

950 (check the reedbed here for rails) and continue to the raised hide (post 1100). From the hide, check the edge of the reedbed carefully for bitterns and rails. In the evening, large numbers of Chestnut-capped Blackbirds roost in the reeds. The hide also provides excellent eye-level views of canopy birds.

Continue along the trail, turning left at post 1400 (the end of the Forest Trail (brown posts) is on the right). The next 350 m is good for scrubland birds such as Bran-coloured Flycatcher, Pileated Finch and Lemon-chested Greenlet. At night, Common Potoo, Pauraque, Tropical Screech-Owl, Tawny-browed are regular, and Striped Owl occasional.

At post 1700 the trail bends sharp left (ignore the two trails off to the right). The long grass beside the trail is good for Ash-throated Crake, although seeing them is not easy. At night look for Scissor-tailed Nightjar here and around post 1900.

The section of trail between posts 1900 and 2700 passes through another recently reforested area. The hillside to the right was planted in 2008 and the area to the left in 2009.

Turn left just past post 2250 and cross the dam. This is a great place to take in the view across the reserve. This lake was created in 2009.

Cross over the small concrete bridge and turn sharp left to follow the water's edge. This area is excellent for a variety of butterflies. Look for forest-edge and grassland species such as Brown Longtail, Neotropical Chequered Skipper, Banded Yellow, Erotia Metalmark, Abia Sister, Scarlet Peacock, White Peacock and Tropical Buckeye.

The trail ends a few metres past post 2750 (behind the volunteer accommodation), where you turn right back to the conservation centre. At night this area is good for Tawny-browed Owl, and Pauraque are frequently encountered resting on the trail.

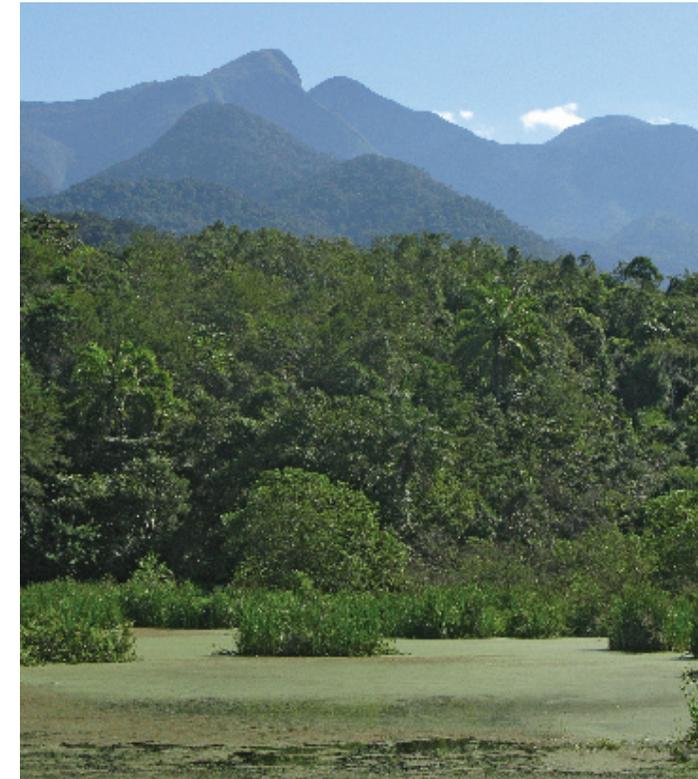
Key birds to look out for at the wetland include:

English Name	Scientific Name
White-faced Whistling-Duck	<i>Dendrocygna viduata</i>
Black-bellied Whistling-Duck	<i>Dendrocygna autumnalis</i>
Muscovy Duck	<i>Cairina moschata</i>
Masked Duck	<i>Nomonyx dominica</i>
Rufescent Tiger-Heron	<i>Tigrisoma lineatum</i>
Pinnated Bittern	<i>Botaurus pinnatus</i>
Black-crowned Night-Heron	<i>Nycticorax nycticorax</i>
Striated Heron	<i>Butorides striata</i>
Capped Heron	<i>Pilherodius pileatus</i>
Black-and-white Hawk-Eagle	<i>Spizaetus melanoleucus</i>
Laughing Falcon	<i>Herpetotheres cachinnans</i>
Grey-necked Wood-Rail	<i>Aramides cajanea</i>
Slaty-breasted Wood-Rail	<i>Aramides saracura</i>
Rufous-sided Crake	<i>Laterallus melanophaius</i>
Ash-throated Crake	<i>Porzana albicollis</i>
Blackish Rail	<i>Pardirallus nigricans</i>
Wattled Jacana	<i>Jacana jacana</i>
Blue Ground-Dove	<i>Claravis pretiosa</i>
Maroon-bellied Parakeet	<i>Pyrrhura frontalis</i>
Blue-winged Parrotlet	<i>Forpus xanthopterygius</i>
Greater Ani	<i>Crotophaga major</i>
Tropical Screech-Owl	<i>Megascops choliba</i>
Pauraque	<i>Hydropsalis albicollis</i>
Scissor-tailed Nightjar	<i>Hydropsalis torquata</i>
White-chinned Sapphire	<i>Hylocharis cyanus</i>
Ringed Kingfisher	<i>Megaceryle torquata</i>
White-barred Piculet	<i>Picumnus cirratus</i>
Chestnut-backed Antshrike	<i>Thamnophilus palliatus</i>
Wing-banded Hornero	<i>Furnarius figulus</i>
White-winged Becard	<i>Pachyramphus polychopterus</i>
Yellow-lored Tody-Flycatcher	<i>Todirostrum poliocephalum</i>
White-headed Marsh Tyrant	<i>Arundinicola leucocephala</i>
Bran-coloured Flycatcher	<i>Myiophobus fasciatus</i>
Yellow-browed Tyrant	<i>Satrapa icterophrys</i>
Lemon-chested Greenlet	<i>Hylophilus thoracicus</i>
Black-capped Donacobius	<i>Donacobius atricapilla</i>
Brazilian Tanager	<i>Ramphocelus bresilius</i>
Swallow Tanager	<i>Tersina viridis</i>
Black-legged Dacnis	<i>Dacnis nigripes</i>
Masked Yellowthroat	<i>Geothlypis aequinoctialis</i>
Chestnut-capped Blackbird	<i>Chrysomus ruficapillus</i>

Wetland Trail



This trail follows the edge of the restored wetlands and replanted lowland forest, and includes two hides along the route. Over 200 species of birds have been recorded at the wetland, along with a variety of mammals, reptiles, amphibians, butterflies and dragonflies.



Post colour: Yellow (every 50 m)

Start: Outside the conservation centre

Grade: Easy - flat, wide trail, some mud after rain.

Length: 2.8 km (circular)

Time: 2-5 hours

Altitude: 35-50 m

What to take: Plenty of water (it can get very hot), hat, sunscreen and binoculars. A telescope is useful for birds.

Start (post 0): Follow the track leading away from the conservation center and past the volunteer accommodation. Look for Chestnut-backed Antshrike, Yellow-lored Tody-Flycatcher and Rufous-tailed Jacamar. Black-legged Dacnis can also be found here (to post 600) between January and July.

At post 150 the trail enters an area of trees planted in 2005, on what was previously rough pasture. This is good a spot for White-chinned Sapphire.

Just past post 200 a track on the left leads to a hide overlooking part of the wetland. From the hide look for Black-crowned Night-Heron, occasional Boat-billed Herons, wood-rails and kingfishers. Groups of Capybara - the world's largest rodent - frequently gather under the trees on the opposite bank, and Broad-snouted Caiman can often be seen out in the open water. At dusk watch for Fishing Bats hunting low over the surface of the more open areas of water.

Back on the trail, turn left and continue straight on, ignoring the track on your left by post 300. At post 650, scan the open water for the scarce Masked Duck (numbers peak August to November) as well as other ducks, herons, egrets, rails and tyrant-flycatchers. Also, look for Broad-snouted Caiman.

Each evening large numbers of Cattle Egrets roost in trees at the wetland. Counts of over 2,000 are not unusual and they make a spectacular sight as they fly in. Post 650 is a good spot to sit and watch them.

The marshy vegetation either side of the dam (posts 700 to 800) is excellent for rails. Rufous-sided Crake frequent the vegetation at the water's edge on the left, and Blackish Rail prefer the reedy areas on the right (dawn and dusk are best). Scan overhead for raptors (best late morning), swallows and swifts, and check the nearby hillsides for Channel-billed Toucan and Brown-throated Three-toed Sloth.

At post 800 turn left. Cross the small bridge at post

