

**Birding Spectacular  
Costa Rica Tour  
2024**

**The Best of Costa Rica North**

**Trip Itinerary  
13 days, 12 nights  
October 30<sup>th</sup> to November 10<sup>th</sup>  
2024**



**Elaborated by  
Lifer Nature Tours  
Costa Rica**

## Detailed Description of the Birding Tour

### Day 1 – Arrive at San José (night at Robledal Hotel)

All day for arrivals. After arrival in SJO airport you will be greet by a Lifer Nature Tours transfer agent holding a sign with your name and after a 15min drive you will be at your first hotel. The hotel grounds offer multiple opportunities for birding with species like Ferruginous Pygmy-owl and Spot-breasted Oriole.

Dinner at 6:30pm.

### Day 2-3 – Central Pacific (night at Villa Lapas Jungle Village)

After breakfast drive to the Central Pacific area and stop on the way to birdwatch along the road in the dry forest habitat. Lunch on the route or at the hotel. Arrival around mid-day. Short break and then birding in late afternoon on the Bijagual road for Fiery-billed Aracari, White-throated Magpie Jay, Cinnamon Hummingbird, Hoffmann's Woodpecker, Rufous-and-white Wren, Crane Hawk among others.

Night birding in the entrance road of our hotel.

Next day, before breakfast drive to the Tarcoles river and at 6am start a 2-hour boat tour, Roseate Spoonbill, Wood Stork, 3 species of Kingfishers Mangrove Vireo and Mangrove Hummingbird can be seen there. Back for breakfast after that and then birding around the hotel grounds. Lunch at the hotel and then visit Carara National Park all afternoon for Tropical Royal Flycatcher, Collared Forest Falcon, Red-capped and Blue-crowned Manakins, Slaty-tailed, Baird's, Black-throated and Gartered Trogons, White-whisked Puffbird and **Scarlet Macaw**.

Dinner at 6.30pm.



### Day 4-5 – Monteverde Cloud Forest (night at Jaguarundi Lodge)

After some early birding around the hotel grounds, we will have breakfast around 7am and then depart to our next location, Monteverde. We will do at least two stops to check a few locations along the road and of course bathroom stops will be available anytime.

Lunch will be taken when we arrive at the town of Monteverde and then check in the hotel. A short break to rest after the trip and then we will head to do some roadside birding on the way to the famous Monteverde Reserve. Check the hummingbird feeders and then go back to the hotel at night. Dinner in town around 6:30pm.

The second day, we will visit the famous Curi-cancha Reserve after an early breakfast at 6:00am, one of the most accessible and popular birding locations of Monteverde. We will check the hummingbird feeders that usually provide great views of Cooper's-headed Hummingbird, Purple-throated Mountain Gem, Green-crowned Brilliant, Violet Sabrewing among many others. The hike

normally produces great views of Prong-billed Barbet, Buff-fronted Quail Dove, Ruddy Woodcreeper, Long-tailed Manakin, Orange-bellied Trogon, Resplendent Quetzal and even Bare-necked Umbrellabird and Three-wattled Bellbird can be around here.

Lunch in town at midday and then back to the hotel for a short break. Afternoon locally on a gravel road toward a famous location called the Santa Elena Reserve and then back to the hotel for dinner at 6.30pm.

#### **Day 6-7 – Arenal Volcano Area (night at Arenal Oasis Lodge)**

Birding before breakfast around the hotel until 7:30am. Then breakfast and immediately after drive to the next area, Arenal Volcano, stop on the way to birdwatch along the road and have lunch in road. Arrival around 3pm at the hotel after some birding close to Arenal town. Late afternoon at lodge grounds. Dinner in the hotel at 6:30pm.

Next day birding hotel grounds, have breakfast at 7am and then drive to Sky's Hanging Bridges in mid-morning for Long-tailed Tyrant, White-fronted Nunbird, Keel-billed Motmot, White Hawk, Dull-mantled Antbird, Great Antshrike, **Ornate Hawk-Eagle**, Rufous-winged Woodpecker, Yellow-eared Toucanet among others. Lunch at Sky Hanging Bridges restaurant. Mid-day break until 2pm. Afternoon at La Peninsula Road in Arenal Volcano National Park. Dinner in La Fortuna town at 6pm.



#### **Day 8-9 – Caribbean Rainforest (night at La Selva OTS)**

Birdwatch hotel's grounds before breakfast at 7:30am and departure after breakfast. One stop on the road for Three-toed Sloth and continue to get lunch in the station. Arrive at the hotel at mid-day and break until 2pm. Afternoon birding at La Selva entrance road. Dinner in the station. Early birding in La Selva Biological Station all morning until lunch. Lunch at La Selva and more birding in the exit road of La Selva. Afternoon birding on another area call Centro Manu, here we will try for Bare-necked Umbrellabird, Snowcap, Black-crested Coquette, Bronze-tailed Plumeleater and Chestnut-headed Oropendola. At night looking for Owls back to the station. Dinner at 8pm.

#### **Day 10-11 – Northern Wetlands (night at Caño Negro Natural Lodge)**

After some early morning birding around hotel and breakfast at around 7:00 am we will start our drive to the spectacular wetlands of Caño Negro. A unique system of wetlands in the far north that is maybe the best place in Central America for getting all species of Kingfishers, Black-collared Hawk, Agami Heron, Pinnated and Least bitterns.

