



# Natural Selections

**BIRDING, WILDLIFE, AND PHOTO TOURS**



Eurasian Hoopoe

Two different countries, two different regions, two different cultures, all in the same trip. One thing in common though: great birds! And even better than that: different birds! These two regions complement each other perfectly. The Lisbon Estuaries are superb for wetland bird species and the Extremadura, only just over the border from Portugal, is known worldwide for the huge variety of land birds, particularly steppe and rock loving birds.

This birding program enables you to visit several species rich areas without needing to travel long distances. In practical terms, you will find within half an hour's drive from Lisbon city center and its International Airport the Tagus Estuary and the Sado Estuary Natural Reserves. These two remarkable protected wetland areas have extensive bird lists that include Greater Flamingo, White Stork, Eurasian Spoonbill, Glossy Ibis, Little Bittern, Squacco and Purple Herons, Booted Eagle, Black-winged Kite, Western Swamphe, Little Bustard, Collared Pratincole, Little Owl, Pallid Swift, Eurasian Hoopoe, Common Kingfisher, European Bee-eater, Bluethroat, Sardinian, Dartford, Savi's and Melodious Warblers, Iberian Chiffchaff, Iberian Grey and Woodchat Shrikes, Iberian Magpie, Spotless Starling,...

## 10 Day Birdwatching

## Portugal & Spain

### Lisbon Estuaries (Portugal) & Extremadura (Spain)

11 Days/10 Nights

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... Rock Sparrow, European Serin and an excellent selection of ducks, waders, gulls and terns. A short drive to Cape Carvoeiro should provide an excellent opportunity for participants to see a wide range of sea bird species as well.

After a comfortable drive, we cross the border into the Spanish region of Extremadura in order to visit complementary biotopes and consequently new bird species. Here, we visit both the Monfragüe National Park and the plains of Cáceres, Magasca and Trujillo, among other interesting spots. These two protected areas boast a fantastic bird list that includes Great Bustard, Common Crane, Black Stork, Iberian Imperial, Golden and Bonelli's Eagles, Cinereous, Griffon and Egyptian Vultures, Red Kite, Montagu's Harrier, Lesser Kestrel, Eurasian Stone-curlew, Black-bellied and Pin-tailed Sandgrouses, European Turtle Dove, Great Spotted Cuckoo, Eurasian Eagle-Owl, Eurasian Scops Owl, Red-necked Nightjar, Alpine and White-rumped Swifts, European Roller, Iberian Green Woodpecker, Calandra Lark, Eurasian Crag Martin, Red-rumped Swallow, Tawny Pipit, Rufous Bush Robin, Black-eared and Black Wheatears, Blue Rock Thrush, Western Orphean, Spectacled and Subalpine Warblers, Crested and Penduline Tits, Red-billed Cough, Golden Oriole, Spanish Sparrow, Hawfinch and Cirl and Rock Buntings.

All this birding activity is combined with visits to some of the most interesting historical and cultural



Little Owl

sites, namely Trujillo and Mérida, two historical towns in Extremadura, Spain, which are also fascinating from the urban birding perspective. We'll have numerous opportunities to sample Portugal and Spain's many culinary delights and great wines.

#### **Tour Overview**

- Day 1:** Arrive Lisbon Airport (LIS), tour begins
- Day 2:** Tagus Reserve
- Day 3:** Cape Carvoeiro
- Day 4:** Cork Oak
- Day 5:** Extremadura
- Day 6:** Monfragüe National Park
- Day 7:** Monfragüe to Arrocampo
- Day 8:** Cáceres, Magasca and Trujillo
- Day 9:** Alcollarin and Llanos de Campo
- Day 10:** Return to Lisbon

#### **11 Day/10 Night Itinerary:**

##### **Day 1, Birding Lisbon to Alcochete:**

We transfer from Lisbon Airport (or from your Lisbon hotel). Travel to Alcochete. Visit several areas and a variety of habitats within the Tagus Estuary Natural Reserve, including the inter-tidal mudflats and salt marshes of Hortas, the salt pans of Atalaya, Ribeira das Enguias and Samouco. Possible bird species on this day include Greater Flamingo, White Stork, Little Bittern, Purple Heron, Booted Eagle, Black-winged Kite, Western Marsh Harrier and Common Kestrel.

*Lodging at Hotel Praia do Sal Resort, in Alcochete (or equivalent)*  
*Meals: Lunch, Dinner*

##### **Day 2 Birding Tagus Reserve:**

We'll visit other interesting sites and habitats in the Tagus Estuary Natural Reserve, including the open

fields, rice fields, reed beds, lagoons, inter-tidal mudflats and salt marshes of the Ponta da Erva area. During the breeding season, we visit a heronry on the River Tagus.

Possible bird species on this day include Red-crested Pochard, Western Swamphen, Collared Pratincole, Little Owl, Common and Pallid Swifts, Eurasian Hoopoe, Common Kingfisher, European Bee-eater, Greater Short-toed Lark, Bluethroat, Sardinian, Dartford, Savi's and Melodious Warblers and an excellent selection of ducks, waders, gulls and terns.

