

JULY 1 TO 16, 2023 PHOTOGRAPHIC TRIP TO COSTA RICA



Minimum 6 participants maximum 8

PRICE FROM: €3,350/person to €3,550/person in a double room. See details in reservation conditions.
 SEO/BirdLife members discount of €100/person.
 Single room supplement €525/person.
 Departure and return: Madrid

WHAT IS INCLUDED

Private transport.
 Full board accommodation in hotels detailed in the itinerary.
 Resplendent Quetzals Tour.
 Entrance to the Garden of Cope.
 Boat trip on the Tárcoles River.
 Entrances to feeders.
 Tickets to parks and reserves.
 Owl tour.
 Ornithological guide of the country and local guides.
 Organization person.

WHAT IS NOT INCLUDED:

International flights.
 Alcoholic and soft drinks.
 Expenses of a personal nature.
 Tips to the guide.
 Cancellation and accident insurance.

Trip Features:

Theme: photographic and ornithological trip.
 Duration: 16 days 15 nights.
 Group: private from 6 to 8 participants.
 Number of species possible to spot 500.
 Physical conditions: Low.

ITINERARY:

Day 1: Madrid – San José
Day 2: Hummingbird viewpoint at La Paz Waterfalls, Chinchona
Day 3: La Selva Biological Reserve
Day 4: Cope Reserve
Day 5: Caribbean Lowlands
Day 6: Feeders and trails at Lagarto Lodge
Day 7: Arenal Volcano and La Fortuna
Day 8: Bogarin and Hanging Bridges
Day 9: Pacific dry tropical forest, Abangaritos
Day 10: Trails from La Ensenada Lodge
Day 11: Central Pacific, Tárcoles River
Day 12: Carara National Park
Day 13: San Gerardo Valley
Day 14: Los Quetzales National Park
Day 15: Quetzal Tour, San José – Madrid
Day 16: Arrival in Madrid

Birding Trekking & Nature

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To see a post of a trip to Costa Rica in 2021 click on the following links:
[Costa Rica 1](#) [Costa Rica 2](#)

SOME TARGUET SPECIES: The total number of species that can be seen in Costa Rica exceeds 800, although in a 15-day trip you can see up to 500 species. It is very difficult to list the species that are of greatest interest to the spot, but the most emblematic is the Resplendent Quetzal. Other birds that are very impressive due to their color are: Scarlet Macaw and the Great Green Macaw, Black-mandibled Toucan, Keel-billed Toucan, Collared Aracari, King Vulture, many species of Hummingbirds, Manakins, Tanagers, Woodcreeper, Woodpeckers, Trogons, Tiger-Heron, Jabiru, Roseate Spoonbill and many more. Among the mammals, it is also worth mentioning Monkeys, Sloths, Tapirs, Frogs and Butterflies.

On this fifteen-day trip, we will visit the places in Costa Rica with the greatest biodiversity in the country and where most of the animal and plant species can be found.

We will start the itinerary from San José towards the north to the area of the La Paz Waterfalls in Chichona. The next day we continue north to La Selva Biological Station. The fourth day will be spent in the Cope gardens. The fifth day we will dedicate ourselves to the Caribbean lowlands and the Sarapiquí River, paying special attention to the sighting of the rare Great Green Macaw. On the sixth day we will be visiting the trails and feeders of the Lagarto Eco-Lodge, also a little further north than the previous day. On the seventh day we will move west to the Arenal Volcano. The next day we will visit, in this same area, the canopy bridges and the private feeders of Bogarín where we will enjoy watching Sloths. The next two days we will move to the southwest towards the tropical dry forest of the Pacific and we will take walks through the different paths of the private estate La Ensenada Lodge as well as through the salt flats and freshwater lake. On the eleventh day, going southeast, we will pass through the estuaries of the Tracoles River where we will take a boat tour through them. We will dedicate the twelfth day of our trip to the Carara National Park. The next three days we will move towards the center of the country to the valley of San Gerardo de Dota in search of the Resplendent Quetzal and endemic Birds of the highlands. On the penultimate day we will visit different hummingbird feeders and other typical bird species of the Quetzales National Park as well as the Savegre Lodge garden tours. On the last day we will do a special tour with a local guide specialized in finding the Resplendent Quetzal to locate and photograph this beautiful Bird. After lunch, we will go to the international airport to take the plane back to Spain.

