



Indiana Audubon 2023 Costa Rica Tour March 1-12, 2023 Cloud Forest Specialties and the Epic Osa

In 2023 Indiana Audubon will host the next in a series of great birding adventures, as IAS returns for the extremely popular *Pura Vida* birding in beautiful Costa Rica. For sheer diversity of birds in a short trip, it's hard to beat Costa Rica. Nowhere else is it as easy to experience such a range of habitats and families in a safe country with good infrastructure. This trip is designed to target some more endemic and uncommon species not generally seen on an introductory trip.

As part of Indiana Audubon's commitment to conservation in areas we visit, Indiana Audubon will make a donation towards a conservation initiative in Costa Rica through the Mumford & Keller Grants and Scholarship Program. The 2023 trip will support the Unspotted Saw-whet Owl Project taking place near the Irazu Volcano.



Trip Leaders: Bill Sharkey and John Cassady are long-time Indiana Audubon members and have extensive experience birding in Costa Rica and leading trips for Indiana Audubon. This tour is being put together in partnership with *Lifer Nature Tours*, who will be securing transportation and guiding services during the trip.

- Day 1.** February 28th Arrive in San José.
- Day 2.** March 1st San Isidro Foothills
- Day 3.** March 2nd San Isidro Foothills
- Day 4.** March 3rd South Pacific Rainforests
- Day 5.** March 4th South Pacific Rainforests
- Day 6.** March 5th South Pacific Rainforests
- Day 7.** March 6th South Pacific Rainforests
- Day 8.** March 7th South Pacific Rainforests
- Day 9.** March 8th Cartago Foothills
- Day 10.** March 9th Cartago Foothills
- Day 11.** March 10th San José
- Day 12:** Departure Flight



Indiana Audubon Field Trip Ratings for this trip include:

Birding Pace: Extended Tour. Multiple days with early starts, and long days birding with only small breaks. This trip will involve higher intensity levels than typical intro trips to Costa Rica.
Physical Requirements: Moderate. Costa Rica is a mountainous country. Participants can expect two miles or more of hiking per day at a birding pace on rough terrain and elevation under 10,000 feet.

Birding Skill Level: Mid-Level. Though this is not an intro level trip, the focus will be on building upon the diverse Costa Rica families of birds. A mix of skill levels is expected on this tour.

Detailed Itinerary*

Day 1. Welcome to Costa Rica. (Night at Robledal Hotel)

Today we have all day for arrivals at Juan Santa Maria Intl. Airport, Costa Rica, with our first night in San Jose, just a short distance from the airport. We will be welcomed at the airport by a representative of Lifer Nature Tours. We'll have some of our first glimpses at tropical birds in the hotel gardens. Dinner is included that evening

Day 2-3. South Pacific Foothills (Night at Talari Lodge)

We will start early at 5:30am for our first location in the San Isidro foothills. We will then spend the mid-morning to the highlands birding on route at Quetzal Paradise Hotel looking for highland specialties like Fiery-throated Hummingbird, Black-and-yellow and Long-tailed Silky Flycatcher and hopefully Wrenthrush and Silvery-fronted Tapaculo. After lunch we will continue to our destination in the foothills of San Isidro and use the afternoon here waiting for the White-crested Coquette and possibly Turquoise Cotinga.

The next day we might spend the early morning looking for a good chance of the Turquoise Cotinga, Scaled Pigeon, Costa Rican Brush Finch or the endemic Fiery-billed Aracari that occasionally visit a feeding station about 20min from the hotel.

Day 4-6. South Pacific Lowland Rainforests (Night at Danta Corcovado Lodge)

This place is wonderful, a birdwatcher's paradise in the South Pacific of Costa Rica. Several endemic bird species like the Black-cheeked Ant-tanager, Mangrove Hummingbird, Charming Hummingbird, Yellow-billed and Turquoise Cotinga are found around here, is an excellent place to enlarge a birder's life list. Today is mostly a day to get to the place and in late afternoon explore the grounds of the hotel. Hopefully getting several of the above-mentioned endemics plus, other specialties of the place like Royal Flycatcher, Scaly-breasted Wren, Tiny Hawk, Charming Hummingbird, White-tipped Sicklebill and Scrub Greenlet among many other excellent birds. If time allows, we'll have a short presentation about our new ecosystem and all the spectacular wildlife that gives its international fame.



Early in the morning in the roads near the hotel we will look for Blue-headed Parrot, Tiny Hawk, Crested Owl, Charming Hummingbird, Garden Emerald, Orange-collared Manakin, Streaked Saltator, Fiery-billed Araçari among others.

