



GOLDEN GATE BIRD ALLIANCE

SOUTHERN COSTA RICA

BIRDING TOUR

APRIL 19 - 30, 2026

Although Costa Rica is a relatively small country, it lies within a bird-rich neotropical region, boasting an extraordinary number of bird species for its size. To date, 936 bird species have been recorded in Costa Rica, including 7 endemic species and 20 globally threatened species. With an area of only 51,100 km²—smaller than the state of West Virginia—Costa Rica holds the highest density of bird species of any continental American country, making it a true paradise for bird enthusiasts and nature lovers alike. This remarkable biodiversity is a testament to the country's diverse ecosystems, ranging from cloud forests and rainforests to coastal wetlands and high-altitude paramo regions.

WHITE-CRESTED COQUETTE



Golden Gate Bird Alliance, in collaboration with **Crescentia Expeditions**, invites you on an exciting fundraising birding trip to explore Southern Costa Rica's rich avian diversity. Witness spectacular birds, breathtaking landscapes, and immerse yourself in the vibrant culture and history of this beautiful country. Your participation supports **GGBA** projects and two local conservation groups. Join us for an unforgettable journey that promises discovery and learning about the intricate ecosystems and vibrant communities that make Costa Rica a paradise for nature enthusiasts.

ITINERARY

Day 1: Sunday, April 19th, 2026 - Heredia

Upon arrival at Juan Santamaría International Airport (SJO), participants will collect their luggage and clear customs. Our driver, identifiable by a GGBA sign, will then transfer you to the hotel, a 30-minute drive away. The first accommodation is Hotel Bouganvillea, a botanical garden paradise renowned for its exquisite gardens that attract a variety of bird species, including Lesson's Motmot, Blue-and-White Swallow, Rufous-naped Wren, and White-eared Ground-Sparrow. In the evening, we will convene for an orientation meeting followed by a welcome dinner.

Overnight Hotel Bouganvillea - D

Day 2: Monday, April 20th, 2026 - Savegre

The morning will commence with an early outing to locate Costa Rica's endemic Cabanis's Ground Sparrow, a species facing threats from habitat loss. Following breakfast, the journey will continue towards the Talamanca Mountains, an area known for its rich biodiversity and dramatic landscapes, including cloud forests and rushing rivers. Birding targets include Ochraceous Pewee, Flame-throated Warbler, and Black-billed Nightingale-Thrush. The destination is the riverside forest lodge, Sueños del Bosque, situated at 7200 ft in the Savegre river valley, renowned for its lush highland forests and abundant wildlife. Driving time is approximately 3 hours.

Overnight Sueños del Bosque - BLD -

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Day 3: Tuesday, April 21st, 2026 - Savegre

An early morning expedition will be undertaken to observe the Resplendent Quetzal, frequently sighted feeding on wild avocados and nesting in dead trees along the Savegre river. Birding will continue along trails and through meticulously maintained gardens, with possible sightings of highland specialties such as Slaty Flowerpiercer, Scintillant Hummingbird, Yellow-winged Vireo, Dark Pewee, Yellow-bellied Siskin, Long-tailed Silky-flycatcher, Spangle-cheeked Tanager, and Northern Emerald Toucanet. The Savegre River, known for its clear waters, flows through the property, enhancing the tranquil atmosphere.

The Savegre Valley is also significant for its cultural heritage, home to traditional farming communities.

Overnight Sueños del Bosque - BLD -

Day 4: Wednesday, April 22nd, 2026 - San Vito

An early departure will be made for the San Vito area, with a significant stop at the Paramo section of Los Quetzales National Park at an elevation of 11,000 ft. This area is critical for observing high-altitude species such as Volcano Junco, Sooty-capped Chlorospingus, and Timberline Wren. Lunch and birding will be conducted en route. The journey concludes at Las Cruces Biological Station and Wilson Botanical Gardens, managed by the Organization for Tropical Studies and situated at 4000 ft near the Panamanian border. This station is notable for its exceptional tropical nature experiences and research facilities. The San Vito area is characterized by rolling hills and coffee plantations, reflecting the agricultural heritage of Costa Rica.

