



Photo by Sanford M. Sorkin



## COSTA RICA

Duval Audubon Society

*An Introduction To Neotropical Birding*

March 23 - 29th, 2018



*If you've always wanted to go birding in Costa Rica — or never taken a birding trip abroad at all — this program is a great introduction to the Neotropical birds of Central America. Holbrook's local birding guides are experts at identification by both sight and sound, and they'll help ensure your group spots as many species as possible. Despite its small size, more than 900 types of birds have been recorded in the country. Combine that with its accessibility and its friendly people, and Costa Rica is a perfect destination for beginners and more advanced birders alike. Plus, you'll discover fascinating wildlife like frogs, monkeys, bats, and sloths.*

### PROGRAM HIGHLIGHTS

- Take guided hikes in primary and secondary rainforest of the Sarapiquí Valley, which provides habitat to a number of bird species, including the endangered Great Green Macaw.
- Get a different perspective of the rainforest from atop the 100-meter suspended walkway at Tirimbina Biological Reserve for the chance to see species that spend their time within the forest canopy.
- Watch for species like the Ornate Hawk-Eagle, Crested Guan, and Spectacled Owl at the world-renowned La Selva Biological Station.
- Search for the highly sought-after Resplendent Quetzal in the cloud forests of San Gerardo de Dota.

# ITINERARY

BLD = BREAKFAST, LUNCH, DINNER

## MARCH 23 - SAN JOSÉ

Upon arrival at the San Jose International Airport, after clearing customs and collecting your luggage, you will be met and transferred to Hotel Bougainvillea. (Multiple transfer times are available depending on individual flight schedules.) You will have the remainder of the day/evening at leisure. *Overnight at Hotel Bougainvillea.*

## MARCH 24 - CHILAMATE

This morning after breakfast check out of the hotel and transfer to La Paz Waterfalls and Cinchona. Have lunch at La Paz and visit the hummingbird gardens and butterfly farm. Continue to Sarapiquí Rainforest Lodge, stopping in the village of Cinchona en route. Once you have checked in at the lodge, you will have time to relax and perhaps explore the area before dinner. In the area of Sarapiquí Valley, visitors often see species such as the Keel-billed Toucan, Great Green Macaw, White-winged Becard, Sunbittern, Acadian Flycatcher, and Wood Thrush. Boots are available for use if the trails are muddy. Take an optional walk after dinner to discover nocturnal frogs and insects. *Overnight at Sarapiquí Rainforest Lodge. (BLD)*

## MARCH 25 - CHILAMATE

Early morning birding before breakfast at the lodge. After breakfast visit Tirimbina Biological Reserve for a guided hike. The trails are designed to approach areas of high interest for wildlife watching or viewing highlights of rainforest biodiversity. The greater proportion of the life of a rainforest thrives in the forest canopy. Tirimbina visitors experience a view of the richness of treetop flora and fauna from a 100 meter suspended canopy walkway spanning one of the many stream valleys in the reserve. Return in time for lunch at the lodge. Have a boat ride in the afternoon and return to the lodge to relax before dinner, and then return to Tirimbina for an informative discussion about the bats found in the Sarapiquí Valley. *Overnight at Sarapiquí Rainforest Lodge. (BLD)*

## MARCH 26 - SARAPIQUÍ

This morning depart early for the Organization for Tropical Studies La Selva Biological Station. La Selva is world-renowned for scientific research on rainforest ecosystems and has been studying this forest for more than 50 years. Be on the lookout for the Ornate Hawk-Eagle, Crested Guan, Great Tinamou, Pied Puffbird and Spectacled Owl as possible sightings. Return to the lodge for lunch. Your afternoon is free to participate in optional activities such as white water river rafting, zip-line canopy tour, visit at the Nature Pavillion, Chocolate Tour at Tirimbina, an indigenous culture tour, or return to La Selva Biological Station. These activities need to be booked in advance and are at additional cost. Or simply enjoy the trails at the lodge on own or with your guide. *Overnight at Sarapiquí Rainforest Lodge. (BLD)*

