

Let's go BIRDING &



**Let's Go Birding in partnership with Cotinga Tours proudly brings you Costa Rica!
Dates - January 18 thru February 1, 2014 – Below is our itinerary, enjoy!**



Tour includes: Two full time tour leaders: Lisa Myers of **Let's Go Birding** is based in California and teaches birding classes in the bay area & leads birding tours throughout California welcoming all skill levels. Paco Madrigal, master guide and co-founder of **Cotinga Tours** specializes in natural history and the 870 species of birds recorded in his country. Combining their expertise, Lisa & Paco create an excellent team. Tour includes all lodging and meals starting with dinner on day 1 and ending with breakfast on day 15; all transportation in Costa Rica in a modern and spacious air-conditioned vehicle with clear

glass windows ideal for wildlife viewing; entrance fees to parks and reserves; 3 chilled bottles of water per day per client; and taxes (airport taxes and tips to local staff, guide and driver not included). Price based on double occupancy.

Price per person: Please email Lisa@letsgobirding.com

Day 1, January 18: Arrive in San Jose, Costa Rica where you will be warmly welcomed at the airport by your guide and chauffer and escorted back to the **Hotel Bouganvilla**. This is a fabulous hotel in which to start your Costa Rican adventure. You can decide to spend your first afternoon relaxing by the pool, exercising at the tennis courts or go ahead & start your birding at the lovely gardens located within the hotel grounds. This is a good place to see the *White-eared Ground-sparrow*, many different species of *hummingbirds*, *Blue-crowned Motmot*, & maybe even the *Prevost's Ground-sparrow*.



Flame-colored Tanager – Brooke Miller



Bare-Throated Tiger Heron

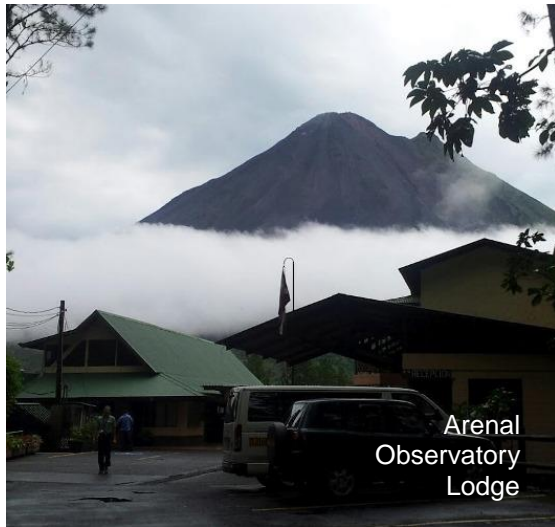
Day 2, January 19: Travel west to **Hotel Villa Lapa**, situated at the edge of the **Carara Biological Reserve** on the banks of the Tarcoles River near the Pacific coast. We will stop en route to look for *Blue-winged Teal*, *Least Grebe*, *Northern Jacana*, *Aningas*, and *Cormorants*. After lunch at the hotel, we will explore the bird-rich trails through the forest, and hope to see *Scarlet Macaws* and *Tiger Herons*, *Long-tailed Manakin*, and *Baird's Trogon*, among many others. We will also visit the nearby **Playa Azul** where some of the species we will look for are *Gray-necked Wood-Rail*, *Yellow-crowned Night-Heron*, *Red-crowned Woodpecker*, *Melodious Blackbird*, *Bare-throated Tiger Heron*, *Pacific Sreech-Owl*, *Spectacled Owl*, plus shorebirds.

Day 3 & 4, Jan. 20 & 21: We will remain at **Hotel Villa Lapa** & spend the next two days birding the **Carara Biological Reserve**, a unique climatological zone where the ecosystem of the humid

southern coastal region joins the dry climate of the northern Pacific area, becoming a rich meeting ground for species from both regions. This is truly one of the highlights of the tour, where we'll look for *Orange Collared Manakin* dancing in their lek. This is a great location to spot antbirds, *Rufous-tailed Jacamar*, up to five different species of Trogons and even *Royal Flycatchers*.



Hotel Villa Lapa



Arenal Observatory Lodge

Day 5, 6, 7, Jan. 22 - 24: Travel north/east to **Arenal Volcano National Park**. We will stay at the **Arenal Observatory Lodge**, which offers breath-taking views of the jungle-covered Arenal Volcano. This is a favorite tour destination. The extensive trails at the lodge allow for tremendous opportunities to view the *Crimson-collared Tanagers*, *White Hawk*, *Brown-hooded Parrot*, and the *Golden-olive Woodpecker*, along with an array of hummingbirds, and three species of Toucans. One night we'll bird the open fields below the lodge in search of *Black-and-White Owl*, *Mottled Owl*, and *Striped Owl*.

