



COSTA RICA

An Introduction to Neotropical Birding

with Audubon Society of Northern Virginia

DECEMBER 02 – 09, 2023



Audubon Society
Northern Virginia

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. Join ASNV to spend time in the Caribbean lowlands and the mountainous southern highlands, seeking out species typical of the differing elevations and habitats. Our local birding guides are experts at identification by both sight and sound, and they'll help ensure your group spots as many of the country's 900-plus species as possible. Combine that with its accessibility and friendly people, and Costa Rica is a perfect destination for beginners and more advanced birders alike. Plus, you'll discover wildlife like frogs, monkeys, bats, and sloths.

HIGHLIGHTS

- Search for the Resplendent Quetzal, Slaty Flowerpiercer, Ruddy Treerunner, and other high-elevation species in the cloud forests of the Talamanca Mountains.
- Visit Nectar & Pollen Reserve, a private reserve adjacent to Braulio Carrillo National Park, where some interesting possibilities include the Snowcap, Long-tailed Tyrant, Cinnamon Woodpecker, and White Hawk.
- Ascend the 328-foot suspended walkway at Tirimbina Biological Reserve for the chance to see species that spend their time high within the forest canopy layer.
- Take guided hikes in the private, 500-acre rainforest reserve at Selva Verde Lodge, which provides habitat to more than 350 bird species, including the endangered Great Green Macaw.



LA PAZ WATERFALL BY DON HENISE



VOLCANO HUMMINGBIRD BY CHRIS JIMÉNEZ



HILLS NEAR THE TALAMANCA MOUNTAIN RANGE

ITINERARY

DAY 1 | SAT | 02 DEC | SAN JOSÉ

Upon arrival in San José, you will be met and taken to Hotel Bougainvillea. Check-in begins at 3 pm. Elevation is 3,898 feet.

HOTEL BOUGAINVILLEA

DAY 2 | SUN | 03 DEC | SAN GERARDO DE DOTA

This morning meet for breakfast and an orientation in the hotel restaurant, followed by an introduction to tropical birding from a local expert. Head out toward Savegre, stopping at Paraíso del Quetzal for lunch before continuing the journey to Cerro Buena Vista in Los Quetzales National Park to look for Volcano Junco, among other high-elevation (10,400 feet) species. Upon arrival, check in at the hotel in San Gerardo de Dota, a small community in the Talamanca Mountains that sits at an elevation of about 7,220 feet. The forest surrounding the hotel is home to massive oaks, colorful plants, and an incredible variety of animal life: birds, insects, mammals, and amphibians. The famous valley is a paradise for birdwatchers, with more than 170 species recorded here. The crown jewel is the magnificent Resplendent Quetzal, which lives in the region year round. After settling in at the lodge, spend some time walking around the extensive gardens, where you may find resident Talamanca Hummingbird, Lesser Violetear, White-throated Mountain-gem, Volcano Hummingbird, and the tiny Scintillant Hummingbird. Fiery-throated Hummingbird and Violet Sabrewing are seasonally present, and even Flame-colored Tanager and Slaty Flowerpiercer come in for up-close views, offering excellent photo opportunities.

BREAKFAST-LUNCH-DINNER

SAVEGRE HOTEL NATURAL RESERVE & SPA

DAY 3 | MON | 04 DEC | SAN GERARDO DE DOTA

Spend the morning exploring the upper trails at Savegre in search of Resplendent Quetzal and some of the other species present here. Board 4x4 vehicles to travel up to the beginning of the trail system. The large centennial oaks of the forest are laden with lichens and mosses that contrast with the colorful bromeliads, adding to the striking atmosphere of this forest. 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, Wrenthrush, and Golden-browed Chlorophonia, just to name a few. After lunch, continue birding around the lodge and area trails. Dinner is at the lodge this evening.

