



Photo by Stephen Ingraham



COSTA RICA

Point & Shoot Photography: Osa Peninsula, Las Cruces, & Cloud Forests
with Stephen Ingraham | December 7 – 15, 2021

Embark on an excursion through vibrant forests, in mangroves, wetlands, and along rivers and beaches to spot some of the hundreds of bird species that call southern Costa Rica home. Then journey to the mountains and cloud forests of the San Gerardo de Dota region. Between the majestic Resplendent Quetzal, colorful tanagers, and energetic hummingbirds, learn to let the camera do all the work it can for you, as you enjoy and capture some of Central America's most beautiful birds and landscapes.

SPECIAL PROMO: SAVE \$100!

Join two Costa Rica Point & Shoot Photo programs back-to-back! Join this trip and "Costa Rica: Rain & Cloud Forests with Stephen Ingraham," November 29 – December 7, and save \$100.

PROGRAM HIGHLIGHTS

- Spend the day exploring flora and fauna in Corcovado National Park, one of the "most biologically intense places on Earth."
- Go birding in "La Osa," a biological corridor, home to more than 375 species of birds including targets like Rusty-margined Flycatcher and Black-cheeked Ant-Tanager.
- Learn about the Organization for Tropical Studies, their work, and current projects underway in the Las Cruces Research Station in San Vito.
- Seek out waterbirds like the White-throated Crake in the wetlands of San Vito.
- Explore the high elevation trails of Los Quetzales National Park, home to the elusive Resplendent Quetzal.

ITINERARY

BLD = BREAKFAST, LUNCH, DINNER

DECEMBER 7 - SANTO DOMINGO

Upon arrival at the San José International Airport, after clearing customs and collecting your luggage, you will be met and transferred to Hotel Bougainvillea. Arrival times may vary, so your evening meal will be on own. Check-in starts at 2 pm. *Overnight at Hotel Bougainvillea.*

DECEMBER 8 - OSA PENINSULA

After breakfast join your guide for a program orientation. Transfer to the San José airport for your Sansa flight to Puerto Jiménez. Upon arrival, transfer by bus to the lodge. After checking in and having lunch, you will have time to explore your new surroundings either with your guide or on your own. After dinner, your guide will offer a night hike in the area to see forms of nocturnal wildlife. *Overnight at Danta Corcovado Lodge. (BLD)*

DECEMBER 9 - OSA PENINSULA

Meet your guide at dawn for early morning birding, followed by breakfast, and then “gear up” for the day in Corcovado National Park. Take a 4x4 truck about 5 miles to the park entrance, then hike about 4 miles within the part and visit Los Patos Ranger Station to enjoy incredible views, pristine forest, and the rich flora and fauna of the region. Walk in the footprints of the jaguars, see where all four species of monkeys live, or cross paths with wild pigs. This is an eco-challenge that will have you in awe of the neotropics, capturing the essence of what National Geographic considers to be “the most biologically intense place on Earth.” At 164 square miles, it’s the largest national park in Costa Rica, the largest primary forest on the American Pacific coastline, and one of the few remaining large areas of lowland tropical rainforests in the world. The area holds thousands of species of flora and fauna, many of which are unique to the area. *Overnight at Danta Corcovado Lodge. (BLD)*

DECEMBER 10 - OSA PENINSULA

This morning enjoy birding at the lodge. Journey around mangroves, rivers, pastures, secondary growth and primary forest to search for some of the endemic species of the region, such as Black-cheeked Ant-Tanager, Fiery-billed Aracari, and the Yellow-billed Cotinga. This afternoon, explore some of the 75 acres at Danta Corcovado, just outside of Corcovado National Park. Hike through sections of heart-of-palm plantation, reforestation area, regeneration and secondary forests, as well as primary forests. You will also have the opportunity to see some of the 200-plus species that have been spotted in the property—maybe even jaguarundis, northern tamanduas (anteaters), three-toed sloths, and squirrel, howler, and white-faced capuchin monkeys. *Overnight at Danta Corcovado Lodge. (BLD)*



DECEMBER 11 - SAN VITO

After breakfast, transfer to the town of San Vito. Have lunch at a typical restaurant in town, and then continue to Las Cruces Biological Station. This Organization for Tropical Studies station consists of a contiguous 632-acre forest reserve with over 7,000 species of plants that attract over 400 species of birds, including many hummingbirds, tanagers, warblers, and at least five different species of trogons. Las Cruces is home to Wilson Botanical Garden, the leading cycad and palm garden in Latin America, where you will see the work of the famous Brazilian landscape architect Burle Marx. This afternoon, you’ll have the opportunity to explore your new surroundings before gathering with the station director to learn about the research and history of Las Cruces, followed by a family-style dinner shared with the researchers and students that may be staying at the station. *Overnight at Las Cruces Biological Station. (BLD)*

