

**DAY TRIP**  
**MIDDLE AND HIGH ELEVATION BIRDING AT POAS and CINCHONA**



The vicinity of Poas Volcano offers close, accessible birding to San Jose in middle and high elevation habitats. The birding is easy-going, mostly done from the road, and can include visits to sites with fruit and hummingbird feeders. Easy access to high and middle elevation habitats also results in chances at seeing a wide variety of bird species, many of which are regional endemics.

From the airport, it only takes 45 minutes to reach the birds on this itinerary. These are some of the species regular on this route:

- Black Guan (pictured above)
- Barred Hawk
- Green Hermit
- Brown Violetear
- Green Violetear
- Fiery-throated Hummingbird
- Purple-throated and White-bellied Mountain-gems
- Green Thorntail
- Emerald Toucanet
- Prong-billed Barbet
- Buffy Tuftedcheek
- Red-faced Spinetail
- Ruddy Treerunner
- Streak-breasted Treehunter
- Spot-crowned Woodcreeper

- Olivaceous Woodcreeper
- Golden-bellied Flycatcher
- Yellowish Flycatcher
- Barred Becard
- Yellow-winged Vireo
- Ochraceous Wren
- Ruddy-capped and Black-billed Nightingale-thrushes
- Mountain Thrush
- Black-and-yellow Silky-flycatcher
- Long-tailed Silky-flycatcher
- Black-cheeked Warbler
- Collared Redstart
- Flame-throated Warbler
- Tropical Parula
- Wrenthrush
- Silver-throated Tanager (pictured above)
- Bay-headed Tanager
- Sooty-capped Chlorospingus
- Large-footed Finch
- Yellow-thighed Finch
- Sooty-faced Finch
- Black-thighed Grosbeak
- Golden-browed Chlorophonia



### **Other animals:**

Occasionally, Mantled Howler Monkey, Two-toed Sloth, Coyote, and Coati are seen.

### **Sample Itinerary:**

- Pick-up or meeting time at hotel at 5:00 A.M.. Some birding on the way to the Hummingbird Cafe in Cinchona by 6 or 6:30 or 7:00 A.M..
- Watch six to ten hummingbird species and other birds coming to the fruit feeders (including Prong-billed Barbet, Emerald Toucanet, and tanagers) until 8:00 or so. As this site acts as an overlook into a large canyon, raptors are also possible and other species show up in the vegetation around the cafe. Breakfast is also possible at the cafe and highly recommended. A good site for bird photography.
- At 8:00, we bird a few sites just down the road from the cafe, looking for Bat Falcon, White Hawk, and other raptors, and mixed flocks that can host Red-headed Barbet and various tanagers. We will also visit sites lower down to look for yellowthroats, and some foothill species.
- 1 P.M. Lunch at the Volcan Restaurant or Freddo Fresas. Located at 2,000 meters and near a riparian zone, this restaurant is a great spot for seeing a variety of cloud forest and high elevation species. The hummingbird feeders attract Volcano Hummingbird, Magenta-throated Woodstar and six other species, and Resplendent Quetzal makes an occasional appearance in the forest just across the road. After a delicious lunch, we will check higher elevations on the road up to Poas to look for Buffy Tuftedcheek, Sooty Thrush, Fiery-throated Hummingbird, Wrenthrush, Black Guan, and other species until 4:30 P.M.

**\*NIGHT BIRDING EXTENSION-** Instead of leaving the area at 4:30 and dealing with rush hour traffic, we can look for Dusky Nightjar and Bare-shanked Screech-Owl until 6 P.M.. Then, we eat dinner in the area, and head back out to look for **Unspotted Saw-whet Owl** (very rare), and, on the way back to the hotel, **Mottled Owl** and **Tropical Screech-Owl**.

