

Let's go BIRDING & Cotinga Costa Rica Tours

[birding + nature + education]

Let's Go Birding in partnership with Cotinga Tours proudly brings you Costa Rica!
Dates – March 21 – April 1, 2015 – Below is our itinerary, enjoy!

Tour includes: Two full time tour leaders: **Lisa Myers of Let's Go Birding** is based in California. Lisa has over 15 years of guiding experience & leads tours throughout California. Lisa places as much emphasis on taking care of her trip participants as locating as many species as possible with outstanding organizational skills and attention to detail. Lisa also teaches birding classes



Erick Castro

on topics ranging from beginning and intermediate birding to migration, bird ID, bird song and more.

Erick Castro of Cotinga Tours has over 12 years of experience as a birding and natural history field guide in Costa Rica and Panama. He has an exceptional knowledge of CR's flora & fauna specializing in natural history and the 870 species of birds recorded in his country. Combining their expertise, Lisa & Erick will be your team for your tour. Tour includes all lodging and meals starting with dinner on day 1 and ending with breakfast on day 12; our own personal driver plus all transportation in Costa Rica will be in a modern and spacious air-conditioned vehicle with clear glass windows ideal wildlife viewing; entrance fees to parks and reserves; 3 chilled bottles of water per day per client; and taxes (flights, airport taxes and tips to local staff, guide and driver not included). Price based on double occupancy.



Lisa Myers



Our transportation

Price per person: Please email Lisa, Lisa@letsgobirding.com

Day 1, March 21: This is a travel Day as you work your way to San Jose, Costa Rica where you will be warmly welcomed at the airport by your guide & chauffer and escorted back to our hotel. Dinner will be provided upon your arrival.

Day 2, 3, 4 March 22, 23, 24: Travel North/East to the plains of Northern Sarapiquí where we will spend three nights at the **Hotel Sueño Azul**. Hotel Sueño Azul offers the perfect mixture of nature with comfort

and adventure within one of the most diverse regions of Costa Rica, offering a mix of habitats including mountains, plains, volcanoes, lakes, rivers and forests. During our time in this region we will visit the "**Hummingbird feeders of Chinchona**" allowing for views of area waterfalls and the chance to set up close with several different species of hummingbirds including the *Violet Sabrewing* & a Costa Rica endemic the *Coppery-headed Emerald*. We'll also visit **La Selva Biological Station** which is home to 420 bird species, 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, plus peccaries, agoutis, coatis, sloths, and monkeys frequent the area. All of which makes for an unforgettable experience. We will be looking for *Rufous Motmot*, *Trogons*, *Caciques*, *Purple-throated Fruit Crow*, *Snowy Cotinga*, *Great Green Macaw*, *Purple-Crowned Fairy* & *Purple-throated Fruitcrow*.



Magnificent Hummingbird male



Birding off the deck at Arenal

Day 5 & 6 - March 25 & 26: Travel west to **Arenal Volcano National Park** where we will stay at the **Arenal Observatory Lodge**. This is a favorite destination & is the closest lodge one can stay near the 5,358 foot Arenal Volcano. The jungles of the area provide us with a new habitat for the tour. With over 870 acres of wildlife found here, birding starts right outside our rooms and along the extensive trails located around the lodge providing tremendous opportunities to view the *Crimson-collared Tanagers*, *White Hawk*, *Brown-hooded Parrot*, *Montezuma Oropendola*, *Golden-olive Woodpecker*, *three species of Toucans* and *night glowing fireflies*.

Day 7, 8, March 27 & 28: Travel South/West to the Pacific Coast & **Carara National Park** where we will stay at **Hotel Punta Leona**. Because of this location in Costa Rica's Pacific Zone, situated next to Carara National Park & the hotel's own private reserve & conservation plan, we will experience some incredible birding. Created 27 years ago, the refuge consisting of primary and secondary forest is home to over 330 species of birds. The reserve is of great importance because it is one of the few remaining forests in the transitional life zone between the Dry Forest of the Northwest and the Rainforest of the Southwest. This location also puts us on the coast providing us with habitat to find shorebirds. *We will also bird the Tarcoles River by boat as we look for Mangrove Warbler, Boatbill Heron, Double-striped Thick Knee, & American-pygmy Kingfisher.*

Day 9, 10 - March 29, 30: We'll then move South/East up in elevation & spend the next two days exploring the gardens, riparian highland habitats, and old growth tropical oak cloud forests in and around the **Savegre Mountain Lodge**. This area provides a different habitat than anywhere else we will have visited during our time in Costa Rica. Walking throughout this area & along the Savegre River we'll look for *Flame-colored Tanager*, *Collared Trogon*, *Torrent Tyrannulet*, *Gray-tailed Mountain Gem*, *Buffy Tuftedcheek*, *Black-faced Solitaire*, *Spotted Wood-Quail*, *Ornate Hawk-Eagle*, *Ochraceous Wren*, and the *Resplendent Quetzal*.



We'll bird the mangroves along the Tarcoles River by boat



Resplendent Quetzal – Brooke Miller

Day 11, March 31: Before we return to San Jose we will visit the area known as **Cerro de la Muerte** & spend the morning exploring the misty highland cloud forest reserve at the **Finca Mirador de Quetzales**, where we can find several pairs of the Resplendent Quetzals feeding on the avocado. We will also be looking for *Fiery-throated Hummingbird*, *Long Tailed Silky-flycatcher*, *Large-footed Finch*, *Sooty Robin*, *Black-billed Nightingale-Thrush*, *Sooty-capped Bush-Tanager*, *Peg-billed Finch*, *Black & Yellow Silky Flycatcher* & *Golden Browed Chlorophonia*. Finally we will arrive in San Jose for our final night's stay and farewell dinner.

Day 12, April 1: Early breakfast & depart for the airport.

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.

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

Our itinerary in a nut-shell – After landing you will spend your first night in San Jose, Costa Rica. After breakfast the following morning we will travel North/East to the plains of Northern Sarapiquí where we will spend three nights at the **Hotel Sueno Azul** and bird the habitats found in this area including Selva Verde. We will then move west to **Arenal Observatory Lodge** where we will stay for two nights. We then move south/west toward the coast and we will stay two nights at **Hotel Punta Leona**. From there we'll move south in latitude, but up in elevation as we spend two nights at **Savegre Mountain Lodge** & visit habitats above 10,000 feet in elevation in an area known as **Cerro de la Muerte**. We'll then return to San Jose for our final night & farewell dinner before flying out the following morning.



Silver-throated Tanager – Brooke Miller



Poison Dart
Frog



Green Spiny
Lizard

*Here's what participants had to say about the
2014 **Let's Go Birding** Costa Rica tour!*

"Awesome! Spectacular! Unexpectedly wonderful! Wish I could do it all over again."

Greta

"A big 'thank you' to Lisa for putting this trip together! The entire trip exceeded my expectations. Every location was a unique & magical experience."

Clyde

"You have a very favorable ratio of birder to guide with 6 birders to one guide. The trip was well planned, organized and executed. Fabulous!"

Carol

"Your leadership and skill in birding have been 'life-giving' for me. I will never forget my 'life changing' experience in Costa Rica."

Shirlee

"Thank you for your time, energy, expertise and sense of humor, I can't imagine having had a better experience in Costa Rica."

Amy



The Birds of Costa Rica in tile – Arenal Observatory Lodge
Collared Restart & Collared Aracari – Clyde Nagakura
Great Tinamou & Green Brilliant Hummingbird – Paco Madrigal