



COSTA RICA

BIRDING WITH MARIO CORDOBA

March 15 - 25, 2019



HIGH INTENSITY!

This program is for serious birders. Expect 6-8 hours of birding each day.

Join Costa Rican bird expert Mario Cordoba to discover the abundant species of neotropical birds and other wildlife inhabiting this small but biodiverse country.

With Mario's help, you will identify hundreds of bird species while learning about the natural history of Costa Rica and the latest conservation initiatives to protect its precious ecosystems.

PROGRAM HIGHLIGHTS

- Venture on boat rides and guided hikes through Caño Negro Wildlife Refuge, an important wetland ecosystem and home to over 350 species of birds.
- Travel to La Selva Biological Station know for its scientific research on rainforest ecosystems.
- Take a boat tour along the Tárcoles River and watch for water birds and shorebirds like the Double-striped Thick-knee and Roseate Spoonbill.
- Seek out the elusive Resplendant Quetzal in Los Lagos.

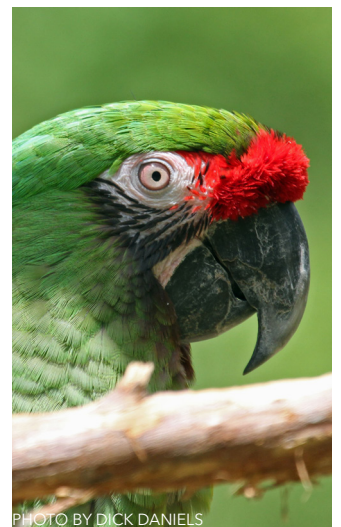


PHOTO BY DICK DANIELS

ITINERARY

BLD = BREAKFAST, LUNCH, DINNER



MARCH 15 - SAN JOSÉ

Arrive in San José and transfer to your hotel for check-in and overnight. Check in time is at 3 pm. *Overnight at Hotel Bougainvillea.*

MARCH 16 - CAÑO NEGRO

This morning receive program orientation and after breakfast depart for Caño Negro Wildlife Refuge, one of the most important wetlands and biological areas of the country, set in the lush wetlands of northern Costa Rica. This ecological jewel is natural habitat to over 350 species of birds as well as other wildlife such as the emerald basilisk, giant anteaters, river turtles and more. Keep an eye out for the Glossy Ibis, Black-necked Stilt, Anhinga, American Wigeon, Northern Shoveler, Wood Stork, White Ibis, Black-bellied Whistling-Duck, Snail Kite, and Blue-winged Teal. You may also get the chance to see the endangered Nicaraguan Grackle. En route stop for birding at La Paz Waterfalls (elevation 4,934 feet) and Cinchona, if road conditions permit. Upon arrival late in the afternoon, check in at your lodge for overnight. *Overnight at Caño Negro Lodge. (BLD)*

MARCH 17 - CAÑO NEGRO

Early morning boat ride in Caño Negro Reserve. Then return to the lodge for breakfast and birding in the surrounding areas. This afternoon enjoy a second boat ride in the wetlands. After dinner venture on a guided night walk. *Overnight at Caño Negro Lodge. (BLD)*

MARCH 18 - CAÑO NEGRO

Early birding before breakfast. Then enjoy a morning guided

walk at Caño Negro Reserve, including the walkways and tower. After lunch have a final boat ride and prepare for an optional night walk after dinner. *Overnight at Caño Negro Lodge. (BLD)*

MARCH 19 - ARENAL

After breakfast depart for Arenal Observatory Lodge with a stop at La Fortuna's EcoCenter Danaus, a private ecological reserve where programs for conservation, training, environmental education and sustainability projects are developed. Here there are a number of optimal birding locations; the grassland areas, the bridge over the Burio River, the secondary forest, and the natural spring are all excellent vantage points to seek out some of the 150 species recorded here. Have lunch in La Fortuna and continue to the hotel. Arenal Observatory is the only eco-lodge situated between Lake Arenal and the massive Arenal stratovolcano and is also the only hotel situated within Arenal National Park. Set on a ridge amid towering pine trees on the south side of the volcano, the lodge boasts seven miles of well-maintained trails on over 800 acres. More than 400 species of birds have been documented here in this birder's paradise. Some of the more spectacular local residents include the Three-wattled Bellbird, Fasciated Tiger-Heron, Sunbittern, Laughing Falcon, Red-colored Parrot, Great Curassow, Northern Jacana, Steely-vented Hummingbird, and Keel-billed Toucan. There is also plenty of other wildlife in the area, including three species of monkeys. Elevations range from 1,650 to 2,950 feet. *Overnight at Arenal Observatory Lodge. (BLD)*