**\*\*THIS TOUR CAN ALSO BE SPLIT INTO TWO DAYS- ONE WITH A FOCUS ON THE FOOTHILLS, AND THE OTHER FOCUSING ON MIDDLE AND HIGH ELEVATIONS.**

**TO LEARN ABOUT COST AND MORE INFORMATION FOR THIS TOUR, PLEASE EMAIL:**  
[information@birdingcraft.com](mailto:information@birdingcraft.com)

**Site list with abundance for bird species on this itinerary (includes sites in Central Valley, and habitats from 500 meters to 2,300 meters).**

**Species in bold are easier to see on this itinerary than some other sites in Costa Rica.**

<b>Species</b>	<b>Abundance:</b>
	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
Lesser Scaup	Rare winter
Ring-necked Duck	Rare winter
<b>Black Guan</b>	<b>Uncommon</b>
Crested Guan	Uncommon
Black-breasted Wood-Quail	Rare, usually heard only.
Buffy-crowned Wood-Partridge	Rare, usually heard only.
Spot-bellied Bobwhite	Uncommon
Least Grebe	Uncommon
Pied-billed Grebe	Rare winter
Fasciated Tiger-Heron	Rare
Great Egret	Uncommon
Cattle Egret	Uncommon
Sunbittern	Rare
King Vulture	Fairly common
Turkey Vulture	Fairly common
Black Vulture	Fairly common
Double toothed Kite	Uncommon

American Swallow-tailed Kite	Fairly common February to July
White-tailed Kite	Uncommon
Bicolored Hawk	Rare
Tiny Hawk	Very rare
Cooper's Hawk	Rare winter
Sharp-shinned Hawk	Rare winter
<b>White Hawk</b>	<b>Uncommon</b>
<b>Barred Hawk</b>	<b>Uncommon</b>
Broad-winged Hawk	Fairly common winter
Short-tailed Hawk	Fairly common
Gray Hawk	Uncommon
Great Black-Hawk	Rare (formerly uncommon)
Red-tailed Hawk (resident subspecies)	Fairly common
Solitary Eagle	Very rare (formerly more regular)
Black Hawk-Eagle	Rare
Ornate Hawk-Eagle	Uncommon
Black and white Hawk-Eagle	Very rare
Barred Forest-Falcon	Rare
Bat Falcon	Uncommon
Merlin	Rare winter
Laughing Falcon	Uncommon
Spotted Sandpiper	Uncommon in winter
Rock Pigeon	Uncommon
Band-tailed Pigeon	Fairly common
Ruddy Pigeon	Rare
Red-billed Pigeon	Fairly common
Buff-fronted Quail-Dove	Rare
Chiriqui Quail-Dove	Very rare
White-tipped Dove	Uncommon
White-winged Dove	Fairly common

Inca Dove	Uncommon
Maroon-chested Ground-Dove	Very rare
Great Green Macaw	Very rare
Scarlet Macaw	Very rare
Brown-hooded Parrot	Uncommon
White-crowned Parrot	Fairly common
Crimson-fronted Parakeet	Fairly common
Barred Parakeet	Uncommon
Red-fronted Parrotlet	Very rare
Squirrel cuckoo	Fairly common
Groove-billed Ani	Fairly common
Bare-shanked Screech-Owl	Uncommon
Tropical Screech-Owl	Uncommon
Mottled Owl	Uncommon
Unspotted Saw-whet Owl	Very rare (status uncertain)
Costa Rican Pygmy-Owl	Rare
Dusky Nightjar	Rare
White-collared Swift	Fairly common
Chestnut-collared Swift	Uncommon
White-chinned Swift	Very rare
Vaux's Swift	Fairly common
Lesser Swallow-tailed Swift	Rare
Stripe-throated Hermit	Uncommon
Long-billed Hermit	Uncommon
Green Hermit	Fairly common
White-tipped Sicklebill	Very rare
Violet Sabrewing	Fairly common
Green-crowned Brilliant	Fairly common

