

Honduras

The Hidden Gem for Birdwatchers
in Central America

Presented by Choose Honduras – Sustainable Travel Experiences



*the endemic
Honduran Emerald*

**Choose
Honduras
.com**

3 reasons to choose Honduras for your next trip?

1 *Diverse!*

If one word can be used to describe Honduras, it is diverse. A small country in size, Honduras has seven distinct ethnic groups, UNESCO World Heritage Mayan sites, almost 800 bird species, the second largest coral reef system in the world, tropical beaches, lush rain forests, mystic cloud forests, postcard perfect islands, charming, laid-back small towns, excellent coffee, and chocolate.

An abundance of ecosystems means that beaches are only the beginning. Nature enthusiasts and adventurers are spoiled for choice. Explore secluded inlets and islands in the Caribbean Sea, or navigate through mangrove lined channels. Learn traditional hand line fishing, hike through the jungle, up mountains and along riverbanks or snorkel the coral reefs, and visit a cacao farm and indulge in artisanal chocolate tasting.



2

Honduras is a birder's paradise!

With almost 800 bird species identified so far in a relatively small country, Honduras is a birder's paradise. Honduras is the most mountainous country in Central America and connects the northern and southern hemispheres, making it an ideal destination for neotropical migratory species as well as tropical residents. Honduras is a little-known, off-the-beaten path natural paradise, where you still enjoy birding in vast natural spaces without the crowds.



Keel-billed Motmot

3

Coffee & Birds – A Perfect Blend in Honduras



For coffee lovers, Honduras offers an exceptional opportunity to visit coffee farms, learn about different coffee varieties and processing methods, and enjoy on-site tastings with the farmers themselves. Some of the world's finest coffee is grown on the lush mountains of Honduras, and there's a deep sense of pride among the families who cultivate and hand-pick the ripe coffee cherries.

But beyond the aroma of freshly roasted beans, these same landscapes are alive with the songs of tropical birds. Coffee-growing regions such as Copán, Santa Bárbara, Lempira, and La Paz are not only famous for their rich Arabica coffee but also serve as sanctuaries for a wide variety of bird species.

Here, you can start your morning with a cup of locally roasted coffee while spotting motmots, orioles, or even toucans among the shade trees. A visit to a Honduran coffee farm is truly an experience for all your senses, where the flavors of coffee meet the colors and sounds of nature.

Practical Travel Information

Getting to Honduras: Airports & Airlines

Honduras is easily accessible from major U.S. cities, with three (3) international airports offering convenient entry points. The San Pedro Sula (SAP) Airport is the most recommended gateway, providing central access to the country's top destinations such as Pico Bonito, Lake Yojoa and Copán. The Palmerola (XPL) Airport, near Tegucigalpa, the capital city, serves the central and southern regions, while the Roatán (RTB) Airport connects directly with the Caribbean islands.

Here is the list most relevant list of airlines for the US residents. It is important to verify dates, departure cities, and flight frequencies, as these may vary seasonally.

Airport	International airlines operating direct flights (scheduled service)*
San Pedro Sula – Ramón Villeda Morales (SAP)	American Airlines (MIA), Delta Air Lines (ATL), United Airlines (IAH / EWR), JetBlue (JFK), Frontier (ATL; seasonal MIA/ORD), Spirit Airlines (MSY / MCO / IAH), Avianca (JFK/SAL), Copa Airlines (PTY), Aeroméxico (MEX), Air Europa (MAD), Volaris (MIA/SAL), Tropic Air (BZE), TAG Airlines (GUA).
Palmerola – Comayagua (XPL)	American Airlines (MIA), United Airlines (IAH), Spirit Airlines (IAH/ FLL), Avianca (SAL), Copa Airlines (PTY), Iberojet (MAD, seasonal).
Roatán – Juan Manuel Gálvez (RTB)	American Airlines (MIA year-round; DFW seasonal), United Airlines (IAH year-round/high season daily; DEN seasonal), Delta Air Lines (ATL seasonal), Sun Country (MSP seasonal), Westjet (YYZ seasonal), Sunwing (YUL seasonal), Tropic Air (BZE).

*** Note:** Flight routes, schedules, and frequencies may vary by season, adjustments are common throughout the year. Verify departure cities and travel dates directly with the airline before booking.

