

# COSTA RICA BIRDING JOURNEYS



## Destinations:

Pejibaye's Rainforest - Sarapiquí Lowlands - Arenal Volcano Nat. Park- Bosque de Paz Preserve.

## Why these destinations?

**Pejibaye's mid elevation rainforest** is without doubts the best birding place in Costa Rica, it lies beneath the caribbean slope of Talamanca Mountains near Tapanti National Park, its unique geographical position benefits the area with an exuberant forest cover, intermountain valleys, river gorges and more importantly very little human presence. The lower forest near the lodge is a magnet for tanagers, orioles, shrike vireos, oropendulas, toucans, hummingbirds, etc. Its understory with an even vegetation is fantastic for manakins, spinetails, finches, wrens, sparrows and even tinamous. In a single mixed flock over 30 species are found songwrens, antthushes, antpittas are common on the understory darkness, meanwhile grosbeaks, 17 species of tanagers, woodcreepers, woodpeckers, flycatchers, also the not often found yellow ear toucanets glide from branch to branch in the forest canopy. Pejibaye's Rainforest is the best place to find Snowcaps anywhere!! The charm of the hotel staff and the unrivaled privacy of this lodge makes a supreme combination for birdwatching.

**Talamanca Mountains** there is not destination in Costa Rica more fulfilling for endemic birds, although the number of species in the highlands in the country are far less than rainforest lowlands, the exceptional number of endemics far exceeds those ones in areas as Corcovado National Park or La Selva. Hummingbirds, flycatchers, vireos, trogons, wrens, are some of the families that had been isolated for millions of years; creating specialization of species therefore endemics. Among some of the most beautiful birds are found the Resplendent Quetzal and perhaps the only place in which can be found all year round. Giant oaks, misty mornings and crisp air are many of the wonderful things that makes this destination a favorite among us.... Birders!

**Sarapiquí** is a real rainforest experience with vast areas to cover, primary rainforest, active and non active pasture fields, river edges, canopy bridges, thick understory, etc. Cotingas, macaws, oropendulas, guans, eagles, toucans are some of the many species to find. At Gavilan Lodge daily birds to spot are Green Ibis, Sunbittern, Jacamars, Tanagers, Orioles, Woodpeckers, Tityras, etc. Botanical gardens nearby offer great opportunities to spot a dozen or more species of hummingbirds and its adjacent forest always bring good surprises as Little Tinamou, Lattice tailed Trogon, Cinnamon Woodpecker, and much more. The Braulio Carrillo National Park is a real rainforest experience with the largest mixed flocks ever including favorites such as Sharpbills and Umbrellabirds.

**Arenal Volcano Area** is well known for its active summit, but little is talk about its great bird diversity and its always beautiful rainforest. Coming across Quail doves, mix flocks, soaring eagles, elusive antpittas are just another day in paradise. Bordering the lake forest is very rewarding, the complex vegetation of many different ages makes this piece of Costa Rica a must to visit for birdwatchers. Great Curassows in the middle of the paths, active Black throated Wrens on tangled vines, silently perched raptors on expose death tree trunks, hyperactive Coquettes going from flower to flower are just part of a daily birding.



### Day by day Itinerary:

#### **DAYS 1 - 9. San Jose, Pejibaye's Rainforest, Sarapiquí, Braulio Carrillo Nt. Park & Tirimbina Rainforest.**

**Day 1. December 11.** Arrival to Costa Rica, Overnight at **Hotel Las Orquideas Inn**. No meals included. Pick up transfer and information meeting. Today, CRBJ staff will describe the day by day activities, the destinations, possible bird sightings, what to wear by destination and all other general information regarding the trip.