Overnight Las Cruces Biological Station - BLD

The Talamanca Mountain Range, located in southern Costa Rica and extending into western Panama, is one of Central America's most ecologically significant regions. It features rugged terrain, diverse ecosystems from tropical rainforests to cloud forests, and the highest peak, Mount Chirripó, at 12,530 feet (3,820 meters). This range is a sanctuary for many endemic species and offers breathtaking views of both the Caribbean Sea and the Pacific Ocean on clear days.



GOLDEN-BROWED
CHLOROPHONIA



TALAMANCA MOUNTAIN RANGE

Day 5: Thursday, April 23rd, 2026 - San Vito

A full day will be dedicated to birding around the gardens, biological station, and nearby sites. Species of interest include Pale-breasted Spinetail, Black-chested Jay, Thick-billed Euphonia, Eye-ringed Flatbill, Orange-billed Nightingale-Thrush, Ruddy Foliage-gleaner, Speckled Tanager, White-tailed Emerald, Bran-colored Flycatcher, Marbled Wood-Quail, and Streaked Saltator. The station is distinguished by its extensive botanical gardens and diverse habitats that support a wide range of tropical plants, amphibians, and mammals. The cultural landscape of San Vito is enriched by its Italian heritage, as the town was founded by Italian immigrants. All meals will be provided at the station's dining facilities.

Overnight Las Cruces Biological Station - BLD -

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BAIRD'S TROGON

Day 6: Friday, April 24th, 2026 - Golfo Dulce

The next destination is the Golfo Dulce area, a renowned birdwatcher's paradise nestled in one of the few tropical fjords in the world. This unique region is known for its rich marine life and pristine rainforests. During the trip, we will make several birding stops in lush rainforests to identify elusive species such as Brown-throated Parakeet, Savanna Hawk, Scrub Greenlet, Veraguan Mango, Lesser Yellow-headed Vulture, and Sapphire-throated Hummingbird.

Our accommodation is at Esquinas Rainforest Lodge, situated in pristine wilderness adjacent to Piedras Blancas National Park at an elevation of 300 ft. This eco-lodge supports local conservation initiatives and offers a diverse ecosystem teeming with wildlife. In addition to its avian wonders, the Golfo Dulce area provides opportunities to experience Costa Rica's incredible biodiversity, making it an ideal destination for birders and nature enthusiasts alike

Overnight Esquinas Rainforest Lodge - BLD -

Day 7: Saturday, April 25th, 2026 - Golfo Dulce

The morning will be spent birding around the lodge's picturesque grounds and trails, home to the Costa Rican endemic Black-cheeked Ant-Tanager. Other species to look for include Golden-naped Woodpecker, Riverside Wren, Little Tinamou, and Thick-billed Euphonia. The afternoon will involve exploring La Gamba Road, targeting species such as Fiery-billed Aracari, Ruddy-breasted Seedeater, Red-breasted Meadowlark, and Spot-crowned Euphonia. The lodge is surrounded by 14,000 acres of untouched tropical rainforest, providing excellent birding opportunities. Golfo Dulce's rainforest and coastal ecosystems support a wide array of wildlife, making it a key conservation area.

Overnight Esquinas Rainforest Lodge - BLD -

The Osa Peninsula, located in southwestern Costa Rica, is renowned for its rich biodiversity and pristine rainforests. Home to Corcovado National Park, the area is often called the "most biologically intense place on Earth" due to its incredible variety of wildlife and plant species. This remote and lush region offers unparalleled opportunities for nature enthusiasts to experience one of the last great wilderness areas of Central America.



