



BRAZIL BIRDING

E X P E R T S

SOUTHEAST BRAZIL – TRADITIONAL TOUR

15 DAYS



Welcome to the Traditional Southeast Brazil Tour! In this tour, we will visit São Paulo and Rio de Janeiro States where we can find great part of Atlantic Forest endemics in the most traditional sites for birdwatching in Southeast. This itinerary includes two very special places: Itatiaia National Park and REGUA (Guapiaçu Ecological Reserve), where we will have the opportunity to see Itatiaia Spinetail and search for Shrike-like Cotinga, respectively. As we are in southeast, the show of colorful tanagers, toucans and toucanets, parrots, woodpeckers and hummingbirds will be part of our days. Moreover, we cannot forget about the incredible antbirds, antpittas, tapaculos and ovenbirds that live in this spectacular tropical forest. Are you ready for a small journey and a big list?

SOUTHEAST BRAZIL TRADITIONAL TOUR

(São Paulo and Rio de Janeiro)

SUMMARIZED ITINERARY

| Day | Location (state) | Comments |
|-----|--|-----------------------------------|
| 1 | São Paulo – Intervales (280km) | Arrival. Transfer. |
| 2 | Intervales State Park | Full Day Birding. |
| 3 | Intervales State Park | Full Day Birding. |
| 4 | Intervales – Peruíbe (300Km) | Transfer. PM Birding. |
| 5 | Peruíbe – Campos do Jordão (320 km) | Transfer. Stop for SP Antwren. |
| 6 | Campos do Jordão | Full Day Birding. |
| 7 | Campos do Jordão – Ubatuba (150km) | Transfer. PM Birding. |
| 8 | Ubatuba | Full Day Birding. |
| 9 | Ubatuba – Paraty (75Km) | AM Birding. Transfer. PM Birding. |
| 10 | Paraty - Itatiaia National Park (180km) | Transfer. PM Birding. |
| 11 | Itatiaia National Park | Full Day Birding. |
| 12 | Itatiaia National Park – REGUA (250Km) | Transfer. PM Birding. |
| 13 | REGUA – Nova Friburgo (60km) | AM Birding. Transfer. |
| 14 | Nova Friburgo – Arraial do Cabo (200km) | AM Birding. Transfer. |
| 15 | Arraial do Cabo – Rio de Janeiro (170km) | AM Birding. Transfer. |

