QUEPOS, PUNTARENAS · COSTA RICA

Manuel Antonio National Park

A small park of rainforest and white-sand coves where sloths, squirrel monkeys and capuchins live right above the beach.

126 animals 25 mammals, 67 birds, 17 reptiles, 8 amphibians, 3 fish, 3 other sea life and 3 butterflies

Best time: Dec to Apr

Seen _____ of 126

01 Monkeys and sloths 5

ANIMAL	DATE AND PLACE
☐ Central American Squirrel Monkey	
☐ White-faced Capuchin	
☐ Mantled Howler Monkey	
☐ Brown-throated Three-toed Sloth	
☐ Hoffmann's Two-toed Sloth	

02 Other mammals 13

ANIMAL	DATE AND PLACE
☐ White-nosed Coati	
☐ Raccoon	
☐ Central American Agouti	
☐ Variegated Squirrel	
☐ Red-tailed Squirrel	
☐ Northern Tamandua	
☐ Kinkajou	
☐ Nine-banded Armadillo	
☐ Tayra	
☐ Crab-eating Raccoon Rare	
☐ Collared Peccary Rare	
☐ Ocelot Rare	
☐ Mexican Hairy Porcupine Rare	

03 Bats 4

ANIMAL	DATE AND PLACE
☐ Proboscis Bat	
☐ Greater Sac-winged Bat	
☐ Tent-making Bat	
☐ Greater Bulldog Bat	

04 Whales and dolphins 3

ANIMAL	DATE AND PLACE
☐ Humpback Whale	
☐ Bottlenose Dolphin	
☐ Pantropical Spotted Dolphin	

05 Toucans, parrots and forest birds 34

ANIMAL	DATE AND PLACE
☐ Fiery-billed Aracari	
☐ Yellow-throated Toucan	
☐ Scarlet Macaw	
☐ Finsch's Parakeet	
☐ Orange-chinned Parakeet	
☐ White-crowned Parrot	
☐ Red-lored Amazon	
☐ Grey-headed Chachalaca	
☐ Crested Guan	
☐ Baird's Trogon	
☐ Slaty-tailed Trogon	
☐ Gartered Trogon	
☐ Blue-diademed Motmot	

ANIMAL | DATE AND PLACE

05 Toucans, parrots and forest birds continued

- [ ] Long-billed Hermit
- [ ] Rufous-tailed Hummingbird
- [ ] Purple-crowned Fairy
- [ ] Black-hooded Antshrike
- [ ] Chestnut-backed Antbird
- [ ] Orange-collared Manakin
- [ ] Red-capped Manakin
- [ ] Turquoise Cotinga Rare
- [ ] Masked Tityra
- [ ] Riverside Wren
- [ ] Red-crowned Woodpecker
- [ ] Lineated Woodpecker
- [ ] Pale-billed Woodpecker
- [ ] Common Squirrel-cuckoo
- [ ] Great Kiskadee
- [ ] Scarlet-rumped Tanager
- [ ] Golden-hooded Tanager
- [ ] Blue-grey Tanager
- [ ] Red-legged Honeycreeper
- [ ] Green Honeycreeper
- [ ] Blue Dacnis

06 Birds of prey and owls 15

- [ ] Black Vulture
- [ ] Turkey Vulture
- [ ] Osprey
- [ ] Yellow-headed Caracara
- [ ] Roadside Hawk
- [ ] Common Black Hawk
- [ ] Grey-lined Hawk
- [ ] White Hawk
- [ ] Black Hawk-Eagle
- [ ] Laughing Falcon
- [ ] Bat Falcon
- [ ] Spectacled Owl

ANIMAL | DATE AND PLACE

06 Birds of prey and owls continued

- [ ] Black-and-white Owl
- [ ] Common Pauraque
- [ ] Common Potoo

07 Coast and mangrove birds 18

- [ ] Brown Pelican
- [ ] Magnificent Frigatebird
- [ ] Brown Booby
- [ ] Neotropic Cormorant
- [ ] Royal Tern
- [ ] Whimbrel
- [ ] Spotted Sandpiper
- [ ] Wandering Tattler
- [ ] Yellow-crowned Night Heron
- [ ] Bare-throated Tiger Heron
- [ ] Boat-billed Heron
- [ ] Little Blue Heron
- [ ] Snowy Egret
- [ ] Great Egret
- [ ] Green Heron
- [ ] Ringed Kingfisher
- [ ] Amazon Kingfisher
- [ ] Green Kingfisher

08 Reptiles 17

- [ ] Green Iguana
- [ ] Common Spiny-tailed Iguana
- [ ] Common Basilisk
- [ ] Middle American Ameiva
- [ ] Golfo Dulce Anole
- [ ] Yellow-headed Gecko
- [ ] Turnip-tailed Gecko
- [ ] American Crocodile
- [ ] Spectacled Caiman
- [ ] Boa Constrictor
- [ ] Green Vine Snake

ANIMAL | DATE AND PLACE

08 Reptiles continued

- [ ] Chicken Snake
- [ ] Fer-de-lance
- [ ] Eyelash Viper Rare
- [ ] White-lipped Mud Turtle
- [ ] Olive Ridley Sea Turtle
- [ ] Yellow-bellied Sea Snake Rare

09 Amphibians 8

- [ ] Green-and-black Poison Dart Frog
- [ ] Mesoamerican Cane Toad
- [ ] Red-eyed Tree Frog
- [ ] Savage's Thin-toed Frog
- [ ] Fitzinger's Robber Frog

ANIMAL | DATE AND PLACE

09 Amphibians continued

- [ ] Tungara Frog
- [ ] Hourglass Treefrog
- [ ] Fleischmann's Glass Frog

10 Shore and reef life 6

- [ ] Sally Lightfoot Crab
- [ ] Halloween Crab
- [ ] Ecuadorian Hermit Crab
- [ ] Panamic Sergeant Major
- [ ] King Angelfish
- [ ] Guineafowl Puffer

11 Butterflies 3

- [ ] Blue Morpho
- [ ] Banded Peacock
- [ ] Julia

My trip

FROM _____ TO _____

TRAVELLING WITH _____

STAYING AT _____ SEEN _____ OF 126

FIRST ANIMAL WE SAW _____

BEST MOMENT _____

FIELD NOTES AND SKETCHES

ALSO SEEN, NOT ON THIS LIST

_____

_____

_____

KEEP IT IN WILDER

Tick them off in the app

Scan to open this checklist in Wilder. Add your photos, see your whole trip, earn badges and the Manuel Antonio passport stamp, and watch your life list grow.

BEST TIME

Dec to Apr

Manuel Antonio is hot and humid all year.

A guide, not a guarantee: what you see depends on season, luck and patience. Give wildlife space and never feed it. Follow the local rules on distance.