

Costa Rica

10th – 25th November 2008

TRIP REPORT



ITINERARY & DIARY

Leaders

Adolfo Downs: Guapiles, Costa Rica

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#	DATE	LOCATIONS & NOTES
1	10 th Nov	Flight from London Heathrow to Miami and then on to San Jose, Costa Rica.
2	11 th Nov	Drive from San Jose to Poas Volcano, walk to viewpoint. Drive to Tirimbina Rainforest Preserve, stopping at Poasito (hummingbird feeders), La Paz waterfall and Cinchona (hummingbird feeders).
3	12 th Nov	Day in the forest at Tirimbina. Chocolate tour in afternoon.
4	13 th Nov	Early morning birding at Tirimbina, then morning at La Selva, afternoon visit to Jaimie's land.
5	14 th Nov	Early morning birding at Tirimbina, then a tour of an organic pineapple farm, followed by drive to Cano Negro.
6	15 th Nov	Full day at Cano Negro. Boat tour in the afternoon.
7	16 th Nov	Early morning birding at Cano Negro before drive to Arenal National Park.
8	17 th Nov	Arenal National Park.
9	18 th Nov	Early morning birding at Arenal, followed by drive to Guapiles.
10	19 th Nov	Drive to Cano Blanco, before boarding the <i>Lovely Cotinga</i> to travel to Tortuguero.
11	20 th Nov	Full day at Tortuguero
12	21 st Nov	Travel from Tortuguero to the Talamanca Mountains and Savegre Mountain Lodge.
13	22 st Nov	Full day in the Savegre area.
14	23 rd Nov	Morning in the Savegre area, then drive back to San Jose
15	24 th Nov	Flight home.
16	25 th Nov	Arrive London Heathrow.

Mammals

[Northern Tamandua, *Tamandua mexicana*

Two seen dead along highways during the trip.]

Brown-throated Three-toed Sloth, *Bradypus variegates*

An adult male was watched crossing the highway just south of the Cano Negro turnoff on 14th November (see photo below).



Hoffmann's Two-toed Sloth, *Choloepus hoffmanni*

Singles seen at Tirimbina on 12th November, La Selva the next day and in a tree overhanging a canal at Tortuguero on 20th November.

Long-nosed Bat, *Rhynchonycteris naso*

Four roosting individuals seen in Tirimbina forest on 12th November, with a group of 13 on a tree next to a canal at Tortuguero on 20th November.

White-tailed Deer, *Odocoileus virginianus*

A tame individual seen by the hummingbird feeding station near Poas Volcano on 11th November.

White-throated Capuchin, *Cebus capucinus*

A single adult seen close to the canal at Tortuguero on 20th November.

Mantled Howler Monkey, *Alouatta palliata*

The most frequently recorded monkey, with troops seen at Tirimbina, Arenal and Tortuguero. Many more heard!

Central American Spider Monkey, *Ateles geoffroyi*

Two seen in degraded forest close to Cano Blanco on 19th November, with others seen in Tortuguero the next day. Three females gave excellent views feeding in a canal-side palm on the return journey to Cano Blanco on 21st November.



Red-tailed Squirrel, *Sciurus granatensis*

Small numbers seen in the Savegre area.

Variegated Squirrel, *Sciurus variegatoides*

Individuals of varying colours seen regularly in forested areas.

White-nosed Coati, *Nasua narica*

A male seen next to the road near La Paz waterfall on 11th November.



Collared Peccary, *Tayassu tajacu*

Several including a small juvenile seen around La Selva research station.

Amphibians

Cane Toad, *Bufo marinus*

Seen at Tortuguero in the grounds of Laguna Lodge.

Leaf-litter Toad, *Bufo typhonius*

One seen at Tirimbina.

Strawberry (Blue-jeans) Poison-dart frog, *Dendrobates pumilio*

Several males seen at Tirimbina with others seen at La Selva.

Red-eyed Tree-frog, *Agalychnis callidryas*

Up to ten seen in the vicinity of the captive-breeding programme in the grounds of Laguna Lodge, Tortuguero.



Masked Tree-frog, *Smilisca phaeota*

One seen in the grounds of Laguna Lodge, Tortuguero.

Common Tink Frog, *Eleutherodactylus diastema*

Heard frequently at night at Tirimbina. One found in a fallen bromeliad on the road at Arenal NP.

Reptiles

Spectacled Caiman, *Caiman crocodiles*

Several individuals seen during the boat tour at Cano Negro.



Atlantic Green Turtle, *Chelonia mydas*

Dozens of nests were present along the beach at Tortuguero. Early morning on 20th November the group watched up to 70 hatchlings emerge from their nest and make their way down to the Caribbean. Within 15 minutes all 70 had successfully made their way to the ocean.



Black River Turtle, *Rhinoclemmys funerea*

Seen along the river near Cano Negro.

House Gecko, *Hemidactylus frenatus*

Heard in a number of locations with one individual seen each evening near the reception at Tirimbina.

Common Basilisk, *Basiliscus basiliscus*

A young individual was caught by Orlando at Tortuguero.



Green Basilisk, *Basiliscus plumifrons*

A smart male was seen on the entrance track to La Selva as we departed.

Striped Basilisk, *Basiliscus vittatus*

One was under a bush next to the restaurant at La Selva.

