



A [Tropical Birding](#) SET DEPARTURE tour

## Costa Rica: Birding with a Camera®

23 March – 04 April 2019

TOUR LEADER: Fito Downs,  
Report and photos by Fito Downs



We saw this wonderful **Sunbittern** while exploring the Tuis River, near Turrialba.

**Brief Itinerary:**

**23 March** – Arrival

**24 March** – San Jose to Rancho Naturalista

**25 March** – Rancho Naturalista

**26 March** – Rancho Naturalista (El Copal)

**27 March** – Rancho Naturalista to Talamanca Highlands

**28 March** – Talamanca Highlands

**29 March** – Talamanca Highlands

**30 March** – Talamanca Highlands to Talari Mountain Lodge

**31 March** – Talari Mountain Lodge

**01 April** – Talari Mountain Lodge to Esquinas Rainforest Lodge

**02 April** – Esquinas Rainforest Lodge

**03 April** – Esquinas Lodge to San Jose

**04 April** – Departure



This cute family of **Purple Gallinules** gave us stunning views at El Catie near Turrialba



Birdwatching in **Costa Rica** is always delightful, especially if you have a chance to take pictures of the wonderful birds around. We had an outstanding trip with a perfect combination of great lodges, delicious food and terrific birds. All these factors combined made Costa Rica a very special place to visit again and again. We had unusually hot weather conditions throughout the entire trip, making the bird activity a bit slow some days. However, we did amazingly well in finding our target species and we had many chances to photograph them. We started out in San Jose before driving over the rainforest foothills near the magical and active Turrialba Volcano. From there we continued towards the towering oak forests in the **Talamanca Mountains**, home to the **Resplendent Quetzal**. After these mountains we were amazed by the transitional forest at **Los Cusingos Reserve** and the last leg of the tour we returned to the rainforest, this time to the southern Pacific slope near the Panama border. Some of the highlights during our trip included phenomenal views of the famous **Sunbittern** seen at two different locations near Rancho Naturalista. When we visited **El Copal** we enjoyed prolonged views of the rare **Black-and-white Hawk-Eagle** soaring right above us. Later, during our time at the Talamanca Mountains, we had a great time with the hummingbird feeders with the stunning **Fiery-throated Hummingbird** being the local star. Above all we cannot forget our time at the **Resplendent Quetzal** nest with both parents feeding the young. Birding at **Los Cusingos** provided our first manakins, and during our visit to **Esquinas Rainforest** we encountered many target species including the endangered **Yellow-billed Cotinga**, the country endemic **Black-cheeked Ant-Tanager**, and two rare and local hummingbirds, **Veraguan Mango** and **Sapphire-throated Hummingbird**. Costa Rica always surprised us with terrific birding and amazing opportunities for wildlife photography. PURA VIDA!



**Fiery-throated Hummer** was a trip favorite

**March 24.** As is typical during birding tours in **Costa Rica** we started up with some pre-breakfast birding on the grounds of the hotel. I knew there was a pair of **Ferruginous Pygmy Owls** nesting in the garden, and our goal was to find this tiny owl before departure. In the mean time we found the common **Blue-gray Tanager**, **Great-tailed Grackle**, **Blue-and-white Swallows**, **Inca Dove** and the national bird of Costa Rica, the humble **Clay-colored Thrush**. After a while in the garden we finally saw the owl resting in a tree near the nest. It is always a delight to see a pygmy owl anywhere, and besides the owl we also found another special bird of the hotel, the handsome **Spot-breasted Oriole**. We left the hotel right after breakfast. Today was Sunday so heavy traffic was not expected. We drove through the suburb of **Cartago** and little by little we could see the change from the drier central area (San Jose) to the more humid Caribbean foothills. We passed some coffee and sugar cane plantations, with nice views of some villages near the town of **Turrialba**. Some of the birds seen along the road were **White-winged Dove**, **Cattle Egret**, **Great Kiskadee**, **Black Vulture** and **Red-billed Pigeon**. We made our first stop at the town of **Cervantes** to have a look at the lake. Some of the species there were **Spotted Sandpiper**, **White-tailed Kite**, **Yellow-faced Grassquit**, **Blue-black Grassquit**, **Gray-capped Flycatcher**, **Ruddy-ground Dove**, **Rufous-collared Sparrow**, **Mangrove Swallow**, **Least Grebe**, **Lesser Scaup**, and **Mourning Dove** (which is uncommon in Costa Rica).



Common Basilisk



We arrived at **Rancho Naturalista** in time for lunch. This wonderful lodge was going to be our base for the next three nights. After a short break we went to another area of the lodge to look for one of the main targets, the fantastic Snowcap. The verbena flowers attract not only the **Snowcap**, but also other kinds of hummingbirds, and our plan was to wait at the location hoping for the Snowcap to come, and even better, to get some photos. There were many **Rufous-tailed Hummingbirds** in the area which is not good for our purpose due to their aggressive behavior towards other species. We waited for a while until one male **Snowcap** came to the flowers. Our views were short but very good. **Rancho Naturalista** is one of the best places in the country to see this popular bird. Back at the lodge we saw the noisy **Montezuma Oropendola**, **Black-cheeked Woodpecker**, **Buff-throated Saltator**, **Gray-chested Dove** and even a shy **Rufous Motmot** that came near the balcony. At the hummingbird feeders we got the always attractive **Violet Sabrewing**, **Crowned Woodnymph**, **Green-breasted Mango** and **Green Hermit**.



