

COSTA RICA, WIGOWSKY FAMILY TRIP IN 2000


Appendix: Maps, News, brochures, highlights, etc.

ECOSCAPE NATURE TOURS PRESENTS:


COSTA RICA AT ITS BEST!

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Poás Volcano
& Cloud Forest



La Paz & San Fernando
Waterfalls



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Rainforest Lodge



Sarapiquí Jungle
River Safari

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-Costa Rica Travel Advisors

ALL AT A RELAXING, LEISURELY PACE



Regarding transportation, Costa Rica has an extensive highway system, two major international airports and two seaports.

Aquamarine waters lap glistening beaches, sprawling inland valleys give way to vast green savannas, mountain slopes enveloped by majestic trees, pleasant breezes cascading over the stunning plateaus, and down below is the dense jungle. In the fields and valleys brilliant shades of green complement the colors of vibrant flowers which flourish everywhere. Thousands of orchids dazzle the senses and brighten the mountains and valleys. Costa Rica boasts a system of national parks and reserves that consist of over 30 designated areas, representing 25% of the national territory. These wilderness areas provide shelter for over 8,000 species of higher plants, 237 species of mammals, 848 kinds of birds, 361 different amphibians and reptiles, and 10% of all the world's species of butterflies. Costa Rican environments encompass deciduous forests, coral reefs, unspoiled beaches and a bounty of other natural attractions.



DELUXE ECO-ADVENTURE



84. Two-way cables "trekkers" to zoom past each other







95. Barbet bird in tree (well camouflaged!)







**SANTA ELENA
CLOUDFOREST
RESERVE**

**TRAIL MAP
EL MAPA
DE SENDEROS**

LEGEND/LEYENDA

-  Information/Información
-  View Point/Mirador
-  Stream/Quebrada
-  Tower/Observatorio

TRAILS/SENDEROS

-  Youth Challenge
(1.4 km, 45 min)
-  Del Bajo
(2.6 km, 1.5 - 2 hrs)
-  Encantado
(3.4 km, 2.5 - 3 hrs)
-  Caño Negro
(4.5 km, 3.5 - 4 hrs)



Elevation/Altitud
(1650 mts, 5400 ft)

MONTEVERDE COSTA RICA

By Janet Ellis

Monteverde is a tranquil town originally settled Ticos then by Quakers. The peaceful customs and lack of a military in Costa Rica paralleled the way of life that the Quakers of the 1950's were seeking. The "path" to Monteverde since then has been broadened a bit, however it is still a narrow, rocky road. Monteverde is a town for the traveler determined and prepared to go to extremes to reach the unique feel for all whom pass this way. The locals are very friendly and the Friends (Quakers) local community still remains.

Monteverde has the feel of a frontier town. You can walk almost everywhere, but prepare to dodge motorcycles, 4WD's, local traffic, and rain squalls. Be prepared for some rain. It will begin to mist mid-afternoon, then rain for about two hours. It will clear up again for a little while and then start drizzling. Yes, it rains almost on a schedule.

Despite the **challenging road to Monteverde** and the expected rainy days, Monteverde has a

certain charm and beauty to it. You will have missed a momentous part of Costa Rica if you don't make a stop here. Most travelers know this and will not miss out. Make sure you're in that group, not the minority who doesn't want to make the journey up the bad road. Due to this, **Monteverde attracts an interesting crowd off globetrotters, lured mostly by the adventure promised by rainforest hikes, quetzals, or perhaps just the thrill of not knowing what might happen next.** After being a resident for a short time, Monteverde left me with memories of a spiritual place. Whether in a greenhouse full of butterflies at the Butterfly Garden, walking through a cloud in one of the Cloud Forest Reserves, or **seeing a Quetzal or Toucan at eye level on the skywalk, I found a warming satisfaction.** I hope you as well will be left with these feelings of tranquility and contentment. Also remember that at over four thousand feet of elevation it is always springtime up here so bring a sweater and you'll breathe clean cool air.



102. **Quetzal bird – look for red plumage at center of picture (our guide helped us spot it!)**

A Guide is a wealth **OF INFORMATION**

By Monteverde Guides Association

Going into the forest without a guide is like going to school without a teacher.