Green Iguana, *Iguana iguana*

Dozens of tame individuals seen at a café on the way to Cano Negro. Other, 'wilder' individuals seen in trees at Tirimbina, La Selva, Cano Negro and Tortuguero.

Yellow-fronted Anole (lizard), *Norops limnifrons*

One seen sleeping at Tortuguero whilst the group looked for frogs in the grounds of Laguna Lodge.

Central American Whip-tailed Lizard, *Ameiva festiva*

One seen on the trail in La Selva.

Birds

Slaty-breasted Tinamou, *Crypturellus boucardi*

One was seen well by some of the group alongside the trail in Tirimbina on 12th November.

Neotropic Cormorant, *Phalacrocorax brasilianus*

Several seen along the Sarapiquí River at Tirimbina. Common in the Cano Negro area and along the main route into Tortuguero.

Brown Pelican, *Pelecanus occidentalis*

Several seen each day at Tortuguero over the Caribbean.

Anhinga, *Anhinga anhinga*

Fairly common at Cano Negro. Many seen along the canals at Tortuguero.

Fasciated Tiger-heron, *Tigrisoma fasciatum*

An adult and a juvenile seen along the Sarapiquí River at Tirimbina on 12-13th November.

Bare-throated Tiger-heron, *Tigrisoma mexicanum*

One showed well atop an anthill next to the road into Cano Negro on 14th November, and the next morning, one was close to Hotel de Campo on the edge of the lagoon. Small numbers seen along the canals at Tortuguero.



Black-crowned Night-heron, *Nycticorax nycticorax*

A couple of individuals seen at Cano Negro on the boat tour, including an obliging juvenile close to the boat.

Yellow-crowned Night-heron, *Nyctanassa violacea*

Fairly common at Tortuguero, with roosting individuals seen each day, plus individuals flying about over the lagoon at dusk.

Cattle Egret, *Bubulcus ibis*

Regularly encountered in open country with cattle and other livestock, but particularly common in the Cano Negro and Tortuguero areas, with many flocks seen.

Green Heron, *Butorides virescens*

One was seen in a small pool near the main road to Puerto Viejo on 13th November, with another seen the following day next to the road to Cano Negro. Seen frequently in the Tortuguero area.

Little Blue Heron, *Egretta tricolor*

One seen on the river near La Selva on 13th November and several seen on the drive in to Cano Negro, the next day and many more at Tortuguero.

Tricoloured Heron, *Egretta tricolour*

One seen in the same flooded field as the Jabiru on the return journey from Cano Negro on 16th November. Small numbers seen along the canals on the way to and from Tortuguero.

Snowy Egret, *Egretta thula*

Singles seen on the Sarapiquí River on 13th November and then several seen during the drive into Cano Negro the next day. Common in the Tortuguero area.

Great Egret, *Ardea albus*

Small numbers seen throughout the area, with highest concentrations being in the Cano Negro area. Several seen on the way to and from Tortuguero.

Great Blue Heron, *Ardea herodias*

An adult was seen fishing next to the road on the way into Cano Negro on 14th November. Two were seen along the canals at Tortuguero.

Wood Stork, *Mycteria americana*

Four flew over the group during the drive into Cano Negro on 14th November.

Jabiru, *Jabiru mycteria*

Fantastic views of a huge adult, feeding close to the road out of Cano Negro in a flooded field.



Turkey Vulture, *Cathartes aura*

One of the most regularly seen large birds of the trip, the 'TV' was watched every day! Large numbers were seen migrating southeast in the Sarapiquí Region during the afternoons of 12th, 13th and 14th November, often accompanied by Swainson's Hawks.

Black Vulture, *Coragyps atratus*

Seen every day, though not quite as commonly as the Turkey Vulture.

King Vulture, *Sarcoramphus papa*

The group was lucky enough to have two sightings of possibly the same individual soaring high over La Selva Biological Station on 13th November.

Green Ibis, *Mesembrinibis cayennensis*

Two individuals seen in flight at Cano Negro.

Roseate Spoonbill, *Ajaja ajaja*

A couple gave good views in the vicinity of Cano Blanco on the way to and from Tortuguero, feeding at the edge of the river.

Black-bellied Whistling-duck, *Dendrocygna autumnalis*

Several seen on the journey into Cano Negro on 14th November.

Mallard, *Anas platyrhynchos*

A sleeping drake was on a pond by the road near Cano Negro on 14th November.

Blue-winged Teal, *Anas discors*

A flock of thirty were seen by some of the group flying north over the Caribbean at Tortuguero on 19th November.

Osprey, *Pandion haliaetus*

Fairly common at Tortuguero where individuals were seen occasionally from the boat.

Grey-headed Kite, *Leptodon cayanensis*

One was soaring over La Selva on 13th November. A second bird was seen in a tree by the side of the lagoon at Tortuguero on 20th November.

White-tailed Kite, *Elanus leucurus*

An adult was perched on top of a small tree next to the approach road to the farm where the group had the Pineapple Tour on 14th November. It was still there when the group returned a couple of hours later. A second individual was seen close to the bus shortly after leaving Cano Blanco on 21st November.

Double-toothed Kite, *Rostrhamus sociabilis*

A pair soared high over the football pitch at La Selva on 13th November.

