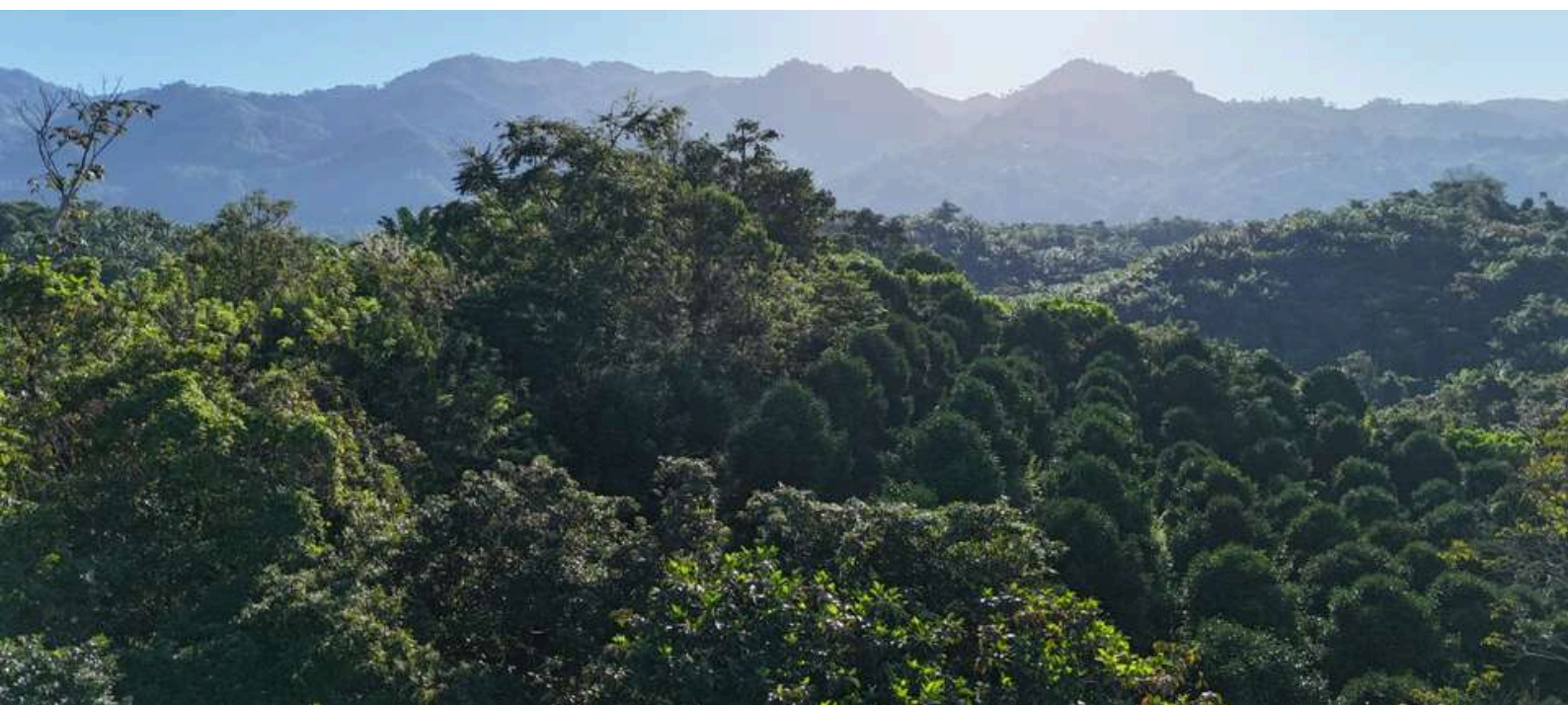