Entry Requirements

Standard requirements

- **Passport:** A valid U.S. passport with at least six months of validity is required. Make sure there is enough blank space for entry and exit stamps.
- **Visa:** A visa is not required for stays of up to 90 days for tourism.
- **Onward/Return Travel:** You must be able to show proof of onward or return travel.
- **Customs Declaration:** You will need to complete the online customs declaration form and present the resulting QR code upon arrival.
- **Currency restrictions for entry/exit:** Travelers must declare any amount over \$10,000

Special requirements

- **Vaccinations:** If you are traveling from South America or transiting through South America, you must show proof of a Yellow Fever vaccination.
- **Minors:** Children under 21 traveling alone or with only one parent need a notarized, written permission from the absent parent(s). This letter should be apostilled by the U.S. state registrar where the notary is registered.

Honduras Customs Declaration Form

Form must now be completed electronically.

- Use the following link: <https://url-shortener.me/8LF7> or  the QR code to access the form. Sometimes internet at the airport is slow or not work properly. Please ensure you complete it beforehand.
- One form per family.
- Mandatory for both entering and leaving Honduras. Must be completed within 5 days of entry or departure.
- Use the dropdown menu to select English.
- If you have filled out the form in advance, have a screenshot of the QR code ready for the customs agent to scan.



Clothing Recommendations

- Come prepared. Since this is a tropical country, bring your favorite insect repellent.
- Bring breathable clothing, long-sleeved, lightweight shirts.
- Use sturdy / hiking boots.
- Pack rain jacket / windbreaker.
- Cap / hat
- Sunscreen

Other Recommendations

- Select flights to arrive before or at noon.
- Purchase travel insurance in your country that covers all eventualities during your stay.
- We encourage and respect the principles of sustainable tourism. Therefore, we avoid purchasing plastic bottles. Bring your own water bottle to refill, which will be available throughout the trips.
- In most destinations dollars are accepted. Most of our trips includes all services, but you can use dollars for tips or other purchases, just make sure that they are not torn, stained, or damaged. However, you can use ATMs to obtain local currency.

Rufous-browed Wren
by: Isis Castro



Weather Conditions

Honduras enjoys a tropical climate that varies by altitude and region, offering travelers year-round opportunities for birding, nature, and cultural exploration. The country's diverse geography — from Caribbean coasts to misty mountains and dry valleys — creates distinct microclimates across its regions.

Region / Area	Average Temp. (°C / °F)	Dry Season	Rainy Season	General Climate Description
NORTH COAST (Omoa, Puerto Cortés, San Pedro Sula, Tela, La Ceiba)	27–32 °C / 81–90 °F	Feb – Jul	Sep – Jan	Hot and humid; lush tropical lowlands with coastal showers.
CENTRAL REGION (Lake Yojoa, Siguatepeque, Comayagua)	20–28 °C / 68–82 °F	Nov – Apr	May – Oct	Pleasant and mild; cooler evenings and vibrant forests.
BAY ISLANDS (Roatán, Utila, Guanaja)	26–30 °C / 79–86 °F	Feb – Sep	Oct – Jan	Warm and breezy; tropical island climate with short rains.
CENTRAL/ WESTERN Lowlands (La Paz, Tegucigalpa, Comayagua)	24–30 °C / 75–86 °F	Nov – Apr	May – Oct	Moderate temperatures, lower humidity than the coast.
WESTERN Highlands (Marcala, La Esperanza)	15–25 °C / 59–77 °F	Nov – Apr	May – Oct	Cool and refreshing mountain climate; misty mornings.
WESTERN REGION (Copán Ruinas, Santa Rosa de Copán, Santa Bárbara, Gracias)	18–28 °C / 64–82 °F	Nov – May	Jun – Oct	Warm days, cool nights; ideal for birding and culture.
SOUTHERN REGION (Valle, Choluteca)	30–36 °C / 86–97 °F	Dec – Apr	May – Nov	Hot and dry; semi-arid valleys with occasional rains.
EASTERN REGION (Olancho & La Mosquitia)	26–31 °C / 79–88 °F	Jan – Apr	May – Dec	Humid and tropical; dense forests and wetlands.

What an amazing tour! I was incredibly safe the entire time, learned a lot, and she spoke wonderful English!



Crystal D.