The point is: a guide makes a huge difference in the quality of time that you will spend in the forest especially regarding what you will see, hear, and understand about these special tropical habitats.

The Monteverde guides are a talented group of trained professionals that are well versed in the natural history of the unique Monteverde cloud forest ecosystem. They have formed the first guide association in the country with the primary purpose of maintaining a high standard of guiding services complete with required training for each guide and a continual upgrading of knowledge. The Monteverde guides have a deep love of their forests and its inhabitants. For this reason, the Association of Guides of Monteverde is very active in reforestation as a way of "paying back" the natural systems which they enjoy everyday and from which they earn their living. Most of the guides of Monteverde are also working in various research projects, especially ones to study and conserve endangered species of the area.

Take a walk with a guide. You will leave the forest with a new awareness and sense of wonder after learning about all sorts of things going on in the forest.

This next article was written by one of the Monteverde guides. Why get a guide? As you read this article you can feel the intensity and love of the forest that guides in Costa Rica have. You editor took a little license to make it slightly easier to read but I wanted you to feel the love and knowledge of the forest that guides have. Enjoy this and come on up to Monteverde for music and biology.

Editor note

By Mariano Cruz - Naturalist Guide

I think as many people you have been asking yourself what is a cloud forest?

Well, let me tell you that cloud forest occurs at elevations above 4290 ft.

There you can see different canopy levels, on the upper Pacific slope (4950) ft. to 6040 ft. On the upper Atlantic slope (4620 / 5940) ft. canopy is at 4960 ft. This forest receives 3 meters of annual rainfall, which supports a very dense layer of epiphytes on the tree bark and limbs. Here species of plants are adapted to different grades of light. Because of the density of moisture in the atmosphere those plants live on the forest canopy where more sunlight is available for photosynthesis.

Now that you have a better idea about cloud forest you will understand why bird population is spread out in different habitats such as rain forest, cloud forest, dry forest and open areas.

Changes of climates happen because Monteverde is located right in the continental divide and once we get all the influence from the Caribbean side, like trade winds which brings into the forest a lot of moisture and at the Pacific side creating a lot of different ecosystems along the foothills of both slopes. For that reason you will be able to find species of birds separated by weather conditions and elevation. If you get yourself a map of the Monteverde area you may be able to see birds at the first part, living from Santa Elena town to the preserve species like long tailed manakin, blue crowned mot mot and as soon as you start climbing up and jump into the Cloud forest you will start listening to the sweet calls of the Slaty Backed Nightingale Thrush and Black Faced Solitaire. Ah!! You know what if you are visiting the Monteverde area between Dec - Jun You may be able to hear one of the most beautiful birds of the New Tropics the Resplendent Quetzal, which has its nesting season from March - June. Why you can hear the males doing calls from Dec - June to attract the females.. Monteverde has been a place for many birders and biologist who comes to do research and relax...if you walk into the cloud forest you will experience a lot of dark and dense foliage or I would say thousands of epiphytes that covers the whole branches and trees and make it sometimes difficult to find the birds unless you go with the experienced guide that knows how to spot very quick those guys!!!

In Costa Rica we have according to the last report of the Costa Rican Ornithologist Association 877 species of birds and many areas as Monteverde celebrate the well-known Christmas Bird Count, since 1994 starting with 311 species and the highest score of 369 species in 1996, but last year in 1998 our Christmas Bird Count was not very successful, only 344 species ... Come to Monteverde and enjoy all that the bird and nature lovers come to expect. Get a naturalist guide when you're here.



109. Naturalist Mariano Cruz points out and names the flora – notice his Swarovski (made in Austria) binoculars around his neck.

A natural sanctuary

A vast collage of green trees and mountains surround the secluded community of Monteverde, founded almost 50 years ago by a group of 44 American Quakers. The settlement awaits visitors 35 kilometers uphill from the intersection at the Interamerican Highway, about seven kilometers north of San Gerardo and just 100 meters before the bridge of Río Lagarto.

