

7-day: Honduras, the Copan Valley & Pico Bonito

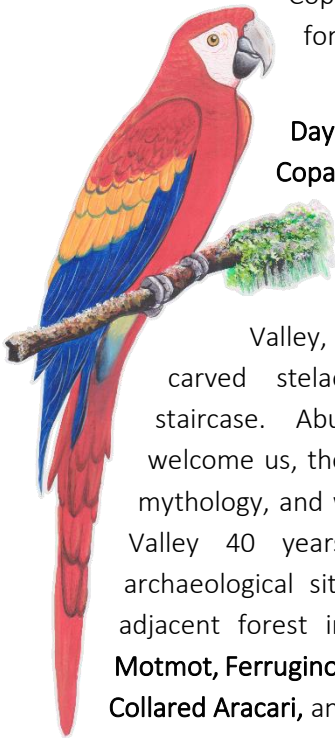
Birding the Copan Valley, Pico Bonito National Park and the Caribbean lowlands of Honduras

TRIP OVERVIEW

This 7-day birding trip highlights the cultural & natural diversity of Honduras. Birding in the ancient residential areas of Mayan royalty and exploring the tunnels under the great Mayan temples. We spend the first three nights in the quaint town of Copan Ruinas, near the ancient Mayan sites, a place filled with culture and also a birding hotspot with more than 250 recorded species. For the remaining three nights we move to the Caribbean coast, staying at The Lodge at Pico Bonito, a hotspot with more than 350 documented species, 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 Copán Ruinas: After arriving in San Pedro Sula (airport code: SAP) and meeting our team, we will drive west to Copan Ruinas, approximately 3.5 hours. Birding opportunities on-route depending on flight arrival times. Check-in at our hotel in the charming town of Copan Ruinas, rest and then gather for an initial trip briefing.



Day 2: Birdwatching and tour of Copan archaeological site, a UNESCO World Heritage Site: Visit the political and religious center of Mayan society in the Copan

Valley, well-known for its intricately-carved stelae, ball-court & hieroglyphic staircase. Abundant **Scarlet Macaws** will welcome us, these birds were sacred in Mayan mythology, and were reintroduced in the Copán Valley 40 years ago. Before entering the archaeological site, we will watch birds in the adjacent forest in search of **Turquoise-browed Motmot, Ferruginous Pigmy-Owl, Lesson's Motmot, Collared Aracari, and Long-billed Hermit.**

Lunch in town & afternoon birding around Copan. In the evening time to update lists and dinner at a local restaurant.

Day 3: Birdwatching in the San Francisco Lagoon and Hacienda San Lucas: 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 including **Bushy-crested Jay, Green-throated Mountain Gem, Cinnamon Hummingbird, Tropical Kingbird, and Gartered Trogon.**

Day 4: Birding *Las Sepulturas* Mayan Residential Area then travel to La Ceiba: After breakfast, check-out from our hotel, and opportunity for birding in "*Las Sepulturas*", the first Mayan residential area studied by archeologists. We will walk among palaces that were inhabited by Mayan nobility, scribes, and astronomers.

This itinerary in collaboration with:





This is young forest growth, a great habitat for some bird species such as **Orange-billed Nightingale-Trush, Rufous-napped Wren, Altamira Oriole** among others. Afterward we have a long drive, approximately six hours to the Caribbean coast with lunch in a restaurant on route. In the

late afternoon/early evening, arrive and check-in at The Lodge at Pico Bonito. Time to stretch your legs. Dinner in 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 we do our final checklist update, and enjoy our farewell dinner.

Day 7: Transfer to San Pedro Sula Airport: After breakfast, we 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.

Pricing: US\$ 3169/person (for 2) US\$ 2369/person (for 4) US\$ 2229/person (for 6 - 8)
Prices subject to change without notice

The trip price includes:

- 6-nights of accommodations in double occupancy rooms
- all meals (starting with dinner on D1, ending with breakfast on D7) and food server gratuities
- Honduran bilingual trip leader
- All ground transportation
- Entrance fees to birding sites & natural protected areas

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
- Any other incidentals.

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

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