

BIRDING THE MAYAN HIGHLANDS AND LOWLANDS OF HONDURAS Day by Day Trip Description

Day 1- Arrive in San Pedro Sula (SAP) travel to Copán Ruinas

4 nights

After arriving in San Pedro Sula (airport code: SAP), we will drive to Copan Ruinas, approximately 3.5 hours. On route, we will stop at the archeological site "El Puente" which was a satellite city of the great metropolis of Copan (depending on flight arrival time in Honduras). We will see structures of religious significance as well as administrative buildings and residential dwellings of the Mayas. Or we can stop in Finca Santa Isabel coffee farm.

Day 2- Birdwatching in the San Francisco Lagoon

We will be birdwatching near the Copán River, and the San Francisco Lagoon, an area populated with many species of birds due to the variety of forest; conifer trees and broad-leaf. This location is considered the largest gathering place of the beautiful *Elegant Euphonia* in Central America. We hope to observe a minimum of 60 species of birds.



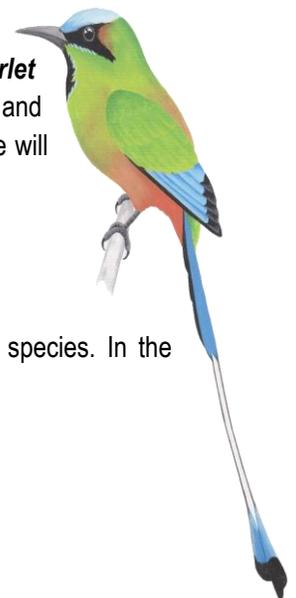
Day 3 Birdwatching and visit to archeological site. Tour of Copán Ruinas UNESCO World Heritage Site

Visit the political and religious center of Mayan Society in the Copan Valley, well known for its stelae, ball court and hieroglyphic staircase. Abundant **Scarlet Macaws** will welcome us, these birds were sacred in Mayan Mythology, and reintroduced in the Copán area 40 years ago. Before the visit to the ruins we will watch birds in the adjacent forest.



Day 4 Birding the mountains to the north of Copán and Hot Springs (Luna Jaguar Spa)

You will be birding in broad leaf forest and coffee plantations, where it's possible to find many species. In the afternoon, you can enjoy of one of the most relaxing natural spas in the country.



Day 5 “Las Sepulturas” Mayan Residential Area birdwatching then travel to Lake Yojoa.

5 nights

This morning we will have an opportunity for birding in the first Mayan residential area studied by archeologists. We will walk among palaces that were inhabited by Mayan nobility; scribes, astronomers, and congressmen. This is young forest growth, a great habitat for some bird species.



Day 6 Azul Meambar National Park (PANACAM)

After an early breakfast we will start birding in search of: *Little Tinamou, Gray-Chested Dove, Long-billed Hermit, Black Crested Coquette, Collared Trogon, Black-faced Anthrush, White-throated- Trush, Short Billed Pigeon and Keel-billed Motmot.*

Day 7 Birding around Santa Barbara National Park

This will be a long day birding with many wonderful experiences and pleasant encounters with many and rare species. We hope to find the mythical Resplendent Quetzal.