Located at about 1,400 meters above sea level, the plateau that constitutes the Monteverde community in the Cordillera of Tilarán is perhaps one of the country's most idyllic pastoral settings. It is an agricultural oriented population that combines perfectly the production of natural goods with the conservation of nature.

The road to Monteverde is in rustic condition and driving is required to be slow and very careful—a situation that is worth it when contemplation of the beautiful scenery seduces the eyes of visitors.

The Quakers who founded Monteverde never wanted to bring excessive progress into the area and so avoided paved roads. Like a town suspended in time, horses and horse-drawn wagons still con-



Waterfalls like shown above are scenic views in Monteverde

stitute a good means of transportation, while the production of cheese and milk is a main source of income for its inhabitants.

As the community was growing throughout the years, the threats of the modern world embraced the area. In order to preserve the area as a sanctuary for nature, the efforts of some of the founders peaked with the creation of the Monteverde Cloud Forest Biological Reserve. This protected area of about 554 hectares is a preferred site for scientists and specialists in the search of

the tiny golden toad—discovered in 1964—and the happy hummingbirds. In fact, Monteverde is known around the world as a bird paradise with a great variety of species that make bird watching a beautiful and rewarding experience.

As years went by, the Monteverde community consisting of Quakers and Tico-born offspring was swallowed by the natural reserve—don't expect to find their houses aligned down the road.



Most homes are hidden from view in the forest and are accessible mostly by foot trails.

A few kilometers from Monteverde is the village of Santa Elena which provides the entire area with banking and health services, as well as other services like transportation, fuel and groceries.



TRAIL MAP FINCA ECOLOGICA MONTEVERDE

PREMONTANE MOIST FOREST

- Secondary Forest
- Trail ① 1:850 kms
- Trail ② 1:038 kms
- Trail Enano 736 mts
- Trail ③ 1 km
- Plantaciones
- Hotel
- Information center

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 - No botar basura
 - No cortar flores
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- Entry into the Farm is at the individual's own risk
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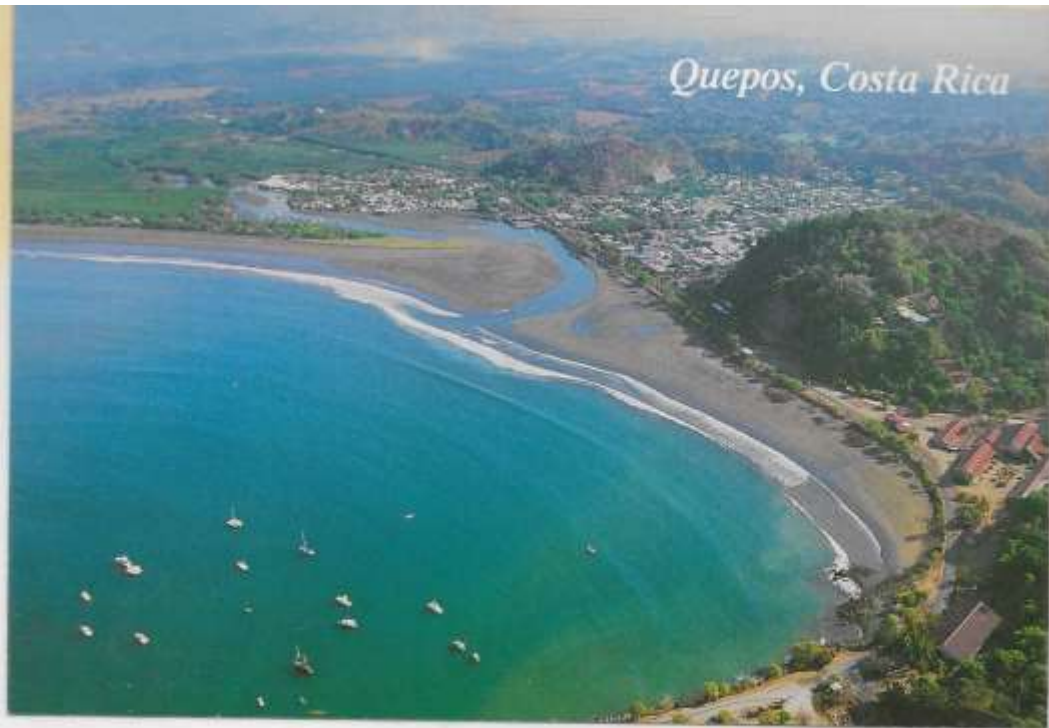
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- No smoking on trails
- Please put trash in trashcan
- No cutting flowers





