



**HOLBROOK**  
TRAVEL

# JUNGLES, PEAKS AND SHORES BIRDING COSTA RICA

February 5-19, 2011

## Friends of the Bosque del Apache National Wildlife Refuge

In the heart of Central America, Costa Rica is a lush and vibrant paradise for birders. It is one of the New World's prime migratory corridors and home to a myriad of residents. Of North America's songbirds, about 255 species are neotropical migrants, many of which we will seek to observe on their wintering grounds. Our journey will take us to the lowland rain forest, Arenal Volcano and the Pacific coast. With the possibility to see 350-400 species on this 15 day adventure, a wide mix of formal and informal activities, discussions and birding observation will provide a balanced natural history birding adventure. Join the Friends of the Bosque del Apache NWR in Costa Rica- a tropical paradise!

## TRIP DETAILS

### DATES

Feb 5-19, 2011

### TOUR LENGTH

15 days

### LAND PRICE

\$2579

(12 participants)

\$2439

(15 participants)

*Estimated  
airfare from  
Albuquerque is  
\$945 or lower*

*Program may incur  
unforeseen fuel  
surcharges.*



### EMPHASIS

- Birding
- In-depth Understanding
- Conservation

Note that a \$250 per person donation is included for Friends of the Bosque National Wildlife Refuge as well as an additional \$50 for a local conservation effort that will be chosen by the group while in Costa Rica.

[www.holbrooktravel.com/FriendsoftheBosque](http://www.holbrooktravel.com/FriendsoftheBosque)

## HIGHLIGHTS

- Journey to Arenal Volcano and look for the elusive Bare-necked Umbrellabird
- Get an up-in-the-branches perspective from the treetops at Arenal Hanging Bridges
- Spot nocturnal birds and mammals, including owls, on guided nighttime hikes
- Hike the lively trails of Carara National Park, one of the birding hotspots of Costa Rica, and view the amazing flight of the Scarlet Macaw near the Tarcoles River, where you will also see huge crocodiles basking on the riverbanks
- Explore the mangroves at La Ensenada private reserve for various species of wading and shore birds

*Cost is based on a minimum of 12 participants  
All-inclusive in double occupancy except \$26  
departure tax, gratuities for your driver and guide,  
and optional activities arranged on site.  
Participants must be in good health and should be  
prepared for hiking at a moderate pace in hot,  
humid weather. Most hikes are 2-3 hours in  
length, sometimes over uneven or muddy terrain.*

A \$200 per person deposit and enrollment form is due ASAP. This deposit is refundable until 95 days prior to departure excluding a \$100 cancellation fee. Final payments are due no later than November 2, 2010. Cancellations received after Nov 2 are not refundable. Travel/trip cancellation insurance is strongly recommended. For more information call 800-243-3174. Holbrook's agency number is 15849.

For additional information contact Jon Morrison at 575-838-0717 or Debbie Sturdivant at 866-748-6146 --  
Debbie@holbrooktravel.com



**Feb 5** **San José**  
Upon arrival at the Juan Santamaría International Airport, your driver and guide will meet you and transfer you to the hotel. Overnight at Hotel Buena Vista.

**Feb 6** **Chilamate**  
After breakfast and a short orientation to the program, you will learn about photography and get some great tips during a workshop with an expert local photographer. Then depart for Sarapiquí, stopping along the way for birding in Braulio Carillo National Park. Overnight at Selva Verde Lodge or similar (BLD)

**Feb 7** **Chilamate**  
Early morning birding around the lodge with our guide. After breakfast we will have the day to hike and bird in the reserve as well as some free time for optional activities later this afternoon if desired. 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 lowland tropical birds. After dinner, we will enjoy a night hike to search for nocturnal frogs and insects. Overnight at Selva Verde Lodge or similar (BLD)

**Feb 8** **Chilamate**  
Early morning birding, then depart for La Selva Biological Station for a hike 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 woodcreepers, antbirds, flycatchers, tanagers, and emberizids. Late this afternoon we take a boat ride on the Sarapiquí River and this evening we travel to Tirimbina for a fascinating lecture on bats. Overnight at Selva Verde Lodge or similar (BLD)

