



NATURE TOURS

Pico Bonito

JEWEL OF HONDURAS

February 18 – 25, 2026 | 8 Days

SINGLE-
LODGE
STAY!



Turquoise-browed
Motmot



NATURE
ALBERTA



© Justin Peter



We are excited to be heading to Honduras with Nature Alberta. This small Central American country offers a terrific snapshot of classic ecosystems and wildlife of the New World Tropics. It's a land of mountains and forests, beaches and coral reefs, mangroves and wilderness.

On this single-lodge tour, discover Neotropical nature at an easy pace, as we stay at one of the country's finest establishments: the Lodge at Pico Bonito. Situated just below the lush mountains of Pico Bonito National Park, the lodge allows for easygoing discovery, while serving as a fantastic base from which to take nearby explorations. A remarkable array of birds and other animals is found in this peaceful and safe part of the country, where we get to visit a number of parks, wildlife refuges, and biological reserves, affording a chance to appreciate the work that Hondurans have undertaken to protect their natural spaces and delight in their wildlife. Toucans, cotingas, manakins, sloths, monkeys, and much more — all are very much part of the experience. You can expect many excellent photographic opportunities, too!

Connect with gorgeous animals and intriguing wild spaces on this comfortable and relaxing winter getaway. If you're eager for more discoveries, consider joining our post-trip extension to the famous Maya archaeological site of Copán. Find more information below.



Tour Host

Greg Appleyard, PhD, is a retired food safety lab director with broad interests in history and biology. He has a keen interest in wildlife ecology, epidemiology, and citizen science. An avid hiker, Greg also enjoys amateur landscape photography and international travel. Throughout his career, he has actively promoted science and nurtured curiosity about nature in a broader audience.



Tour Leaders

Alexander Alvarado grew up in Copán Ruinas on the western part of Honduras, where he began leading bird-focused tours in the mid-2000s. Since then, he has become one of the top naturalist guides in Honduras. A member of the Honduran Ornithological Society, Alexander leads groups all over the country and beyond its borders in Guatemala, Belize, Costa Rica, the Greater Antilles, and South America.



Gilberto Flores Walter is a passionate Honduran naturalist guide and has spent over a decade leading small groups to Honduras' top biodiversity hotspots. He also plays a key role in Finca Las Palmas, a family-owned private nature reserve dedicated to sustainable coffee cultivation, birdwatching, ecological research, and ecotourism. He has been an active contributor to eBird since 2012, consistently documenting avian diversity and promoting conservation efforts through citizen science.



Bat Falcon
© Chris Earley



 Honduran Emerald

© Janice White

Signature Moments

- 🐦 Photographing a Honduran Emerald
- 🐦 Cruising in Cuero y Salado Wildlife Refuge
- 🐦 Watching for Lovely Cotingas at Pico Bonito
- 🐦 Exploring Lancetilla Botanical Gardens
- 🐦 Spotting wildlife on a night walk

Our Route



Detailed Itinerary

Wednesday, February 18: Arrival / Transfer to Pico Bonito

This afternoon, we arrive at the San Pedro Sula airport and are driven to the Lodge at Pico Bonito. We should get there while there is still some light, giving us an opportunity to get acquainted with the lodge's grounds and start seeing some of the bird life before our welcome dinner. Get a good night's rest in anticipation of an early rise tomorrow to enjoy the lodge at the most wildlife-active time!

Overnight: The Lodge at Pico Bonito

Meals: Welcome Dinner

Thursday, February 19: The Lodge at Pico Bonito & Lovely Cotingas

After an early breakfast and an orientation, we join our Tour Leaders for an introductory walk on the lodge grounds.

We can climb the "toucan tower" — one of the on-site observation towers — for a bird's-eye view of the verdant tropical forest. The Lovely Cotinga is the signature avian resident, and the sight of one of these is simply arresting, so keep your eyes on any bare branches at the tops of trees.

On a wander through various forest types and plantations along the Río Coloradito, the beautiful birds can steal the hearts of 'non-birders' by their stunning appearances. Motmots, toucans and araçarís, owls, orioles, trogons, and honeycreepers are standouts among an already impressive avian cast!