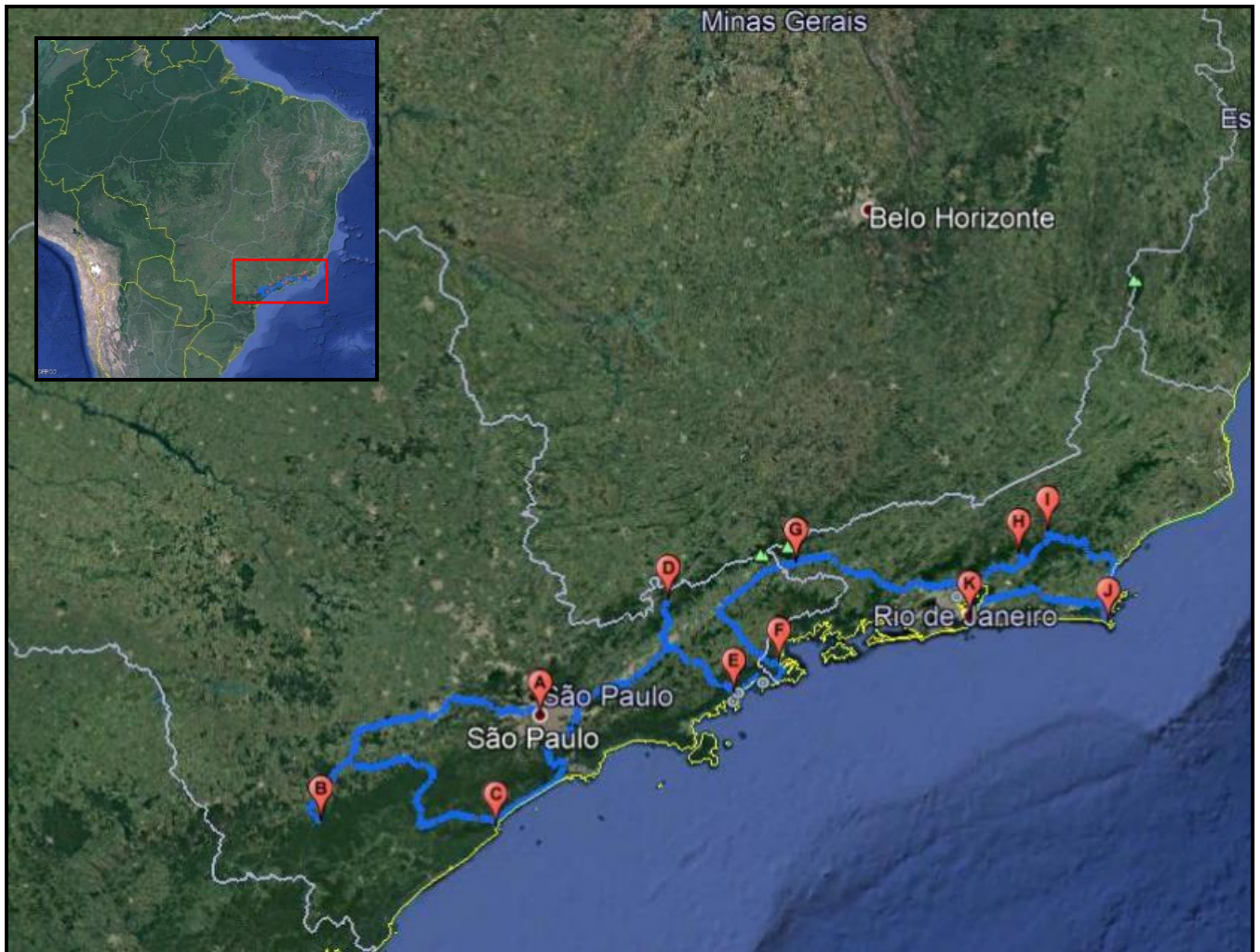
Suggested Period: from July to December.



OVERVIEW OF THE COMPLETE ITINERARY

São Paulo (A), Intervalos (B), Guaraú (C), Campos do Jordão (D), Ubatuba (E), Paraty (F), Itatiaia (G), REGUA (H), Nova Friburgo (I), Arraial do Cabo (J) and Rio de Janeiro (K).

Departure flight from Rio de Janeiro.



DETAILED ITINERARY

Day 1: Arrival in São Paulo. Transfer to **INTERVALES** (+/-4hrs [280Km]).

Area description: the most exciting place to bird in the southeast, comprising over 400 bird species! With over 41.704 hectares, the Intervales State Park is part of one of the biggest preserved forest fragments of Atlantic Forest in Brazil that, together with two other big reserves, sum up to 120.000 hectares. A great place to bird, with many roads and trails to explore inside the park. We will be sleeping and eating practically inside the forest as well, so in “resting hours” anyone can feel free to explore the surroundings. Besides the birds, this region (Vale do Ribeira) is very known for its cave formations.

Summary: in this location our main targets will be the rare and incredible Helmeted Woodpecker (*Celeus galeatus*), **Russet-winged Spadebill** (*Platyrynchus leucoryphus*), Long-tufted Screech-Owl (*Megascops sanctaecatrinae*), Violet-crowned Plovercrest (*Stephanoxis loddigesii*), the threatened Blue-bellied Parrot (*Triclaria malachitacea*), **Bay-ringed Tyrannulet** (*Phylloscartes sylviolus*). Besides these species, there are many other specialties to try and start off the trip in the best way possible: White-bearded Antshrike (*Biatas nigropectus*), Black-fronted Piping-Guan (*Aburria jacutinga*), the cryptic Spotted Bamboowren (*Psilorhamphus guttatus*), Slaty Bristlefront (*Merulaxis ater*), Atlantic Royal Flycatcher (*Onychorhynchus swainsoni*), **Red-ruffed Fruitcrow** (*Pyroderus scutatus*), Bertoni's Antbird (*Drymophila rubricollis*), Rusty-breasted Nunlet (*Nonnula rubecula*) and many, many others.



