

**LAHONTAN AUDUBON SOCIETY**  
**AVIAN DIVERSITY OF SOUTHERN COSTA RICA**  
**DATES JANUARY 27 – FEBRUARY 5, 2023**  
**ITINERARY**

DAY 1: CENTRAL VALLEY / SANTO DOMINGO DE HEREDIA

Arrival to international airport and transfer to our hotel located 30 minutes away. The hotel grounds offer great birding opportunities for Lesson's Motmot, Blue-and- White Swallow, Rufous-naped Wren, White-eared Ground-Sparrow and others. We'll gather for an orientation meeting and welcome dinner this evening.

*OVERNIGHT HOTEL BOUGAINVILLEA (D)*

DAYS 2-3-4: SOUTH PACIFIC RAINFOREST LOWLANDS / LA GAMBA, GOLFITO

Morning birding around hotel and departure for south pacific lowlands. Two full days exploring the rainforest around Golfito and Osa Peninsula. We'll have the opportunity to bird around the lodge in search of Costa Rican endemic Black-cheeked Ant-Tanager, with a restricted distribution range around Osa Peninsula; we can also find Golden-naped Woodpecker, Riverside Wren, Little Tinamou, Spot-crowned Euphonia and others. Then we'll also explore La Gamba Road in search of Fiery-billed Aracari, Ruddy-breasted Seedeater, Red-breasted Meadowlark and more. A field trip to La Palma area will give a chance to look for near endemic and endangered Yellow-billed Cotinga, and other important species like Orange-collared Manakin and Scarlet Macaw. We'll visit a local conservation group at La Cotinga Biological Station.

*OVERNIGHT ESQUINAS RAINFOREST LODGE (B-L-D)*

DAYS 5-6: SOUTHERN INTERMOUNTAIN VALLEYS / SAN VITO, COTO BRUS

Birding rice fields near the Panamanian border looking for highly sought-after species such as Brown-throated Parakeet, Savanna Hawk, Scrub Greenlet, Veraguan Mango, Lesser Yellow-headed Vulture and much more. We'll have a full day of birding around the Gardens, Station and visit near-by pond for water local birds like Pale-breasted Spinetail and the elusive Masked Duck. The grounds offer chances for Thick-billed Euphonia, Eye-ringed Flatbill, Orange-billed Nightingale-Thrush, Ruddy Foliage-gleaner, Speckled Tanager, White-tailed Emerald, Bran-colored Flycatcher, Marbled Wood-Quail and Streaked Saltator among others. We'll enjoy our meals at the station.

*OVERNIGHT LAS CRUCES BIOLOGICAL STATION (B-L-D)*

DAYS 7-8-9: TALAMANCA HIGHLANDS / SAN GERARDO, DOTA

Departure after breakfast towards Talamanca Mountains, with several stops along the way to look for specialties such as Turquoise Cotinga and elusive Rosy Thrush-Tanager. Arrival to the hotel in the afternoon and during the next 2 days we'll explore various locations near Los Quetzales National Park in search of the many near endemics of these area including Volcano Junco restricted to Sub-alpine Paramos of Costa Rica and Panama. Other representative species include Sooty-capped Chlorospingus, Slaty Flowerpiercer, Ochraceous Pewee, Flame-throated Warbler, Resplendent Quetzal, Black-and-yellow Silky-Flycatcher, Sulphur-winged Parakeet and more.

*OVERNIGHT SAVEGRE MOUNTAIN LODGE (B-L-D)*

DAY 10: CENTRAL VALLEY / EL ROBLE, ALAJUELA

Early departure back to the Central Valley. Visiting Cabanisi Project to learn about the conservation status and efforts of Costa Rica's endemic Cabanis's Ground Sparrow. This species is considered threaten due to habitat loss mainly caused by urban sprawl and other human activities. Then we'll continue our way to the hotel later in the afternoon. Farewell dinner at the hotel.

*HOTEL ROBLEDAL (B-L-D)*

DAY 11: RETURNING FLIGHTS

Transfer to international airport for returning flights, end of services. (B)