

HONDURAS

10-day: birding from the highlands to the lowlands



TRIP OVERVIEW

This 10- tour is to explore different ecosystems in Honduras, visiting bird sanctuaries, ecolodges, mangroves, tropical forest, lake, pine-oak area, dry forest, cloud forest, and coffee plantations. Get your camera and binoculars ready.

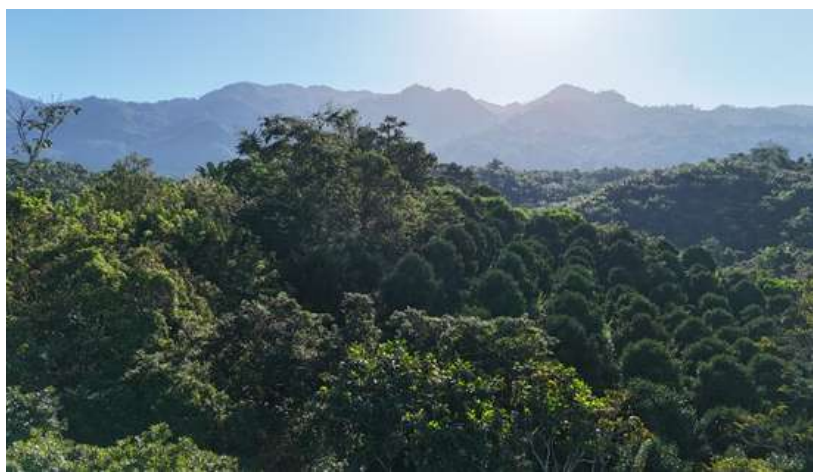
Day 0. Meet you at the airport. Transfer to airport.

Day 1-3. North Coast. The first three days we will visit Finca Macondo, a bird sanctuary, the tropical forest of Pico Bonito National Park, mangrove of Cuero y Salado Wildlife Reserve and Lancetilla Botanical Garden. Some birds in this region are: Lovely Cotinga, Agami Heron, Rufous-breasted Spinetail, White-winged Becard, White-necked Puffbird, Tawny-winged Woodcreeper, White-collared Manakin, Northern Potoo, American Pygmy Kingfisher and more.

Day 4-6. Central area. From the north coast we will move to the center of the country. We will explore the Yojoa Lake, explore the hotspot of our only endemic bird, the Honduran Emerald. Also bird at pine-oak forest, the Azul Meambar National Park (PANACAM), a cloud forest. Some birds of this region: Green-backed Sparrow, Fork-tailed Flycatcher, Keel-billed Motmot, Mayan Antthrush, Berylline Hummingbird, Turquoise-browed Motmot, and others. Time to move to Comayagua valley and dry forest to look for new species Salvadoran Flycatcher, but also look for Nutting's Flycatcher, Lesser Ground-Cuckoo and the Spot-bellied Bobwhite.

Day 7-9. Central-Western. Then, we move to the highlands, to El Jilguero Reserve, here we will have the opportunity to search more interesting birds as Fulvous Owl, Blue-throated Motmot, Northern Emerald Toucanet, Guatemalan Flicker, Ruddy Foliage-Gleaner, Yellowish Flycatcher, Blue-and-white Mockingbird, Slate-colored Solitaire, Rufous-collared Robin, Mountain Elaenia, Chestnut-capped Brush-finch, Bushy-crested Jay, Green-throated Mountain-gem, and others. Then head down to a coffee farm and bird sanctuary to finish this amazing trip looking for White-throated Flycatcher, White-faced Ground Sparrow, White-naped Brush-finch, Rusty Sparrow, Black-vented Oriole, and more species.

Day 10. Transfer to the Airport.



NORTH COAST

4 nights

Day 0:

- Meet and greet at Airport
- Transfer to hotel at El Progreso (30min)

Day 1:

- Breakfast, birding and lunch at Finca Macondo, a bird sanctuary with almost 200 sp.
- Transfer to Pico Bonito (1.5-2hrs)
- Birding at Pico Bonito lodge garden.

Bird Highlights:

- White-winged Becard
- Rufous-tailed Jacamar
- Royal Flycatcher
- White-collared Manakin
- Orange-billed Sparrow
- Yellow-bellied Tyrannulet
- Sepia-capped Flycatcher
- Black-throated Shrike Tanager
- Shinning Honeycrepper

Lodging: Casa Blanca (1), Lodge at Pico Bonito (1)

Meals: Breakfast, lunch and dinner



Miguel Tábora

NORTH COAST

4 nights

Day 2:

- Birding at Pico Bonito. Tower and garden, trails. (#1 hotspot of the country)

Day 3:

- Transfer to Rio Cuero (1hr)
- Boat tour at Cuero y Salado Wildlife Refuge. (#7 hotspot of the country)
- Transfer to Tela (1.5 -2hrs)
- Birding at Lancetilla Botanical Garden, #3 hotspot country with 357 recorded species.