Day 8 – Birding Lake Yojoa and Los Naranjos Archeological Park

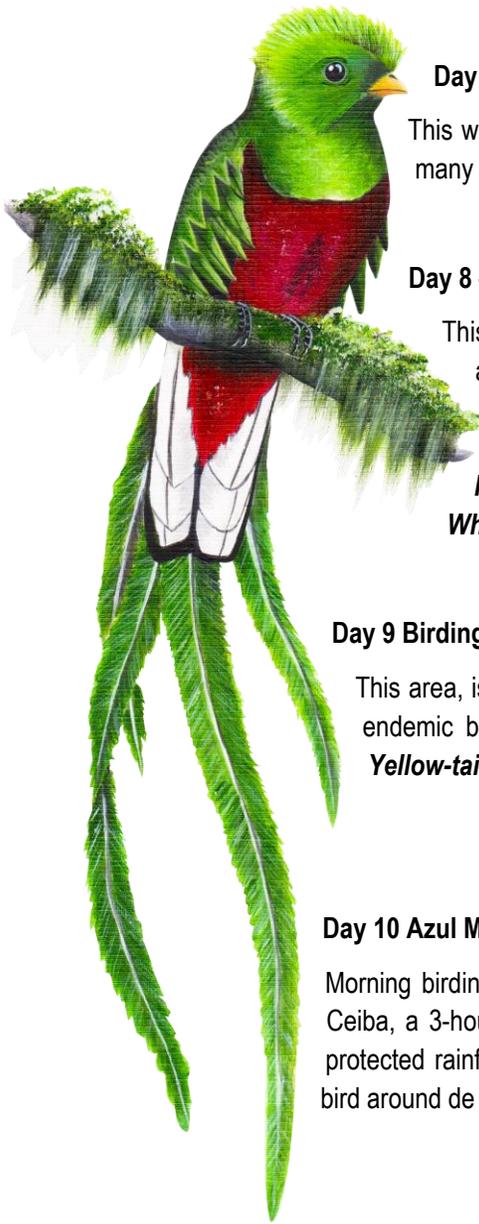
This will be a long day birding, with many wonderful experiences and encounters with rare and sought-after species like *Olivaceous Piculet, Green Sparrow, Prevost's Ground-Sparrow* and more. Near the Archeological Park possible species are *Purple Gallinule, Black-bellied Whistling Duck, Snail Kite, Limpkin, Rudy Crake, Rufous-breasted Spinetail, White-throated Flycatcher, Yellow-bellied Elaenia,* and *White-winged Becard.* A great place to find the *Spotted Rail.*

Day 9 Birding El Cajon Dam and Luna Del Puente

This area, is one of the places in Honduras, where you can see the *Honduran Emerald.* The only endemic bird in our country. The following birds may also be seen: *White-Necked Puffbird, Yellow-tailed Oriole,* and many more.

Day 10 Azul Meambar National Park (PANACAM) and Yojoa Lake. Travel to La Ceiba 3 nights

Morning birding near the lake looking for sought after species. In the afternoon, we will travel to La Ceiba, a 3-hour drive. This area has a completely different landscape made up of wildlife reserves, protected rainforest, Garifuna communities, and towns developed by the banana companies. We can bird around de hotel.



Day 11 Pico Bonito National Park.

Today we will walk the trails of Rio Santiago Lodge Nature Resort; a very special place for watching hummingbirds. More than 22 species have been seen here including **White-necked Jacobin, Crowned Woodnymph, Violet Sabrewing, Long-billed Hermit and Band-tailed Barbthroat**. The beautiful **Lovely Cotinga** can also be spotted in this location.



Day 12 Cuero y Salado Wildlife Refuge and bird watching near Santiago River.

This is a day filled with adventure as we arrive in the community of La Union we will be transported in a small train, and take us to Cuero y Salado, where we will travel by boat through canals looking for beautiful tropical birds like **Agami Heron, American Pygmy Kingfisher or Black-crowned Antshrike**.

Day 13 La Ceiba to Lancetilla Botanical Garden (Tela)

2 nights

The United Fruit Company founded this Botanical Garden in 1927. It was designed as an experimental station with a variety of plants from different continents; it is a paradise for birdwatchers.

Day 14 Birding, Swimming and Garifuna Community visit.

On this day you can visit Punta Sal National Park, fantastic place where you can see beautiful birds, howler monkeys and enjoy beautiful beaches with white sand and turquoise waters. In the afternoon visit a Garifuna community.

Day 15 Transfer to San Pedro Sula Airport.

Any activities dependent on flight departure times.

For tour rates or other questions please e-mail us: info@choosehonduras.com

The tour includes:

14 nights of accommodations in double occupancy rooms, all meals, professional guide, all ground transportation transfers, and entrance fees to Archeological Parks and Nature Areas.

Package price does not include: tips, alcoholic beverages, airport departure tax, insurance and other incidentals.

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