**Slate-throated Redstart**

**March 25 and 26.** We had a full agenda for our two days at this wonderful location. Early on the first morning, we visited the “insect light” near the forest trails to find some deep forest species. The first one to appear was **Cocoa Woodcreeper**, along with **Plain Antvireo**, **Yellow-bellied Flycatcher**, the melodious **White-breasted Wood-Wren**, **Plain-brown Woodcreeper**,

**Red-throated Ant-Tanager** and **Buff-throated Foliage-Gleaner**. After a wonderful breakfast we headed to “**La Mina**”, a stakeout for another target, the stunning **Sunbittern**. We walked a dirt road, and just before reaching the river we saw **Amazon** and **Green Kingfishers**, **Black Phoebe** and **Social Flycatcher**. Few minutes later I heard the **Sunbittern**. We moved on faster and we found one bird down by the river, for great views and some distant photos. In the same location we got **Broad-winged Hawk**, **Bay Wren**, **Buff-rumped Warbler** and **Green Honeycreeper**. Everybody was satisfied with the result, but we still wanted to try another spot for closer **Sunbitterns**. I knew a place nearby called **El Trapiche**, which is basically an old sugar cane factory. Upon arrival, we had a family of **Black Phoebes** being fed by the adult just near the first bridge, we also got a pair of **Common Tody-Flycatchers** attending a nest, this was very cute to see, and a few yards away from their nest we found another **Sunbittern** walking slowly in the rocky section of the river. We got nice shots of this one. Later we heard from other birdwatchers that there was a nest nearby. In the afternoon we visited “**La Angostura**” which is basically a river dam. This is a great location for waterbirds, where we saw **Northern Jacana**, **Snail Kite**, **Green Ibis**, **Osprey**, **Great Egret**, **Snowy Egret**, and **Green Heron** among others.

During the other full day, we arranged a visited to **El Copal**, a private reserve operated by families from the town of **El Humo**, where the local people benefit from conservation projects, and the place is full of great birds. The site is adjacent to **La Marta Reserve** and **Tapanti National Park** making this forest part of the natural corridor between them. Along the main road we saw **Tropical Kingbird**, **Southern Lapwing**, **Red-breasted Meadowlark**, few species of seedeaters, **Crested Guan**, **Fasciated Tiger-Heron** and even another **Sunbittern**. Right at the main entrance of the reserve we got **Short-billed Pigeon**, **Scarlet-thighed Dacnis**, **Mistletoe Tyrannulet**, **White-vented Euphonia**, **Common Chlorospingus**, **Golden-hooded Tanager**, **Rufous-capped Warbler** and a large flock of **Tawny-crested Tanagers**. Along the forest trail we found **Black-faced Grosbeak**, **Summer Tanager**, **Stripe-breasted Wren**, **Spotted Woodcreeper** and we saw a really scarce bird not only in Costa Rica but also in the rest of Central and South America, the stunning **Black-and-White Hawk-Eagle**. The hawk-eagle was soaring for about five minutes and we were fortunate to be in a forest clearing where we could spend some time watching this amazing raptor.



We managed to get a picture of this “angry looking” **Boat-billed Heron** at El Catie.

Definately, **El Copal** provided excellent birds this morning and we were lucky with the weather as well. In the afternoon, we planned to go to another great place, **El Catie**. This location is home to a large colony of nesting **Black-crowned Night-Herons**. In addition to the herons we also got close to hundreds of pairs of **Cattle Egrets**. The wetland is a great place for photography due the large numbers of birds including **Northern Jacana**, **Purple Gallinule**, **Anhinga**, **Crimson-fronted Parakeet**, **Peregrine Falcon**, **Green Ibis**, and even **Boat-billed Heron**. We finished a fabulous day with a short night walk back at the lodge with three different **Orange-knee Tarantulas**, one non-venomous snake and one **Mottled Owl**.

**March 27.** Undoubtedly, our time at **Rancho Naturalista** was excellent, not only for the amazing birds but also because the hospitality and delicious food. Before we left, we walked the short trail behind the cabins for about one hour and the best bird at least for me was the elusive **Dull-mantled Antbird**, which we only heard most of the times and now we had it right next to the main trail.



Other important species seen before our departure were the always nice **Blackburnian Warbler**, **Chestnut-sided Warbler** and **Yellow Warbler**, along with the noisy **Montezuma Oropendola**, **Tropical Gnatcatcher**, **Yellow-throated Toucans** and others.



The **Green Ibis** is not always cooperative like this one was seen near Rancho Naturalista.

It was time to leave and head up towards the **Talamanca Mountains**. Our plan for the rest of the morning was to try for the endemic **Cabanis's Ground-Sparrow**. In order to find the sparrow we made a stop near the coffee plantations in the village of **Ujarras**. Interestingly, this is the preferred habitat for that species, which can be sometimes be very easy to see and other times very difficult. As we explored the different fields full of coffee, the sparrow was not present in the regular spots. We were running out of time, so headed back to the bus to try a different place. Suddenly, our driver called me and said, hey Fito! I think I saw something! I immediately looked through the windows, and yes, there was the bird right there by the fence! We all got out the vehicle with our cameras. There were three individuals very low near the ground and after a while we finally saw two of them very well and managed to get some pictures. We then continued driving up into the mountains until we finally reached our lodge.





We definitely tried hard to find the country endemic **Cabanis's Ground Sparrow** at Ujarras

**March 28 and 29.** It was special to wake up early this morning to the sounds of a new set of birds, and the cool and fresh weather of the mountains. Our first birds from the balcony of the lodge were hummingbirds like **Lesser Violetear**, **Steely-vented Hummingbird**, **Plain-capped Starthroat**, **Magenta-throated Woodstar** and **Violet Sabrewing**. One of the big reasons to come to these mountains is the chance to see the spectacular **Resplendent Quetzal**. When we finished our delicious breakfast, we headed out up the road where I knew there was an active nest. We stayed there waiting for almost three hours with no signs of the birds which made me think the nest might have been predated. We saw one **Emerald Toucanet** near the nest and they are infamous for taking eggs out of nests. Other nice species seen in that location included two beautiful **Collared Redstarts**, a **Brown-capped Vireo**, **Chestnut-capped Brush-Finch**, **Brown Jay**, **Tufted Flycatcher**, **Acorn Woodpecker** and **Slate-throated Redstart**.



This handsome **Long-tailed Silky-Flycatcher** posed nicely for our cameras in Toucanet Lodge

After the usual break at lunch time, we headed up the road for other highland species. Various stops along the road provided great views of **White-collared Swift**, **Gray-breasted Wood-Wren**, **Wilson's Warbler**, **Dark Pewee**, **Broad-winged Hawk**, **Flame-colored Tanager**, **Rufous-capped Warbler**, **Hairy Woodpecker** and another big target of the region, the lovely **Long-tailed Silky-Flycatcher**.