Lovely Cotinga

After enjoying lunch at the lodge and a chance for a siesta, we can further explore the lodge's loop-trail system and delve into deeper forest and former plantations. Once again, we plan to watch from an observation tower and pass along the river, a great place for various birds of prey in addition to Great and Northern Potoos, bizarre-looking nocturnal birds related to our whip-poor-wills. Various mammals have been sighted on the grounds — many shy and retiring — but we should be ever on the lookout for them. Some of the more notable species include Tayras (a Neotropical equivalent of



© Justin Peter

our Fisher), Pacas, Ocelots, Margays, and White-nosed Coatis (a relative of our raccoon). Later, we can unwind a bit before meeting for dinner.

Overnight: The Lodge at Pico Bonito

Meals: Breakfast, Lunch, Dinner

Friday, February 20: Cuero y Salado Wildlife Refuge

This morning after an early breakfast, we depart for this refuge, named for the Cuero and Salado rivers, which meet the ocean here. The refuge comprises more than 35,000 acres of rivers, lagoons, mangroves, and forests that are home to over 350 bird species in addition to many more animals. At La Unión, we change our vehicle for a "burra" or "donkey," a human-powered railway car, which follows the century-old narrow-gauge railway tracks to the Cuero y Salado Wildlife Refuge and its Visitor Centre. We pass through rich ranch lands, marshlands, and plantation areas, ultimately arriving at the mouth of the Salado River and the refuge itself. The conductor is eager to stop and point out birds of interest along the way. Depending on the season, a variety of raptors, wading birds, and edge-habitat species abound along the railway.

Once in the refuge, we take a boat trip through the lush canals of the saltwater and freshwater wetlands that make up the reserve. This refuge is the largest manatee reserve in Central America. Though manatees are very challenging to see, there's always a chance of spotting one. Regardless, we get to enjoy observing numerous birds, mammals, and reptiles such as Northern Tamanduas (Anteaters), American Crocodiles, cryptic Agami Herons, and Bat Falcons. In order to maximize the use of our senses, our guide and boat handlers may paddle rather than use the boat's motors.

After lunch back at the lodge, we can partake in nothing less than leisure time and pure relaxation in this fine location. After dinner, we have a night walk in search of owls and other nocturnal birds in addition to frogs and Kinkajous!

Overnight: The Lodge at Pico Bonito

Meals: Breakfast, Lunch, Dinner



Keel-billed Toucan

The bird life here is astonishingly varied and visible, making for an excellent and relaxed introduction to birds of Central America.

Saturday, February 21: The Río Aguán Valley rain shadow & Honduran Emeralds

Honduras has one endemic bird species, the Honduran Emerald, and today we have an opportunity to see it in addition to this hummingbird's most intriguing habitat. This is an early rise as we travel from rainforest on the north side of Pico Bonito National Park to its "rain shadow" on the south side. The habitats shift as we eventually reach an area of thorny, cactus-studded forest on the plains where Honduran Emeralds live. Although considered endangered by virtue of their absolute numbers and limited range, they are common in their habitat. We can also watch for other birds of these drier lands, with some fairly outrageous characters like Lesser Ground-Cuckoos, White-throated Magpie-Jays, and Lesser Roadrunners. There are also plenty of opportunities to observe the intriguing forms of the local cacti and even orchids! After lunch in a nearby ranching town, we return to our lodge with a good chance to relax before dinner.

