



COSTA RICA

SLATY-TAILED TROGON BY JOAQUIN GARCIA

Birder's Paradise: Savegre, Sarapiquí, Arenal, and Carara

with Tropical Audubon Society

AUGUST 07 – 17, 2022



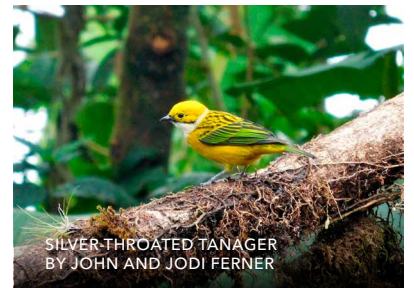
Embark on a thrilling 11-day birding excursion with Tropical Audubon Society, perfect for avid birders wishing to add to their life list: You'll be rewarded with ample opportunities to seek out some of the hundreds of avian species that call Costa Rica home. Visit hotspots encompassing a variety of habitats—such as Caribbean lowlands, premontane forest, tropical dry forest, mangroves, páramo, and more—during hikes, boat rides, and a hanging bridge canopy tour. Accompanied by your expert Costa Rican birding guide, you'll look for sought-after residents and endemic species and experience the breadth and depth of the country's diverse natural beauty.

HIGHLIGHTS

- Bird the trails of the world-renowned La Selva Biological Station, where more than half of Costa Rica's species have been recorded.
- Enjoy excellent vantage points—including grassland, secondary forest, a river, and a natural spring—at a private ecological reserve near Arenal Volcano.
- Spend a full day in Carara National Park, an ecologically diverse hotspot due to its location at the convergence of northwestern tropical dry forest and humid southern Pacific rainforest.
- Seek out regional endemics like the Volcano Junco and White-throated Mountain-gem, plus the highly coveted Resplendent Quetzal, in the temperate forest and páramo habitats of Cerro de la Muerte.



RÍO SARAPIQUÍ BY DAIN VAN SCHOYCK



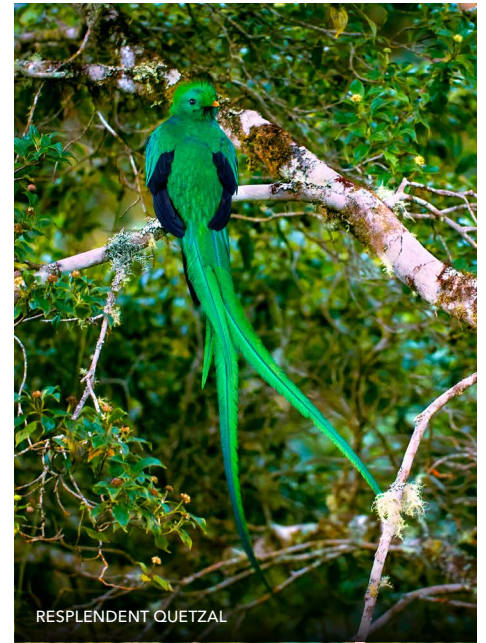
SILVER-THROATED TANAGER BY JOHN AND JODI FERNER



ORANGE-COLLARED MANAKIN BY DON FAULKNER



BIRDING AT LA SELVA BY CHRISTA MARKLEY



RESPLENDENT QUETZAL

ITINERARY

DAY 1 | SUN | 07 AUG | SAN JOSE

Arrive in San José and transfer to Villa San Ignacio, located just minutes from the airport in the charming town of Alajuela. Check in at the hotel and enjoy the stunning views of San José's Central Valley. Elevation is 3,100 feet. Check-in is at 3 pm.

VILLA SAN IGNACIO

DAY 2 | MON | 08 AUG | SARAPIQUI

This morning, meet for breakfast and an orientation in the hotel restaurant, followed by an introductory presentation on tropical birding from a local expert. Check out of the hotel and start your journey to Selva Verde Lodge & Rainforest Reserve. En route, stop for birding at Cinchona and Virgen del Socorro, if road conditions permit. Selva Verde Lodge is situated in the Caribbean lowlands, at elevations ranging from 180 to 220 feet. Established by the Holbrook family in 1985, the lodge is renowned for its commitment to ecological preservation and sustainability. The reserve is home to a large assortment of avian life, including several types of herons, egrets, hawks, falcons, macaws, hummingbirds, flycatchers, warblers, sparrows, and tanagers. Specific species often spotted at Selva Verde include the Keel-billed Toucan, Sunbittern, Crimson-collared Tanager, Wood Thrush, Crowned Woodnymph, and Russet-naped Wood-Rail. Selva Verde is also home to the endangered Great Green Macaw, a species that seems to be recovering thanks to area conservation efforts. They can occasionally be found feeding on the giant fruiting almond trees in the rainforest. Have lunch and a brief orientation to get acquainted with the facilities before birding on the lodge trails. This evening, after dinner, take a walk in search of nocturnal species.