**Collared Redstart** was one of our targets in the Talamanca Mountains



Next morning was also wonderful. We started out hearing a lot of birds calling and calling at dawn today and some people saw a pair of **Spotted Wood-Quails** right near the cabins along with **Chestnut-capped Brush-Finch**, **Flame-colored Tanager**, **Blue and white Swallow** and the regular hummingbirds attending the feeders, all this just before breakfast. Our main objective was very obvious today, to see a **Resplendent Quetzal**. This is always one of the top target species in the cloud forest of Costa Rica. We left the lodge with high spirits and great expectations.



**Black-billed Nightingale-Thrush**

We stopped in at another lodge in the top of the mountains famous for having a great cloud forest with quetzals. The hummingbirds at the balcony included the common **Lesser Violet-ear**, **Talamanca Hummingbird**, **Volcano Hummingbird** and the local star, the noisy and territorial **Fiery-throated Hummingbird**. As we walked down the main entrance road, we heard one quetzal calling, and we tried hard to find this one but without success, the bird was shy and not cooperating at all. Other species seen here were **Sooty Thrush**, **Golden-browed Chlorophonia**, **Mountain Thrush**, **Rufous-collared Sparrow**, **Long-tailed Silky-Flycatcher** and **Collared Redstart**. Moving up the hill we got great views of more high elevation species such

as **Yellow-thighed Finch**, **Black-billed Nightingale-Thrush**, **Acorn Woodpecker**, **Red-tailed Hawk** and **Large-footed Finch**. At this point in the day, we were getting anxious to see a quetzal. We learned about another staked out nest, so we did not think twice about heading to that location. We found the right tree, and we could see the entire cavity, so we did the only thing we could do: wait. One thing with cavity nests is that you do not know what (if anything) is inside the hole. The only way to know for sure was by waiting for one of the birds to show up. The waiting time was very productive, we saw more birds around the same area including **Dark Pewee**, **Black-billed Nightingale-Thrush**, **Spott-crowned Woodcreeper**, **Yellow-winged Vireo**, and a small flock of **Swallow-tailed Kites**. Suddenly, we found a female **quetzal** near the nest, and this bird had something in her beak that looked like a wild avocado. It then went inside the nest. This was the moment that everyone was waiting for - we knew the male was nearby. After few moments we saw the male approaching the nest switched with the female. This moment was unforgettable, both parents feeding was just fabulous, so we waited to see it happen again.







Swallow-tailed Kite

**March 30.** During our last morning in the high mountains we had time to watch the colorful hummingbirds one more time. With a full day ahead of us, we left immediately after breakfast towards the top of the mountains to search for the very local **Volcano Junco**. This species is only found at the upper parts of the mountain range, in the special habitat called **paramo**. This shrubby habitat is located only at more than ten thousand feet above sea level. On the way there, we found another **Red-tailed Hawk** (resident race) sitting atop one of the telecommunication towers near the summit. We also saw two volcanoes from there, **Irazu and Turrialba**, and even as far as the central Pacific coast. At the end of the road we saw four **Volcano Juncos** (photo below) moving in the bushes near the road, they were easy this time, so we lingered to enjoy this panoramic view of the amazing mountains.



The next stop was at much lower elevation near the town of **San Isidro**. We saw two new hummingbirds for the tour, the active **Stripe-tailed Hummingbird** and the large **Green-crowned Brilliant**, among others. The fruit feeders were quiet, but we saw **Scarlet-rumped Tanager**, **Baltimore Oriole**, **Silver-throated Tanager**, **Bananaquit**, **Buff-throated Saltator**, **Golden-hooded Tanager** and a nice female **Red-headed Barbet**. We went down the road to **San Isidro** and birded the artificial lagoon in the outskirts of town for **Black-bellied Whistling-Duck**, **Northern Jacana**, **Blue-winged Teal**, **Least Grebe** and **Green Heron**. It was getting hot and humid, and the bird activity slowed down, so we headed to our lodge, Talari, and checked in. We spent the last two hours of the day birding the grounds of the lodge where we found the colorful **Blue Dacnis**, **Scarlet Tanager**, **Green Honeycreeper**, **Crested Caracara**, **Yellow-bellied Elaenia**, **Red-eyed Vireo**, **Piratic Flycatcher** and **Mangrove Swallow**. On the other side of the river we saw two extraordinary birds, the spectacular **Fork-tailed Flycatcher** and a single **Fiery-billed Aracari**, which fortunately we saw again the following day.



A very friendly **Northern Jacana** came towards us in the town of San Isidro



**March 31.** The small and noisy **Orange-collared Manakin** was calling very close to the restaurant this morning, but we only got a glimpse of this colorful little bird. From the balcony and with delicious cups of coffee in hand we saw a pair of **Golden-hooded Tanagers** carrying nesting material, and we also saw the common **Rufous-tailed Hummingbird**, **Clay-colored Thrush**, **Masked Tityra** and others. The plan for the morning was to visit **Los Cusingos Reserve**, what used to be the home of the late Alexander Skutch, one of the premier field ornithologists in the history of Costa Rica. Today, Los Cusingos is a museum and the reserve is operated by the Tropical Science Center, which supports research studies of the southern part of Costa Rica. On our way there, we found some open-country species like **Tropical Mockingbird**, **Social Flycatcher**, **Yellow-bellied Elaenia**, one more **Fork-tailed Flycatcher**, **Pearl Kite** and a wonderful **Laughing Falcon**.



Luckily, we were able to photograph this handsome **Laughing Falcon** on our way to Los Cusingos Reserve

Inside the reserve we saw a fantastic **Common Potoo** right along the main road of the reserve, and we also got **Long-billed Hermit**, **Squirrel Cuckoo**, **White-crowned Parrot**, **Red-crowned**

**Woodpecker** and **Rufous-tailed Hummingbird**. The fruit feeder was only being visited by a female **Green Honeycreeper**, so we ventured onto the forest trail. The first species seen along the trail was the rare **Tawny-winged Woodcreeper**, which usually follows army ants, but we did not see any around. The activity was mostly in the canopy and the understory was calm. Later, on the same trail, luck was on our side with two different manakins, **Red-capped Manakin** and the secretive **Blue-crowned Manakin**, both males! It was too dark to get photos but we enjoyed every second watching them. After lunch and a short break, we went out to a small forest fragment near San Isidro, which was a good stakeout for the superb **Turquoise Cotinga**, which we saw after a while waiting. In the same fragment we got nice views of the lethargic **Three-toed Sloth** eating the vegetation in the treetops. As the day was ending we, were blessed with a wonderful view of a pair of **Yellow-throated Toucans** visiting a natural cavity in the tree (maybe a nest?) and they stayed there for a while. It was getting dark and it was time to leave for our hotel.



