

COSTA RICA

An Introduction to Neotropical Birding

7 DAYS | Choose your dates | Best season to travel: **OCT - JUL**

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. You'll 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.

PROGRAM HIGHLIGHTS

- 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.
- Ascend the 100-meter suspended walkway at Tirimbina Biological Reserve for the chance to see species that spend their time high within the forest canopy layer.
- Visit El Tapir, a private reserve adjacent to Braulio Carrillo National Park and a good place to see the Snowcap.
- Search for the Resplendent Quetzal, Slaty Flowerpiercer, Ruddy Treerunner, and other high-elevation species in the cloud forests of the Talamanca Mountains.

WHAT'S INCLUDED?

- Bilingual local birding expert
- Driver
- Accommodations
- Activities
- Private transportation
- Meals
- Beverages with meals
- Carbon offsetting



SAVEGRE RIVER BY BRIAN RALPHS



BIRDING AT SELVA VERDE BY GREG BASCO

ITINERARY

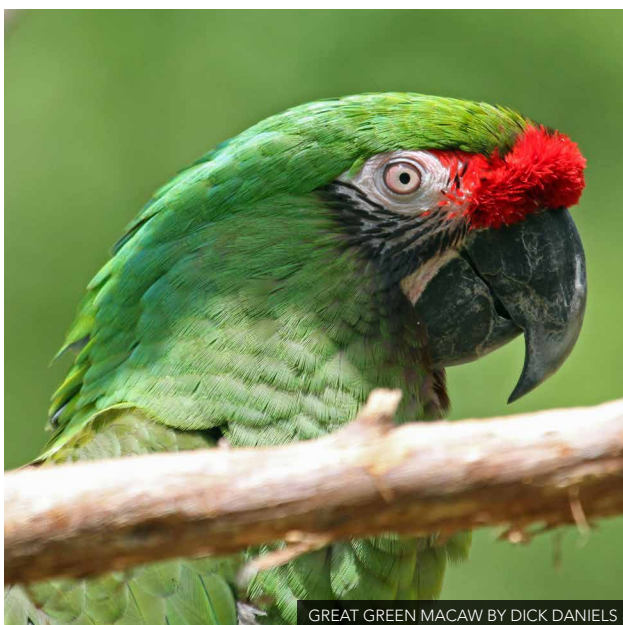
BLD = BREAKFAST, LUNCH, DINNER

DAY 1 - SAN JOSÉ

Individual arrivals in San José. *Overnight at Villa San Ignacio.*

DAY 2 - SARAPIQUÍ

This morning, meet for breakfast and an orientation in the hotel restaurant, followed by an introduction to tropical birding from a local expert. Check out



GREAT GREEN MACAW BY DICK DANIELS

of the hotel and travel by bus to La Paz Waterfall Gardens, where you will have lunch and then visit the hummingbird gardens and butterfly farm. Continue to Selva Verde Lodge & Rainforest Reserve, stopping en route at a cafe in Cinchona known for its many hummingbird feeders. This afternoon, take a hike in the Selva Verde reserve with your guide. Protecting 500 acres of rainforest, 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 after dinner to discover nocturnal frogs and insects. *Overnight at Selva Verde Lodge & Rainforest Reserve. (BLD)*

DAY 3 - SARAPIQUÍ

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. Return in time for lunch, then later this afternoon visit Tirimbina Biological Reserve for 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, Tirimbina visitors can experience 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)*

DAY 4 - SARAPIQUÍ

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 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 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)*

DAY 5 - SAN GERARDO DE DOTA

Early this morning, check out of the lodge and depart for San Gerardo de Dota. En route, stop at El Tapir, a hidden gem for birding. Due to its slightly higher elevation and 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 Chlorospingus, 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 lunch en route and then check in at Savegre. Located in San Gerardo de Dota, a small community in the Talamanca Mountains, Savegre sits at an elevation of 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 alike. 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. After settling in at the lodge, spend some time at the hummingbird feeders in front of reception and off the balcony of the lounge. The feeders are always active with 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 to feed. Natural vegetation near the feeders offers great photographic opportunities. *Overnight at Savegre Hotel Natural Reserve & Spa. (BLD)*

