SHORT COSTA RICA:
TOUCANS TO QUETZALS
MARCH 4–12, 2017

Spangle-cheeked Tanager © David Wolf

LEADERS: DAVID & MIMI WOLF
COMPILED BY: DAVID WOLF

VICTOR EMANUEL NATURE TOURS, INC.
2525 WALLINGWOOD DRIVE, SUITE 1003
AUSTIN, TEXAS 78746
WWW.VENTBIRD.COM
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By David Wolf

Costa Rica continues to amaze us, even after many trips over many years. There is such an astounding wealth of things for the naturalist to see and do in this small, efficient, bird-friendly country! Our 2017 “Short Costa Rica” tour took full advantage of this abundance for an action-packed week of birding, enjoying the spectacular scenery and fabulous vegetation almost as much as the birds themselves as we explored three very different environments, from the Caribbean lowlands to the high temperate mountains. Every day brought highlights, and by the end of the week we had seen some of the most special birds of Central America. Just as important, we saw them well and learned a lot while doing so. The lodges where we stayed were comfortable and homey—open to the birds and flowers, the people were friendly, and yes, the coffee was good too.

The birds came fast and furious, beginning in the garden of our hotel in San Jose before we moved on to the La Paz Waterfall Garden in the subtropical zone on the flanks of Volcan Poas. Here it took us almost an hour just to get past the colorful birds at the entry station feeders, as Silver-throated, Passerini’s, and Blue-gray tanagers, Black-cowled Orioles and more all appeared in quick succession. Best of all was the lethargic Prong-billed Barbet that sat perfectly still for us at close range, while some lucky folks also saw a male Red-headed Barbet sneak through the thickets here. Then we spent time studying our first hummingbirds, sorting out 9 species buzzing around the feeders, including foothill specialties like Green Hermit, Black-bellied Hummingbird, Green Thorntail, and White-bellied Mountain-gem. After lunch we had the good luck of encountering an amazing mixed-flock of forest birds slowly foraging upslope to the edge where we stood. It was overwhelming to have so many unfamiliar birds all around us, including an incredible five species of woodcreepers (the best was the rarely-seen Brown-billed Scythebill), plus Red-faced Spinetails, Slaty-capped Flycatcher, Ochraceous Wren, Three-striped Warblers and more. “Whew! That was truly incredible!” By midafternoon it was time to move on to our lodging in the lowlands, where upon arrival we were immediately distracted by the many birds coming to the lodge feeders.

Our first day in the lowlands had us up early and off to the world-famous La Selva Field Station. The Sarapiqui region had been quite dry for days prior to our arrival, but the clouds and rain moved in overnight, and dawn brought gray skies and light rain. Turning to “Plan B,” instead of birding the entry road we moved to the patio by the cafeteria, and from this sheltered spot we watched the parade of great birds unfold. First to appear were several Black-mandibled Toucans that glided into a fruiting tree, while shortly thereafter a Slaty-tailed Trogon perched in full view. As the mist lifted and we moved in for closer views, two female-plumaged Great Curassows calmly walked out of the forest right in front of us. Not long thereafter a pair of curassows appeared nearby, the adult male diligently following the female.
To see these magnificent birds around the most “peopled” part of La Selva still astounds us, as this species is heavily hunted where not protected, and it has taken decades for them to re-populate the La Selva forests. Now they seem ridiculously tame and, as it turned out, we would see them multiple times, on all three of our days here! Since the rain had stopped, we moved on across the footbridge, stopping for a White-necked Puffbird perched in the canopy, two Green Ibis on the riverbank below us, and then several Crested Guans resting quietly in a fruiting tree. Nearby, a short foray into the forest produced a Great Tinamou with a tiny chick, seemingly oblivious to our presence as they slowly foraged on the forest floor. In most places tinamous are simply disembodied voices, heard often but rarely seen, but like the curassow and guans they are good indicators of a well-protected forest. Of course, between our sightings of these big birds we also saw a wealth of the smaller species. Our return trip in the late afternoon produced a different assortment, highlighted by Mealy Parrots feeding in a guava bush and a male White-collared Manakin, while we ended this first day here with a ridiculously funny male curassow frantically chasing a guan in circles around a guava tree it wanted to claim for itself.