We will distribute our next two days with hiking on trails property including a visit to their canopy tower where we can hopefully find toucans and raptors eye-level and in the afternoon visit to other local patches in the property. The last morning, we will start very early to catch the sunrise at the famous Rincon River bridge to look for the spectacular show of the Yellow-billed Cotingas waking up in the mangrove forest and flying over this bridge to start foraging in the nearby rainforest. This is a unique show.



That afternoon we might visit the outskirts of Corcovado National Park to look for a few remaining specialties like the Red-rumped and Golden-naped Woodpecker, Black-cheeked Ant-tanager, White-crested Coquette, Black-tailed Flycatcher and Baird's Trogon.

Day 7-8. South Pacific Foothills (Night at Las Cruces Research Station)

This interesting cloudforests in middle of the south pacific have international popularity in the birding world as it hosts one of the stations of the Organization for Tropical Studies (OTS) called Las Cruces, this is the same organization that runs La Selva Biological Station. We will stay directly in this station or nearby and we will bird their trails along with some nearby places looking for specialties like Crested Oropendula, the infamous Chiriqui Yellowthroat (in constant taxonomical debate), the Chiriqui Foliage-gleaner and Snowy-bellied Hummingbird, Costa Rican Brushfinch among many others. While staying here we might do a



short drive to visit a nearby local wetland site to look for Panama-Costa Rica area specialties like the Savanna Hawk, Wattled Jacana, Veraguan Mango, Sapphire-throated Hummingbird, Crested Oropendula and Brown-throated Parakeet. Also, if time allows, we might visit a site for Lance-tailed Manakin, Rosy Thrush-tanager and Ruddy Foliage-gleaner among other targets.

Day 9-10- Cartago Foothills (Night at Quelitales Hotel)

On the way to our next destination, we might do an early start to find time to stop at the Buenos Aires grasslands to look for Ocellated Crake and Wedge-tailed Grass-finch. We will arrive at our hotel in late afternoon. Next day we will start early to bird around the hotel, this place is sensational and might offer good views at Scaled Antpitta, Green-fronted Lancebill, Sooty-faced Finch, Torrent Tyrannulet, Sunbittern and Black-breasted Wood-quail. After breakfast we will bird Tapanti National Park all day with a field lunch. Tapanti always offers great birding and might deliver birds as good as Bare-necked Umbrellabird, Sharpbill, Azure-hooded Jay,



Black-thighed Grosbeak, Lanceolated Monklet, Barred and Black-and-white Becards, Buff-fronted Foliage-gleaner, Scaly-throated Foliage-gleaner, the endemic subspecies of Black-banded Woodcreeper, Brown-billed Schythebill, Ochre-breasted Antpitta, Ornate Hawk-eagle and Barred Hawk.

At night we will drive to Irazu Volcano to join the team of Unspotted Saw-whet Owl Project and learn about their research program and hopefully find on Unspotted Saw-whet Owl that same night.

Day 11. San Jose return – Getting ready for departure. (Night at Robledal Hotel)

Next morning we will start a bit late since we came back late the previous night and have breakfast at the hotel. After breakfast we will head to a nearby coffee farm to look for Cabanis's Ground-Sparrow, the newest Costa Rican endemic (due to a recent taxonomic split), which is confined to a very small area of the Costa Rican central valley. Other good birds in the surrounding area are Bat Falcon, Garden Emerald, White-eared Ground-Sparrow, Bicolored Hawk and Hook-billed Kite, among many others. We will have lunch in the heart of the valley where the production of local squash (Chayote) is very famous and of course we will enjoy some local dishes prepared with fresh products. Then we will continue to San Jose city to do checklist at 6:30pm at our hotel and then dinner there too.



If still required we will arrange for Covid tests at the hotel at around 6pm in the hotel this day.

Day 12. Departure Flights Home

After breakfast, your guide will drive you to the airport to catch your flights back home on time. If flights are late, we can get some extra birding done right at the hotel in early morning. Good by Costa Rica.

**Important note, the order of the hotels may change before trip date due to booking availability but will be communicated prior to the tour should this occur.*

Included with the Tour:

- IAS guide coordinating trip logistics before and during the tour.
- Specialized Lifer Nature Tours guide/driver with Swarovski Spotting Scope, Portable speaker + Ipod with bird calls to play-back calls of a bird if necessary and a laser pointer to help locate birds in the field
- Spacious bus transportation with fuel included through the trip.
- All lodging for 12 days, 11 nights.
- Accommodation in all hotels listed.
- All meals starting with dinner on day 1 and finish with breakfast on day 12.
- All entrance fees to reserves and national parks, including the Saw-whet Owl Tour.

- Standard lunch and dinner tips for restaurant wait staff.

