

A Tropical Birding CUSTOM tour

Costa Rica

15th - 30th March 2021



This incredible Lesser Ground-Cuckoo sighting near Orotina was one of the top highlights of the trip (Fito Downs)

Tour leader: Fito Downs

Thanks to participant **Barabara Churchley** for many of the photos in this report.

Birds in the photos within this report are denoted in RED, and individual photographers are also indicated.

INTRODUCTION:

Costa Rica is *always* an example of a quality, phenomenal birdwatching experience. On our 14 day tour we covered almost all the popular birdwatching hotspots along with some lesser known areas in order to find a long list of target species.

This tour was a shorter version of the comprehensive <u>Costa Rica: From Border to Border Tour</u>, and we had enough flexibility to visit new areas when certain species required us to do so. This was a target species tour, and the final list did not disappoint us! We were also fortunate to have amazing weather conditions throughout the entire trip with only few hours of rain mostly by night, and only a few hours during daytime. We covered the rainforest, which even in the dry season can be rainy!

There were numerous highlights and I want to give a special mention to our time looking for the secretive **Lesser Ground-Cuckoo** near the town of Orotina in the lowlands of the pacific coast. We usually spend a long time trying to get this bird but not on that day. Shortly after we arrived at the stakeout, we had the bird in view, and not just any view but fully in the open! It left me no choice but to include this as the title photo for this report! Also, in the South Pacific lowlands we enjoyed very good views of the endangered Yellow-billed Cotinga, and a tree full of yellow flowers with 5 White-crested Coquettes in attendance, including two males. I had never seen this many in a single spot before. Moving into the foothills, we worked hard to get the elusive Rosy Thrush-Tanager in a couple of remote locations. On the same day, we got a male Turquoise Cotinga perched in the treetops following a rainy afternoon, an unforgettable moment. Going higher still, the impressive highlands of the Talamanca Mountain Range were hard to beat. We found many of our targets there, including a pair of the usually shy Spotted Wood-Quail walking right in front of us, a very vocal **Dusky Nightjar**, and also obtained excellent views of the always hard-to-see Wrenthrush. The Caribbean and



northern lowlands were good, as always, and this is where we had roosting **Great Potoo** and **Crested Owl**, an amazing close up encounter with **Middle-American Screech-Owl** at night in *La Selva*, and also got views of a **Slaty-breasted Tinamou**, while our boat trip searching for displaying **Nicaraguan Grackles** was successful too.

Last, but not least, *Monteverde* was our final destination. The hummingbird feeders were fantastic, and we saw a male **Three-wattled Bellbird** calling in the forest near our hotel and had unbelievable sightings of **Black-breasted Wood-Quails**.

DAILY SUMMARY:

Day 1 (of birding): 16th March – San Jose to Carara National Park.

After a short walk in our hotel grounds near *San Jose*, we departed for the *Central Pacific Lowlands*. The first stop we made was along a secondary road along by some pastureland near the town of *Guacimal* where we saw a pair of **White-fronted Parrots** next to the main road, along with a single **Turquoise-browed Motmot**, **Blackheaded Trogon**, **Stripe-headed Sparrow**, **Rufous-naped Wren**, **Yellow-headed Caracara** and an unexpected pair of **Double-striped Thick-knees**. Our afternoon boat trip was our only chance to find the endemic *Mangrove Hummingbird*. We started out cruising the famous *Tarcoles River* with many sightings of **herons**, **egrets** and **Magnificent Frigatebirds**. We were also entertained by an active **Osprey**, **Common Black-Hawk**, **Whimbrel**, **Mangrove Swallow** and **Roseate Spoonbill**. Once we approached the mangrove forest it was time to be a little more "selective", and we focused our energies on finding the **Mangrove Hummingbird**. We tried here and there until we got a couple of views, but it was far from easy as the light conditions were not in our favor. Near that area we also got a cooperative **Yellow-naped Parrot** (*photo page before*, *Barbara Churchley*) moving along the branches of a mangrove tree, and many **White Ibises**, **Brown Pelicans** and more **Magnificent Frigatebirds** to finish a wonderful long birding day.



Day 2 (of birding): 17th March – Carara National Park and Orotina.

We spent a full morning working the forest trails in the popular *Carara National Park*. In this park we got some classic forest species like **Black-throated and Slaty-tailed Trogons**, **Royal Flycatcher**, **Steely-vented (Bluevented) Hummingbird**, **Black-hooded Antshrike**, **Cocoa Woodcreeper**, **Chiriqui Foliage-Gleaner**, the uncommon **Eye-ringed Flatbill** and **Rufous Piha**, among others. After this, the afternoon was dedicated to another important species on the "hit list", *Lesser Ground-Cuckoo*. We drive an hour out of *Carara*, to an area of dry, hot open fields with scattered trees and brushy areas close to farmland. In my experience this bird is always tough to see, so we were prepared to be patient. After picking up some **Gartered Trogons** and **Hoffman's Woodpeckers** in the area, we then heard a **Lesser Ground-Cuckoo** singing. A few minutes later, we got not only a view of the bird, but we got the best views ever of this beast coming out into the open and walking along an open branch, allowing us to take incredible photo in the process. Another good find in that areas was a **Striped Cuckoo** (*photo page before*, *Fito Downs*). That was the way to finish another good day in Costa Rica!

Day 3: 18th March – Carara NP to Piedras Blancas National Park.

With a long drive ahead we packed very early this morning and headed south. The time for birding was limited, as we spent most of the morning going to the southern part of the country. Some common species seen this morning include Yellow-headed Caracara, Roadside Hawk, Wood Stork, Crimson-fronted Parakeet, Southern Lapwing, Inca and White-tipped Doves, and Amazon and Green Kingfishers.

The afternoon was considerably more productive with some specialties like **Charming Hummingbird**, **Bronzy and Long-billed Hermits** and a lovely male **Great Curassow** near the lodge restaurant! The short trail along the river provided a big target, the endemic **Black-cheeked Ant-Tanager**, and right next to this wonderful bird we got great views of a male **Red-capped Manakin**. By the end of our day we went to explore the grassland and forest edge along the entrance road. Some of the species seen here were **Red-breasted Meadowlark**, **Yellow-bellied Seedeater**, **Northern Jacana**, **Ochre-bellied Flycatcher**, **Red-crowned Woodpecker**, **Blue-headed Parrot**, **Fork-tailed Flycatcher** and the cute **Olivaceous Piculet**.