BREAKFAST-LUNCH-DINNER

SELVA VERDE LODGE

DAY 3 | TUE | 09 AUG | SARAPIQUI

Depart at dawn for the world-famous Organization for Tropical Studies La Selva Biological Station for early morning birding in the tropical wet forest. La Selva consists of approximately 2,500 acres of land, over half of which is virgin forest. The area averages over 13 feet of rainfall each year and is one of the longest-studied rainforests in the world. More than half of Costa Rica's recorded bird species have been spotted at La Selva, including the Bare-necked Umbrellabird, Red-capped Manakin, Great Antshrike, Chestnut-backed Antbird, Slaty-tailed Trogon, Striped Cuckoo, Slaty Spinetail, Yellow-tailed Oriole, and Rufous-tailed Jacamar. Return to the lodge for lunch and time at leisure.

BREAKFAST-LUNCH-DINNER

SELVA VERDE LODGE

DAY 4 | WED | 10 AUG | SARAPIQUI

Begin the day with birding around Selva Verde grounds and reserve. Later this afternoon, take a boat ride on the Sarapiquí River. While winding down the river bordered with forests and cultivated fields, look for aquatic animals, birds, and reptiles in their natural habitat. You may also see residents going about their daily lives and witness the impact local banana plantations have on this watershed.

BREAKFAST-LUNCH-DINNER

SELVA VERDE LODGE

DAY 5 | THU | 11 AUG | ARENAL

Depart for Arenal Observatory Lodge this morning, with a stop at La Fortuna's EcoCenter Danaus. This private ecological reserve also develops programs for conservation, training,

environmental education and sustainable production. There are a number of optimal birding locations to explore; the grassland areas, the bridge over the Burío River, the secondary forest, and the natural spring are all excellent vantage points to seek out some of the 150 species found 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 the only hotel within the boundaries of Arenal National Park. Set on a ridge amid towering pine trees on the south side of the volcano, the lodge offers seven miles of well-maintained trails on over 800 acres. A birder's paradise, more than 400 species have been recorded here. Some of the more spectacular local residents include the Three-wattled Bellbird, Fasciated Tiger-Heron, Laughing Falcon, Red-lored 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.

BREAKFAST-LUNCH-DINNER
ARENAL OBSERVATORY LODGE

DAY 6 | FRI | 12 AUG | ARENAL

Early this morning go birding on the lodge's trails. Have breakfast, and then depart for Arenal Hanging Bridges. Six of the 15 bridges are suspended in the upper canopy of this mature forest trail system (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.

BREAKFAST-LUNCH-DINNER
ARENAL OBSERVATORY LODGE

DAY 7 | SAT | 13 AUG | TÁRCOLES

Travel to Cerro Lodge today, arriving in time for lunch at the lodge. Later this afternoon, when it cools off a bit, go for a 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



NORTHERN EMERALD-TOUCANET BY DEBBIE JORDAN

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, American Pygmy Kingfisher, Panama Flycatcher, Mangrove Vireo, Mangrove (Yellow) Warbler, and Scrub Greenlet. Perhaps the most famous of all its inhabitants are the enormous American crocodiles that live on its banks. Later, take a guided night walk to observe owls.

BREAKFAST-LUNCH-DINNER
CERRO LODGE



VOLCANO HUMMINGBIRD BY CHRIS JIMENEZ

DAY 8 | SUN | 14 AUG | TÁRCOLES

Take an early morning bird walk before breakfast. Then set out for a full day at Carara National Park, one of the birding hotspots of Costa Rica. The park is located in the Central Pacific region, 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 Scarlet Macaw from a nearby bridge.

