

7 La Selva Biological Station

La Selva Biological Station is operated by the Organization for Tropical Studies and is one of the most important sites in the world for research on tropical forests. The large reserve is comprised of 1,614 hectares (3,988 acres) of old growth and secondary tropical wet forest and is a centerpiece of the San Juan – La Selva Biological Corridor.

The bird diversity here is spectacular as La Selva is home to more than half of the 886 species of birds in Costa Rica! Some of the more fantastic species include the *Bare-necked Umbrella Bird*, *Red-capped Manakin*, *Great Antshrike*, and the *Rufous-tailed Jacamar*. Guided morning birding tours are offered daily, as are night tours of the reserve. As a premier tropical education, research and conservation facility, visitors can also participate in workshops on bird watching and rainforest research.

Lodging accommodations are cabins with twin beds, private bath, fan and balcony. There are also family houses equipped with kitchen, two rooms, private bath and terrace. Dormitory-style rooms with bunk beds and shared baths are available as well. Meals are cafeteria style service including vegetarian options.

CONTACT INFO:

To make reservations contact the Organization for Tropical Studies: Costa Rica +506 524-0607 ext. 1340 or via email at ekofoed@ots.ac.cr.

In the United States call (919) 684-5774 or email edu.travel@ots.ac.cr.

More info at: www.threepaths.co.cr/laselva_general_info.shtml or www.ots.ac.cr.

DIRECTIONS:

La Selva is a 1.5 hr drive from San José via the highway through Braulio Carrillo National Park. After approximately 45 minutes, you will pass over the Río Sucio. Continue for 7 km, and turn left at the main intersection. Follow the sign to Puerto Viejo de Sarapiquí, and continue for approximately 30 km. The La Selva entrance is 3 km before Puerto Viejo de Sarapiquí on the left. Continue down this road for 1 km to the gated entrance of La Selva.

Buses leave San José to Puerto Viejo de Sarapiquí from the Caribbean Bus Station approximately every two hours between 6:30 a.m. and 6 p.m. Be sure that you get the bus to Puerto Viejo de Sarapiquí and not to Puerto Viejo de Talamanca/ Limon. There are other buses that go via the route of Varablanca; however we recommend the other bus that goes via "La Pista" or "Zurqui".



La Selva
Biological Station

Emblematic Species of Site

Bare-necked Umbrella Bird

(*Cephalopterus glabricollis*)

Rufous-tailed Jacamar

(*Galbula ruficauda*)

Red-capped Manakin

(*Pipra mentalis*)

Great Antshrike

(*Taraba major*)

Chestnut-backed Antbird

(*Myrmeciza exsul*)



DIRECTIONS:

There are two ways to get to Selva Verde from San José, both of which take approximately 2 hours. From the Airport travel north on Highway 125 until you reach Route 9 past Poás Volcano and Varablanca. Continue over the mountain to San Miguel. Continue through San Miguel down hill through La Virgen and toward Puerto Viejo. Selva Verde will be on your right about 30 minutes after San Miguel.

From San José the other route takes you through Braulio Carrillo National Park. After approximately 45 minutes, you will pass over the Río Sucio. Continue for 7 km, and turn left at the main intersection. Continue 33 km to Puerto Viejo de Sarapiquí. At the main intersection go left and continue 7 km to Selva Verde on your left side.

Buses leave San José to Puerto Viejo de Sarapiquí from the Caribbean Bus Station approximately every two hours between 6:30 a.m. and 6 p.m. Be sure that you get the bus to Puerto Viejo de Sarapiquí and not to Puerto Viejo de Talamanca/ Limon. Once in Puerto Viejo, you can hire a cab to get you to Selva Verde. The lodge also offers Airport Shuttle; contact them for more information and pricing.

Emblematic Species of Site

Chestnut-mandibled Toucan
(*Ramphastos swainsonii*)

Great Green Macaw (*Ara ambiguus*)

Wood Thrush (*Hylocichla mustelina*)

Grey-necked Wood Rail
(*Aramides cajanea*)

Sunbittern (*Eurypyga helias*)

Violet Crowned Woodnymph
(*Thalurania colombica*)

2 Selva Verde Lodge

Selva Verde is a 204 hectare (500 acre) private rainforest reserve complete with covered walks, birding trails, lookout points and a suspension bridge. Native and migratory birds found in the area include the **Chestnut-mandibled Toucan, Great Green Macaw, White-winged Becard, Sunbittern, Acadian Flycatcher, and Wood Thrush.** The lodge offers complimentary guided bird walks daily! Other outdoor adventures at Selva Verde include horseback riding, canopy tours, and white-water rafting. They now offer a special birding safari that takes you to other sites within the Costa Rican Bird Route and the San Juan-La Selva Biological Corridor. Visit different sites, see more birds!



At the lodge relax and refresh in the pool near the dining room, or take a swim in the Sarapiquí river. Then enjoy a delicious buffet style meal in the dining hall. In the evenings get in touch with the local culture by taking dance lessons, cooking classes and sitting in on lectures. The grounds themselves are great for night hikes, so bring a flashlight.

Selva Verde is also home to the Sarapiquí Conservation Learning Center, an educational non-profit dedicated to linking communities and environmental conservation through education and ecotourism. The center is right next door and offers a library, souvenir shop with locally made goods and information on local education and conservation programs.

The lodging at Selva Verde accommodates one to four guests in twin beds, include spacious wooden verandas with hammocks, private bathrooms with hot water, hair dryers, phones, safe boxes and ceiling fans. There are newly remodeled rainforest bungalows with A/C, screened-in balconies, coffee maker and a refrigerator.

CONTACT INFO:

To arrange for transportation
or lodging, please contact
selvaverde@holbrooktravel.com
Call (800) 451-7111 from the US
or Canada and +506 766-6800 in
Costa Rica. More information at
www.selvaverde.com.