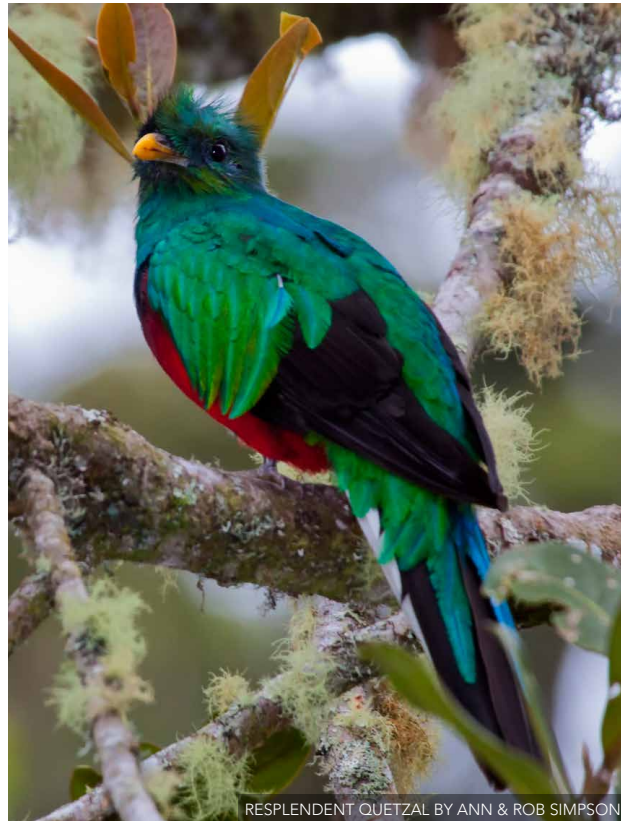
DAY 6 - SAN GERARDO DE DOTA

Spend the morning exploring the upper trails at Savegre in search of Resplendent Quetzal and some of the other species present here. (Note: The beginning of the trail is about a one-mile uphill climb.) 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, journey to Cerro Buena Vista in Los Quetzales National Park to look for Volcano Junco, among other high elevation (10,400 ft.) species. Dinner is at the lodge this evening. *Overnight at Savegre Hotel Natural Reserve & Spa. (BLD)*

DAY 7 - FAREWELL!

Transfer to the airport in time to catch your afternoon flight home. (B)



RESPLENDENT QUETZAL BY ANN & ROB SIMPSON

LAND PRICING

\$1,695 (12 participants + 1 leader)

\$1,800 (10 participants + 1 leader)

Price includes accommodations, meals, entrance fees, and activities as indicated in the itinerary, private transportation unless otherwise noted in itinerary, non-alcoholic beverages with meals, expert birding naturalist guide for duration of program, and carbon offset.

International airfare, gratuities, and items of a personal nature are not included.

Valid for travel in 2021.

THE FINE PRINT

A \$200 per person deposit and enrollment form is due to secure your reservation. This deposit is refundable until 95 days prior to departure excluding a \$100 cancellation fee. Non-refundable final payments are due no later than 95 days prior to departure.

TRAVEL PROTECTION

Holbrook Travel purchases Travel Protection on behalf of all participants. 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. Refer to the Plan Document for more details.

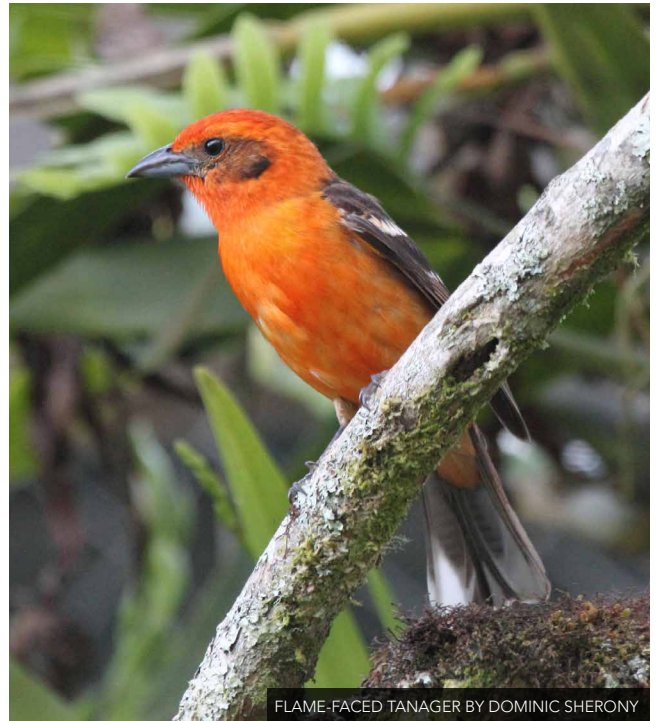
Optional additional coverage is available in the form of the Group Deluxe Plan, which offers benefits for Trip Cancellation/Interruption, in addition to many other insurance benefits and non-insurance assistance services. If interested in this optional plan, we can provide you with rates and plan details.



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



VOLCANO HUMMINGBIRD BY CHRIS JIMENEZ



FLAME-FACED TANAGER BY DOMINIC SHERONY



ACTIVITY LEVEL

2

EASY-MODERATE

WHAT TO EXPECT

This program is designed for beginners as well as more advanced birders. It spotlights the Mesoamerican Biological Corridor and Costa Rica Bird Route, featuring both hot and humid rainforests and cold and humid cloud forests. Daily birdwatching excursions with an experienced local birdwatching guide last from 4 to 6 hours. You'll cover up to three miles at a time, taking your time and pausing to observe birds. Paved and unpaved trails take you up and downhill, occasionally along steps and uneven or slippery surfaces. There is one walk along a canopy walkway suspended 328 feet in the air. Optional activities include a boat ride, whitewater rafting, or horseback riding. Expect high humidity with temperatures between 60° and 86° F. Elevation changes take you from altitudes of 210 to 10,400 feet. There will be long bus transfers on private, air-conditioned motorcoaches. The longest drive is 5 hours, on curvy mountain roads with birdwatching stops en route.