Our second day at La Selva proved quite different, as the clouds lifted and the sun came out, and we birded along the entry road. There was so much action in the early morning that we hardly knew where to look first. Flycatchers were prominent, and we began with lessons on how to tell the many “look-alikes” apart, but more appreciated were the bold Chestnut-colored Woodpeckers feeding on a Heliconia flower just a few feet away from us, our first Broad-billed Motmot, and the sparkling Rufous-tailed Jacamar that finally came into view. Remarkably, we also found two female two-toed sloths with babies. As the morning warmed, we were lucky to spot two soaring King Vultures getting up (one an adult), while later our local guides showed us an amazingly well-concealed Vermiculated Screech-Owl roosting low down in a dense thicket and a rarely-seen Pied Puffbird.

We ended the day with a “parrot watch,” hoping for one of the most spectacular—and unpredictable—birds of the region, the endangered Great Green Macaw. These huge birds with incredibly strong beaks wander widely in search of their preferred hard-shelled fruits, plus they have been greatly reduced in number by forest clearance and the illegal pet trade. Slowly they seem to be returning to this region, but sightings of them are always special and never guaranteed. With high hopes we positioned ourselves on a low open hilltop with a view in all directions and a grove of huge remnant trees in front of us. While waiting we were distracted by a parade of birds bathing in the puddles of the dirt track, including a pair of sneaky White-throated Crakes. Distant loud parrot voices finally revealed a pair of macaws perched in a distant tree, but to our surprise they were Scarlets. This spectacular bird is slowly re-colonizing this
region after an absence of 50 years and was quite unexpected. Then, finally, a single Great Green moved into view in a huge tree left amidst the clearing, giving us all scope views. Success!

Our final day at La Selva was again quite different. It was sunny and hot, and the birds were much quieter. Highlights were a male Snowy Cotinga that made one quick fly-by over the canopy, while before crossing the bridge we found our major quest bird for the morning, a big Rufous Motmot perched quietly in the midstory. A hike through the tall riverine forest was mostly quiet, at least until a group of very excited Purple-throated Fruitcrows appeared, the male puffing out his iridescent throat feathers as he defended his territory. Our final afternoon in the lowlands was spent at La Quinta, enjoying and photographing birds like the Red-legged Honeycreepers and Crimson-collared and Golden-hooded tanagers amidst the commoner species at the feeders.

From the Caribbean lowlands we moved to the high mountains in the center of the country, descending to the Savegre Valley in time for a quick late afternoon stop. To our surprise and pleasure we soon found a female Resplendent Quetzal sitting quietly on the forest edge, near a fruiting tree, and we were all enjoying it in the scope when Mimi spotted the male sitting low in the understory. We “ooed and aahed” as they changed perches, giving us views from all angles, and then without warning they both flew off into the forest upslope, leaving us spellbound, only to be distracted by a plump chicken-like bird that jumped across the road. It “froze” in position just inside the forest, revealing that it was a Spotted Wood-Quail! This bird is typically quite elusive, so to see one this well was very special. What a magical introduction to the mountains!

The next morning was sparkling and clear as we began learning and tracking down the many small birds of the area, quite different from those of the lowlands. Many are unique to these highlands, and in the small mixed-flocks we regularly encountered birds like the Ruddy Treerunner, Spot-crowned Woodcreeper, Black-cheeked and Flame-throated warblers, and Collared Redstart, among others. We followed a male quetzal through a woodlot, as he called and checked out a potential nest hole, while a loud rattle like a machine gun alerted us to a displaying Black Guan that landed in close view on the forest edge. Our afternoon excursion to the high-country páramo produced a ridiculously bold pair of endemic Volcano Juncos and specialties like the weird Large-footed Finch and brilliant Fiery-throated Hummingbird. However, our favorite small bird of the mountains was the Spangle-cheeked Tanager. Not always easy to find, this subtly beautiful specialty was colorful, cooperative, and seen numerous times on this trip, right up to the last moment before leaving for San Jose. All too soon our wonderful trip was over, but never to be forgotten. Special thanks go to our driver Fernando and to a very compatible and fun group.
**ITINERARY:**

March 4, 2017: group gathers at the Doubletree Cariari in San Jose for the night.