- 1 ENTRADA / ENTRANCE
- 2 ESTERO / ESTUARY
- 3 MANGLAR / MANGROVE
- 4 PLAYA ESPADILLA NORTE / BEACH
- 5 PLAYA ESPADILLA SUR O PLAYA DOS / BEACH
- 6 PLAYA MANUEL ANTONIO O PLAYA TRES / BEACH
- 7 PLAYAS GEMELAS / BEACH
- 8 PLAYA PUERTO ESCONDIDO / BEACH
- 9 PLAYA PLAYITAS / BEACH
- 10 SENDERO PRINCIPAL / MAIN TRAIL 2.2 KM
- 11 SENDERO PUNTA CATEDRAL / TRAIL 1.4 KM
- 12 SENDERO PLAYAS GEMELAS Y PTO. ESCONDIDO / TRAIL 1.6 KM
- 13 SENDERO MIRADOR / TRAIL 1.3 KM
- 14 SENDERO LA TRAMPA / LA TRAMPA TRAIL 0.2 KM
- 15 CAMINO VEHICULAR / OFFICIAL ROAD 1.3 KM
- 16 LÍMITES DEL PARQUE / PARK LIMITS
- 17 LAGUNA / LOGOON
- 18 TRAMPA DE TORTUGAS / TURTLE TRAP



Quepos, Costa Rica

COSTA RICA



PROVINCIAS/PROVINCES

- 1.- San José
- 2.- Cartago
- 3.- Limón
- 4.- Puntarenas
- 5.- Guanacaste
- 6.- Alajuela
- 7.- Heredia

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9:42 a.m.	10:34 a.m.
11:02 a.m.	11:34 a.m.
12:02 a.m.	12:34 a.m.
13:42 a.m.	14:34 a.m.
16:42 a.m.	15:34 a.m.
16:17 a.m.	16:49 a.m.
17:12 a.m.	17:44 a.m.

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	BELIZE Dollar BZ 1.94
	HONDURAS Lempira 14.8300
	EL SALVADOR Colón 8.7600
	NICARAGUA Córdoba 12.6700
	COSTA RICA Colón 308.77
	PANAMA Dollar 1
	EUROPE Euro 1, 0490
	BELGIUM Franc 42.2850
	CANADA Dollar 1.4878
	COLOMBIA Pesos 2.177.00
	ENGLAND Pound 0.6629
	FRANCE Franc 6.8787
	GERMANY Mark 2.0510
	ITALY Liras 2.030.48
	JAPAN Yen 106.99
	MEXICO Peso 9.5250
	SPAIN Pesetas 174.48
	SWITZERLAND Franc 1.6228