**Day 2. December 12.** Leisurely take a breakfast pack and get ready to intense birding at Pejibaye's Rainforest. **Copal Lodge**. birding along roadside, farms, cattle fields, etc. Once at the lodge explore the surrounding forests, birdwatch on site. **All meals included.**

**Day 3. December 13.** Early rising, search for antbirds, leaftossers, woodcreepers return for breakfast and spend all day birding at the lodge grounds and nearby trails. All meals at the lodge. **All meals included.**

**Day 4. December 14.** Get up with the sounds of the forest, birdwatch from the lodge deck, breakfast & continue searching for birds inside the forest. All meals at the lodge. **All meals included.**

**Day 5. December 15.** Early departure to the Savegre Valley; birding along the road for endemics such as Timberline Wren, Junco Volcano, Volcano Hummingbird, Flame throated Warbler, etc.. Upon arrival lunch and garden birding. **All meals included**

**Day 6. December 16.** Birding before breakfast. In Search of Resplendent Quetzal. **Savegre Lodge**. Early birding in search for always elusive Zeledonia, Tapaculo and Resplendent Quetzal. All day birding at the lodge grounds roadsides, gardens and riveredges. **All meals included.**

**Day 7. December 17.** Birding after breakfast to oak forest, were dozens of birds are found in the dense understory or high in the canopy. Redstars, silky flycatchers, woodcreepers, woodquails, becards and some eagles are among others to search for. In the late afternoon we will visit several local spots for endemic warblers,



## ARENAL VOLCANO NATIONAL PARK

**Day 8. December 18.** Breakfast at the lodge and leisure departure to Sarapiquí Lowlands ( 3 hours ). **Gavilan Lodge.** Traveling to the Braulio Carrillo is breath taken, its 95% of the forests has never been altered by human hands, dozens of small waterfalls, evergreen vegetation makes this little piece of jungle one of the best places in Costa Rica to visit. More than 350 species had even recorded within the park area & adjacent villages. Our first visit is a local's farm in search for Spectacle Owl, Long tailed Tyrant, Great Potoo, the least goes on!! Lunch on a nearby restaurant and visit the national park to try to find Sharpbill, aracaries, mix flocks of tanagers, orioles, woodpeckers, barbets, woodquails, rare wrens, etc. **All meals included.**

**Day 9. December 19.** All day at the morning at the lodge grounds. At the lodge, the nearby riparian forests holds a good biodiversity of birds, such as Sunbittern, Green Ibis, Bright rumped Atila, Fasciated Antshrike, Rufous tailed Jacamar to mention few. We will also visit couple local spots for guans, toucans and more. **All meals included.**

**Day 10. December 20.** Early start to Tirimbina Rainforest Preserve. **Gavilan Lodge.** A most to visit for birders of all levels. A complex net of canopy bridges, forested trails & nearby rivers are some of the great habitats to explore. Great place for Black crested Coquette, Yellow eard Toucanet, Great Tinamou, Keel billed Motmot among other good birds. Lunch at a local restaurant follow to some resting time to continue birding after on several open fields for Snowy Cotingas, Aracaries and more. **All meals included.**

**Day 11. December 21.** Breakfast at the lodge, follow to departure to La Fortuna. **Arenal Lodge.** Upon arrival we are going to explore the hotel grounds, for a good number of honeycreepers, tanagers, oropendulas, some hummingbirds and many other forest birds such as trogons, pygmy tyrants on the hotel private preserve. The remaining part of the afternoon we will take a drive to the Arenal Lake area in hopes to find guans, parrots, motmots, toucans, etc. **All meals included.**

**Day 12. December 22.** Full day birding at the hotel grounds. **Arenal Lodge.** Exploring its primary, secondary forests bordering the lodge private preserve. The hotel is place in front of the most active volcano in Central America its views are majestic and unrivaled. Upon request a visit to Baldi Hot Springs ( non included ) **All meals included.**

**Day 13. December 23.** Relax breakfast and good bye paradise, transfer to the international airport!! **Breakfast Included**

## Price per participant

4 to 6 pax \$2450 ( double accommodation )

**\*\*Single supplement add \$250 u.s\*\***

### **Included**

- *All lodging*
- *All meals except arrival day.*
- *All ground transportation*
- *All park fees*
- *All activities*
- *Pro-birder guiding the entire trip*
- *Costa Rica Bird Check lists*

### **Non included**

- *Airfare*
- *Gratuities*
- *Travel Insurance*
- *Alcoholic drinks*
- *Optional hot spring visit*

## What to bring on your trip to Costa Rica

### **Clothing**

Tennis shoes with good traction or Hiking boots with good ankle support (waterproof)  
Comfortable sandals or flip flops  
Swim wear  
Underclothes and socks  
Neutral colored clothing for rain forest hikes  
Several cool long sleeve shirts and short sleeve shirts  
Hat for sun protection (breathable)  
2-3 pairs of light weight long pants for rain forest hikes  
Lightweight rain jacket (**neutral color only**)  
Casual beach clothing(t-shirts, shorts, sun dresses)  
Long pants and a fast drying sweater for the city/mountains (temp. are cooler there)  
Lightweight gloves for cooler areas  
Rubber boots can be bought in Costa Rica for \$12 us.