OSA PENINSULA

Day 8: Sunday, April 26th, 2026 - Osa Peninsula

Travel to the Osa Peninsula, which houses the largest primary forest on the American Pacific coastline within Corcovado National Park. This area is characterized by tropical lowland rainforest and warm, humid conditions year-round. Accommodation is at Danta Corcovado Lodge, an ecologically designed lodge perched at 100 feet above sea level and surrounded by lush gardens and rainforest. Part of the day will be spent exploring the Golfo Dulce shoreline, with targets including the endemic Mangrove Hummingbird, Costa Rican Swift, and Scarlet Macaw. The Osa Peninsula is renowned for its incredible biodiversity. Historically, the Osa Peninsula has been important for indigenous cultures and continues to be a focus for conservation efforts.

Overnight Danta Corcovado Lodge - BLD -

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Day 9: Monday, April 27th, 2026 - Osa Peninsula

A full day of birding around the lodge's grounds and trails is planned, beginning with a drive to the Rincon River bridge to search for the Yellow-billed Cotinga. The lodge protects a private reserve within Corcovado National Park, showcasing sustainable tourism at its best. Key species include Fiery-billed Aracari, Pale-billed Woodpecker, Great Tinamou, Bronzy Hermit, and Black-bellied Wren. Meals will be served in the lodge's open-air restaurant, providing a comfortable and immersive dining experience. The Osa Peninsula's diverse habitats include mangroves, rainforests, and coastal areas, supporting a variety of ecosystems.

Overnight Danta Corcovado Lodge - BLD -

Day 10: Tuesday, April 28th, 2026 - El General

Embark on a scenic journey to El General Valley, making multiple birding stops. The primary target is the Turquoise Cotinga, with additional sightings including Pearl Kite, Fork-tailed Flycatcher, and Lesser Elaenia.

The valley's diverse habitats make it a key area for bird diversity. The accommodation, Hotel El Pelicano, is a cozy mountain retreat offering breathtaking views and a tranquil atmosphere. Birding will continue around the hotel grounds in the afternoon.

El General Valley is known for its picturesque landscapes and agricultural richness, providing an excellent backdrop for birding.

Overnight Hotel El Pelicano - BLD -



FIERY-BILLED ARACARI

Day 11: Wednesday, April 29th, 2026 - Los Cusingos Bird Sanctuary

The morning is dedicated to visiting Los Cusingos Bird Sanctuary, the former home of Alexander Skutch, a renowned ornithologist and co-author of *Birds of Costa Rica*. Target species include Tawny-winged Woodcreeper, Bicolored Antbird, Gray-headed Tanager, Velvety Manakin, and Gartered Trogon. The sanctuary is celebrated for its rich birdlife and historical significance in ornithology. Later, return to the hotel to prepare for departure and enjoy a farewell dinner. Overnight at Hotel Robledal, known for its welcoming atmosphere and beautiful birding gardens. The area around Los Cusingos reflects the traditional rural lifestyle of Costa Rica, with an emphasis on agriculture and natural beauty.

Overnight Hotel Robledal - BLD -

Day 12: Thursday, April 30th, 2026

Participants will be transferred to the international airport for their departing flights. This concludes the birding tour, leaving participants with enriched knowledge and unforgettable memories of Costa Rica's avian diversity and natural beauty.

The Central Valley of Costa Rica is a vibrant region that is home to a rich variety of bird species. This area's diverse habitats, ranging from urban gardens and agricultural lands to montane forests, attract a plethora of birdlife. Notable species include the Lesson's Motmot, Clay-colored Thrush (Costa Rica's national bird), Rufous-tailed Hummingbird, and more. Birders can also spot several species of tanagers, warblers, and orioles, making the Central Valley a prime spot for both resident and migratory birds.



