# Trip report Costa Rica

30/5/2010 - 7/6/2010



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# Preamble

This was basically a business trip, with early morning birding at the Catie compound, and a 3 ½ day (that shrank to 2 ½ due to one day with heavy rain) over the week-end birding spell. In spite of the short time, it was very productive, although the timing wasn't ideal. This time of the year bird life is slow. All migrants are gone, and the locals chill out after a busy breeding season. Hummers are duller that in breeding season making identification more challenging. But, on the positive side, I saw a very young Resplendent Quetzal!

It was my first trip to Central America, so there were obviously many new families and species.

# Day by day account

I flew from Rome (where I live) via Madrid to San Jose with Iberia without hassle. I was met at the airport for the transport to Turialba and the Catie compound. Not many birds seen this first day, as I arrived towards the afternoon. Nevertheless, three new species were seen already at the airport and its surroundings; Grey Breasted Martin, Common Grackle, and Black Vulture.

# 31st May (Monday) -2rd June (Wednesday)

Early morning walks in the Catie (Centro Agronómico Tropical de Investigación y Enseñanza) compound near Turialba together with my friend and colleague Lars Gunnar Marklund. Catie is situated on a campus with scattered buildings surrounded by lawns and remnants of original vegetation. A pond is present with a heronry in a bamboo stand. A piece of forest still exists along the river behind the main building and campus. The campus also comprises an abandoned coffee plantations and an arboretum. I didn't have time to cover it all.

On Tuesday morning we met Marc Le Clerk, just by chance. He is an ornithologist who works in Catie. As part of his work he does regular bird census work three mornings a week, one habitat every morning, throughout the year. The morning when we met him, he was on his way to the abandoned coffee plantation for his census work. He was very friendly and invited us to join him straight-away to the ringing site. Of course we didn't turn down such an offer! Lars Gunnar left Costa Rica the same evening, while I was lucky to be able to accompany Marc also the following morning, this time in the high forest. The amount of birds was low being off season both for local breeding and migratory birds. Nevertheless, a mist-net is always a mist-net and a Wren is character, also in Costa Rica! In addition, coming back from Costa Rica with experience of hummers in the hand wasn't anything I had expected at departure. They are very small indeed!



Ringing in the high forest. Ochre-bellied Flycatcher being weighted: 14 grams.

# Thursday 3rd of June

During the last day of the workshop, we went for a field trip on our way back to San Jose. We visited Monumento Nacional Guayabo. A very interesting place, leaving many questions hanging in the air; who, why, for what..? It was a mid-day excursion with a big group so not many birds were recorded; the only new species was Bay-headed Tanager. On the other hand, two mammals were seen, a Brown-throated Sloth and a White-nosed Coati. None of them are rare, but for us old world fellows – they are very cool.

After the field visit we had lunch and headed for the airport. Here planned to say farewell to my colleagues, but not catch a flight, but rather to rent a car and then go birding in earnest. At the airport I was a little worried if I could get in to the rental car agencies, as their offices are located before the final exist for arrivals. To my great relief it did not prove to be a problem, and quite quickly and swiftly I got a white automatic Toyota sedan from a local company. The car wasn't new, but served me well for the four days I had it. Once I had the car, I headed south, towards "Cerro de Muerte" along Pan American highway. Not many birds seen along the way. I was focused on driving and navigating. Signposting is a bit "patchy" in Costa Rica, especially in towns. I got lost in San Jose, but after asking for directions twice, I got onto the right track.

As I started ascending the highlands I was met with very heavy rain. The rain ruined any attempt even popping out and sampling the forests, as I drove through curve after curve, further and further up. At last, towards sunset, I reached Mirador de Quetzales. It is a little confusing. There are two places, backto-back, or rather, one just above the other. If I got it right there is "Mirador de Quetzales" and just below, "Albergue de Mirador de Quetzales". In the rain, by chance, I took the upper, Mirador de Quetzales. I hadn't booked in advance. It was low season so I expected no problems, and I was right: we were four guests. As I raced over to my Cabin after the evening meal, I thought "let's hope it doesn't rain like this tomorrow!" It got cold during the night as the lodge is located at 2650 meters above sea level. It is advisable to bring a light and warm sleeping bag.

