

Birding Research And Nature Tours



CNMAS & HAI

Costa Rica Fundraising Tour

Overview

Dates: March 22th to April 3rd, 2015

Duration: 13 Days, 12 Nights

Starting Location: San Jose, Costa Rica

Ending Location: San Jose, Costa Rica

Maximum Participation: 14 participants (+ 3 guides & 1 driver)

Minimum Participation: 6 participants

This tour is designed to encompass the great diversity of birds and habitats that Costa Rica has to offer. We will visit Caribbean lowland forest, Caribbean subtropical forest, Pacific temperate (cloud) forest, wetland systems and Costa Rica's central valley. In addition to some of the best birding in the world we will have the opportunity to experience incredible volcanoes & waterfalls, stunning scenery, delicious local food, canopy walks, boat tours and a breathtaking diversity of plants and animals.

Basic Itinerary

Day 1 (March 22nd)

Arrival at San Jose International Airport. Transfer to Hotel Bougainvillea. Night at Hotel Bougainvillea.

Day 2 (March 23rd)

Morning birding at the hotel gardens. Then drive to Selva Verde Lodge with many birding stops along the way. Night at Selva Verde Lodge.

Day 3 (March 24th)

Morning birding at La Selva Biological Station followed by afternoon birding at Selva Verde Lodge. Night at Selva Verde Lodge.

Day 4 (March 25th)

Early breakfast followed by all day birding at La Paz Waterfall Gardens and surrounding area. Night at Selva Verde Lodge.

Day 5 (March 26th)

Morning birding at Selva Verde Lodge before transferring to Cano Negro. Birding along the way. Night at Natural Lodge Cano Negro.

Day 6 (March 27th)

All day birding at Cano Negro including morning wetland boat tour. Night at Natural Lodge Cano Negro.

Basic Itinerary (Continued)

Day 7 (March 28th)

Morning birding at Cano Negro before transfer to Arenal Observatory Lodge. Birding along the way. Night at Arenal Observatory Lodge.

Day 8 (March 29th)

The majority of the day will be spent birding on the extensive trails at the lodge. We may venture down some nearby roads as well. Night at Arenal Observatory Lodge.

Day 9 (March 30th)

Morning birding at Arenal Hanging Bridges followed by forest and wetland birding along Lake Arenal. Night at Arenal Observatory Lodge.

Day 10 (March 31st)

Early breakfast before transfer to Monteverde. We will bird several spots along the way. Night at Monteverde Cloud Forest Lodge.

Day 11 (April 1st)

Majority of the day will be spent at Monteverde Cloud Forest Reserve. Birding along roads or at lodge in the afternoon. Night at Monteverde Cloud Forest Lodge.

Day 12 (April 2nd)

Birding Monteverde Sky Bridges & Children's Eternal Rainforest. Night at Monteverde Cloud Forest Reserve.

Day 13 (April 3rd)

Breakfast at the lodge before transfer back to the San Jose Airport for departure.

Extended Itinerary

Day 1 (March 22nd)

We will arrive in San Jose in early afternoon. Our driver will pick us up in his tour bus upon arrival. From there we'll transfer to our hotel a short distance away. We'll spend the rest of the afternoon resting up and birding the extensive and beautiful gardens at our hotel. In the evening we'll have an introductory dinner. Night at Hotel Bougainvillea.

Day 2 (March 23rd)

We'll start the day by birding the gardens on the hotel grounds. Although we'll be right in the city, the birding here is excellent and our target will be the extremely local Prevost's Ground-Sparrow which is often seen here. After breakfast we will load into the van and begin our journey to Selva Verde Lodge. En route we will have several opportunities to get out and bird off the highway. We expect to see many Caribbean slope species including the Snowcap if we're lucky! We will arrive at Selva Verde around dark and just in time for dinner. Night at Selva Verde Lodge.

Day 3 (March 24th)

Today we'll be spending the day at the famous La Selva Biological Research Station just down the road from our lodge. The trails and roads here offer up some spectacular Caribbean Lowland birds including Snowy

Extended Itinerary (Continued)

Cotinga, Bronze-tailed Plumeleteer, Rufous-tailed Jacamar and more. We'll have lunch back at the lodge and spend the afternoon birding the trails there. If anybody wants, we can try and hoot up some owls here after dinner. Night at Selva Verde Lodge.

Day 4 (March 25th)

On our 4th day we'll be heading up slope to spend the day birding the Caribbean, subtropical forests. La Paz Waterfall Gardens is our main destination, although we'll be birding several locations on the way up and the way back. The gardens host some great feeders along with a spectacular waterfall, and equally interesting butterfly enclosure! We'll hope to find birds like Immaculate Antbird, Black-bellied Hummingbird, Emerald Tanager, White Hawk, Red-headed Barbet and so many more! Back down to the lodge for dinner and bed time. Night at Selva Verde Lodge.

Day 5 (March 26th)

We'll spend a chunk of the morning birding the lodge once again. After breakfast we'll depart and make our way towards Cano Negro. We'll stop for lunch along the way and bird the road coming into our lodge, looking for species such as Gray-headed Tanager and Black-headed Trogon. We'll have an opportunity for some owling after dinner around the lodge. Night at Natural Lodge Cano Negro.

Day 6 (March 27th)

Our special treat for the day will be a boat tour of the extensive Cano Negro Wetlands. We'll get up close and personal with Caimen, American Pygmy-Kingfishers, Gray-necked Wood-Rails, Sungrebe, Nicaraguan Grackle, and if we're lucky we might see the majestic Jabiru! We'll spend the remainder of the day birding the lodge and nearby trails. Night at Natural Lodge Cano Negro.