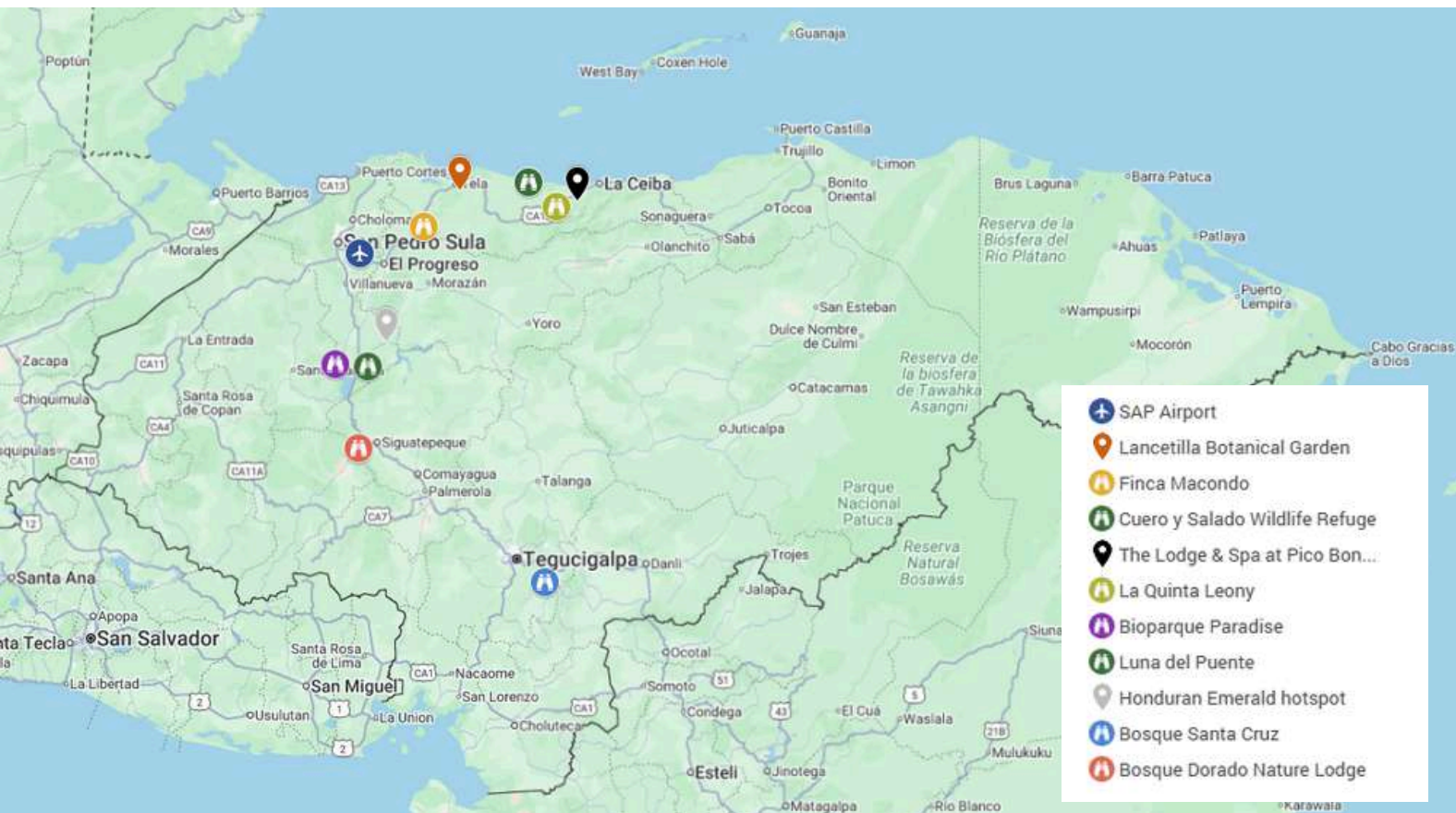


