



Sunrise Birding, LLC

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Private Itinerary for Lauren C. and Angelo O.

COSTA RICA BIRDING WEEKEND

January 28 – February 2, 2010

January 28: You will arrive at San Jose airport and transfer to the beautiful Hotel Bougainvillea located just 15 minutes from downtown San José and 20 minutes from the airport in the quiet and mountain studded area of Santo Tomas in Santo Domingo, Heredia. The hotel sits on 10 acres of carefully tended and landscaped tropical gardens with more than 50 species of bromeliads, Costa Rican native trees, and numerous species of orchids, as well as herb and cactus gardens. The gardens at the Hotel Bougainvillea make the hotel one of the most beautiful places to stay in all of the San Jose area.



January 29: Your guide will meet you at 6 AM (or whatever time you arrange) at the hotel lobby to bird the grounds of Hotel Bougainvillea. Here among the ten acres of gorgeous tropical gardens, you will be introduced to a few of the more common bird species such as Clay-colored Robin, Rufous-collared Sparrow, Hoffmann's Woodpecker, Rufous-tailed Hummingbird, Crimson-fronted Parakeet, Inca Dove, Blue-crowned Motmot, and Plain Wren. Be sure to check the large

stand of bamboo in the garden. From time to time, a pair of Tropical Screech Owls has been seen there. After breakfast you will depart for Monteverde where you will stay at the Hotel Fonda Vela for two nights.

January 30: Today you will spend the day birding at Santa Elena Cloud Forest Reserve in the Monteverde conservation area. Here you will explore the lush primary and secondary forest when you can see a variety of birds including the Three-wattled Bellbird, the incredible Resplendent Quetzal, and if you are really lucky, the Bare-necked Umbrellabird. Keep watch for mammals as well. Coatis are quite common and you will likely hear Howler Monkeys in the trees. Other avian possibilities include Orange-bellied Trogon, Black-faced Solitaire, Ruddy-capped Nightingale-Thrush, Yellowish Flycatcher, and Spangle-cheeked Tanager and the hummingbird feeders could yield Violet Sabrewing, Purple-throated Mountain-Gem, Green Hermit and Green-crowned Brilliant. A day in the reserve should produce quite a few additions to your Costa Rica bird list and provide an authentic cloud forest experience.

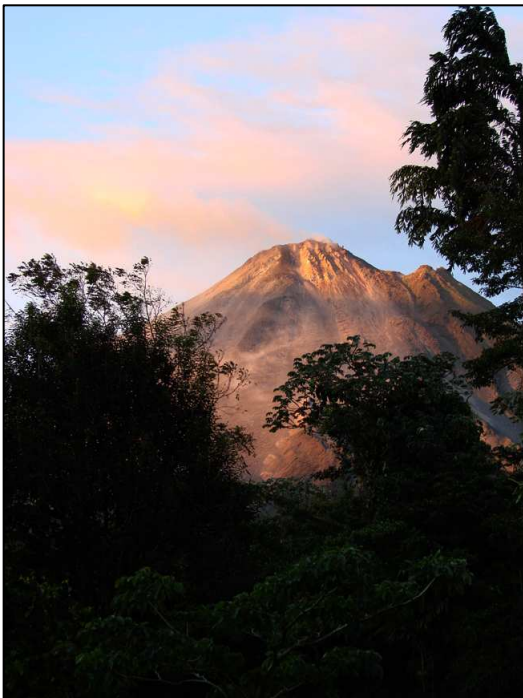


January 31: This morning you will be birding at Finca Ecologica. An ecological farm and wildlife refuge, the Finca offers a series of trails through a forest with superb natural viewpoints, waterfalls, coffee plantations and the chance to observe coatis, agoutis, sloths and forest bird species including Long-tailed Manakin, Black-breasted Wood-Quail, Chiriqui Quail-Dove, White-eared Ground-Sparrow, Yellow-throated Euphonia, and Emerald Toucanet to name a few.

After lunch, you will continue on to your next accommodation, the Arenal Observatory Lodge, at the base of the famous Arenal Volcano. Around the lodge itself are many different species which include Keel-billed Toucan, Passerini's Tanager, Black-headed Saltator, Amazon Kingfisher, Brown Jay, Thicket Antpitta, Whistling Wren and the superb looking Ocellated Antbird. In the gardens you could see Black-crested Coquette, Violet-headed Hummingbird, Purple-crowned Fairy, Little Hermit, White-necked Jacobin, and Brown Violet-Ear, while at the bird tables we could see such delights as Montezuma's Oropendola, Black-cheeked Woodpecker, Red-legged and Green Honeycreepers, Scarlet-thighed Dacnis as well as Hepatic, Blue-Gray, Golden-hooded, Bay-headed and Emerald Tanagers. Hopefully, clear skies will allow you a view of the imposing and still active volcano. Night Arenal Observatory Lodge.



February 1: No doubt, it will be difficult to tear yourselves away from the lodge feeders in the morning and you can also bird the grounds and gardens of this wonderful lodge before breakfast. After breakfast, you will visit Arenal's Hanging Bridges, a delightful canopy tour which will allow you to get close to feeding flocks of birds all at eye level. Tanagers, toucans, flycatchers, and White-fronted Nunbird are all possibilities and, for birders, this has to be one of the most exciting series of suspension bridges and canopy walkways in the country. With the volcano rumbling in the background, you are likely to get unprecedented views of birds in the treetops without straining your necks including Long-tailed Tyrant, Ornate Hawk-Eagle, Black-cowled Oriole, Yellow-billed Cacique, Bright-rumped Attila, and Crested Guan as well as countless warblers and tanagers. Later in the day, you will return to your wonderful lodge birding along the way. Night Arenal Observatory Lodge.



February 2: Early this morning you will spend some time birding the grounds of the lodge perhaps checking the gardens across the suspension bridge for Black-crested Coquette, Tropical Parula, Paltry Tyrannulet, Social Flycatcher, and White-crowned Parrot. You can also spend some time watching the antics of the birds at the feeders before you head back to San Jose and the International Airport for your departure flight back home.