

Costa Rica – From Coast to Cloudforest

Naturetrek Tour Itinerary

Outline itinerary

Day 1	<u>Fly San José & overnight.</u>
Day 2/3	<u>Tortuguero National Park.</u>
Day 4/6	<u>Sarapiquí & La Selva.</u>
Day 7/9	<u>Talamanca Mountains.</u>
Day 10	<u>Depart San José.</u>
Day 11	<u>Arrive London.</u>

Departs

March & April.

Focus

Birds, mammals & other wildlife.

Grading

Grade A/B (see Page 4 for additional information).

Dates and Prices

Visit website (tour code CRI04).

Highlights:

- Look for Resplendent Quetzals in the cloudforests of the Talamanca Mountains.
- Explore the Tortuguero National Park by boat & on foot.
- Numerous colourful tanagers, trogons, hummingbirds, toucans & motmots.
- Wander the lowland rainforests of La Selva, one of the biologically richest reserves in the country.
- Mammals including Mantled Howler Monkey, Geoffroy's Spider Monkey & perhaps Northern Tamandua.
- Small group of only 10 people.
- Led by an expert naturalist guide.



Resplendent Quetzal



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Itinerary

NB. Please note that the itinerary below offers our planned programme of excursions. However, adverse weather and other local considerations can necessitate some re-ordering of the programme during the course of the tour, though this will always be done to maximise best use of the time and weather conditions available.

Day 1

San José

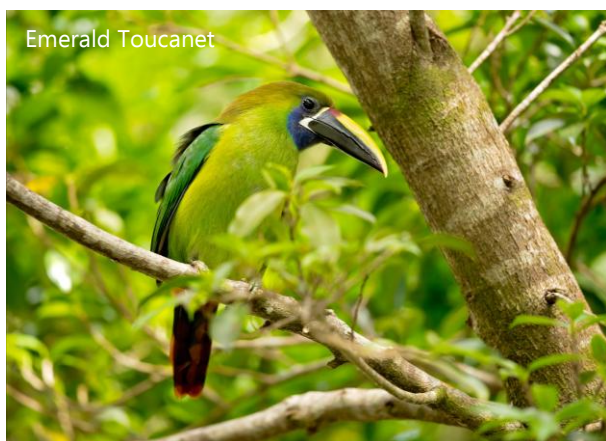
We depart mid-morning from London to the Costa Rican capital, San José, arriving mid to late afternoon. Here we will meet our expert guide and make the short drive into San José where we will spend the night at in a comfortable hotel. Here we will have our briefing of what is sure to be an unforgettable tour ahead!

Overnight: San José

Day 2 – 3

Tortuguero National Park

This morning we drive to Caño Blanco (a journey of around four hours) where we board a boat for the two hour journey along rainforest-lined canals and waterways into the heart of Tortuguero National Park, a remote wildlife haven covering over 310 square kilometres only accessible by water or air, and where we will spend the next two nights. Over 370 species of bird have been recorded in Tortuguero National Park, plus 57 species of amphibian, 60 species of mammal and a staggering 400 species of tree! We will explore the reserve by boat and on foot over the coming days in search of the abundance of birds and other wildlife that lives here, including Sun Grebe, Agami Heron, American Pygmy Kingfisher, Keel-billed Toucan, Collared Aracari, Mantled Howler Monkey, Geoffroy's Spider Monkey, White-faced Capuchin and perhaps the secretive Northern Tamandua.



The programme for our full day in Tortuguero National Park will start shortly after sunrise with a pre-breakfast boat trip along the rainforest-lined canals of Tortuguero retuning for breakfast at around 0730 hours. We will head out by boat once again after breakfast and then, after returning to our lodge for lunch and a siesta, we will take a final boat trip (or perhaps a forest walk) later in the afternoon once the heat of the day has subsided.