Day 8, January 25: Travel east through the tropical lowlands of the wildlife rich area known as **Sarapiqui** where we'll stop to bird along our way to **Selva Verde Lodge**. The lodge is located at the edge of the wildlife-rich riparian zone along the

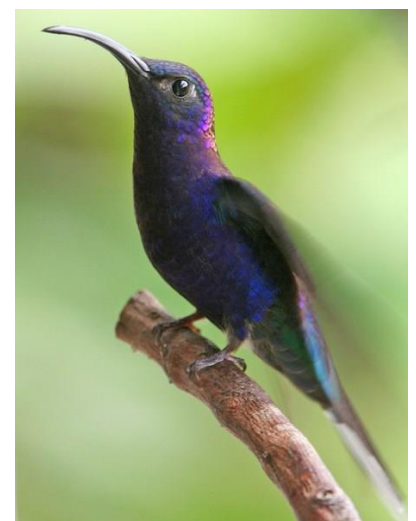
banks of the Sarapiqui River. This lowland rain forest region at the base of the Caribbean slope is well-known for hosting the greatest diversity of tropical flora and fauna in the country. Here the *Sunbittern*, *Black-faced Grosbeak*, and *Gray-necked Wood-Rail* are a few of the inhabitants of the area. This is the most likely spot on the trip to see the *Great Green Macaw*, an endangered species that depends on the Dipteryx tree for feeding and nesting. This is one of the emergent trees commonly found in Sarapiqui. Also lurking in the forest are two-and three-toed sloths, 3 different species of monkeys, and peccaries (wild pigs).



Black-crested Coquette

En route to Sarapiqui, we will visit the **Virgen del Socorro** area, stopping along the way for lunch at the lovely Waterfall Gardens on the edge of the **Braulio Carrillo National Park**, where we will enjoy the extensive butterfly & hummingbird gardens. Up to 12 different species of hummingbirds visit the garden as well as a variety of colorful butterflies, including the butterfly known as the giant blue Morpho. We will walk along the river, experiencing close-up views of 5 spectacular waterfalls.

Day 9 & 10, Jan 26 & 27: Spend the next two days birding the open spaces around **La Selva Biological Station** run by the **Organization for Tropical Studies (OTS)**, clearly a highlight of the tour. The station is among the four most famous tropical research facilities in the world. Here we will see an outstanding abundance of wildlife. La Selva Biological Station is homw to more than



Violet-sabrewing Hummingbird
by Brooke Miller



Hoffman's Two Toed Sloth – Brooke Miller

420 bird species, more than 500 species of butterflies, 55 species of snakes, and 120 species of mammals. A vast variety of different species of trees can be seen in the arboretum. This is the most likely place to make your tinamou dream come true. There are three species of *Tinamou* that inhabit La Selva. We will be looking for *Rufous Motmot*, *Trogon*s, *Caciques*, *Purple-throated Fruit Crow*, and *Snowy Cotinga*, among many others. Animals here are not shy, providing ample photo opportunities. Peccaries, agoutis, coatis, sloths, and monkeys frequent the area. All of which makes for an unforgettable experience.

Day 11, January 28: Travel south/west to **Cerro de la Muerte**. We will spend the morning exploring the misty highland cloud forest reserve at the **Finca Mirador de Quetzales**, where up to 20 pairs of quetzals have been seen as well as fiery-throated hummingbird, *Black-and-yellow Silky-flycatcher*, *Large-footed Finch*, *Black-billed Nightingale-Thrush*, *Sooty Robin*, *Sooty-capped Bush-Tanager*, *Peg-billed Finch* just to name a few. Nestled in a quaint highland valley nearby, we will have lunch & overnight at the **Savegre Mountain Lodge**.

Day 12 & 13, Jan. 29 & 30: Spend the next two days exploring the gardens, riparian highland habitats, and old growth tropical oak cloud forests surrounding the **Savegre Mountain Lodge**. Walking through the gardens and along the Savegre River, we can hope to see *Flame-colored Tanager*, *Collared Trogon*, *Torrent Tyrannulet*, *Volcano hummingbird*, and *Gray-tailed Mountain Gem*, among many others. Some of the other species we will be looking for include *Black-faced Solitaire*, *Spotted Wood-Quail*, *Buffy Tuftedcheek*, *Golden-browed Chlorophonia* (*Blue-hooded Chlorophonia*), *Ochraceous Wren*, *Ornate Hawk-Eagle*, and the *Resplendent Quetzal*.



Resplendent Quetzal – Brooke Miller



Green Spiny Lizard

Day 14, January 31: Finally we'll return to San Jose and the **Hotel Bouganvilla** for our final night's stay & farewell dinner. You'll have time to prepare for your departing flight the next day.

Day 15, February 1: Breakfast & depart for the airport to return home.

The information above provides you with the route our tour will take. Additional details will be provided to help you prepare for your trip; suggested field guide, travel insurance providers, flight information, suggested tipping and more.



Collared Redstart

The map below provides you with the information you can use to chart our route.

Our 2 week itinerary in a nut-shell - We'll start at the Hotel Bouganvilla in San Jose, Costa Rica. We'll then travel south/west to stay at the Hotel Villa Lapa where we'll bird the areas in and around the Carara Biological Reserve. From there we'll move north to stay at the Arenal Observatory Lodge where we will bird the jungles around the volcano. We'll then move directly east to bird the areas around the Sarapiquí riparian zones and Braulio Carrillo National Park. We will stay at Selva Verde Lodge. We'll then move south and bird Cerro de la Muerte on our way to the Savegre Mountain Lodge. As our adventure comes to an end we'll travel north and return to the Hotel Bouganvilla where we will spend our final night before morning departures.



Silver-throated Tanager – Brooke Miller



Poison Dart Frog



Emerald Basilisk