Crane Hawk, *Geranospiza caerulescens*

A pair were cruising around over La Selva when the group first arrived at the station, on 13th November.

Gray Hawk, *Asturina nitidus*

An immature was seen over the approach road to La Selva on 13th November. An adult was seen the following day on the track to the pineapple farm.

Bay-winged/Harris's Hawk, *Parabuteo unicinctus*

A single adult was perched in a tree near the road to Cano Negro on 14th November.

White Hawk, *Leucopternis albicollis*

A spectacular adult was watched from the bus perched in a roadside tree on the road to Tirimbina from La Paz waterfall on 11th November.



Common Black Hawk, *Buteogallus anthracinus*

Several seen along the canals at Tortuguero, including an individual that chased a perched Great Blue Heron out of a tree.

Black-collared Hawk, *Busarellus nigricollis*

A superb adult was seen perched on a broken tree close to the boat on the way out of Tortuguero on 21st November.

Roadside Hawk, *Buteo magnirostris*

An adult was seen in the same place at Cano Negro on 14th and 15th November.

Broad-winged Hawk, *Buteo platypterus*

Several singles seen during the trip, following our first on a roadside telegraph pole shortly after leaving Poas Volcano on 11th November.

Swainson's Hawk, *Buteo swainsoni*

C25 seen with Turkey Vultures migrating over Tirimbina on 12th November, with another large flock, again with TVs over Jaimie's plot on 13th November.

Black Hawk-eagle, *Spizaetus tyrannus*

Excellent views of a pair of this fantastic species soaring and calling over the football field at La Selva on 13th November.

Northern Crested Caracara, *Polyborus plancus*

Several seen on the drive into Cano Negro on 14th November, including a number perched on fence posts. In addition, several were seen on the journey to and from Cano Blanco.

Yellow-headed Caracara, *Milvago chimachima*

A single bird was seen shortly after boarding the boat at Cano Blanco for our trip into Tortuguero.

Laughing Falcon, *Herpetotheres cachinnans*

Heard at Tirimbina and Cano Negro during the early mornings.

Bat Falcon, *Falco rufigularis*

A pair were heard calling over the La Selva forest on 13th November. One flew over the village of Tortuguero on 19th November with a pair seen well perched atop a dead tree on the journey out of Tortuguero on 21st November.

Crested Guan, *Penelope purpurascens*

A pair were seen well on the drive into La Selva, with several seen in the Arenal National Park.

Great Curassow, *Crax rubra*

A pair of these endangered, mighty birds gave splendid views close to the trail at La Selva.



Grey-necked Wood-rail, *Aramides cajanea*

A pair were seen in a garden in Cano Negro village, with others being seen from the boat tour at the same location.

American Purple Gallinule, *Porphyrio martinica*

A pair of these attractive birds were seen on the pond next to the driveway to Hotel Lomas del Volcan, at Arenal. They had four small chicks.

Northern Jacana, *Jacana spinosa*

Common in all wetland areas visited.

Hudsonian Whimbrel, *Numenius phaeopus*, subspecies *hudsonicus*

A small number of individuals were seen along the beach at Tortuguero. This North American subspecies differs from the European subspecies due to its brown rump.

Lesser Yellowlegs, *Tringa flavipes*

One was seen close to Cano Blanco from the boat.

Sanderling, *Calidris alba*

Common along the beach at Tortuguero.

Spotted Sandpiper, *Actitis macularia*

Fairly common along the Sarapiquí River and at Cano Negro. Very common in the Tortuguero, especially along the beach.

Laughing Gull, *Larus atricilla*

Several seen each day over the sea at Tortuguero.

Sandwich Tern, *Sterna sandvicensis*

Several seen each day over the sea at Tortuguero.

Pale-vented Pigeon, *Columba cayennensis*

Small numbers seen in the Cano Negro and Tortuguero areas.

Red-billed Pigeon, *Columba flavirostris*

The commonest large pigeon seen, being frequently encountered at Tirimbina, La Selva and Arenal.

White-winged Dove, *Zenaida asiatica*

One seen at Tirimbina and one seen at Cano Negro.

Ruddy Ground-dove, *Columbina talpacoti*

Common throughout the trip, with the largest numbers being seen in the open areas near Cano Blanco.

White-tipped Dove, *Leptotila verreauxi*

Fairly common at Tirimbina.

Great Green Macaw, *Ara ambigua*

A pair flew low overhead near the football pitch at La Selva. Later the same day four more flew over the group at the River Sarapiquí near Jamie's house. The group finally got good, prolonged views of 3-4 feeding in an almond tree along one of the canals at Tortuguero on 20th November.

Crimson-fronted Parakeet, *Aratinga finschii*

The most common parakeet seen, with flocks seen regularly in the lowlands, at Tirimbina, La Selva, Cano Negro and Tortuguero. Small numbers were also seen on our first morning outside our hotel in San Jose.

Olive-throated Parakeet, *Aratinga nana*

Small numbers seen at Tirimbina and Cano Negro.

Orange-chinned Parakeet, *Brotogeris jugularis*

Seen frequently at Tirimbina, La Selva and Cano Negro.

