

## DAILY BIRDING OUTINGS – FOOTHILLS or MIDDLE ELEVATION EXCURSIONS

At around 500 meters elevation our Toucan Birding EcoLodge & Wildlife Reserve is really close to the limit of the upper lowland and middle elevations or “foothills”. Generally lowlands are below 2000 feet or 600 meters and “foothills” are between 2000 and 4000 feet or 600 and 1200 meters.

We are really centrally located as well, partly because we are at the Southern part of the Central Pacific Region, partly because we are at lower mid elevation from where within less than 15 minutes you can be higher at “foothills” or mid-elevation. Below you can find a general description of a Mid-elevation or Foothill Birding Outing from our base.

Early morning we can start with a pre-breakfast birding in our garden and at the nearest trails. A general description of the Garden, The Vivero Trail and the Bamboo Stairs Trail can be found here:

<https://www.toucanbirdingecolodge-costarica.com/the-lodge/trails-and-feeders>



Later we have breakfast and prepare to leave for the full day. Within less than quarter of an hour drive up on the Pacific slopes of the mountains we can be at middle elevation areas.

What we suggest is a full day circle tour with a 4x4 car on a mountain road, stopping at different elevations and discover the habitats and species what we can find between 600 and 1200 meters.

Here is a short list of species what we can find during the day, generally omitting most of the ones which we mentioned before, which also possible at lower elevations.

### A. Tinamaste and above

Great Curassow, Black and Crested Guans, White-crowned Parrot, Gartered (formerly Violaceous), Collared, Baird's and Slaty-tailed Trogons, Yellow-throated Toucans, Fiery-billed Aracaris, Chestnut-headed Oropendolas, Scarlet-rumped Cacique, Orange-collared and White-ruffed Manakins, Flycatchers, Pewees. Various raptor species



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can be seen during the day, including Swallow-tailed Kite, Bat Falcon, White Hawk, Laughing Falcon, Gray-headed Kite and King Vulture.



If we manage to find a good feeding flock then various Tanagers are possible from the striking Scarlet-rumped, through Speckled, Silver-throated, Bay-headed and White-lined Tanager.

Another different flock can consist of Buff-fronted Foliage-gleaner, Plain Antvireo, Black-hooded Antshrike, Yellow-winged Warbler, various Woodcreepers and many more.

Numerous species of Hummingbirds can be encountered during this trip as well.

## B. Los Cusingos tour

Another day-long Foothill or Mid-level Birding expedition can be a visit of Los Cusingos. This protected area covers altitudes between 800 and 3820 meters above sea level. On its 78 hectares there is a 2 kilometers long trail at the “lower levels” which can be visited if a permit prearranged.



It is located in Quizarra, Perez Zeledon where the former house of Alexander Skutch, one of the first ornithologists of Costa Rica has been transformed into a small museum. The exhibition is surrounded by a botanical garden. The protected area is a bird sanctuary and has a great diversity of species, so one can search various species here such as Turquoise Contiga, Golden-naped Woodpecker, Baird's Trogon, Black-hooded Antshrike or Orange-collared Manakin, Riverside Wren, Spot-crowned Euphonia, several tanager and antbird species like Bicolored Antbird.

Furthermore you can look for Rufous-breasted Wren, Ruddy Woodcreeper, Purple-crowned Fairy and the potential list is much longer of course depending on as usual a bit of luck, timing and weather.

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