Day 2 and 3: Full Day Birding in Intervales.

Day 4: Transfer to **GUARAÚ** (+/-5hrs [300Km]). PM Birding.

Area description: only 150Km away from the capital, this region is known for its touristic beaches and ecologic tourism. We will stay in a cozy hotel owned by two biologists in Guaraú Beach. This is an interesting region to be on the tour since it is the northern distribution limit of the range-restricted and endemic Red-tailed Parrot (*Amazona brasiliensis*). We will go to a neighbor city called Itanhaém to look for the parrot.

Summary: Besides the Red-tailed Parrot, there are other species worth highlighting, like the Azure Jay (*Cyanocorax caeruleus*), Buff-bellied Puffbird (*Notharchus swainsoni*), and Unicolored Antwren (*Myrmotherula unicolor*). In case the group needs/is interested in Mangrove birds, we could try and look for Mangrove Rail (*Rallus longirostris*), Bicolored Conebill (*Conirostrum bicolor*) and others that occur here as well.



Day 5: AM Birding in Guaraú and transfer to **CAMPOS DO JORDÃO** (+/-4hrs [320Km]). Stop for São Paulo Antwren.

Area description: situated in the Serra da Mantiqueira mountain range, Campos do Jordão is the highest Brazilian city with an altitude of 1628m. Because of its cold climate it is known as the “Brazilian Switzerland”. Our targets here will be the high altitude Atlantic Forest birds. We will have to keep an eye out for the range-restricted **Vinaceous-breasted Parrot** (*Amazona vinacea*), our main target in this location.

Summary: the main targets in this location are **Rufous-tailed Antthrush** (*Chamaeza ruficauda*), always a difficult bird to see, the creeping Mouse-colored Tapaculo (*Scytalopus speluncae*), the endangered **Vinaceous-breasted Parrot**, the weird-looking Long-trained Nightjar (*Hydropsalis forcipata*) and the endemic **Black-capped Piprites** (*Piprites pileata*). Among other great targets to search for are the Swallow-tailed Cotinga (*Phibalura flavirostris*), the endemic **Serra do Mar Tyrannulet** (*Phylloscartes difficilis*), Thick-billed Saltator (*Saltator maxillosus*), Diademed Tanager (*Stephanophorus diadematus*) and Araucaria Tit-Spintail (*Leptasthenura setaria*). Besides the main targets, there are a few water birds we might encounter such as the Comb Duck (*Sarkidiornis sylvicola*), Pinnated Bittern (*Botaurus pinnatus*), Roseate Spoonbill (*Platalea ajaja*) and others. Other interesting birds that occur here are the Black Hawk-Eagle (*Spizaetus tyrannus*), Rusty-barred Owl (*Strix hylophila*), Stygian Owl (*Asio stygius*), Brazilian Ruby (*Heliodoxa rubricauda*), White-spotted Woodpecker (*Veniliornis spilogaster*), Rufous-backed Antwren (*Dysithamnus xanthopterus*), Brassy-breasted Tanager (*Tangara desmaresti*), Hooded Siskin (*Spinus magellanicus*), Scalloped Woodcreeper (*Lepidocolaptes falcinellus*) and many more.





Day 6: Full Day Birding in **CAMPOS DO JORDÃO**.

Day 7: Transfer to **UBATUBA** (+/-2½hr [150Km]). PM Birding.

Area description: Ubatuba is a municipality of São Paulo almost totally covered by Atlantic Forest, with many kinds of environments, going from the sea to the mountains. The variety of environments contribute to the rich biodiversity in the area, where it is possible to find more than 450 bird species. The majority of the forest is protected by the Serra do Mar State Park, which comprises almost the entire São Paulo State Coast with 332,000 hectares. The easy access to the areas and the rich avifauna makes Ubatuba one of the main destinations for birdwatching in Brazilian Atlantic Forest.