White-crowned Parrot, *Pionus senilis*

Seen regularly, often in noisy flocks, at Tirimbina, La Selva and Tortuguero.

Red-lored Parrot, *Amazona autumnalis*

The first parrot seen on the trip close to Poas Volcano, together with Mealy Parrot. Common at Tirimbina and La Selva, with smaller numbers seen at Cano Negro and Tortuguero.

Mealy Parrot, *Amazona farinosa*

Seen in small numbers in the same habitat and places as Red-lored Parrot. Two or three pairs were observed in wing-raising display whilst calling noisily at the top of trees alongside the canals at Tortuguero on 20th November.

Squirrel Cuckoo, *Piaya cayana*

Individuals were seen near Cano Blanco on 19th November and then the next day in Tortuguero.

Groove-billed Ani, *Crotophaga sulcirostris*

Frequently seen from the bus in open, cultivated areas. Often in small flocks.

Crested Owl, *Lophotrix cristata*

A pair of these striking owls were located by Adolfo roosting under the leaves of a large palm close to the boardwalk at La Selva.

Great Potoo, *Nyctibius grandis*

One seen roosting at La Selva in a tree next to the football ground.

Lesser Nighthawk, *Chordeiles acutipennis*

A group of c10 seen hawking over the water by the dock at Cano Negro on 15th November.

Common Pauraque, *Nyctidromus albicollis*

Heard at Tirimbina in the grounds of the lodge. Several seen at Cano Negro, including a bird habitually perched under a street light by the lodge. Several seen on the road in Arenal National Park.

White-collared Swift, *Streptoprocne zonaris*

Seen over Tirimbina and La Selva, with a large flock seen at Tortuguero on 20th November.

Grey-rumped Swift, *Chaetura cinereiventris*

Common at Tirimbina and Tortuguero, with others seen occasionally elsewhere.

Long-billed Hermit, *Phaethornis superciliosus*

A small number seen at Tirimbina and La Selva. One seen visiting flowers next to the canal at Tortuguero on 20th November.

Green Hermit, *Phaethornis guy*

Seen near Poas Volcano at the hummingbird feeders.

Stripe-throated Hermit, *Phaethornis longuemareus*

One seen in the garden of Laguna Lodge on 21st November.

Violet Sabrewing, *Campylopterus hemileucurus*

Common around the feeders near Poas Volcano.

Green Violet-ear, *Colibri thalassinus*

Common around the feeders at Poas Volcano and in the gardens of Savegre Mountain Lodge.

Green-breasted Mango, *Anthracothorax prevostii*

Fairly common around Cano Negro.

Violet-headed Hummingbird, *Klais guimeti*

One seen in the grounds of the lodge at Arenal National Park on 17th November.

Fiery-throated Hummingbird, *Panterpe insignis*

Common around the feeders near Poas Volcano.

Rufous-tailed Hummingbird, *Amazilia tzacatl*

The most frequently-encountered hummingbird, seen everywhere except at Savagre Mountain Lodge.

Coppery-headed Emerald, *Elvira cupreiceps*

One seen at hummingbird feeding station near Poas Volcano on 11th November.

Purple-throated Mountain-gem, *Lampornis calolaema*

Fairly common at the hummingbird feeders near Poas Volcao on 11th November.

Grey-tailed Mountain-gem, *Lampornis castaneiventris*

Fairly common at Savegre. Formerly known as White-throated Mountain-gem due to male's distinctive white throat.

Green-crowned Brilliant, *Heliodoxa jacula*

Common at the hummingbird feeders near Poas Volcano on 11th November.



Magnificent Hummingbird, *Eugenes fulgens*

Common around Poas Volcano and in the Savegre area.

Purple-crowned Fairy, *Heliostyris barroti*

Two were seen at Tirimbina on 12th November.

Long-billed Starthroat, *Heliomaster longirostris*

One seen well in the gardens of Tirimbina Lodge on 13th November.

Ruby-throated Hummingbird, *Archilochus colubris*

One seen at the feeders near La Paz waterfall on 11th November.

Scintillant Hummingbird, *Selasphorus scintilla*

Common around Savegre.

Volcano Hummingbird, *Selasphorus flammula*

Common around Savegre.

Resplendent Quetzal, *Pharomachrus mocinno*

Fantastic views of a male in the rain at Savegre on 22nd November with further sightings of individuals later that morning and then the following day, enabling all the group to get excellent, prolonged views.

Slaty-tailed Trogon, *Trogon Massena*

Fairly common at Tirimbina and La Selva.

Collared Trogon, *Trogon collaris*

A small number seen at Savegre.

Ringed Kingfisher, *Ceryle torquata*

This large kingfisher was seen frequently, with sightings along the Sarapiquí River, at Cano Negro and Tortuguero.

Amazon Kingfisher, *Chloroceryle amazona*

The second commonest kingfisher encountered, with sightings at Cano Negro and Tortuguero.

Green Kingfisher, *Chloroceryle Americana*

One seen on the river at Cano Negro, and another seen at Tortuguero.

Broad-billed Motmot, *Electron platyrhynchum*

Individuals seen at Tirimbina, La Selva and Arenal.

Rufous Motmot, *Baryphthengus martii*

Small numbers seen at Tirimbina and La Selva.