Costa Rica, officially the Republic of Costa Rica, is a sovereign state organized as a unitary presidential republic made up of 7 provinces. Located in Central America, it has a territory with a total area of 51,179 km². It is bordered by Nicaragua to the north, the Caribbean Sea to the east, Panama to the southeast, and the Pacific Ocean to the west. It has just over five million inhabitants and tourism is its third source of income.

Costa Rica is a very mountainous country and most of the territory is made up of elevations between 900 and 1,800 meters above sea level.

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There are four main mountain systems and four secondary mountain systems. The highest point in the country is Mount Chirripó (3820 m.a.s.l.), the fifth highest peak in Central America. The highest volcano is the Irazú volcano (3,432 m a.s.l.). The country has nearly 200 volcanoes, of which five are active: Irazú, Poás, Arenal, Rincón de la Vieja and Turrialba.

In this country there is a true paradise known worldwide due to the diversity of its fauna. It is home to 232 species of mammals, 838 species of birds, 183 species of amphibians, 258 species of reptiles, and 130 species of freshwater fish.

Costa Rica is one of the countries with the greatest diversity of birds per square meter in the American continent. Including Cocos Island and its territorial waters, 910 bird species have been recorded in Costa Rica, 13 more than all the species recorded in the United States and Canada combined. Of these, 220 species are migratory, 7 of the Costa Rican species are considered endemic, and 19 are globally threatened. In total, the bird species of Costa Rica constitute 9% of the known species in the world.

Day 1: Arrival at San José de Costa Rica International Airport.

Arrival day at Juan de Santamaría International Airport and transfer to the hotel in San José.

Dinner and accommodation.

Day 2: Hummingbird viewpoint at La Paz Waterfalls, Chinchona.

We will start this day heading north from the central valley over the active volcanic zone, towards the lowlands of the Caribbean forest, stopping at one of the best places for hummingbirds and mid-altitude birds. The Chinchona area is well known as a hummingbird paradise with some endemic mountain species, not seen anywhere else in the world. We may see Ochraceous Wren, Crimson-collared Tanager, Coppery-headed Emerald. It is the best place in the country for Emerald Toucanet and hummingbirds include Green Hermit, Green-crowned Brilliant, Violet Sabrewing, Rufous-tailed Hummingbird, Lesse Violetear, White-bellied Mountain-gem, Violet-headed Hummingbird, Black-bellied Hummingbird, Purple-throated Mountain-gem, etc.

Ara Macao Lodge, all meals.

Day 3: La Seva Biological Station

After breakfast we will visit the La Selva Biological Reserve. This is the most important research center in the country and an excellent place to observe birds as well as mammals such as sloths, monkeys, coatis and peccaries. Among the birds that we can see in the park, the Chachalaca, Green Ibis, Great Green Macaw or the Great Curassow stand out for their large size.

Ara Macao Lodge, all meals.

Day 4: Cope Reserve

During this day, we will visit the property of a local artist named Cope. He is a well-known local artist and environmentalist who has turned his property into an incredible nature reserve and viewing gallery. With fruit and nectar feeders and well-placed natural perches, this is a photographers and bird watcher's dream. Excellent for owls, snowy bats, tanagers, oropendola and orioles.

Ara Macao Lodge, all meals.



Day 5: Caribbean Lowlands.

The Caribbean lowland area of Costa Rica is renowned for its great diversity of birds, the number of national parks, private protected forests, and bird sanctuaries, and the large migration of birds of prey and hawks that pass through the region each year. . The most iconic species in the area is the great green macaw, which is in danger of extinction. Along the Sarapiquí River, observers can see species such as Bare-throated Tiger-Heron, Green Ibis, Keel-billed Toucan, Momots, Trogons, Jacanas, as well as lowland Hummingbirds, Parrots, and Antbirds.

Lagarto Lodge, all meals.

Day 6: Feeders and trails of the Lagarto Lodge.

First thing in the morning we will be visiting the restaurant's balcony feeders to photograph various species of birds such as Black-cheeked Woodpecker, Yellow-crowned Euphonia, Red-legged Honeycreeper, Black-crowned Tityra, Keel-billed Toucan, Blue-crowned Woodnymph , Large Trogon, etc. One of the priorities is to find the King Vulture in the vicinity. Following the itinerary, in the afternoon we will visit a private property that is very productive for photography and bird watching. Very close views of Shining Honeycreeper, Blue Dacnis, Chestnut-headed Oropendola, White-necked Jacobin, Hummingbirds and Hermits and many more.