DIRECTIONS:

From San José to Alajuela climb the side of Poás Volcano, turning right to Varablanca. As you descend the pass, you arrive in the lowlands of San Carlos and Sarapiquí.

Once you arrive in San Miguel, make a hard left and follow the paved road to Pital. Once you reach Pital, reset your trip odometer and continue straight through Pital for 1.0 km to the gas station. Continue past the gas station for 2.5 km where you will arrive at a Y intersection. Go right and continue for approximately 9 km to another Y. Follow the sign to Boca Tapada to the right. After another km or so you will reach another gas station, where you will continue straight and stay to the left. Here you will see a sign for Mi Pedacito de Cielo. Continue on straight through the town of Sahino and follow the signs for Boca Tapada. Boca Tapada in total is about 28 km from Pital. Continue straight through Boca Tapada going down the hill; follow the road back up the mountain, where you will wind around for about another 6 km and pass Maquenque Eco-lodge. Near km 34 from Pital you will come to a major Y intersection. Go right for 2.5 km to reach Laguna del Lagarto Lodge.

Emblematic Species of Site

Great Green Macaw (*Ara ambiguus*)

Wood Stork (*Mycteria americana*)

Agami Heron (*Agamia agami*)

American Pygmy Kingfisher
(*Chloroceryle aenea*)

Great Potoo (*Nyctibius grandis*)

Golden-crowned Spadebill
(*Platyrinchus coronatus*)

3 Laguna Lagarto Lodge

The Laguna del Lagarto Lodge is located in Boca Tapada of San Carlos. Laguna del Lagarto Lodge offers birding within an incredible 500 hectares (1250 acres) of virgin tropical rainforest! An amazing variety of life can be found here, and 350 different species of birds have been observed including fascinating species such as the **Agami Heron**, **Wood Stork**, **Grey-necked Wood-Rail**, **two species of Potoos**, **the Golden-crowned Spadebill**, and **the American Pygmy Kingfisher**. This reserve is also one of the best places in the world to see the **Great Green Macaw**. Long time companions of the Great Green Macaw Research Project, Laguna del Lagarto Lodge continues to champion the conservation of this species and its habitat.

Over 10 km of well marked trails make birding and exploring nature easy. Explore the trails on your own or with a naturalist guide. Laguna del Lagarto also offers unlimited canoeing on three lagoons, and access to its butterfly garden with your visit to the lodge. You can sign up for a boat trip on the San Carlos and San Juan River or go for a horseback ride through the property as well.

The site offers single, double, and triple occupancy rooms with private baths and ceiling fans. The meals served in the restaurant are renowned for some of the best food anywhere in Costa Rica!

CONTACT INFO:

Visit www.lagarto-lodge-costa-rica.com for more information on prices and accommodations.

On the road call the lodge directly at **+506 289-8163** in Costa Rica.

You can email the lodge and set up reservations as well.

The email address is lagarto@racs.co.cr



La laguna del Lagarto Lodge

4 El Gavilán Lodge

El Gavilán Lodge is located on the banks of the Sarapiquí River and is named for the renowned raptor and hawk migration that passes the lodge every year. The lodge has 24 acres of trails and gardens to explore with a guide or on your own, and is the only site within the Costa Rican Bird Route to offer guided birding by boat. Boats can take you along the Sarapiquí River, to the Toro River and Bosque Tropical del Toro (a Costa Rican Bird Route site), up to the San Juan River or even all the way to the Tortuguero or the Atlantic Ocean. El Gavilán Lodge offers some superb birding and here one can find **Sunbittern, Green Ibis, Crimson Collared Tanager, Striped Cuckoo, and the Boat-billed Heron.**

The lodge, small, cozy and quaint, is perfect for a peaceful retreat. Relax in the surrounding greenery and native tropical vegetation. All rooms at El Gavilán Lodge are equipped with private bathrooms, fans, and hot water. Each room has easy access to the gardens and be sure to take advantage of the jacuzzi to relax after a long day of outdoor adventures. There is a charming dining area where excellent meals and personal attention are always served.

CONTACT INFO:

Email Gavilan Lodge at gavilan@racsa.co.cr

Make your reservations directly at **+506 234-9055** in Costa Rica.

More information is available at www.gavilanlodge.com

Hotel Gavilán Rio Sarapiquí

DIRECTIONS:

El Gavilán Lodge is a 1.5 hr drive from San José via the highway through Braulio Carrillo National Park. After approximately 45 minutes, you will pass over the Río Sucio. Continue for 7 km, and turn left at the main intersection. Follow the sign to Puerto Viejo de Sarapiquí, and continue for approximately 30 km. The Gavilán entrance is 1 km before Puerto Viejo de Sarapiquí on the right. Buses leave San José to Puerto Viejo de Sarapiquí from the Caribbean Bus Station approximately every two hours between 6:30 a.m. and 6 p.m. Be sure that you get the bus to Puerto Viejo de Sarapiquí and not to Puerto Viejo de Talamanca/Limon.

If you take the Varablanca route you will pass through San Miguel, La Virgen, Chilamate and to the entrance to Puerto Viejo town. Turn right at the first main intersection and south for 1 km. After the Sarapiquí bridge take the road on the left side, for 1 km, at the El Gavilán sign.