Purple-crowned Fairy	Uncommon
Crowned Woodnymph	Fairly common
Rufous-tailed Hummer	Fairly common
Steely-vented Hummingbird	Uncommon
<b>Brown Violetear</b>	<b>Uncommon</b>
Green Violetear	Fairly common
White-necked Jacobin	Uncommon
<b>Coppery-headed Emerald</b>	<b>Fairly common</b>
<b>Green Thorntail</b>	<b>Uncommon</b>
Black-crested Coquette	Rare
Violet-headed Hummingbird	Uncommon
Black-bellied Hummingbird	Rare
Stripe-tailed Hummingbird	Uncommon
Green-fronted Lancebill	Rare
Magnificent Hummingbird	Fairly common
Purple-throated Mountain-gem	Fairly common
<b>White-bellied Mountain-gem</b>	<b>Uncommon</b>
Volcano Hummingbird	Fairly common
Scintillant Hummingbird	Rare
Magenta-throated Woodstar	Rare
Resplendant Quetzal	Rare, more regular from January to March
Slaty-tailed Trogon	Rare
Collared Trogon	Uncommon
Gartered Trogon	Uncommon
Blue-crowned Motmot	Uncommon
Green Kingfisher	Uncommon
Lanceolated Monklet	Very rare
Red-headed Barbet	Uncommon

<b>Prong-billed Barbet</b>	<b>Fairly common</b>
Collared Aracari	Rare
Yellow-throated (Black-mandibled) Toucan	Uncommon
Keel-billed Toucan	Uncommon
<b>Emerald (Blue-throated) Toucanet</b>	<b>Fairly common</b>
Lineated Woodpecker	Uncommon
Rufous-winged Woodpecker	Rare
Golden-olive Woodpecker	Uncommon
Smoky-brown Woodpecker	Uncommon
Hairy Woodpecker (resident subspecies)	Fairly common
Black-cheeked Woodpecker	Uncommon
Hoffmann's Woodpecker	Fairly common
Acorn Woodpecker	Fairly common
Yellow-bellied Sapsucker	Rare winter
Slaty Spinetail	Uncommon
Plain Xenops	Uncommon
Spotted Barbtail	Uncommon
Striped (Western) Woodhaunter	Rare
Buff-throated Foliage-gleaner	Uncommon
Lineated Foliage-gleaner	Uncommon
Scaly-throated Foliage-gleaner	Rare
Buff-fronted Foliage-gleaner	Very rare
<b>Streak-breasted Treehunter</b>	<b>Uncommon</b>
Tawny-throated Leaf-tosser	Rare
<b>Red-faced Spinetail</b>	<b>Fairly common</b>
Ruddy Treerunner	Fairly common
Buffy Tuftedcheek	Uncommon
Wedge-billed Woodcreeper	Uncommon
Spot-crowned Woodcreeper	Fairly common



Spotted Woodcreeper	Uncommon
<b>Brown-billed Scythebill</b>	<b>Uncommon</b>
Russet Antshrike	Uncommon
Chestnut-backed Antbird	Rare
Zeledon's Antbird	Uncommon
Ocellated Antbird	Rare
Bicolored Antbird	Rare
Spotted Antbird	Rare
Slaty Antwren	Uncommon
Plain Antvireo	Uncommon
Ochre-breasted Antpitta	Very rare
Scaled Antpitta	Rare
Silvery-fronted Tapaculo	Uncommon
Yellow Tyrannulet	Uncommon
Yellow-bellied Elaenia	Fairly common
<b>Mountain Elaenia</b>	<b>Fairly common</b>
Paltry Tyrannulet	Fairly common
Rufous-browed Tyrannulet	Uncommon
Yellow-olive Flycatcher	Uncommon
Ochre-bellied Flycatcher	Uncommon
Olive-striped Flycatcher	Uncommon
Slaty-capped Flycatcher	Fairly common
Scale-crested Pygmy-Tyrant	Fairly common
Eye-ringed Flatbill	Rare
Bright-rumped Attila	Uncommon
Rufous Mourner	Rare
Dusky-capped Flycatcher	Fairly common
Great crested Flycatcher	Fairly common winter
<b>Torrent Tyrannulet</b>	<b>Fairly common</b>
Olive-sided Flycatcher	Uncommon migrant
Eastern Wood-Pewee	Fairly common migrant