*Lodging at Hotel Praia do Sal Resort (or equivalent)*

*Meals: Breakfast, Lunch, Dinner*

### **Day 3, Birding Cape Carvoeiro:**

We'll bird the cliffs and shore at Cape Carvoeiro, to the north of Lisbon, and afterwards the Óbidos Lagoon and the Tornada Marshes. Possible bird species on this day include Parasitic and Pomarine Jaegers, Greater Skua, Balearic and Cory's Shearwater, European Storm-petrel, Common Nightingale, Black-headed Weaver, Common Waxbill and Yellow-crowned Bishop.

*Lodging at Hotel Praia do Sal Resort (or equivalent)*

*Meals: Breakfast, Lunch, Dinner*

### **Day 4, Birding Cork Oak:**

Here we visit the Cork Oak woodlands of Pancas and the Barroca d'Alva rice fields and



Great Bustard

pasture (Tagus Estuary). Possible bird species on this day include Iberian Chiffchaff, Iberian Grey and Woodchat Shrikes, Crested Lark, Iberian Magpie, Spotless Starling, Rock Sparrow and European Serin, among others.

*Lodging at Hotel Praia do Sal Resort (or equivalent)*

*Meals: Breakfast, Lunch, Dinner*

### **Day 5, Trujillo, Extremadura, Spain:**

Today we travel to Trujillo, in Extremadura, Spain, and visit the Trujillo area, including the town, which is well known for its rich community of urban birds. Visit the plains near Monroy. A few of the possible bird species on this day include Great and Little Bustards, Lesser Kestrel, Western Jackdaw and European Roller.

*Lodging at Hotel Hospedería Parque de Monfragüe, in Torrejon el Rubio (or equivalent)*

*Meals: Breakfast, Lunch, Dinner.*

### **Day 6, Birding Monfragüe National Park:**

We'll visit the bluffs and hills of the Monfragüe National Park, namely several viewing points (the Salto del Gitano/Peñafalcón, the Monfragüe Castle, the Cardenal Bridge and the Tajadilla). Overnight stay at the Hotel Hospedería Parque de Monfragüe (or equivalent).

Possible bird species on this day include Black Stork, Iberian (Spanish) Imperial and Golden Eagles, Cinereous, Griffon and Egyptian Vultures, European Turtle Dove, Eurasian Eagle-Owl, Eurasian Scops Owl, Red-necked Nightjar, Eurasian Crag Martin, Red-rumped Swallow, Blue Rock Thrush, Red-

billed Chough, Golden Oriole, Hawfinch and Cirl and Rock Buntings.

*Lodging at Hotel Hospedería*

*Parque de Monfragüe, in Torrejon el Rubio (or equivalent)*

*Meals: Breakfast, Lunch, Dinner.*

### **Day 7, Birding Monfragüe to Arrocampo:**

Today we visit the Monfragüe National Park, with other sites including the Báscula, the Higuera and the Portilla del Tiétar viewing points, as well as the Arrocampo Reservoir. Possible bird species on this day include Whiskered and Black Terns, Iberian Green Woodpecker, Rufous Bush Robin, Black-eared Wheatear, Western Orphee, Spectacled and Subalpine Warblers, Great Reed Warbler and Crested and Penduline Tits.

*Lodging at Hotel Hospedería Parque de Monfragüe (or equivalent)*

*Meals: Breakfast, Lunch, Dinner*

### **Day 8, Birding Cáceres, Magasca and Trujillo:**

Today we'll visit the rolling plains (Llanos) of Cáceres, Magasca and Trujillo. Possible bird species on this day include Red Kite, Montagu's Harrier, Eurasian Stone-curlew and Black-bellied and Pin-tailed Sandgrouses, among others.

*Lodging at Hotel Hospedería Parque de Monfragüe (or equivalent)*

*Meals: Breakfast, Lunch, Dinner*

### **Day 9, Alcollarin and Llanos de Campo:**

Today we visit the Alcollarín Reservoir and the Llanos de Campo Lugar, where just a few of the possible bird species include Great Crested and Eared Grebes, Great Spotted Cuckoo, Calandra Lark, Tawny Pipit and Spanish Sparrow.

*Lodging at Hotel Hospedería Parque de Monfragüe (or equivalent)*

*Meals: Breakfast, Lunch, Dinner*

### **Day 10, Back to Lisbon:**

Today we return to Lisbon, visiting on the way the town of Mérida (which offers numerous birding opportunities, namely at the Roman Bridge), and the Alange Reservoir, for rock loving species. Along the way, we'll look for Bonelli's Eagle, Alpine and White-rumped Swifts, Black Wheatear and others.

*Lodging at Hotel Lisboa Plaza, in Lisbon (or equivalent)*

*Meals: Breakfast, Lunch, Dinner*

### **Included for the duration of this itinerary:**

Local guide, ground transportation and airport transfers on indicated tour dates (in air-conditioned vehicles), accommodations, meals (lunches in local cafes and dinners in local restaurants, including quality wine at dinner), bottled water throughout the tour, free use of optical equipment (quality binoculars and telescopes) and

field guides, bird list, entrance fees to private or protected areas, a contribution of 60 Euros to our Conservation Project in the Guadiana Valley Natural Park (Portugal), participant's accident insurance and taxes.

### **Not Included:**

Airfare, visa, personal travel insurance, tips and gratuities, hotel extras, meals not mentioned, expenses of a personal nature, activities and excursions not mentioned on the itinerary.

**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. Please see <https://www.naturalselectionstours.com/travel-insurance/for details>



## Natural Selections

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