Emblematic Species of Site

Crimson Collared Tanager
(*Phlogothraupis sanguinolenta*)

Broad-winged Hawk (*Buteo platypterus*)

Swainson's Hawk (*Buteo swainsoni*)

Green Ibis (*Mesembrinibis cayennensis*)

Boat-billed Heron (*Cochlearius cochlearius*)

Striped Cuckoo (*Tapera naevia*)



Emblematic Species of Site

Sunbittern (*Eurypyga helias*)

White-fronted Nunbird (*Monasa morphoeus*)

Royal Flycatcher (*Onychorhynchus coronatus*)

Slaty-breasted Tinamou
(*Crypturellus boucardi*)

Snowy Cotinga (*Carpodectes nitidus*)

Golden-winged Warbler
(*Vermivora chrysoptera*)

DIRECTIONS:

From the Airport take the road to Poás Volcano. You will pass the Court House, Itiquis and San Isidro. Drive for 18km until you see the intersection at "Jaulares Restaurant." Turn right and drive for 3km then turn right toward Varablanca and drive until you see the gas station in San Miguel. Stay right, then go left past the gas station and head downhill to La Virgen. Continue 1.6 km to Tirimbina. The Tirimbina sign is on the left side of the road and the parking lot and property are on the right.

From downtown San José take the main highway for about an hour toward Limón, passing through Braulio Carrillo National Park. Turn left at the first main intersection after you come down from the mountains. Continue on this road for 33 km until the main intersection of Puerto Viejo/La Virgen. Here turn left and drive 17 km to the Tirimbina sign on the right side of the road. The parking lot for Tirimbina is on the left.

Bus service leaves from the Caribbean Bus Station via both routes on a daily basis.

5 La Tirimbina Rainforest Center

Tirimbina Rainforest Center, located in the community of La Virgen de Sarapiquí, is an internationally recognized non-profit organization dedicated to providing environmental education to the local community, international students and eco-tourists while also accommodating tropical science research. This private wildlife refuge protects over 850 acres of mid-elevation tropical forests. Ninety-five percent of the forest is maintained as a reserve and is host to a remarkable 300 species of birds including the **Royal Flycatcher, Slaty-breasted Tinamou, White-necked Puffbird, and Golden Wing Warbler**. In addition, 50 species of reptiles, 43 species of amphibians, and 95 species of mammals have been identified here. Tirimbina is also an official Wildlife Refuge and animal rehabilitation center.

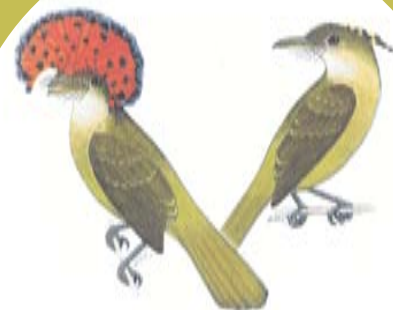
The reserve features more than 9km (5.5 mi.) of hiking trails that are laid out so that visitors can observe different habitats such as old cacao plantations, secondary forests, wetlands, river banks and primary rainforest. Visitors can walk to Tirimbina Island in the middle of the Sarapiquí River to go swimming or traverse the river on one of their amazing suspension bridges.

Hikes can be guided or done on your own. Stay at the Tirimbina Lodge and enjoy a room with A/C, private bath, hot water and Wi-Fi in close proximity to the restaurant, souvenir shop, parking, library, meeting room and laundry facilities. For more rustic accommodations one can stay at the Field Station which is a 60 minute hike from the main offices, but is also accessible by road. The station is equipped with bunk style rooming, a bathroom with shower, dining room and kitchen with stove. Electricity is provided through a solar power system.

Tirimbina is near other Costa Rican Bird Route sites: Albergue el Socorro, Selva Verde Lodge and La Selva Biological Station.

CONTACT INFO:

Tirimbina Rainforest Center can be reached via telephone in Costa Rica at **+506 761-1579**, fax at **+506 761-1576** or via email at info@tirimbina.org. More information on TRC can be found at www.tirimbina.org



6 Mi Pedacito de Cielo

The translation of Mi Pedacito de Cielo is “My Little Piece of Sky.” This 300 hectare (741 acres) site is run by the very friendly Don Marco Tulio Hidalgo and sits above the San Carlos River. Private bungalows come equipped with a porch overlooking the river. There are two observation decks that sit high above the Río San Carlos and offer great views and easy birding. At sundown, the calls of the **Scarlet and Great Green Macaws** are heard. Both are frequently seen as well. There are gardens and fruit trees outside of the individual cabins that attract **honeycreepers, orioles, oropendolas** and even **toucans** right to your door.

The Mi Pedacito reserve is actually 2 km from the lodge. The birding along the road to the reserve can be very good itself. Don Marco can drive you there as well. At the reserve there are a number of trails that take you through quality rainforest and native species reforestation plantations. There is a separate lagoon with covered decks and trails for you to bird from. You are welcome to bird without a guide; however Hugo is the guide available to take you to and through the reserve. Although Hugo does not speak English, he is able to communicate in one form or another, and visitors very much enjoy his enthusiastic assistance.

In addition to birding and hiking, horseback riding and tours of the San Carlos River via kayak are available. At Mi Pedacito de Cielo the delicious cuisine is cooked mostly with fruits and vegetables grown right on site. Marco is extremely accommodating and goes the extra mile to make your stay enjoyable.

Other Bird Route reserves in the area include Laguna del Lagarto Lodge, Maquenque Eco-lodge and Quebrada Grande Reserve.



CONTACT INFO:

To make a reservation at Mi Pedacito you can call directly to the lodge and speak with Don Marco **+506 308-9595**.

Alternatively you can contact Marcos' son Christopher at sodamonte@yahoo.com.mx or by phone at **+506 473-3027**.

You may also be able to coordinate pick-up from Pital or Boca Tapada with Marcos or Christopher.