Day 4: 19th March – Piedras Blancas National Park and Rincon de Osa.

Our time was limited this morning, because we had to drive from the lodge to another area near *Osa Peninsula*. Our main goal was the local and endangered *Yellow-billed Cotinga*. There are very few places where you have a real chance to see this cotinga, but the mangrove forest near Rincon is the best location for it. As we drove towards Rincon, there were some small hills to pass, and near the summit, we caught a glimpse of a "white bird" in a top of a tree, that was none other than a **Yellow-billed Cotinga** sitting up there!. It is hard to express the feeling when you got such an important bird when you do not expect it. Well, after that cool moment we continued driving towards Rincon but with less pressure upon us. At the main spot we got at least 2 more male **Yellow-billed Cotingas** and one female too. Other birds around there were **Mangrove Swallow**, **Bare-throated Tiger-Heron**, **White Ibis**, **Short-tailed Hawk**, **Amazon Kingfisher**, **Spotted Sandpiper**, **Yellow-throated Euphonia** and **Gray-breasted Martin**.

Before we arrived at our hotel we made a short stop down the main road and we got excellent views of another rare bird, Golden-naped Woodpecker, and also saw Brown-throated Parakeet, Fiery-billed Aracari (photo below, Barbara Churchley), Bright-rumped Attila, Orange-collared Manakin, Riverside Wren, Isthmian Wren, Spot-crowned Euphonia, Lineated Woodpecker, Gray-cowled Wood-Rail, and even a rare North American migrant for Costa Rica, MacGillivrays Warbler!



Day 5: 20th March – Durika Indigenous Reserve to Bosque de Tolomoco.

Before first light, we had a cup of coffee and immediately left towards our next destination, Durika Indigenous Reserve. Our main reason to visit this remote area was to look for a very elusive bird, the local Rosy Thrush-Tanager. After a few hours we finally made it to one of the stakeouts for the Thrush-Tanager, and area that is only accessible during dry spells. Luckily, the weather had been good to us. We tried several different spots, and moved inside the forest, and eventually got several brief views of males. They were not the best views, but it is always a difficult bird and so we were happy with getting it at all. It was then time to continue the long journey to Bosque del Tolomuco. The feeders at the lodge were just filled up with birds. We got many individual **Baltimore Orioles** attending the feeders, with Lessons Motmot, Golden-hooded Tanagers and Scarlet-rumped Tanagers. After a while we went to the town of San Isidro for the beautiful Turquoise Cotinga. The story was completely different from the one with the Rosy

Thrush-Tanager, we only spent 20 minutes in the area until we got a male sitting on top of the trees, what a bird! That individual disappeared quickly but a few minutes later we got another male also sitting in a bare tree by the side of the road. I always see it in this location, and it is probably the most reliable spot in the country to see this amazing bird.

Day 6: 21st March – Bosque de Tolomuco to the Savegre Valley via Cerro del la Muerte.

Before leaving for the *Savegre Valley* we spent a couple of hours at the lodge feeders. Personally, I had never seen so many **Baltimore Orioles** in such a small area, I counted at least 25 individuals attending the fruit feeders, a very high count. Besides the orioles, we got **Golden-hooded Tanager**, **Buff-throated Saltator**, **Lessons Motmot** and the wonderful **Red-headed Barbet**. The hummingbirds there included **Garden Emerald**, **Violet Sabrewing**, **Green-crowned Brilliant**, **Scintillant Hummingbird** and **White-throated Mountain-Gem**.

A special mention has to be made for the small flock of Sulphur-winged Parakeets that landed in front of the lodge, and for the stunning Northern Emerald Toucanet (photo right, Barbara Churchley) that came out in the open too. We also saw a pair of Elegant Euphonia, Speckled Tanager and Flamecolored Tanager. All of this was in just two hours. After that, we headed up to the highlands of Cerro de la Muerte. At the summit, we did a short stop for a very special and local species, Volcano Junco. Time was limited, so we left immediately after we saw the junco. However, in the same area, we were also lucky to find the skulking **Timberline Wren**. Halfway down the mountain we did another stop at the Miriam Restaurant, where we got more targets like Large-footed Finch, Long-tailed Silky-Flycatcher, Yellow-thighed Finch, Black-billed Nightingale-Thrush and Sooty Thrush. Miriam Restaurant always provides excellent birding with good chances of photos and tasty coffee too. We arrived at our lodge late in the afternoon.



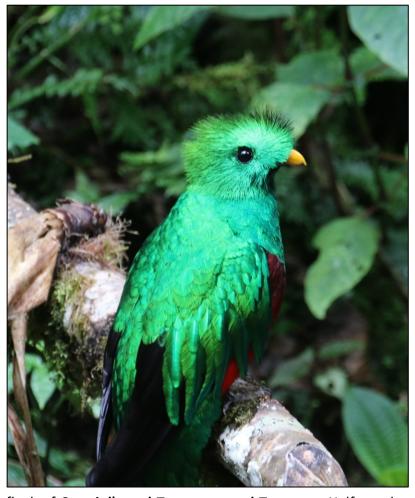
With one more day to find our highland targets we

first visited the lodge reserve in the morning. A 4x4 vehicle was required to make it to the upper part of the trail. Upon arrival at the main entrance, we were welcomed by a pair of the lovely Collared Redstarts. Later on the trail we managed to briefly see a Silvery-fronted Tapaculo, Black-faced Solitaire, and (while trying for another view of the tapaculo) we spotted the fantastic Spotted Wood-Quail, which was right behind us. Another surprise was a sighting of one of the most popular and beautiful birds in Costa Rica, the Resplendent Quetzal (photo next page, Barbara Churchley). To be in this mature Oak forest was just breath-taking, and we also added another regional endemic in the form of Black-cheeked Warbler. During the afternoon we tried another location near Los Quetzales National Park. One of the big targets was Ochraceous Pewee, which we found a couple of hours later. We also sighted Black-and-Yellow Silky-Flycatcher just before the rain started. At night we went to another location hoping to get Dusky Nightjar. Once at the spot, we saw it within a few minutes. After the nightjar, we moved on and tried for Bare-shanked Screech-Owl, which we only heard once unfortunately.



