further into the oak forest though, as we try to connect with species such as Spotted Wood-Quail, Costa Rican Pygmy-Owl, the rare Silvery-throated Jay, and others that we are unlikely to find elsewhere. After lunch back at our hotel and an early afternoon break, we'll drive up to the higher parts of the valley, searching for Costa Rican Pygmy-Owl, Barred Parakeet, Sooty Thrush, Black-billed Nightingale-Thrush, Wrenthrush, and Large-footed Finch, and whatever local specialties we have yet to see. Weather depending, we may remain out until just after dark to try for Dusky Nightjar and Bare-shanked Screech-Owl.

Temperatures today and tomorrow morning—especially early—will likely be the coolest on the tour. You should plan to wear several layers, which you can peel off as the day warms up. Again, raingear is essential, as we're likely to encounter at least mist at some point during the day. Most of our birding will be along dirt and paved

roads, and well-maintained forest trails, but we may encounter some wet or muddy spots if the region has received significant rain. Most of the day's birding will be between 7000 and 9000 feet, and it will be important to remember not to over-exert yourself at these elevations. Night at Savegre Hotel.

Day 10, Wed, 1 Jul. To Carara. After a final breakfast we'll bid farewell to this lovely, scenic valley and head back up into the higher reaches of the Talamanca Mountains. We'll have another chance to track down any highland specialties we may have missed (including Timberline Wren and Volcano Junco at the highest elevations) before we descend toward the Pacific lowlands and Carara Biological Reserve. Our route to the coast will take us south towards the city of San Isidro de General, where we'll detour off the main road and make a stop on the grounds of a country lodge that has become quite renowned for its variety of hummingbirds. Snowy-bellied Hummingbird, White-tailed Emerald, and, if we're very lucky, White-crested Coquette, three hummers we won't find anywhere else on the tour route, can often be found among scores of more widespread species. Speckled Tanager, Red-headed Barbet, White-naped Brushfinch, and Elegant Euphonia are among the other birds we might find around the lodge's gardens. After lunch at a nearby restaurant, we'll head west to the coast at Dominical, then north along the coast to the Carara region, perhaps with a birding stop or two en route as time permits. **Removable layers of clothing will be very important today as we make our way down from the cool mountains to the hot and steamy lowlands, and as always, you should keep your rain gear available, just in case.** Night at Hotel Punta Leona.



We'll look for the Speckled Tanager as we travel from the higher elevations to Carara. These birds are often seen in mixed species flocks with other tanagers. Photograph by guide Cory Gregory.

Days 11-12, Thu-Fri, 2-3 Jul. Carara National Park. With its great variety of habitats, Carara has a wonderfully diverse avifauna, making it one of the country's top birding areas. Our two full days here will give us ample time to sample these habitats and their unique bird species. The transitional forests of the reserve hold an amazing assortment of birds, including many humid forest species that are restricted to southwestern Costa Rica and adjacent Panama, like Golden-naped Woodpecker, Baird's Trogon, Orange-collared Manakin, and Riverside Wren, and we'll do our best to try to find all of these and more. While in this area, we'll also make an effort to observe the spectacular flight of Scarlet Macaws as they move between feeding areas in the reserve and night roosts in the coastal mangroves. Carara is one of the last strongholds in the country for this species, and we stand a good chance of seeing these stunning birds. And on one afternoon we plan to take a boat trip on the Rio Tarcoles, with the elusive Mangrove Hummingbird as our main goal. We'll plan to do at least one night of owling in the area, which could turn up such species as Black-and-white and Striped owls and Pacific Screech-Owl. Nights at Hotel Punta Leona.

Day 13, Sat, 4 Jul. Carara region; to Monteverde. We'll spend the final morning in the Carara area birding the southern end of the dry Guanacaste lowlands, the southernmost range of several northern Central American specialties. We could encounter Double-striped Thick-knee, White-fronted Parrot, Orange-fronted Parakeet, Lesser Ground-Cuckoo, Cinnamon Hummingbird, Plain-capped Starthroat, Turquoise-browed Motmot, White-throated Magpie-Jay, Scrub Euphonia, and Stripe-headed and Olive sparrows as we bird the dry scrub along a quiet dirt road. After the morning's birding, we'll continue heading north and inland towards Monteverde. **The primitive dirt road leading from the main highway up to the town of Monteverde can be quite dusty and very bumpy, so protect your optics accordingly.** We expect to arrive at our hotel by mid- to late afternoon. Night at Hotel Fonda Vela.

Day 14, Sun, 5 Jul. Monteverde Region. Today, we'll explore the lush cloudforests of either the Monteverde Reserve or the nearby Santa Elena Reserve, depending on local conditions and information. The well-maintained trails of the reserves allow access to this superb forest type and give us the opportunity to see some of the many resident species. We'll also spend some time at the famous Hummingbird Gallery feeders just outside the reserve, where Stripe-tailed Hummingbird, Purple-throated Mountain-gem, Magenta-throated Woodstar, and the endemic Coppery-headed Emerald are among the stars of the show.