The “stick looking” **Common Potoo** was a real highlight at Los Cusingos Reserve



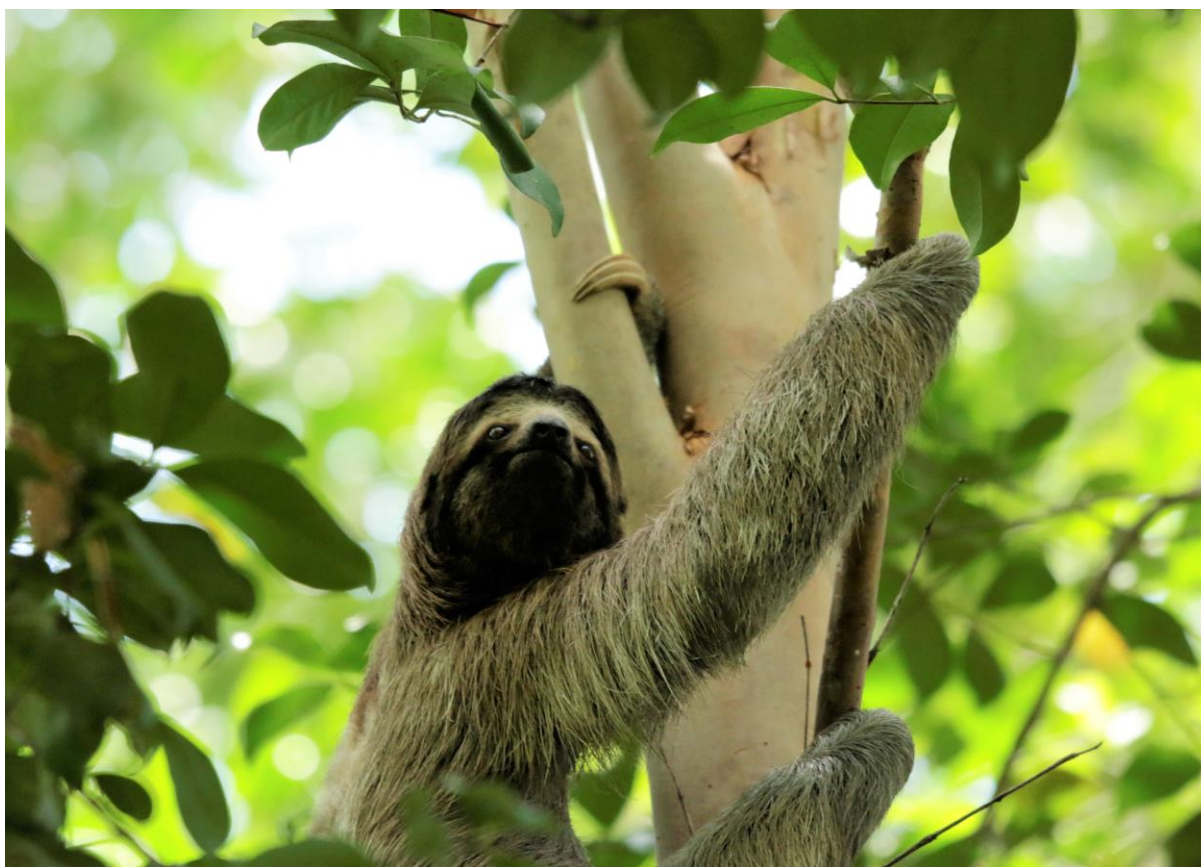
**April 01.** We left the lodge towards the southern Pacific coast. There was a solitary **Gray-cowled Wood-Rail** by the entrance road, the first one for the trip. Later, we stopped briefly at **Baru River**, where we saw **Spotted Sandpiper**, **Great Kiskadee**, **Northern Waterthrush**, **Gray-headed Chachalaca** and few **Common Basilisks** also known as “Jesus Christ Lizards”. The next spot was at the mouth of the same river near the colorful surfing town of **Dominical** got us **Brown Pelican**, **Magnificent Frigatebird**, **Willet**, **Common Black-Hawk**, **Mangrove Swallow**, **Spot-crowned Euphonia**, **Little Blue Heron**, **Riverside Wren** and **Yellow-headed Caracara**. The best place this morning was the restaurant for lunch, not only because of the amazing view of the ocean but also because we saw another **Three-toed Sloth** right near the main building as well as **Mantled Howler Monkey** and a few **Costa Rican Swifts** flying over. After a delicious lunch, we depart towards the famous **Osa Peninsula**.



Where the rainforest meets the ocean. This was our view at lunch time near **Dominical** beach

After a long drive, we finally arrived at our stakeout for the **Yellow-billed Cotinga**, our main target today. This place is called **Rincon de Osa**, and from the main bridge we had to wait for

the bird to come in. While waiting there, we got a cooperative **Bare-throated Tiger-Heron**, **Amazon Kingfisher**, **White Ibis**, **King Vulture**, **Gray-breasted Martin**, **Scarlet Macaw**, and **Green Heron** before we finally saw one male **Yellow-billed Cotinga** fly over the hills. This was not the view we wanted, so we went to the mangrove forest nearby to keep trying for the cotinga. We were lucky to see another male flying up and down the forest on the other side. That was excellent, as this is an endangered species only found in the southern part of the country and a tiny bit of Panama. We then drove to Esquinas Lodge for the night.



**Three-toed Sloth** was surprisingly “active” in the middle of the day at  
Dominical beach

**April 02.** We were keen to focus our goals on some of the southern specialties of the country. We started before breakfast in the grounds of the lodge where we saw a male **Great Curassow**, **Gray-chested Dove**, **Yellow-billed Cuckoo**, **White-necked Jacobin**, **Scaly-breasted Hummingbird**, **Charming Hummingbird** and one **Double-toothed Kite** perched outside the restaurant.