DECEMBER 12 - SAN VITO

After a morning of guided birding and flora discovery at Las Cruces, as well as a tour of the greenhouses and sustainable practices going on at the station, spend the afternoon at a nearby property in San Vito. The area is located 3,214 feet above sea level, surrounded by mountains, with a cool climate with marshes that are home to the Masked Duck and the Masked “Chiriqui” Yellowthroat. The wetlands of San Vito attract many species of water birds, including wild ducks, gallinules, and White-throated Crakes. Dinner will be at the station, followed by a guided night hike with your guide. *Overnight at Las Cruces Biological Station. (BLD)*

DECEMBER 13 - SAN GERARDO DE DOTA

After your early breakfast and birding in the area, depart for San Gerardo de Dota (3.5 hours) with a stop at Los Cusingos Bird Sanctuary, a farm-turned-private-reserve where famed ornithologist Alexander Skutch made his home. A bird sanctuary of great diversity, you may see Turquoise Cotinga, Golden-naped Woodpecker, Baird’s Trogon, Black-hooded Antshrike, Orange-collared

Manakin, Riverside Wren, Spot-crowned Euphonia, tanagers and antbirds. Continue to Trogon Lodge, located in the small community of San Gerardo de Dota in the Talamanca Mountains. The afternoon will be spent birding on the trails around the hotel. *Overnight at Trogon Lodge. (BLD)*

DECEMBER 14 - SAN GERARDO DE DOTA

This morning, continue to explore the cloud forest of Los Quetzales National Park. The high elevation habitat of mostly oak forest and highland cloud forest attracts a huge variety of avifauna, including the Tufted Flycatcher, Flame-colored Tanager, Long-tailed Silky-flycatcher, Volcano Hummingbird (Talamanca sp.), Scintillant Hummingbird, Gray-tailed Mountain-gem, Silvery-throated Jay, Slaty Flowerpiercer, Black-thighed Grosbeak, Collared Redstart, Sooty-capped Bush Tanager, Torrent Tyrannulet, Golden-browed Chlorophonia, Emerald (Blue-throated) Toucanet, Collared Trogon, Dusky Nightjar, and Ochraceous Wren. After lunch, you will have time on your own to enjoy the trails. This evening, gather together for a farewell dinner at the lodge. *Overnight at Trogon Lodge. (BLD)*

DECEMBER 15 - FAREWELL!

This morning you will be transferred to the San José International Airport for your afternoon flight departure. Flights should be scheduled to depart after 1 pm. (B)



PHOTO BY STEPHEN INGRAHAM

ABOUT YOUR LEADER



STEPHEN INGRAHAM

Steve Ingraham was the Birding Product Specialist for ZEISS Sports Optics for 12 years. He has been an avid nature photographer from boyhood. He is the author of Point and Shoot Nature Photography (Amazon books), maintains the Point and Shoot Photographer blog and website (psnp.info), and teaches the Point and Shoot method and philosophy of nature photography at workshops worldwide. "Let the camera do all the work it can for you, so you can concentrate on seeing and capturing the best of nature!"

LAND PRICING

\$2,650 (10 participants)

Cost includes meals, accommodations, and activities as indicated in the itinerary, in-country transportation, internal flights, full-time guide, bottled water on the bus, and departure tax.

Does not include international airfare, gratuities or items of a personal nature.

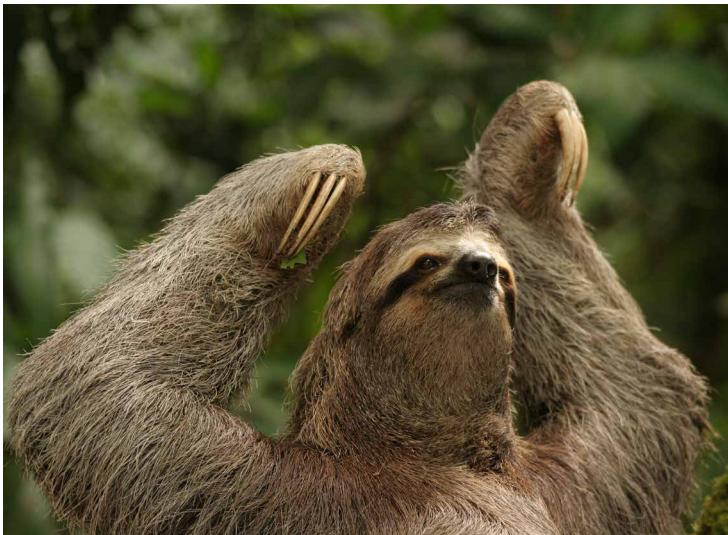
TRAVEL PROTECTION

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.

THE FINE PRINT

Cost is based on double occupancy; for a single room throughout the trip, add \$410 per person. A \$200 per person deposit and enrollment form are required to reserve your space on the trip. This deposit is refundable excluding a \$100 cancellation fee until September 3, 2021, at which time non-refundable final payment is due.



FOR MORE INFORMATION OR TO ENROLL

Contact Sandy Schmidt at schmidt@bolbrooktravel.com or 877-907-5360 or visit bolbrook.travellingraham-osa21

PHOTOS BY

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