Weather and need permitting, we'll try some night birding on at least one of our evenings here, looking for Bare-shanked Screech-Owl and Mottled Owl as well as nocturnal mammals such as Kinkajou and Olingo. **The cloudforests here near the Continental Divide can be wet at any time of year, so remember to take your raingear along on all of our outings!** Night at Hotel Fonda Vela.

Day 15, Mon, 6 Jul. Monteverde; to San Jose. We'll begin this morning with a visit to whichever local reserve offers the best chances for species we are still hoping to see, after which we'll begin our descent from the Monteverde area back to San Jose, expecting to reach our hotel by mid to late afternoon. This evening we'll enjoy a farewell dinner at the hotel's excellent restaurant, followed by a final tally of our bird list. Night at Hotel Bouganvillea.

Day 16, Tue, 7 Jul. Departure for home. Time to bid farewell to new friends and this wonderful country as we head for home. Our Costa Rican ground agent will arrange timely transport to the airport for all participants leaving today. *Safe travels!*

About Your Guide

Chris Benesh grew up birding in California. After earning his degree in zoology, Chris joined the Field Guides staff, and his life underwent a wonderful transformation. The intervening years at Field Guides have taken him to many corners of the world and across both the Arctic and Antarctic circles!

Chris's passion for education has led to his serving on the Arizona Bird Committee, leading the occasional workshop, and--we must add--thoroughly explaining in admirable detail the nuances of flycatchers to tour participants and colleagues alike. Chris's schedule includes tours to many parts of North America, Panama, Mexico, Australia, and occasionally Peru. He lives in Tucson, Arizona.

"Chris Benesh combines amazing birding skills (exceptional bird spotting and knowledge of bird appearance, locations, behavior, songs) with excellent people and organizational skills. He is smart, witty, kind, respectful, prompt, organized, and was always well prepared for every aspect of the conduct of the trip. You couldn't ask for more in a birding guide."
C. G., Australia

A **local guide** will be added as tour size warrants.

Financial Information

FEE: \$6895 from San Jose

SINGLE SUPPLEMENT (Optional): \$1025

DEPOSIT: \$700 per person

FINAL PAYMENT DUE: December 24, 2025

LIMIT: 12

Other Things You Need to Know

TOUR MANAGER: The manager for this tour is Caroline Lewis. Caroline will be happy to assist you in preparing for the tour. If you have any questions, please don't hesitate to call her!

ACCOMMODATIONS: Accommodations for our Costa Rica tour are good to excellent throughout. Rancho Naturalista has a limited number of rooms and single accommodations may not be available there. Please be aware that credit cards, checks, and traveler's checks cannot be used for purchases (including drinks) at Rancho Naturalista.

DOCUMENTS: Be sure to verify the latest entry requirements for each country you will visit or transit.

Passport: A current passport is required for international travel. It should be in good condition, valid for at least 6 months beyond your return date, and have at least one blank page for each country on your itinerary.

AIR ARRANGEMENTS: Please note that the tour begins and ends in San Jose, Juan Santamaría International Airport (SJO).

Arrival: San Jose (SJO) by 4:30 PM, June 22; at the latest, by 7:00 PM. There are many daily flights into San Jose from various North American cities; call our office and we'll be happy to help you determine the flight schedule that best suits your needs.

Departure: San Jose (SJO), July 7. Any time.

TOUR INCLUSIONS/EXCLUSIONS: The tour fee is \$6895 for one person in double occupancy from San Jose. It includes all lodging from Day 1 through Day 15, all meals from dinner on Day 1 through breakfast on Day 16, all ground transportation, entrance fees, and the guide services of the tour leader(s). Tipping at group meals and for drivers, porters, and local guides is included in your tour fee and will be handled for the group by your Field Guides leader(s). However, if you would like to recognize your Field Guides leader(s) or any local guide(s) for exceptional service, it is entirely appropriate to tip. We emphasize that such tips are optional and not expected.

The above fee does not include your airfare to and from Costa Rica, airport taxes, visa fees, any checked or carry-on baggage charges imposed by the airlines, any alcoholic beverages, optional tips to local drivers or guides, phone calls, laundry, or other items of a personal nature.

The single supplement for the tour is \$1025 for those requesting a single room. If you do not have a roommate but wish to share, we will try to pair you with a roommate from the tour; but if none is available, you will be billed for the single supplement. Our tour fees are based on double occupancy; one-half the cost of a double room is priced into the tour fee. The single supplement is calculated by taking the actual cost of a single room and subtracting one-half the cost of a double room (plus any applicable taxes).