Prices and more information are available at www.pedacitodecielo.net

Emblematic Species of Site

Dusky Antbird (*Cercomacra tyrannina*)

Blue-chested Hummingbird
(*Amazilia amabilis*)

Great Green Macaw (*Ara ambiguus*)

Scarlet Macaw (*Ara macao*)

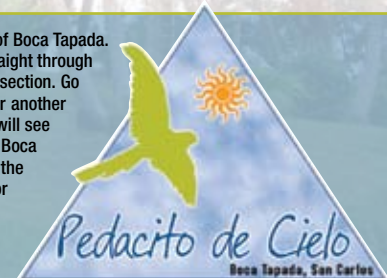
Rufescent Tiger-Heron
(*Tigrisoma lineatum*)

Black Cowled Oriole
(*Icterus prothemelas*)

DIRECTIONS: Mi Pedacito is in the northernmost reaches of the Costa Rican Bird Route, north of the town of Boca Tapada.

To get to Mi Pedacito one must travel to Pital. Once you reach Pital, reset your trip odometer and continue straight through Pital for 1.0 km to the gas station. Continue past the gas station for 2.5 km where you will arrive at a Y intersection. Go Right and continue for approximately 9 km to another Y. Follow the sign to Boca Tapada to the right. After another km or so you will reach another gas station, where you will continue straight and stay to the left. Here you will see a sign for Mi Pedacito de Cielo. Continue on straight through the town of Sahino and follow the signs for Boca Tapada. Boca Tapada in total is about 28 km from Pital. Continue straight through Boca Tapada going down the hill, and back up the mountain, for another 6 km, passing Maquenque Eco-lodge, and you will come to a major Y intersection. Take a left and continue for 1 km to Mi Pedacito.

There is bus service to Pital via Ciudad Quesada. A different bus runs one time daily from Pital to Boca Tapada. The bus continues all the way to Mi Pedacito de Cielo.



7 Alberque el Socorro

Alberque el Socorro is a fantastic hideaway for the bird enthusiast. More than one birder has come to Alberque expecting to stay one night, yet have ended up staying a week. The main reasons to stay here are the terrific birding, heart-warming hosts, and the awe-inspiring ambiance. Nestled in the central volcanic mountains, this site boasts the highest elevation of all the Bird Route sites. Because of this, the pre-montane habitats host a wide array of bird species, many of which are not found in the lowland sites.

José Miranda and his family own and personally operate this 175 hectare property giving it an intimate, home-style atmosphere. Here, flocks of *tanagers*, *honeycreepers*, and *flycatchers* bring the forest to life while the *White Hawk*, the symbol of the property, watches over the remnant pastures. There are many kilometers of trails to explore, including one that takes you down to the banks of the San Francisco River.

There are two cabins, each with multiple beds, and private bathrooms with hot water. Some of the best birding can be seen right from your cabin porch. The melodic *Black-faced Solitaire* and stunning *Red headed Barbet* are often seen nearby. There are also two other rooms for rent in the main house.

A former small scale dairy farm, where only a few cows remain for making fresh cheese, milk and cream, the family has turned to small scale tourism to reduce their ecological impact on the land. Whether you are here for a morning or a week, for birding, hiking or horseback riding, it will be hard to forget the great food, family and fun at this little mountain treasure.

CONTACT INFO:

To make a reservation at Alberque el Socorro contact José Miranda Mejía via email at alberqueelsocorro@gmail.com or by phone at +506 820-2160 or +506 894-2790. Additional information and photos are available at www.alberqueelsocorro.com.



NOTE: Birding on the road to Alberque el Socorro can be quite good. If you can, take your time on your way up or down from Alberque. However, be careful to pull as far off the road as you can, as there are blind curves and other motorists may not see you. Also, the road from San Miguel can be impassable in time of extreme rain. There is no bus service to Alberque el Socorro.

Emblematic Species of Site

Bay-headed Tanager (*Tangara gyrola*)

Spectacled Tanager (*Tangara guttata*)

Black-crested Coquette (*Lophornis helenae*)

White Hawk (*Leucopternis albicollis*)

Black-faced Solitaire (*Myadestes melanops*)

Red headed Barbet (*Eubucco bourcierii*)

Keel-billed Motmot

(*Electron carinatum*)

DIRECTIONS:

There are two ways to arrive at Alberque el Socorro. If coming from San José via Varablanca, there is a small right turn for La Virgen del Socorro before the Río Ángel and the town of Cariblanco. There is a sign but it is easy to miss. If you cross two large rivers, at hairpin turns, and arrive in Cariblanco you have gone past the turn off. Not to fret; if you miss the turn off, you could double back for a second effort, or you can continue on to the town of San Miguel where there is easy access to the site.

From the turn off for Colonia Virgen del Socorro, you will be 6 km from the reserve. You will follow the road up steep gravel and cement inclines staying to the left when you arrive at the sign for the hydro-plant. Keep going up, and you will eventually see a small sign for Alberque el Socorro. Here, stay to the right and shortly you will see the Alberque el Socorro sign on your right.

If coming from Puerto Viejo de Sarapiquí or from elsewhere in the Bird Route, you can access Alberque via the town of San Miguel. In San Miguel there is a cemetery, turn south here and head down the hill. Stay to the right as you go. There are signs that will lead you to Colonia del Socorro that you can follow. You will cross a cement bridge and again continue to follow the signs to the right. Eventually, you will begin to see waterworks from the hydro-plant. When you get to a Y in the road after the waterworks, go right and cross the bridge. Take an immediate left and Alberque el Socorro is 700 m on your right side.

8 Quebrada Grande Reserve

Quebrada Grande is a community-operated 119 hectare reserve in the heart of Great Green Macaw territory. The reserve is overseen and managed by the local Women's Association and Environmental Youth Group. The reserve protects both secondary and primary forest among the Chaparrón Hills. The reserve features a three story observation tower that boasts magnificent views of the Sarapiquí lowlands and Central Volcanic Mountain Range. The local guides in the area are high school students from the Environmental Youth Group. They know the forest and the trails well, and will help point out giant Almendro trees, the main food and nest source for the *Great Green Macaw*.

