Costa Rica
With Black Swamp Bird Observatory

Tour Leaders: Eric Ripma and Local Guide
February 23 - March 7, 2025
This itinerary combines a number of spectacular birding areas in southern Costa Rica in order to see all four of the mainland endemics that Costa Rica has to offer! We will also focus on the many specialty species that are regional endemics and can only be found in Costa Rica and western Panama.

We’ll begin the tour with a visit to the slopes of the Poas Volcano and Cinchona. Many highlight species are possible in this area including the endemic Coppery-headed Emerald and regional endemics such as Black Guan, Buff-fronted Quail-Dove, Purple-throated Mountain-gem, Prong-billed Barbet, and Black-and-yellow Silky-flycatchers.

The next day we will drive west towards the Pacific Coast where we will be based for the next two nights. During our time here we will visit Carara National Park which protects 20 square miles of forest in the transitional zone between the tropical dry forests to the north and rainforests to the south. We will also spend a morning on a boat ride up the Tarcoles River. The main target on the boat ride is the endemic Mangrove Hummingbird!

Most of our tour will be spent in the southern part of Costa Rica including the Osa Peninsula. We will visit the beautiful Corcovado National Park where we can expect a long list of birds and other wildlife! Some of the specialties we will be looking for include the endemic Black-cheeked Ant-Tanager, the near-endemic, Yellow-billed Cotinga, and a number of range restricted species such as Baird’s Trogon, Fiery-billed Aracari, and Golden-naped Woodpeckers. As we continue, we will spend time in San Vito and the San Isidro Valley. Some of our highlights might include Turquoise Cotinga, Speckled Tanager, Orange-collared Manakin, Crested Oropendola, Ruddy Foliage-gleaner, Costa Rican Swift, and many more!

As we head north back towards San Jose at the end of the tour, we will spend a couple days in the highlands of the Talamanca Mountains. This is the best area in Costa Rica to see the spectacular Resplendent Quetzal. Some of the other highlights might include Long-tailed Silky-flycatcher, Volcano Junco, White-throated Mountain-gem, and Flame-throated Warbler!
Itinerary Overview:

February 23: Arrival in San José, Costa Rica
You will be met by your guides outside the customs area of Juan Santamaría International Airport in San José. From there, we’ll make the drive to our hotel outside San José for the night. We’ll do some birding around the property in the afternoon if time permits. Some highlights might include Lesson’s Motmot, White-eared Ground-Sparrow, and Cabanis’s Wren among others. We’ll have a wonderful welcome dinner and plenty of time to relax before our adventures begin early the next morning.
-Overnight: Hotel Bougainvillea

February 24: Birding Poás Volcano and Cinchona
We’ll leave our hotel early in order to visit the slopes of the Poás Volcano. This high elevation forest has a number of specialty species we’ll be looking for such as Black Guan, Black-and-yellow Silky-flycatcher, Golden-browed Chlorophonia, Yellow-thighed Brushfinch, and Flame-throated Warbler. Around lunchtime we will continue to Cinchona where we will enjoy a delicious lunch and great birding around their feeders. The feeders regularly attract Coppery-headed Emerald (endemic), Black-bellied Hummingbird, Northern Emerald-Toucanet, and Red-headed and Prong-billed Barbets. In the afternoon we will visit some other nearby forests looking for any species we may have missed in the morning.
-Overnight: Hotel Bougainvillea

February 25: Birding La Ceiba Fields - Transfer to Hotel Punta Leona
We’ll start our day at a shade grown coffee farm just a few minutes from our hotel. Our target at this location will be the endemic Cabanis's Ground-Sparrow. After breakfast at our hotel, we will begin

Detailed Itinerary:

February 23: Arrival in San José, Costa Rica

February 24: Birding Poás Volcano and Cinchona

February 25: Birding La Ceiba Fields - Transfer to Hotel Punta Leona

February 26: Birding Carara National Park and Surroundings

February 27: Boat Ride on the Tarcoles River - Transfer to Danta Corcovado

February 28: Birding Danta Corcovado and Surroundings

March 1: Birding at Neily Fields and Las Pangas Wetlands - Transfer to San Vito

March 2: Birding Las Cruces Biological Station and Surroundings

March 3: Birding Las Cruces and the Aracari Birding Deck - Transfer to El Pelicano

March 4: Birding El Pelicano and Los Quetzales National Park - Transfer to Savegre

March 5: Birding the Savegre Valley

March 6: Birding the Savegre Valley - Transfer to Hotel Bougainvillea

March 7: Departure from San José, Costa Rica
our drive to the Pacific coast with a stop for birding at the La Ceiba Fields. Many of the birds in this area are more common in the dry northwestern part of the country, so this will be our only chance to see them. Some of the highlights could include Double-striped Thick-knee, Plain-capped Starthroat, Turquoise-browed Motmot, Striped Cuckoo, Long-tailed Manakin, Stripe-headed Sparrow, Scrub Euphonia, and many others. After lunch, we’ll continue our drive to the Carara area.