After breakfast we continued birding the different trails of the lodge, and some of the best birds we found were **Smooth-billed Ani**, **Slaty-tailed Trogon**, **Gartered Trogon**, **Fiery-billed Aracari**, **Black-hooded Antshrike**, **Cocoa Woodcreeper**, **Orange-collared Manakin**, **Riverside Wren** and, perhaps most importantly, the country endemic **Black-cheeked Ant-Tanager**! The afternoon outing was spent looking for more specialties. We went to a new area for us called **Coto 47**, here we added a nice number of targets. At the beginning of the drive we found one **Gray-lined Hawk** eating a small rodent near an African palm oil plantation, and farther along we saw a few **Ruddy-breasted** and **Morelet's Seedeaters**, **Black-striped Sparrow**, **Rusty-margined Flycatcher** and **Yellow-headed Caracara**. The next stop was at "Puente negro" where our goal was to find two special hummingbirds. The first was the local **Veraguan Mango**, and a few minutes later we saw a male **Sapphire-throated Hummingbird**. With still some time left, we visited another area on our way back for a cooperative **American Pygmy Kingfisher**, **Brown-throated Parakeet**, **Isthmian Wren** and the rare **Red-rumped Woodpecker**.



A flowering *Inga* tree was the stakeout for the local  
**Sapphire-throated Hummingbird** at Coto 47

Our last stop for the day was in a wetland where we saw some common species such as **Northern Jacana**, **Muscovy Duck**, **Crested Caracara**, **Sulphur-rumped Flycatcher** and others. We then walked along some water channels with floating vegetation to search for a very elusive bird, the **Yellow-breasted Crake**. Some local knowledge was needed to find the perfect location for this rare bird, as we approached very silently to the spot we could see the short grass slowly moving in, we knew that was our bird and with patience we had amazing views few minutes later. This was the perfect way to finish another terrific day in the southern rainforest of Costa Rica.



This is not the best photo but is another southern specialty of the country, the local **Red-rumped Woodpecker** seen at Coto 47

**April 03.** With a long traveling day ahead, we left early this morning and started driving along the Pacific coast back to San Jose. We made a quick stop near Jaco and also at the famous **Tarcoles River** to see the huge American Crocodiles that hang out below the bridge. The last new bird for the trip was a nice **Turquoise-browed Motmot** sitting near the river edge. In



Costa Rica we have birds everywhere and during our journey we experienced some magical places and fantastic flora. We arrived back to our hotel in San Jose for our farewell dinner. Thanks everyone for such a great trip. **Pura Vida!**



**American Pygmy-Kingfisher**

## BIRD LIST

The taxonomy of the bird list follows eBird/Clements (available here: <http://www.birds.cornell.edu/clementschecklist/download/>)

(H) indicates a species that was HEARD only.

(GO) indicates a species recorded by the GUIDE ONLY.

