

COSTA RICA



"I am losing count of how many times I have been to Costa Rica, but I still look forward to being there with great excitement. It is an incredible place, with so much to see and everything is so easy! We have lovely places to stay, friendly people, a great local guide and a truly crazy amount of wildlife." Roy Atkins

Dates Sat 21 Feb - Sun 8 Mar 2026
Price £7,865
Deposit £1,570 Single Supp £950

Leaders Roy Atkins and Paco Madrigal
Flights British Airways scheduled
 Outbound: Morning, Gatwick-San José
 Inbound: Overnight, San José-Gatwick

Weather It's the dry season, but there could be occasional showers (or prolonged downpours) in humid rainforests. Can be cool in the mountains and cloud forest, hot on the coast (12°-35°C)

Walking Generally easy level paths, up to two miles at a slow pace. There may be occasional uphill sections and some steps. Although distances are short you will be standing and scanning for periods of time

Meals All included from dinner on Day 1 to lunch on Day 15
 Delicious local food at hotels and restaurants, some buffets, some menus. Rice and beans (the national dish) available everywhere, but not compulsory
 Cool drinks and tropical fruit provided

Insects On occasion biting insects can be a nuisance - bring repellent

Accom Twin and single rooms all ensuite

Group 12

Just some of what we hope to see:

Great Tinamou	Long-tailed
Great Curassow	Silky-Flycatcher
Sungrebe	Great Potoo
Swallow-tailed Kite	Snowy Cotinga
Scarlet Macaw	Hummingbirds galore
Spectacled Owl	White-nosed Coati
Resplendent Quetzal	Three species of Monkey
Keel-billed Toucan	Two species of Sloth

Approachable Central America, Costa Rica is a very friendly bite-size chunk of exotic rainforest adventure.....without the rough edges!

- Friendly, safe country with 5% of the earth's entire species
- Around 400 bird species likely and a huge variety of other wildlife to see
- Resplendent Quetzal, Sungrebe, hummingbirds, toucans and macaws
- Sloths, howler monkeys, reptiles, amphibians and Arenal Volcano
- Idyllic lodges and hotels you won't want to leave
- The very best guides who'll make it extra-special
- Itinerary perfected by years of experience - from the high cloud forest to Tortuguero!

Arriving in the afternoon we'll overnight near San José.

2-3 After some exciting pre-breakfast birding in the hotel gardens, we journey to Tortuguero NP by boat. Our lodge has beautiful gardens with trogons, toucans and oropendolas and the sea just yards away. We travel in covered boats to explore the labyrinth of waterways in this atmospheric Reserve, a wonderfully relaxing way to see the birds and mammals. The forests are teeming with wildlife including Sungrebe, Greenand-Rufous and American Pygmy Kingfishers, Green Ibis and enormous Blue Morpho butterflies. We may see all three species of monkeys and both sloth species! Mixed flocks of toucans call noisily, parrots screech overhead and we've seen fabulous raptors here, such as Swallow-tailed and Grey-headed Kites.

4-6 The forested grounds of Selva Verde Lodge in the Caribbean lowland rainforest of Sarapiquí, host skulking forest-dwellers such as wrens, jacamars, ant-tanagers, woodcreepers and Antbirds. Nearby La Selva Biological Station is a must-visit site, where lowland tropical forest, swamp pasture, rivers and creeks support an outstanding abundance of wildlife. More than 420 bird species have been recorded here, 500 butterflies, 55 snakes and 120 species of mammals! This is where your Tinamou dreams may come true, since three species are here and we hope for trogons, caciques, Rufous and Broad-billed Motmots, Snowy Cotinga and impressive Great Green Macaw. We may find peccaries, agoutis, sloths and monkeys too!