BREAKFAST-LUNCH-DINNER
CERRO LODGE

DAY 9 | MON | 15 AUG | SAN GERARDO DE DOTA

After breakfast, continue to Cerro de la Muerte, an area at the top of Cordillera de Talamanca that is famous for its diversity of endemic wildlife. Consisting of temperate forest and páramo habitats, the natural vegetation attracts species such as the rare Red-fronted Parrotlet, Costa Rican Pygmy-Owl, Dusky Nightjar, Fiery-throated, Volcano, and Scintillant Hummingbirds, White-throated Mountain-gem, Ruddy Treerunner, Buffy Tuftedcheek, Silvery-fronted Tapaculo, Ochraceous Pewee, Silvery-throated Jay, Black-and-yellow Silky-flycatcher, Volcano Junco, Timberline Wren, Wrenthrush, and Resplendent Quetzal. Look for these

species and others at Cerro de la Muerte en route to Savegre. Continue birding at the lodge before dinner.

BREAKFAST-LUNCH-DINNER

SAVEGRE HOTEL NATURAL RESERVE & SPA

DAY 10 | TUE | 16 AUG | SAN GERARDO DE DOTA

Savegre is located in a small community in the Talamanca Mountains and houses its own private biological reserve. This high-elevation habitat of mostly oak and highland cloud forest attracts a huge variety of avifauna. The large centennial oaks that cover the forest are laden with lichens and mosses that contrast with the colorful bromeliads. The forest is rich with insects, mammals, amphibians, and 170-plus bird species. Spend the morning looking for Spotted Wood-Quail, Costa Rican Pygmy-Owl, Collared Trogon, Barred Becard, 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.

BREAKFAST-LUNCH-DINNER

SAVEGRE HOTEL NATURAL RESERVE & SPA

DAY 11 | WED | 17 AUG | DEPARTURE

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

BREAKFAST

ABOUT YOUR LEADER



Brian Rapoza has served as Tropical Audubon Society Field Trip Coordinator since joining the society's board in 2001. In this role, he leads birding field trips throughout Florida, the U.S. and the Neotropics. Brian is the author of "Birding Florida," a bird-finding guide on more than 200 locations throughout the state. Since 2001, he has also served as

the Christmas Bird Count compiler for both Miami and Coot Bay/ Everglades National Park. Brian is a retired environmental science teacher, outreach specialist and internship coordinator. During his tenure with the Miami-Dade County Public School system, dating to 1988, he led thousands of school children on bird-watching expeditions through Everglades National Park and other birding destinations. In 2006, he was named the MAST (Maritime & Science Technology) Academy Teacher of the Year. He is a returned Peace Corps Volunteer, having served in the Philippines from 1983 to 1985, and is past president of the Returned Peace Corps Volunteers of South Florida. Brian is originally from New Bedford, Massachusetts, attended the University of Massachusetts and graduated in 1980 with a B.S. in Marine Biology.

PRICING DETAILS

\$2,960 per person

Price includes:

- Accommodations and meals as indicated in itinerary
- Non-alcoholic beverages with meals
- Sightseeing and activities as described, including entrance fees
- Full-time birding guide for duration of the program
- Private vehicle transportation and driver
- Departure tax
- Carbon offset
- Donation to Tropical Audubon Society

Price does not include: international airfare, estimated at \$459 from Miami, travel/trip cancellation insurance, tips/gratuities, drinks purchased on own, items of a personal nature. Other departure cities available.

THE FINE PRINT

Cost is based on a minimum of 10 participants in double occupancy.

A \$200 per person deposit and enrollment form is due to hold your space on this trip. This deposit is refundable minus a \$100 cancellation fee until May 4, 2022, at which time final non-refundable payment is due. Cancellations after this date will result in loss of full deposit.

Please note: Your participation as a traveler indicates acceptance of Holbrook Travel's Covid-19 protocols in place at time of travel.

Holbrook Travel strongly recommends the purchase of travel insurance for medical emergencies while traveling and to protect your investment. Please note the purchase of Cancel for Any Reason Coverage or to exclude pre-existing conditions with Trip Cancellation coverage may require policy purchase within 10-14 days of your initial deposit, depending upon the provider.

Single room supplement: \$290

Final payment due date: May 04, 2022



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

FOR MORE INFORMATION, OR TO ENROLL:

DEBBIE JORDAN | debbie@holbrooktravel.com | 866-748-6146 | holbrook.travel/tropicalaudubon-cr22