### **Tinamous (Tinamidae)**

H Great Tinamou *Tinamus major*

### **Ducks, Geese, and Waterfowl (Anatidae)**

Black-bellied Whistling-Duck *Dendrocygna autumnalis*

Muscovy Duck *Cairina moschata*

Blue-winged Teal *Spatula discors*

Lesser Scaup *Aythya affinis*

### **Guans, Chachalacas, and Curassows (Cracidae)**

Gray-headed Chachalaca *Ortalis cinereiceps*

Crested Guan *Penelope purpurascens*

Great Curassow

**New World Quail (Odontophoridae)**

Spotted Wood-Quail

**Grebes (Podicipedidae)**

Least Grebe

**Pigeons and Doves (Columbidae)**

Rock Pigeon

Pale-vented Pigeon

Red-billed Pigeon

Band-tailed Pigeon

Short-billed Pigeon

Inca Dove

White-tipped Dove

Gray-chested Dove

White-winged Dove

Mourning Dove

**Cuckoos (Cuculidae)**

Smooth-billed Ani

Groove-billed Ani

Squirrel Cuckoo

Yellow-billed Cuckoo

**Nightjars and Allies (Caprimulgidae)**

Common Pauraque

**Potoos (Nyctibiidae)**

Common Potoo

**Swifts (Apodidae)**

White-collared Swift

Costa Rican Swift

**Hummingbirds (Trochilidae)**

White-necked Jacobin

Green Hermit

Long-billed Hermit

Stripe-throated Hermit

Green-fronted Lancebill

Brown Violetear

Lesser Violetear

Purple-crowned Fairy

Green-breasted Mango

Veraguan Mango

Green Thorntail

Green-crowned Brilliant

Talamanca Hummingbird

Plain-capped Starthroat

Fiery-throated Hummingbird

White-throated Mountain-gem

Magenta-throated Woodstar

*Crax rubra*

*Odontophorus guttatus*

*Tachybaptus dominicus*

*Columba livia*

*Patagioenas cayennensis*

*Patagioenas flavirostris*

*Patagioenas fasciata*

*Patagioenas nigrirostris*

*Columbina inca*

*Leptotila verreauxi*

*Leptotila cassinii*

*Zenaida asiatica*

*Zenaida macroura*

*Crotophaga ani*

*Crotophaga sulcirostris*

*Piaya cayana*

*Coccyzus americanus*

*Nyctidromus albigollis*

*Nyctibius griseus*

*Streptoprocne zonaris*

*Chaetura fumosa*

*Florisuga mellivora*

*Phaethornis guy*

*Phaethornis longirostris*

*Phaethornis striigularis*

*Doryfera ludovicae*

*Colibri delphinae*

*Colibri cyanotus*

*Heliothryx barroti*

*Anthracothorax prevostii*

*Anthracothorax veraguensis*

*Discosura conversii*

*Heliodoxa jacula*

*Eugenes spectabilis*

*Heliomaster constantii*

*Panterpe insignis*

*Lampornis castaneoventris*

*Calliphlox bryantae*



Volcano Hummingbird	<i>Selasphorus flammula</i>
Scintillant Hummingbird	<i>Selasphorus scintilla</i>
<b>GO Violet-headed Hummingbird</b>	<b><i>Klais guimeti</i></b>
Scaly-breasted Hummingbird	<i>Phaeochroa cuvierii</i>
Violet Sabrewing	<i>Campylopterus hemileucurus</i>
Crowned Woodnymph	<i>Thalurania colombica</i>
Stripe-tailed Hummingbird	<i>Eupherusa eximia</i>
Snowcap	<i>Microchera albocoronata</i>
Blue-chested Hummingbird	<i>Amazilia amabilis</i>
Charming Hummingbird	<i>Amazilia decora</i>
Steely-vented Hummingbird	<i>Amazilia saucerottei</i>
Rufous-tailed Hummingbird	<i>Amazilia tzacatl</i>
Cinnamon Hummingbird	<i>Amazilia rutila</i>
Sapphire-throated Hummingbird	<i>Lepidopyga coeruleogularis</i>
<b>Rails, Gallinules, and Coots (Rallidae)</b>	
Gray-cowled Wood-Rail	<i>Aramides cajaneus</i>
Purple Gallinule	<i>Porphyrio martinica</i>
Yellow-breasted Crake	<i>Hapalocrex flaviventer</i>
<b>Stilts and Avocets (Recurvirostridae)</b>	
Black-necked Stilt	<i>Himantopus mexicanus</i>
<b>Plovers and Lapwings (Charadriidae)</b>	
Southern Lapwing	<i>Vanellus chilensis</i>
<b>Jacanas (Jacanidae)</b>	
Northern Jacana	<i>Jacana spinosa</i>
<b>Sandpipers and Allies (Scolopacidae)</b>	
Western Sandpiper	<i>Calidris mauri</i>
Spotted Sandpiper	<i>Actitis macularius</i>
Solitary Sandpiper	<i>Tringa solitaria</i>
Willet	<i>Tringa semipalmata</i>
<b>Sunbittern (Eurypygidae)</b>	
Sunbittern	<i>Eurypyga helias</i>
<b>Storks (Ciconiidae)</b>	
Wood Stork	<i>Mycteria americana</i>
<b>Frigatebirds (Fregatidae)</b>	
Magnificent Frigatebird	<i>Fregata magnificens</i>
<b>Anhingas (Anhingidae)</b>	
Anhinga	<i>Anhinga anhinga</i>
<b>Cormorants and Shags (Phalacrocoracidae)</b>	
Neotropic Cormorant	<i>Phalacrocorax brasilianus</i>
<b>Pelicans (Pelecanidae)</b>	
Brown Pelican	<i>Pelecanus occidentalis</i>
<b>Herons, Egrets, and Bitterns (Ardeidae)</b>	
Fasciated Tiger-Heron	<i>Tigrisoma fasciatum</i>
Bare-throated Tiger-Heron	<i>Tigrisoma mexicanum</i>
Great Blue Heron	<i>Ardea herodias</i>
Great Egret	<i>Ardea alba</i>

Snowy Egret  
 Little Blue Heron  
 Cattle Egret  
 Green Heron  
 Black-crowned Night-Heron  
 Boat-billed Heron

#### **Ibises and Spoonbills (Threskiornithidae)**

White Ibis  
 Green Ibis

#### **New World Vultures (Cathartidae)**

King Vulture  
 Black Vulture  
 Turkey Vulture

#### **Osprey (Pandionidae)**

Osprey

#### **Hawks, Eagles, and Kites (Accipitridae)**

Pearl Kite  
 White-tailed Kite  
 Swallow-tailed Kite  
 Black Hawk-Eagle  
 Black-and-white Hawk-Eagle  
 Snail Kite  
 Double-toothed Kite  
 Common Black Hawk  
 Barred Hawk  
 Roadside Hawk  
 Gray Hawk  
 Gray-lined Hawk  
 Broad-winged Hawk  
 Swainson's Hawk  
 Red-tailed Hawk

#### **Owls (Strigidae)**

**GO** Tropical Screech-Owl  
 Ferruginous Pygmy-Owl  
 Mottled Owl

#### **Trogons (Trogonidae)**

Resplendent Quetzal  
 Slaty-tailed Trogon  
 Baird's Trogon  
 Gartered Trogon

#### **Motmots (Motmotidae)**

Lesson's Motmot  
 Rufous Motmot  
 Turquoise-browed Motmot

#### **Kingfishers (Alcedinidae)**

Ringed Kingfisher

*Egretta thula*  
*Egretta caerulea*  
*Bubulcus ibis*  
*Butorides virescens*  
*Nycticorax nycticorax*  
*Cochlearius cochlearius*

*Eudocimus albus*  
*Mesembrinibis cayennensis*

*Sarcoramphus papa*  
*Coragyps atratus*  
*Cathartes aura*

*Pandion haliaetus*

*Gampsonyx swainsonii*  
*Elanus leucurus*  
*Elanoides forficatus*  
*Spizaetus tyrannus*  
*Spizaetus melanoleucus*  
*Rostrhamus sociabilis*  
*Harpagus bidentatus*  
*Buteogallus anthracinus*  
*Morphnarchus princeps*  
*Rupornis magnirostris*  
*Buteo plagiatus*  
*Buteo nitidus*  
*Buteo platypterus*  
*Buteo swainsoni*  
*Buteo jamaicensis*

*Megascops choliba*  
*Glaucidium brasilianum*  
*Ciccaba virgata*

*Pharomachrus mocinno*  
*Trogon massena*  
*Trogon bairdii*  
*Trogon caligatus*

*Momotus lessonii*  
*Baryphthengus martii*  
*Eumomota superciliosa*

*Megaceryle torquata*



Amazon Kingfisher

American Pygmy Kingfisher

Green Kingfisher

**New World Barbets (Capitonidae)**

Red-headed Barbet

**Toucans (Ramphastidae)**

Northern Emerald-Toucanet

Collared Aracari

Fiery-billed Aracari

Yellow-throated Toucan

Keel-billed Toucan

**Woodpeckers (Picidae)**

Olivaceous Piculet

Acorn Woodpecker

**GO** Golden-naped Woodpecker

Black-cheeked Woodpecker

Red-crowned Woodpecker

Hoffmann's Woodpecker

Hairy Woodpecker

Red-rumped Woodpecker

Pale-billed Woodpecker

Lineated Woodpecker

Falcons and Caracaras (Falconidae)

