

TWO DAY TRIP TO CARARA NATIONAL PARK FOR SOME OF THE BEST BIRDING IN CENTRAL AMERICA



Two day birding tour to Carara National Park

[Carara National Park](#) and vicinity offers up some of the best birding in Central America due to the mix of lowland rain forest, dry forest, mangroves, and wetlands that provide habitat for an amazing array of bird species. **More than one hundred bird species are typical for a day of birding around Carara (our group actually had 150 on the 2008 Christmas Count).**

A site less than two hours by car from San Jose, the two days we spend birding around Carara will be jam-packed with a wide variety of bird species. A short list of specialties frequently seen when birding this biodiversity hotspot are: **Great Tinamou (pictured above)**, a variety of waterbirds, Crane Hawk and other raptors, Ruddy Quail-Dove, **Black and White Owl (pictured above)**, **Scarlet Macaw (pictured above)**, Costa-Rican Swift, Scaly-breasted Hummingbird, Blue-throated Goldentail, **Baird's Trogon among 5 trogon species**, Rufous-tailed Jacamar, Spectacled Antpitta, Black-hooded Antshrike, Dot-winged Antwren, **Orange-collared Manakin**, many flycatchers including Sulphur-rumped and **Royal Flycatchers**, Rufous-breasted Wren among 7-8 wren species, Mangrove Vireo, and more!

Itinerary:

Day 1-Leaving San Jose by 6 A.M., we will stop along the way for a pleasant breakfast accompanied by such bird species as White-fronted Parrot, Violaceous Trogon, Long-tailed Manakin, Nutting's Flycatcher and Olive Sparrow. After breakfast and an hour of birding, we will proceed to Cerro Lodge-an ecolodge just ten minutes from Carara. Cerro Lodge and vicinity is good for a number of dry forest species and the view from their restaurant (pictured above) excellent for flyovers of parrots, macaws, raptors, and waterbirds.

Check-in will be followed up by birding near the hotel and along a productive road until lunch at a seaside restaurant. After a relaxed lunch, we will look for waterbirds before our mangrove boat tour at 3 P.M. The boat tour is often good for such species as Rufous-necked Wood Rail, Double-striped Thick-knee, Black-necked Stilt, Roseate Spoonbill, various raptors, many herons (including Boat-billed and Bare-throated Tiger-Herons), kingfishers, Mangrove Hummingbird, Panama Flycatcher, and Mangrove Vireo. Rain permitting, our boat tour will end with a beautiful sunset over the Pacific Ocean and Lesser Nighthawks hawking insects over the mangroves followed by dinner nearby.

Day 2-We will start the day off being accompanied by tropical bird song while taking breakfast at our lodge before heading over to the trails at Carara National Park. Inside the fantastic, tall rain forests of Carara, we will see a different suite of species and try for a variety of forest birds such as Great Tinamou, Baird's and Black-throated Trogons, several woodcreepers, manakins, many flycatchers, various wrens, Spot-crowned Euphonia, and others. We will bird the forest until lunch, and then check

out another trail before leaving for San Jose around 4 P.M.

Itineraries for three days and without the boat tour are also possible.

Tour includes transportation to and from San Jose, lodging at Cerro Lodge, full time guiding, and a mangrove boat tour.

Tour does not include meals nor park entrance fees (\$10 for non-residents, \$2 for guide).

Price:

\$320 single

\$190 per person for two participants sharing a room

\$160 per person for three participants

\$140 per person for four participants

**Site list with abundance for bird species of Cerro Lodge and Carara National Park.
Species in bold are easier to see in this area than many other sites in Costa Rica.**

Species	Abundance
	Fairly common- Recorded most visits
	Uncommon- Recorded once every every 3 visits
	Rare- recorded once every 5 visits
	Very rare- Only recorded a few times and may no longer occur
Little Tinamou	Uncommon
Great Tinamou	Fairly common
Muscovy Duck	Fairly common
Black-bellied Whistling-Duck	Fairly common
Great Curassow	Rare
Gray-headed Chachalaca	Uncommon
Crested Guan	Uncommon
Marbled Wood-Quail	Rare
Crested (Spot-bellied) Bobwhite	Rare
Brown Booby	Fairly common

