



Natural Selections

BIRDING, WILDLIFE, AND PHOTO TOURS



Collared Aracari

Honduras' Bird-rich, Tropical North Coast

8 Nights/9 Days | Multiple Departure Dates

This tour focuses on the avifauna of Honduras' north coast and adjacent habitats at an easy pace, and using only 2 lodges. It also includes the country's single endemic species located 1 hour away from Panacam Lodge. The areas covered report a combined 550 of Honduras 760+ bird species, and include the rain forests near Panacam Lodge, the vast, humid shores of Lake Yojoa, the misty cloud forests of Santa Barbara National Park, lush Lancetilla Botanical Gardens (with over 300 species of birds recorded), Pico Bonito National Park, and white-sand Caribbean beaches during this 8 nights/9 days of discovering the bird watching wonders of Honduras.

Dates

We offer this tour to individuals and groups throughout the year, with November to June being the best period for weather and bird activity.

Tour Overview

Day 1: Arrive San Pedro Sula Airport (SAP), transfer to Panacam Lodge
Day 2: Panacam Lodge, Lake Yojoa
Day 3: El Cajon Reservoir, Honduran Emerald
Day 4: Santa Barbara National Park
Day 5: Transfer to Indura Lodge
Day 6: Lancetilla Botanical Gardens
Day 7: Laguna de Los Micos
Day 8: Rio Santiago Hummingbirds
Day 9: Departure San Pedro Sula Airport (SAP)

8 Night/9 Day Itinerary

Day 1, Transfer to Panacam Lodge and Cerro Azul Meambar National Park:

Pick up at San Pedro Sula airport and transfer to Panacam Lodge. Depending on our arrival time, we may do some late-afternoon birding in the gardens of Panacam Lodge. We have our first chance to see the regional endemic Keel-billed Motmot, and we can try for Little Tinamou, Collared and Gartered Trogons, and Mayan Antrush. Violet Sabrewing and White-bellied Emerald hummingbirds are the most common at the feeders here.

Meals: Dinner

Lodging at Panacam Lodge

Day 2, Birding Panacam Road and Lake Yojoa:

We'll begin the day near the lodge for the handsome Prevost's Ground-Sparrow and muted Green-backed Sparrow, the first of many northern Central America endemics possible on this itinerary. The

edges of this broadleaf rain forest lead to Embalse de Yure, a nearby wetland and one of the best spots to try for Sungrebe and other water-loving species. We'll make a stop at Santa Elena, where Black-headed Siskins and Grace's Warblers are present in these tropical pine forest habitats. We'll have a good chance for Spot-bellied Bobwhite along the way as well as many other grassland species. After a full morning on Panacam Road we'll go for lunch and then make a visit to Finca Luna del Puente and the shore of Lake Yojoa.

Finca Luna del Puente is a secondary growth forest and lake-shore area with cacao, coffee and citrus plantations, and its numbers of birds are simply amazing. Highlights include Green Jay, Northern Potoo, Tody Motmot, Slate-headed Tody Flycatcher, Great Horned Owl and many more. After 3:00 pm we'll head back to the lodge and relax by birding the active hummingbird feeders at Panacam.

*Meals: Breakfast, Lunch, Dinner
Lodging at Panacam Lodge*

Day 3, Birding El Cajon Reservoir:

We'll begin this full day of birding Honduras' unique dry forest habitat with an early breakfast at Panacam Lodge, and departure by 5:30 AM. The target of our search, the beautiful but critically endangered Honduran Emerald survives only in remaining pockets of tropical dry forest, as well as transitional pine forest in Honduras. A recent discovery of a population of these birds will have us birding areas of transitional forest for the Emerald, as well as other targets such as White necked Puffbird, Berylline Hummingbird, Spot-bellied Bobwhite, Elegant Trogon, Lesser-ground Cuckoo and Lesser Roadrunner among others.

*Meals: Breakfast, Lunch, Dinner
Lodging at Panacam Lodge.*

Day 4, Birding Santa Barbara National Park:

We'll make an early departure to Santa Barbara National Park, for a great taste of the beautiful cloud forest bird species living in, and around the park. Resplendent Quetzal, Flame-colored Tanager, Barred Forest-Falcon, Wine-throated Hummingbird, Bushy-crested Jay, Slate-colored Solitaire, Chestnut-capped Brush Finch, Blue and White Mockingbird and many others will be our targets.

Afterwards, we descend again to the shores of Lake Yojoa, for birding along the boardwalk at Los Naranjos Archaeological Site. This fantastic lake-shore birding route winds through secondary forest and edge habitat where we can catch up with some delightful

White-necked Puffbird





Keel-billed Toucan

Mesoamerican species such as Rufous-breasted Spinetail, Gray-crowned Yellowthroat, Northern Jacana, Bare-throated Tiger-Heron, and Ruddy Crake. White-throated Flycatcher, an Empidonax flycatcher with poorly understood migratory movements, also occurs on the marshy banks of the lake.