Rufous-tailed Jacamar, *Galbula ruficauda*

A nest-building pair gave the group excellent views on the edge of the football field at La Selva.

White-necked Puffbird, *Bucco macrorhynchos*

One gave good views catching and devouring a large stick insect in the bare branches of a tree alongside one of the canals at Tortuguero on 20th November.

Red-headed Barbet, *Eubucco bourcierii*

A pair showed well feeding on plantains at the hummingbird feeding station near La Paz waterfall on 11th November.



Prong-billed Barbet, *Semnornis frantzii*

A couple of individuals were watched feeding at the hummingbird feeding station near La Selva on 11th November.

Collared Aracari, *Pteroglossus torquatus*

This the smallest toucan we saw, was fairly common at Tirimbina, La Selva, Arenal and Tortuguero.

Keel-billed Toucan, *Ramphastos sulfuratus*

The least common toucan the group encountered, though seen at Tirimbina, La Selva and Arenal.

Chestnut-mandibled Toucan, *Ramphastos swainsonii*

Common at Tirimbina, La Selva and Arenal.



Acorn Woodpecker, *Melanerpes formicivorus*

Common in the Savegre area.

Black-cheeked Woodpecker, *Melanerpes pucherani*

Seen regularly in all lowland areas except for Tortuguero, including in the middle of villages such as at Cano Negro, where individuals were seen excavating and entering roost holes in telegraph poles.

Hoffmann's Woodpecker, *Melanerpes hoffmannii*

One seen near Cano Negro on the morning of the 16th November, feeding on palm fruits.

Rufous-winged Woodpecker, *Piculus simplex*

One seen in the garden at Tirimbina on 12th November

Lineated Woodpecker, *Dryocopus lineatus*

One seen in flight from the bus in the central valley on the way to Poas on the 11th November. A pair seen in the grounds of Tirimbina and another pair seen adjacent to the gardens of Hotel Lomas del Volcan in Arenal.

Pale-billed Woodpecker, *Campephilus guatemalensis*

A pair seen from the boat on a large dead tree (with a Roseate Spoonbill sitting on the top!) near Cano Blanco on 19th November.

Wedge-billed Woodcreeper, *Glyphorhynchus spirurus*

A couple seen in the forest at Tirimbina on 12th November.

Northern Barred Woodcreeper, *Dendrocolaptes sanctithomae*

Several seen in the forest at Tirimbina.

Cocoa Woodcreeper, *Xiphorhynchus susurrans*

One in the grounds of Tirimbina on 13th November.

Streak-headed Woodcreeper, *Lepidocolaptes souleyetii*

The commonest woodcreeper seen in the lowlands, with individuals seen frequently at Tirimbina, La Selva and Cano Negro.



Spot-crowned Woodcreeper, *Lepidocolaptes affinis*

Seen frequently in the mountains near Savegre.

Slaty Spinetail, *Synallaxis brachyura*

A pair seen in the village of Cano Negro on 15th November.

Buffy Tuftedcheek, *Pseudocolaptes lawrencii*

One of the first birds seen of the trip, on the walk up to the Poas viewpoint on 11th November.

Chestnut-backed Antbird, *Myrmeciza exsul*

One seen next to the trail in the forest at Tirimbina on 12th November.

Cinnamon Becard, *Pachyramphus cinnamomeus*

A pair were seen at very close range at La Selva on 13th November, with others seen at Arenal National Park.

Masked Tityra, *Tityra semifasciata*

Several seen in riverside trees at Tirimbina on 12th and 13th November.

Black-crowned Tityra, *Tityra inquisitor*

A small group was seen on the outskirts of Cano Negro village on 15th November.

Purple-throated Fruitcrow, *Querula purpurata*

A small flock moved through the tree canopy next to one of the canals at Tortuguero on 21st November.

White-collared Manakin, *Manacus candei*

A pair seen next to the river at Tirimbina on 12th November, with a male and three females in the gardens of the lodge the next day. A male was watched displaying in the grounds of the Laguna Lodge, Tortuguero on 20th November.



Black Phoebe, *Sayornis nigricans*

Seen along the Sarapiquí River near Tirimbina, and along the river in Arenal National Park.

Long-tailed Tyrant, *Colonia colonus*

A pair seen flycatching in the rain at Arenal National Park on 17th November.

Tropical Kingbird, *Tyrannus melancholicus*

One of the most regularly seen species of the trip, 'TKs' were seen every day except for 22nd November.

White-ringed Flycatcher, *Coryphotriccus albovittatus*

Small numbers seen at Tirimbina and La Selva.

Boat-billed Flycatcher, *Megarhynchus pitangua*

Common at Tirimbina, La Selva and Tortuguero.

Grey-capped Flycatcher, *Myiozetetes granadensis*

A pair seen flycatching from a telegraph wire by the restaurant at Tirimbina on 13th November.

Social Flycatcher, *Myiozetetes similis*

Regularly seen in all lowland woodland areas.

Great Kiskadee, *Pitangus sulphuratus*

Very common everywhere except the Talamanca Mountains.

Great Crested Flycatcher, *Myiarchus crinitus*

A small group seen next to one of the canals at Tortuguero on 21st November.

Dusky-capped Flycatcher, *Myiarchus tuberculifer*

A pair seen outside the National Park office at Arenal on 17th November.