Blue-footed Booby	Rare
Brown Pelican	Fairly common
Neotropic Cormorant	Fairly common
Anhinga	Infrequently recorded as a flyover in morning and evening.
Magnificent Frigatebird	Fairly common
Wood Stork	Fairly common
Bare-throated Tiger-Heron	Fairly common
Great Blue Heron	Uncommon
Great Egret	Fairly common
Snowy Egret	Fairly common
Little Blue Heron	Fairly common
Cattle Egret	Fairly common
Green Heron	Fairly common
Reddish Egret	Rare
Tricolored Heron	Fairly common
Boat-billed Heron	Fairly common
Yellow-crowned Night-Heron	Fairly common
White Ibis	Fairly common
Roseate Spoonbill	Fairly common
Black Vulture	Fairly common
Turkey Vulture	Fairly common
King Vulture	Uncommon
Osprey	Fairly common
Plumbeous Kite	Fairly common
Gray-headed Kite	Uncommon
American Swallow-tailed Kite	Uncommon
Double-toothed Kite	Uncommon
Pearl Kite	Rare
Crane Hawk	Uncommon
Bicolored Hawk	Rare
Gray Hawk	Fairly common
Roadside Hawk	Uncommon
Zone-tailed Hawk	Uncommon
White Hawk	Uncommon

Common Black-Hawk	Fairly common
Broad-winged Hawk	Fairly common winter
Short-tailed Hawk	Uncommon
Black Hawk-Eagle	Uncommon
Collared Forest-Falcon	Uncommon
Crested Caracara	Fairly common
Yellow-headed Caracara	Fairly common
Laughing Falcon	Uncommon
Bat Falcon	Rare
Merlin	Rare winter
Peregrine Falcon	Rare winter
Gray-necked Wood-Rail	Uncommon
Rufous-necked Wood-Rail	Rare
Purple Gallinule	Uncommon
Northern Jacana	Fairly common
Double-striped Thick-Knee	Uncommon
Southern Lapwing	Uncommon
Collared Plover	Uncommon
Snowy Plover	Rare winter
Semipalmated Plover	Fairly common winter
Wilson's Plover	Uncommon winter
Black-bellied Plover	Fairly common winter
Black-necked Stilt	Fairly common
Whimbrel	Fairly common winter
Willet	Fairly common winter
Solitary Sandpiper	Uncommon winter
Greater Yellowlegs	Fairly common winter
Lesser Yellowlegs	Fairly common winter
Spotted Sandpiper	Fairly common winter
Ruddy Turnstone	Fairly common winter
Sanderling	Fairly common winter
Semipalmated Sandpiper	Fairly common winter
Western Sandpiper	Fairly common winter
Least Sandpiper	Fairly common winter
Red Knot	Rare

Short-billed Dowitcher	Fairly common winter
Long-billed Dowitcher	Rare
Laughing Gull	Fairly common
Royal Tern	Fairly common
Caspian Tern	Rare
Elegant Tern	Uncommon
Sandwich Tern	Uncommon
Black Skimmer	Rare
Red-billed Pigeon	Fairly common
Band-tailed Pigeon	Uncommon
Short-billed Pigeon	Fairly common
White-winged Dove	Fairly common
White-tipped Dove	Fairly common
Gray-chested Dove	Fairly common
Inca Dove	Fairly common
Common Ground-Dove	Uncommon
Ruddy Ground-Dove	Fairly common
Plain-breasted Ground-Dove	Rare
Blue Ground-Dove	Rare
Ruddy Quail-Dove	Uncommon
Crimson-fronted Parakeet	Fairly common
Orange-fronted Parakeet	Fairly common
Orange-chinned Parakeet	Fairly common
White-crowned Parrot	Uncommon
Brown-hooded Parrot	Uncommon
White-fronted Parrot	Fairly common
Red-lored Parrot	Fairly common
Mealy Parrot	Uncommon
Yellow-naped Parrot	Uncommon
Scarlet Macaw	Fairly common
Striped Cuckoo	Uncommon
Pheasant Cuckoo	Very rare
Squirrel Cuckoo	Fairly common
Groove-billed Ani	Fairly common
Mangrove Cuckoo	Uncommon winter