I had the pleasure of working with Isis of Choose Honduras in organizing a birding trip down to Honduras. She handled not only all the logistics beautifully but also served as our primary guide. Everything went smoothly and her birding skills are first rate. We ended up with 338 species of birds over 10 days!



Cin-ty Lee coauthor of the new Princeton Field Guide series to Flycatchers of North America.

[Read more Choose Honduras google reviews](#)

The Hidden Gem for Birdwatchers in Central America. *Presented by Choose Honduras – Sustainable Travel Experiences*

Birding Destinations

Diverse Habitats, Endless Birdlife



Wine-throated Hummingbird
by: Enrique Mejía



Honduran Emerald
the endemic

HONDURAS

MAP LEGEND

International Airports

- San Pedro Sula (SAP)
- Palmerola (XPL)
- Roatán (RTB)
- Luna del Puente

Local / National Airports

- La Ceiba (RTB)
- Tegucigalpa (TGU)
- Key birding destinations

National Protected Areas

- | | |
|------------------------------------|-----------------------------------|
| 1 Azul Meambar National Park | 11 Lancetilla Botanical Garden |
| 2 Cangrejal River | 12 Pico Bonito National Park |
| 3 Celaque National Park | 13 Rio Platano Biosphere Reserve |
| 4 Cuero & Salado Wildlife Refuge | 14 Santa Barbara National Park |
| 5 Cusuco National Park | 15 Cuyamel-Omoa National Park |
| 6 El Jilguero Reserve | 16 Guanacaure Multiple Use Area |
| 7 Honduran Emerald Wildlife Refuge | 17 Las Iguanas y Punta Condega |
| 8 Jeannette Kawas National Park | 18 El Jicarito Habitat Management |
| 9 La Muralla National Park | 19 Nombre de Dios National Park |
| 10 La Tigra National Park | 20 Maya Site of Copan |

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Honduran Emerald



Cin-ty Lee

Lovely Cotinga



Jafeth Zablah

Ocellated Quail



Edwin Miranda

Resplendent Quetzal



Romel Romero

Rufous-breasted Spinetail



Romel Romero

Green-throated Mountain-gem



Hugo Orellana

Bushy-crested Jay



Romel Romero

Blue-throated Motmot



Keibin Peraza

Buffy-crowned Wood-Partridge



Romel Romero

Sharp-shinned Hawk



Romel Romero

White-faced Ground-Sparrow



Romel Romero

Green-backed Sparrow



Cin-ty Lee

Singing Quail



Hugo Orellana

Blue-and-white Mockingbird



Hugo Orellana

Salvadoran Flycatcher



Cin-ty Lee

TELA

On Honduras' Caribbean coast, Tela is a vibrant blend of tropical nature and Garifuna culture. Surrounded by lush rainforests, lagoons, and white-sand beaches, it offers premier birding in Lancetilla Botanical Garden, Finca Macondo (Bird Sanctuary), Los Olingos at Jeannette Kawas National Park, among others.

- Rufous-breasted Spinetail
- Scaly-breasted Hummingbird
- White-collared Manakin
- Olivaceous Piculet
- Northern Bentbill
- Northern Schiffornis
- White-bellied Emerald
- Montezuma Oropendola
- Keel-billed Toucan
- Scarlet-rumped Tanager
- Thick-billed Seed-Finch
- Northern Plain-Xenops
- Green-breasted Mango
- Black-headed Trogon
- Crimson-collared Tanager



CUERO Y SALADO

This coastal wildlife refuge near La Ceiba is a mosaic of mangroves, lagoons, and tropical forest. Guided boat tour of the Salado River. It is a great opportunity for wildlife viewing. As an added bonus this location is a naturalist's dream with the possibility of sighting the subspecies of West Indian manatee: the Antillean manatee, American Crocodile, White-headed Capuchin & Mantled Howler Monkeys.

- Agami Heron
- Northern Potoo
- Mangrove Cuckoo
- Yucatan Nightjar
- Northern Beardless-Tyrannulet
- Bare-throated Tiger-Heron
- Russet-naped Wood-Rail
- Northern Jacana
- Golden-fronted Woodpecker
- Melodious Blackbird
- Spot-breasted Oriole
- American Pygmy-Kingfisher



PICO BONITO

Rising dramatically behind La Ceiba, Pico Bonito National Park is a spectacular mountain sanctuary that combines rainforest and cloud forest habitats. It's home to iconic species such as Lovely Cotinga and some others.

