

CARARA NATIONAL PARK & MANGROVE BOAT TOUR

Description: A full day of bird watching that starts at the Meandrica trail, a one way path with five different micro-ecosystems ranging from 25-year-old pasture fields to secondary growth forests aging more than 200 years. A visit to a swampy lagoon, which is surrounded by 125-foot-tall forest. Some of the good yet common birds are Baird's Trogon Fiery billed Aracari, Black hooded Antshrike, Scarlet Macaw, Boat billed Heron, Rufous and white Wren, a good dozen of hummingbirds among many more species including the rare Three wattled Bellbird.

After a few hours birding, a well deserve lunch at a local restaurant (not included in tour rate). Followed by mangrove boat tour, fill with birds, close up encounters with crocodiles, and an interesting trip thru the most threatened ecosystem in the world. Mangrove Birding Boat Tour is designed to get special birds such as: Mangrove Hummingbird, the only inland Costa Rica endemic, Mangrove Warbler, Vireo, and most of Herons, Egret and dozens of wader from North America but some other birds are Trogons, Becards, Flycatchers, etc.. . Also a great tour for those with physical limitations and a must for Bird Photographers.

For those with physical limitations Carara offers paved trail for wheelchairs. Numerous species are found on these trails such as: Great Tinamou, Ruddy Quail Dove, Golden Crowned Spadebill, Orange Collared, Blue Crowned, Red Capped Manakins, more Trogons and 15 species of antbirds .

A birding journey thru one of the most biodiverse national parks in Costa Rica; located in Central Pacific in the province of Puntarenas, bordering Tarcoles River, the pacific ocean and near to the popular town of Jaco. An early start we take us to the pacific coast driving on the Avocado Hills (an old non active volcano chain and historic area for gold mining) leading us to the towns of Atenas which is consider the best climate in the world, Orotina's locally know as Costa Rica's tropical fruits heart and to the Natural Jewel of Central Pacific; Carara National Park. This small park with over 5 500 ha (15 000 acres) protects the last remains of transitional forest between the dry from the north to the humid from the south. With a complex yet balance mix of ecosystems represented by giant Kapok trees, lush understory vegetation and protected mangrove forests. Carara is by far the best place to find wildlife within (2 hours away from San Jose) and with more than 60% of mammals found in the country such as 3 species of monkeys, sloths, wild pigs or peccaries, rare nocturnal cats and also crocodiles, poison dart frogs, boa constrictors, iguanas,, hundreds of butterflies other interesting insects and well over 400 species of birds whom many are endemic to Costa Rica.

- ◆ **Pick up time: San Jose: 6:30 am**
- ◆ **Arrival to Carara National Park: 8:30 am**
- ◆ **Return time to San Jose: 5:30 pm**

What to bring:

Mosquito Repellent, Long pants, Rain gear (during green season), Binoculars, Water
Lunch money (\$10 or 5000 colones)

What includes

Transportation, Pro birder, Park fees/boat tour fee

Hiking level: Easy

ONE DAY BIRDING JOURNEY