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ECO NATURE AND BEACH AREAS

Hotels, Lodges & NATURE AREAS

- ARENAL
- 1 Annual Country Inn
- 2 Annual Lodge
- 3 El Tucano
- 4 Las Caballitas
- 5 Tabacon Resort & Spa
- 6 Tiquini Hotel
- MONTEVERDE
- 7 Hotel Bolmar
- 8 Hotel El Sapo Dorado
- 9 Finca Vela Hotel
- 10 Monteverde Lodge & Gardens
- 11 Tapa Family Lodge
- MANUEL ANTONIO
- 12 Costa Verde Hotel
- 13 Hotel Casitas
- 14 Eclipse
- 15 Hotel Parador
- 16 Mariposa
- 17 Villas El Comero No
- OSA PENINSULA
- 18 Costa Concepcion
- 19 Jungle Lodge
- 20 Lapa Rios
- TORTUGUERO
- 21 Jungle Lodge
- 22 Masamba Lodge
- 23 Pacific Lodge
- 24 Tortuga Lodge
- BEACH AREAS
- GUANACASTE
- A Blue Bay Village
- B Pouspays
- C Costa Lina Hotel & Villas
- D Flamenco Marine Resort
- E Hotel Capitan Sotro
- F Hotel Punta Isita
- G Hotel Villas Playa Samara
- H Hotel Villas Playa Samara
- I Wella Playa
- J Canchal Beach & Golf Resort
- K Sol Playa Hermosa Beach Resort
- L JACO BEACH
- M Barcelo Amagala
- N Best Western
- O Jara Beach
- P Hotel Villas Caletas
- LIMON
- Q Hotel Punta Cocles
- PUNTARENAS
- R Caribbean
- S Village Fiesta
- T Caribbean Village
- U Villa Lapa
- V Marriott Los Suenos
- TAMBOR
- W Barcelo Playa Tambor

DRIVE TIMES FROM SAN JOSÉ

	Hours	Min
Arenal	3	45
Jaco	2	
Liberia	4	
Limon (two Road)	3	
Monteverde	5	30
Puntarenas	2	30
Quepos (via Jaco)	5	30
Tamarindo	5	

May be longer during holiday periods. Night driving not recommended due to poor visibility.

FLY TIMES FROM SAN JOSÉ TO:

City	Hours	Min
Golfo	1	
La Fortuna	-	25
Liberia	-	40
Nosara	-	40
Puerto Jimenez (Via Puntarenas)	1	
Punta Isita	-	30
Quepos (Manuel Antonio)	-	5
Samara	1	
Tamarindo	1	
Tarcoles	-	35
Tierragrama	-	35

*Please note - San Jose has two airports. Juan Santos Marin, international arrivals (SJO) and Tobias Bolanos, domestic arrivals (SYQ).



MAP WITH HOTEL LOCATIONS AND LANDMARKS

CREATING AN ITINERARY

Please note that if you should opt to fly to one of these regions, flights depart San Jose in the early morning. An overnight stay in San José upon arrival and departure may be required.

ECO-NATURE AREAS

ARENAL - Just a few hours from San Jose, witness the spectacular eruptions of the active Arenal volcano. Later, savor a rejuvenating soak in the Tabacon Hot Springs, a natural spa created by the volcano's heat.

MONTEVERDE - Ascend past the Continental Divide in the Central Mountains, and you're in for quite a reward. The lushly vegetated Monteverde Cloud Forest is home to hundreds of species of birds, mammals and butterflies. This is a bird watching and hiking paradise.

MANUEL ANTONIO - Just a 20 minute flight from San Jose, the rustic hotels of this lovely Pacific Resort area provide access to Manuel Antonio National Park, a haven of spectacular white sand beaches and virgin forest.

OSA PENINSULA - At the top of the Osa Peninsula, Corcovado National Park offers an extraordinary chance to get close to the diversity of nature. Beside the lush flora of this rain forest reserve, there are 624 species of mammals, birds, reptiles and amphibians to meet here.

TORTUGUERO - Great adventures await in the tropical rain forest of Tortuguero National Park. Your boat guide will lead you among a network of canals teeming with life, from howler monkeys to herons and more.

BEACH AREAS

GUANACASTE - The largest province in Costa Rica, Guanacaste offer smiles of virtually untouched beaches on the Pacific, and is home to the relaxed beach towns of Flamingo and Tamarindo. You'll also find some of the country's finest resort hotels and best nature parks.

PUNTARENAS - The closest beach resort to San Jose, Puntarenas features striking and unusual volcanic black sand beaches. A great starting point for day trips to the Monteverde Cloud Forest or the Gulf of Nicoya.

JACO BEACH - Excellent surfing, small native style hotels, restaurants with local flair and low key entertainment are all part of the Jaco Beach experience. The area is an ideal base for exploring the Carara Biological Reserve.

TAMBOR - You can play all day in the warm Pacific water of Tambor, set on the Southern end of the Nicoya peninsula. In fact, it's a perfect place to get off the beaten path and onto the beach!