With another long driving day ahead of us, we made another short stop at Los Quetzales National Park and were lucky to find another hard one, the secretive Wrenthrush. After such a special find we then drove a bit down the road that yielded Spot-crowned Woodcreeper, Black-throated Green-Warbler, Mountain Elaenia, Flamethroated Warbler, Sooty-capped Chlorospingus, Yellow-winged Vireo, Mountain Thrush, Slaty Flowerpiercer





and the uncommon **Black-thighed Grosbeak**. We then spent the rest of the afternoon driving towards *La Selva Biological Station* in the lowlands of the Caribbean slope. At night, we explored the forest trails at *La Selva*. As we entered the primary forest, we tried for the special Middle-American Screech-Owl (photo next page, **Barbara Churchley**), and it did not take us long to find this fantastic beast!

Day 9: 24th March – Braulio Carrillo National Park and Surrounding areas.

This morning we visited the impressive Braulio Carrillo National Park. We walked the Las Palmas trail which is about a mile long throughout pristine and mature forest hoping to find some mixed species flocks. The activity was a bit low for my taste, but, little by little, some birds became more active like Green Hermit, Orange-billed Sparrow, Tawny-capped Euphonia and Green Honeycreeper. As we continued walking up the trail we found Crowned Woodnymph, Wedge-billed Woodcreeper, Buff-rumped Warbler and a

flock of Carmiol's and Tawny-crested Tanagers. Halfway down the trail we encountered a shy Black-headed Nightingale-Thrush and Ochre-bellied Flycatcher. Later in the morning, we heard another special bird, the local and rare Lattice-tailed Trogon, which we saw after trying a bit hard for it. This trogon made a big success on our entire morning in the park for sure. Before we headed back to La Selva, we stopped at a private place of a friend named Cope. His property was home to some great birds, such as Striped-throated Hermit, White-necked Jacobin, Bronze-tailed Plumeleteer, Chestnut-headed Oropendola, Crimson-collared Tanager, Red-legged Honeycreeper and following a short walk from his home, we also got roosting Crested Owl and Great Potoo (photo page 9, Barbara Churchley) and other amazing wildlife, such as Honduran White Bats, Green-and-black Poison Dart Frog and the famous "Blue-jeans" Strawberry Poison Dart Frogs. Cope's Place is always good for birds, and also supports a local artist with amazing skills. Another stop was made at another friend's house named Randall. There we also found Golden-hooded Tanager and Black-cowled Oriole and yet more good coffee!

Day 10: 25th March – Poas Volcano National Park, La Paz Waterfall Gardens, Vara Blanca and La Selva.

After picking up some specialties yesterday, today we headed up into the lower mountains near *Poas Volcano National Park*, where our main goal was to get some middle elevation species. Right at the first stop we got some cool hummers like **Violet Sabrewing**, **Green-crowned Brilliant**, **Rufous-tailed Hummingbird**, the endemic



Coppery-headed Emerald and a lovely male Green Thorntail. Other birds included Baltimore Oriole, Scarlet-rumped Tanager, Bananaquit, Silver-throated Tanager and the spectacular Northern Emerald Toucanet.

The next stop was at the scenic La Paz Waterfall Gardens, where upon arrival we got a lovely Barred Hawk near the base of the waterfall. Immediately after the hawk we got an amazingly cooperative Sooty-faced Finch right next to us by the side of the road. Also, a few yards away from there we had a glimpse of the shy Slaty-backed Nightingale-Thrush. We also checked out another side road near the town of Vara Blanca where we found more Long-tailed Silky-Flycatcher, Yellow-faced Grassquit, Purple-throated Mountain-Gem and got a proper view of the colorful Goldenbrowed Chlorophonia. Further down the road we also found Dark Pewee, Black-faced Solitaire, Tropical Parula, and just before we returned to La Selva, we enjoyed a pair of Spangle-cheeked Tanagers! Once at La Selva our mission was for Slaty-breasted Tinamou. I

knew a stakeout for the bird, but a tinamou is never an easy species to see at all. I was feeling positive about this one because we heard it calling, and they are more active at this time of year. Well, we tried and tried to see one of the two individuals singing not far from the trail, until we finally got one of them sitting on a fallen trunk deep inside the woods. We even managed to get the spotting scope on it! Now, that is the way to see a **Slaty-breasted Tinamou**!

Day 11: 26th March – Caño Negro and Tenorio Volcano National Park.

It was time to leave this wonderful place and visit another excellent location, the foothills of *Tenorio Volcano National Park*. However, before then, following an unsuccessful search for **Nicaraguan Seed-Finch** the day before, we spent some time in another location on the way to *Caño Negro Wildlife Refuge*. Here, we were lucky to have a cooperative male singing for a while, which gave great views. With time limited, we then immediately headed up to *Caño Negro* for our boat trip into the wetlands. One reason to take a boat trip along the *Rio Frio River* was to find the local **Nicaraguan Grackle**. *Caño Negro Wildlife Refuge* is the best place to see this small and special blackbird. We had good chances to find the grackle, because at this time of the year they congregate in large numbers near a lagoon up the river. On the way there, we got lovely views of **Amazon and Ringed Kingfishers**, **Green Heron**, **Bare-throated Tiger-Heron**, **Neotropic Cormorant**, **Northern Jacana**, **Glossy Ibis**, the uncommon and elegant **Black-collared Hawk** and **Wood Storks**. The **Nicaraguan Grackles** were common once we got to the specific area they choose to displaying. We saw at least 6 different males and the same number of females. Shortly after that we came back to town and departed for *Tenorio Volcano*. On the way to our lodge

we did stop briefly on the main road where we got some very interesting species such as **White-fronted Nunbird, Carmiol's Tanager, Northern-barred Woodcreeper** and the rare **Streak-crowned Antvireo**.



Day 12: 27th March – Tenorio Volcano National Park and Arenal Volcano area.