Crested Caracara

Yellow-headed Caracara

Laughing Falcon

Peregrine Falcon

**New World and African Parrots (Psittacidae)**

Orange-chinned Parakeet

Brown-hooded Parrot

White-crowned Parrot

Red-lored Parrot

Brown-throated Parakeet

Scarlet Macaw

Crimson-fronted Parakeet

**Typical Antbirds (Thamnophilidae)**

Black-hooded Antshrike

Russet Antshrike

Plain Antvireo

Chestnut-backed Antbird

Dull-mantled Antbird

**Ovenbirds and Woodcreepers (Furnariidae)**

Tawny-winged Woodcreeper

Plain-brown Woodcreeper

Wedge-billed Woodcreeper

Northern Barred-Woodcreeper

*Chloroceryle amazona**Chloroceryle aenea**Chloroceryle americana**Eubucco bourcierii**Aulacorhynchus prasinus**Pteroglossus torquatus**Pteroglossus frantzii**Ramphastos ambiguus**Ramphastos sulfuratus**Picumnus olivaceus**Melanerpes formicivorus**Melanerpes chrysauchen**Melanerpes pucherani**Melanerpes rubricapillus**Melanerpes hoffmannii**Dryobates villosus**Dryobates kirkii**Campephilus guatemalensis**Dryocopus lineatus**Caracara cheriway**Milvago chimachima**Herpetotheres cachinnans**Falco peregrinus**Brotogeris jugularis**Pyrilia haematotis**Pionus senilis**Amazona autumnalis**Eupsittula pertinax**Ara macao**Psittacara finschi**Thamnophilus bridgesi**Thamnistes anabatinus**Dysithamnus mentalis**Poliocrania exsul**Sipia laemosticta**Dendrocincla anabatina**Dendrocincla fuliginosa**Glyphorynchus spirurus**Dendrocolaptes*

Cocoa Woodcreeper  
 Spotted Woodcreeper  
 Streak-headed Woodcreeper  
 Spot-crowned Woodcreeper  
 Buff-throated Foliage-gleaner  
 Spotted Barbtail

### **Tyrant Flycatchers (Tyrannidae)**

- GO** Yellow-bellied Tyrannulet  
 Yellow-bellied Elaenia  
 Mountain Elaenia  
 Torrent Tyrannulet  
 Ochre-bellied Flycatcher  
 Mistletoe Tyrannulet  
 Common Tody-Flycatcher
- H** Black-headed Tody-Flycatcher  
 Sulphur-rumped Flycatcher  
 Tufted Flycatcher  
 Dark Pewee  
 Tropical Pewee  
 Yellow-bellied Flycatcher  
 Yellowish Flycatcher  
 Black Phoebe  
 Dusky-capped Flycatcher  
 Great Crested Flycatcher  
 Great Kiskadee  
 Boat-billed Flycatcher  
 Rusty-margined Flycatcher  
 Social Flycatcher  
 Gray-capped Flycatcher  
 Streaked Flycatcher  
 Sulphur-bellied Flycatcher  
 Piratic Flycatcher  
 Tropical Kingbird  
 Fork-tailed Flycatcher

### **Cotingas (Cotingidae)**

Turquoise Cotinga  
 Yellow-billed Cotinga

### **Manakins (Pipridae)**

- H** Blue-crowned Manakin  
 White-collared Manakin  
 Orange-collared Manakin  
 Red-capped Manakin

### **Tityras and Allies (Tityridae)**

Black-crowned Tityra  
 Masked Tityra

*sanctithomae*  
*Xiphorhynchus susurrans*  
*Xiphorhynchus erythropygius*  
*Lepidocolaptes souleyetii*  
*Lepidocolaptes affinis*  
*Automolus ochrolaemus*  
*Premnoplex brunnescens*

*Ornithion semiflavum*  
*Elaenia flavogaster*  
*Elaenia frantzii*  
*Serpophaga cinerea*  
*Mionectes oleagineus*  
*Zimmerius parvus*  
*Todirostrum cinereum*  
*Todirostrum nigriceps*  
*Myiobius sulphureipygius*  
*Mitrephanes phaeocercus*  
*Contopus lugubris*  
*Contopus cinereus*  
*Empidonax flaviventris*  
*Empidonax flavescens*  
*Sayornis nigricans*  
*Myiarchus tuberculifer*  
*Myiarchus crinitus*  
*Pitangus sulphuratus*  
*Megarynchus pitangua*  
*Myiozetetes cayanensis*  
*Myiozetetes similis*  
*Myiozetetes granadensis*  
*Myiodynastes maculatus*  
*Myiodynastes luteiventris*  
*Legatus leucophaeus*  
*Tyrannus melancholicus*  
*Tyrannus savana*

*Cotinga ridgwayi*  
*Carpodectes antoniae*

*Lepidothrix coronata*  
*Manacus candei*  
*Manacus aurantiacus*  
*Ceratopipra mentalis*