CARIBBEAN COAST/LIMON - Experience the Caribbean as it was, and as it should be...pristine beaches, waving palm trees and small quaint hotels. Don't miss the opportunity to explore at the underwater park in Cahuita.

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CENTRAL AMERICA'S LEADING ENGLISH-LANGUAGE NEWSPAPER

Vol. VI, No. 34 - San José, Costa Rica, August 25, 2000

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Some of This Week's Headlines:

TOP STORY: [\(Click for more\)](#)

1 Dies, 2 Hurt In Eruption

With a series of thunderous explosions and a voracious avalanche of volcanic ash and rocks, Arenal Volcano, some 130 km. northwest of San José, produced one of its most dramatic eruptions in recent history Wednesday.

COSTA RICA NEWS: [\(Click for more\)](#)

Ministry: Tourism Growth OK

Although tourism growth in Costa Rica appears to have slowed so far this year, the Minister of Tourism says it's just a temporary slump, and he is eagerly presenting a slew of new initiatives to promote the sector.

CENTRAL AMERICA: [\(Click for more\)](#)

Legislators Ask for Psychiatric Evaluation

Congressional deputies presented a bill this week that would require President Arnoldo Alemán to undergo a mental capacity to carry out his duties.

BUSINESS: [\(Click for more\)](#)

New 'Chorizo' Game Sparks Gasps, Chuckles

It's Monopoly's evil twin. It's a new, locally manufactured game that generated more incredulous chuckles than actual sales. The game's inventor is hopeful.

EXPLORING: [\(Click for more\)](#)

Serenity Reigns at Tamarindo's Costa Real

Formerly the Oasis Tamarindo, this restful retreat in Guanacaste has become the Tamarindo Costa Real after renovations.

CULTURE & ARTS: [\(Click for more\)](#)

The Blood and Sweat In Canale's Creations

Aldo Canale's gentle demeanor doesn't reflect the passion of his creations.

ANGLER'S ANGLE: [\(Click for more\)](#)

Largest Amberjack we've Ever Heard of

It has been a long time since we've seen the action. The largest amberjack caught in the Quepos area this time of year. That area has long been a hot spot from December through February, but the fish are appearing at a different calendar this season.



Giant cloud of gases and ash thunders its deadly way down the mountain: active Volcano Arenal's latest outburst claimed the life of a Tico tour guide and injured two U.S. tourists (See story).



Erupción deja nuevo surco en volcán Arenal

Esta es la nueva huella que quedó en las faldas del volcán Arenal tras la erupción del miércoles pasado, donde tres personas resultaron quemadas por una nube de gases. Una de ellas, el guía turístico costarricense Ignacio Protti, de 28 años, falleció ayer, mientras las dos norteamericanas fueron llevadas anoche a los Estados Unidos. (Foto: Francisco Rodríguez / La Nación)



COSTA RICA FIELD GUIDE



BIRDS OF THE CLOUD FOREST AND HIGHLAND FOREST
Monteverde, Cordillera de Tilarán, Poás Volcano, Irazú Volcano, Chirripó National Park
Cordillera de Talamanca, Cerro de la Muerte, Braulio Carrillo and Rincón de la Vieja.

Resplendent Quetzal
Quetzal
Pharomacrus mocino 36 cm

Orange-bellied Trogon
Trogon Vientrananaranjado
Trogon aedon 25 cm

Collared Trogon
Trogon Collarito
Trogon collaris 25 cm

Barned Parakeet
Pericuto Listado
Borborynychus lineola 16 cm

Blue-crowned Motmot
Monito Conin
Momotus monoti 39 cm

Coppery-headed Emerald
Esmeralda de Cornelia Cobriza
Ethya copperata 7.5

Volcano Hummingbird
Chispa Volcanera
Salpinctes obsoletus 7.5 cm

Green Violet-ear
Colibri Orejivioleta Verde
Colibri thalassus 10.5 cm

Violet Sabrewing
Ala de Sable Volcaneo
Campylorhynchus nivalis 15 cm

Scintillant Hummingbird
Chispa Gorgorana
Selasphorus scintilla 6.5 cm

Green-crowned Brilliant
Brillante Frontiverde
Helminthophila jacula 13 cm

Purple-throated Mountain-Gem
Colibri Montañés Gorgoronado
Lampornis caliolani 10.5 cm