Overnight: Tortuguero National Park

Day 4 – 6

Sarapiquí & La Selva

This morning we will take the two hour boat trip back to Cano Blanco and transfer to a comfortable lodge in the town of Sarapiquí for three nights. The lodge is located within a tract of pristine lowland tropical rainforest and during our time here we will explore the trails that radiate out from its luxuriant grounds. These will provide us with an excellent opportunity to seek out some of the often skulking forest-dwellers such as manakins, antbirds, jacamars, motmots and woodcreepers. We can also hope to see a good number of waterbirds, including up to five species of kingfisher and many herons and egrets (the elusive Fasciated Tiger-heron is even a possibility). There will also be a chance of seeing Sungrebe and the stunning Sunbittern, not to mention the many other bird species, as well as mammals such as Three-toed Sloths, that inhabit the forest along the riverbanks.



Resplendent Quetzal

We will be spending a full day at the well-known La Selva Biological Station run by the Organisation for Tropical Studies (OTS). La Selva was acquired by the OTS in 1960 and is today principally used for biological research, education and studies into the sustainable use of tropical forests. There is a good network of trails which meander through the 1,500-hectare reserve providing an excellent opportunity to observe birds in a range of habitats. Besides primary lowland tropical forest, there are areas of swamp, pasture, agricultural land, rivers and creeks and secondary

forests in various stages of development. Over 400 species of birds, 100 species of mammals, and 2,000 species of plant have been recorded at La Selva; with such great diversity we have a very good chance of amassing an impressive selection of birds, many of which we will not have seen previously.

Species to look out for include Great and Little Tinamous, Great Curassow, Semi-plumbeous Hawk, Broad-winged Hawk, Sungrebe, Band-tailed Barbthroat, Long-tailed Hermit, White-necked Jacobin, Violet-headed Hummingbird, Blue-chested Hummingbird, Violaceous Trogon, Rufous-capped Motmot, Rufous-tailed Jacamar, Lineated Woodpecker, Cinnamon Woodpecker, Great Green Macaw, Snowy Cotinga, Purple-throated Fruitcrow, White-collared Manakin, Red-capped Manakin, Black-capped Pygmy-tyrant, Great Ant-Shrike, Dusky-faced Tanager, Red-throated Ant-tanager, Yellow-crowned Euphonia, Golden-hooded Tanager, Green Honeycreeper, Shining Honeycreeper, Chestnut-headed Oropendola and many more!

Overnight: Sarapiquí

Day 7 – 9

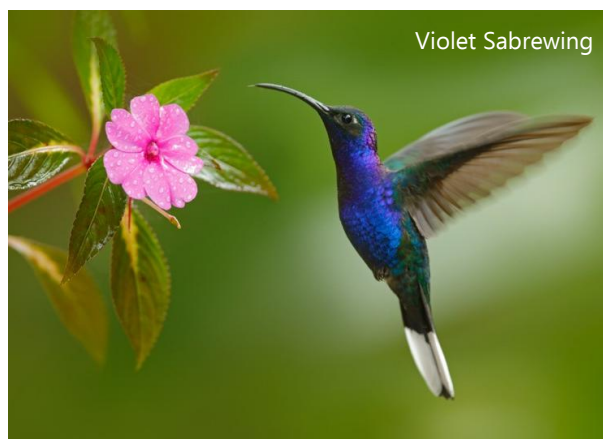
Talamanca Mountains

Following breakfast, and an early walk around the lodge grounds for those who wish, we will head back to San José and then up into the moss-draped cloudforests of the Talamanca Mountains. The habitats we pass through as we drive into the highlands range from open farmland, through lush tropical forest and cloudforest, to páramo, and the drop in temperature will make a pleasant change from the heat and humidity of the lowlands. Our journey to the highlands of Cerro de la Muerte will take us along the Pan-American Highway which ascends gradually from about 1,800 metres in San José to around 3,300 metres (11,000 feet) at its highest point. In years gone by people struggled to keep warm on this pass, hence the name 'Mountain of Death!'