Lesser Ground-Cuckoo	Rare
Striped Owl	Fairly common
Spectacled Owl	Rare
Black and White Owl	Fairly common
Mottled Owl	Uncommon
Pacific Screech-Owl	Fairly common
Ferruginous Pygmy-Owl	Fairly common
Common Pauraque	Fairly common
Lesser Nighthawk	Fairly common
Short-tailed Nighthawk	Rare
White-collared Swift	Fairly common
Costa Rican Swift	Fairly common
Lesser Swallow-tailed Swift	Uncommon
Long-billed Hermit	Fairly common
Stripe-throated Hermit	Fairly common
Bronzy Hermit	Uncommon
Band-tailed Barbthroat	Uncommon
Scaly-breasted Hummingbird	Fairly common
Purple-crowned Fairy	Fairly common
Steely-vented Hummingbird	Fairly common
Charming Hummingbird	Uncommon
White-necked Jacobin	Uncommon
Blue-throated Goldentail	Fairly common
Violet-crowned Woodnymph	Fairly common
Cinnamon Hummingbird	Fairly common
Rufous-tailed Hummingbird	Fairly common
Mangrove Hummingbird	Rare
Ruby-throated Hummingbird	Fairly common winter
Plain-capped Starthroat	Uncommon
Long-billed Starthroat	Uncommon
Green-breasted Mango	Uncommon
Black-headed Trogon	Fairly common
Violaceous Trogon	Fairly common
Slaty-tailed Trogon	Fairly common
Baird's Trogon	Uncommon

Black-throated Trogon	Uncommon
Turquoise-browed Motmot	Fairly common
Blue-crowned Motmot	Uncommon
Ringed Kingfisher	Fairly common
Green Kingfisher	Fairly common
Amazon Kingfisher	Uncommon
American Pygmy Kingfisher	Uncommon
White-necked Puffbird	Uncommon
White-whiskered Puffbird	Fairly common
Fiery-billed Aracari	Uncommon
Keel-billed Toucan	Rare
Chestnut-mandibled Toucan	Fairly common
Rufous-tailed Jacamar	Uncommon
Hoffman's Woodpecker	Fairly common
Golden-naped Woodpecker	Uncommon
Lineated Woodpecker	Fairly common
Pale-billed Woodpecker	Fairly common
Rufous-winged Woodpecker	Rare
Olivaceous Piculet	Rare
Buff-throated Foliage-gleaner	Uncommon
Plain Xenops	Fairly common
Streak-headed Woodcreeper	Fairly common
Northern Barred Woodcreeper	Uncommon
Tawny-winged Woodcreeper	Uncommon
Long-tailed Woodcreeper	Rare
Wedge-billed Woodcreeper	Fairly common
Olivaceous Woodcreeper	Uncommon
Cocoa Woodcreeper	Fairly common
Black-striped Woodcreeper	Uncommon
Barred Antshrike	Fairly common
Black-hooded Antshrike	Fairly common
Russet Antshrike	Rare

Dusky Antbird	Fairly common
Chestnut-backed Antbird	Fairly common
Bicolored Antbird	Uncommon
Dot-winged Antwren	Fairly common
Slaty Antwren	Rare
Black-faced Antthrush	Fairly common
Streak-chested Antpitta	Fairly common
Northern Beardless Tyrannulet	Uncommon
Southern Beardless Tyrannulet	Uncommon
Golden-crowned Spadebill	Uncommon
Stub-tailed Spadebill	Uncommon
Paltry Tyrannulet	Uncommon
Yellow-bellied Elaenia	Uncommon
Northern Scrub Flycatcher	Uncommon
Piratic Flycatcher	Fairly common
Yellow-olive Flycatcher	Fairly common
Greenish Elaenia	Fairly common
Slate-headed Tody-Flycatcher	Uncommon
Common Tody-Flycatcher	Fairly common
Northern Bentbill	Fairly common
Ruddy-tailed Flycatcher	Uncommon
Sulphur-rumped Flycatcher	Uncommon
Black-tailed Flycatcher	Rare
Ochre-bellied Flycatcher	Uncommon
Bright-rumped Atilla	Uncommon
Rufous Mourner	Uncommon
Eye-ringed Flatbill	Uncommon
Royal (Northern Royal) Flycatcher	Fairly common
Eastern Wood Pewee	Fairly common migrant
Yellow-bellied Flycatcher	Fairly common
Acadian Flycatcher	Uncommon
Scissor-tailed Flycatcher	Uncommon winter
Great-crested Flycatcher	Fairly common winter
Nutting's Flycatcher	Fairly common
Dusky-capped Flycatcher	Fairly common
Panama Flycatcher	Uncommon
Boat-billed Flycatcher	Fairly common
Great Kiskadee	Fairly common
Social Flycatcher	Fairly common