**February 26: Birding Carara National Park and Surroundings**

We’ll spend most of this day birding in Carara National Park, a unique location where the Pacific lowland rainforest meets the tropical dry forest. This meeting of habitats makes Carara an incredible birding destination with a huge variety of species. While here, we should expect to see a variety of trogons, motmots, antbirds, woodcreepers, flycatchers, and much more! We will walk a few of the trails throughout this national park which provide good access to find many difficult species to see such as Marbled Wood-Quail, White-whiskered Puffbird, Streak-chested Antpitta, and Chiriqui Foliage-gleaner.

**February 27: Boat Ride on the Tarcoles River - Transfer to Danta Corcovado Lodge**

Early this morning, we'll enjoy a boat ride on the Tarcoles River, looking for shorebirds, waders, and mangrove species, especially the Mangrove Hummingbird. We will have a long drive to Danta Corcovado where we will be staying for the next couple of nights. We'll make a stop for lunch and a couple other brief stops as we make this drive south throughout the afternoon.

**Coppery-headed Emerald**

757 Howe Drive, Carmel, IN 46032 | 317-324-8505
[info@SabrewingNatureTours.com](mailto:info@SabrewingNatureTours.com) | [www.SabrewingNatureTours.com](http://www.SabrewingNatureTours.com)
February 28: Birding Danta Corcovado and Surroundings

Today, we will leave the hotel before dawn and drive to the bridge over Rio Rincon to look for the elusive, near-endemic, Yellow-billed Cotinga. Other highlights might include several species of kingfishers, Scarlet Macaw, Black-bellied Wren, and a number of waterbird species. Then we'll come back to the lodge for breakfast and will spend the rest of the day birding the trails and surrounding habitats for Osa Peninsula specialties. We should have an impressive list of species today with highlights such as Baird’s Trogon, Fiery-billed Aracari, Golden-naped Woodpecker, Black-hooded Antshrike, and the Costa Rican endemic Black-cheeked Ant-Tanager.
- Overnight: Danta Corcovado Lodge

March 1: Birding at Neily Fields and Las Pangas Wetlands - Transfer to San Vito

After breakfast, we'll drive to the lowlands and stop at Neily for birding in open areas and rice fields. Here we'll be looking for Plain-breasted Ground Dove, Smooth-billed Ani, Pale-breasted Spinetail, Scrub Greenlet, and Isthmian Wren among other more common species. We will likely make a couple more stops to look for many species of waterbirds as we make our way to San Vito. Depending on timing, we may have some time to bird around the grounds of the lodge where we could see some specialties such as Baird’s Trogon and Black-cheeked Ant-Tanager.
- Overnight: Las Cruces Biological Station

March 2: Birding Las Cruces Biological Station and Surrounding

We will spend our day searching for middle elevation species, beginning with early morning birding on the grounds of the lodge and viewing their feeding station. After breakfast, we'll explore the trails and watch towers at the biological station. In the afternoon, we'll visit neighboring hotspots for some additional specialty species of the area. Some of the many possible highlights today include Crested Oropendola, Ruddy Foliage-Gleaner, and Costa Rican Swift.
- Overnight: Las Cruces Biological Station

March 3: Birding Las Cruces Biological Station and the Aracari Birding Deck - Transfer to El Pelicano

We will start our morning with more birding around the biological station looking for any species we may have missed the previous day. After breakfast we will begin our drive to the San Isidro Valley. We will make a stop at the Aracari Birding Deck which will give us a good chance to see some special
species such as Streaked Saltator and Fiery-billed Aracari. In the late afternoon we might have some time to bird on the grounds of our hotel for the night. This area is good for the near endemic Costa Rican Brushfinch, the beautiful White-crested Coquette, and many more!