Overnight: The Lodge at Pico Bonito

Meals: Breakfast, Lunch, Dinner

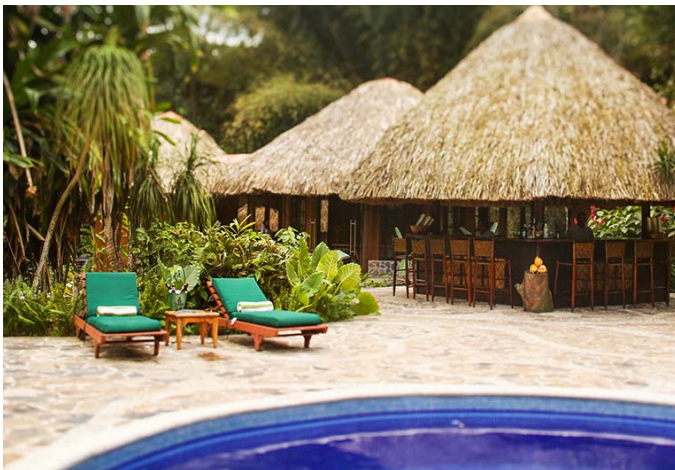
Sunday, February 22: Hummingbirds at Rio Santiago

This morning after breakfast, we head to the nearby resort at Rio Santiago. Also known as the "Hummingbird Paradise" of Honduras, we find here dozens of feeders and flowering plants that have thus far attracted 22 different hummingbird species! The hummers don't seem bothered by our presence whatsoever, and we can expect to be regaled by such aptly-named wonders as Violet Sabrewings, Brown Violetears, Crowned Woodnymphs, and Black-crested Coquettes. We may also see various other residents like gorgeous Red-capped Manakins and Keel-billed Motmots. Later, we return to Pico Bonito for lunch and have a chance to enjoy the grounds of the lodge once again.

Overnight: The Lodge at Pico Bonito

Meals: Breakfast, Lunch, Dinner

The Lodge at Pico Bonito



Monday, February 23: Lancetilla Botanical Gardens

Today, we visit the Lancetilla Botanical Gardens, the second-largest tropical botanical gardens in the world. The gardens are nestled in lowland tropical rainforest and were founded over 80 years ago as an experimental botanical site by the United Fruit Company. As we stroll along the well-marked trail, we find hardwood, medicinal, and ornamental plants as well as tropical fruit trees from all over the world. Numerous colourful birds have made this huge garden their home, owing to its mosaic of forest and edge habitats. Motmots, manakins, orioles, woodcreepers, warblers, tanagers, and toucans are ubiquitous! We then head to the nearby seaside town of Tela to enjoy lunch before returning to Pico Bonito.

Overnight: The Lodge at Pico Bonito

Meals: Breakfast, Lunch, Dinner

Tuesday, February 24: Day at Leisure

Today, you have the option of revisiting Pico Bonito's upper and lower trail system to search for birds and other wildlife and perhaps to try some photography. You may also partake in various spa activities. There is also the option of snorkelling at Cayo Cochinos for those who are interested. We can reconvene for lunch and for our farewell dinner as we celebrate the wonders of this jewel of a place.

Overnight: The Lodge at Pico Bonito

Meals: Breakfast, Lunch, Farewell Dinner

Wednesday, February 25: Departure

Today after breakfast, we bid adieu to Pico Bonito and return to San Pedro Sula International Airport. Those joining the extension to Copán carry onward to the southwest.

Meals: Breakfast

Note: The itinerary and accommodation described in this detailed itinerary are subject to change due to logistical arrangements and to take advantage of local events.



The Lodge at Pico Bonito

Tour Details

Tour Cost (per person): US\$4095
Including all taxes and gratuities

Single supplement: US\$405

If you are travelling alone and would like to share, we will attempt to match you up with an appropriate roommate. If we cannot, a single supplement will apply. This will be collected 90 days prior to departure.

Group Size:

10 – 12 participants

Included Features:

- Airport transfers on tour start and end dates
- Accommodations based on double occupancy at the Lodge at Pico Bonito
- Ground transportation
- All activities as described in the detailed itinerary
- Entrance fees
- Meals as specified in the detailed itinerary
- Porterage of one standard piece of baggage per person
- Gratuities for guides, driver, and included meals
- All taxes
- Services of your Nature Alberta Tour Host
- Fully escorted by our English-speaking Honduran Tour Leaders

Not Included:

- Return airfare from your home to join the tour
- Fuel surcharge (if applicable)
- San Pedro Sula airport departure tax (US\$47)
- Travel insurance
- Airport transfers if arranging independent plans prior to or following main tour
- Alcoholic beverages
- Items of a personal nature
- Additional transportation required due to any emergency or other situation
- Any item not mentioned in "What's Included"

Payment Details:

A deposit of US\$750 per person is required to reserve your space on this tour. A payment of US\$2000 is due six months prior to departure. The balance is due 90 days prior to departure.

