



Slaty-tailed Trogon (Trogon massena)
Photo by Joaquin Garcia



COSTA RICA

BIRDING RAINFORESTS & TRANSITIONAL HABITAT

San Diego Bird Festival Post-Festival Trip

February 26 - March 4, 2018



Embark on a journey with San Diego Audubon Society through lush rainforest, dry tropical forest, and along rivers to spot some of the hundreds of bird species that call Costa Rica home. Begin in the Caribbean lowlands of the Sarapiquí Valley, then continue to Carara National Park near the Pacific coast, with stops along the way. You'll discover a variety of habitats with the aim of seeing as many species as possible on this 7-day trip.

PROGRAM HIGHLIGHTS

- Visit the world-renowned La Selva Biological Station to spot some of the 400-plus bird species that reside in the area, including the Ornate Hawk-Eagle, Crested Guan, and Pied Puffbird.
- Hike at Tirimbina Biological Reserve and view the richness of treetop flora and fauna from a 330-foot suspended canopy walkway spanning one of the many stream valleys in the reserve.
- Embark on a leisurely afternoon boat ride on the Tárcoles River to look for water and shore birds as well as the river's most famous inhabitants, its giant American crocodiles.
- Explore the ecologically diverse Carara National Park, one of Costa Rica's birding hotspots, where northwestern tropical dry forest habitats meet the humid rainforests of the South Pacific region.
- Take guided night walks to look for wildlife like owls, nocturnal frogs, and insects.

ITINERARY

BLD = BREAKFAST, LUNCH, DINNER

FEBRUARY 26 - SAN JOSÉ

Arrive in San José and transfer to the Country Inn & Suites. This evening at leisure to rest. Dinner not included. *Overnight at Country Inn & Suites.*

FEBRUARY 27 - SARAPIQUÍ

This morning meet for breakfast and orientation at 7 am in the hotel restaurant. Check out of the hotel and then transfer to La Paz Waterfalls. Have lunch at La Paz and visit the hummingbird gardens and butterfly farm. Continue to Ara Ambigua Lodge, stopping at Cinchona en route. This afternoon take a hike around the hotel grounds with your guide. Ara Ambigua provides opportunities to see species such as the Keel-billed Toucan, Great Green Macaw, White-winged Becard, Sunbittern, Acadian Flycatcher, and Wood Thrush. Take an optional walk after dinner to discover nocturnal frogs and insects. *Overnight at Ara Ambigua Lodge. (BLD)*

FEBRUARY 28 - 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, and then head back to La Selva. Anyone who wants to stay at the lodge can do so. *Overnight at Ara Ambigua Lodge. (BLD)*

MARCH 1 - SARAPIQUÍ

Early morning birding before breakfast. The rest of the morning is free to participate in optional activities such as a boat ride on the Sarapiquí River, whitewater rafting, or horseback riding (arranged at reception after your arrival and paid on-site), or spending time by the pool. After lunch, 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 330-foot suspended canopy walkway spanning one of the many stream valleys in the reserve. After dinner at Tirimbina enjoy an informative talk on the lives of bats. *Overnight at Ara Ambigua Lodge. (BLD)*

MARCH 2 - CARARA

Early this morning check out of the lodge and depart for Carara. En route visit El Tapir Reserve 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, 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. Lunch is followed by a leisurely afternoon boat ride along the Tárcoles River to watch for both water and shore birds like Double-

striped Thick-knee, Roseate Spoonbill, jacanas, and ducks. The Tárcoles River basin is one of the most important in the Pacific coastal region, virtually draining the entire western side of the Central Valley. Tárcoles hosts an amazing diversity of wildlife along its banks the river is a perfect spot to catch a glimpse of mangrove specialties such as the rare Rufous-necked Wood-Rail, Mangrove Hummingbird, Pygmy Kingfisher, Panama Flycatcher, Mangrove Vireo, Mangrove (Yellow) Warbler, and Scrub Greenlet. Perhaps the most famous of all its inhabitants are the enormous crocodiles that live on its banks. Later take a guided night walk to look for owls. *Overnight at Hotel Villa Lapas. (BLD)*

MARCH 3 - CARARA

Take an early morning bird walk before breakfast. Later visit Carara National Park for the day, one of the birding hotspots of Costa Rica. The park is located in Costa Rica's Central Pacific region, which is one the most ecologically diverse areas of the country. The intersection of the northwestern tropical dry forest habitats with the humid rainforests of the South Pacific region in a relatively small area produces a very interesting combination of species from both ecosystems. Keep your eyes peeled for Golden-naped Woodpecker, Baird's Trogon, Orange-collared Manakin, Riverside Wren, Black-hooded Antshrike, Dot-winged Antwren, Long-billed Gnatwren, and Chestnut-backed Antbird. Before dinner at the lodge, watch for Scarlet Macaws from a nearby bridge. *Overnight at Hotel Villa Lapas. (BLD)*

MARCH 4 - DEPARTURE

Transfer to the airport in time to catch your afternoon flight home. Flights should be scheduled after 1 pm.

LAND PRICING

\$1,650 (10 participants)

Cost includes meals, accommodations, and activities as indicated in the itinerary, donation to San Diego Audubon Society, in-country transportation, full-time guide, and carbon offset.

Does not include international airfare, estimated at \$775 from San Diego, gratuities for guide or driver, or items of a personal nature. Other departure cities available.

THE FINE PRINT

Cost is based on 10 participants in double occupancy. With the maximum of 12 participants, the cost will be \$1,595. For a single room, add \$145 per person (limited availability). A \$200 per person deposit and enrollment form are due ASAP to reserve your space on the trip. This deposit is refundable excluding a \$100 cancellation fee until November 23, 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. Holbrook Travel's agency number is 15849.



This program includes optional carbon offsetting with ClimateSafe. Learn more at holbrooktravel.com/climatesafe

FOR MORE INFORMATION OR TO ENROLL:

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