



## COSTA RICA PREMIUM TOUR-SPECIFIC INFORMATION



*The beautiful and tiny **Snowcap** will be searched for on our Costa Rica Premium Tour.*

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

This 18-day Costa Rica birding tour is designed to provide you with the best birding in the country. We will begin the tour by birding the Pacific slope in and around Carara National Park, looking for **Streak-chested Antpitta**, **Orange-collared Manakin**, **Scarlet Macaw** and **Fiery-billed Aracari**. A boat trip along the Tarcoles River is another tour highlight where we are likely to find many waterbird species, the endemic **Mangrove Hummingbird**, and even **American Crocodile**. Further south, near Golfo Dulce, we will search for the most-wanted duo of **Yellow-billed** and **Turquoise Cotinga**, as well as the endemic **Black-cheeked Ant Tanager** and **White-crested Coquette**. We will then continue the tour by taking you to the lush Savegre Lodge where we will target the fantastic **Resplendent Quetzal**, **Spotted Wood Quail** and **Spangle-cheeked Tanager**. Here we will have the chance to visit several bird feeders where we can find outstanding hummingbirds such as **Fiery-throated Hummingbird** and **Talamanca Hummingbird**.

Exploring northern Costa Rica will take us to visit the famous La Selva biological station where we should be rewarded with sightings of **Snowy Cotinga** and **Cinnamon Woodpecker**. The trails here provide further exciting, yet secretive species such as **Great Curassow** and **Great Tinamou**. We will explore Caño Negro River and Medio Queso wetlands in search of the localized **Nicaraguan Seed Finch** and **Nicaraguan Grackle** as well as the secretive **Pinnated Bittern** and **Yellow-breasted Crake**. A visit to the Arenal region provides further splendid birding and if you are lucky, you could score with uncommon birds such as **Yellow-eared Toucanet**, **Thicket Antpitta**, **Ornate Hawk-Eagle**, **Blue-and-gold Tanager**, **Russet Antshrike**, **Keel-billed Motmot** and **Bare-crowned Antbird**. Of course, the bird feeders at Cinchona are a mandatory stop for stunning views of **Red-headed Barbet**, **Prong-billed Barbet**, **Black Guan**, **Buff-fronted Quail-Dove**, and several colorful tanagers. **American Dipper**, **Yellow-throated Toucan**, **Snowcap**, **Keel-billed Toucan** and other dream species are frequently seen on this fantastic tour.

## ARRIVAL INFORMATION

Please e-mail us ([info@birdingecotours.com](mailto:info@birdingecotours.com), or contact us [here](#)) before booking any of your flights, as the information shown here is just an initial guide. Our tour will start in San José, the capital city of Costa Rica. You can reach San José's Juan Santa Maria International Airport (SJO) by direct flights from the USA, Europe and Panama City (Panama). You might wish to consult your travel agent to book your most convenient flight (and please contact us if you want any guidance). Your tour leader will be waiting for you at San José Airport displaying the Birding Ecotours logo and we will then transfer you to your hotel. Please be aware that most international flights arrive in San José around noon, so we don't have any birding activities planned for the first afternoon. If you do arrive on an earlier 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 in the hotel's garden). For an early check-in you might be charged extra 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 building at the San José Airport.

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

**Hotel Robledal: Oeste de la Iglesia Católica de El Roble 124, El Roble, Provincia de Alajuela, Alajuela, 20104, Costa Rica**

### DEPARTURE INFORMATION

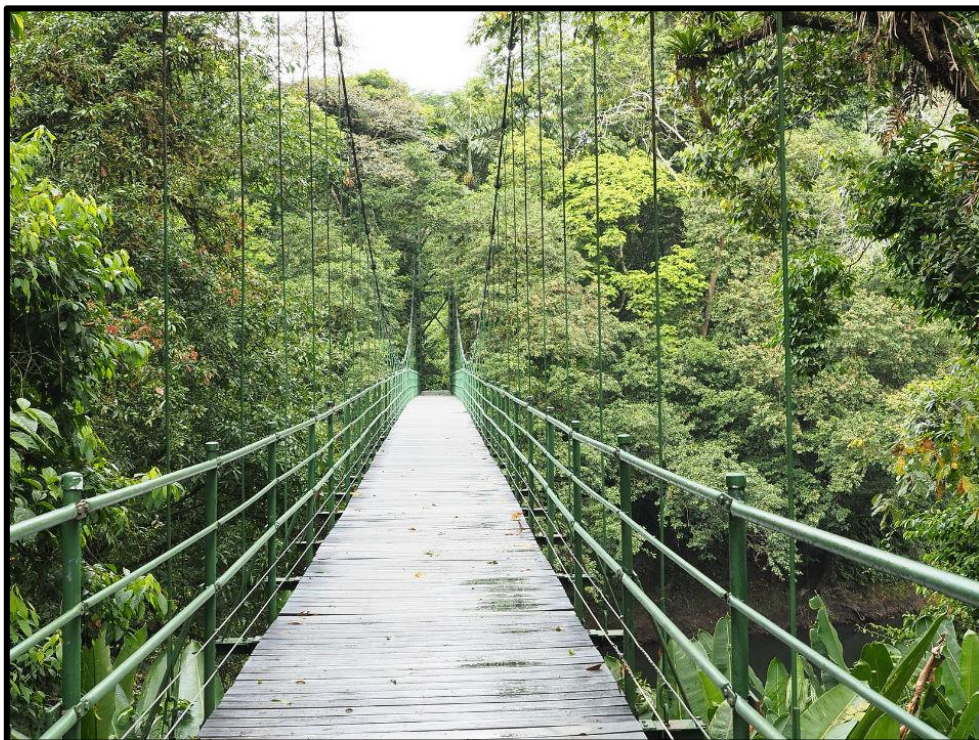
Our tour will end in San José after a wonderful 18 days/17 nights in Costa Rica. After the last morning's birding, our representatives in Costa Rica or the hotel shuttle will transfer you to San José's Juan Santa Maria International Airport (SJO), from where you can take connections out home.