Eastern Wood-pewee, *Contopus virens*

Small numbers seen at Tirimbina and La Selva.

Tropical Peewee, *Contopus cinereus*

Commonly seen in the lowlands.

Yellowish Flycatcher, *Empidonax flavescens*

Several seen in the Savegre area.

Black-capped Flycatcher, *Empidonax atriceps*

One seen at Tortuguero on 21st November.

Ochre-bellied Flycatcher, *Mionectes oleagineus*

Small numbers seen at Tirimbina. Many others heard elsewhere in the lowlands.

Yellow-olive Flycatcher, *Tolmomyias sulphurescens*

One seen close to Tirimbina Lodge on 13th November.

Common Tody-flycatcher, *Todirostrum cinereum*

Common at Tirimbina, La Selva and Cano Negro.



Black-capped Pygmy-tyrant, *Myiornis atricapillus*

One seen from the boardwalk at La Selva on 13th November.

Yellow Tyrannulet, *Capsiempis flaveola*

Common at Cano Negro.

Torrent Tyrannulet, *Serpophaga cinerea*

Seen at La Paz waterfall and along the river at Savegre.

Yellow-bellied Elaenia, *Elaenia flavogaster*

Seen at Cano Negro and Arenal National Park.

Mountain Elaenia, *Elaenia frantzii*

Fairly common in the Savegre area.

Paltry Tyrannulet, *Zimmerius vilissimus*

One seen at Tirimbina on 13th November. A pair was watched gathering nesting material in the grounds of the lodge at Cano Negro on 15th and 16th November.

Grey-breasted Martin, *Progne chalybea*

Common in the lowland areas.

Barn Swallow, *Hirundo rustica*

Seen frequently in lowland areas.

Southern Rough-winged Swallow, *Stelgidopteryx ruficollis*

Several seen near Cano Negro on 16th November.

Blue-and-white Swallow, *Notiochelidon cyanoleuca*

Small numbers seen near Poas Volcano, at Cano Negro, Arenal and at Savegre.

Sand Martin, *Riparia riparia*

A small group seen on a wire on the way into Cano Negro on 14th November.

Mangrove Swallow, *Tachycineta albilinea*

Common at Cano Negro and Tortuguero.

Brown Jay, *Cyanocorax morio*

Several flew over the road near La Paz waterfall on 11th November, and several seen on the forest edge at Hotel Lomas del Volcan, Arenal.

Spot-breasted Wren, *Thryothorus maculipectus*

Two pairs found in orange trees close to the lodge at Cano Negro on 15th and 16th November.

Bay Wren, *Thryothorus nigricapillus*

One seen nest-building in undergrowth at Arenal National Park on 17th November.

Black-throated Wren, *Thryothorus atrogularis*

One heard near the football pitch at La Selva on 13th November.

Southern House Wren, *Troglodytes aedon*

Common everywhere in the lowlands.

Ochraceous Wren, *Troglodytes ochraceus*

One seen just outside of the lodge grounds at Savegre on 22nd November.

Grey-breasted Wood-wren, *Henicorhina leucophrys*

Heard at Savegre on 22nd November.

Grey Catbird, *Dumetella carolinensis*

Seen at Tortuguero on 19th and 20th November.

Clay-coloured Robin, *Turdus grayi*

Costa Rica's national bird was seen frequently everywhere except the Talamanca Mountains.

Mountain Robin, *Turdus plebejus*

Common in the Savegre area.

Sooty Robin, *Turdus nigrescens*

Common in the Savegre area.

Black-faced Solitaire, *Myadestes melanops*

Seen near Savegre on 22nd November.

Wood Thrush, *Hylocichla mustelina*

One seen at the hummingbird feeding station near La Paz waterfall on 11th November. Small numbers seen at Tirimbina and one seen at Arenal in the grounds of the lodge.

Swainson's Thrush, *Catharus ustulatus*

One seen at Tirimbina on 12th November and one seen in the mountains at Savegre on 23rd November.

Ruddy-capped Nightingale-thrush, *Catharus frantzii*

One on the road above Savegre on 23rd November.

Tropical Gnatcatcher, *Polioptila plumbea*

Seen by the river at Tirimbina and in Cano Negro.

Long-tailed Silky-flycatcher, *Ptilogonys caudatus*

A pair seen above Savegre gave good views in a roadside tree on the morning of the 23rd November.

Black-and-green Silky Flycatcher, *Ptilogonys melanoxantha*

A pair seen eating fruits in a tree next to the trail on the walk up to the Poas viewpoint on 11th November.

Yellow-winged Vireo, *Vireo carmioli*

Fairly common at Savegre.

Yellow-throated Vireo, *Vireo flavifrons*

One seen in the grounds of the lodge at Arenal, on 16th November.

Red-eyed Vireo, *Vireo olivaceus*

One seen in the forest at Tirimbina and small numbers seen at Arenal.

Yellow-green Vireo, *Vireo flavoviridis*

Common at Savegre.

Lesser Greenlet, *Hylophilus decurtatus*

One seen at Tirimbina on 12th November.

Bananaquit, *Coereba flaveola*

Common in lowland areas.

Black-and-white Warbler, *Mniotilta varia*

One seen in the grounds of Tirimbina Lodge on 13th November.