**Feb 9** **Arenal**  
Birding this morning before departure for Arenal. In the afternoon, we'll take a hike near Arenal Volcano. Your easy hike along the base of this marvelous "Mountain of Fire" begins on the active side of the volcano, and takes you through the forest over recent lava flows and to the destroyed area now in the process of regeneration. This is the safest, closest place to view this active volcano. Weather permitting, tonight we will have excellent views of the volcano after dark. Overnight at Arenal Observatory Lodge. (BLD)

**Feb 10** **Arenal**  
Early morning departure for the Hanging Bridges, a series of 15 suspension bridges in the canopy, that will give us a bird's eye view of the forest. This afternoon is free for optional activities such as exploring the town of La Fortuna, hiking/birding or ziplining. Overnight at Arenal Observatory Lodge (BLD).

**Feb 11** **Arenal**  
Today will be spent hiking the local trails for key species of the area, including Three-wattled Bellbird, Fasciated Tiger-Heron,

Sunbittern, Laughing Falcon, Red-lored Parrot, Great Curassow, Steely-vented Hummingbird, Coppery-headed Emerald, Lattice-tailed and Orange-bellied Trogon, Bare-necked Umbrellabird and Sooty-faced Finch. Overnight at Arenal Observatory Lodge (BLD)

**Feb 12** **Gulf of Nicoya**  
By now we may have seen many of the local residents such as Keel-billed Toucan, Red-legged Honeycreeper, Blue-crowned Motmot, several tanager species and many more. We have another chance to bird before we depart for the Gulf of Nicoya and La Ensenada, an 865 acre cattle farm, lodge and private wildlife reserve located on the mainland side of the Gulf. This region of Costa Rica is characterized by an endangered life zone known as semi-deciduous or tropical dry forest. Little used trails throughout the property make for excellent birding in the forest around the lodge. Overnight at La Ensenada Lodge (BLD)

**Feb 13-14** **Gulf of Nicoya**  
During the next two days we will enjoy birding around the reserve and take a boat ride on the Gulf that will give us the opportunity to explore a small island and mangrove forests. After perhaps the most spectacular sunsets of the program we will venture again into the reserve at night using powerful lights to spot numerous nocturnal species such as owls, nightjars, potoo and thick knee. Overnight at La Ensenada Lodge (BLD)

**Feb 15** **Pacific Coast**  
This morning we depart for Villa Lapas, a coastal property located 15 minutes from the beach, adjacent to the Carara Biological Reserve. Preserving what remains of the Central Pacific's once-abundant forests, the reserve is an 11,600 acre refuge for endangered species. This afternoon enjoy birding along the canopy walkway on site. Overnight at Villa Lapas (BLD)

**Feb 16-17** **Pacific Coast**  
Very early this morning we will head to the Carara Reserve in order to see macaws at sunrise. Carara is a transition zone between dry tropical forest and the wetter regions to the south. It is laced by countless rivers, the largest being the Tarcoles. Crocodiles and caimans are easily spotted along the banks with plenty of wading birds. Coatimundis, peccaries, white-face capuchin, howler and spider monkeys, and the rare two-toed sloth can all be found here along with a great variety of plant life including fabulous heliconias. Carara is one of the few nesting areas remaining for the scarlet macaw. Throughout the day, the macaws can be heard and often seen in flight. Later we explore the Guacalillo mangroves and crocodile territory, by boat, on the Rio Tarcoles. The schedule will be dependent upon local tides. Free time for birding or relaxing. Overnight at Villa Lapas (BLD)

**Feb 18** **San Jose**  
We have one last bird walk (if time permits) before our departure for San José, stopping at Sarchi or Moravia for last minute shopping. Farewell dinner at the hotel tonight. Overnight at Buena Vista Hotel (BLD)

**Feb 19** **Departure**  
Transfer to the airport for the flight home (B)