Day 7 (March 28th)

More birding around the lodge this morning before we depart to Arenal. We should arrive in Arenal in time for some birding in the area. Our lodge is tucked snugly between Costa Rica's largest lake (Lake Arenal) and the impressive Arenal Volcano. From the deck at our lodge you can witness this volcano as it occasionally sputters out an enormous molten rock. On clear nights you can even see the boulders crash down the side of the mountain as they burst in to bright red flame! Don't worry, we're safely out of harms way but it can be an incredible sight to see! Night at Arenal Observatory Lodge.

Day 8 (March 29th)

Today we'll be birding the trails and gardens of our lodge. The dense, undisturbed forest at the base of Arenal Volcano provides for excellent birding opportunities. We hope to find specialties like Black-crested Coquette and Great Curassow. In the afternoon we will visit a nearby waterfall and venture out onto some nearby roads and farms. Optional owling after dinner. Night at Arenal Observatory Lodge.

Day 9 (March 30th)

This morning we'll head to the Arenal Hanging Bridges. These suspension bridges are set high into the forest canopy giving us an opportunity to find a whole new set of birds that are normally difficult to see! Later in the day we'll head to Arenal Lake to bird the lake shore and some small wetlands. Night at Arenal Observatory Lodge.

Day 10 (March 31st)

We'll have an early breakfast today before loading up and heading towards Monteverde. We'll spend a large portion of the day birding on the road. We'll be passing through the edge of the Guanacaste dry forest which

Extended Itinerary (Continued)

offers a host a new birds including Turquoise-browed Motmot, Lesser Ground-Cuckoo, Ferruginous Pygmy-Owl and Cinnamon Hummingbird. We'll arrive at our lodge in time for dinner. Night at Monteverde Cloud Forest Lodge.

Day 11 (April 1st)

Most birders have heard of the famous Monteverde Cloud Forest Reserve and that's exactly where we'll be today! Resplendent Quetzals, Prong-billed Barbets, Black-face Solitaire, Emerald Toucanet and more all await us on the trails and gardens of this amazing place. We'll spend the majority of the day here with an option to take a jaunt down lower down the mountain. Owling after dinner for those who have the energy. Night at Monteverde Cloud Forest Lodge.

Day 12 (April 2nd)

Another day, another canopy bridge. The Monteverde Sky Bridges are another set of suspension bridges that put you high in the forest canopy. The birds here are great! After lunch, we'll head to the Children's Eternal Rainforest Reserve for more great cloud forest birding! We'll have a wrap up dinner this evening as it will sadly be our last night of the trip. Night at Monteverde Cloud Forest Reserve.

Day 13 (April 3rd)

One last breakfast at the lodge before we load up and head to airport. Depending on departure times, we may or may not be able to stop for birding on the way. Night in the comfort of your own bed!

Fundraising

This tour is a fundraising trip donated to Central New Mexico Audubon Society (CNMAS) and Hawks Aloft Inc. (HAI). After the 10% donation to a local, Costa Rican, conservation group (to be determined), BRANT will be donating the remainder of the profits, equally split between HAI and CNMAS. BRANT guides have chosen to forfeit compensation for this tour to increase the funds raised for our partners.

Accommodations & Meals

All our meals will be taken either at our lodge or at local, reputable restaurants. On a few occasions we may have a bag lunch packed by our lodge's kitchen staff.

Our accommodations throughout the tour are high quality, eco-friendly lodges and hotels. See below for a complete list of lodging and links to their websites.

Hotel Bougainvillea - <http://www.hb.co.cr/>

Selva Verde Lodge - <http://www.selvaverde.com/lang/en/>

Natural Lodge Cano Negro - <http://www.canonegrolodge.com/>

Arena Observatory Lodge - <http://www.arenalobservatorylodge.com/index.php>

Monteverde Cloud Forest Lodge - <http://www.cloudforestlodge.com/>

Transportation

We will have a large tour bus with plenty of space and lots of windows!

Medical Concerns

There are no required inoculations when visiting Costa Rica. However, it is a good idea to make sure your tetanus vaccinations are up to date. According to the CDC there is some risk of malaria in rural Costa Rica as well as typhoid and hepatitis A. Vaccinations are available for both typhoid and hepatitis A and there is malaria prophylaxis drug available for malaria prevention. Note that Malaria is very rare in Costa Rica and malarial medication can have side effects. Liberal use of insect repellent is probably enough to avoid malaria infection. You should consult your doctor to decide whether or not these medications are appropriate for you. Special medications (your prescriptions) may not be available during the tour so it is important that you bring enough to cover your needs for the entire trip plus additional time in case of emergency or unexpected travel delays. We recommend you check the most recent CDC recommendations for travel to Costa Rica.

Airfare

Airfare must be arranged and paid for individually. We will provide suggestions on arrival and departure times. If you are traveling from Albuquerque we will choose a particular flight itinerary for the group to travel together for those interested.

Cost

Double Occupancy - \$3,645.00

Tax(7%) - \$258.65

Total - \$2,900.15

Single Occupancy - \$4,260.00

Tax(7%) - \$298.20

Total - \$4,558.20

Deposit Due at Registration - \$900.00

There are significant discounts for payments made by check or cash that will be applied at the time of invoicing. Please contact BRANT for more details.

Cost includes:

- All in country transportation
- All meals & some snacks
- All lodging
- All entrance and local guide fees

Cost does NOT include:

- Airfare to San Jose Costa Rica
- Tips
- Alcohol & Additional Snacks
- Souvenirs