

7-day: Honduras, Lake Yojoa & Pico Bonito

Birding the Lake Yojoa region, Pico Bonito National Park and the Caribbean lowlands of Honduras

TRIP OVERVIEW

This 7-day birding trip is a nature lover's dream; as we spend every night of the trip in lodges located inside national parks. Birding opportunities will be at your doorstep, literally! We spend the first three nights in Panacam Lodge birding around Lake Yojoa, a region with more than 315 documented species, in areas including the cloud forest of Santa Barbara National Park, Azul Meambar National Park, Los Naranjos Eco-archaeological park, and around El Cajon Dam in search of the endemic Honduran Emerald. For the remaining three nights we move to the Caribbean coast, staying at The Lodge & Spa at Pico Bonito, a hotspot with more than 350 documented species, while birding Cuero & Salado Wildlife Refuge, Pico Bonito National Park and the surrounding areas.

DAY-BY-DAY TRIP DESCRIPTION

Day 1: Arrive in San Pedro Sula and travel to the Lake Yojoa region: After arriving in San Pedro Sula (airport code: SAP) and meeting our team, we will drive to Panacam Lodge in the Lake Yojoa region, approximately two-hour drive. Depending on flight arrival times, we can do some birding on the road into the national park. Check-in at the lodge, rest and then gather for an initial trip briefing. The outdoor terrace of the lodge's restaurant is a magnet for hummingbirds, have your cameras ready and look out for: **White-bellied Emerald, Long-billed Hermit, Berylline Hummingbird, and Violet Sabrewing.** Dinner at the lodge's restaurant.

Day 2: Azul Meambar National Park, Lake Yojoa & Los Naranjos Eco-archaeological Park: In the morning we will start birding the trails around the lodge in search of: **Little Tinamou, Gray-Chested Dove, Long-billed Hermit, Black Crested Coquette, Collared Trogon, Black-faced Antthrush, White-throated Trush, Short Billed Pigeon and Keel-billed Motmot.**

We then head down to Lake Yojoa for lunch & birding in Los Naranjos, possible species: **Purple Gallinule, Black-bellied Whistling Duck, Snail Kite, Limpkin, Rudy Crake, Rufous-breasted Spinetail, White-throated Flycatcher, Yellow-bellied Elaenia, and White-winged Becard.** This is a great place to find the **Spotted Rail** as well. Back at Panacam Lodge, time to update checklists and dinner.



Day 3: Birding Santa Barbara National Park, cloud forest: After an early breakfast we head west of the lake for approximately 1.5 hours to El Cedral in the buffer zone of Santa Barbara National Park, an area with almost 200 recorded species. There we will meet Leonel, a local guide and conservation champion, and head into the cloud forest in search of the **Resplendent Quetzal**, the "feathered serpent of the Mayans". Other notable species possible here include: **Wine-throated Hummingbird, Elegant Euphonia, Northern Emerald-Toucanet, Bushy-crested Jay, Green-throated Mountain Gem.** There are stretches of somewhat strenuous uphill hiking needed to reach the area.

This itinerary is in collaboration with:

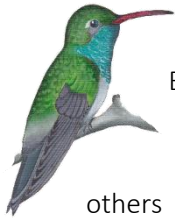


To book this trip or for any questions please e-mail us:
info@choosehonduras.com

TRIP ITINERARY

For lunch we will enjoy a traditional meal in Leonel's home and coffee from his farm. After lunch, enjoy more birding opportunities in an orchid collection nestled in the mountain side, then head back to Panacam Lodge. Time to update checklists and dinner at the lodge's restaurant.

Day 4: Birding El Rancho, then travel to El Pino, Atlantida:



After breakfast, we check-out from Panacam Lodge and start heading to the north coast, stopping on the way in El Rancho near El Cajon Dam. This area is one of the places where you can see the endemic **Honduran Emerald**, and others such as **White-necked Puffbird** and **Yellow-tailed Oriole**. After lunch in El Rancho, we drive four hours, arrive and check-in at The Lodge at Pico Bonito. Dinner at the lodge's restaurant.

Day 5: Birding Pico Bonito National Park and surrounding areas: Today we will walk the trails of Pico Bonito, with great viewpoints from the observation towers in search of the beautiful **Lovely Cotinga**. This area is a hotspot with more than 350 recorded species including: **Keel-billed Motmot**, **Crested Guan**, **Tawny-faced Quail**, **Tody Motmot**, **Collared Aracari**, **Keel-billed Toucan**, **Great Potoo**, **Montezuma Oropendola**.

Time to rest by the pool, update checklists and dinner at the lodge's restaurant.

Day 6: Birding Cuero y Salado Wildlife Refuge: After an early breakfast, this is a day filled with adventure as we arrive in the community of La Union and take an old United Fruit Company railcar into the wildlife refuge. Once there, we will navigate the calm waters of the Salado River in search of **Agami Heron**, **Rufous-breasted Spinetail**, **Northern Jacana**, **American Pygmy Kingfisher**, **Roseate Spoonbill**, and **Black-crowned Antshrike**. As an added bonus this location is a naturalist's dream with the possibility of sighting West Indian Manatee, American Crocodile, White-headed Capuchin & Mantled Howler Monkeys. Back at the lodge, final checklist update, and enjoy our farewell dinner.

Day 7: Transfer to San Pedro Sula Airport: After breakfast, check-out from the Lodge at Pico Bonito, and head to San Pedro Sula airport for departure flights. Any possible activities on this day are dependent on flight departure times.

Choose Honduras is member of:



Pricing: US\$ 2989/person (for 2), US\$ 2229/person (for 4), US\$ 1979/person (for 6 – 8)
Prices subject to change without notice

The trip price includes:

- 6-nights of accommodations in double occupancy rooms
- all meals (start with dinner D1 end with breakfast D7) & food server gratuities
- Honduran professional guide
- All ground transportation
- Entrance fees to birding sites and natural protected area

The trip itinerary does NOT include:

- Airfare and airport departure tax
- Tours, and activities not specified
- Equipment rentals
- Gratuities for guides
- Alcoholic beverages
- Travel/medical insurance

To book this trip or for any questions please e-mail us:
info@choosehonduras.com