- Lovely Cotinga
- Olive-backed Euphonia
- Yellow-throated Euphonia
- Spot-breasted Wren
- Black-cowled Oriole
- Black-throated Shrike-tanager
- Black-headed Saltator
- Slaty-breasted Tinamou
- Shining Honeycreeper
- Brown Jay
- Black-faced Grosbeak
- Red-throated Ant-Tanager
- Slaty-tailed Trogon
- Northern Black-throated Trogon
- Chestnut-colored Woodpecker
- Tawny-winged Woodcreeper



YOJOA LAKE

The largest natural lake in Honduras, Yojoa is a biodiversity hotspot with over 400 recorded bird species. It is a must-stop for birders. Here we highly recommend visiting Azul Meambar National Park and Luna del Puente Bird Sanctuary.

- Green-backed Sparrow
- Keel-billed Motmot
- Rose-throated Becard
- Black-crested Coquette
- Yellow-winged Tanager
- Yellow-bellied Tyrannulet
- Crimson-collared Tanager
- Cinnamon-bellied Saltator
- Tody Motmot
- Keel-billed Toucan
- Scarlet-rumped Tanager
- Thick-billed Seed-Finch
- Northern Plain-Xenops
- Green-breasted Mango
- Black-headed Trogon
- Crimson-collared Tanager



MARCALA

Located in the cool highlands of La Paz, Marcala is known for the great coffee landscapes and indigenous Lenca culture. Here we visit El Jilguero Reserve a water producer for the whole area, it is also surrounding pine-oak forests and shade-grown coffee plantations.

- Fulvous Owl
- Green-throated Mountain-gem
- Highland Guan
- Ruddy-capped Nightingale-Thrush
- Spot-crowned Woodcreeper
- Slate-colored Solitaire
- Mountain Trogon
- Blue-throated Motmot
- Black-capped Swallow
- Amethyst-throated Mountain-gem
- Guatemalan Flicker
- Sparkling-tailed Hummingbird
- Crescent-chested Warbler
- Cinnamon-bellied Flowerpiercer
- Spotted Woodcreeper
- Yellow-throated Nightingale-Thrush



COMAYAGUA - LA PAZ VALLEY

The Comayagua–La Paz valley lies in the heart of Honduras, surrounded by gentle mountain ranges and characterized by a warm, semi-arid climate that gives rise to distinctive dry forest ecosystems. This broad intermontane valley forms a fascinating contrast to the country's humid rainforests, offering a mosaic of thorny scrublands, dry tropical forest, and riparian corridors that host a unique bird community adapted to these conditions.

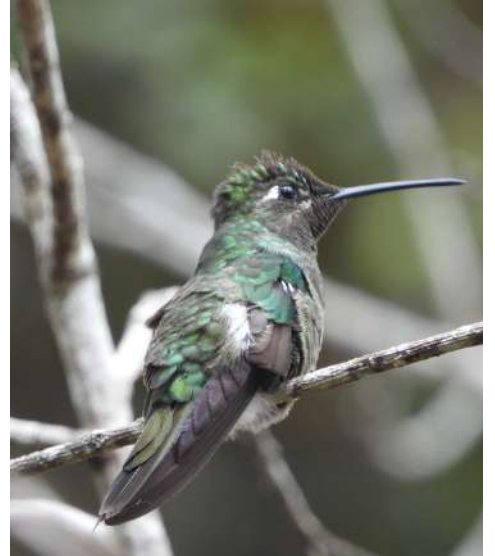
- Spot-bellied Bobwhite
- Lesser Ground-Cuckoo
- Nutting's Flycatcher
- Yellow-olive Flycatcher
- Cinnamon Hummingbird
- White-lored Gnatcatcher
- Salvadoran Flycatcher
- Green Parakeet
- Turquoise-browed Motmot
- Banded Wren



LA ESPERANZA

Perched in the highest region of Honduras, La Esperanza is a serene highland town known for its cool climate, Lenca heritage, and stunning natural surroundings. The landscape is a tapestry of pine-oak forests, misty hills, and fertile valleys where traditional agriculture and nature coexist in harmony.