### Friday 4<sup>th</sup> of June

I was lucky. When I woke up at five as usual, the mountains met me with blue skies. While waiting for breakfast, I did some lodge environs birding which gave the first birds: Magnificent Hummingbirds on the feeders, Sooty Robins, Black-capped Flycatcher, Yellow-thighed Finch, among other high altitude birds. After breakfast I went on a trek which was part of the stay to the nearby forest, behind and above the lodge. Although it is steep, in places very steep, land, also in the forest, is fenced off and signposted. Cattle-ranching is creeping up along the hill-sides although it isn't clearly seen from a distance. It is still green, but the forests are getting thinner and thinner. As we set out, the guide (Jason - the son) said: "No problems with the Quetzal, I know a nest". The forest was surprisingly empty, and the path much steeper than expected. We reached the nest, and here Jason started looking a little worried. The nest was empty and abandoned. We moved on, and just a little later we were lucky enough to find them both, the very young, with no more than 24 hours of experience from the forest outside the nest, and the seemingly proud father. It was classic cloud forest habitat, with moss on all branches and limited light and sight. Through a window in the vegetation we admired them both for some time, until the young decided to test this idea of flying once more. The descend from the forest was birding-wise slightly better, but still quite poor, we saw Large-footed Finch, Slaty-coloured Flowerpecker, Tufted Flycatcher, Golden-browed Chlorophonia, Band-tailed Pigeon, Ochraceous Wren, among others.

After a quick tea at the lodge, I opted to drive still further up towards the crest of the "Cerro". I intended to visit the "truck stop" La Georgina where Erling Jirle and Nils Kjellén had stayed during their visit many years earlier. It was still there, still with hummer feeders, and good forest nearby. I walked the forest just below the restaurant which was birding-wise much better than the forest further down: Ruddy Treerunner, Emerald Toucanet, Black-billed Nightingale Thrush, among others. The quick ascent now took its toll. Walking uphill was strenuous. It is high altitude; the lodge is situated at 3335 meters above sea level.

I had a quick lunch at La Georgina while admiring the feeder activity just outside the windows only a meter away. Suddenly a hummer took a wrong turn and ended up inside the restaurant. With an agile throw of a shirt, the third (!) hummer species in my hand was bagged, or rather shirted. Carefully the Green Violet-Ear was soon released in its proper environment and flew off seemingly unharmed.

After lunch I took the car and drove up towards the very top, the radio station. While driving there I saw clouds coming creeping up in the valleys. I remembered Erling mentioning this in his report. After all, the habitat is cloud forests. As soon as the sun disappeared, the name of the area suddenly became much more apt. The altitude made itself present in a completely new way and it felt truly alpine. Not many birds up here, but two target species seen; Volcano Junco and Volcano Hummingbird. I did not see any Peg-billed Finch.

It was now afternoon and it was getting darker by the minute as the clouds grew thicker. Road side sampling revealed Long-tailed Silky Flycatcher, but besides this, it was now very silent. I decided to go back and relax a little, admiring the Magnificent Hummingbirds and the sunset behind the mountains.

# Saturday 5th June

Early morning before breakfast birding in the immediate vicinity of the lodge proved to be quite successful. Right outside the Cabins I saw a Long-tailed Silky Flycatcher, Hairy Woodpecker, and a few Sooty-capped Bush-Tanagers. After a quick breakfast, I walked along a small road/path at the forest edge, crossed a small stream and continued until I reached a fence. Also this walk was rewarding, with yet more observations of Long-tailed Silky Flycatcher, seemingly preferring the high canopy. As it is very steep and the trees tall, observing birds was challenging at times. Once back at the lodge, I checked out and called Rancho Naturalista. They seemed a little perplexed by a call out of nowhere. They asked "Have booked in advance?". My reply was "I'm doing this right now. I'm planning to come later today". The drive back towards Turialba again went well, albeit with the mandatory confusion, this time in Cartago. It looked straight-forward on the map but the somehow the sign posting (again!) confused me. Once down on lowland the road passes through heavily cultivated land. At times the land is more vertical than horizontal, but nevertheless, cultivated. I saw nothing special along the road, apart from a Masked Tityra quite close to Rancho Naturalista. Finding Rancho Naturalista was quite easy although the last sign was small. The road up to the lodge was steep, especially the final stretch beyond the concrete enforcement. It was steep with loose gravel, and the Toytota reached pretty much its limit here, but up we went. The setting of the lodge is great. The terrace is impressing, with the valley beyond and below, and the smoking volcano in the distance.