March 5, 2017: after some introductory birding at the Cariari we travelled from San Jose and the Meseta Central to the La Paz Waterfall Garden on the Caribbean slope, in the mid-afternoon continuing on to La Quinta de Sarapiqui, our headquarters for exploring the Caribbean lowlands.

March 6-8, 2017: morning and afternoon excursions to the La Selva Field Station of the Organization for Tropical Studies (OTS), with midday breaks at La Quinta.

March 9, 2017: morning birding in the foothills at Quebrada Gonzales in Braulio Carillo National Park and nearby, before continuing on to Cerro de la Muerte and the Savegre Valley in the late afternoon.

March 10, 2017: morning in the beautiful Savegre Valley (ca 6500 ft) and then an afternoon excursion to the high country on Cerro de la Muerte (to 11,400 ft).

March 11, 2017: morning birding the gorgeous temperate forest above the Savegre Valley, before an afternoon drive back to San Jose and the Cariari and our final dinner.

March 12, 2017: departure for home or further travels.

**KEY:**

MC = Meseta Central (especially at the Doubletree Cariari before leaving on Day 2).

CS = Caribbean slope, at the La Paz Waterfall Garden on March 5 (subtropical zone) and Quebrada Gonzales and nearby on March 9 (upper tropical zone of the foothills).

CL = Caribbean lowlands, from La Quinta to the La Selva Field Station and nearby.

CM = Cerro de la Muerte region, especially the Savegre Valley and nearby, plus the high country at “the towers”.

hd = heard

**BIRDS:** the checklist order and common and scientific names follow “The American Ornithologists Union (A. O. U.) Check-list of North American Birds, Seventh Ed.” plus all supplements and updates. A few of our many highlights and favorite birds are **bolded**.

**Great Tinamou** (*Tinamus major*) – CL (an adult with a chick parading around right in front of us; tinamous are heard often but rarely seen).

**Gray-headed Chachalaca** (*Ortalis cinereiceps*) - CL

**Crested Guan** (*Penelope purpurascens*) – CL (huge forest birds).

**Black Guan** (*Chamaepetes unicolor*) – CM

**Great Curassow** (*Crax rubra*) – CL (always a spectacular find as this species has been eliminated from many parts of its range by hunting – but becoming ridiculously bold here).

**Spotted Wood-Quail** (*Odontophorus guttatus*) – CM (to see any member of this genus so well is practically un-heard of).