### DOMESTIC FLIGHT INFORMATION

There are not domestic flights needed for this itinerary.

### PHYSICAL REQUIREMENTS AND PACE

We grade this trip as moderate to easy. Most of the birding consists of walking along roads, with some walks involving steady ascents and descents. We will explore forest trails which may be uneven and can get muddy after rain, and will also cross suspension bridges on some of the trails. Participants should be able to walk at least three miles (five kilometers) per day. We will spend lots of relaxing and highly rewarding time sitting and watching hummingbird feeders and looking for birds in the surrounding lodge grounds.



*Suspension bridge at La Selva Biological Station.*

Keep in mind that (as is usual on birding trips) we need to be awake very early in the mornings, and pre-dawn starts are in order each day. We normally spend the whole morning

birding in the field, before returning to the lodge for lunch, followed by an early afternoon rest, before continuing birding later in the afternoon. Your guide will sometimes invite you to look for owls at night, but this is an optional activity that you can skip if you are feeling tired. Some people prefer to rest, skipping birding in the afternoon; this can be done at those lodges when we are staying two or more nights. When we make birding stops while traveling between locations, people who feel tired do not have to follow the group and can remain in the vehicle.

We will spend two or three nights at a few lodges/hotels during this tour, which allows you to enjoy the grounds more and relieves you of the stress of packing and re-packing every day. Furthermore, our leaders and tour staff will do their utmost to ensure you feel as comfortable as possible while on tour.

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

### **ATM MACHINES**

ATM machines are available at San José's airport and at La Fortuna. Please be sure to draw cash or exchange money at San José Airport, as we will have very few opportunities or time to visit ATMs while on tour. Most of the hotels and shops accept credit cards.

### **ALTITUDE**

We will reach high elevations at Los Quetzales National Park which is the highest point of the tour at 10,465 feet (3,190 meters) above sea level. We will only likely spend a couple of hours birding at altitude here, as we do not have many specific target species.

### **WEATHER**

We ask you to be ready for all kinds of weather during this trip.

The southern Pacific slope region, including Villa Lapas, Carara National Park, Esquinas Rainforest Lodge, and the northern Caribbean foothills (Sarapiquí, La Selva Biological Station and Caño Negro) is hot and humid, with temperatures reaching 30–37°C (86–98°F). We suggest packing appropriate clothing for these temperatures and using sunscreen and a light-colored hat or cap.

The cloudforest of Irazú Volcano and Savegre Lodge can be sunny in the morning, with temperatures often dropping to 16°C (60°F) in the early morning and as low as 9°C (48°F) at night. We can also expect some rain in this part of the country.

Please check our list of what we recommend to bring, [here](#).

### **LAUNDRY**

Laundry services are available at most of the hotels we stay at in Costa Rica, with the exception of the Tapenti Hotel and Hacienda San Joaquin. Laundry fees are not included in the tour price.

## ACCOMMODATION

The accommodation is generally of a high standard on the trip, featuring some particularly good hotels such as Hotel Savegre Natural Reserve Spa, Arenal Observatory, Villa Lapas and La Quinta de Sarapiquí. Others are of a slightly lower standard but still have perfectly adequate service, in some cases they are run as family businesses, and are always located strategically close to the main birding sites such as at Caño Negro Natural Lodge, Tres Esquinas Rainforest Lodge, Hotel Tapantí, Hotel Robledal and Hacienda San Joaquín.

## TRANSPORT

We will have a private van for the whole tour with plenty of room for everybody. We will also take an enjoyable boat ride along the Rio Tarcoles. Please be sure to check the information regarding our vehicle seat rotation policy in our Costa Rica general information document, [here](#). At Savegre Lodge, we will be transferred to the start of the creek trail in the back of an open-top 4x4 jeep however this is only a 10-minute ride. Participants need to be fit enough to get in and out of the vehicle.



*An example of the van we will use while on our Costa Rica Premium Tour.*



*A 10-minute ride in 4x4 vehicles might be required to reach certain spots along the tour.*



*An example of the boat we use along the Tarcoles River.*