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AVES HONDURAS BIRD SANCTUARY



TRIP OVERVIEW



KNOW YOUR TOUR LEADER



Isis Castro is a Honduran birdwatching guide recognized for her extensive experience, enthusiasm, and attention to detail on every tour. Her knowledge of local birdlife allows her to lead observers in discovering both iconic species and hard-to-find birds, across habitats ranging from cloud forests to mangroves and tropical rainforests.

Travelers consistently highlight her contagious energy, flawless organization, and commitment to sustainable tourism that integrates local guides and supports communities. With Isis, every tour becomes a safe, enriching, and authentic experience that blends nature, culture, and the joy of adding new species to your life list.

ITINERARY

8 days - Aves Honduras Bird Sanctuary



Nestled in the heart of Mesoamerica, Honduras offers an extraordinary mosaic of ecosystems that make it a great destination for birdwatching. From coastal mangroves and tropical rainforests to cloud forests and pine-oak highlands, the country harbors nearly 800 bird species, including residents, regional endemics and migratory marvels. Its compact geography allows birders to experience dramatic ecological transitions within a single itinerary. While its growing network of Aves Honduras Sanctuaries fosters conservation, research, education, and avitourism. During the 8 days, we will visit 6 established sanctuaries and 3 potential sanctuaries.

Over the course of eight days, we will explore six officially established Aves Honduras sanctuaries and three promising potential sites. Each visit offers the chance to walk their trails, observe local biodiversity, and engage directly with the property owners—learning firsthand about their conservation efforts, visions, and the unique stories behind each sanctuary. So, let's prepare your binoculars and cameras.

DAY 0:

Our tour leader will be waiting for you at the airport with a sign from Aves Honduras.

DAY 1:

By the morning we will bird at Finca Macondo, a sanctuary that exemplifies its owners' deep commitment to sustainability. Through regenerative agricultural practices, including the cultivation of cacao, rambutan, and mangosteen, and the responsible transformation of African palm plantations, they promote a lifestyle rooted in harmony with nature and long-term ecological stewardship.

Bird Highlights:

- Black-cowled Oriole
- Golden-hooded Tanager
- Tropical Royal Flycatcher
- Sepia-capped Flycatcher
- Yellow-olive Flatbill
- Cinnamon-bellied Saltator
- Ivory-billed Woodcreeper
- Northern Bentbill
- Red-billed Pigeon
- Golden-fronted Woodpecker
- Melodious Blackbird
- Spot-breasted Oriole
- Northern Beardless-Tyrannulet



White-collared Manakin
by: Isis Castro



After lunch, we will visit the Lancetilla Botanical Garden, considered as the largest tropical botanical garden in the Americas, due to the number of trees with commercial importance. It is hotspot #3 in the country.

DAY 2:

This day, we will head to the Cuero y Salado Wildlife Refuge to enjoy its natural beauty and navigate through mangrove channels, while we bird by boat as we immerse ourselves in this unique coastal ecosystem.

In the afternoon, we'll visit the Quinta Leony. Located in the buffer zone of Pico Bonito National Park, this sanctuary offers biodiversity very similar to that of the national park.

DAY 3:

We'll explore the trails before and after breakfast at the Lodge at Pico Bonito. This site is the country's #1 hotspot. This potential bird sanctuary is surrounded by lush rainforest and serves as a gateway to one of Honduras' richest biodiversity hotspots.

Lovely Cotinga
by: Héctor Moncada



Bird Highlights:

- Rufous-breasted Spinetail
- White-bellied Emerald
- Keel-billed Toucan
- White-collared Manakin
- Montezuma Oropendola
- Scarlet-rumped Tanager
- Black-headed Trogon
- Scaly-breasted Hummingbird

Bird Highlights:

- Agami Heron
- American Pygmy Kingfisher
- Mangrove Cuckoo
- Russet-naped Wood-Rail
- Northern Jacana
- White-necked Puffbird
- Northern Plain-Xenops
- Clay-colored Thrush
- Spot-breasted Wren
- Long-billed Hermit
- Turquoise-browed Motmot
- Red-capped Manakin

Bird Highlights:

- Lovely Cotinga
- Olive-backed Euphonia
- Yellow-throated Euphonia
- Black-headed Saltator
- Shining Honeycreeper
- Brown Jay
- Red-throated Ant-Tanager
- Slaty-tailed Trogon
- Northern Black-throated Trogon
- Chestnut-colored Woodpecker
- Tawny-winged Woodcreeper

DAY 4:

After breakfast, we will head to the central region of the country, to Lake Yojoa. A boat tour by the lake, await us. In the afternoon, we will visit Bioparque Paradise, a sanctuary but as a private nature reserve, located between two protected areas, Azul Meámbar NP and Montaña de Santa Bárbara NP. This sanctuary is a biological connection site, serving as a refuge for mammals, amphibians, reptiles, and birds.

DAY 5:

We continue exploring the Lake Yojoa region. Today we will visit two spectacular sites.

Luna del Puente, the country's leading bird sanctuary, is also a charming farm that produces cocoa, coffee, cardamom, and achiote. This will also be the day you will meet our only endemic bird, the Honduran emerald.

DAY 6:

In the morning, we'll travel east to explore the remarkable dry tropical forest ecosystem at the Bosque Santa Cruz Sanctuary. As of today, it remains the only Aves Honduras sanctuary located within a dry forest—offering the opportunity to observe species related to this ecosystem.