Lagarto Lodge, all meals.



Day 7: Arenal Volcano and La Fortuna.

Arenal Volcano is the most spectacular active volcano in Costa Rica and its perfect cone is visible from anywhere in the area. Bird watching is very good from the roads themselves, around Lake Arenal, or the trails in the national park. The Arenal Lodge hotel is located on an extensive protected forest property, surrounded by exuberant nature and tropical jungle, hundreds of birds and diverse fauna. This hotel offers the best panoramic view of the Volcano. Some of the birds that we can see and photograph this day will be the Crested Guan, Violet-headed Hummingbird, Collared Aracari, Spotted Antbird, White-collared Manakin, Tawny-capped Euphonia, Bay-headed Tanager, Guianan Trogon, Rufous Motmot and much more.

Arenal Oasis Eco Lodge, all meals.



Day 8: Bogarin and Hanging Bridges.

One of the most beautiful ecological projects in Costa Rica are the Arenal Hanging Bridges, a natural corridor followed by migratory birds between North and South America. We spent half a day walking the trails and bridges, observing lowland tropical rain forest birds. After lunch we will visit Bogarin's private feeders where, in addition to many species of birds, we will be able to see two- and three-toed sloths, some frogs, and we will walk around Lake Arenal, the largest lake in the country. Birds expected today are Black-and-white Owl, Spectacled Owl, Yellow-throated Euphonia, White-collared Manakin, White Hawk, Great Curassow, etc.

Arenal Oasis Eco Lodge, all meals.



Day 9: Tropical dry forest of the Pacific, Abangaritos.

Today's trip is very pleasant, traveling along the side of Lake Arenal, our largest lake, until reaching the plains on the Pacific side. The northwest of the country contains some of the last remains of dry forest in Central America.



Various habitats such as deciduous forests, riverside forest, tropical savannah, mangroves, marshes, lagoons, lakes and swamps are found around the Ensenada, a large farm dedicated to cattle ranching and the protection of wetlands and dry forest. Its large salt flats offer opportunities for wader bird watching. It is also a good place to spot Scrub Euphonia, Roseate Spoonbill, Thicket Tinamou, Crested Bobwhite, Eastern Meadowlark, Southern Lapwing, Stripe-headed Sparrow, and many more. Ensenada Lodge, all meals.

Day 10: Trails at La Ensenada Lodge.

We will dedicate the day to walk trails and open grassland areas, in search of the specialties of this type of forest, such as some parrots such as the White-fronted Parrot and Red-lored Parrot, Orange-fronted Parakeet. We can also spot Spot-breasted Oriole, and Streak-backed Oriole, Guianan Trogon and Black-headed Trogon, White-throated Magpie-Jay, Pacific Screech-Owl, Mangrove Rail, among other birds. In the afternoon we will visit the salt flats, the freshwater lagoon and the viewpoint. The featured birds of this tour may be: Ringed Kingfisher, Green Kingfisher, Magnificent Frigatebird, Royal Tern, several species of herons, Boat-billed Heron, etc. Ensenada Lodge, all meals.

Day 11: Central Pacific. Tour to the Tárcoles River estuary.

This is an important area because the second largest population of Scarlet Macaws is found here, being a very frequent bird in this part of the country. Before breakfast we will take a walk through the paths of the hacienda, looking for the species that might have been missing from the previous walks. At mid-morning we left for the Central Pacific area. The main activity of the afternoon will be the boat tour along the mangrove estuary of the Río Tárcoles and Guacalillo. We will visit riparian forest habitats and the river mouth to observe seabirds such as Brown Pelican, Royal Tern, Elegant Tern, Roseate Spoonbill, Reddish Egret, Common Black-hawk, White Ibis, Yellow-headed Caracara, American Pygmy Kingfisher and our Mangrove Hummingbird, endemic to this area.

Villa Lapas Lodge, all meals.