- Blue-throated Motmot
- Azure-crowned Hummingbird
- White-eared Hummingbird
- Bushy-crested Jay
- Steller's Jay (Central American)
- Mountain Trogon
- Brown-backed Solitaire
- Crescent-chested Warbler
- Golden-cheeked Warbler
- Rufous-collared Robin
- Rivoli's hummingbird



SIGUATEPEQUE

On Honduras' Caribbean coast, Tela is a vibrant blend of tropical nature and Garifuna culture. Surrounded by lush rainforests, lagoons, and white-sand beaches, it offers premier birding in Lancetilla Botanical Garden, Finca Macondo (Bird Sanctuary), Los Olingos at Jeannette Kawas National Park, among others.

- White-naped Brushfinch
- Sparkling-tailed Hummingbird
- Black-vented Oriole
- Cabanis's Wren
- White-faced Ground-Sparrow
- Rusty Sparrow
- White-throated Flycatcher
- Flame-colored Tanager
- Golden-crowned Warbler
- Orange-billed Nightingale-Thrush



LA TIGRA

Just outside Tegucigalpa, La Tigra National Park is Honduras' first protected area and a cloud forest paradise. Well-maintained trails wind through misty habitats teeming with highland species such as Resplendent Quetzals, Mountain Trogons, and Slate-colored Solitaires, offering an easy yet immersive birding experience.

- Singing Quail
- Green-breasted Mountain-gem
- Spotted Woodcreeper
- Rufous-browed Wren
- Resplendent Quetzal
- Wine-throated Hummingbird
- Middle American Leaf-tosser
- Blue-and-white Mockingbird
- Cinnamon-bellied Flowerpiercer
- Slate-colored Solitaire



OLANCHO

Known as the “Wild East” of Honduras, Olancho is a land of vast pine forests, powerful rivers, and majestic mountain ranges that remain among the most untouched in the country. This immense region offers exceptional birding opportunities, particularly within La Muralla National Park, one of Honduras’ best-preserved cloud forests and Sierra de Agalta national Park.

- Stub-tailed Spadebill
- Nightingale Wren
- White-faced Quail-Dove
- Wedge-tailed Sabrewing
- Blue-tailed Hummingbird
- Black-headed Nightingale-Thrush
- White-eared Ground-Sparrow
- Scarlet-rumped Cacique
- Emerald-chinned Hummingbird
- White-winged Tanager
- White-throated Thrush
- Gray-collared Becard
- Green Shrike-Vireo



An aerial photograph of a tropical landscape. The top half of the image shows a dense canopy of palm trees. In the center, a small, light-colored building with a dark roof is visible, surrounded by more palm trees. Below the building, there is a dirt road or path. The bottom half of the image shows a lush green forest with various types of trees and palm trees. The text "Who is Choose Honduras?" is overlaid in the center of the image.

**Who is
Choose Honduras?**

Choose Honduras

Your Tailor-Made Birding & Nature Experience in Honduras

At Choose Honduras, we specialise in designing customised travel experiences for birdwatchers, nature lovers, culture explorers and adventure seekers. Our mission is to connect you with the wild, rich and authentic Honduras — from mist-shrouded cloud forests to remote rural villages, from vibrant culture to spectacular birdlife.

Sustainable Birding

We believe that every journey should create positive impact — for travelers, for local communities, and for nature itself. Our philosophy is rooted in sustainable tourism, ensuring that every birding and nature experience contributes to conservation and community well-being.

We practice responsible birding by respecting every site we visit — natural or cultural — and by promoting harmony between visitors and local environments. Wherever possible, we include local guides, community hosts, and small family businesses, helping generate fair income and pride within rural communities.

Tailored Packages for Every Birder
Whether you are a serious “life-list” birder, a passionate photographer-enthusiast or a nature-loving traveler seeking gentle birding and authentic culture, Choose Honduras has you covered.

Through sustainable birding, we aim to protect what we love most: the landscapes, the wildlife, and the cultural heritage that make Honduras so extraordinary.

Our itineraries are designed with a low ecological footprint, emphasizing small groups, slow travel, and authentic experiences that nurture a real connection with Honduras’ people and ecosystems.

When you travel with Choose Honduras, you are not just a visitor — you become part of a movement that values nature, supports communities, and ensures that the songs of the forest will continue for generations to come.

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where birding meets
sustainability.

Let's Plan Your Birding Adventure

Ready to explore the unexplored?
Your adventure awaits — explore the hidden
birding gem of Central America.

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