

**Day 1 Meet & transfer to Arenal Volcano area**

Arriving at the Liberia (LIR), we will be heading to the northern region. This tour can start simultaneously from the San Jose (SJO) airport. Average 3 hrs drive to get to Arenal area from either airport.

**Included features:**

- \*Meals: -
- \*Overnight room at Arenal Observatory Lodge or similar

**Day 2 Gardens & trails of Arenal Observatory Lodge**

**Location:** <https://goo.gl/maps/5NXoACwbvH82>

We start our trip in surrounded by the exuberant rain forest. Before breakfast we will walk the open areas with Starchytarpheta (open gardens) to look for hummingbirds, tanagers and flycatchers. After breakfast, we are going to walk down the trail that starts at the restaurant and will take us back to the open garden. We might drive or walk towards the access road. Likely the plants / trees in front of restaurant will attract good birds after our

lunch. Another trail or a walk on the access road should get us another few birds for the rest of the day.

**Included features:**

- \*Meals: **B**
- \*Overnight room at Arenal Observatory Lodge or similar

**Day 3 Península Road & La Fortuna**

Before breakfast we will drive (few minutes) to a great roadside spot near the Arenal Volcano National Park. After breakfast we take the hanging bridges walk to find the elusive species hidden in the canopy of the forest. After lunch we drive around the region trying to add more species to our list.

**Included features:**

- \*Entrance fee to hanging bridges
- \*Meals: **B**
- \*Overnight room at Arenal Observatory Lodge or similar



**Day 4 Wetlands species****Location:** <https://goo.gl/maps/njsCTQKCnX12>

After a morning of birds & breakfast we find our way towards the northern region of Sarapiquí, on the way we stop for a boat tour in a very productive wetland.

**Included features:**

- \*Meals: **B-L-D**
- \* Boat ride Caño Negro Wetlands
- \*Overnight at La Tirimbina (Sarapiquí) or similar

**Day 5 Northern Region Lowlands****Location:** <https://goo.gl/maps/SsZEWN44DRM2>

Figs trees & heliconias plants will surely have some visitors for us to see before breakfast. We can spend all day walking the trails through the mature forest of the reserve.

**Included features:**

- \*Meals: **B-L-D**
- \* Entrance fee to trails of Tirimbina or similar
- \*Overnight at La Tirimbina (Sarapiquí) or similar

**Day 6 Northern Region Lowlands**

After an early breakfast we drive to get to the famous "entrance road" to the OTS near La Selva. Afterwards the nearby open areas and secondary roads will keep us busy for the rest of the day.

**Included features:**

- \*Meals: **B-L-D**
- \*Overnight at La Tirimbina (Sarapiquí) or similar

**Day 7 Crossing the Central Mountain Range****Location:** <https://goo.gl/maps/3bZveT455Y32>

We have an early check out and... on the road again... this time towards the Braulio Carrillo National Park (Quebrada Gonzalez) for a couple of hours of intense birding. Awesome views of the Central Cordillera as we reach Turrialba for a quick visit to CATIE's lagoon for waterfowl. By the end of the day the basic and secluded Copal Lodge will give us shelter and food.

**Included features:**

- \*Meals: **B-L-D**
- \*Entrance fee to Braulio Carrillo National Park
- \* Entrance fee to CATIE Turrialba
- \*Overnight at El Copal Lodge or similar



**Day 8 All day around El Copal****Location:** <https://goo.gl/maps/JmsnFwkKzUT2>

Probably the best mixed feeding flocks we can ever find! From the gardens or inside of the trails we can appreciate the vast diversity of this place. We have one whole day to explore this community reserve.

**Included features:**

- \*Meals: **B-L-D**
- \* Overnight at El Copal Lodge or similar

**Day 9 Journey through Orosi towards Cerro de la Muerte****Location:** <https://goo.gl/maps/AUBUnZX9udm>

After a good breakfast & birding we are on our way to the highest mountains of the country, but we have to cross a valley full of very special species, our journey will be both scenic and productive. A good cup of coffee will help us deal with the chill temperatures at the end of the day.

**Included features:**

- \*Meals: **B-D**
- \*Overnight Savegre Mountain Lodge or similar

**Day 10 Highlands of Talamanca Mountain Range****Location:** <https://goo.gl/maps/WZ17eeeb6482>

There is a nice reserve on the property with nice trails and a lot of roadside where the Resplendent Quetzal hangs out many days of the year.

**Included features:**

- \*Meals: **B-L-D**
- \*Overnight Savegre Mountain Lodge or similar

**Day 11 Highlands & glimpse of Páramo****Location:** <https://goo.gl/maps/8hrC1Lh64M42>

After breakfast, we drive to our site for the morning: Quetzal's Paradise. This is the place to pursue the Wrenthrush and several hummingbirds and highland endemics. The rest of the day to stop along the way will be heading south to the warm & humid lowlands of the south pacific.

**Included features:**

- \*Meals: **B-L-D**
- \*Entrance fee to trails of Quetzal's Paradise
- \*Overnight at Esquinas Rain Forest Lodge or similar
- Foto: silky flycatcher

**Day 12 South Pacific species****Location:** <https://goo.gl/maps/pfsNCZM9OZu>

We spend all morning to explore trails & open areas of the reserve as well as the nearby roads. After lunch let's take a trip to the slopes near San Vito and the vicinity of Ciudad Neily. This region is home to some species with limited distribution.

**Included features:**

- \*Meals: -**B-L-D**
- \*Entrance fee Lodge trails
- \*Overnight at Esquinas Rain Forest Lodge or similar

**Day 13 Last walk before heading north along the coast**

There is still a chance to get several good species before and after breakfast. A long journey ahead combined with stops as we explore the coast from south to north.

**Included features:**

- \*Meals: **B-D**
- \*Overnight at Cerro Lodge or similar

**Day 14 Central Pacific****Location:** <https://goo.gl/maps/spELomENrMH2>

Briefly before breakfast we look for the transitional north/central pacific specialties. Then the rest of the day, the trails of Carara National Park will provide numerous birds that will round our list.

**Included features:**

- \*Meals: **B-L-D**
- \*Entrance fee to: Carara National Park
- \*Overnight at Cerro Lodge or similar

**Day 15 Last morning before leaving paradise**

Before breakfast, let's take a boat trip in the Tárcoles River to explore the mangroves. By late morning you will be transferred to depart from either Liberia (LIR) or San Jose (SJO) airport.

**Included features:**

- \*Boat tour in the mangroves
- \*Meals: **B**