MARCH 20 - ARENAL

Early this morning go birding on the lodge's trails. After breakfast, transfer to Arenal Hanging Bridges for birding along the 15 bridges, six of which are suspended in the upper canopy of this mature forest (elevation is approximately 1,900 feet). The trail system straddles different types of ecosystems forming a transitional vegetation-strip of high biodiversity, where both highland and lowland species reside. There is an excellent chance to see motmots and jacamars. Return to the lodge for lunch and this afternoon continue birding on the lodge's trails. *Overnight at Arenal Observatory Lodge. (BLD)*

MARCH 21 - CARARA

Travel to Villa Lapas today (elevation 328-1640 feet), arriving in time for lunch at the lodge. We'll take an 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; it drains virtually the entire western side of the Central Valley. Tárcoles hosts an amazing diversity of wildlife along its banks. The river is a perfect place 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 observe owls. *Overnight at Villa Lapas. (BLD)*



MARCH 22 - 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 of the most ecologically diverse areas of the country. The intersection of northwestern tropical dry forest with the humid rainforest of the South Pacific region concentrated in a relatively small area produces an interesting combination of species from both ecosystems. Keep your eyes open 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 macaws from a nearby bridge. *Overnight at Villa Lapas. (BLD)*

MARCH 23 - SAN GERARDO DE DOTA

After breakfast continue to Cerro de la Muerte, an area at the top of Cordillera de Talamanca, and famous for its diversity of endemic wildlife. Consisting of temperate forest and páramo habitats at an elevation of 7,500 feet and above, the natural vegetation attracts species such as the rare Red-fronted Parrotlet, Costa Rican Pygmy-Owl, Dusky Nightjar, Fiery-throated, Volcano, and Scintillant Hummingbirds, Gray-tailed Mountain-gem, Ruddy Treerunner, Buffy Tuftedcheek, Silvery-fronted Tapaculo, Ochraceous Pewee, Silvery-throated Jay, Black-and-yellow Silky-flycatcher, Volcano Junco, Timberline Wren, Zeledonia, and Resplendent Quetzal. Look for these species and others at Cerro de la Muerte and La Georgina en route to Suria. Check-in at your hotel, then enjoy a delicious Costa Rican dinner there. *Overnight at Suria Lodge. (BLD)*

MARCH 24 - SAN GERARDO DE DOTA

Spend the morning birding in search of Spotted Wood-Quail, Costa Rican Pygmy-Owl, Collared Trogon, Buffy Tuftedcheek, Ruddy Treerunner, Ochraceous Pewee, Barred Becard, Zeledonia, and Golden-browed Chlorophonia. Head to Los Lagos in the afternoon in search of the Resplendent Quetzal. Dinner is followed by a guided night walk. *Overnight at Suria Lodge. (BLD)*

MARCH 25 - DEAPRT

Early morning departure for San José and the airport. Flights should be scheduled to depart after 1 pm. (B)

MEET YOUR GUIDE



Mario Córdoba Hidalgo has been a nature guide in Costa Rica for more than two decades. During all these years he has expanded his knowledge and appreciation for the country's unique features; and introduced many

visitors to its beauty and biodiversity. Born in 1973 in Quesada, San Carlos, he spent his early years exploring nature with his local Boy Scout troop. This was the onset of his lifelong passion for the natural world. After completing Primary and Secondary school, he went on to attend Instituto Tecnológico de Costa Rica for his professional training in Eco-Tourism. He learned the trade as a tour guide at places like Arenal Volcano, and Caño Negro Wildlife Refuge. He has been leading tours for Holbrook Travel since 1996.



PROGRAM PRICING

\$3,125 (based on 8 participants)

Price includes accommodations, meals and activities as listed in itinerary, private transportation, full-time birding guide, \$300 donation to the Audubon chapter of your choice and carbon offset.

Does not include gratuities, items of a personal nature, or international airfare.

TRAVEL PROTECTION

Holbrook Travel purchases Travel Protection on behalf of all participants traveling in 2018 or beyond. These plans help provide coverage once the trip has departed and offer benefits for Baggage/Personal Effects, Accident & Sickness Medical Expenses, Emergency Evacuation and more.

Optional additional coverage is available in the form of the Group Deluxe Plan, which offers benefits for Trip Cancellation/Interruption, in addition to many other insurance benefits and non-insurance assistance services. If interested in this optional plan, we can provide you with rates and plan details.

THE FINE PRINT

Price is based on 8 participants in double occupancy rooms. For a single room throughout the trip add \$445 per person. A \$200 per person deposit and enrollment form are required to hold your space on the trip. Excluding a \$100 cancellation fee, this deposit is refundable until December 10, 2018 at which time non-refundable final payments are due.

FOR MORE INFORMATION OR TO ENROLL

Visit holbrook.travel/cordoba-cr19 or contact Jen Hajj at JenHajj@holbrooktravel.com

PHOTOS BY

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