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COSTA RICA 2026

On this Parrot Ecotour we have the chance to explore the **Pacific coastal regions** as well as the **Central mountain range** with its valleys and the **Northern area** close to the Nicaraguan border

The Macaws are usually everyone's favourite however Costa Rica has a whole lot more to offer including the best place in the world to see **Brown-headed Parrots** whilst having breakfast. There are several **Toucans, Toucanets and Aracarís** and the amazing **Resplendent Quetzal** amongst many other species of **Parrots, Birds and other Wildlife**.

In previous trips we have seen **15 out of a possible 19 Parrot species** and **on this trip** we have chances of seeing **all 19** as well as **in excess of 300 bird species** as well as several **mammals, reptiles and amphibians**.

This is an easy tour to see lots of wildlife including the Parrots.

All the photos have been taken on previous trips to Costa Rica by myself, Steve Brookes.

Also we have Hector our Naturalist Guide travelling with us again to enable us to use his knowledge to find the **Parrots** and identify the other birds and wildlife on our travels to get the most out of the whole trip.

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ITINERARY

17th July - Arrive at San Jose International Airport with a transfer to our Hotel. Depending how early we are, there may be some time to do some birding around the grounds of the Hotel and possibly see our first Parrots of the trip the **Crimson fronted Conures**.
Overnight in San Jose



18th July - San Jose to Cedrela Lodge in the Talamanca Mountains
These mountains hold a whole new range of **Birds and Parrots** that are different from the lowland areas that we visit during the remainder of the trip. We will be looking for **Barred Parakeets, Red-fronted Parrotlets and Sulphur-winged Conures** amongst the huge amount of bird species that we can see here.
Overnight at Cedrela Lodge



19th July - Cedrela Lodge
Early morning looking for the **Parakeets and Parrotlets** here again before starting our journey down into the valley of Savegre in search of the **Sulphur-winged Conure** – although rare it is

fairly easy to see around the apple orchards but we have to be observant and patient which can be rewarded with some stunning photos. Late morning and through the afternoon is the best time to see the **Sulphur-winged Conures** but all the time we are looking for these we should see lots of bird species that we will not see in any other place on this trip due to the different habitat.
Overnight at Cedrela Lodge

20th July - Another day in the Talamanca mountains.
During the day we should be able to see the **Sulphur-winged Conures** again as well as many more bird species. **Hummingbirds** are great to see in the gardens of the lodge and we can also see the **Emerald Toucanet and the Acorn Woodpecker**. Near the lodge is an area to see the much sought after **Resplendent Quetzal**.



If you have never seen this bird before you will be amazed at the iridescent colours of the birds and in particular the Male who has some really long feathers that are attached to its back but look like long tail feathers. In the afternoon we travel back up to the top of the valley to look out for the **Barred Parakeets** again. These are best seen in the early morning or late afternoon.
Overnight at Cedrela Lodge

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21st July - Cedrela Lodge to Esquinas Rainforest Lodge

Very early morning before breakfast we have another chance to see the **Barred Parakeets** followed by a transfer to explore the Golfito area and see what **Parrots** we have here as well as all the other birds and wildlife. One favourite is the **Fiery-billed Aracari**. The **Brown-throated Conure** can be found here as well.
Overnight at Esquinas Rainforest Lodge



22nd July - A full day in the Golfito area looking for all the **parrots** here including **Scarlet Macaws**, **Crimson-fronted Conures**, **Orange-chinned Parakeets**, **Brown-hooded**, **Blue-headed** and **White-crowned Parrots** as well as **Red-lored** and **Mealy Amazons** not forgetting the **Toucans** and many more birds. This is an area where the Panamanian sub-species of the **Yellow-crowned Amazon** can be found. It has recently extended its range from Panama into Costa Rica along this coast. In fact so recent that it is not recognised in

most of the Bird Guide Books yet.
Overnight at Esquinas Rainforest Lodge



23rd July - Esquinas

Another full day in Golfito area today. Early morning looking for the **Parrots**, that we may have missed or any of the other birds.
Overnight at Esquinas Rainforest Lodge



24th July - Esquinas to Las Cruces and Wilsons Botanical Gardens

After breakfast we start our journey towards the southern Mountains to Las Cruces to explore the rarer species of **Parrots** – **Red-fronted Parrotlet** and **Barred Parakeet** (both very rarely photographed in the wild). I have seen the **Parrotlets** on a previous trip but the photo has eluded me however I have never seen the **Barred Parakeet** in Costa Rica yet but after several trips to

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this country my guide and myself have made many enquiries as to where we will be able to see them so hopefully we will have some rare sightings and photos from this trip.

Las Cruces and Wilsons Botanical Gardens are home to over 400 Bird species, 2000 Plant species, 113 Mammals, 70 species of reptiles, and much more than 1,000 species of insects including 800 species of butterflies. We are here to see as many as possible with emphasis on the **Parrots**, of course.

Overnight at La Cruces Research Station



25th July - Today we will visit Wilsons Botanical garden in search of the **Red-fronted Parrotlet** and **Barred Parakeet** also known as the **Lineolated Parakeet** in aviculture which has been so common in bird collections around the world – I really wonder how they even found this **Parakeet** in the wild in the first place. Still our search goes on.

The **Brown-throated Conure** is also not far from here.

Overnight at La Cruces Research Station



26th July - La Cruces to Hotel Cerro Lodge

We now set off North again coming out of the mountains and onto the Pacific coastal road on our

way to our next lodge. At a place called Jaco we will have the chance to see Pelicans flying close by as well as the **Scarlet Macaws** either along the roadside or in the village eating their favourite almonds. We also have possibilities of lots of other birds and Parrots as we make the transfer by road with lots of stops along the way. A favourite place is the Tarcoles river bridge where the huge crocodiles which can grow up to 6 metres in length.