What to Expect



Joining Instructions

Arrival: Wednesday, February 18

This tour begins at Ramón Villedar Morales International Airport (airport code: SAP) at San Pedro Sula, Honduras. Travellers arriving on the tour start date will be met on arrival and transferred to our lodge. This transfer is included in the cost of the tour.

Departure: Wednesday, February 25

The tour concludes with a single included transfer to Ramón Villedar Morales International Airport (airport code: SAP) at San Pedro Sula. **Please contact us to verify timing of this transfer prior to making any flight arrangements.**



Travel Documents

You will require a passport for your trip to Honduras. Please make sure it is valid for six months after the date of your return home.



#SafeTravels

Worldwide Quest has been awarded the World Travel and Tourism Council's #SafeTravels Stamp for adopting health and hygiene global standardized protocols. [Learn more.](#)



Level of Activity: Easy to Moderate

The trails that we use in our explorations of at Pico Bonito and the parks we visit are usually well marked. Many follow the contours of the hills and valleys but a few have inclines. The trails have to be traversed carefully but are accessible by anyone who has normal walking ability and stamina. There may be options for more challenging walks. Sturdy hiking shoes or boots are strongly advised, as is a folding trekking pole for your added comfort and safety. Since we will be getting in and out of boats, usually from a dock, one needs to be reasonably nimble, although assistance will be provided. There will be some early rises some mornings; however, we will balance these off with ample siesta opportunities in the afternoons and time at leisure.

Altitude

This tour takes place in the lowlands and foothills up to a height of about 800 metres above sea level.



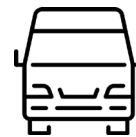
Weather

We are visiting during the dry season, which runs from November through April. The air temperatures on the coast range from an average of 27°C as a high and 19°C as a low. The temperature in the mountains can be considerably cooler with highs of approximately 24°C and lows of approximately 14°C. As Pico Bonito straddles the mountains, we should expect something in between — and usually quite pleasant!



Accommodation

The Lodge & Spa at Pico Bonito is one of the most luxurious in Central America. It boasts beautifully appointed private cabins, each with decks that blend in with the surrounding rainforest. There is a pool, first-class lounge, and dining area plus a system of trails that wind into the adjacent national park. There are also three observation towers located along the trail system. More than 420 species of birds have been found on and adjacent to the Pico Bonito grounds.



Transportation

The road system in Honduras is always a surprise for our participants. For the main tour, we will be using an air-conditioned Toyota Coaster — a single-decker minibus — with a professional driver.

At the Cuero y Salado, we will use two open 20-foot motorboats that each host six to eight passengers, with benches spaced to allow for good views.



Copán: Wildlife and Maya Heritage

AN OPTIONAL POST-TRIP EXTENSION

February 25 – 28, 2026 | 4 Days

The Maya heritage of Honduras is strong, and a visit to the world-famous complex at Copán makes for a well-rounded visit to this country. Copán exudes grace and beauty along with a powerful sense of history, even more special owing to the enchanting forest setting. We can explore the ruin complexes of this huge historic Maya commercial centre, which flourished during the Classic Period from 250–900 CE. The wildlife is also impressive, as the surrounding forested setting hosts such gorgeous birds as Turquoise-browed Motmots and Red-capped Manakins. There are also several bird species found locally that are not found in the Pico Bonito area, so you may have an opportunity to see some interesting new characters. Our extension is further enhanced by a visit to the wooded hillside archaeological site on the other side of the Copán River called Los Sapos, located just near our lodge set on a wooded hillside.



Extension Itinerary

Wednesday, February 25: Drive to Copán

After parting ways with the others at San Pedro Sula's airport, we carry on to Copán and settle in to our wonderful lodge. Enjoy dinner this evening in anticipation of the events in the coming days.