Prothonotary Warbler, *Protonotaria citrea*

One seen in a mixed flock next to the lagoon at Tortuguero on 21st November.

Golden-winged Warbler, *Vermivora chrysoptera*

A male was seen in the grounds of Tirimbina on 12th November.

Tennessee Warbler, *Vermivora peregrina*

Small numbers seen at Tirimbina, Arenal and Savegre.

Flame-throated Warbler, *Parula gutturalis*

Seen on 22nd and 23rd around Savegre.

Yellow Warbler, *Dendroica petechia*

Common in lowland areas.

Black-throated Green Warbler, *Dendroica virens*

Common at Arenal and Savegre.

Chestnut-sided Warbler, *Dendroica pensylvanica*

Common in lowland areas.

Bay-breasted Warbler, *Dendroica castanea*

One in a mixed flock at Tortuguero on 21st November.

Louisiana Waterthrush, *Seiurus motacilla*

One on boulders at the base of La Paz waterfall on 11th November.

Wilson's Warbler, *Wilsonia pusilla*

Common in the mountains around Savegre.

Collared Redstart, *Myioborus torquatus*

Common in the Savegre area.

Three-striped Warbler, *Basileuterus tristriatus*

Small numbers seen in the Savegre area.

Black-cheeked Warbler, *Basileuterus melanogenys*

Small numbers seen in the Savegre area.

Buff-rumped Warbler, *Phaeothlypis fulvicauda*

One seen on the forest floor near Tirimbina and another showed well on the lawn near La Selva research station.

Black-cowled Oriole, *Icterus dominicensis*

Small numbers seen at Tirimbina and Arenal.

Baltimore Oriole, *Icterus galbula*

One of the commonest North American migrants seen in the lowlands.

Scarlet-rumped Cacique, *Cacicus uropygialis*

Several seen at Tortuguero.

Yellow-billed Cacique, *Amblycercus holosericeus*

Several seen at Cano Negro.

Chestnut-headed Oropendola, *Psarocolius wagleri*

One flew over the group at La Selva and several seen at Arenal.

Montezuma Oropendola, *Psarocolius montezuma*

This spectacular bird was very common in lowland areas.



Giant Cowbird, *Scaphidura oryzivora*

Small flocks were seen flying over Tirimbina each morning.

Bronzed Cowbird, *Molothrus aeneus*

Common at Cano Negro.

Melodious Blackbird, *Dives dives*

Fairly common at Tirimbina and La Selva.

Great-tailed Grackle, *Quiscalus mexicanus*

Very common in lowland areas.

Red-winged Blackbird, *Agelaius phoeniceus*

Small numbers seen in the Cano Negro area.

Red-breasted Blackbird, *Sturnella militaris*

Small numbers seen in the Cano Blanco area.

Yellow-crowned Euphonia, *Euphonia luteicapilla*

Small numbers seen in the forest at Tirimbina.

Olive-backed Euphonia, *Euphonia gouldi*

Common at Tirimbina and La Selva.

Silver-throated Tanager, *Tangara icterocephala*

Very common at the hummingbird feeding station near La Paz waterfall. Also, noted at Tirimbina and La Selva.



Golden-hooded Tanager, *Tangara larvata*

This stunning little bird was common at Tirimbina, La Selva and Arenal.

Plain-coloured Tanager, *Tangara inornata*

A small flock seen at Tirimbina on 12th November.

Green Honeycreeper, *Chlorophanes spiza*

Common at Tirimbina, La Selva and Arenal.

Red-legged Honeycreeper, *Cyanerpes cyaneus*

Common at Tirimbina, La Selva and Cano Negro.

Shining Honeycreeper, *Cyanerpes lucidus*

Several seen at La Selva.

Blue Dacnis, *Dacnis cayana*

Common at the hummingbird feeding station near La Paz waterfall, Tirimbina, La Selva and Arenal.

Scarlet-thighed Dacnis, *Dacnis venusta*

Several seen at La Selva.

Blue-grey Tanager, *Thraupis episcopus*

Very common in the lowlands.

Palm Tanager, *Thraupis palmarum*

Common in the lowlands.

Passerini's Tanager, *Ramphocelus passerinii*

This stunning bird was common in the lowlands.

Summer Tanager, *Piranga rubra*

This North American migrant was seen throughout the lowlands in small numbers.

Flame-coloured Tanager, *Piranga bidentata*

Small numbers seen in the Savegre area.

Common Bush-tanager, *Chlorospingus ophthalmicus*

Small numbers seen at the hummingbird feeding station near La Paz waterfall on the 11th November, with others seen at Tortuguero.

Sooty-capped Bush-tanager, *Chlorospingus pileatus*

Seen at Poas Volcano and at Savegre.

Black-headed Saltator, *Saltator atriceps*

A small group flew across the road in Arenal National Park in the late afternoon on 17th November.

Buff-throated Saltator, *Saltator maximus*

Fairly common at Tirimbina, La Selva and in Cano Negro.

Yellow-faced Grassquit, *Tiaris olivacea*

A fine singing male in the gardens of Hotel Lomas del Volcan, Arenal, with frequent sightings at Savegre.

White-collared Seedeater, *Sporophila torqueola*

Common at Cano Negro and Arenal.