Overnight at Hotel Cerro Lodge



27th July - Hotel Cerro Lodge to Laguna del Lagarta

We have an early morning start to be on the river by day break as we are going on a boat trip to the mangroves at the mouth of the River Tarcoles where we can see **Orange-fronted Conures** as well as **Mealy and Yellow-naped Amazons** amongst a vast amount of wading and water birds.



The giant crocodiles will also be on the river and we may be able to get a little closer than on the bridge. If we have time we will check out the beach at Jaco again for the **Scarlet Macaws**.

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Mid-morning we start our transfer to Laguna del Lagarta Lodge near the Nicaraguan border stopping for lunch at the **Iguana** restaurant. We will also stop at several places to observe more birds as we travel including several nesting trees of **Great-green Macaws**. **Red-lore Amazons** can sometimes be seen as we make our way to the lodge.

Overnight at Laguna del Lagarta Lodge



28th July - Our first full day at Laguna del Lagarta lodge where we shall soon settle in to the relaxed atmosphere of this smaller lodge with close views and ideal photo opportunities of **Great Green Macaws, Red lored and Mealy Amazons, White crowned Pionus, Brown hooded Parrots, Orange chinned Parakeets** as well as **Olive throated and Crimson fronted Conures** - most of these within 100 metres of the Lodge including the **Macaws**.



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Many of the **Parrots** can be seen coming down to the feeders close to the dining room along with the many other birds including **Toucans and Aracaris** as well as **Woodpeckers and Honeycreepers** – it is so difficult to concentrate on eating your breakfast or lunch whilst all these birds are around. It is a spectacle to savour.

Overnight at Laguna del Lagarta Lodge



29th July - Another full day at Laguna del Lagarta and while we are here we will also take a short walk through the forest to a clearing where there is an amazing tree with 3 **Great green Macaw** nests as well as a **Scarlet Macaw** nest and several **Crimson fronted Parakeet** nests - **ALL IN THE ONE TREE!!**

Also more close up encounters of more of the **Parrots** around the dining area.

Overnight at Laguna del Lagarta Lodge



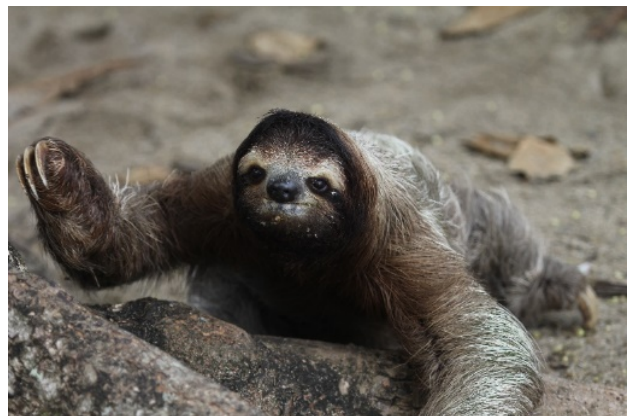
30th July - Early morning around the Laguna Lodge and then after breakfast we start our journey towards the city of San Jose - stopping in Sarapiquí for lunch where there is a chance of more **Great-green Macaws**. The last time I was in Costa Rica four **Great-green Macaws** landed and sat eating

almonds in the tree opposite the restaurant where we were having lunch.

Overnight in San Jose



31st July - We will be taken to the airport for our flights home.



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PRICE

\$ 5950 per person sharing a double/twin room

\$ 1000 single supplement (if you do not mind sharing a room I can usually organise this to avoid paying the supplement)

MAXIMUM 8 people on this trip

Includes all transfers within Costa Rica, accommodation, meals (from dinner on the 23rd November to breakfast on 7th December), water, transport including driver, naturalist guide, boat trips and all entry fees to National Parks.

NOT included International flights, insurance, drinks, souvenirs, tips, any additional activities not mentioned in the itinerary.

PARROTS TO BE SEEN ON THIS TRIP

Great-Green Macaw	<i>Ara ambiguus ambiguus</i>
Scarlet Macaw	<i>Ara macao</i>
Crimson-fronted Conure	<i>Psittacara finschi</i>
Olive-throated Conure	<i>Eupsittula nana astec</i>
Orange-fronted Conure	<i>Eupsittula canicularis canicularis</i>
Brown-throated Conure	<i>Eupsittula pertinax ocularis</i>
Sulphur-winged Conure	<i>Pyrrhura hoffmanni</i>
Barred Parakeet (lineolated)	<i>Bolborhynchus lineola</i>
Orange-chinned Parakeet	<i>Brotogeris jugularis jugularis</i>
Red-fronted Parrotlet	<i>Touit costaricensis</i>
Brown-hooded Parrot	<i>Pytilia haematotis haematotis</i>
Blue-headed Parrot	<i>Pionus menstruus rubrigularis</i>
White-crowned Parrot	<i>Pionus senilis</i>
White-fronted Amazon	<i>Amazona albifrons nana</i>
Red-lored Amazon	<i>Amazona autumnalis autumnalis</i>
Red-lored Amazon	<i>Amazona autumnalis salvini</i>
Mealy Amazon	<i>Amazona farinosa virenticeps</i>
Yellow-naped Amazon	<i>Amazona ochrocephala auropalliata</i>
Yellow-crowned Amazon	<i>Amazona ochrocephala panamensis</i>

We should also see in the region of 300+ other species of birds as well as lots of other wildlife.



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