Day 12: Carara National Park

The central Pacific area consists of lowland transitional forests where the wetter forests of the South Pacific coast mix and overlap with the drier forests of the North Pacific coast. The ranges of many birds found to the north extend into the central Pacific and not much beyond. The result is a unique zone of overlap where northern and southern species can be seen in the same place. The park is an excellent area to observe trogons such as the Black-headed Trogon, Guianan Trogon, Black-throated Trogon and our endemic Baird's Trogon. The Great Tinamou, Black-mandibled Toucan, Northern Mealy Parrot, Grey-headed Tanager, Squirrel Cuckoo, Red-capped Manakin, Scarlet-rumped Cacique, White-necked Jacobin, among other species, are frequently sighted.

Villa Lapas Lodge, all meals.

Day 13: Valley of San Gerardo.

After a walk around the hotel, we will leave mid-morning for the mountains of the central highlands.



San Gerardo Valley has the highest endemism in the country with more than 50 species found only in Costa Rica and the westernmost corner of Panama. Our first stop will be at a well-known feeder balcony, owned by a local family, where the list of regional endemics and endemics of the country can begin. We will be able to observe Purple-throated Mountain-gem, Fiery-throated Hummingbird, Sooty-capped Bush-Tanager, Yellow-thighed Finch, Large-footed Finch, Slaty Flowerpiercer, Flame-colored Tanager, Long-tailed Silky-flycatcher, etc. We will spend the afternoon looking for birds along the Savegre River. The hotel gardens are the first introduction to the mid-altitude birds of the central valley.
Savegre Lodge, all meals.

Day 14: Quetzales National Park.

Today, we will go birding through the trails of the national park and the hotel gardens. We will also visit high altitude hummingbird feeders and other birds in the mountainous area of the center of the country. Specialties that will be easy to find: Lesser Violetear, Talamanca Hummingbird, White-throated Mountain-gem, Stripe-tailed Hummingbird, Scintillant Hummingbird, Sulfur-winged Parakeet, Red-tailed Hawk, American Dipper, Torrent Tyrannulet, Collared Trogon, Ruddy Pigeon, Spotted Barbtail, Ruddy Treerunner, Silvery-fronted Tapaculo, Emerald Toucanet, etc.
Savegre Lodge, all meals.



Day 15: Quetzal Tour and transfer to the Airport.

This is the day that we will spend the whole morning searching for and photographing one of the most beautiful birds on the planet, the Resplendent Quetzal. We will go with a local guide specialized in finding these birds. After the tour we will have lunch next to one of the best feeders in the country for endemic high altitude hummingbirds. At 1pm we will go directly to the international airport.
Breakfast and lunch.

Day 16: Flight to Madrid and end of the trip.

Photo gallery

















Booking conditions:**Prices**

The price per person sharing a room if there are 7-8 participants will be € 3,350 per person sharing a double room and if there are only 6 participants the price of the trip will be € 3,550 per person sharing a double room. Discount of € 100 for SEO/Birdlife members and the supplement for a single room will be € 525 per person.

Payments

Prior to the formalization of the reservation, it is necessary to have contacted the organization by e-mail to find out if there are places available for this excursion as they are very limited.

Once the confirmation of the place is received, a payment of € 850.00 per registered person must be made, as a reservation, by bank transfer or deposit into the BT&N current account at Banco Sabadell Atlántico with the following IBAN: ES96 0081 0649 7100 0102 5312. No reservation will be considered made if the payment has not previously been made.

The rest of the price of the trip must be transferred/credited to the same account as in the previous paragraph at least sixty days before the departure of the trip.

In both cases, the selected trip and the person who will make said trip must be indicated in the concept of the transfer/income.

Both, payment of the reservation and second payment must be communicated to the organization via e-mail.

Personal information

In the event that you want to contract this trip with us, you must send your personal data to the organization by email. Among them, your full name, address, passport number and its expiration date. All these data must be identical to those that appear in the passport.

If, in addition to the trip, you want to contract a plane ticket and/or travel and cancellation insurance with us, the amount of both must be previously paid to the organization by the participant.

Some interesting information:**Costa Rica departure airport tax**

An airport security fee must be paid when leaving the country. The fee is \$29 USD and is paid by Visa credit card.

COVID 19 situation

At the time of preparing this brochure, there is no requirement to enter this country.

Visa

All citizens do not need a visa, for stays of less than 90 days.

Vaccination

None if you are traveling directly from Spain.