Western Wood-Pewee	Uncommon migrant
<b>Dark Pewee</b>	<b>Uncommon</b>
Yellow-bellied Flycatcher	Uncommon winter
Acadian Flycatcher	Rare winter
Alder Flycatcher	Uncommon migrant
White-throated Flycatcher	Rare
Yellowish Flycatcher	Fairly common
Black-capped Flycatcher	Rare
Tufted Flycatcher	Fairly common
Black Phoebe	Uncommon
Tropical Kingbird	Fairly common
Piratic Flycatcher	Fairly common February to July
Golden-bellied Flycatcher	Uncommon
Sulphur-bellied Flycatcher	Fairly common February to July
Boat-billed Flycatcher	Fairly common
Social Flycatcher	Fairly common
Common Tody-Flycatcher	Fairly common
Black-headed Tody-Flycatcher	Uncommon
Cinnamon Becard	Uncommon
Barred Becard	Fairly common
Masked Tityra	Uncommon
Black-crowned Tityra	Rare
Lovely Cotinga	Very rare
Bare-necked Umbrellabird	Very rare, may no longer occur.
White-collared Manakin	Uncommon
White-ruffed Manakin	Fairly common
Northern Schiffornis	Rare
Yellow-throated Vireo	Uncommon winter
Yellow-winged Vireo	Fairly common
Brown-capped Vireo	Uncommon

Yellow-green Vireo	Fairly common February to July
Red-eyed Vireo	Fairly common migrant
Philadelphia Vireo	Uncommon winter
Lesser Greenlet	Fairly common
Rufous-browed Peppershrike	Uncommon
Brown Jay	Fairly common
Azure-hooded Jay	Rare
Barn Swallow	Fairly common migrant
Cliff Swallow	Fairly common migrant
Blue and white Swallow	Fairly common
Northern Rough-winged Swallow	Fairly common
Southern Rough-winged Swallow	Fairly common
Tropical Gnatcatcher	Uncommon
Long-billed Gnatwren	Rare
Tawny-faced Gnatwren	Rare
Band-backed Wren	Rare
Stripe-breasted Wren	Fairly common
Bay Wren	Fairly common
Plain Wren	Fairly common
Black-throated Wren	Uncommon
Rufous-breasted Wren	Uncommon
House Wren	Fairly common
Ochraceous Wren	Fairly common
White-breasted Wood-Wren	Fairly common
Gray-breasted Wood-Wren	Fairly common
Nightingale Wren	Uncommon
Pale-vented Thrush	Rare
Black-faced Solitaire	Uncommon

Mountain Thrush	Fairly common
Clay-colored Thrush	Fairly common
Sooty Thrush	Fairly common
Swainson's Thrush	Fairly common migrant
White-throated Thrush	Uncommon
Black-headed Nightingale-Thrush	Fairly common
Orange-billed Nightingale-Thrush	Fairly common
Slaty-backed Nightingale-Thrush	Fairly common
<b>Ruddy-capped Nightingale-Thrush</b>	<b>Fairly common</b>
Black-billed Nightingale-Thrush	Fairly common
<b>American Dipper</b>	<b>Uncommon</b>
<b>Black-and-yellow Silky-Flycatcher</b>	<b>Fairly common</b>
<b>Long-tailed Silky-Flycatcher</b>	<b>Fairly common</b>
Bananaquit	Fairly common
Tennessee Warbler	Fairly common winter
Flame-throated Warbler	Fairly common
Tropical Parula	Fairly common
Golden-winged Warbler	Uncommon winter
Blue-winged Warbler	Rare winter
Chestnut-sided Warbler	Fairly common winter
Blackburnian Warbler	Fairly common winter
Kentucky Warbler	Rare winter
Black-throated Green Warbler	Fairly common winter
Townsend's Warbler	Rare winter
Yellow Warbler	Fairly common winter
Bay-breasted Warbler	Uncommon migrant