The reserve trails take you through the forest and along creeks and waterfalls where other emblematic species such as the endangered *Great Curassow*, the *Band-tailed Barbthroat*, and *White Fronted Nunbird* are found. The reserve also hosts regular sightings of *antbirds*, *antvireos*, and *antshrikes*.

After your hike, visit Quebrada Grande's community tilapia farm, also managed by local women, and for lunch have fresh tilapia, cooked right in front of you. The women of the community offer home-cooked meals, fresh linens and cultural exchange by offering home-stays for visitors.

The best time of the year to visit Quebrada Grande is between February and April. During these months the trails are drier and the *Great Green Macaws*, which nest in the area, are more frequently seen. Quebrada Grande Reserve is only a few hours from a number of other Bird Route sites including: Finca Pangola, Mi Pedacito de Cielo, Maquenque Eco-Lodge, Laguna del Lagarto Lodge, and even Bosque Tropical del Toro.

CONTACT INFO:

To make a reservation to visit the reserve with a local guide, or set up a meal and/ or home-stay please contact Olga Vargas. Her email is olgapital84@hotmail.com, and her fax is +506 473-3086. If you speak Spanish you can also call her directly at +506 858-6905, or +506 473-4247. The reserve can be explored on its own, however to support the local economy and get more out of your visit we highly recommend the use of a guide. Trail maps and brochures are available via Olga Vargas and local residents.

DIRECTIONS: Quebrada Grande is reached via the town of Pital. One can get to Pital from San José, Ciudad Quesada (San Carlos) or Puerto Viejo de Sarapiquí via fully paved roads. From San José take the Varablanca pass over the mountains. Once you reach San Miguel take a hard left and continue on past the towns of Río Cuarto, Agua Zarcas and on to Pital. From Ciudad Quesada you will also go through Agua Zarcas. Once in Agua Zarcas look for the signs that point you in the direction of Pital. In Pital you will want to take a right in the center of town at the large church. Follow this out past plantations and on to the town of Vera Cruz. Continue on a gravel road to Quebrada Grande. You will see the signs for the reserve on your left side.

From Puerto Viejo de Sarapiquí there are two routes. The first is to head west to San Miguel then follow the same route to Pital as noted above. Alternatively, you can go north from Puerto Viejo passing Lomas de Sardinal, and Finca Paniagua near the town of Santa Delia. From La Delia continue north until you cross a bridge over the Toro River. Go left and continue for 40 minutes to Quebrada Grande via gravel road. There is bus service to Quebrada Grande from Pital.



Emblematic Species of Site

Great Green Macaw (*Ara ambiguus*)

Great Curassow (*Crax rubra*)

Great Tinamou (*Tinamus major*)

White-fronted Nunbird
(*Monasa morphoeus*)

Band-tailed Barbthroat (*Threnetes ruckeri*)

Streak-crowned Antvireo
(*Dysithamnus striaticeps*)

9 Finca Pangola

Finca Pangola is a multi-use farm that protects habitat for wildlife while supporting an economically productive forestry project. The forestry project that conforms to Forestry Stewardship Council (FSC) rules to be sustainably managed and harvested, occupies 450 hectares of the farm. The forest reserve protects an additional 650 hectares (over 1000 acres!) of lowland rainforest, much of which is healthy primary forest, some still in virgin condition. There is an additional 100 plus hectares of lagoons, riparian habitat and wetlands.

The wildlife on the property is diverse, and both bird and mammal species are abundant. Peccaries, tapir, deer and three species of monkeys are seen regularly. Puma and Ocelot have also been seen. The **Spectacled Owl**, **Great Green Macaw**, **Ringed Kingfisher** and **Slaty-tailed Trogon** are some of the emblematic species of Finca Pangola.

Hiking trails, boardwalks and horseback trails are under construction. Along the hiking trails observation platforms will be built at different heights to allow birdwatchers the opportunity to search for birds at different forest levels. There are also plans for a boat house which will supply kayaks and canoes for visitors to use to explore the many lagoons and backwaters of the reserve.

In 2008, construction of a 25 unit eco-lodge will begin. Currently there is a main house that can be rented out to visitors. Finca Pangola also hosts the field offices of the Rainforest Biodiversity Group. Here volunteers are working within the local community conducting English classes, environmental education classes and bird identification and tourism training. The volunteers and Ulises Aleman, the former head researcher for the Great Green Macaw Research Project, act as guides for the property.

Other Bird Route sites in the area include Quebrada Grande Reserve, Tirimbina Rainforest Center and Selva Verde Lodge.

CONTACT INFO:

To visit Finca Pangola it is advised that you make arrangements with the management of Finca Pangola. Contact Alex Cruz at **+506 253-3267**. You can also contact Henk Morelisse at **henkmorelisse@comcast.net** in the US to set up reservations. You can contact RBG volunteers directly at the office at Finca Pangola at **+506 200-3804**.



Finca
Pangola

Emblematic Species of Site

Great Green Macaw (*Ara ambiguus*)
Slaty-tailed Trogon (*Trogon massena*)
Ocellated Antbird
(*Phaenostictus mcleannani*)
Squirrel Cuckoo (*Piaya cayana*)
Spectacled Owl
(*Pulsatrix perspicillata*)

DIRECTIONS:

Finca Pangola is accessed via the town of Rio Cuarto, which is between San Miguel and Agua Zarcas along the western length of the Costa Rican Bird Route. From San Miguel follow the signs N toward Agua Zarcas for 5.0 km to Rio Cuarto. In Rio Cuarto, go right at the Importadora Monge. It is not a well signed right turn, so one will need to pay close attention. There is a small park on the left side after you turn. Follow this road 3 km (8 km from San Miguel) to a Y. Go left. Continue another 5.5 km (12.5 from San Miguel) to another intersection. Go left again and follow the road up and around a factory to the right to the town of Santa Rita. Continue 1.5 km until you get to a T at the main plaza. Take a right, and head past the Colono hardware store on your right. Follow this road for another 23 km (36 km from San Miguel) to Pangola. Finca Pangola is on your right side. Look for the blue gates and the Costa Rican Bird Route sign.