**Anhinga** (*Anhinga anhinga*) – CL

**Great Blue Heron** (*Ardea herodias*) - CL

**Great Egret** (*Ardea alba*) – CS, CL

**Snowy Egret** (*Egretta thula*) – CL

**Little Blue Heron** (*Egretta caerulescens*) - CL

**Cattle Egret** (*Bubulcus ibis*) – CS, CL

**Green Ibis** (*Mesembrinibis cayennensis*) – CL (a pair foraging on the riverbank below the swinging bridge; not a common bird).
Black Vulture (*Coragyps atratus*) – all regions (one of the few birds seen daily).
Turkey Vulture (*Cathartes aura*) – all regions (another of the birds seen daily).
**King Vulture** (*Sarcoramphus papa*) – CL
Osprey (*Pandion haliaetus*) – CL
**Swallow-tailed Kite** (*Elanoides forficatus*) – CS, CM (including the flock of five low over the Savegre Valley).
Cooper’s Hawk (*Accipiter cooperii*) – CM
Gray Hawk (*Buteo plagiatus*) – MC (Susan’s bird).
Broad-winged Hawk (*Buteo platypterus*) – CS, MC, CM
Red-tailed Hawk (*Buteo jamaicensis*) – CM
Ornate Hawk-Eagle (*Spizaetus ornatus*) – CS (calling as it circled high overhead).
**White-throated Crane** (*Laterallus albigularis*) – CL (sneaking out of the tall grass to bathe in the puddles in the track).
Southern Lapwing (*Vanellus chilensis*) – CL
Northern Jacana (*Jacana spinosa*) – CL
Spotted Sandpiper (*Actitis macularius*) - CL
Pale-vented Pigeon (*Patagioenas cayennensis*) - CL
Red-billed Pigeon (*Patagioenas flavirostris*) – MC, CS
Band-tailed Pigeon (*Patagioenas fasciata*) – CM
Ruddy Pigeon (*Patagioenas subvinacea*) – CS, CM (hd)
Short-billed Pigeon (*Patagioenas nigrirostris*) – CL, CS (hd)
Ruddy Ground-Dove (*Columbina talpacoti*) - CL
White-tipped Dove (*Leptotila verreauxii*) - CL
Gray-chested Dove (*Leptotila cassini*) – CL
White-winged Dove (*Zenaida asiatica*) – MC
**Mourning Dove** (*Zenaida macroura*) – MC (quite unexpected, but there is a small and isolated resident population in the valley near Cartago).
Squirrel Cuckoo (*Piaya cayana*) – CL
Groove-billed Ani (*Crotophaga sulcirostris*) – CL
**Vermiculated Screech-Owl** (*Megascops guatemalae*) – CL (remarkably well-concealed at its day roost in a dense thicket).
Spectacled Owl (*Pulsatrix perspicillata*) – CL (heard and glimpsed pre-dawn).
Ferruginous Pygmy-Owl (*Glaucidium brasilianum*) – MC (Don’s bird).
White-collared Swift (*Streptoprocne zonaris*) – CS, CL, CM
Gray-rumped Swift (*Chaetura cinereiventer*) – CL
Lesser Swallow-tailed Swift (*Panyptila cayennensis*) - CL
White-necked Jacobin (*Florisuga mellivora*) – CL
Green Hermit (*Phaethornis guy*) – CS
Long-billed Hermit (*Phaethornis longirostris*) – CL
Stripe-throated Hermit (*Phaethornis striigularis*) - CL
Green Violetear (*Colibri thalassinus*) - CM
Purple-crowned Fairy (*Heliothryx barroti*) – CL
Green-breasted Mango (*Anthracothorax prevostii*) – MC, CL
**Green Thorntail** (*Discosura conversii*) – CS
Black-crested Coquette (*Lophornis helenae*) – CS (a charming male that perched repeatedly on the tip of a bare sapling).
Green-crowned Brilliant (*Heliodoxa jacula*) - CS
Magnificent Hummingbird (*Eugenes fulgens*) - CM
**Fiery-throated Hummingbird** (*Panterpe insignis*) – CM (a specialty of the highest elevations of these mountains).
White-bellied Mountain-gem (*Lampornis hemileucus*) - CS
Purple-throated Mountain-gem (*Lampornis calolaemus*) - CS
White-throated Mountain-gem (*Lampornis castaneoventris*) – CM
Volcano Hummingbird (*Selasphorus flammula*) – CM
Scintillant Hummingbird (*Selasphorus scintilla*) – CM
Violet-headed Hummingbird (*Klais guimeti*) - CS
Violet Sabrewing (*Campylopterus hemileucus*) – CS
Stripe-tailed Hummingbird (*Eupherusa eximia*) – CS, CM
**Black-bellied Hummingbird** (*Eupherusa nigriventer*) – CS (several beautiful males of this mid-elevation regional specialty at the La Paz feeders).
Coppery-headed Emerald (*Elvira cupreiceps*) – CS (endemic to Costa Rica).
**Snowcap** (*Microchera albocoronata*) – CS (a nice male hiding in the verbena bushes).
Bronze-tailed Plumeleteer (*Chalybura urochrysa*) - CL
Crowned Woodnymph (*Thalurania colombica*) – CL, CS
Rufous-tailed Hummingbird (*Amazilia tzacatl*) – MC, CL, CS
Slaty-tailed Trogon (*Trogon massena*) - CL
Gartered Trogon (*Trogon caligatus*) – CL (this Central American form is now split from the Violaceous Trogon of the Amazonian lowlands).
Collared Trogon (*Trogon collaris*) – CM
**Resplendent Quetzal** (*Pharomachrus mocinno*) – CM (who could ever get enough of this spectacular bird?).
**Rufous Motmot** (*Baryphthengus martii*) – CL (calm bird that just sat and sat).
Broad-billed Motmot (*Electron platyrhynchum*) – CL, CS
Amazon Kingfisher (*Chloroceryle amazona*) – CL
Green Kingfisher (*Chloroceryle americana*) – CL
**White-necked Puffbird** (*Northarchus hyperrynchus*) – CL
Pied Puffbird (*Northarchus tectus*) - CL
**Rufous-tailed Jacamar** (*Galbula ruficauda*) – CL (glittering gems hawking insects from the vine-tangled thickets).
Red-headed Barbet (*Eubucco bourcierii*) – CS, CM
**Prong-billed Barbet** (*Sennornis frantzii*) – CS
**Emerald Toucanet** (*Aulacorhynchus prasinus*) - CM
Collared Aracari (*Pteroglossus torquatus*) – CL
Keel-billed Toucan (*Ramphastos sulfuratus*) – CL
**Black-mandibled Toucan** (*Ramphastos ambiguus*) – CL (the “Chestnut-mandibled” race is now lumped with the “Black-mandibled” of the Andes).
Acorn Woodpecker (*Melanerpes formicivorus*) - CM
Black-cheeked Woodpecker (*Melanerpes pucherani*) – CL
Hoffmann’s Woodpecker (*Melanerpes hoffmannii*) – MC, CL
Hairy Woodpecker (*Picoides villosus*) – CS, CM