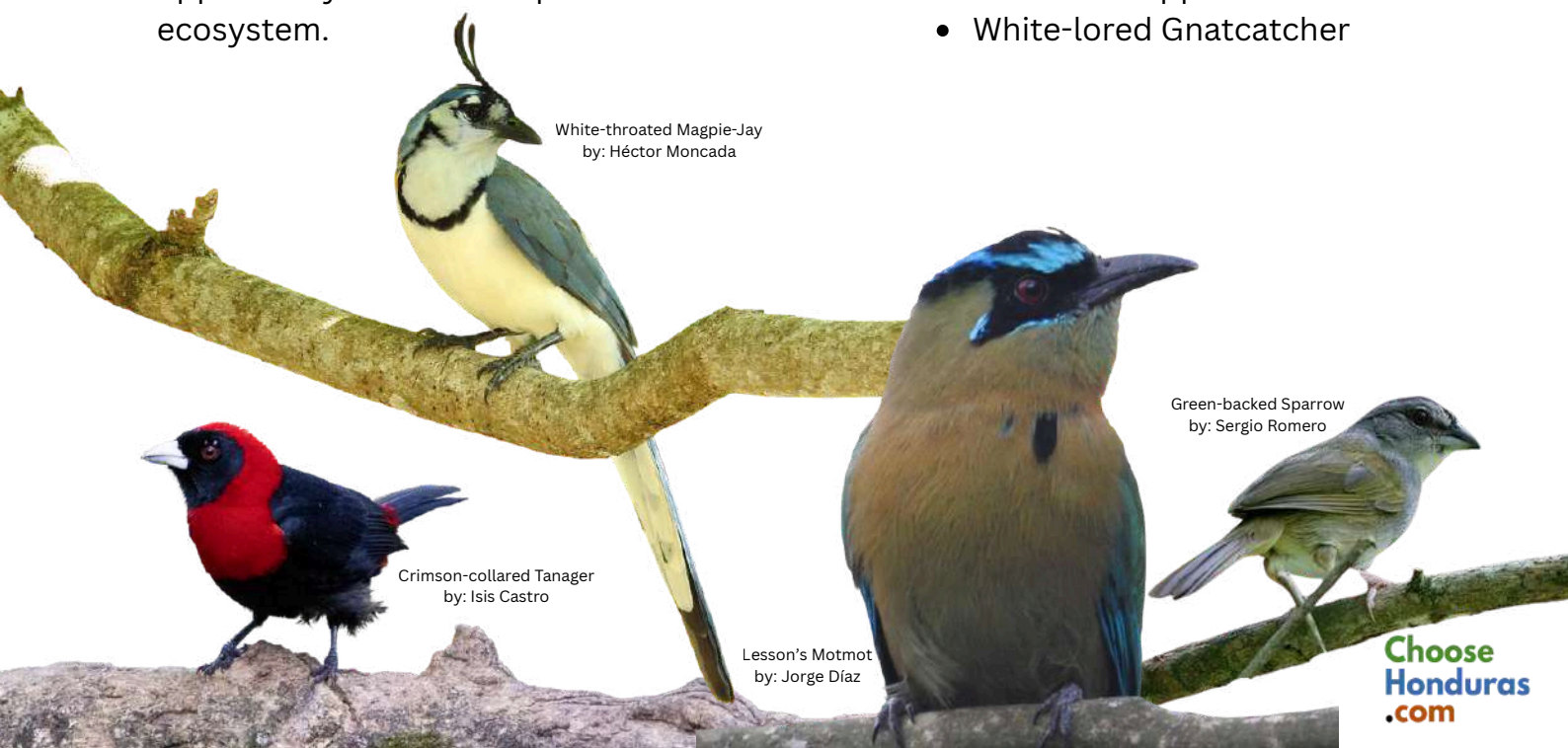
Bird Highlights:

- **Honduran Emerald**
- Green-backed Sparrow
- Rose-throated Becard
- Black-crested Coquette
- Yellow-winged Tanager
- Crimson-collared Tanager
- Cinnamon-bellied Saltator
- Bare-throated Tiger-Heron
- White-faced Ground-Sparrow
- Tody Motmot
- Cabanis's Wren
- Scrub Euphonia
- Plain Chachalaca
- Lesson's Motmot
- Gray-headed Dove
- Violet Sabrewing
- Cinnamon Hummingbird
- Yellow-bellied Tyrannulet
- White-bellied Emerald
- Olive-throated Parakeet



Bird Highlights:

- Lesser Ground-Cuckoo
- White-throated Magpie-Jay
- Nutting's Flycatcher
- Banded Wren
- Stripe-headed Sparrow
- Chestnut-capped Warbler
- White-lored Gnatcatcher



White-throated Magpie-Jay
by: Héctor Moncada

Crimson-collared Tanager
by: Isis Castro

Lesson's Motmot
by: Jorge Díaz

Green-backed Sparrow
by: Sergio Romero

DAY 7:

Time to meet, our last sanctuary of the trip. During the morning, right before breakfast, we will go to Bosque Dorado Nature Lodge.