Gray-capped Flycatcher	Uncommon
Streaked Flycatcher	Fairly common
Tropical Kingbird	Seen every day.
Rose-throated Becard	Fairly common
Cinnamon Becard	Uncommon
White-winged Becard	Uncommon
Masked Tityra	Fairly common
Black-crowned Tityra	Fairly common
Long-tailed Manakin	Uncommon
Golden-collared Manakin	Fairly common
Red-capped Manakin	Uncommon
Blue-crowned Manakin	Uncommon
Thrushlike Schiffornis	Uncommon
Yellow-billed Cotinga	Rare
Turquoise Cotinga	Rare
Three-wattled Bellbird	Uncommon January to April
Rufous Piha	Uncommon
Yellow-throated Vireo	Fairly common winter
Philadelphia Vireo	Fairly common winter
Yellow-green Vireo	Fairly common
Mangrove Vireo	Uncommon
Lesser Greenlet	Fairly common
Tawny-crowned Greenlet	Fairly common
Rufous-browed Peppershrike	Uncommon
Green Shrike Vireo	Uncommon
White-throated Magpie-Jay	Fairly common
Brown Jay	Fairly common
Cliff Swallow	Fairly common migrant
Southern Rough-winged Swallow	Fairly common
Barn Swallow	Fairly common winter
Mangrove Swallow	Fairly common
Gray-breasted Martin	Fairly common
White-lored Gnatcatcher	Fairly common

Tropical Gnatcatcher	Fairly common
Long-billed Gnatwren	Fairly common
Rufous-naped Wren	Fairly common
Rufous-breasted Wren	Fairly common
Rufous and white Wren	Fairly common
Black-bellied Wren	Uncommon
Plain Wren	Fairly common
Riverside Wren	Fairly common
House Wren	Fairly common
Scaly-breasted Wren	Uncommon
Clay-colored Robin	Fairly common
Wood Thrush	Uncommon winter
Swainson's Thrush	Uncommon winter
Tennessee Warbler	Fairly common winter
Yellow Warbler	Fairly common winter
Rufous-capped Warbler	Fairly common
Golden-crowned Warbler	Uncommon
Chestnut-sided Warbler	Fairly common winter
Golden-winged Warbler	Uncommon winter
Black and White Warbler	Fairly common winter
Ovenbird	Uncommon winter
Worm-eating Warbler	Uncommon winter
American Redstart	Uncommon winter
Northern Waterthrush	Fairly common winter
Prothonotary Warbler	Fairly common winter
Gray-crowned Yellowthroat	Fairly common
Buff-rumped Warbler	Uncommon
Tropical Parula	rare
Bananaquit	Fairly common
Red-crowned Ant-Tanager	Uncommon
White-shouldered Tanager	Fairly common
Gray-headed Tanager	Fairly common
Summer Tanager	Fairly common winter
Western Tanager	Uncommon winter
Blue-gray Tanager	Fairly common
Palm Tanager	Uncommon

Golden-hooded Tanager	Fairly common
Bay-headed Tanager	Uncommon
Cherrie's Tanager	Uncommon
Red-legged Honeycreeper	Fairly common
Shining Honeycreeper	Uncommon
Green Honeycreeper	Fairly common
Blue Dacnis	Uncommon
Slate-colored Seedeater	Rare
White-collared Seedeater	Fairly common
Variable Seedeater	Fairly common
Blue-black Grassquit	Fairly common
Orange-billed Sparrow	Fairly common
Olive Sparrow	Fairly common
Stripe-headed Sparrow	Fairly common
Buff-throated Saltator	Fairly common
Grayish Saltator	Rare
Blue Grosbeak	Uncommon
Blue-black Grosbeak	Fairly common
Rose-breasted Grosbeak	Fairly common winter
Indigo Bunting	Uncommon winter
Painted Bunting	Uncommon winter
Red-winged Blackbird	Fairly common
Eastern Meadowlark	Fairly common
Melodious Blackbird	Fairly common
Great-tailed Grackle	Fairly common
Baltimore Oriole	Fairly common winter
Orchard Oriole	Uncommon winter
Bronzed Cowbird	Fairly common
Montezuma Oropendola	Uncommon
Yellow-billed Cacique	Uncommon
Scarlet-rumped Cacique	Rare
Yellow-crowned Euphonia	Fairly common
Scrub Euphonia	Fairly common
Yellow-throated Euphonia	Fairly common
Spot-crowned Euphonia	Uncommon
Thick-billed Euphonia	Rare