

Friends of the Bosque del Apache National Wildlife Refuge presents

COSTA RICA BIRDING



March 14-28, 2009



Costa Rica is a paradox. While rugged volcanic mountain ranges have thrown up formidable barriers between the Caribbean and Pacific lowlands, they have also formed a land bridge bringing faunas of North and South America together. Isolation and connection are keys to understanding why Costa Rica, though small, is big when it comes to biodiversity, and also why it has become a Mecca for bird lovers the world over. Join other Friends of the Bosque members on this program that will delight experienced birders with a keen interest in the kaleidoscope of tropical birding. Price includes airfare from Albuquerque.

\$3657 per person in double occupancy

Based on 12 participants, single room or forced single is \$525 additional. Program is all-inclusive except departure tax of \$26 and gratuities for guide and driver.

For an enrollment form call Debbie Sturdivant at 866-748-6146 or www.holbrooktravel.com/FriendsofBosqueCostaRica2009

Trip Highlights

- Selva Verde Rainforest Reserve – 500 acres of lowland rain forest on Caribbean slope
- Savegre Mountain Hotel – high elevation birding, excellent chances for Resplendent Quetzal
- Arenal Observatory Lodge – great views of the volcano and wonderful birding in protected primary and secondary forest
- Las Esquinas – lowland rain forest in Southern Pacific region, specialties like White-Crested Coquette

Reservations: A \$200.00 per person deposit and enrollment form is due immediately. This deposit is refundable until 95 days prior to departure excluding a \$100.00 cancellation fee. Final payments are due no later than 95 days prior to departure (December 9, 2008). Cancellations received less than 95 days prior to departure are not refundable. Optional travel/trip cancellation insurance is strongly recommended. For more information call 800-243-3174 or see www.travelinsured.com Holbrook's agency number is 15849.



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Day 1 San Jose Hotel Bougainvillea
Upon arrival in San Jose, you will be met and escorted to the hotel.

Day 2 San Gerardo de Dota Savegre Mountain Hotel
After breakfast, depart for Savegre with birding enroute. The afternoon will be free with time to explore. Make sure you check out the hummingbirds from the balcony at the bar area. In this high elevation habitat of mostly oak forest and highland cloud forest, some other species to look for are the Resplendent Quetzals, Tufted Flycatcher, Flame-colored Tanager, Long-tailed Silky Flycatcher, Volcano Hummingbird (Talamanca race), Scintillant Hummingbird, Gray-tailed Mountain Gem, Silvery-throated Jay, Slaty Flower Piercer, Black-thighed Grosbeak, Sooty-capped Bush Tanager, Turrent Tyrannulet, Golden-browed Chlorophonia, Emerald (blue-throated) Toucanet, Collared Trogon, Dusky Nightjar, and Ochraceous Wren. **BLD**

Day 3 San Gerardo de Dota Savegre Mountain Hotel
This morning cover some of the lower trails looking for quetzals and other highland species including Sulfur-winged Parakeets. Here we find especially good opportunities to see the charming Collared Redstart. After lunch travel by truck to the upper cloud forest reserve to hike among towering tropical oak trees. **BLD**

Day 4 Golfito area Esquinas Rainforest Lodge
This morning set out for the Golfito area, stopping for morning birding at higher Cerro de la Muerte. Lunch enroute and this evening have a guided hike on the Esquinas trails. Some possible species in this area are Riverside and Black-bellied Wren, Red-breasted Blackbird, Thick-billed and Spotted-crowned Euphonia, Black-headed Brush-finch, Crested Bobwhite, Smooth-billed Ani, Band-rumped Swift, White-crested Coquette, Beryl-crowned and Snowy-bellied Hummingbird, White-tailed Emerald, Baird's Trogon, Golden-naped and Red-crowned Woodpecker and Tawny-winged Woodcreeper. **BLD**

Days 5-6 Golfito area Esquinas Rainforest Lodge
All day birding and photography, exploring the lodge trails. **BLD**