As it was low season I got a huge almost colonial room, directly adjacent the famous terrace. After settling in and a coffee, I went out, up in the forest. The immediate destination was the humming bird feeders up in the forest. It had started raining a little, but fortunately there is a roofed observation post nearby the feeders. Quite soon I saw a beautiful male Snowcap, the only male I saw during my stay here, although I visited the forest feeders a few times more. Regular at the feeders on the other hand was Red-footed Plumeleteer. It was always present here but never showed up at the terrace. The rain increased so I went back to the lodge and birded from various shelters around the lodge, and, of course, from the terrace itself. After an excellent evening meal, I hit the bed almost sleeping already. Birding, driving and navigating takes its toll.

### Sunday 6<sup>th</sup> June

I woke up listening to heavy rain pounding the roof of the main building. Optimistically I thought: "it will stop", and went up to grab a coffee at the terrace. This is only one great feature of the lodge. Where else do you find fresh coffee at 5.30 AM (?). The weather didn't improve much. It got later, but not much brighter. The clouds were \*very\* thick, and the rain continued heavily. We, the four guests, had breakfast and got to know each other a little more. Besides me, a young American woman, birder and researcher, and a British couple enjoyed the excellent breakfast.

As the rain didn't show any sign of stopping, I opted to spend time on the terrace, birding and trying to get photos of the hummingbirds. It was challenging and frustrating, but very exciting! The light was still very bad, although it was "summer" and mid-day. At one point I grabbed my umbrella and went out scouting the forest trails, but of course, in the forest, the light was even poorer. Not a single bird seen, but I came across a Tayra. It was possibly a little confused by the noise from the rain, and didn't

immediately pick up my scent. It stood dead still, looking at me, while I did the same, only some 10 meters away. Of course I lost this battle of immobility. After I had unconsciously moved, it was gone in a fleeting moment.

After lunch (also this delicious), the rain finally seemed to show some signs of stopping. The forest was of course soaking wet, but now there was some birding to be done. I made a loop using the forest trails and saw some birds. Activity was low, and it was quite late already as I sat out. Nevertheless new species kept trickling in.

At the evening meal, we (the American woman – unfortunately I have forgotten her name) and I decided to go up to the "Silent mountain" area, above and beyond the lodge together with a guide the following morning. As we were two we could split the cost.

It was also time to settle the bill. I got quite surprised when I realized the lodge didn't accept credit card. Being run by Americans I had taken this for granted. Luckily the small village just below (La Suiza) had an ATM where I could draw cash.

### Monday 7th June

Early, earlier than usual, we rose, so we could be in the field up in the Silent Mountains in early morning. I brought my car along and parked it outside the police station in La Suizia so I didn't have to go back up to Rancho Naturalista before leaving. Sadly, it was my departure day. But, before depart, I we had some final birding ahead of us!

Together with the guide, we were taken further up the valley by the owner in her the battered Ranch Rover. She left us and we continued on foot further uphill. First we crossed cattle pasture, before entering the forest. The path was wet and slippery due to the recent rain, and of course, in places very steep. Luckily the weather was nice with blue skies and towards mid-day hot and humid. Costa Rica is indeed fascinating, here we were, only a few kilometers from Rancho Naturalista, and only a few hundred meters higher in altitude, yet with many new species never seen further down in the valley.

After returning down and being picked up as agreed, I said farewell in La Suiza, where I, to the delight of some elderly women sitting nearby, "quickly moulted" from mud-clad birder, to someone who could be allowed on board on an intercontinental flight. The trip back home went without problems. I didn't even get lost in San Jose, but on the other hand it was the fourth time I passed the town by now.

In all, I saw some 110+ species. A different itinerary could have boosted this number. One of my aims was the Quetzal, meaning higher altitude habitat. Apart from the herons almost all species were new. I think it was a handsome number given the little time I had for birding, being alone, and the time of the year. High season (when all wintering birds are present) it is possible to see 100 species in a day around RN. So, I wouldn't mind having another week (or month!) available during northern hemisphere winter. However, there is a lot to see in Costa Rica, also during low season!