It is recommended that you take extreme preventive measures against mosquito bites, such as:

- Wear long-sleeved shirts and long pants.
- Use insect repellents.
- Avoid places and times prone to the proliferation of mosquitoes as much as possible.
- Cover soft drink bottles and any container in which water or liquids are stored.

For more information see the following link: [Ministerio de Sanidad, Servicios Sociales e Igualdad](#).

It is essential to travel with mosquito repellent.

Personal medical and cancellation insurance

It is recommended that all participants purchase personal medical and travel insurance to cover themselves in case of any eventuality during the tour and possible last-minute cancellations. Health insurance that covers emergencies generated by COVID is now highly recommended.

Flights

The price of the plane ticket is not included in the price of the trip. If you wish, you can contact us to purchase it or do it yourself.

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Recommended flights for this trip are:

Outbound: Adolfo Suarez Airport on July 1 at 3:30 p.m. and arrival in San José de Costa Rica at 5:30 p.m. on the same day.

Return: International airport of San José de Costa Rica on July 15 at 7:30 p.m. and arrival at Madrid airport, Adolfo Suarez at 1:45 p.m. on July 16.

Cancellations

For the traveler:

If the cancellation is made prior to 60 calendar days before the departure of the trip, one hundred percent of the reservation payment will be withheld, that is, €850.00. If the total cost of the trip has already been paid on this date, the difference between the total cost of the reservation and the total cost of the trip will be refunded.

If the cancellation is made between 60 and 30 calendar days before the departure of the trip, 50% of the payment of the total trip will be withheld as a penalty, unless your place can be occupied by another person interested in this travel.

If the cancellation is made between 29-0 calendar days before the departure of the trip, 100% of the amounts paid will be retained as compensation. In the case of being able to replace the traveler and the airline accepts the change of passenger, 100% of the price paid will be refunded.

In both cases, refunds will be made by bank transfer with expenses paid by the person canceling the reservation/trip.

It is highly recommended to contract trip cancellation insurance and travel and accident insurance that is not included in this package.

On the part of the organization:

If the travel agency suspends the trip 60 days before its departure, it will fully refund the amounts paid within a period not exceeding 15 days from its notification.

In addition, it will compensate the contracting party with 10% of the total cost of the trip if the cancellation is made between 30 and 15 days before departure; 15% if it takes place between 14 and 0 days before departure.

The compensations described above will not apply in the case of force majeure, understood as such, unpredictable reasons, of an extraordinary nature, external and beyond the control of BT&N and that, even having acted with due diligence, could not be resolved. .

Likewise, the organization will not be obliged to return any compensation if the cancellation of the trip is due to the fact that the minimum number of participants indicated in this brochure (6 participants) has not been reached. The maximum term for this cancellation assumption is 20 days before the start of the trip.

Tips

The price of the trip includes tips that the provider has advised us for hotels, restaurants and local guides that are necessary for the visit in certain protected areas.

Tip for the specialized nature guide during the entire trip is not included.

Currency

The local currency is the colon and the reference currency par excellence is the dollar.

The exchange rate on 12/15/22 of the colon against the dollar is 601 colones/dollar and 632 colones/euro (10 EUR=6,323 CRC approximately).

When entering the country or leaving it, any person, national or foreign, will be obliged to declare the cash or securities that they carry, if the amount is equal to or greater than ten thousand dollars, currency of the United States of America. (US \$10,000.00) or its equivalent in another currency. (Law 8204). For the declaration, you must use the official forms prepared for this purpose, which are available at immigration posts.

In some cases, the exchange rate of euros for dollars in local entities is disadvantageous for European tourists. Hence, the most recommended option is to exchange euros for dollars in Europe and, once in Costa Rica, exchange dollars for colones, although in practice many establishments, especially in the tourism sector, accept payments in dollars.

In some cases, \$50 and \$100 bills are not accepted for fear of counterfeiting.

In tourist establishments there are usually no problems with the use of internationally recognized credit cards and ATMs work throughout the country.

It is not recommended to carry €500 bills, since the change of this denomination of bills can only be done in some banks, with the payment of a higher commission than usual.

Prices

The prices of the trip are calculated (currency exchange and payment of suppliers) based on the date of the preparation of this brochure, so there may be some variation in them at the time of contracting.

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The itineraries and places to be visited may be subject to changes when the country guide deems it appropriate and always based on criteria based on the proper development of the trip.