The trip was coming close to the end unfortunately, and with two more days to go we maximized our time in the field and focused our energies to find species that we had not yet found. This morning was spent on a trail inside the primary forest. We knew that the pristine forest does not provide large numbers of species but holds some rarities and quality species we were seeking. We heard **Nightingale Wren** singing a couple of times but failed to see it. It was way down the slope and far away from the trail. Later on, we found **Green Hermit**, **Gartered and Black-throated Trogons**, **Tawny-crowned Greenlet** and the best one of all was the beautiful and rare **Purplish-backed Quail-Dove**!

In the afternoon we planned to visit another location for **Keel-billed Motmot**. After one hour driving, we made it to a private trail with feeders and trails along tall second growth forest. Some of the species we found were **Gray-headed Chachalaca**, **Red-legged Honeycreeper**, and **Black-headed Saltator** among others. As we walked the trails looking for the motmot we got a roosting **Black-and-white Owl**, which was a nice surprise. Minutes later, we finally found a **Keel-billed Motmot** (photo next page, **Barbara Churchley**), luckily this one was

very low near the ground and despite the dark conditions for photography we had excellent views of this local species. After that, sighting we returned to our lodge.

Day 13: 28th March – Tenorio Volcano to Monteverde.

We left early this morning towards the world-famous *Monteverde Cloud Forest* for our last night before we returned to *San Jose*. We did few stops on the journey, as we wanted to get to *Monteverde* as soon as possible. Upon arrival at our lodge we heard a special bird singing, the song was unique and unmistakable, that bird was none other than the Three-wattled Bellbird (photo page 11, Barbara Churchley), which we wanted badly! We could not believe that the bird was singing just yards away from our lodge, so we did not even check-in, but ran straight into the forest to look for it. What a bird! We got close up views, and we even saw an immature male next to the adult male right above us.

With that "big one" in the bag, we felt a bit more relaxed, and that experience was one of the most memorable moments of the entire tour. We dedicated the rest of the afternoon to visit one of the private reserves in

Monteverde. Some of the birds we found were Cabanis's Wren, Long-tailed Manakin, White-eared Ground-Sparrow and we were lucky to encounter an army ant swarm with special birds around like Orange-billed Nightingale-Thrush, Ruddy Woodcreeper, Northern-barred Woodcreeper, White-throated Thrush, Lesson's Motmot and Rufous-capped Warbler. However, I forgot to mention that in that reserve we also got excellent views of Chiriqui Quail-Dove and Black Guan. It was a wonderful afternoon, no doubt about that!

Day 14: 29th March - Monteverde to San Jose.

Today was our last morning in the amazing cloud forest of *Monteverde*, before we headed back to *San Jose* unfortunately. The regular birds seen from our lodge's restaurant were **Lesson's Motmot**, **Steelyvented Hummingbird**, **Hoffman's Woodpecker**, **Brown Jay** and **Blue-gray Tanagers**. Once on the trail, we saw other species such as **White-eared Ground-Sparrow**, **Costa Rican Warbler**, **Golden-crowned Warbler** and **Olivaceous Woodcreeper**. The hummingbird feeders were active with **Violet Sabrewing**, **Purple-throated Mountain-Gem**, **Greencrowned Brilliant** and another highlight there was the **Magenta-throated Woodstar**. On the upper part of



the trail we got a cooperative Yellowish Flycatcher, Black-throated Green-Warbler, Smoky-brown Woodpecker and Ochraceous Wren. And as we walked back down the trail, we were lucky to find not one but four Black-breasted Wood-Quails (photo next page) crossing the trail in front of us, and to our surprise they stayed long enough to see them foraging for at least fifteen minutes! This was the final highlight of the tour.

It is hard to describe with one word what such a fantastic and terrific trip it was. We had amazing weather conditions throughout, delicious food, wonderful birds and phenomenal company! This tour will be in our memories for a long time. *Pura Vida!*



Black-breasted Wood-Quail and Three-wattled Bellbird both from Monteverde (participant Barbara Churchley)



CHECKLISTS:

BIRDS

The taxonomy of the bird list follows Clements, James F., White, Anthony W., and Fitzpatrick, John W. The Clements Checklist of Birds of the World. Cornell, 2007. This list is up to date with the major changes published by Cornell up until August 2019. (There were no updates in 2020).

H - INCIDATES A SPECIES THAT WAS HEARD ONLY.

GO - INDICATES A SPECIES RECORDED BY THE GUIDE ONLY.

E - INDICATES A SPECIES THAT IS A REGIONAL ENDEMIC.

TINAMOUS: TINAMIDAE

Great TinamouTinamus majorLittle TinamouCrypturellus souiSlaty-breasted TinamouCrypturellus boucardi

DUCKS, GEESE, AND WATERFOWL: ANATIDAE

Muscovy Duck Cairina moschata

GUANS, CHACHALACAS, AND CURASSOWS: CRACIDAE

Gray-headed Chachalaca Ortalis cinereiceps

Crested Guan Penelope purpurascens

Black Guan (E) Chamaepetes unicolor

Great Curassow Crax rubra

NEW WORLD QUAIL: ODONTOPHORIDAE

Black-breasted Wood-Quail (E)

Odontophorus leucolaemus

Spotted Wood-Quail

Odontophorus guttatus

STORKS: CICONIIDAE

Wood Stork Mycteria americana

FRIGATEBIRDS: FREGATIDAE

Magnificent Frigatebird Fregata magnificens

CORMORANTS AND SHAGS: PHALACROCORACIDAE

Neotropic Cormorant Phalacrocorax brasilianus

ANHINGAS: ANHINGIDAE

Anhinga Anhinga anhinga

PELICANS: PELECANIDAE

Brown Pelican Pelecanus occidentalis

HERONS, EGRETS, AND BITTERNS: ARDEIDAE

Bare-throated Tiger-Heron Tigrisoma mexicanum

Great Blue Heron Ardea herodias
Great Egret Ardea alba

Snowy EgretEgretta thulaLittle Blue HeronEgretta caeruleaTricolored HeronEgretta tricolorCattle EgretBubulcus ibis

Green HeronButorides virescensYellow-crowned Night-HeronNyctanassa violaceaBoat-billed HeronCochlearius cochlearius