This sanctuary is located at an altitude of 1,400 meters above sea level on the edge of the Montecillos Biological Reserve, surrounded by coffee plantations. It has approximately 200 bird species recorded.

DAY 8:

Farewell day. After breakfast, we will head to the airport.

Bird Highlights:

- Rusty Sparrow
- Flame-colored Tanager
- Northern Emerald-Toucanet
- Buffy-crowned Wood-Partridge
- White-naped Brushfinch
- Chestnut-headed Oropendola
- Orange-billed Nightingale-Thrush
- Azure-crowned Hummingbird
- Black-vented Oriole

Flame-colored Tanager
by: Romel Romero



Includes / Excludes

Trip price includes:

- 8 nights in double occupancy.
 - El Progreso (1), Tela (1), Pico Bonito (2), Yojoa Lake (2), Zamorano (1), and Siguatepeque (1)
- All meals (start w/ breakfast D1, end w/ breakfast D9).
- Ground transportation on a private bus
- Tour leader and travel logistics expert.
- Local birding guides (when are available).
- Entrance fees to mention birding sites, nature-protected areas, and/or private nature reserves.
- All activities specified in the itinerary.
- Bank transfers fee

Trip price does not includes:

- Airfare
- Tours and activities not specified or optional
- Equipment rentals not specified
- Gratuities to tour leader, local guides or any other services
- Alcoholic beverages or desserts
- Travel Insurance
- Any other incidentals
- Travel insurance

PRICE PER PERSON

Price depends on the size of your party.

Send us an email at isis@choosehonduras.com
or text by whatsapp +504 99685432



Olive-throated Parakeet
by: Isis Castro

Weather Conditions

Throughout our journey across Honduras' key birding destinations, we'll encounter a rich diversity of microclimates that enhance the country's avian biodiversity.

- In **Tela**, located on the Caribbean coast, expect warm and humid conditions year-round, with temperatures ranging from 68°F to 86°F (20°C to 30°C).
- In **El Pino**, near Pico Bonito National Park, the climate is slightly cooler due to elevation and forest cover, with temperatures typically between 64°F and 86°F (18°C to 30°C).
- At **Lake Yojoa**, especially in Los Naranjos, mornings are fresh and afternoons warm, with a range of 62°F to 90°F (17°C to 32°C).
- In the **Yegua Valley**, home to Zamorano, the subtropical climate offers pleasant conditions, with temperatures from 63°F to 88°F (17°C to 31°C).
- Finally, in **El Rincón, Siguatepeque**, nestled in pine-oak highlands, expect cooler mornings and mild afternoons, with a range of 59°F to 82°F (15°C to 28°C).

This climatic variety not only supports a wide range of bird species—from coastal migrants to highland endemics—but also ensures a comfortable and stimulating experience for birdwatchers.

Recommendations

- Airport suggested: San Pedro Sula / SAP.
- Select flights to arrive before or at noon.
- Purchase travel insurance in your country that covers all eventualities during your stay.
- Come prepared. Consider packing hiking boots and a jacket in case of rain or a shower.
- Since this is a tropical country, bring your favorite insect repellent and wear long-sleeved, lightweight, and cool shirts.
- 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 trip.
- To enter Honduras, the most important vaccination requirement is currently yellow fever for travelers who have visited countries with a risk of transmission, such as African and South American countries, within the last 12 months. Recently, a measles vaccination requirement was added for travelers arriving from countries with active outbreaks. However, we recommend checking with your airline. They have the most up-to-date information.
- If you bring cash in dollars, for tips or other purchases, make sure that they are not torn, stained, or damaged.

Accommodations

Depending on the weather conditions, we've selected the ideal hotel for each destination (near or within hotspots, comfortable rooms, private bathrooms with AC).



El Progreso / 1 night



Tela / 1 night

Costa Bella

Costa Bella



Pico Bonito / 2 nights



Yojoa Lake / 2 nights

The Lodge at Pico Bonito

Panacam Lodge



Zamorano / 1 night



Siguatepeque / 1 night

Centro Kellogg Zamorano

Vuestra Casa