7-8 Arenal is one of Costa Rica's active volcanoes and though it has gone rather





"It is not just birds on this trip - although there are a huge number of birds. We see sloths, coatis, monkeys, amazing butterflies (including the jaw-dropping Blue Morpho), lovely lizards and delightful frogs, trees laden with bromeliads and the scenery is fabulous - whether cloud forest or a volcano or Caribbean beach. What a place!!" Roy Atkins

quiet lately, views from our accommodation are still very impressive. Trails through the surrounding forests host Crimson-collared Tanager, Long-billed Gnatwren, Spotted Antbird, White Hawk, Great Curassow and three species of toucan. Feeders here attract colourful tanagers, woodpeckers, honeycreepers and oropendolas, plus remarkably tame White-nosed Coatis, a delightful relation of the Raccoon, with a tail like a lemur! This is a fabulous place for hummingbirds, with seven species or more likely.

9 Dry tropical forests of the Guanacaste area hold special species such as Mantled Howler Monkey, Turquoise-browed Motmot, White-throated Magpie-Jay, plus orioles found nowhere else in Costa Rica. Our lodge overlooks the Gulf of Nicoya with Black-headed Trogon, Yellow-naped Parrot and a good chance of Pacific Screech Owl near our rustic cabins. Nearby salt pans can be alive with shorebirds, including North American species such as Wilson's Plover, Willet, Stilt Sandpiper and with luck, Long-billed Curlew. Sometimes Black Skimmers are here amongst the terns and we may look for local specialities such as White-lored Gnatcatcher or Banded Wren.

10-11 We'll visit some salt pans with a host of waders, before travelling down to Tarcoles on the Pacific coast. Carara Biological Reserve, where humid tropical forest meets drier lowlands, has broad, bird-rich forest trails that are captivating at dawn, with antbirds, parrots, pigeons, warblers and four species of trogon. We'll search for Royal Flycatcher, Orange-collared Manakin, orioles, tanagers, antshrikes, woodcreepers and toucans, while vivid Scarlet Macaws fly overhead.



Our boat trip on the Tarcoles River is a relaxed way to watch enormous numbers of herons, egrets, frigatebirds, pelicans and shorebirds, including Roseate Spoonbill, Boat-billed Heron and kingfishers, with American Crocodiles basking on the shore. We'll look for mangrove specialities such as 'Mangrove' Black Hawk, Mangrove Warbler and Mangrove Vireo in the mangroves.... well obviously!

12-13 We head into misty cloudforest with new birds everywhere! Slaty Flowerpiercer, Long-tailed Silky-Flycatcher, Yellow-thighed Finch, Spangle-cheeked Tanager, Flame-throated Warbler and Fiery-throated Hummingbird to name but a few. The river near the hotel has Torrent Tyrannulet, the feeders attract Flame-colored Tanager and Acorn Woodpeckers and hummingbirds here include Volcano, Scintillant Stripe-tailed and Fiery-throated. This is also where we hope to find one of the most exciting birds of the trip - the Resplendent Quetzal - an absolutely stunning bird and often voted in the top ten most beautiful birds in the world!

14 After more birding around the trails and feeders plus the excellent entrance road, we may head up to search for Volcano Junco in the high Paramo, before heading back to our hotel near San Jose.

15-16 We may have time for morning birding before we head to the airport and our flight back home, arriving in London on Day 16.



Outline Itinerary

- Day 1 Fly to San José
1 night Hotel Bougainvillea, Heredia
- Days 2-3 Transfer to Tortuguero National Park
2 nights Laguna Lodge
- Days 4-6 Transfer to Sarapiquí
3 nights Selva Verde Lodge
- Days 7-8 Transfer to Arenal
2 nights Arenal Observatory Lodge
- Day 9 Transfer to Guanacaste, birding at Solimar
1 night La Ensenada Lodge
- Days 10-11 Transfer to Carara National Park area
2 nights Cerro Lodge, Tarcoles
- Days 12-13 Birdwatching and wildlife at Finca Mirador de Quetzals
2 nights Savegre Hotel
- Day 14 Easy day travelling back to San José
1 night Hotel Bougainvillea, Heredia
- Days 15-16 Transfer to the airport for our flight arriving in the UK on the morning of Day 16

Christine Maughan: Fiery-throated Hummingbird
Martin Robinson: Arenal Volcano
Jean Brown: Scarlet Macaws
Roy Atkins: Resplendent Quetzal, Two-toed Sloth, Sungrebe