Rufous-winged Woodpecker (*Piculus simplex*) – CL (one of the scarcer specialties, seen point-blank from the base of the footbridge).
Golden-olive Woodpecker (*Colaptes rubiginosus*) - CS
Chestnut-colored Woodpecker (*Celeus castaneus*) – CL (down low and super-close as they fed in the Heliconia blossoms).
Lineated Woodpecker (*Dryocopus lineatus*) – MC
Crested Caracara (*Caracara cheriway*) - CL
Laughing Falcon (*Herpetotheres cachinnans*) – CL (heard only)
American Kestrel (*Falco sparverius*) – CM
Sulphur-winged Parakeet (*Pyrrhura hoffmanni*) – CM
Olive-throated Parakeet (*Eupsittula nana*) – CL
Great Green Macaw (*Ara ambiguus*) – CL
Scarlet Macaw (*Ara macao*) - CL
Crimson-fronted Parakeet (*Psittacara finschi*) – CL
Orange-chinned Parakeet (*Brotogeris jugularis*) – CL
Red-fronted Parrotlet (*Touit costaricensis*) – CS (heard only)
White-crowned Parrot (*Pionus senilis*) – CL
Red-lobed Parrot (*Amazona autumnalis*) – CL
Mealy Parrot (*Amazona farinosa*) – CL (fun to watch them feeding on guavas at close range).
Black-crowned (Western Slaty) Antshrike (*Thamnophilus atrinucha*) – CL
Silvery-fronted Tapaculo (*Scytalopus argentifrons*) – CM (heard only)
Olivaceous Woodcreeper (*Sittasomus griseicapillus*) - CS
Plain-brown Woodcreeper (*Dendrocincla fuliginosa*) - CL
Wedge-billed Woodcreeper (*Glyphorynchus spirurus*) – CS
Northern Barred-Woodcreeper (*Dendrocolaptes sanctithomae*) – CL (especially good looks at this largest of the local woodcreepers).
Cocoa Woodcreeper (*Xiphorhynchus susurrans*) – CL
Spotted Woodcreeper (*Xiphorhynchus erythropygius*) – CS
Brown-billed Scythebill (*Campylorhamphus pusillus*) - CS
Streak-headed Woodcreeper (*Lepidocolaptes souleyetii*) – CL
Spot-crowned Woodcreeper (*Lepidocolaptes affinis*) – CS, CM
Spotted Barbtail (*Premnoplex brunnescens*) - CM
Ruddy Treerunner (*Margarornis rubiginosus*) – CM
Red-faced Spinetail (*Cranioleuca erythrops*) - CS
Yellow-bellied Elaenia (*Elaenia flavogaster*) – MC, CS, CL
Mountain Elaenia (*Elaenia frantzii*) – CS (hd), CM
Torrent Tyrannulet (*Serpophaga cinerea*) – CM (cute and distinctive little flycatcher found in a very specific habitat – along the rushing streams. We found a nest with two large young in it).
Olive-striped Flycatcher (*Mionectes olivaceus*) – CS
Slaty-capped Flycatcher (*Leptopogon superciliaris*) - CS
Paltry Tyrannulet (*Zimmerius vilissimus*) – CL
Common Tody-Flycatcher (*Todirostrum cinereum*) – CS, CL
Black-headed Tody-Flycatcher (*Todirostrum nigriceps*) – CL (.tiny but colorful)
Yellow-olive Flycatcher (*Tolmomyias sulphurescens*) - CL
Tufted Flycatcher (*Mitrephanes phaeocercus*) – CS, CM
Dark Pewee (*Contopus lugubris*) – CM
Yellow-bellied Flycatcher (*Empidonax flaviventris*) – CL
Yellowish Flycatcher (*Empidonax flavescens*) – CS, CM
Black Phoebe (*Sayornis nigricans*) – CL, CM
**Long-tailed Tyrant** (*Colonia colonus*) – CL (a favorite flycatcher, easy to identify!).
Bright-rumped Attila (*Attila spadiceus*) – CL
Rufous Mourner (*Rhytipterna holerythra*) – CL
Dusky-capped Flycatcher (*Myiarchus tuberculifer*) – CL
Great Crested Flycatcher (*Myiarchus crinitus*) – CL
Great Kiskadee (*Pitangus sulphuratus*) – MC, CL
Boat-billed Flycatcher (*Megarhynchus pitangus*) – CL
Social Flycatcher (*Myioborus similis*) – MC, CL
Gray-capped Flycatcher (*Myioborus granadensis*) – CL
Sulphur-bellied Flycatcher (*Myiodynastes luteiventris*) – CS
Piratic Flycatcher (*Legatus leucophaius*) – CL
Tropical Kingbird (*Tyrannus melancholicus*) – all regions and seen daily.
Barred Becard (*Pachyramphus versicolor*) – CM
Cinnamon Becard (*Pachyramphus cinnamomeus*) – CL
Masked Tityra (*Tityra semifasciata*) – CL
Black-crowned Tityra (*Tityra inquisitor*) – CL
Purple-throated Fruitcrow (*Querula purpurata*) – CL
Snowy Cotinga (*Carpodectes nitidus*) – CL
White-collared Manakin (*Manacus candei*) – CL
Yellow-throated Vireo (*Vireo flavifrons*) – CL
Yellow-winged Vireo (*Vireo cassinii*) – CS, CM
Brown-capped Vireo (*Vireo leucophrys*) – CS, CM
Philadelphia Vireo (*Vireo philadelphicus*) – CM
Lesser Greenlet (*Hylophilus decurtatus*) – CL, CS
Green Shrike-Vireo (*Vireo gilvus*) – CS (heard only)
Rufous-browed Peppershrike (*Cyclarhis gujanensis*) – CS
Brown Jay (*Psilorhinus morio*) – MC, CL
Gray-breasted Martin (*Progne chalybea*) – CL
Mangrove Swallow (*Tachycineta albilinea*) – CL
Blue-and-white Swallow (*Tachycineta albilinea*) – CM
Northern Rough-winged Swallow (*Stelgidopteryx serripennis*) – CL
Southern Rough-winged Swallow (*Stelgidopteryx ruficollis*) – CL
House Wren (*Troglodytes aedon*) – CL
Ochraceous Wren (*Troglodytes ochraceus*) – CS, CM
Timberline Wren (*Thryothorus montivagus*) – CM (glimpsed)
Band-backed Wren (*Campylorhynchus zonatus*) – CL
Rufous-naped Wren (*Campylorhynchus rufinucha*) – MC
** Stripe-breasted Wren** (*Cantorchilus thoracicus*) – CL, CS (a skulker with loud, rich and varied songs and calls).
Plain Wren (*Cantorchilus modestus*) – MC (heard only)
Bay Wren (*Cantorchilus nigricapillus*) – CL
White-breasted Wood-Wren (*Henicorhina leucosticta*) – CL
Gray-breasted Wood-Wren (*Henicorhina leucophrys*) – CS (hd), CM (seen well!).
Tropical Gnatcatcher (*Polioptila plumbea*) - CL
Black-faced Solitaire (*Myadestes melanops*) – CS (hd), CM
Black-billed Nightingale-Thrush (*Catharus graciilrostris*) – CM
Ruddy-capped Nightingale-Thrush (*Catharus frantzii*) - CM
Sooty Thrush (*Turdus nigrescens*) - CM
Mountain Thrush (*Turdus plebejus*) – CS, CM
**Clay-colored Thrush** (*Turdus grayi*) – MC, CS, CL, CM (the national bird of Costa Rica and present every day and everywhere that we went).