### **Annotated species list**

Names and systematic order follow "A Guide to the Birds of Costa Rica, Stiles, Skutch, Gardner, 1989". Plate numbers are indicated in (). Clements names; Latin, and or Common names, if different from the above, are listed in square brackets [].

**Black-Crowned Night-Heron** (5:4) Seen every day at Catie.

**Boat-billed Heron** (5:2) A few every day in the heronry at Catie.

**Cattle Egret** (5:13) Seen daily at Catie.

**Green-backed Heron** (6:2) One bird seen in the march across the road from the pond, Catie.

**Great Egret** (5:14) Seen daily in, and around, the heronry at Catie.

Green Ibis (4:10)2 individuals flying right over the central part of the Catie compound.

**Black Vulture** (13:4) Common throughout

America Swallow-tailed Kite (15:2) 2-3 birds seen, soaring above the forest on our way up to the forest in Silent mountains.

**Black-chested Hawk** (17:1) One soaring bird seen on the way down from the forest in Silent mountains.

**Red-tailed Hawk** (17:8) One flying over on the way down from the forest in Silent mountain.

**Yellow-headed Caracara** (15:9) One bird above Catie.

**Laughing Falcon** (15:8) One bird, roosting seemingly regularly, in a huge tree behind the guest house at Catie.

**Bat Falcon** (15:14) One bird seen perched and soaring on the way up to the forest in Silent mountains.

**Gray-headed Chachalaca** (12:1) Very regular in the garden at Rancho Naturalista

### Purple Gallinule (6:15)

Seen every day at the pond in Catie.

#### Northern Jacana (6:18)

Breeding in the pond at Catie, many juveniles seen.



**Band-tailed Pigeon** (18:1) Several around Mirador de Quetzales.

**Red-billed Pigeon** (18:2) Fairly common at Catie.

**Short-billed Pigeon** (18:5) Seen a twice at Carie.

**Purplish-backed Quail-Dove** (18:21) One bird flushed from the path in the forest at RN.

**Crimson Fronted Parakeet** (19:10) Very common at Catie.

# White-fronted Parrot (19:7)

Scarcer than Crimson-fronted, but seen regularly at Catie.



**Chestnut-collared Swift** (22:5) Seen at Catie in small numbers.

### White-collared Swift (22:1)

Seen one afternoon over Catie when led grey clouds brought then down from higher altitudes.

# Long-tailed Hermit (23:2)

One caught in the high forests beyond, below, the main building at Catie, during regular census.



# White-necked Jacobin (23:17)

Occasional at Catie, while the reference hummer at Rancho Naturalista; very common there.



# Brown Violet-ear (23:6)

Quite common at the balcony feeders in Rancho Naturalista.



**Green Violet-ear** (23:7) Several seen on the feeders outside La Georgina.

### **Green-breasted Mango** (23:13)

One female bird at Catie, several at Rancho Naturalista.



### **Rufous-tailed Hummingbird** (24:10)

Common in both Catie and Rancho Naturalista.

#### Crowned Woodnymph (24:4)

Seen in the forest in Silent Mountains.

#### Fiery-throated Hummingbird (24:12)

Several around Mirador de Quetzales and also common on the feeders at La Georgina.



### **Snowcap** (25:8)

One male seen at the feeders in the forest, and a few females around the lodge, Rancho Naturalista.

#### **Red-footed Plumeleeter** (23:12)

One (same?) always seen at the forest feeders at Rancho Naturalista.

#### White bellied Mountain-gem (24:5)

Seen in the forest in Silent mountains.

#### Purple-throated Mountain-gem (24:7)

Seen soon after we entered the forest in Silent mountains.

# Magnificent Hummingbird (23:16)

Very common on the feeders at Mirador de Quetzales.



#### Black-bellied Hummingbird (24:21)

One bird seen very well just as we had entered the forest in Silent mountains.

Green Throrntail (25:1)

Seen from the terrace in RN.

### Volcano Hummingbird (25:3)

Seen both at the feeders at La Georgina and at the very crest of la Sierra, at the radio station.



### **Resplendent Quetzal** (26:1)

One male and one very young, newly fledged, seen together in the forest nearby Mirador de Quetzales.