TOUR REGISTRATION: To register for this tour, please contact us at fieldguides.com/contact-us/. Our office will be in touch with you by email by the next business day (Mon-Fri) with instructions on how to complete our electronic registration form and medical questionnaire. (We are no longer accepting the paper version.)

Please send your deposit of \$700 per person; see <https://fieldguides.com/payment-options/> for our Payment Options. **Full payment of the tour fee is due 180 days prior to departure, or by December 24, 2025.** We will bill you for the final payment at either 180 days or when the tour has reached sufficient subscription to operate, whichever date comes later. Since the cost of your trip insurance and airline tickets is generally non-refundable, please do not finalize these purchases until you have received final billing for the tour or have been advised that the tour is sufficiently subscribed to operate by your tour manager.

SMOKING: Almost all of our clients prefer a smoke-free environment. If you smoke, please be sensitive to the group and refrain from smoking at meals, in vehicles, and in proximity to the group on trails and elsewhere.

CANCELLATION POLICY: Refund of deposit and full payment, less \$100 handling fee, will be made if cancellation is received up to 180 days before departure. If cancellation occurs between 179 and 90 days before the departure date, 50% of the full tour fee is non-refundable, which would include the full deposit if the final payment has not yet been paid. Thereafter, all deposits and payments are not refundable and non-transferable.

Our cancellation policy only applies to payments made to Field Guides for tour (and any services included in those fees). Airline tickets not included in the tour fee and purchased separately often carry penalties for cancellation or

change, or are sometimes totally non-refundable. Additionally, if you take out trip insurance the cost of that insurance is not refundable, so it is best to purchase the policy just prior to making full payment for the tour or at the time you purchase airline tickets, depending upon the airline's restrictions.

The right is reserved to cancel any tour prior to departure. In most such cases, full refund will constitute full settlement to the passenger. Note this exception, however: If you have been advised pre-tour that there is a non-refundable portion of your tour fee no matter the reason for Field Guides cancellation of the tour, that portion will not be refunded. The right is reserved to substitute in case of emergency another guide for the original one.

TRIP CANCELLATION & MEDICAL EMERGENCY INSURANCE: We strongly recommend purchasing trip cancellation (including medical emergency) insurance to protect your investment in case of injury or illness to you or an immediate family member before or during a trip. Because we must remit early and substantial deposits to our suppliers, we cannot offer refunds for cancellations outside of our Cancellation Policy. If a participant is unable to join or continue a tour due to illness, all related expenses will be their responsibility, and no refunds can be issued for missed days. Please wait to purchase insurance until we notify you that the tour is confirmed to operate, as most policies are non-refundable.

For full details, visit our Trip Cancellation Insurance page at <https://fieldguides.com/trip-cancellation-insurance/>.

RESPONSIBILITY: For and in consideration of the opportunity to participate in the tour, each tour participant and each parent or legal guardian of a tour participant who is under 18 agrees to release, indemnify, and hold harmless Field Guides Incorporated, its agents, servants, employees, shareholders, officers, directors, attorneys, and contractors as more fully set forth in the Release and Indemnity Agreement on the registration form. Field Guides Incorporated acts only as an agent for the passenger in regard to travel, whether by railroad, motorcar, motorcoach, boat, airplane, or other means, and assumes no liability for injury, damage, loss, accident, delay, or irregularity caused by defect in such vehicles or for any reason whatsoever, including the acts, defaults, or bankruptcies of any company or person engaged in conveying the passenger or in carrying out the arrangements of the tour. You acknowledge and agree that Field Guides Incorporated is not responsible for losses or additional expenses due to delay or changes in air or other services, sickness, weather, strike, war, quarantine, or other causes. The tour participant shall bear all such losses and expenses. Field Guides Incorporated reserves the right to substitute hotels of similar category for those indicated and to make any changes in the itinerary where deemed necessary or caused by changes in air schedules. Field Guides Incorporated reserves the right to decline to accept or to retain any person as a member of any tour. Baggage is at owner's risk entirely.

Participants should be in good health and should consult a physician before undertaking a tour. If you have questions about the physical requirements of a tour, please contact our office for further information. Participants should prepare for the tour by reading the detailed itinerary, the information bulletin, and other pertinent matter provided by Field Guides. Each participant is responsible for bringing appropriate clothing and equipment as recommended in our bulletins.

THE RECEIPT OF YOUR TOUR DEPOSIT SHALL BE DEEMED TO BE CONSENT TO THE ABOVE CONDITIONS. EACH TOUR PARTICIPANT AND EACH PARENT OR LEGAL GUARDIAN OF A TOUR PARTICIPANT WHO IS UNDER 18 SHALL SIGN AND DELIVER THE RELEASE AND INDEMNITY AGREEMENT AT THE TIME OF REGISTRATION.

NCP 7/2020

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