We will have lunch on the road and get to this stunning place after a 3-hour drive but stopping a



few miles before our destination to birdwatch an open road that normally provides good chances for several species of common Herons and Egrets, American Kestrel, Ruddy-breasted Seedeater, Red-breasted Blackbird, Jabiru, White-throated Crake and the local regional endemic, Nicaraguan Seed Finch.

This afternoon we will spend the rest of the day around the hotel looking for the specialties of the Caño Negro town: Gray-headed Dove, Spot-breasted Wren and endemic and range-restricted Nicaraguan Grackle.

Dinner in the hotel at 7pm.

Next day, we will start our morning at 5:30am with a boat tour through Caño Negro Wetlands; Green, Amazon, Ringed, Belted, American Pygmy and the elusive Green-and-rufous Kingfishers, Anhinga, Neotropic Cormorant, Agami Heron, Green and Glossy Ibis and even the Black-collared Hawk are among the birds we will find here from the comfortably seats with roof of our boat. After the boat tour at around 8:45 am we will head back to the hotel to get a late breakfast and then some scouting at the hotel feeders.

Mid-day break and then a late lunch in town will give us the right timing to drive back on the road to a nearby wetland called Medio Queso; this is a different kind of a wetland because is mainly composed by native rice growing on a very wet field in where we will get different species that are not present at Caño Negro wetland or are normally much more complicated there. Least Bittern, Spotted Rail (seasonal), Pinnated Bittern, Lesser Yellow-headed Vulture, Black-collared Hawk and many more are likely here. On the way back we will wait until 6pm at a specific spot for an impressive Great Potoo that normally shows pretty well at eye level near the ground. Also **Striped Owl** and Pacific Screech-Owl are very likely to be found on the way back to the hotel. Today we will have a late dinner in the hotel after the owling night.



#### **Day 12 – San José (night at Robledal Hotel)**

Birding around the hotel in the early AM before breakfast, then breakfast, pack and departure to San Jose birdwatch on the road. Lunch in Canopy San Luis and spent time in the feeder for Speckled, Blue-and-gold Tanagers among others. Arrival around 5pm at Robledal Hotel in San Jose and dinner at 6pm.

#### **Day 13 – Airport-Flight.**

Departure after breakfast. No lodging included.  
No meals other than complimentary breakfast included.

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*PRICE FOR THE ITINERARY*

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Birding Spectacular Costa Rica Trip 2024		
Customer	Occupation	
	Double Room	Single Supplement
4	\$4,743.15	\$654.00
6	\$4,160.87	
8	\$3,750.01	

*All amounts are in US dollars*



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### *PACKAGE INCLUDES*

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- 13 days in Costa Rica – 12 nights lodging.
- Transportation on a spacious bus.
- Fuel of the bus included through the trip.
- Specialized guide with Spotting Scope, Portable speaker + Ipod with Costa Rican bird calls to play-back calls of a bird if necessary and a laser pointer to help locate birds in the field.
- Accommodation in all hotels.
- All times meals start on day one dinner and ends on last day breakfast.
- Entrance fees to all National Parks and Private Reserves indicated:
  - Jungle Crocodile Safari
  - Carara National Park
  - Curicancha Reserve
  - Monteverde Reserve
  - Sky's Hanging Bridges
  - La Selva OTS
  - Centro Manu
  - Caño Negro Boat Tour
  - Medio Queso Boat Tour

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### *NOT INCLUDES*

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- Airfare and airport taxes.
- Tips for all hotels, waiters, guides and drivers during the trip.
- Items of personal use, toiletries
- Travel insurance (We highly recommend purchasing travel insurance. In the event that you need to cancel your trip due to medical or other reasons, this insurance will protect you)
- Medical expenses, prescription drugs and other items of personal use.
- Additional tours offered in hotels (Spa, massage, etc.)
- Alcoholic beverages, cigarettes and anything else not listed on the restaurant options.
- Laundry.
- Souvenirs.
- Any other expense or extra tour not listed as included above.

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## *BOOKING POLICIES AND ADDITIONAL NOTES*

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A deposit of 1/2 of the total cost will be due when reservations are made. The balance will be due in our office 45 days prior to arrival. If reservations are made with less than 45 days prior to arrival, full payment will be due at time of booking.

Cancellation policies are as follow:

- 60 days or more prior to arrival a \$50 handling fee will be charged. All attempts to recover deposits will be made by Lifer Nature Tours. These refunds will depend on individual hotel policies.
- 60-30 days prior to arrival a \$100 handling fee will be charged. All attempts to recover deposits will be made by Lifer Nature Tours. These refunds will depend on individual hotel policies.
- Less than 30 days prior to arrival all monies will be forfeited. No refunds will be made if you leave the trip for any reason, whether voluntary or involuntary. No refunds will be made for services not utilized.
- All communications should be sent to [sharpbill@lifertours.com](mailto:sharpbill@lifertours.com) or [birdingcostarica@gmail.com](mailto:birdingcostarica@gmail.com)