IBISES AND SPOONBILLS: THRESKIORNITHIDAE

White Ibis Eudocimus albus

Green Ibis Mesembrinibis cayennensis

Glossy Ibis Plegadis fascinellus

Roseate Spoonbill Platalea ajaja

NEW WORLD VULTURES: CATHARTIDAE

Black Vulture Coragyps atratus
Turkey Vulture Cathartes aura

GO King Vulture Sarcoramphus papa

OSPREY: PANDIONIDAE

Osprey Pandion haliaetus

HAWKS, EAGLES, AND KITES: ACCIPITRIDAE

Swallow-tailed Kite

Double-toothed Kite

Common Black-Hawk

Barred Hawk

Black-collared Hawk

Roadside Hawk

Elanoides forficatus

Harpagus bidentatus

Buteogallus anthracinus

Morphnarchus princeps

Busarellus nigricollis

Rupornis magnirostris

Gray Hawk

Broad-winged Hawk

Short-tailed Hawk

Buteo platypterus

Buteo brachyurus

Buteo swainsoni

Red-tailed Hawk

Buteo jamaicensis

RAILS, GALLINULES, AND COOTS: RALLIDAE

H White-throated Crake
 Gray-cowled Wood-Rail
 Russet-naped Wood-Rail
 Purple Gallinule

Laterallus albigularis

Aramides cajaneus

Aramides albiventris

Porphyrio martinicus

LIMPKIN: ARAMIDAE

Limpkin Aramus guarauna

THICK-KNEES: BURHINIDAE

Double-striped Thick-kneeBurhinus bistriatus

STILTS AND AVOCETS: RECURVIROSTRIDAE

Black-necked Stilt Himantopus mexicanus

PLOVERS AND LAPWINGS: CHARADRIIDAE

Southern Lapwing Vanellus chilensis

JACANAS: JACANIDAE

Northern Jacana Jacana spinosa

SANDPIPERS AND ALLIES: SCOLOPACIDAE

Spotted Sandpiper Actitis macularius
Willet Tringa semipalmata

Lesser Yellowlegs Tringa flavipes

Whimbrel Numenius phaeopus
Short-billed Dowitcher Limnodromus griseus

GULLS, TERNS, AND SKIMMERS: LARIDAE

Laughing GullLeucophaeus atricillaRoyal TernThalasseus maximus

PIGEONS AND DOVES: COLUMBIDAE

Rock Pigeon Columba livia

Pale-vented Pigeon
Patagioenas cayennensis

GO Scaled Pigeon
Patagioenas speciosa
Patagioenas flavirostris
Band-tailed Pigeon
Patagioenas fasciata
Ruddy Pigeon
Patagioenas subvinacea

Short-billed Pigeon Patagioenas nigrirostris

Inca DoveColumbina incaPlain-breasted Ground-DoveColumbina minutaRuddy Ground-DoveColumbina talpacotiWhite-tipped DoveLeptotila verreauxiGray-chested DoveLeptotila cassini

Gray-headed Dove (fronted)

Purplish-backed Quail-Dove
Chiriqui Quail-Dove (E)

Leptotila plumbeiceps
Zentrygon lawrencii
Zentrygon chiriquensis

White-winged Dove Zenaida asiatica

CUCKOOS: CUCULIDAE

Squirrel CuckooPiaya cayanaStriped CuckooTapera naevia

Lesser Ground-Cuckoo Morococcyx erythropygus

Smooth-billed Ani Crotophaga ani

Groove-billed Ani Crotophaga sulcirostris

OWLS: STRIGIDAE

Pacific Screech-Owl Megascops cooperi

Vermiculated Screech-Owl Megascops guatemalae

H Bare-shanked Screech-Owl (E) Megascops clarkii

Crested OwlLophostrix cristataSpectacled OwlPulsatrix perspicillataFerruginous Pygmy-OwlGlaucidium brasilianumBlack-and-white OwlCiccaba nigrolineata

NIGHTJARS AND ALLIES: CAPRIMULGIDAE

Lesser NighthawkChordeiles acutipennisCommon PauraqueNyctidromus albicollisDusky Nightjar (E)Antrostomus saturatus

POTOOS: NYCTIBIIDAE

Great Potoo Nyctibius grandis

SWIFTS: APODIDAE

White-collared Swift Streptoprocne zonaris

Vaux's Swift Chaetura vauxi
Costa Rican Swift (E) Chaetura fumosa

Gray-rumped Swift Chaetura cinereiventris

Lesser Swallow-tailed Swift Panyptila cayennensis

HUMMINGBIRDS: TROCHILIDAE

White-necked Jacobin Florisuga mellivora
Bronzy Hermit Glaucis aeneus
Band-tailed Barbthroat Threnetes ruckeri
Green Hermit Phaethornis guy

Long-billed Hermit Phaethornis longirostris
Stripe-throated Hermit Phaethornis striigularis
Green-fronted Lancebill Doryfera ludovicae
Brown Violetear Colibri delphinae
Lesser Violetear Colibri cyanotus

GO Purple-crowned Fairy Heliothryx barroti

Green-breasted Mango Anthracothorax prevostii

Green Thorntail

White-crested Coquette

Lophornis adorabilis

Green-crowned Brilliant

Heliodoxa jacula

Talamanca Hummingbird

Eugenes spectabilis

Long-billed Starthroat

Heliomaster longirostris

Fiery-throated Hummingbird (E)

Panterpe insignis

Purple-throated Mountain-gem (E)

Lampornis calolaemus

Lampornis castaneoventris

Magenta-throated Woodstar (E)Calliphlox bryantaeRuby-throated HummingbirdArchilochus colubris

Volcano Hummingbird (E)Selasphorus flammulaScintillant Hummingbird (E)Selasphorus scintillaGarden EmeraldChlorostilbon assimilis

Violet-headed Hummingbird Klais guimeti

Scaly-breasted Hummingbird Phaeochroa cuvierii

Violet Sabrewing Campylopterus hemileucurus

Bronze-tailed Plumeleteer Chalybura urochrysia **Crowned Woodnymph** Thalurania colombica Stripe-tailed Hummingbird Eupherusa eximia White-tailed Emerald (E) Elvira chionura Coppery-headed Emerald (E) Elvira cupreiceps **Blue-chested Hummingbird** Amazilia amabilis Charming Hummingbird (E) Amazilia decora Mangrove Hummingbird (E) Amazilia boucardi Steely-vented Hummingbird (Blue-vented) Amazilia saucerrottei Amazilia tzacatl Rufous-tailed Hummingbird Amazilia rutila Cinnamon Hummingbird Blue-throated Goldentail (sapphire) Hylocharis eliciae