Bird Highlights:

- Lovely Cotinga
- Red-capped Manakin
- White-necked Puffbird
- American Pygmy Kingfisher
- Agami Heron
- Rufous-breasted Spinetail
- Slate-colored Seed eater
- Northern Bentbill
- Tawny-winged Woodcreeper
- Crimson-collared tanager
- Northern Schiffornis
- Tawny-crowned Greenlet

Lodging: Pico Bonito Lodge (1)

Meals: Dinner, Breakfast and Lunch



CENTRAL AREA

3 nights

Day 4:

- Transfer to Yojoa Lake (3.5hrs)
- Bird at pine-oak openfield
- Night exploration for nightjar

Day 5:

- Early birding at Luna del Puente tower and garden.
- After breakfast, visit the Honduran Emerald hotspot.
- Birding at Lake Yojoa shoreside

Day 6:

- Early transfer and birding to Azul Meambar NP
- Transfer to Comayagua (2hrs)
- Comayagua dry area

Bird Highlights:

- Green-backed Sparrow
- Fork-tailed Flycatcher
- Spot-tailed Nightjar
- Honduran Emerald
- Berylline Hummingbird
- Keel-billed Motmot
- Mayan Antthrush
- Short-billed Pigeon
- Violet Sabrewing
- Salvadoran Flycatcher
- Nutting's Flycatcher

Lodging: Luna del Puente (2), Posada de mi Viejo (1)

Meals: Dinner, Breakfast and Lunch



CENTRAL-WESTERN

3 nights

Day 7:

- After breakfast, more time to spend at Comayagua dry area.
- El Chirical Archaeological site
- Transfer to Marcala
- Bird at La Casona trails, coffee plantation

Day 8:

- All morning visit at El Jilguero Reserve
- Transfer to La Esperanza (45min-1hr)
- El Consejero private nature reserve and sanctuary

Lodging: Diesbu (1), Cotan Ecolodge (1)

Meals: Dinner, Breakfast and Lunch

Bird Highlights:

- Lesser Ground-Cuckoo
- Spot-bellied Bobwhite
- Yellow-backed Oriole
- Fulvous Owl
- Northern Emerald Toucanet
- Guatemalan Flicker
- Ruddy Foliage-Gleaner
- Yellowish Flycatcher
- Blue-and-white Mockingbird
- Slate-colored Solitaire
- Rufous-collared Robin
- Chestnut-capped Brushfinch
- Mountain Elaenia
- Bushy-crested Jay
- Green-throated Mountain-gem



CENTRAL-WESTERN

3 nights

Day 9:

- Bird at Cotan Ecolodge trails and garden
- Transfer to Siguatepeque (1.5hr)
- Explore Bosque Dorado trails

Day 10:

- Early birding Bosque Dorado, before breakfast
- Transfer to SAP Airport (1.5-2hrs)

Lodging: Diesbu (1), Cotan Ecolodge (1)

Meals: Dinner, Breakfast and Lunch

Bird Highlights:

- Blue-throated Motmot
- Mexican Whip-poor-will
- Sparkling tailed hummingbird
- Slender Sheartail
- Brown-backed Solitaire
- White-throated Flycatcher
- White-faced Ground Sparrow
- White-naped Brush-finch
- Rusty Sparrow
- Black-vented Oriole
- Stellar's Jay



DETAILS

THE TRIP PRICE INCLUDES:

- 10 nights. Double room accommodation
 - El Progreso (1), Pico Bonito (2), Tela (1), Yojoa Lake (2), Comayagua (1), Marcala (1), La Esperanza (1) and Siguatepeque (1)
- All meals (start w/ breakfast D1 end w/ breakfast D10)
- Honduran expert bilingual birding guide
- Local birding guides when they are available
- All ground transportation in private bus
- Entrance fees to birding sites, nature-protected areas and private nature reserves.
- All activities specified in the itinerary
- Taxes and transfer fee

THE TRIP ITINERARY DOES NOT INCLUDE:

- Airfare
- Tours and activities not specified or optional
- Equipment rentals not specified
- Gratuities to guides or any restaurant services
- Alcoholic beverages
- Desserts
- 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

POSSIBLE LODGING

We choose the most suitable hotel for the group, but this may change depending on availability and logistical details. However, we guarantee quality and comfort.

El Progreso / 1 night



Pico Bonito / 2 nights



Tela / 1 night



Yojoa Lake / 2 nights



Comayagua / 1 night



Marcala / 1 night



La Esperanza / 1 night



Siguatepeque / 1 night





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WEATHER CONDITIONS

March offers favorable conditions for birding in all the regions we will visit. This month is mostly dry weather and clear skies. The north coast is very humid and hot, while the central region is hot and dry, while the western mountains are a bit cooler, with cold mornings.

NORTH COAST

Tela | La Ceiba

Tropical humid, Caribbean,
with occasional showers even
in dry season

21-23 °C

27-30 °C

CENTRAL

Yojoa Lake |
Comayagua

Interior/valley tropical,
dry and warm days with mild
nights

16-19 °C

28-31 °C

CENTRAL-WEST

La Paz | Marcala |
La Esperanza |
Siguatepeque

Highland temperate, cool, with
occasional morning fog

16-19 °C

28-31 °C

Clothing Recommendations

- Cap / hat
- Sunscreen
- Breathable clothing, long-sleeved, lightweight shirts.
- Rain jacket for possible showers
- Light jacket / windbreaker
- Sturdy / hiking boots
- As a tropical country, bring your favorite insect repellent.

RECOMMENDATIONS

- Airport suggested: San Pedro Sula / SAP.
- Select flights to arrive in the afternoon or late the day before (march 5, 2026)
- Purchase travel insurance in your country that covers all eventualities during your stay.
- We love sustainable birding. 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.
- However, we recommend checking with your airline. They have the most up-to-date information.
- If you bring cash for tips or other purchases, make sure that bills are not torn, stained, or damaged. However, you can use ATMs to obtain local currency.