Magnificent Hummingbird
Colibri Magnifico
Eugenes fulgens 13 cm

Fiery-throated Hummingbird
Colibri Garapa de Fuego
Pipiloerythron 11 cm

Green Hermit
Eremitaño Verde
Phaethornis guy 15 cm

Striped-tailed Hummingbird
Colibri Colimayado
Euphonia cyana 9.5 cm

Vaux's Swift
Vencejo Común o Grisáceo
Chaetura vauxi 11 cm

Emerald Toucanet
Tucancillo Verde
Aulacorhynchus prasinus 29 cm

Prong-billed Barbet
Barbudo Cocca
Serpornis bairdi 17 cm

Acorn Woodpecker
Carpintero Cerezo
Melanerpes formicivorus 21 cm

Smoky-brown Woodpecker
Carpintero Pardo
Veniliornis fumigatus 15 cm

Hairy Woodpecker
Carpintero Serrano o Veloso
Picoides villosus 17 cm

Bananaquit
Reinita Meyers
Certhia flammula 9 cm

Three-wattled Belbird
Carpintero Tricoronado
Procnias tricarunculata 30 cm

Azure-hooded Jay
Uiraca de Toca Celeste
Cyanocitta cyanea 29 cm

Spotted-crowned Woodcreeper
Trepador Cabezapunteado
Lepidocolaptes atris 21.5 cm

Spotted Woodcreeper
Trepador Manchado
Xiphorhynchus erythrogaster 23 cm

Peg-billed Finch
Fringillo Piquajudo
Acanthopneuste bairni 13.5 cm

Yellow-thighed Finch
Saltón de Muslos Amarillos
Psaltriparus flaviceps 18.5 cm

Chestnut-capped Brush-Finch
Saltón Cabececastaño
Buarreigra burmeisteri 18.5 cm

Slaty Flowerpiercer
Pinchador Plumazo
Diglossa plumbea 10 cm

Black-thighed Grosbeak
Picogueso Vientranamarillo
Pheucticus tibialis 20 cm

Large-footed Finch
Saltón Patigrande
Pezopetes capitata 20 cm

Yellow-faced Grassquit
Serrillito Calamardo
Tians olivacea 10 cm

Rufous-collared Sparrow
Chirripó
Zonotrichia capensis 13.5 cm

Lineated Foliage-gleaner
Trepamuso Lineado
Syndactylis subulans 19 cm

Blue-and-white Seawallow
Golondrina Azul y Blanco
Hirundo cyanoleuca 11 cm

Slaty Antwren
Horniquito Pizarroso
Mymecophis schiackleri 10 cm

Buffy Tuftedcheek
Trepamuso Cacheton
Pseudocolaptes leucoceros 20 cm

Streaked-breasted Treehunter
Trepamuso Cuchiraco
Thryspodectes rubrolineatus 21.5 cm

Red-faced Spinetail
Coliropina Carrijoja
Cranioleuca erythrops 15 cm

Ruddy Treenunter
Subepalo Rojo
Margarornis rubiginosus 16 cm

Spotted Barbtail
Subepalo Motado
Premnoplex burmeisteri 14 cm



Broad-winged Hawk
Gavilán Alado
Buteo platypterus 43 cm

Red-tailed Hawk
Gavilán Colinejo
Buteo jamaicensis 56 cm

Swallow-tailed Kite
Elanio Tijereta
Elanoides forficatus 58 cm

Barred Forest-Falcon
Halcon de Monte Barro Colorado
Micrastur rufopectus 33 cm

Black-breasted Wood-Quail
Codorniz Pechinegra
Odonotaphus leucolaemus 23 cm

Ruddy Pigeon
Paloma Roja
Columba subimmaculata 28 cm

Bull-fronted Quail-Dove
Paloma-Ferdiz Costarricense
Genthyornis costaricensis 25 cm