**Ringed Kingfisher** (27:1) One single observation of a bird at the pond, Catie.

#### **Blue-crowned Motmot** (27:8)

One falling out of tree as a "dead leaf", next the guest house in Catie and one seen perched just next to the main building in RN.

**Collared Aracari** (27:15) Two birds seen high in the canopy, next to the guest house, Catie.

**Keel-billed Toucan** (27:18) Seen both at Catie (two occasions) and at Rancho Naturalista.

**Emerald Toucanet** (27:17) One bird seen high in the canopy in the forest below La Georgina.

**Pale-billed Woodpecker** (27:14) One impressing female seen right behind the guest house, in Catie.

#### **Golden-olive Woodpecker** (28:11)

One bird seen in the forest, Silent mountains

**Red-rumped Woodpecker** (28:12) One seen at Catie.

Acorn Woodpecker (28:15) One bird seen well, but far, in the Silent mountains.

Hoffman's Woodpecker (28:16) One bird seen at Catie.

Hairy Woodpecker (28:19) One bird seen in the forest below La Georgina and one nearby the Mirador de Quetzales.

**Streaked-headed Woodcreeper** (29:8) The standard creeper at Catie.



#### Ruddy Treerunner (29:4)

Seen in the forest below La Georgina and nearby the Mirador de Quetzales.

### **Grey-breasted Martin** (22:15)

A few seen at the airport, San Jose, on arrival.

Blue-white Swallow (22:20)

One bird seen at MQ.

**Bank-swallow** (22:17) Sitting on wires below Mirador de Quetzales.

White-ruffed Manakin (33:9) Seen in Silent Mountains.

Masked Tityra (34:1) One bird seen close to Rancho Naturalista along the road.

**Black-crowned Tityra** (34:2) A pair seen in the forest at RN.

**Rufous Piha** (34:10) Seen very well deep (high up) in the forest in Silent mountains.

**Tropical Kingbird** (35:1) Common at Catie.

**Boat-billed Flycatcher** (35:12) A pair on a nest at Catie.



### Social Flycatcher (35:14)

Common at Catie and Rancho Naturalistica.



**Grey-capped Flycatc**her (35:15) Seen in the forest in Silent mountains.

**Great Kiskadee** (35:12) Common at Catie and also seen at RN.

**Tufted Flycatcher** () One bird seen at Mirador de Quetzales.

**Torrent Tyrannulet** (36:1) 3 birds on the river as we got back from Silent mountains.

**Black Phoebe** (36:5) One bird seen by the river below RN when I stooped after having drawn money.

**Long-tailed Tyrant** (36:6) One bird seen high in a tree at the forest edge, at the pasture land at RN. It is a rather recent addition to the fauna in the area.

Tropical Pewee (36:9) Seen on the way up to the forest in Silent mountains.

**Black-capped Flycatcher** (36:16) Seen around the lodge, Mirador de Quetzales.

#### **Ochre-bellied Flycatcher** (36:25)

One bird in caught in Mist nets, during regular census, in the high forest, behind the main building.



Mistletoe Tyrannulet (37:10) Seen at RN.

**Common Tody-Flycatcher** (37:7) One bird seen at RN.

**Mountain Elaenia** (37:24) Seen nearby the La Georgina, at the forest edge.

**Yellow-bellied Elaenia** (37:26) Seen on the way up to the forest in Silent Mountains.

House Wren (38:18) Common in Catie. Very appropriate name, they were near, and often at, the houses.

Banded-backed Wren (38:3) One bird at Catie.

### Spotted-breasted Wren (38:7)

One bird caught at Catie.



### White-breasted Wood Wren (38:15)

One bird identified after quite some work in the forest RN. It was singing loudly after the rain had cleared, but (of course) difficult to spot.

### Ochraceous Wren (38:19)

Seen in the cloud forest above Mirador de Quetzales.

### **Black-billed Nightingale-Thrush** (38:24)

Common in the forest below La Georgina.



### Orange-billed Nightingale-Thrush (38:26)

Common in the forest below La Georgina.

Mountain Robin (39:6) Seen in the forest below La Georgina.