Black-and-white Warbler	Fairly common winter
American Redstart	Uncommon winter
Mourning Warbler	Uncommon winter
<b>MacGillivray's Warbler</b>	<b>Rare winter</b>
Gray-crowned Yellowthroat	Fairly common
Olive-crowned Yellowthroat	Uncommon
Louisiana Waterthrush	Uncommon winter
Canada Warbler	Uncommon migrant
Rufous-capped Warbler	Fairly common
Black-cheeked Warbler	Fairly common
Golden-crowned Warbler	Uncommon
Three-striped Warbler	Uncommon
Collared Redstart	Fairly common
Slate-throated Redstart	Fairly common
Buff-rumped Warbler	Fairly common
Wrenthrush	Uncommon
White-shouldered Tanager	Uncommon
Blue-and-gold Tanager	Rare
Black-and-yellow Tanager	Uncommon
White-throated Shrike-Tanager	Rare
Passerini's Tanager	Fairly common
Crimson-collared Tanager	Fairly common
Blue-gray Tanager	Common
Palm Tanager	Common
Emerald Tanager	Uncommon
Speckled Tanager	Uncommon
Spangle-cheeked Tanager	Uncommon
Silver-throated Tanager	Fairly common
Golden-hooded Tanager	Fairly common
Rufous-winged Tanager	Rare
Bay-headed Tanager	Fairly common
Green Honeycreeper	Fairly common
Shining Honeycreeper	Uncommon

Red-legged Honeycreeper	Uncommon
<b>Scarlet-thighed Dacnis</b>	<b>Fairly common</b>
Slaty Flowerpiercer	Fairly common
Slaty Finch	Very rare
Peg-billed Finch	Rare
Blue-black Grassquit	Uncommon
Yellow-faced Grassquit	Fairly common
Variable Seedeater	Common
White-collared Seedeater	Uncommon
Slate-colored Seedeater	Very rare
Thick-billed Seed-Finch	Uncommon
Orange-billed Sparrow	Fairly common
Black-striped Sparrow	Uncommon
Buff-throated Saltator	Fairly common
Black-headed Saltator	Fairly common
Grayish Saltator	Fairly common
Yellow-thighed Finch	Fairly common
Large-footed Finch	Uncommon
<b>Sooty-faced Finch</b>	<b>Fairly common</b>
Chestnut-capped Brush-Finch	Fairly common
White-naped Brush-Finch	Uncommon
<b>White-eared Ground-Sparrow</b>	<b>Fairly common</b>
Prevost's (Cabanis') Ground-Sparrow	Rare
Rufous-collared Sparrow	Fairly common
Black-faced Grosbeak	Uncommon
Slate-colored Grosbeak	Rare
<b>Black-thighed Grosbeak</b>	<b>Fairly common</b>
Blue-black Grosbeak	Uncommon
Rose-breasted Grosbeak	Rare winter
Blue Grosbeak	Uncommon
<b>Hepatic Tanager</b>	<b>Fairly common</b>
Summer Tanager	Fairly common winter
Scarlet Tanager	Uncommon migrant

Flame-colored Tanager	Uncommon
<b>White-winged Tanager</b>	<b>Uncommon</b>
Red-throated Ant-Tanager	Uncommon
Carmioli's Tanager	Rare
Common Bush-Tanager	Fairly common
Sooty-capped Bush-Tanager	Fairly common
Ashy-throated Bush-Tanager	Rare
Eastern Meadowlark	Fairly common
Melodious Blackbird	Fairly common
Great-tailed Grackle	Fairly common
Bronzed Cowbird	Uncommon
Black-cowled Oriole	Fairly common
Orchard Oriole	Rare winter
Baltimore Oriole	Fairly common winter
Chestnut-headed Oropendola	Rare
Montezuma Oropendola	Fairly common
Scarlet-rumped Cacique	Rare
Yellow-billed Cacique	Rare
Golden-browed Chlorophonia	Fairly common
Tawny-capped Euphonia	Uncommon
Olive-backed Euphonia	Uncommon
Yellow-crowned Euphonia	Fairly common
Elegant Euphonia	Uncommon
Yellow-bellied Siskin	Rare
House Sparrow	Uncommon