**Long-tailed Silky-Flycatcher** (*Ptilogonys caudatus*) – CM (elegant).
Louisiana Waterthrush (*Parkesia motacilla*) – CL, CM
Northern Waterthrush (*Parkesia noveboracensis*) - CL
Golden-winged Warbler (*Vermivora chrysoptera*) – CL, CM
Black-and-white Warbler (*Mniotilta varia*) – CS, CL, CM
**Flame-throated Warbler** (*Oreothlypis gutturalis*) – CM (a real beauty).
Tennessee Warbler (*Oreothlypis peregrina*) – MC, CM
American Redstart (*Setophaga ruticilla*) – CL
Tropical Parula (*Setophaga pitiayumi*) – CS
Blackburnian Warbler (*Setophaga fusca*) - CS
Yellow Warbler (*Setophaga petechia*) – MC, CL
Chestnut-sided Warbler (*Setophaga pensylvanica*) – CS, CL
Black-throated Green Warbler (*Setophaga virens*) – CM
Buff-rumped Warbler (*Myiobius fulvicauda*) – CL
**Black-cheeked Warbler** (*Basileuterus melanogenys*) - CM
Three-striped Warbler (*Basileuterus tristriatus*) - CS
Wilson’s Warbler (*Cardellina pusilla*) – CM
Slate-throated Redstart (*Myioborus miniatus*) - CS
**Collared Redstart** (*Myioborus torquatus*) – CM (tame and confiding birds practically at our feet at times).