From Pital head south toward San Miguel. In Rio Cuarto you will take a left at the Importadora Monge. Continue via the directions above. There is bus service available to the town of Pangola, however the trip is only offered once a day, and it takes three hours to cover the 20 km between Pangola and Pital.

**Emblematic
Species of Site
Bosque Tropical del Toro**

Scarlet Macaw (*Ara macao*)
Green Ibis (*Mesembrinibis cayennensis*)
White-collared Manakin (*Manacus candei*)
Crested Owl (*Lophostrix cristata*)
Gray-headed Chachalaca
(*Ortalis cinereiceps*)
Slaty Spinetail
(*Synallaxis brachyuran*)

DIRECTIONS: From the center of Puerto Viejo de Sarapiquí continue NE past the Banco Popular and on past the Banco Nacional. At the Banco Nacional, going right will take you to a small marina where you can hire a boat to take you to BTT with Viajes Lao. Continuing to the left past the Banco Nacional you will go over a small bridge and curve to the right. From Puerto Viejo go 17.8 km to an intersection where you will go left at Sardinal. From Sardinal continue 3.6 km to the community of La Delia. From La Delia it is 1.6 km to Finca Paniagua on your left, and from the Paniagua farm it is an additional 3.1 km to the Toro River Bridge. Cross this bridge, turn right and continue 2.2 km to the center of La Unión. You will see the football field on the right. Continue past the field and you will see a thatched roof gazebo. This is the house of Memo, who can help you get across the river to BTT.

**10 Bosque Tropical del Toro
Finca Paniagua**

**Emblematic
Species of Site
Finca Paniagua**

Collared Forest-Falcon
(*Micrastur semitorquatus*)
Blue-crowned Motmot (*Momotus momota*)
White-whiskered Puffbird
(*Malacoptila panamensis*)
Black-faced Antthrush
(*Formicarius analis*)
Scale-crested Pygmy-Tyrant
(*Lophotriccus pileatus*)

This particular site is unique in that it is actually two sites combined. The two reserves include the farms known as Bosque Tropical del Toro (BTT) and Finca Paniagua and together protect over 400 hectares of wildlife habitat. Bosque Tropical del Toro is a jungle hideaway situated on the banks of the Toro River and protects a rare wetland type dominated by the Yolillo Palm. Finca Paniagua is a working farm that protects large tracts of forested hills in the Sarapiquí lowlands. Guido Quesada, the owner of BTT, has been implementing an extensive native species reforestation project. His efforts have been rewarded by the return of the **Scarlet Macaw, Green Ibis and Crested Owl.**

BTT is off the beaten path, and off the grid. There is no electricity at the moment. A single solar panel lights a few bulbs in the evening. There are currently two cabins with a separate, fully equipped kitchen for rent. You can also make a day trip to BTT by taking a boat or driving from Puerto Viejo de Sarapiquí and you can have lunch with local families in the community of La Unión which is reached by crossing the Toro River in a hanging basket. BTT offers horses for you to take to Finca Paniagua. Finca Paniagua offers great rainforest hikes, and even better birding. The farm has an unusually high number of difficult to observe birds. These species include **Collared Forest-Falcon, Blue-crowned Motmot, White-whiskered Puffbird, Black-faced Antthrush, and Scale-crested Pygmy-Tyrant.** The site is also very important for neotropical migrants such as the **Ovenbird, Prothonotary Warbler, Blackpoll Warbler, and Kentucky Warbler.**

Finca Paniagua is just an hour drive from Puerto Viejo de Sarapiquí. Don Oscar Paniagua can offer pairs of travelers home cooked meals and lodging. BTT and Finca Paniagua are accessible from other Bird Route sites including Gavián Lodge and Selva Verde Lodge. These sites also offer access to Lomas de Sardinal and Quebrada Grande Reserves.

CONTACT INFO: Contacting Guido directly is currently the best way to ensure a successful trip to BTT. He speaks perfect English and can help set up boat tours for you as well. Guido Quesada can be reached by email at gquesada@gqmps.com or by phone in Costa Rica at +506 283-0216 or +506 382-6803. Guido can also help you set up trips to Finca Paniagua. You can try to contact Oscar at +506 237-2338 or +506 381-4966 if you speak Spanish. Additional information on BTT can be found on the web at www.bosquedeltoro.com.



11 Lomas de Sardinal

The Lomas de Sardinal reserve is a new 200 hectare Private Reserve in Costa Rica. The reserve, which is located north of Puerto Viejo de Sarapiquí, protects both primary and secondary forest. Parts of the site remain in subsistence farming. However, the property owners are initiating a native species reforestation program to enlarge the forest reserve.

Lomas de Sardinal offers hiking on nearly 8 km of trails that take you through forest, wetland and riparian habitats. There currently is one main trail open for birding; more trails are being developed. Some of the great bird species here include the *Purple-throated Fruitcrow*, *Green Shrike-vireo* and the *Blue-chested Hummingbird*. The site also is very good for observing raptors and the *Mississippi Kite* and the *White Hawk* are often seen. *Great Green Macaws* are also regularly seen here after the breeding season when they are in search of additional food sources.

Lomas de Sardinal offers home-cooked Costa Rican meals with fresh fruit and juice made right in the kitchens of the property owners. Home-stays are available and there are two rustic houses that can accommodate up to 10 visitors each. With close proximity to Puerto Viejo de Sarapiquí, one could stay in Puerto Viejo and visit this site for a day trip.

This Remote site will get you away from the crowds and provide good birding and personal interaction with local Costa Rican families.