Overnight: Hacienda San Lucas

Meals: Breakfast (on main tour), Dinner

Thursday, February 26: Copán visit

Today, we have an early start in order to visit the archaeological sites of Copán. We begin at the site known as Las Sepulturas, a former residential area situated a short distance from the main complex. With binoculars in hand and a specialist archaeological guide at our disposal, we get to explore the site and learn about some of its many intricacies as well as the stories behind its construction. Later, we visit the main site, which includes the Great Plaza, the Ball Court, Hieroglyphic Stairway, and the Acropolis. Various gorgeous birds live in the area and we should not be surprised to see Scarlet Macaws streaming by and other beauties, including various motmots, parakeets, orioles, and warblers. Cast your eyes to the skies every now and then in search of forest raptors. After lunch in town, we can visit the museum.

Overnight: Hacienda San Lucas

Meals: Breakfast, Lunch, Dinner

Friday, February 27: Los Sapos and Hacienda San Lucas

Today, we visit Los Sapos, which means "the toads." When we arrive there, we can clearly see the outlines of toads carved into boulders. They are thought to be fertility symbols for the Maya. This remarkable place is located just near Hacienda San Lucas, which we can explore afterward, watching for some of the beautiful bird life (and more) that may be in the vicinity.

Overnight: Hacienda San Lucas

Meals: Breakfast Lunch, Dinner

Saturday, February 28: Departure

This morning after breakfast we are transferred to the airport at San Pedro Sula for our homeward flights.

Meals: Breakfast

Note: The itinerary and accommodation described in this detailed itinerary are subject to change due to logistical arrangements and to take advantage of local events.

Extension Details

Extension Cost (per person): US\$1995 (based on a minimum of 6 participants)

Includes all taxes

Single Supplement: US\$165

If you are travelling alone and would like to share, we will attempt to match you up with an appropriate roommate.

If we cannot, the single supplement will apply. This will be collected at 90 days prior to departure.

Group Size:

6 – 12 participants

What's Included:

- Airport transfer on tour end date
- Accommodations based on double occupancy in hotels listed or similar
- Ground transportation
- All activities as described in the detailed itinerary
- Entrance fees
- Meals as specified in the detailed itinerary
- Water during excursions
- Portage of one standard piece of baggage per person
- Gratuities for included meals
- All taxes
- Fully escorted by an English-speaking Honduran guide

Not Included:

- Return airfare from your home to join the tour
- Fuel surcharge (if applicable)
- San Pedro Sula airport departure tax (US\$47)
- Travel insurance
- Airport transfers if arranging independent plans
- Meals not listed in the itinerary
- Gratuities for drivers and guides
- Alcoholic beverages with meals
- Items of a personal nature
- Additional transportation required due to any emergency or other situation
- Any item not mentioned in "What's Included"

Payment Details:

A non-refundable deposit of US\$750 per person is required to reserve a space on this tour. Final payment is due 90 days prior to departure.

Additional Info

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Terms and Conditions

For additional information about our terms and conditions, please refer to your booking form, the current brochure or our website. All participants booking with Worldwide Quest are covered by the terms of the Ontario Travel Industry Act (Worldwide Quest International, Ontario - License # 2667946). See full details [here](#).

Cancellation Policy

All payments are non-refundable, however you may transfer your initial deposit for any land tour to another tour 90 days or more prior to your scheduled departure date. Initial deposits for cruises are non-refundable and non-transferable. Your second payment and your final payment are non-refundable and non-transferable. If you cancel within 90 days prior to trip departure, all associated trip costs are non-refundable. In the event of a cancellation, you must notify Worldwide Quest immediately and in writing. See full details [here](#).

Travel Insurance

We urge you to ensure that you have adequate cancellation and medical insurance in place, should an unexpected event cause you to cancel or interrupt your trip or should the tour not be operable per our terms and conditions. We will offer you Manulife insurance coverage. Medical insurance including emergency medical evacuation coverage is mandatory on all our tours.



How to Book

Please contact the Worldwide Quest office for more information and to secure your booking.

1-800-387-1483 | 416-633-5666
travel@worldwidequest.com



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