CLAY-COLORED THRUSH

GGBA SOUTHERN COSTA RICA BIRDING TOUR 2026

Included in the program:

- Professional Naturalist & Birding Guide services throughout the program.
- Coach transportation throughout the program
- All meals indicated with B (Breakfast), L (lunch) and D (Dinner)
- All lodging in standard double occupancy (single supplement available at extra cost).
- All entrance fees and excursions.
- Updated Costa Rica's Bird & Wildlife Check-list.
- Purified Water.
- Donations & gratuities

Not included in the program:

- Airline ticket - Travel insurance - Alcoholic beverages - Personal expenses

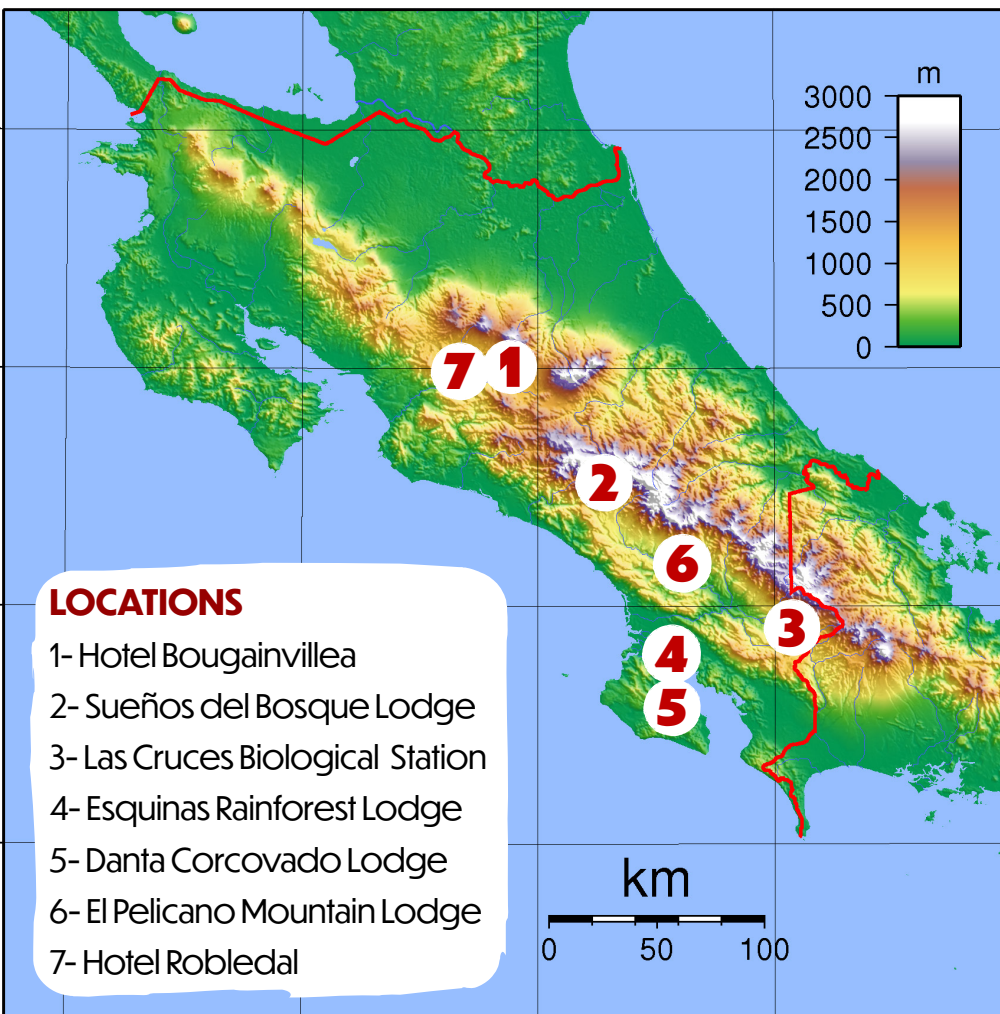
PRICE PER PERSON
DOUBLE \$3800
SINGLE + \$650

GROUP SIZE:
10 BIRDERS

DATES:
APRIL 19 - 30
2026

FOR REGISTRATION & INFO PLEASE CONTACT DAWN AT:

travelprogram@goldengatebirds.org



 **Crescentia**
Expeditions
Costa Rica

CUSTOMIZED NATURAL HISTORY, EDUCATIONAL & BIRDING TOURS