Day 7 San Isidro Hotel del Sur
Early birding before breakfast then depart for San Isidro del General, birding and enjoying a typical Costa Rican lunch enroute. In the afternoon visit Los Cusingos Bird Sanctuary in Rivas de Perez Zeledon. This 142-hectare bird sanctuary, is owned by the estate of Dr. Alexander Skutch (co-author with Gary Stiles of *Birds of Costa Rica*) and run by the Tropical Science Center. The reserve is surrounded by primary forest, home to more than 300 bird species. **BLD**

Day 8 Chilamate Selva Verde Lodge
After breakfast transfer to Selva Verde with lunch and birding enroute. The Selva Verde Lodge is situated on a 500-acre private tract of primary and secondary tropical rainforest located on the Sarapiquí River. The forest is alive with a variety of bird life, including toucans, parrots, jacamars, hummingbirds, motmots and other exotic lowland tropical birds. Accommodations are in jungle lodges built on stilts above the forest floor, connected by a network of covered walkways. After dinner, we will enjoy a night hike to search for nocturnal frogs and insects. **BLD**

Day 9 Chilamate Selva Verde Lodge
Early departure for La Selva Biological Station for a full day of birding and photography in primary and secondary growth forest around the station. More than 400 species have been recorded at La Selva, and it is one of the richest sites for birds in Central America. Singling out species among so many is difficult, but among the more commonly seen birds are the Crested Guan, Mealy Parrot, Bronzy Hermit, Band-tailed Barbthroat, Black-throated Trogon, and Rufous Motmot, as well as a host of wood-creepers, antbirds, flycatchers, tanagers, and emberizids. You will return to the lodge in the late afternoon and the rest of the day will be at leisure to rest and relax. **BLD**

Day 10 Chilamate Selva Verde Lodge
Today enjoy a field trip to Virgen del Socorro and Cinchona. Then we visit La Paz Waterfall Gardens to explore the trails and have lunch. At La Paz, we may see tropical butterflies, orchids, up to 12 hummingbird species, up-close captive birds including the Keel-billed and Chestnut Mandible Toucans, Emerald Toucanet and the Silver-throated Tanager, and four different waterfalls. Return to Selva Verde for dinner and overnight. **BLD**

Day 11 Arenal Arenal Observatory Lodge
Early morning departure for Arenal, stopping along the way for birding and photography. Visit the Danaus Eco Center in La Fortuna, then enjoy an afternoon hike in the Arenal National Park. Once little more than a hill, Arenal devastated more than four square miles during a 1968 eruption which created the impressive mountain seen today. We will have the opportunity to observe igneous rocks created by the eruption. We will also observe many rainforest species of plants and animals during the hike, and be treated to magnificent views of the volcano. Tonight, we can continue our volcano-watching, weather permitting. On clear nights, the views of incandescent avalanches are breathtaking! **BLD**

Days 12-13 Arenal Arenal Observatory Lodge
These two days will be filled with plenty of birdwatching in the Arenal area as well as a visit to the Arenal Hanging Bridges. A series of 15 suspension bridges, this is an opportunity to get an up-in-the-trees view of the forest. Some of the more spectacular local residents include Three-wattled Bellbirds, Fasciated Tiger-Herons, Sunbitterns, Laughing Falcons, Red-lore Parrots, Great Curassows, Northern Jacanas, Steely-vented Hummingbirds, Coppery-headed Emerald, Lattice-tailed and Orange-bellied Trogon, Bare-necked Umbrellabird and Sooty-faced Finch. **BLD**

Day 14 San Jose Buena Vista Hotel
This morning we head back to San Jose and enjoy the Lankester Botanical Garden. The garden's history goes back to the 1940's when British naturalist and orchidologist, Charles H. Lankester, became interested in the study and culture of Costa Rica's epiphytic plants. As an amateur botanist, he collaborated with the most prominent orchidologists of his time and dedicated his life to the creation of a private garden in his farm. In 1973 the garden was donated to the University of Costa Rica. Farewell dinner at the hotel tonight. **BLD**

Day 15 Depart
Travel to the airport this morning for our flight back home. **B**

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