Summary: among the most special birds in Ubatuba that we cannot lose are **Tawny-throated Leaf-tosser** (*Sclerurus macconnelli*), Buff-throated Purple-tuft (*Iodopleura pipra*), Fork-tailed Pygmy-Tyrant (*Hemitriccus furcatus*), the amazing and colorful Black-backed Tanager (*Tangara peruviana*), Lemon-chested Greenlet (*Hylophilus thoracicus*) and the threatened and Atlantic Forest endemic Brown-backed Parrotlet (*Touit melanonotus*). However, with so many species there we will also have the chance to record many hummingbirds as Saw-billed Hermit (*Ramphodon naevius*), Reddish Hermit (*Phaethornis ruber*), the small and gracious **Festive Coquette** (*Lophornis chalybeus*) and we will try many other birds as the typical from lowland areas Yellow-throated Woodpecker (*Piculus flavigula*), **Scaled Antbird** (*Drymophila squamata*), Black-legged Dacnis (*Dacnis nigripes*), Black-capped Becard (*Pachyramphus marginatus*), Ochre-breasted Foliage-gleaner (*Anabacerthia lichtensteini*) and other Atlantic Forest specialties.





Day 8: Full Day Birding in Ubatuba.

Day 9: AM Birding in Ubatuba and transfer to **PARATY** (+/-1hr [75Km]). PM Birding.

Area description: Paraty is a charming and historic town, being one of the main destinations for tourists in Rio de Janeiro State. It is known for its paradisiac beaches and islands. The mountains and sea create an incredible landscape. But, beyond the beautiful beaches it is almost a mandatory stop for birdwatchers that are crossing Rio de Janeiro. The town's lowland Atlantic Forest is home of the very range restricted and endangered **Black-hooded Antwren** (*Formicivora erythronotos*), that is known from few localities in this region.

Summary: without a doubt, the main target here is the rare and endangered **Black-hooded Antwren** (*Formicivora erythronotos*). Another very nice bird we could also encounter in case we have missed in other locations is the endemic Yellow-eared Woodpecker (*Veniliornis maculifrons*). Second chances for a variety of rare and endemic birds like the Pileated Parrot (*Pionopsitta pileata*), Tawny-throated Leaf-tosser (*Sclerurus macconellii*), Sao Paulo Tyrannulet (*Phylloscartes paulista*), Fork-tailed Pygmy-Tyrant (*Hemitriccus furcatus*), Gray-hooded Attila (*Attila rufus*), White-necked Hawk (*Amadonastur lacernulatus*), Mantled Hawk (*Pseudastur albicollis*) and others.



Day 10: AM Birding in Paraty and transfer to **Itatiaia National Park** (+/-3hr [180Km]).

Area description: one of main destinations for birding in southeast Brazil, with a good infrastructure which has hotels and restaurants inside the Park combined with many trails and roads making Itatiaia the perfect place for birdwatching. It is the oldest National Park in Brazil, comprising 28,000 hectares ranging from 600 to 2800 meters of altitude. This wide altitudinal gradient houses a variety of environments since humid Atlantic Forest to Mountaintop Grasslands, ensuring a rich avifauna with more than 380 species.

Summary: one of the most special birds here has the National Park name, the **Itatiaia Spinetail** (*Asthenes moreirae*), a typical mountaintop bird. On the way to the mountaintops we will have the chance to see other highland birds such as Rufous-tailed Antbird (*Drymophila genei*), Green-throated Euphonia (*Euphonia chalybea*), the magnificent Black-and-gold Cotinga (*Lipaugus ater*) with its remarkable voice, Green-crowned Plovercrest (*Stephanoxis lalandi*), Bay-chested Warbling-Finch (*Poospiza thoracica*) and the very cryptic Speckle-breasted Antpitta (*Hylopezus nattereri*). In the humid forest the main targets will be Blackish-blue Seedeater (*Amaurospiza moesta*), Filled Coquette (*Lophornis magnificus*), the interesting Black-billed Scythebill (*Campylorhamphus fulcularius*), White-bibbed Antbird (*Myrmoderus loricatus*) and many other Atlantic Forest endemics.