## MARCH 27 - SAN GERARDO DE DOTA

Early this morning check out of the lodge and depart for San Gerardo de Dota. En route visit El Tapir for birding. At a slightly higher elevation and with heavier rainfall, this area holds many specialty birds not typically found in the Sarapiquí region. Regular sightings include Lattice-tailed Trogon, Yellow-eared Toucanet, Streak-crowned Antvireo, Tawny-faced Gnatwren, White-throated Shrike-Tanager, Ashy-throated Bush-Tanager, and Tawny-crested Tanager, Emerald, and Blue-and-gold Tanagers. Rarities seen here on occasion include Rufous-fronted Wood-

Quail, Red-fronted Parrotlet, Rufous-vented Ground-Cuckoo, Black-crowned Antpitta, Gray-headed Piprites, and Sharpbill. Have lunch en route and then check in at Trogon Lodge. After settling in have some time to bird along the lodge grounds in search of Magnificent Hummingbird, Green Violetear with flared blue cheek tufts, Gray-tailed Mountain-gem, Volcano Hummingbird, and the tiny Scintillant Hummingbird. Fiery-throated Hummingbird and Violet Sabrewing are seasonally present. Flame-colored and Slaty Flowerpiercer come in to feed. Natural vegetation near the feeders offers great photographic opportunities. Located in San Gerardo de Dota, a small community in the Talamanca mountains, Trogon Lodge is at an elevation of 7,220 feet. The forest is rich with insects, mammals, and amphibians, and the pristine valley is a paradise for birdwatchers with more than 170 species of birds. The crown jewel is the magnificent Resplendent Quetzal, which lives in the region year round. *Overnight at Trogon Lodge. (BLD)*

## MARCH 28 - SAN GERARDO DE DOTA

Journey to Cerro Buena Vista this morning in Los Quetzales National Park to look for Volcano Junco, among other high (10,400 ft) elevation species. Spend the rest of the day exploring the upper trails at Savegre in search of Resplendent Quetzal and some of the other 169 species present, including such specialties as Spotted Wood-Quail, Pygmy-Owl, Resplendent Quetzal, Collared Trogon, Buffy Tuftedcheek, Ruddy Treerunner, Ochraceous Pewee, Barred Becard, Wrenthrush (Zeledonia), and Golden-browed, just to name a few. Dinner at the lodge this evening. *Overnight at Trogon Lodge. (BLD)*

## MARCH 29 - DEPARTURE

Transfer to the airport in time to catch your afternoon flight home. (B)

## LAND PRICING

**\$1,775** (based on a group of 8)

Cost includes meals, accommodations, and activities as indicated in the itinerary, in-country transportation, full-time guide, all tips/gratuities, carbon offset, and donation to the Duval Audubon Society.

Does not include international airfare, or items of a personal nature. Please call for an airfare quote from your city if you would like assistance booking flights.

## THE FINE PRINT

Cost is based on double occupancy; for a single room throughout the trip add \$200 per person. A \$200 per person deposit and enrollment form are required to reserve your space on the trip no later than November 23, 2017. This deposit is refundable excluding a \$100 cancellation fee until December 18, 2017, at which time non-refundable final payment is due. Travel/trip cancellation insurance is strongly recommended. For more information call Travel Insured at 800-243-3174 or visit [www.travelinsured.com](http://www.travelinsured.com). Holbrook Travel's agency number is 15849.



This program includes optional carbon offsetting with ClimateSafe. Learn more at [holbrooktravel.com/climatesafe](http://holbrooktravel.com/climatesafe)

## FOR MORE INFORMATION OR TO ENROLL:

Contact Sandy Schmidt: 800-451-7111 x379 | [schmidt@holbrooktravel.com](mailto:schmidt@holbrooktravel.com)

Register online at [holbrook.travel/duvalaudubon-cr2018](http://holbrook.travel/duvalaudubon-cr2018)