Blue-gray Tanager (*Thraupis episcopus*) – MC, CS, CL, CM (seen daily).
Palm Tanager (*Thraupis palmarum*) – MC, CS, CL
Golden-hooded Tanager (*Tangara larvata*) – CL, CS
Speckled Tanager (*Tangara guttata*) – CS (Dean’s bird).
**Spangle-cheeked Tanager** (*Tangara dowii*) – CS, CM (beautiful highland endemic).
Emerald Tanager (*Tangara florida*) - CS
Silver-throated Tanager (*Tangara icterocephala*) – CS, CM
Slaty Flowerpiercer (*Diglossa plumbea*) - CM
Green Honeycreeper (*Chloropanes spiza*) – CL, CS
Black-and-yellow Tanager (*Chrysothlypis chrysomelas*) – CS (female only).
Blue-black Grassquit (*Volatinia jacarina*) – CL
White-lined Tanager (*Tachyphonus rufus*) - CL
Crimson-collared Tanager (*Ramphocelus sanguinolentus*) – CL (stunning!).
**Passerini’s Tanager** (*Ramphocelus passerinii*) – CS, CL (not too shabby either – and much commoner than the preceding).
Shining Honeycreeper (*Cyanerpes lucidus*) - CS
**Red-legged Honeycreeper** (*Cyanerpes cyaneus*) – CL (a colorful group favorite at the feeders at La Quinta).
Scarlet-thighed Dacnis (*Dacnis venusta*) – CS
Blue Dacnis (*Dacnis cayana*) - CL
Bananaquit (*Coereba flaveola*) – CS, CL
Thick-billed Seed-Finch (*Sporophila funerea*) – CL
Variable Seedeater (*Sporophila americana*) – CL
White-collared Seedeater (*Sporophila torquedus*) – CL
Black-headed Saltator (*Saltator atriceps*) - CL
Buff-throated Saltator (*Saltator maximus*) – CS, CL
Grayish Saltator (*Saltator coerulescens*) – MC, CL
Dusky-faced Tanager (*Mitrospingus cassinius*) – CL