Day 11: Full Day Birding in **ITATIAIA NATIONAL PARK**.

Day 12: Transfer to **REGUA** (+/-3hr [250Km]) and PM Birding.

Area description: REGUA (Ecological Reserve of Guapiaçu) is a Private Reserve located at Cachoeiras do Macacu municipality in Rio de Janeiro State. More than 9,000 hectares of forest are protected by Nicholas Locke and his family that dedicated his life to protect and conserve this region purchasing areas to conserve and restore the Atlantic Forest. The area comprises exuberant patches of Atlantic Forest (to see more <https://vimeo.com/129346540>), good lodge inside the reserve and a skilled local bird guides that knows each part of the forest and bird territories. It is an amazing place to go birding with more than 420 bird species.

Summary: Among the species that we will record in the highlands are Large-tailed Antshrike (*Mackenziaena leachii*), the colorful and typical from mountains of southeast Brazil Diademed Tanager (*Stephanophorus diadematus*), Shrike-like Cotinga (*Laniisoma elegans*), Striped



Manakin (*Machaeropterus regulus*) Minute Hermit (*Phaethornis idaliae*), Masked Duck (*Nomonyx dominicus*), Giant Snipe (*Gallinago undulata*), Black-banded Owl (*Strix huhula*), Salvadori's Antwren (*Myrmotherula minor*), Southern Antpipit (*Corythopsis delalandi*), second chance to Swallow-tailed Cotinga (*Phibalura flavirostris*), Black-legged Dacnis (*Dacnis nigripes*) and many other Atlantic Forest birds.



Day 13: AM Birding in REGUA and transfer to **NOVA FRIBURGO** (+/-1hr [60Km]).

Area description: located in the mountains region from Rio de Janeiro State, one of the main destinations for tourists with a variety good hotels and restaurants in the heart of Atlantic Forest. The main location for us here will be the Pico da Caledônia in Serra dos Órgãos with 2255 meters high, one of the highest mountains in Rio de Janeiro.

Summary: We will start the day birding in the Elfin Forest looking for the rare and range-restrict **Grey-winged Cotinga** (*Lipaugus conditus*). Other species that we will record in the highlands are Large-tailed Antshrike (*Mackenziaena leachii*), the colorful Diademed Tanager (*Stephanophorus diadematus*) and second chances for the Itatiaia Spinetail (*Asthenes moreirae*).



Day 14: AM Birding in Nova Friburgo. Transfer to **ARRAIAL DO CABO** (+/-3hr [200Km]).

Area description: It is a Restinga area that is a unique vegetation of Atlantic Forest near the sea, with shrubs, small trees, ferns, bromeliads, and cacti growing in a sand soil. Besides the amazing beaches and landscapes in this region there is a very special and restricted range bird species, the endangered **Restinga Antwren** (*Formicivora littoralis*) that will be our focus here. This area is near the Cabo Frio town and there are some lagoons and salt pans where we can find a variety of birds.

Summary: in this morning we will also have the possibility to see other birds in Restinga and lagoons as the beautiful duck **White-cheeked Pintail** (*Anas bahamensis*), Brown Booby (*Sula leucogaster*), Little Blue Heron (*Egretta caerulea*), the colorful **Roseate Spoonbill** (*Platalea ajaja*), Grey-headed Gull (*Chroicocephalus cirrocephalus*), Hook-billed Kite (*Chondrohierax uncinatus*), Sooretama Slaty Antshrike (*Thamnophilus ambiguus*), Tawny-crowned Pygmy-Tyrant (*Euscarthmus meloryphus*), Tropical Mockingbird (*Mimus gilvus*) and the interesting Hangnest Tody-Tyrant (*Hemitriccus nidipendulus*).



Day 15: AM Birding in Arraial do Cabo. Transfer to **RIO DE JANEIRO** (+/-2½hr [170Km]).