In the evening, we will try to locate Mottled Owls which often call outside the Panacam Lodge restaurant.

*Meals: Breakfast, Lunch, Dinner
Lodging at Panacam Lodge.*

Day 5, Transfer from Panacam to Indura Lodge:

Today we explore the trail system and new observation tower accessible from Panacam Lodge, keeping a sharp eye and ear out for roving feeding flocks that may contain Cocoa and Northern Barred-Woodcreeper, Buff-throated Foliage-gleaner, and Golden-crowned Warbler as well as an assortment of migrant warblers. Afterwards, we pack up and drive 2 hours to Indura Lodge, located

outside the beach town of Tela. This afternoon everyone has time to enjoy the beach or swimming pools at this wonderful resort.

*Meals: Breakfast, Lunch, Dinner
Lodging at Indura*

Day 6, Birding Lancetilla Botanical Gardens:

Our first day at Indura will begin at 6:00 AM, with an early breakfast and a short drive to Lancetilla, just 10 minutes away. For the next several hours our guide will lead us throughout the gardens, spotting numerous bird species that are common in the early hours. Birding on the edge of the broad, flat entrance road will offer a great diversity of species.

Throughout the morning we will bird areas of tropical, secondary and gallery forest and plantation areas along the Lancetilla River. On this route, diversity is the rule and sightings include: Masked and Black-crowned Tityra, Blue crowned and Turquoise-browed Motmot, Tody Motmot, Keel-billed Toucan, Collared Aracari, Ferruginous

Pygmy Owl, Black-cowled Oriole, Black-headed, Gartered, Collared and Slaty-tailed Trogon, Royal Flycatcher, Green, Shining and Red-Legged Honeycreeper, several species of Hummingbird including Crowned Woodnymph, Blue-throated Goldentail, Violet Sabrewing, Purple-crowned Fairy, Stripe-tailed Hummingbird, Brown Violet-ear, Green Violet-ear and White-necked Jacobin.

We'll have lunch in one of the restaurants located on the edges of the beach around Tela, In the afternoon we'll return to the arboretum in Lancetilla, where we learn about the 100 year history of the gardens while birding these beautiful, lowland tropical surroundings. Usual encounters here are Black-headed Trogon, Band backed Wrens, Northern barred Woodcreeper, and Sepia capped Flycatcher among others.

*Meals: Breakfast, Lunch, Dinner
Lodging at Indura*

Day 7, Birding Laguna de Los Micos:

After breakfast we'll depart for Jeanette Kawas National Park and a day of birding by boat of Laguna de Los Micos. Laguna de Los Micos Wildlife Refuge holds many canals, mangroves and small islands which serve as a refuge for abundant flora and fauna, including over 200 species of tropical birds. This area is one of the main attractions of Jeannette Kawas National Park, and its home to one of the most typical Garifuna villages in Honduras, (called Miami) where fishermen still ply the sea in dugout canoes and fish with cast nets. Some of our targets include the American Pygmy Kingfisher, Agami Heron, Sungrebe, Bare throated tiger Heron, Gray-headed Kite and many more.

After all morning among the mangroves we return to Indura for lunch, and have the late afternoon for birding around the gardens and forests of Indura.

*Meals: Breakfast, Lunch, Dinner
Lodging at Indura*

Day 8, Birding Rio Santiago:

Rio Santiago Nature Resort is a 150 acre private preserve located 80 kilometers east of Indura. Its secluded, rain forest location and impressive numbers of hummingbird feeders has earned it the name of "Hummingbird Capital of Honduras". Throughout most of the year, Santiago's trails and main garden areas abound with bewildering numbers of some of Honduras' most well-known hummingbird species.

Rufous-tailed Hummingbird, Cinnamon Hummingbird, Brown Violet-ear, Band-tailed Barbthroat, Violet Sabrewing, Crowned Woodnymph, Stripe-throated Hermit, Long-billed Hermit, Stripe-tailed Hummingbird, White-bellied



Lovely Cotinga

Emerald, and Scaly-breasted Hummingbird are among the 20+ species that frequent Santiago's feeders. The trail system of Rio Santiago leads us into forests inhabited by Mesoamerican endemics such as Lovely Cotinga, Black throated Shrike Tanager, Tody motmot, White Hawk, King Vulture, Cocoa Woodcreeper and many more.

*Meals: Breakfast, Lunch, Dinner
Lodging at Indura*

Day 9, Birding the grounds of Indura, and transfer to San Pedro Sula Airport:

Meals: Breakfast

Included in this Itinerary

In-country accommodations, ground transportation, tours, meals, soft drinks, guide and entrance fees.

Not Included

Personal items such as alcoholic beverages, gift shop, laundry, etc. are not included.

Travel Insurance

We highly recommend purchasing travel insurance. In the event that you need to cancel your trip due to medical or other reasons, this insurance will protect you.



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