**Yellow-thighed Finch** (*Pselliophorus tibialis*) – CS, CM (odd-looking active finches of the tangled edges of the mountain forest).
**Large-footed Finch** (*Pezopetes capitalis*) – CM (out in the open).
Orange-billed Sparrow (*Arremon aurantiirostris*) – CS, CL
Chestnut-capped Brush-Finch (*Arremon bruneinucha*) – CS, CM
Black-striped Sparrow (*Arremonops conirostris*) - CL
Rufous-collared Sparrow (*Zonotrichia capensis*) – MC, CS, CM
**Volcano Junco** (*Junco vulcani*) – CM (fierce-eyed specialty of the paramo thickets).
Common Chlorospingus (Bush-Tanager) (*Chlorospingus ophthalmicus*) – CS, CM
Sooty-capped Chlorospingus (*Chlorospingus pileatus*) – CM
Summer Tanager (*Piranga rubra*) – MC, CS, CL, CM
**Flame-colored Tanager** (*Piranga bidentata*) – CM (colorful and bold).
Red-throated Ant-Tanager (*Habia fuscicauda*) - CL
Black-faced Grosbeak (*Caryothraustes poliogaster*) – CL, CS
Black-thighed Grosbeak (*Pheucticus tibialis*) – CM (by a few).
Blue-black Grosbeak (*Cyanocompsa cyanoides*) – CL (seen by a few; heard by all).
Red-winged Blackbird (*Agelaius phoeniceus*) – CL
Melodious Blackbird (*Dives dives*) – CS (hd), CL (glimpsed).
Great-tailed Grackle (*Quiscalus mexicanus*) – MC, CS, CL
Shiny Cowbird (*Molothrus bonariensis*) – CL (a recent colonist in this region, now becoming more frequent).
Black-cowled Oriole (*Icterus prosthemelas*) – CS, CL
Baltimore Oriole (*Icterus galbula*) – CS, CL, CM
Chestnut-headed Oropendola (*Psarocolius wagleri*) – CL
**Montezuma Oropendola** (*Psarocolius montezuma*) – CS, CL (this entertaining bird takes the prize for most unusual sound effects).
Yellow-crowned Euphonia (*Euphonia luteicapilla*) - CL
Olive-backed Euphonia (*Euphonia gouldi*) – CL
Tawny-capped Euphonia (*Euphonia anaeae*) – CS
Golden-browed Chlorophonia (*Chlorophonia callophrys*) – CS
Lesser Goldfinch (*Spinus psaltria*) - CM
House Sparrow (*Passer domesticus*) – CL
MAMMALS:
Brown-throated Three-toed Sloth (*Bradypus variegatus*) - CL
**Hoffmann’s Two-toed Sloth** (*Choloepus hoffmanni*) – CL
Mantled Howler Monkey (*Alouatta palliata*) – CL
**Central American Spider Monkey** (*Ateles geoffroyi*) - CS
Red-tailed Squirrel (*Sciurus granatensis*) – CM
Variegated Squirrel (*Sciurus variegatoides*) – MC, CL
Central American Agouti (*Dasyprocta punctata*) - CL
“insectivorous bats” sp? - CL
White-nosed Coati (*Nasua narica*) – CS (roadside beggars).
Collared Peccary (*Tayassu tajacu*) – CL

AMPHIBIANS & REPTILES:
Strawberry Poison-dart Frog (*Dendrobates pumilio*) - CL
Spectacled Caiman (*Caiman crocodilus*) – CL (seen by some at La Quinta).
Black Wood-Turtle (*Rhinoclemmys funerea*) – CL (the turtles below the La Selva foot bridge).
House Gecko (*Hemidactylus frenatus*) – CL
Green Basilisk (*Basiliscus plumifrons*) - CL
Green (Common) Iguana (*Iguana iguana*) – CL
tiny anole (*Norops sp.*) – CL (tiny lizards in the leaf litter)
medium-sized anole (*Norops sp.*) - CL
Green Spiny Lizard (*Sceloporus malachiticus*) - CM
Central American Whip-tailed Lizard (*Ameiva festiva*) – CL
“Shirley’s snake” – small snake at the Cariari

AND A FEW OTHER INTERESTING CREATURES THAT WE LOOKED AT:
big centipede – CL
leaf-cutter ants
*Dorylus* army ants (small)
*Morpho* butterflies
*Caligo* owl butterfly
Stingless bees
wasp nests
arboreal termite nests
machaca – the large fish in the river at La Selva; related to the piranha
Cape Gooseberry (*Physalis peruviana*) – yum!