*Tityra inquisitor*  
*Tityra semifasciata*



Rose-throated Becard

*Pachyramphus aglaiae*

**Vireos, Shrike-Babblers, and Erpornis (Vireonidae)**

Rufous-browed Peppershrike

*Cyclarhis gujanensis*

Scrub Greenlet

*Hylophilus flavipes*

Lesser Greenlet

*Pachysylvia decurtata*

Yellow-winged Vireo

*Vireo carmioli*

Brown-capped Vireo

*Vireo leucophrys*

Red-eyed Vireo

*Vireo olivaceus*

**Crows, Jays, and Magpies (Corvidae)**

Brown Jay

*Psilorhinus morio*

**Swallows (Hirundinidae)**

Blue-and-white Swallow

*Pygochelidon cyanoleuca*

Northern Rough-winged Swallow

*Stelgidopteryx serripennis*

Southern Rough-winged Swallow

*Stelgidopteryx ruficollis*

Gray-breasted Martin

*Progne chalybea*

Mangrove Swallow

*Tachycineta albilinea*

Barn Swallow

*Hirundo rustica*

**Wrens (Troglodytidae)**

House Wren

*Troglodytes aedon*

Rufous-naped Wren

*Campylorhynchus rufinucha*

Stripe-breasted Wren

*Cantorchilus thoracicus*

Isthmian Wren

*Cantorchilus elutus*

Riverside Wren

*Cantorchilus semibadius*

Bay Wren

*Cantorchilus nigricapillus*

White-breasted Wood-Wren

*Henicorhina leucosticta*

Gray-breasted Wood-Wren

*Henicorhina leucophrys*

**Gnatcatchers (Polioptilidae)**

Long-billed Gnatwren

*Ramphocaenus melanurus*

Tropical Gnatcatcher

*Polioptila plumbea*

**Thrushes and Allies (Turdidae)**

Black-billed Nightingale-Thrush

*Catharus gracilirostris*

Swainson's Thrush

*Catharus ustulatus*

Mountain Thrush

*Turdus plebejus*

Clay-colored Thrush

*Turdus grayi*

Sooty Thrush

*Turdus nigrescens*

**Mockingbirds and Thrashers (Mimidae)**

Tropical Mockingbird

*Mimus gilvus*

**Silky-flycatchers (Ptiliogonatidae)**

Black-and-yellow Silky-flycatcher

*Phainoptila melanoxantha*

Long-tailed Silky-flycatcher

*Ptiliogonys caudatus*

**Finches, Euphonias, and Allies (Fringillidae)**

Golden-browed Chlorophonia

*Chlorophonia callophrys*

Spot-crowned Euphonia

*Euphonia imitans*

Olive-backed Euphonia

*Euphonia gouldi*

White-vented Euphonia

*Euphonia minuta*

Lesser Goldfinch

*Spinus psaltria*

**New World Sparrows (Passerellidae)**

Sooty-capped Chlorospingus  
 Common Chlorospingus  
 Black-striped Sparrow  
 Orange-billed Sparrow  
 Chestnut-capped Brushfinch  
 Volcano Junco  
 Rufous-collared Sparrow  
 Large-footed Finch  
 Cabanis's Ground-Sparrow  
 Yellow-thighed Finch

*Chlorospingus pileatus*  
*Chlorospingus flavopectus*  
*Arremonops conirostris*  
*Arremon aurantirostris*  
*Arremon brunneinucha*  
*Junco vulcani*  
*Zonotrichia capensis*  
*Pezopetes capitalis*  
*Melospiza cabanisi*  
*Pselliophorus tibialis*

**Troupials and Allies (Icteridae)**

Eastern Meadowlark  
 Red-breasted Meadowlark  
 Chestnut-headed Oropendola  
 Montezuma Oropendola  
 Scarlet-rumped Cacique

*Sturnella magna*  
*Leistes militaris*  
*Psarocolius wagleri*  
*Psarocolius montezuma*  
*Cacicus uropygialis*

**GO Black-cowled Oriole**

Orchard Oriole  
 Baltimore Oriole  
 Bronzed Cowbird  
 Giant Cowbird  
 Melodious Blackbird  
 Great-tailed Grackle

***Icterus prosthemelas***  
*Icterus spurius*  
*Icterus galbula*  
*Molothrus aeneus*  
*Molothrus oryzivorus*  
*Dives dives*  
*Quiscalus mexicanus*

**New World Warblers (Parulidae)**

Northern Waterthrush  
 Golden-winged Warbler  
 Flame-throated Warbler  
 Tennessee Warbler  
 Mourning Warbler  
 Olive-crowned Yellowthroat  
 Tropical Parula  
 Blackburnian Warbler  
 Yellow Warbler  
 Chestnut-sided Warbler  
 Rufous-capped Warbler  
 Black-cheeked Warbler  
 Buff-rumped Warbler  
 Wilson's Warbler  
 Slate-throated Redstart  
 Collared Redstart

*Parkesia noveboracensis*  
*Vermivora chrysoptera*  
*Oreothlypis gutturalis*  
*Oreothlypis peregrina*  
*Geothlypis philadelphia*  
*Geothlypis semiflava*  
*Setophaga pitiayumi*  
*Setophaga fusca*  
*Setophaga petechia*  
*Setophaga pennsylvanica*  
*Basileuterus rufifrons*  
*Basileuterus melanogenys*  
*Myiothlypis fulvicauda*  
*Cardellina pusilla*  
*Myioborus miniatus*  
*Myioborus torquatus*

**Cardinals and Allies (Cardinalidae)**

Summer Tanager  
 Scarlet Tanager  
 Flame-colored Tanager  
 Red-throated Ant-Tanager

*Piranga rubra*  
*Piranga olivacea*  
*Piranga bidentata*  
*Habia fuscicauda*



	Black-cheeked Ant-Tanager	<i>Habia atrimaxillaris</i>
H	Carmiol's Tanager	<i>Chlorothraupis carmioli</i>
	Black-faced Grosbeak	<i>Caryothraustes poliogaster</i>
	Rose-breasted Grosbeak	<i>Pheucticus ludovicianus</i>
	<b>Tanagers and Allies (Thraupidae)</b>	
	Tawny-crested Tanager	<i>Tachyphonus delatrii</i>
	White-lined Tanager	<i>Tachyphonus rufus</i>
		<i>Ramphocelus</i>
		<i>sanguinolentus</i>
	Crimson-collared Tanager	<i>Ramphocelus passerinii</i>
	Scarlet-rumped Tanager	<i>Thraupis episcopus</i>
	Blue-gray Tanager	<i>Thraupis palmarum</i>
	Palm Tanager	<i>Ixothraupis guttata</i>
	Speckled Tanager	<i>Tangara larvata</i>
	Golden-hooded Tanager	<i>Tangara gyrola</i>
	Bay-headed Tanager	<i>Tangara icterocephala</i>
	Silver-throated Tanager	<i>Dacnis venusta</i>
	Scarlet-thighed Dacnis	<i>Dacnis cayana</i>
	Blue Dacnis	<i>Cyanerpes cyaneus</i>
	Red-legged Honeycreeper	<i>Chlorophanes spiza</i>
	Green Honeycreeper	<i>Diglossa plumbea</i>
	Slaty Flowerpiercer	<i>Volatinia jacarina</i>
	Blue-black Grassquit	<i>Sporophila minuta</i>
	Ruddy-breasted Seedeater	<i>Sporophila funerea</i>
	Thick-billed Seed-Finch	<i>Sporophila corvina</i>
	Variable Seedeater	<i>Sporophila moreletii</i>
	Morelet's Seedeater	<i>Sporophila nigricollis</i>
	Yellow-bellied Seedeater	<i>Coereba flaveola</i>
	Bananaquit	<i>Tiaris olivaceus</i>
	Yellow-faced Grassquit	<i>Saltator maximus</i>
	Buff-throated Saltator	<i>Saltator atriceps</i>
	Black-headed Saltator	<i>Saltator coerulescens</i>
	Grayish Saltator	<i>Saltator striatipectus</i>
	Streaked Saltator	
	<b>Old World Sparrows (Passeridae)</b>	
	House Sparrow	<i>Passer domesticus</i>