CONTACT INFO:

To visit Lomas de Sardinal it is best to directly contact one of the property owners Olman Segura at **+506 255-3932** or **+506 253-1392** in Costa Rica. You can also contact the Sarapiquí Tourism Board at **+506 761-0333** or birdroute@sarapiquicostarica.com to help you set up a visit to the farm.

GETTING THERE:

From Puerto Viejo de Sarapiquí go 15 km NE out of town until you come to an intersection. Take left at this intersection and go toward Cerro Sardinal. You will reach Lomas de Sardinal 5 km later.



Emblematic Species of Site

Great Green Macaw (*Ara ambiguus*)

Mississippi Kite (*Ictinia mississippiensis*)

White Hawk (*Leucopternis albicollis*)

Blue-chested Hummingbird
(*Amazilia amabilis*)

Purple-throated Fruitcrow
(*Querula purpurata*)

Green Shrike-vireo
(*Vireolanius pulchellus*)



12 Maquenque Eco-lodge

Maquenque Eco-lodge is a new 60 hectare reserve located just north of Boca Tapada de San Carlos and offers access to the newly created Maquenque National Wildlife Refuge. Eduardo Artavia, his wife and six children are creating this jungle lodge to maintain and conserve wildlife habitat. This property is a mix of habitats on both sides of the San Carlos River. There are sections of former pasture lands that are now being reforested. There are about 40 hectares of secondary forest bordering the western edge of the property, while to the east the property borders a neighbor's property that holds hundreds of hectares of some of the oldest forest in northern Costa Rica as part of the Maquenque National Wildlife Refuge.

This region holds some of the best habitat for the **Great Green Macaw** and there are a number of nests in the area. In addition, many water birds are seen near the large lagoon and along the San Carlos River. In the forest tropical treasures like the **Scaly-throated Leaf-tosser**, **Blue Dacnis** and **Black-and-yellow Tanager** are found.

The site offers guided hikes as well as guided canoe tours of the San Carlos River. There are also plans for a butterfly garden. Meals are home cooked with fresh organic vegetables grown in the family's garden. The cheese and meat are fresh too, as the family still maintains a small number of cows.

The eco-lodge, which is being constructed under sustainable development standards, will be open in 2009. Until it is open, the site can be visited while staying at other Bird Route sites such as Mi Pedacito de Cielo, Laguna del Lagarto Lodge or Quebrada Grande.

CONTACT INFO:

Contact Oscar Artavia, son of Eduardo, at **+506 479-8200** or email him at oscar@canoaventura.com to make reservations for your trip. They may be able to coordinate pick up from Pital or Boca Tapada if necessary.



Emblematic Species of Site

Great Green Macaw (*Ara ambiguus*)

Scarlet Macaw (*Ara macao*)

Long-tailed Tyrant (*Colonia colonus*)

Scaly throated Leaf-tosser

(*Sclerurus guatemalensis*)

Mangrove Swallow

(*Tachycineta albilinea*)

Black-and-yellow Tanager

(*Chrysothlypis chrysomelas*)

GETTING THERE:

Maquenque Eco-lodge is located just north of Boca Tapada in the northernmost section of the Bird Route. Boca Tapada is accessed most easily from the town of Pital. Once you reach Pital, reset your trip odometer and continue straight through Pital for 1.0 km to the town gas station. Continue past the gas station for 2.5 km where you will arrive at a Y intersection. Go Right and continue for approximately 9 km to another Y. Follow the sign to Boca Tapada to the right. After another km or so you will reach another gas station, where you will continue straight and stay to the left. Here you will see a sign for Mi Pedacito de Cielo. Continue straight through the town of Sahino and follow the signs for Boca Tapada. Boca Tapada in total is about 28 km from Pital. Continue straight through Boca Tapada going down the hill, following the road back up the mountain, winding around for about another 3 km to Maquenque Eco-lodge, which will be on your left side. There is bus service to Boca Tapada and beyond, one time a day. Inquire locally.

Using the Guide

On the map portion of this guide, you will notice that each of the Bird Route sites is well outlined and is identified with a number. Refer to the legend for the name of each reserve and what they offer. More detailed site information, like driving directions and contact information, can be found within each site's profile in the guide portion of this piece. Within the site profile you will also see a special circle highlighting the emblematic bird species of that particular site.

Costs are not included within the site descriptions as prices for accommodations, meals, activities etc, vary with the time of year. It is advised that you contact the site before arriving to be sure of current costs and that you make reservations with the site to assure availability. In addition, sites may charge an admission fee, which is a one time user fee that helps support conservation at the site. When contacting a site by phone, please note the country code for Costa Rica is 506. This is not a U.S. area code.

For your birding convenience the CRBR Guide Map includes a complete checklist for the San Juan – La Selva Section of the CRBR to track your bird observations. Most of the Portal sites have guides onsite, while Remote sites may not. For that reason, we have included a list of birding guides in the region with their contact information so that you may arrange for your own guide.

The majority of our sites can be accessed via public transportation. However, your trip can be more convenient and adventurous if you rent your own vehicle. This also gives you personal control over your trip in deciding what reserves to visit and when. Car rental companies can be found in most of the major cities in Costa Rica. The easiest place to rent a car is at the Juan Santamaria International Airport in San José. There are a wide variety of companies and cars to choose from. Rental vehicle prices range anywhere from \$21 USD to \$80 USD per day and depends on the time of year you are visiting, if the vehicle is automatic or manual transmission and if it has 4-wheel drive. If you plan on visiting any of the remote sites on your own, we highly recommend a vehicle with 4-wheel drive and a manual transmission for mountain driving. You will also need to pay the basic mandatory insurance on your rental which is typically around \$20USD. Additional insurance may be purchased at the time of picking up your car. No special license is required.