We will be based for two nights in the mountains at an altitude of around 2,200 metres, close to a fast-flowing mountain stream and backed by forest. Hummingbirds and colourful flowers dot the grounds, a magnet for such species as Talamanca Hummingbird, White-throated Mountain-gem, Lesser Violetear and the tiny Volcano and Scintillant Hummingbirds. Within mixed tanager and warbler flocks we should look for Spangled-cheeked Tanager, Flame-throated Warbler and Collared Whitestart, whilst other species to search for include Sooty Thrush, Torrent Tyrannulet, Long-tailed Silky-flycatcher, Acorn Woodpecker, Sulphur-winged Parakeet, Black-capped Flycatcher, Black-billed Nightingale-thrush, Timberline Wren, Rufous-collared Sparrow, Large-footed Finch, Yellow-thighed Brush-finch, Sooty-capped Chlorospingus, Golden-browed Chlorophonia, Black-thighed Grosbeak, Slaty Flower-piercer and the graceful Swallow-tailed Kite. The cloudforests of the Talamanca Mountains are also home to the Resplendent Quetzal, a beautiful species of trogon that we will make a special effort to find.



Swallow-tailed Kite



Violet Sabrewing

If the weather permits, we will venture up to 3,300 metres to explore the páramo, a habitat type more typically found in the high Andes of South America, which has a very limited and fragmented distribution in Costa Rica. A number of bird species inhabiting the páramo of Costa Rica and neighbouring Panama are found nowhere else, such as Volcano Junco and Peg-billed Finch.

Overnight: Talamanca Mountains

Day 10

San José

We will spend a few hours this morning further exploring the cloudforests and enjoying the colourful birdlife that lives here. Around midday we will drive back to San José to catch our late afternoon overnight flight home.

Day 11

London

We are due to arrive back in London by mid-morning

Grading & Focus

Grade A. This is a traditional birding and wildlife tour with no strenuous walking involved. Some of the trails, however, can be steep and muddy in places (especially in the Talamanca Mountains) and it will be hot and humid in the lowlands. This holiday is best suited, therefore, for those with an average level of fitness who enjoy walking. Since wildlife activity is at its best during the first few hours of daylight, dawn starts will be encouraged!

All of our Costa Rica tours are general wildlife holidays, but with a particular focus on the country's abundant birdlife. Whilst those joining this tour do not need to be an expert ornithologist, a keen interest in birds and birdwatching is required to get the most out of the holiday. Please be aware that, being a primarily forested country, mammals can be a challenge to find (many are also nocturnal), although our groups still regularly see primates, sloths, coatis and others. Your guides will also be happy to point out the other wildlife you encounter such as the insects, reptiles and amphibians etc, but will not necessarily be able to put a name to all of them.

Weather

Costa Rica has a very varied climate considering its small size. Temperature variation is more to do with altitude rather than the time of the year and you will need to be prepared for hot and humid conditions in the tropical forests of the lowlands, with midday temperatures into the 30s degrees C, and the possibility of an early morning frost whilst exploring the Talamanca Mountains! The dry season usually runs from December through to the end of April and the wetter months from May to November. Even during the dry season, however, you should still expect - and pack for - the occasional rain shower, especially in the mountains.

Food and accommodation included in the price

All meals and accommodation are included in the tour price. The lodges and hotels we use on this tour are comfortable (not luxurious) and located in excellent locations for birds and other wildlife. All rooms

have private facilities and single accommodation is available at the supplement cost outlined on our website and brochure.

Extra expenses

Drinks, tips, laundry, locally paid airport tax, and all items of a personal nature are not included in the cost of the holiday. Please allow around US\$100 for tips.

Guiding

This tour will be led by a local, English speaking, expert naturalist/birder guide who will meet the group in San José Airport. For additional information on our team of Costa Rican guides please give the Naturetrek office a call on 01962 733051.

Please note that we do not provide a trip report at the end of our locally led Costa Rica tours, although your guide will run through the checklist each evening so group members can keep a record of the birds, mammals and other wildlife that has been seen.

Your safety & security

Risks to your safety and security are an unavoidable aspect of all travel and the best current advice on such risks is provided for you by the Foreign and Commonwealth Office. In order to assess and protect against any risks in your chosen destination, it is essential that you refer to the Foreign Office website – www.gov.uk/foreign-travel-advice/costa-rica or telephone 0870 6060290 prior to travel.

How to book your place

In order to book your place on this holiday, please give us a call on 01962 733051 with a credit or debit card or book online at www.naturetrek.co.uk. Alternatively please complete and post the booking form at the back of our main Naturetrek brochure, together with a deposit of 20% of the holiday cost plus any room supplements if required. If you do not have a copy of the brochure, please call us on 01962 733051 or request one via our website.

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