Variable Seedeater, *Sporophila aurita*

Common in the lowlands.

Nicaraguan Seed-finch, *Oryzoborus nuttingi*

Small numbers seen just outside of Cano Negro village on 14th November.



Blue-black Grassquit, *Volatinia jacarina*

Small numbers seen at Arenal.

Slaty Flowerpiercer, *Diglossa plumbea*

Common around Savegre.

Yellow-thighed Finch, *Pselliophorus tibialis*

Fairly common around Savegre.

Orange-billed Sparrow, *Arremon aurantirostris*

Heard singing at Arenal.

Black-striped Sparrow, *Arremonops conirostris*

Common around Cano Negro.

Rufous-collared Sparrow, *Zonotrichia capensis*

Common at Poas, Arenal, Tortuguero and in the Savegre area.

House Sparrow, *Passer domesticus*

Seen at the pineapple farm and La Fortuna.

Orlando's Plant Highlights from Tortuguero

Beach/Indian Almond Tree, *Terminalia catappa*

Seen growing at the top of the beach at Tortuguero. This tree produces nuts that Great Green and Scarlet Macaws feed on.

Peace Lily, *Spathiphyllum wallisii*

This common house plant was seen growing in swampy areas alongside the road to Cano Blanco.

Heliconias spp.

Several species seen during the trip. Provides a great source of nectar for hummingbirds.

Vanilla Orchid, *Vanilla planifolia*

An orchid that lives as a vine. Not the same type of vanilla that is used as a flavouring. Seen growing at the top of the beach at Tortuguero.

Bamboo Orchid, *Arundina graminifolia*

Not native to Costa Rica. Seen growing in Arenal and Tortuguero.

Easter Orchid, *Prostecchia fragrans*

Arboreal, growing as an epiphyte along tree branches. White with purple lines on lip. Seen at Arenal and Tortuguero.



Cativo, *Copaifera camibar*

Most common tree at Tortuguero. 40 metres high with dry seeds that float in the water.

Tonka bean/Wild Almond, *Brabejum stellatifolium*

Great Green Macaws eat the seeds, which form 80% of their diet. Seen along the canals at Tortuguero.

Hawk Tree, *Pentaclethera macroloba*

Very common in Costa Rica's northeastern lowlands. Has seed pods that burst open, flinging seeds over a wide area. The opened seed pods look like hawk wings. Seen widely.

Naked Indian Tree, 'Gumbo limbo Tree', *Bursera simaruba*

Flaky red bark, hence very few epiphytes can grow on them. Seen at La Selva and Tortuguero.

Raffia Palm, *Raphia farinifera*

Longest leaves on earth. Thought to have been brought to Tortuguero from the old world. Leaves used to make baskets etc.

Sea Coconut Palm, *Cocos nucifera*

Broken edges to leaves mimic insect damage which puts off other creatures from eating them thus protecting tree. Seen along the beach at Tortuguero.



Montrichardia arborescens– Arum family

Heart-shaped leaves which are eaten by Manatees. Also eaten by the primitive Hoatzin in South America.

Red Ginger, *Alpinia purpurata*

Red-flowered plant in ginger family seen in many gardens eg Tirimbina.

Cecropia – three species seen: *insignis*, *obtusifolia* (photo below) in the lowlands and *angustifolia* in the mountains near Savegre.

The favourite food tree of sloths.



***Erythrina* sp.**

Big, red waterside flower, next to the canals at Tortuguero, which had attracted a Long-billed Hermit.



African Tulip Tree, *Spathodea campanulata*

Along roads this non-native was common in the lowlands. The bright flowers attract many insects which sadly are then poisoned by the tree.

African Oil Palm, *Elaeis guineensis*

Huge plantations, causing a big loss of native woodland.

Sea Grape, *Coccoloba uvifera*

Abundant on the beach at Tortuguero. Used for jellies etc. Eaten by birds who in turn disperse the seeds.

Beach Plum, *Prunus maritima*

Roots in the sand and found on the beach at Tortuguero. Edible, as demonstrated by Orlando's brother, Louis. Usually used to make jelly, jam etc.

Spider Lily, Amaryllidaceae

Seen next to a canal at Tortuguero, an attractive white flower.

Beach Morning Glory, *Ipomoea imperati*

Purple flower growing in the sand on the beach at Tortuguero. Sap from stems used to treat jellyfish stings.

Giant Leather Fern, *Acrostichum danaeifolium*

Found along edges of canals at Tortuguero in swampy areas.

Oxeye Vine, *Buphthalmum salicifolium*

With the yellow flowers that opened late afternoon in time to be pollinated by bats. The flower explodes on contact thus showering pollen on to the bats belly.

Water Hyacinth, *Eichhornia Crassipes*

Growing along the canals at Tortuguero. Non-native and very invasive.

Provision Tree, 'Saba', *Pachira aquatica*

Big yellow and red flower, visited by moths at night. Looked a bit like a banana skin.



Black Wood Tree, 'Cocobolo Tree', *Dalbergia retusa*

New leaves favoured by Howler Monkeys. Sap is bright red and used for dye.

Golden Trumpet Tree, *Tabebuia chrysantha*

In the dog bane family. Sap is very caustic. Trumpets seen at Tortuguero.