



## COSTA RICA ESCAPE TOUR-SPECIFIC INFORMATION

**[PLEASE CLICK HERE FOR GENERAL INFORMATION PERTAINING TO ALL OUR COSTA RICA TOURS](#)**

Our Costa Rica Escape tour is a great, nine-day trip across one of the most exciting destinations in the neotropics. Our tour will start in San José and will take you to explore the Caribbean foothills in the north where we will have the chance to explore La Selva Biological Station and other famous birding sites. Here we hope to see iconic species such as **Snowy Cotinga**, **Montezuma Oropendola**, **Keel-billed Toucan**, **Collared Aracari** and **Great Green Macaw**. There are excellent chances for other wildlife sightings too, with **Brown-throated Sloth**, **Honduran White Bat** and **Strawberry Poison-dart Frog**, all possible. The birding is generally easy-going with ample opportunities to relax and enjoy bird feeding stations. We will spend quality time walking along exciting forest trails. Another part of our tour will take us to the San Gerardo de Dota to explore the cloudforest mountains looking for the incredible **Resplendent Quetzal** and other specials such as **Wrenthrush**, **Dark Pewee**, **Spotted Wood Quail**, **Long-tailed Silky-flycatcher**, and **Blue-throated Toucanet**, while staying at the comfortable Savegre Lodge as our base for three nights.

### ARRIVAL INFORMATION

Please e-mail us ([info@birdingecotours.com](mailto:info@birdingecotours.com), or [contact us](#) in a different way, if preferred) before you book any flights, as the information shown here is just an initial guide. Our tour will start in the city of San José, at San José's de Costa Rica Juan Santa María International Airport (SJO) which can be reached by flights from most major airports from the US, Europe and Panama City (Panama). You may wish to consult your travel agent to book your most convenient flight, although please [contact us](#) if you need any guidance. Your tour leader will be waiting for you at San José Airport with the Birding Ecotours logo displayed and will then transfer you to your nearby hotel. Please be aware that most international flights arrive in San José around midday. We don't have any birding activities planned for the first afternoon but we can enjoy birding around the hotel grounds where we can get a nice set of birds. In case you arrive on an early

flight, you will be transferred to the hotel but may have to wait until check-in is available (normally in the early afternoon, although you can easily pass the time wandering around the hotel grounds). For an early check-in, you might be charged extra directly by the hotel; this cost is not included in the Birding Ecotours tour price.

Please remember to keep your luggage tags, as they are required to exit the terminal at the San José Airport.

When filling out the customs declaration form, please use the hotel address below:

**Hotel Bounganvillea Santo Tomás, Heredia, Santo Domingo, 40302, Costa Rica**

## DEPARTURE INFORMATION

Our tour will end in the city of San José after a wonderful nine days in Costa Rica. On the final morning you will be transferred to the San José Airport (SJO) from where you can catch your connecting flight.

## DOMESTIC FLIGHT INFORMATION

There are not domestic flights needed on this birding tour.

## PHYSICAL REQUIREMENTS AND PACE

We grade this trip as easy, with most of the birding consisting of walking along roads, although some of them lead up and down hills. We will explore some forest trails in the cloudforest and Caribbean slope which have gentle undulations, and there may be muddy sections after rain. Nevertheless, Costa Rica does not require long, hard mountain walks as do some other Birding Ecotours destinations like Peru, Guatemala, or Ecuador. We will spend quality time sitting and enjoying hummingbird feeders and birding the lodge grounds at a number of destinations on this tour.

Keep in mind that (as is usual on most birding trips) we need to be awake very early in the mornings, and pre-dawn starts are required each day. We normally spend the whole morning birding in the field, before returning to the lodge for lunch, after which we often enjoy some downtime and then continue our birding in the late afternoon. Your guide will sometimes invite you to look for owls at night, however this is an optional activity that you can skip if you feel tired. Some people prefer to rest, skipping birding in the afternoon; this can be done at those lodges where we are staying more than one night. When we make birding stops while traveling from location to location, those who feel tired do not have to follow the group and can remain and rest in the vehicle.

We think this trip may be difficult for people with back, walking, and balance problems or for those who are not used to a birding trip with early morning starts.

## ATM MACHINES

ATM machines are only available at San José Airport and we suggest drawing US dollars here (for personal expenses such as bar bills, laundry, phone calls, etc). We recommend drawing all the cash (US dollars) you expect to need on the tour at the airport, as ATM machines are not easily accessible elsewhere on the tour itinerary. Please note that although most destinations will accept credit cards, some of the more remote locations may not offer these facilities.

## ALTITUDE

We will reach the highest elevation of the tour at Los Quetzales National Park at 10,170 feet (3,190 meters) above sea level. Please ask your doctor if you have any medical conditions that might be aggravated by high elevations. However, we will likely only spend 1-2 hours at this elevation, as we are only looking for two special targets here; **Volcano Junco** and **Timberline Wren**. Normally we find these birds fairly quickly and we have not had any problems with altitude sickness in the past.

## WEATHER

We ask you to be ready for all kinds of weather during this trip. Areas such as Sarapiquí, El Tapir, Cope Wildlife Reserve and La Selva Biological Station in the Caribbean foothills are hot and humid with temperatures reaching 30°C (86°F). We suggest packing clothes in which you feel most comfortable for this kind of weather. We highly recommend using sunscreen and a light-colored hat or cap. We might also get some rain during our visit in the Caribbean tropical forest!

The weather in the cloudforest of San Gerardo de Dora, Savegre Lodge, Irazú Volcano and the Quetzales National Park can be sunny and humid around midday but cold in the early morning and night, with temperatures dropping to 8°C (46°F).

Please check [here](#) for a list of what we recommend bringing.

## LAUNDRY

Laundry services are available at Hotel Boungevillia, Savegre Lodge and La Quinta Sarapiquí Country Inn. Laundry fees are not included in the tour price.

## ACCOMMODATION

Accommodation is of a very good standard during the tour with rooms including en suite bathrooms, hot showers and air conditioning (in warmer areas only).

## TRANSPORT

We will have a private van for the whole tour with plenty of room for everybody. We will require 4x4 vehicle transfers to reach a couple of birding spots above Savegre Lodge. The drive

should only take a few minutes but participants should be fit enough to climb in and out of the 4x4 vehicles.