- Overnight: Hotel El Pelicano

March 4: Birding at El Pelicano and Los Quetzales National Park - Transfer to Savegre Mountain Hotel

We'll spend our morning birding around the grounds of our lodging. If we haven't seen a Costa Rican Brushfinch or White-crested Coquette, we will be sure to spend time on them this morning. Other species we could see include Magenta-throated Woodstar, White-tailed Emerald, Speckled Tanager, and many others. We will then drive up into the Talamanca Mountains to the highest spot on the Pan-American Highway which is above treeline. The paramo habitat here will give us a good chance to see Volcano Hummingbird, Volcano Junco, Timberline Wren, Wrenthrush, and Peg-billed Finch. We'll make a couple more stops as we continue our drive to our lodging for the next couple nights. We should see a good number of high elevation species such as Fiery-throated Hummingbird, Large-footed Finch, and Sooty Thrush.

- Overnight: Savegre Mountain Hotel

March 5: Birding the Savegre Valley

The Savegre Valley is home to numerous birds including the extraordinary Resplendent Quetzal. In fact, it's one of the best places in the world to see this special species! We'll spend the day exploring a variety of elevations in this area and enjoying all that this beautiful area has to offer. We will likely visit some trails above Savegre Mountain Lodge that provide access to some beautiful primary forest. We will also visit Batsu Gardens, a property with great feeders, gardens, and trails. Some possible highlight species include Ruddy Treerunner, Yellow-winged and Brown-capped Vireos, Ochraceous Wren, Black-faced Solitaire, Black-billed Nightingale-Thrush, Flame-throated and Black-cheeked Warblers,
Collared Redstart, Golden-browed Chlorophonia, and if we're lucky an Ochraceous Pewee or Silvery-throated Jay.

**Overnight: Savegre Mountain Hotel**

**March 6: Birding the Savegre Valley - Transfer to Hotel Bougainvillea**

We'll spend this day visiting a number of high elevation locations looking for any species we may have missed in the last day and a half. In the morning, we might visit nearby waterfall trail where we could see such highlights as Flame-throated Warbler, Spangle-cheeked Tanager, Ruddy Treerunner, and Black-thighed Grosbeak. Another location we are likely to visit is Providencia Road. The forests along this road are great for many species including Black-capped Flycatcher, Barred Becard, and if we're lucky an Ochraceous Pewee might make an appearance. We'll have lunch in the area and continue looking for any last species we may still be looking for. Afterwards, we'll drive back to Hotel Bougainvillea for a farewell dinner before our flights out the following day.

**Overnight: Hotel Bougainvillea**

**March 7: Departure from San José, Costa Rica**
**Trip Details:**

**Cost:**
Price per person (double occupancy), from San José, Costa Rica: $6,999  
Single Supplement: $800  
Minimum Participants: 8  
Maximum Participants: 10

**Price Includes:**
- 2 Expert Guides  
- Ground Transportation in Costa Rica  
- All Lodging  
- All Meals  
- Park Entrance Fees  
- Portion of Proceeds Donated to Black Swamp Bird Observatory

**Price Does Not Include:**
- Airfare to and from San José, Costa Rica  
- Airport Taxes  
- Passport and Visa Fees  
- Alcoholic Beverages  
- Personal Items  
- Travel Insurance  
- Tips

**Deposit:**
A deposit of $500 per person is required to hold your spot on this tour. The remaining balance is due no later than 3 months prior to the scheduled start date of the tour (November 25, 2024).

If you have any questions about this tour or would like to sign up for it, please contact us at info@sabrewingnaturetours.com, by phone at 317-324-8505, or register through our website at sabrewingnaturetours.com.

Responsibility/Disclaimer Statement:
Sabrewing Nature Tours acts only as an agent for the various independent suppliers that provide hotel accommodations, transportation, sightseeing, activities, or other services connected with this tour. Such services are subject to the terms and conditions of those suppliers. Sabrewing Nature Tours and their respective employees, agents, representatives, and assigns accept no liability whatsoever for any injury, damage, loss, accident, delay, or any other incident which may be caused by the negligence, defect, default of any company or person in performing these services. Responsibility is not accepted for losses, injury, damages, or expenses of any kind due to sickness, weather, strikes, hostilities, wars, terrorist acts, acts of nature, local laws, or other such causes. All services and accommodations are subject to the laws and regulations of the country in which they are provided. Sabrewing Nature Tours is not responsible for any baggage or personal effects of any individual participating in the tours/trips arranged by Sabrewing Nature Tours. Individual travelers are responsible for purchasing a travel insurance policy, if desired, that will cover some of the expenses associated with the loss of luggage or personal effects.