Band-tailed Pigeon
Paloma Colorada
Columba fasciata 35 cm

Highland Tinamou
Tinamú Serano
Mitrocybus bonapartei 38 cm

Black Guan
Pava Negra
Chamaepetes unicolor 64 cm

Black-throated Green Warbler
Reinita Garambulla
Dendroica virens 12 cm

Black-and-white Warbler
Reinita Trepadora
Mniotilta varia 13 cm

Three-striped Warbler
Reinita Capucistrada
Basileuterus trichatus 13 cm

Blackburnian Warbler
Reinita Gorgoniana
Devoncockia fusca 11.5 cm

Collared Redstart
Candela Collarja
Myioobolus torquatus 12.5 cm

Wilson's Warbler
Reinita Gominera
Wilsonia pusilla 11 cm

Tennessee Warbler
Reinita Verdía
Vermivora peregrina 11.5 cm

Flame-throated Warbler
Reinita Garganta de Fuego
Parula gutturata 12 cm

Golden-winged Warbler
Reinita Alborada
Vermivora chrysopleura 11.5 cm

Black-cheeked Warbler
Reinita Carriñera
Basileuterus melanopygus 13.5 cm

Slate-throated Redstart
Candela Pechinegra
Myioobolus mexicanus 12 cm

Ochraceous Wren
Sotero de Dorado
Troglodytes ochraceus 9.5 cm

Gray-breasted Wood-Wren
Sotero de Selva Pechinera
Hirundinia leucopygia 11 cm

Timberline Wren
Sotero del Bamba
Thryothorus brownii 11 cm

Slate-backed Nightingale-Thrush
Zorral Sombrío
Catharus fuscescens 17 cm

Black-and-yellow Silky-Flycatcher
Capulínero Negro y Amarillo
Phainopepla melanoxantha 21 cm

Long-tailed Silky-Flycatcher
Capulínero Coliarjo
Phlogothraupis saulsi 24 cm

Ruddy-capped Nightingale-Thrush
Zorral Gorgonero
Catharus frontalis 16 cm

Sooty Robin
Mito Negrozoo
Turdus nigrescens 25.5 cm

Black-billed Nightingale-Thrush
Zorral Figuearero
Catharus gracilirostris 14.5 cm

Black-faced Solitaire
Solitario Carriñero
Myadestes melanops 17 cm

Mountain Robin
Mito Montañero
Turdus plebejus 24 cm

Swainson's Thrush
Zorral de Swainson
Catharus ustulatus 16 cm

Golden-browed Chlorophonia
Clorofonia Cejibonada
Chlorophonia chlorophrys 13 cm

Common Bush-Tanager
Tangara de Monte Ojeruda
Chlorospingus ophthalmitus 13.5 cm

Sooty-capped Bush-Tanager
Tangara de Monte Cejiblanca
Chlorospingus pileatus 13.5 cm

Spangled-cheeked Tanager
Tangara Vermisomaha
Tangara dosz 13 cm

Silver-throated Tanager
Tangara Dorada
Tangara icterocephala 15 cm

Mountain Elaenia
Elaenia Montañera
Elaenia frontalis 15 cm

Yellowish Flycatcher
Mosquito Amarillito
Empidonax flavescens 12.5 cm

Olive-striped Flycatcher
Mosquito Ojmenchaco
Monctes olivaceus 13 cm

Tufted Flycatcher
Mosquito Moñudo
Mniotiltus phaeocephalus 12 cm

Black-capped Flycatcher
Mosquito Cabeceo Negro
Empidonax atriceps 11.5 cm

Patry Tyrannulet
Mosquito Cejuna
Zimmerius villosus 9.5 cm

Silvery-fronted Tapaculo
Tapaculo Frenteplateado
Stylioparus agerforti 11 cm

Golden-bellied Flycatcher
Mosquito Ventro dorado
Myiodynastes leucopygus 20 cm

Brown-capped Vireo
Vireo Montañero
Vireo leucopygus 12 cm

Yellow-winged Vireo
Vireo Alamanillo
Vireo carolin 11.5 cm

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