BREAKFAST-LUNCH-DINNER

SAVEGRE HOTEL NATURAL RESERVE & SPA



RESPLENDENT QUETZAL

DAY 4 | TUE | 05 DEC | SARAPIQUI

Early this morning, check out of the lodge and depart for Sarapiquí. En route, stop at Nectar and Pollen Reserve, where some interesting possibilities include the Snowcap, Long-tailed Tyrant, Cinnamon Woodpecker, White Hawk and others. This afternoon, arrive to Selva Verde Lodge & Rainforest Reserve and take a hike in the reserve with your guide. Selva Verde's reserve protects 500 acres of rainforest, and the lodge offers many covered walks, birding trails, and lookout points, with 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 this evening to discover nocturnal frogs and insects. Elevation is approximately 225 feet in Sarapiquí.

BREAKFAST-LUNCH-DINNER

SELVA VERDE LODGE



COLLARED ARACARI BY MARTIN VAN LOKVEN

DAY 5 | WED | 06 DEC | SARAPIQUI

Begin the day with early morning birding. After breakfast, set out to explore the reserve again on a different trail. Selva Verde's reserve is home to one of the largest almond trees in all of Central America, which provides habitat for the endangered Great Green Macaw. This afternoon, explore Tirimbina Biological Reserve on a guided hike. The trails at Tirimbina are designed to afford excellent opportunities for viewing rainforest biodiversity. As a large proportion of life in the rainforest thrives in the canopy layer, visitors can experience the richness of treetop flora and fauna from a 328-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.

BREAKFAST-LUNCH-DINNER

SELVA VERDE LODGE

DAY 6 | THU | 07 DEC | SARAPIQUI

Depart early this morning for the Organization for Tropical Studies La Selva Biological Station. Established in 1968, La Selva is world-renowned for scientific research on rainforest ecosystems. Be on the lookout for the Ornate Hawk-Eagle, Crested Guan, Great Tinamou, Pied Puffbird, and Spectacled



RED-LEGGED HONEYCREEPER BY SANFORD M. SORKIN

Owl as possible sightings. Return to the lodge for lunch. Your afternoon is free to participate in optional activities such as a boat ride on the Sarapiquí River, whitewater rafting or horseback riding (arranged at reception upon 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 birding hike, or take in the river views from the patio overlooking the Sarapiquí River.

BREAKFAST-LUNCH-DINNER

SELVA VERDE LODGE

DAY 7 | FRI | 08 DEC | SAN JOSÉ

After some early morning birding around the lodge, have breakfast and travel by bus to La Paz Waterfall Gardens, where you will have lunch and then visit the hummingbird gardens and butterfly farm, with the highest point visited today at 6,200 feet at La Paz Waterfall Gardens. Continue on, stopping en route at a café in Cinchona known for its many hummingbird feeders. Upon arrival at the hotel, check in and take some time to freshen up and relax. Attend a farewell dinner this evening.

BREAKFAST-LUNCH-DINNER

VILLA SAN IGNACIO

DAY 8 | SAT | 09 DEC | FAREWELL!

Transfer to the airport for flight home.

BREAKFAST



BIRDING AT LA SELVA BIOLOGICAL STATION BY CHRISTA MARKLEY



PRICING DETAILS

\$2,195 per person

Price includes:

- Accommodations, meals, and activities as described in itinerary, including entrance fees
- Non-alcoholic beverages with meals
- Full-time expert birding naturalist guide for duration of program
- Private vehicle transportation and driver
- Donation to ASNV
- Departure tax
- Carbon offset

Price does not include: International airfare, gratuities, travel or trip cancellation insurance, drinks purchased on own, items of a personal nature.

THE FINE PRINT

Price is based on a minimum of 10 participants in double occupancy. A \$200 per person deposit and enrollment form are required to reserve your space on this trip. The deposit is refundable minus a \$100 cancellation fee until 95 days prior to departure. Cancellations after this date will result in loss of full deposit. Cancellations after this date will result in loss of full deposit.

Single room supplement: \$215

Final payment due date: August 29, 2023

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.

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



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

FOR MORE INFORMATION, OR TO ENROLL:

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