Driving in Costa Rica does have its challenges. Road conditions can vary greatly, and weather conditions can change rapidly. Be aware the speed limit is in km per hour, not miles per hour. Also be aware that bridges are often reduced to one lane; be prepared to yield to other drivers crossing the bridge. Be extremely careful when passing as roads are narrow and passing lanes are rare. Roads may have potholes, people playing or standing on the side of road, and no shoulders. Be aware, awake and attentive when driving.

Many Costa Rican Bird Route reserves can also be visited as part of a tour package through various tour companies. The tour company Eco-aventuras (www.ecoaventura.co.cr) is currently developing a specialized Great Green Macaw tour. Contacting the the Sarapiquí Tourism Board (CATUSA) is the best way to get the most up-to-date information on tours, tour companies, vehicle rentals and sites. CATUSA can be reached at birdroute@sarapiquicosarica.com or by phone at +506 761-0333. You may also contact the sites directly for more information, or visit www.CostaRicanBirdRoute.com for more information.

**Thank you for coming.
Be safe and environmentally responsible.**



Welcome

Welcome to the Costa Rican Bird Route: Section San Juan – La Selva, where fascinating wildlife experiences await you!

Costa Rica, which holds nearly 5% of the world's biodiversity, is known for its beautiful landscapes and warm hospitality. The combination of these attributes makes Costa Rica a great place to watch birds.

The northeastern part of the country known as the Sarapiquí – San Carlos region supports over 500 species of birds, yet is one of the least visited areas of the country. It is also home to the Great Green Macaw (*Ara ambiguus*); a magnificent yet critically endangered species that is difficult to observe in the wild.

The Costa Rican Bird Route is literally the best location in the world to see the Great Green Macaw!

The Costa Rican Bird Route, the first of its kind in the country, is an important part of the San Juan – La Selva Biological Corridor. The objective of this corridor is to increase connectivity of wildlife habitat. The establishment of the Bird Route has substantially aided the development of this biological corridor through the creation of 6 new private reserves.

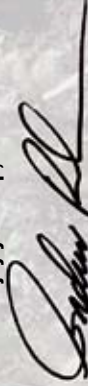
The entire Costa Rican Bird Route consists of 13 reserves within 12 official sites which protect over 5000 hectares (over 12,000 acres) of wildlife habitat. All of the Bird Route sites adhere to a set of sustainable tourism standards to ensure eco-friendly travel. The six new reserves are owned by local landowners and are defined as Remote Sites. Visiting these sites provides an economic incentive to the local landowner to maintain wildlife habitat on their property.

The six other sites are well established lodges and biological stations that are defined as Portal Sites. These sites provide access to some of the best lodging, food and experiences in Costa Rica. They also facilitate easy access to the remote sites.

Whether you are visiting Costa Rica for the first time or are a Costa Rica pro, our Map and Guide provides you the information necessary to tailor your trip to your personal needs and interests. From rustic lodges and jungle outposts to well-equipped bungalows, the Bird Route offers the unique Costa Rican experience you want.

Great Places, Great Birds, Great People!

Thank you for coming.
Please enjoy your trip,



Andrew Rothman
President,
Rainforest Biodiversity Group 2008

Costa Rican Bird Route



Home of the
Great Green Macaw

Costa Rican Bird Route



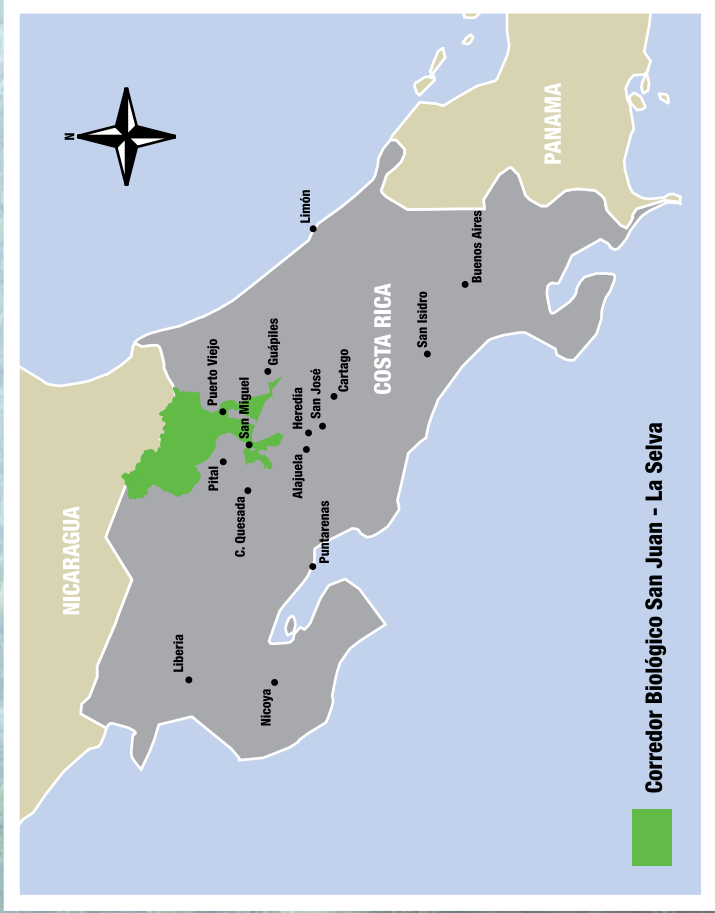
Home of the
Great Green Macaw

Section: San Juan - La Selva

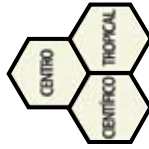


Great Places, Great Birds, Great People

- [Site Descriptions](#)
- [Detailed Bird Route Map](#)
- [Bird Checklist](#)
- [Guide Info](#)
- [Directions and GPS Details](#)
- [Waterproof and tear-resistant](#)



In partnership with:



HOLBROOK



Suggested Retail Price \$10 US