TROGONS: TROGONIDAE

Resplendent Quetzal Pharomachrus mocinno

Lattice-tailed Trogon (E)Trogon clathratusSlaty-tailed TrogonTrogon massena

Black-headed Trogon Trogon melanocephalus

Baird's Trogon (E)Trogon bairdiiGartered TrogonTrogon caligatusBlack-throated TrogonTrogon rufusCollared TrogonTrogon collaris

MOTMOTS: MOMOTIDAE

Lesson's MotmotMomotus lessoniiRufous MotmotBaryphthengus martiiBroad-billed MotmotElectron platyrhynchumKeel-billed MotmotElectron carinatumTurquoise-browed MotmotEumomota superciliosa

KINGFISHERS: ALCEDINIDAE

Ringed KingfisherMegaceryle torquataAmazon KingfisherChloroceryle amazonaGreen KingfisherChloroceryle americanaAmerican Pygmy KingfisherChloroceryle aenea

PUFFBIRDS: BUCCONIDAE

Pied Puffbird Notharchus tectus

White-whiskered Puffbird Malacoptila panamensis
White-fronted Nunbird Monasa morphoeus

JACAMARS: GALBULIDAE

GO Rufous-tailed Jacamar Galbula ruficauda

NEW WORLD BARBETS: CAPITONIDAE

Red-headed Barbet Eubucco bourcierii

TOUCANS-BARBETS:SEMNORNITHIDAE

Prong-billed Barbet (E) Semnornis frantzii

TOUCANS: RAMPHASTIDAE

Northern Emerald-Toucanet Aulacorhynchus prasinus

Collared Aracari Pteroglossus torquatus torquatus

Fiery-billed Aracari (E) Pteroglossus frantzii

Yellow-eared Toucanet (E) Selenidera spectabilis

Yellow-throated Toucan Ramphastos ambiguus swainsonii

Keel-billed Toucan Ramphastos sulfuratus

WOODPECKERS: PICIDAE

Olivaceous Piculet

Acorn Woodpecker

Golden-naped Woodpecker (E)

Black-cheeked Woodpecker

Red-crowned Woodpecker

Hoffmann's Woodpecker (E)

Melanerpes rubricapillus

Melanerpes hoffmannii

Red-rumped Woodpecker

Smoky-brown Woodpecker

Hairy Woodpecker

Rufous-winged Woodpecker (E)

Cinnamon Woodpecker

Chestnut-colored Woodpecker

Lineated Woodpecker

Veniliornis kirkii

Picoides fumigatus

Picoides villosus

Picoides villosus

Cileus simplex

Celeus loricatus

Celeus castaneus

Dryocopus lineatus

Pale-billed Woodpecker Campephilus guatemalensis

FALCONS AND CARACARAS: FALCONIDAE

Crested CaracaraCaracara cheriwayYellow-headed CaracaraMilvago chimachima

Laughing Falcon Herpetotheres cachinnans

American KestrelFalco sparveriusBat FalconFalco rufigularisPeregrine FalconFalco peregrinus

NEW WORLD & AFRICAN PARROTS: PSITTACIDAE

Barred Parakeet Bolborhynchus lineola
Orange-chinned Parakeet Brotogeris jugularis

Brown-hooded Parrot White-crowned Parrot *Pyrilia haematotis Pionus senilis*

Red-lored Parrot Amazona autumnalis **Yellow-naped Parrot** Amazona auropalliata **Blue-headed Parrot** Pionus menstruus **White-fronted Parrot** Amazona albifrons **Mealy Parrot** Amazona farinosa Sulphur-winged Parakeet (E) Pyrrhura hoffmanni Olive-throated Parakeet Eupsittula nana **Brown-throated Parakeet** Aratinga pertinax **Orange-fronted Parakeet** Eupsittula canicularis

GO Great Green Macaw Ara ambiguus
Scarlet Macaw Ara macao

Crimson-fronted Parakeet (E) Psittacara finschi

TYPICAL ANTBIRDS: THAMNOPHILIDAE

Barred Antshrike

Black-crowned (Western Slaty-) Antshrike

Black-hooded Antshrike (E)

Streak-crowned Antvireo (E)

Dysithamnus striaticeps

Dot-winged Antwren

Microrhopias quixensis

Bare-crowned Antbird

Thamnophilus bridgesi

Dysithamnus striaticeps

Microrhopias quixensis

Chestnut-backed Antbird Myrmeciza exsul

H Spotted Antbird Hylophylax naevioides

TAPACULOS: RHINOCRYPTIDAE

Silvery-fronted Tapaculo (E) Scytalopus argentifrons

ANTTHRUSHES: FORMICARIIDAE

Black-faced Antthrush Formicarius analis

OVENBIRDS AND WOODCREEPERS: FURNARIIDAE

Olivaceous WoodcreeperSittasomus griseicapillusRuddy WoodcreeperDendrocincla homochroaWedge-billed WoodcreeperGlyphorynchus spirurus

Northern Barred-Woodcreeper Dendrocolaptes sanctithomae Cocoa Woodcreeper Xiphorhynchus susurrans **Black-striped Woodcreeper** Xiphorhynchus lachrymosus **Spotted Woodcreeper** Xiphorhynchus erythropygius Streak-headed Woodcreeper Lepidocolaptes souleyetii **Spot-crowned Woodcreeper** Lepidocolaptes affinis Plain Xenops Xenops minutus Striped Woodhaunter Hyloctistes subulatus

Spotted Barbtail

Premnoplex brunnescens

Ruddy Treerunner (E)Margarornis rubiginosusRed-faced SpinetailCranioleuca erythropsChiriqui Foliage-GleanerAutomolus exsertus