### **Gear**

Small hiking backpack for day trips  
Small first aid kit  
Binoculars  
Camera (optional)  
Sunglasses  
Sun block and Bug Spray (Avon's Skin So Soft)  
Several pencils  
Daily journal  
A passport purse (to carry money, credit cards, etc... wear it close to your body)  
Any needed medications, anti-diarrhea, or any prescriptions  
Flashlight  
Alarm Clock  
Money,credit cards, identification  
About \$50-200 in cash (not tears in bills, small bills are better)  
Travelers checks (American Express or Visa)(can exchange some of them for Colones at the the local banks or hotel front desk)  
Visa credit card widely accepted in Costa Rica, except rural towns(keep phone number of credit card company separate.)  
Passports  
Photo copies of passports and driver's license(kept in a separate place) IUse a credit card to call US from your hotel room or local phone.  
For local calls in Costa Rica, purchase a phone card at pharmacies or supermarkets-use public phones (1000 colones)  
You can also purchase a phone card here for international calls (\$9 for 12 minutes to US)

## What people are saying!

*“ Your keen knowledge of the birds of Costa Rica was uncanny. I have never before seen a guide call in so many species without the use of tapes. How do you whistle some of those songs? It is truly an amazing gift you have and I am honored to have walked with you to experience a REAL birding guide”. Brian St. Clair.*

*“Ce fut un plaisir incontesté de partager ton expérience illimitée sur les oiseaux du Costa Rica pendant 12 jours consécutifs très intenses. Je recommande à tous les ornithologues amateurs et avancés de profiter de tes talents d'imitateurs de chants d'oiseaux et de tes nombreuses connaissances de la faune ailée, de ton dynamisme, de tes compétences et ta détermination à satisfaire tes clients devenus tes amis à la fin de tes excursions.*

*Merci mille fois Randall pour cette merveilleuse aventure et au plaisir de retourner te voir dans un avenir rapproché pour satisfaire une fois de plus ma passion des oiseaux”.*

*Nicole Felx*

*Vaudreuil-Dorion, Quebec, Canada*

*“De regreso a Francia sin problemas ,pero la vida sin avistar y fotografiar cincuenta pajaros o mas por dia es triste... Muchas gracias por haberte dedicado a nuestro grupo con tanta eficiencia. Espero volver algun dia”.*

*Stephane Lepoutre, France.*

*Jim/Trish/Bob at Copal Lodge.*



*Costa Rica Birding Journeys Registration Form*

[www.costaricabirdingjourneys.org](http://www.costaricabirdingjourneys.org)

Return to: [info@costaricabirdingjourneys.org](mailto:info@costaricabirdingjourneys.org)

To register for a birding or photography journey, please fill out this form and return to us by email. Payment instructions will be sent to you by email once registration is accepted. Participants will be required to complete a deposit and payment contract upon initial deposit. Please fill out one registration form for singles or doubles.

Number of participants:

First Name:

Last Name:

Passport Country/#:

Date of Birth:

Phone:

Fax:

E-Mail:

Address:

City:

State/Zip:

Country:

Tour Name:

Tour Dates:

Accommodations choice (check two):

Single room

Double room – 1 bed (for 2 persons registering together)

Double room – 2 beds (for 2 persons registering together)

Smoking room

Non-smoking room

Meals:

Non Vegetarian

Vegetarian

Vegan

Level of birding interest:

Beginner

Intermediate

Advanced

Bird Wish List or Targets:

Physical Limitations or health concerns, if any:

Emergency Contact Information is required in case of accident; please write down name and phone numbers and relation to participants:

I have read the [General Release pdf](#) and [General Cautions pdf](#) on the “How to Book” page of our website and accept the conditions set forth.

Signature & date: \_\_\_\_\_

How did you find our site?

If by google search what key words did you enter?

\*If you don't have ability to scan the form, email us and request the form as a WORD doc so you can fill out electronically and return by email, simply by saving it.