



HOLBROOK
TRAVEL

COSTA RICA

Cayuga Bird Club

with Jody Enck

April 20-29, 2018

Visit holbrook.travel/cayuga-cr18

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 the 500-acre primary and secondary rainforest reserve at Selva Verde Lodge, which provides habitat to more than 350 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

APRIL 20 - SAN JOSÉ

Individual arrivals in San José. *Overnight at Country Inn.*

APRIL 21 - CHILAMATE

This morning meet for breakfast and orientation at 7:00am 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 Selva Verde Lodge & Rainforest Reserve, stopping at Cinchona en route. This afternoon take a hike in the reserve with your guide. Protecting 500 acres of rainforest, Selva Verde offers many covered walks, birding trails, and lookout points. Selva Verde provides opportunities to 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 Selva Verde Lodge & Rainforest Reserve. (BLD)*

APRIL 22 - CHILAMATE

Early morning birding before breakfast. Then set out to explore the reserve again on a different trail. The Selva Verde Reserve is home to one of the largest almond trees in all of Central America, which provides habitat for the endangered Great Green Macaw. Return in time for lunch and later this afternoon 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. After dinner at Tirimbina enjoy an informative talk on the lives of bats. *Overnight at Selva Verde Lodge & Rainforest Reserve. (BLD)*

APRIL 23 - CHILAMATE

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. Return to the lodge for lunch. Your afternoon is free to participate in optional activities such as Sarapiquí River boat ride, rafting or horseback riding (arranged at the reception after your arrival and paid on site), spending time by the pool, or looking for avian visitors in Selva Verde's botanical garden area. Later this afternoon enjoy a guided bird watching hike or take in the river views from the patio overlooking the Sarapiquí

River. *Overnight at Selva Verde Lodge & Rainforest Reserve. (BLD)*

APRIL 24 - TURRIALBA

This morning after breakfast, departure for Turrialba, 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, 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 the lunch en route. Late afternoon arrival at hotel in Turrialba. Check in and visit the nearby Hummingbird pools just a short walk from the hotel for a chance to hummingbirds arrive to dip in the fresh spring water of the stream each evening. In the cool green of the forest understory is an observation deck above a rainforest stream. Targets include the striking Purple-crowned fairy, the Snowcap with its gleaming white cap, and the vibrant colors of the Violet-crowned Woodnymph and more. Also other species besides Hummingbirds visit this area including the Tawny-throated Leaf-tosser, the Dull-mantled Antbird, Great Tinamou and many more. Optional night walk after dinner to see some of the insects, birds and mammals that are active after dark. *Overnight at Rancho Naturalista. (BLD)*

APRIL 25 - TURRIALBA

The feeders around the lodge are full of activity in the morning at sunrise when the birds become active. Meet on the spacious balcony for a cup of coffee or tea at dawn. Then it's birding on the balcony to see what comes to the feeders, off to the insect light to see some of the insect feeding species like the Red-throated Ant Tanager, or birding around the lodge. Return to the lodge for breakfast at 7:00 am. After breakfast head out on the trails in the private forest reserve to look for local specialties which include the tiny Snowcap hummingbird, Tawny-chested Flycatcher, Purplish-backed Quail Dove, White-crowned Manakin, White-throated Flycatcher, Dull-mantled Antbird, Thicket Antpitta, Black-throated Wren, Black-crested Coquette, Tawny-throated Leaf-tosser, Northern Schiffornis, and Grey-headed Piprites. Return to the lodge for lunch and time to relax or continue birding along the trails, visit the hummingbird pools or watch the action and the hummingbird and other feeders. Over 450 species have been recorded in this region. Among those commonly seen are the Gray-headed Chachalaca, Little Tinamou, Sharp-shinned Hawk, Barred Hawk, White-throated

Crake, Red-billed and Short-billed Pigeons, Gray-chested Dove, Common Pauraque, Green Hermit, Gartered and Collared Trogons, Rufous-tailed Jacamar, Keel-billed Toucan and many more. Dinner at the hotel. *Overnight at Rancho Naturalista. (BLD)*

APRIL 26 - SAN GERARDO DE DOTA

Early this morning check out of the lodge and depart for San Gerardo de Dota with birding en route. Have lunch en route and then check in at Savegre. After settling in at the lodge, check out the hummingbird feeders situated in front of reception and also off the balcony of the lounge. The feeders are always active with resident 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. Even Flame-colored Tanager 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, Savegre is at an elevation of 7,220 feet. The forest around the hotel is one of massive oaks, colorful plants, and an incredible variety of animal life. 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 Savegre Hotel Natural Reserve & Spa. (BLD)*

APRIL 27 - 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, Costa Rican Pygmy Owl, Resplendent Quetzal, Collared Trogon, Buffy Tuftedcheek, Ruddy Treerunner, Ochraceous Pewee, Barred Becard, Zeledonia, and Golden-browed Chlorophonia, just to name a few. Dinner at the lodge this evening. *Overnight at Savegre Hotel Natural Reserve & Spa. (BLD)*

APRIL 28 - SAN JOSÉ

Morning birding along Providencia Road en route back to San José, a rural road passing through some of the best highland forest habitats in the region. Expected species include Large-footed and Yellow-thighed Finches, Collared Redstart, Red-tailed Hawk (the local, non band bellied subspecies), Black-capped Flycatcher, Volcano, Fiery-throated, and Magnificent Hummingbirds, Slaty Flowerpiercer, Yellow-winged Vireo, Long-tailed Silky Flycatcher, Black-and-Yellow Silky Flycatcher and Spangle-cheeked Tanager. Check in at the hotel which is

conveniently located a short drive from the airport. Have farewell dinner at the hotel. *Overnight at Country Inn. (BLD)*

APRIL 29 - FAREWELL!

Transfer to the airport in time to catch your flights home.

ABOUT YOUR LEADER



Jody Enck started birding as a small boy growing up on a farm in Pennsylvania. Since then, he continues to learn more and more about birds and birders. Jody especially loves bird-watching in his back yard and learning what the local residents are up to. He

is a closet lister, with more than 500 species seen in the U.S. and nearly 900 throughout the Americas. He has a background in wildlife biology and social science. In 2016, he founded the Sister Bird Club Network, which links birders and clubs throughout the Western Hemisphere by raising awareness of the conservation needs of the neotropical migratory birds we all love.

LAND PRICING

\$2,500 (10 participants)

Cost includes meals, accommodations, and activities as indicated in the itinerary, in-country transportation, full-time guide, bottled water on the bus, donation to Cayuga Bird Club, carbon offset.

Does not include international airfare.

THE FINE PRINT

Cost is based on double occupancy; for a single room throughout the trip add \$255 per person. A \$200 per person deposit and enrollment form are required ASAP to reserve your space on the trip. This deposit is refundable excluding a \$100 cancellation fee until January 15, 2018, 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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