TYRANT FLYCATCHERS: TYRANNIDAE

Yellow Tyrannulet

Greenish Elaenia

Yellow-bellied Elaenia

Lesser Elaenia

Myiopagis viridicata

Elaenia flavogaster

Elaenia chiriquensis

Mountain Elaenia

Elaenia frantzii

Torrent TyrannuletSerpophaga cinereaOlive-striped FlycatcherMionectes olivaceusOchre-bellied FlycatcherMionectes oleagineus

Rough-legged TyrannuletPhyllomyias burmeisteri zeledoniPaltry TyrannuletZimmerius vilissimus parvus

Northern Scrub-Flycatcher

Common Tody-Flycatcher

Eye-ringed Flatbill

Sublegatus arenarum

Todirostrum cinereum

Rhynchocyclus brevirostris

Yellow-olive Flycatcher Tolmomyias sulphurescens cinereiceps

Royal FlycatcherOnychorhynchus coronatusRuddy-tailed FlycatcherTerenotriccus erythrurusTawny-chested FlycatcherAphanotriccus capitalisTufted FlycatcherMitrephanes phaeocercus

Dark Pewee (E)
Contopus lugubris

Ochraceous Pewee (E)
Contopus ochraceus

Western Wood-Pewee
Contopus sordidulus

Tropical Pewee
Contopus cinereus

Yellow-bellied Flycatcher
Empidonax flaviventris

Yellowish Flycatcher
Empidonax flavescens

Black-capped Flycatcher

Black Phoebe

Sayornis nigricans

Long-tailed Tyrant

Colonia colonus

Bright-rumped Attila

Attila spadiceus

Dusky-capped FlycatcherMyiarchus tuberculiferPanama FlycatcherMyiarchus panamensisGreat Crested FlycatcherMyiarchus crinitusGreat KiskadeePitangus sulphuratusBoat-billed FlycatcherMegarynchus pitanguaSocial FlycatcherMyiozetetes similis

Gray-capped Flycatcher

Myiozetetes granadensis

White-ringed Flycatcher

Conopias albovittatus

Streaked Flycatcher Myiodynastes maculatus Sulphur-bellied Flycatcher Myiodynastes luteiventris Piratic Flycatcher Legatus leucophaius **Tropical Kingbird** Tyrannus melancholicus Eastern Kingbird Tyrannus tyrannus GO Scissor-tailed Flycatcher Tyrannus forficatus

Fork-tailed Flycatcher Tyrannus savana

COTINGAS: COTINGIDAE

Yellow-billed Cotinga Carpodectes antoniae Turquoise Cotinga (E) Cotinga ridgwayi **Rufous Piha** Lipaugus unirufus

Three-wattled Bellbird (E) Procnias tricarunculatus

MANAKINS: PIPRIDAE

Long-tailed Manakin Chiroxiphia linearis White-ruffed Manakin Corapipo altera White-collared Manakin Manacus candei Orange-collared Manakin (E) Manacus aurantiacus Red-capped Manakin Ceratopipra mentalis

TITYRAS AND ALLIES: TITYRIDAE

Black-crowned Tityra Tityra inquisitor **Masked Tityra** Tityra semifasciata

Cinnamon Becard Pachyramphus cinnamomeus White-winged Becard Pachyramphus polychopterus

Rose-throated Becard Pachyramphus aglaiae

VIREOS, SHRIKE-BABBLERS & ERPORNIS: VIREONIDAE

Yellow-throated Vireo Vireo flavifrons Yellow-winged Vireo (E) Vireo carmioli Yellow-green Vireo Vireo flavoviridis Scrub Greenlet Hylophilus flavipes **Tawny-crowned Greenlet** Hylophilus ochraceiceps **Lesser Greenlet** Hylophilus decurtatus **Rufous-browed Peppershrike** Cyclarhis gujanensis

CROWS, JAYS, AND MAGPIES: CORVIDAE

White-throated Magpie-Jay Calocitta formosa Psilorhinus morio **Brown Jay**

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

H Nightingale Wren Microcerculus philomela **House Wren** Troglodytes aedon

Ochraceous Wren (E) Troglodytes ochraceus Timberline Wren (E) Thryorchilus browni

Rufous-naped Wren Campylorhynchus rufinucha **Spot-breasted Wren** Pheugopedius maculipectus

Rufous-breasted Wren Pheugopedius rutilus Pheugopedius atrogularis Black-throated Wren (E)

Rufous-and-white Wren Thryophilus rufalbus Stripe-breasted Wren (E) Cantorchilus thoracicus Cabanis's Wren Cantorchilus modestus Canebrake Wren Cantorchilus zeledoni Isthmian Wren Cantorchilus elutus

Bay Wren Cantorchilus nigricapillus White-breasted Wood-Wren Henicorhina leucosticta **Gray-breasted Wood-Wren** Henicorhina leucophrys

GNATCATCHERS: POLIOPTILIDAE

Riverside Wren (E)

Tropical Gnatcatcher Polioptila plumbea

THRUSHES AND ALLIES: TURDIDAE

Black-faced Solitaire (E) Myadestes melanops Black-billed Nightingale-Thrush (E) Catharus gracilirostris Orange-billed Nightingale-Thrush Catharus aurantiirostris Slaty-backed Nightingale-Thrush Catharus fuscater Ruddy-capped Nightingale-Thrush Catharus frantzii

Black-headed Nightingale-Thrush Catharus mexicanus Swainson's Thrush Catharus ustulatus **Wood Thrush** Hylocichla mustelina Sooty Thrush (Robin) E Turdus nigrescens Mountain Thrush (Robin) Turdus plebejus Clay-colored Thrush (Robin) Turdus grayi White-throated Thrush (Robin) Turdus assimilis

SILKY-FLYCATCHERS: PTILOGONATIDAE

Black-and-yellow Silky-flycatcher (E) Phainoptila melanoxantha Long-tailed Silky-flycatcher (E) Ptilogonys caudatus

NEW WORLD WARBLERS: PARULIDAE

GO Louisiana Waterthrush Parkesia motacilla

Cantorchilus semibadius

Northern Waterthrush Parkesia noveboracensis

Prothonotary WarblerProtonotaria citreaFlame-throated Warbler (E)Oreothlypis gutturalisTennessee WarblerOreothlypis peregrinaMacGillivray's WarblerGeothlypis tolmiei

