

# Osa Verde: Journey to the Jungle

OSA PENINSULA, COSTA RICA

Nestled in primary rainforest that extends all the way to the sea, Osa Verde is a prime location to witness a variety of key avian habitats and see some of the rarest birds on the planet. Conservation birding with Osa Verde provides an opportunity for bird lovers of all abilities to have an incredible international birding experience while giving back by helping us restore and protect this eBird hotspot.



100% of proceeds from visitors go toward protecting and restoring this birding paradise.



*6 nights, 7 days*

## Day 1

Arrive in San Jose, Costa (SJO) and join an Osa Verde staff member at a designated hotel in town. Get to know trip participants and enjoy a brief overview of our conservation birding initiatives in the Osa.

## Day 2

Arrive at Puerto Jimenez on a morning flight from San Jose. Travel to the Osa Verde BioLodge - settle in, meet other staff members, your local birding guide, and get familiar with the grounds. Osa Verde has well established trails throughout the 6,000 acres of primary and secondary forest, which includes beach and coastal habitat. You can spot the see Red Legged Honeycreepers, Scarlet Macaws, and Charming Hummingbirds. After a delicious dinner at our restaurant overlooking the sunset on the Pacific Ocean, you will learn about Osa Conservation's programs from a resident scientist.

## Day 3

Early morning birding around the Osa Verde Retreat Center, followed by a wonderful breakfast. Hike and bird along the trails and enjoy the view from one of several birding platforms. Afterwards, make the trek down to the BioStation. This leisurely walk can take 3-4 hours and is completely worth it—with a bit of luck, you can spot Barred Forest falcon, Bat falcon, Longbilled Hermit, Whitenecked Jacobins, some woodcreepers, and Bluecrowned Manakins, just to mention a few! In the afternoon, explore the grounds near the BioStation and bird along the Discovery Trail. After dinner, there will be a discussion hosted with another resident scientist to learn about our research and conservation activities for protecting and restoring the avian habitat in the Osa.

## Day 4

Explore the trails surrounding Osa Verde. The trails offer magnificent walks through primary and secondary forest. Possible birds include Spectacled Owl, Bluecrowned and Red-capped Manakins, woodcreepers, and migratory birds. After lunch, take a forest hike to the sea and visit a sea turtle hatchery to learn about Osa Conservation's efforts to protect the four sea turtle species that visit the Osa. In the evening or early morning, there will be opportunity to participate in a sea turtle patrol or hatchling release along the beach, depending on the timing.

## Day 5

Up early, drive to Carate to bird at Luna Lodge and learn about their White Hawk project. Search also for the beautiful Turquoise Cotinga, an increasingly rare fruit-eating bird restricted to the endangered Isthmian Pacific moist forests of southwestern Costa Rica and adjacent Panama. While near Carate, there will be time to see the Osa's unique lagoon system. Crocodiles, limpkins, Barethroated Tiger Heron, crakes, and a variety of herons are all possibilities. Keep a watchful eye for flocks of brilliant Scarlet Macaws. After dinner at Osa Verde, join the night hike to find frogs and other nocturnal creatures.

Osa Verde is located amongst primary and secondary forest, coastal habitat and freshwater ecosystems which provide habitat for an abundance of birds, terrestrial and marine mammals, reptiles, amphibians and much more.



## Day 6

Early morning visit to the Yellow Billed Cotinga Sanctuary, the last stronghold for this highly endangered endemic bird. While in this mangrove forest habitat, spot species such as Ringed Kingfisher, Roseate Spoonbill, trogon species, and of course, the stunning Yellow Billed Cotinga! Afterwards, tour the local and sustainable Kobo chocolate farm to witness a mystical "cacao forest" and learn about organic cacao cultivation. Enjoy tasting the chocolates, followed by a late lunch. Upon returning to Osa Verde, explore the Rio Piro, a beautiful clear water stream that meanders through tall secondary forest. Keep an eye peeled for riparian specialists like North America's smallest kingfisher, the diminutive Pygmy, and the Basilisk Lizard (the only reptile that can literally run across the surface of the water, hence its nickname as the "Jesus Christ Lizard"). This is a tremendous opportunity to view myriad species such as the Blackcrowned Tityra, trogons, and the Blue Black Grosbeak. In the evening, relax with a sunset walk down along the beach.

## Day 7

Early morning departure. Leave Osa Verde by taxi in the morning for Puerto Jimenez to catch the domestic flight back to San Jose.



For more information, contact:  
[info@osaconservation.org](mailto:info@osaconservation.org)  
[www.osaverde.com](http://www.osaverde.com)  
202.765.2266