

BRAULIO CARRILLO NATIONAL PARK & SARAPIQUI 'S VALLEY

Description: A full day birding journey in the heart of the real rainforest.

Travel to the caribbean lowlands of Sarapiquí & to the lush primary forest of Braulio Carrillo National Park. This national park is perhaps one of the best places in Costa Rica for mixed flocks, rainforest birds and wonderful rarities. A small loop trail at Quebrada Gonzales station can give us an incredible biodiversity, quality and quantity. Located at the lowlands of Sarapiquí's valley this trail offers tanagers, wood quails, anthrushes, hummingbirds, eagles, orioles, aracaries, spadebills, and even rare species such as Sharpbill, Bare necked Umbrellabird, Black crowned Antpitta, Nightingale Wren and many, many more.

After a delicious costarican meal (not included), our journey most continue to the Sarapiquí's valley; with its large terrain of mixed habitats such as plantations, riparian, secondary forest, active pasture fields, etc, all this combination of micro habitats would give us the opportunity to spot another 60 or more species such as Great Potoo, Long tailed Tyrant, Snowy Cotinga, Crested Guan, Bat Falcon, Great Green Macaw, White collared Manakin, Fasciated Antshrike, Green Ibis, Sunbittern and lots more.

Braulio Carrillo National Park its the best representative of Rainforest of Costa Rica with more than 118 000 acres and 92% of its forest being virgin; this fantastic rainforest is only 1 hour away from San Jose, fill with extinct volcanoes, dozens of small & large waterfalls its a breath taken destination. At the park numerous animals have been registered including Jaguars, Tapirs, 3 species of monkeys, ocelots, etc. Its bird diversity is tremendous its lists exceeds 350 species whom many of them are rare and in verge of disappearing.

Sarapiquí Lowlands is a phenomenal area for open field birds many are adapted to disturb habitats, pasture fields, and farms.

- ◆ **Pick up time: San Jose: 6:30 am**
- ◆ **Arrival to Braulio Carrillo National Park: 8:00 am**
- ◆ **Return time to San Jose: 5:30 pm**

What to bring:

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

What includes

Transportation, Pro birder, Park fees/boat tour fee

Hiking level: Moderate

ONE DAY BIRDING JOURNEY