**Sooty Robin** (39:7) Quite common in the mornings around the lodge, Mirador de Quetzales.

#### Clay-colored Robin (39:8)

For Europeans the name is misleading. It is clearly a "thrush" rather than a "robin", according to our naming conventions (and indeed, it a "Turdus"). It was common both in Catie and Rancho Naturalista. It is the Costa Rican Blackbird (again for us Europeans).

**Black-and-yellow Silky-flycatcher** (39:10) Two observations in the forest nearby Mirador de Quetzales.

#### Long-tailed Silky Flycatcher (39:15)

Several seen: one along the Pan American highway, by just popping out and sampling the habitat, one just outside the lodge Mirador de Quetzales, and 2-3 high in the canopy at forest edge, below Mirador de Quetzales.

**Brown Jay** (39:19) Seen a few times in noisy family groups. Seemingly very tolerant to degraded habitat.

**Bananaquit** (40:24) Seen twice at Catie.

**Black-cheeked Warbler** (40:17) Quite common in the forest below La Georgina, with 2-3 individuals seen in an hour's time.

**Tropical Parula** (41:3) Seen on the way up to the forest in Silent mountains.

**Flame-throated Warbler** (41:7) Seen in the forest below La Georgina.

**Tropical Gnatcatcher** (41:2) Two birds seen at RN.

**Collared Flycatcher** (42:6) Two birds seen in at the forest edge, along the main track below Mirador de Questzales. Spectacular.

#### Slate-throated Redstart (42:7)

One bird seen in the forest below La Georgina. A little surprising, as the book says "middle elevations". No doubt though, a conspicuous bird, seen very well.

**Black-cowled Oriole** (44:5) A small flock near the pool at Catie.

Montezuma Oropendola (44:8) Common throughout at lower altitudes.

**Bronzed Cowbird** (44:15) One bird seen by a farm on the way down from Silent mountains.

**Great-tailed Grackle** (44:16) Common at Catie.

**Yellow-throated Euphonia** (45:5) One bird seen perfectly perched lit by the rising sun at Catie.

White-vented Euphonia (45:7) Seen in the forest, Silent mountains.

**Golden-browed Chlorophonia** (45:10) A pair seen high in the canopy below Mirado de Quetzales.

**Sooty-capped Bush-Tanager** (45:14) Seen just outside the lodge, Mirador de Quetzales.

Scarlet-thighed Dacnis (46:4) Two birds seen in Silent mountains

**Green Honeycreeper** (46:7) A pair seen in the forest in Silent mountains.

**Speckled Tanager** (46:8) Seen in the forest just a we entered it, in Silent mountains.

**Bay-headed Tanager** (46:9) 1 pair seen at Monumento Nacional Guayabo

**Palm Tanager** (46:19) Seen a few times at Catie.

**Golden Hooded Tanager** (46:13) Common at Catie.

# Blue-gray Tanager (46:15)

A handsome and common tanager, seen regularly both in Catie and in Rancho Naturalista.



Scarlet-rumped Tanager (47:4)

Common both at Catie and in Rancho Naturalista.



Female.

**Black-headed Saltator** (48:1) Seen both at Catie and RN.

### **Buff-throated Saltator** (48:1)

Two birds seen at RN.

**Black-thighed Grosbeak** (48:7) One beautiful bird seen in the forest in Silent mountains.

### **Orange-billed Sparrow** (48:17)

One bird seen at the lawn in the garden at RN.



### Large-footed Finch (48:20)

Seen in the forest near Mirador de Quetzales, but also in the immediate vicinity of the lodge, very early in the mornings.

Yellow-thighed Finch (48:23) One bird seen just below Mirador de Quetzales.

**Southern Rough-winged Swallow** (22:19) Breeding at Catie. Seen daily.

Variable Seed-eater (49:3) Common at Catie. Seen daily.

**Yellow-faced Grassquit** (49:6) One female seen at Catie.

**Blue-black Grassquit** (49:7) One bird seen at Catie.

# Slaty Flowerpecker (49:9)

Along the path below Mirador de Quetzales.

### Volcano Junco (50:11)

One bird seen at the radio station, Cerro de Muerto at close quarters



### **Rufous-collared Sparrow** (50:13)

A commonly seen very handsome replacement for house sparrow.



# Eastern Meadowlark (50:16)

Seen by the road, south of Cartago on the plain, sitting on a pole.