



Masked Tityra (*Tityra semifasciata*)  
Photo by Sanford M. Sorkin



## COSTA RICA

### INTRODUCTION TO NEOTROPICAL BIRDING

*with Southern Adirondack Audubon Society*

March 11-17, 2018



*This 7-day program with Southern Adirondack Audubon Society is a great introduction to the Neotropical birds of Central America. 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. Local birding guides who are experts at identification by both sight and sound will help ensure you spot as many species as possible.*

### PROGRAM HIGHLIGHTS

- Visit Costa Rica's newest national park, Los Quetzales National Park, for the chance to see approximately 300 avian species including the park's namesake.
- Watch for species like the Ornate Hawk-Eagle, Crested Guan, and Spectacled Owl at La Selva Biological Station, world-renowned for scientific research on rainforest ecosystems.
- 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.
- 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.

## ITINERARY

BLD = BREAKFAST, LUNCH, DINNER

### MARCH 11 - SAN JOSÉ

Individual arrivals in San José. *Overnight at Hotel Buena Vista.*

### MARCH 12 - SAN GERARDO DE DOTA

Early this morning check out of the lodge and depart for San Gerardo de Dota. Have lunch en route and then check in at Suria Lodge. After settling in, explore the property and enjoy dinner at the hotel restaurant. *Overnight at Suria Lodge. (BLD)*

### MARCH 13 - SAN GERARDO DE DOTA

Spend the morning exploring the trails at Suria Lodge in search of Resplendent Quetzal and some of the other 169 species found here. A paradise for birdwatchers, this forest is amazing to walk through and is also rich with insects, mammals, and amphibians. The large centennial oaks are laden with lichens and mosses that contrast with the colorful bromeliads. Explore the trails in search of 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. After lunch, journey to the cloud forest of Costa Rica's newest national park, Los Quetzales National Park (approximately 7,500 feet elevation). Dinner at the lodge this evening. *Overnight at Suria Lodge. (BLD)*

### MARCH 14 - CHILAMATE

Early this morning check out of the lodge and depart for Selva Verde Lodge & Rainforest Reserve. En route visit El Tapir for birding. At a slightly higher elevation and with heavier rainfall, this area holds many specialty birds. 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. Arrive at Selva Verde and check in. 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)*

### MARCH 15 - 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)*

### MARCH 16 - 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 as possible sightings. 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 birdwatching hike or take in the river views from the patio overlooking the Sarapiquí River. *Overnight at Selva Verde Lodge & Rainforest Reserve. (BLD)*

### MARCH 17 - FAREWELL!

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

## LAND PRICING

**\$1,650**

Cost includes meals, accommodations, and activities as indicated in the itinerary, in-country transportation, full-time guide, and carbon offset.

Does not include international airfare, estimated at \$880 from Albany, gratuities for guide or driver, 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 \$175 per person. A \$200 per person deposit and enrollment form are required to reserve your space on the trip. This deposit is refundable until December 6, 2017 excluding a \$100 cancellation fee, at which time non-refundable final payment is due in full. 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:

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