Mourning Warbler Geothlypis philadelphia **Kentucky Warbler** Geothlypis formosa **American Redstart** Setophaga ruticilla **Tropical Parula** Setophaga pitiayumi Magnolia Warbler Setophaga magnolia **Bay-breasted Warbler** Setophaga castanea Blackburnian Warbler Setophaga fusca **Yellow Warbler** Setophaga petechia

Yellow (Mangrove) Warbler Setophaga petechia bryanti
Chestnut-sided Warbler Setophaga pensylvanica

Black-throated Green Warbler Setophaga virens **Rufous-capped Warbler** Basileuterus rufifrons Black-cheeked Warbler (E) Basileuterus melanogenys **Golden-crowned Warbler** Basileuterus culicivorus Costa Rican Warbler (E) Basileuterus melanotis **Buff-rumped Warbler** Myiothlypis fulvicauda Wilson's Warbler Cardellina pusilla Slate-throated Redstart (Whitestart) Myioborus miniatus

THRUSH-TANAGER: RHODINOCICHLIDAE

Collared Redstart (Whitestart) E

Rosy-thrush Tanager Rhodocichla rosea

TANAGERS AND ALLIES: THRAUPIDAE

Gray-headed Tanager

White-shouldered Tanager

Tachyphonus luctuosus

Tawny-crested Tanager

Tachyphonus delatrii

White-lined Tanager

Tachyphonus rufus

White-throated Shrike-Tanager (E)

Lanio leucothorax

Crimson-collared TanagerRamphocelus sanguinolentusScarlet-rumped TanagerRamphocelus passeriniiBlue-gray TanagerThraupis episcopus

Palm Tanager

Golden-hooded Tanager

Speckled Tanager

Spangle-cheeked Tanager (E)

Plain-colored Tanager (E)

Thraupis palmarum

Tangara larvata

Tangara guttata

Tangara dowii

Tangara inornata

Myioborus torquatus

Bay-headed TanagerTangara gyrolaEmerald TanagerTangara florida

Silver-throated TanagerTangara icterocephalaShining HoneycreeperCyanerpes lucidusRed-legged HoneycreeperCyanerpes cyaneusGreen HoneycreeperChlorophanes spiza

Black-and-yellow Tanager (E) Chrysothlypis chrysomelas

Slaty Flowerpiercer (E)Diglossa plumbeaBlue-black GrassquitVolatinia jacarinaThick-billed Seed-FinchSporophila funereaNicaraguan Seed-Finch (E)Sporophila nuttingi

Variable Seedeater (Caribbean)

Sporophila corvina corvina

Variable Seedeater (Pacific)

Sporophila corvina hoffmanni

Morelet's Seedeater (white-collared) Sporophila torqueola Yellow-bellied Seedeater Sporophila nigricollis Coereba flaveola **Bananaguit** Yellow-faced Grassquit Tiaris olivaceus **Buff-throated Saltator** Saltator maximus **Black-headed Saltator** Saltator atriceps **Grayish Saltator** Saltator coerulescens Streaked Saltator Saltator striatipectus

NEW WORLD BUNTINGS AND SPARROWS: PASSERELLIDAE

Sooty-capped Chlorospingus (E) Chlorospingus pileatus

Common Chlorospingus Chlorospingus flavopectus

Stripe-headed SparrowPeucaea ruficaudaBlack-striped SparrowArremonops conirostrisOrange-billed SparrowArremon aurantiirostrisChestnut-capped BrushfinchArremon brunneinuchaSooty-faced Finch (E)Arremon crassirostris

Volcano Junco (E) Junco vulcani

Rufous-collared Sparrow

Large-footed Finch (E)

Pezopetes capitalis

White-eared Ground-Sparrow

Melozone leucotis

Yellow-thighed Finch (E)

Pselliophorus tibialis

White-naped Brushfinch

Atlapetes albinucha

WRENTHRUSH: ZELEDONIIDAE

Wrenthrush (Zeledonia) E Zeledonia coronata

CARDINALS AND ALLIES: CARDINALIDAE

Summer TanagerPiranga rubraFlame-colored TanagerPiranga bidentata

White-winged Tanager

Black-cheeked Ant-Tanager

Carmiol's (Olive) Tanager

Black-faced Grosbeak

Piranga leucoptera

Habia atrimaxillaris

Chlorothraupis carmioli

Caryothraustes poliogaster

Black-thighed Grosbeak (E) Pheucticus tibialis

Rose-breasted Grosbeak Pheucticus Iudovicianus
Blue-black Grosbeak Cyanocompsa cyanoides
Blue Grosbeak Passerina caerulea

TROUPIALS AND ALLIES: ICTERIDAE

Red-winged BlackbirdAgelaius phoeniceusEastern MeadowlarkSturnella magnaRed-breasted BlackbirdSturnella militaris

Melodious Blackbird Dives dives

Great-tailed Grackle

Shiny Cowbird

Molothrus bonariensis

Bronzed Cowbird

Molothrus aeneus

Nicaraguan Grackle

Plack-cowled Oriole

Streak-backed Oriole

Spot-breasted Oriole

Baltimore Oriole

Quiscalus nicaraguensis
Icterus prosthemelas
Icterus pustulatus
Icterus pectoralis
Icterus galbula

Yellow-billed Cacique Amblycercus holosericeus

Scarlet-rumped CaciqueCacicus uropygialisChestnut-headed OropendolaPsarocolius wagleriMontezuma OropendolaPsarocolius montezuma

FINCHES, EUPHONIAS & ALLIES: FRINGILLIDAE

Yellow-crowned Euphonia (E)

Thick-billed Euphonia

Yellow-throated Euphonia

Euphonia laniirostris

Euphonia hirundinacea

Elegant Euphonia

Euphonia elegantissima

Spot-crowned Euphonia (E)Euphonia imitansOlive-backed EuphoniaEuphonia gouldiTawny-capped Euphonia (E)Euphonia anneae

Golden-browed Chlorophonia (E)Chlorophonia callophrysYellow-bellied SiskinSpinus xanthogastrus

OLD WORLD SPARROWS: PASSERIDAE

House Sparrow Passer domesticus