Not included with the Tour:

- Airfare and airport taxes.
- Tips for hotel staff, bird guides and driver.
- Medical expenses, prescription drugs COVID testing, and other items of personal use.
- Additional tours offered in hotels (Spa, massage, etc.)
- Alcoholic beverages, cigarettes and anything else not listed on the menus of restaurants.
- Health and/or trip insurance
- Laundry service
- Souvenirs
- Any other expense or extra tour not listed as included above

Additional Considerations

This trip involves travel through Costa Rica, where roads may or not be paved. Destinations are often three hours or more of long, bumpy van or bus rides, with one notably longer ride day (6 hours). Participants with motion sickness may want to seek medication beforehand. The climate is warm and humid along the coast, and cooler in the higher mountains. Though we will be visiting during the dry season, rain is possible every day, with concentrated small, heavy bursts that should not interrupt birding too much.

Trip limit is 10 participants max. Prices are based on double occupancy.

\$3,679 per person IAS Member. \$3,779 per person non-IAS Member.

Single Supplement: \$475

\$75 surcharge for credit card payments



INDIANA AUDUBON TERMS AND CONDITIONS

We believe it is best to begin with a clear written understanding of our respective responsibilities and obligations. Please read the entire document and select “I/we have read and understood these terms and conditions” to continue with the booking process. If you prefer, you can request a paper booking form, fill it out, sign it, and return it by fax or mail. We will not consider your booking confirmed until we receive both your completed booking form and your deposit (or full payment for late bookings). If you have any questions, please feel free to contact us by e-mail at bbumgardner@indianaaudubon.org or by phone at [\(219\)-928-6905](tel:(219)928-6905) (US & Canada) INDIANA AUDUBON SOCIETY undertakes to create a trip itinerary, to provide a trip leader to guide expeditions, and to arrange for all travel services and accommodation. INDIANA AUDUBON SOCIETY reserves the right to substitute other suppliers of arranged services, and to alter the itinerary when deemed necessary or advisable. The passage contract used by the airline shall constitute the trip participant's sole contract regarding international air travel and is not a contract with INDIANA AUDUBON SOCIETY.

TRIP PRICE

The price of the trip includes all accommodation, ground transport as required by the itinerary, tour materials and the service(s) of a leader, entrance fees to parks and reserves mentioned on the itinerary, as well as meals as indicated on the final itinerary. Exclusions to prices are noted on your itinerary or are designated as optional activities. The price represents a complete package; itemization of individual costs is not available. Not included are flights between your home and the tour's starting and ending destinations. Travel expenses such as departure taxes, passports, visas, immunizations, insurance, medical costs, evacuation, optional excursions, room service, minibar, laundry, excess baggage, telephone calls and expenses of a purely personal nature are not included. Any expenses arising from the delay, disruption or extension of a trip due to causes beyond INDIANA AUDUBON SOCIETY'S control are not included. Tips to the Indiana Audubon Society tour leader are not included. If you have questions about what is or is not included in your tour, please do not hesitate to contact us. A special note on trip reports: Our guides write trip reports for many of the tours, but due to time constraints, busy schedules, and other reasons, a trip report cannot be produced for every tour. Indiana Audubon Society cannot guarantee that a trip report will be written for any tour.

TRIP PRICE INCREASE

Due to a variety of possible circumstances beyond our control, the total trip cost is subject to change, although this is only as a last resort. Participants will be notified if any changes to the trip cost will be incurred. INDIANA AUDUBON SOCIETY tries its best to anticipate the rising costs of service in every country it operates, but when unexpected increases occur we will reserve the right to increase our price by 10% of the tour price. If greater increases are necessary, participants will be allowed to withdraw from the tour without cancellation penalty. If you wish to avoid the cost of a single room (single supplement), we will attempt to find a roommate for you, but please be aware that this is not always possible, and if we are unable to find a suitable roommate for you, you will be required to pay the single supplement. Please note rooming preferences will be honored to the best of our ability, but not guaranteed. In some locations, such as remote field stations or very small lodges, single rooms may not be available, and sharing arrangements need to be accommodated. Whenever INDIANA AUDUBON SOCIETY is aware of these situations, participants will always be informed prior to booking. When unexpected sharing must occur (particularly in remote locations where communication is difficult) the lack of availability at a particular hotel or lodge is usually not notified to us in advance and is only discovered on arrival.

Under these circumstances, your leader(s) will do their best to accommodate the group's preferences.

RESERVATIONS and PAYMENTS

To secure your reservation, we require a deposit as well as the signing of the booking form including the assumption of risk and liability release, either electronically or handwritten on a paper form. DEPOSITS ARE NON-REFUNDABLE IF YOU DECIDE TO CANCEL YOUR TOUR. If INDIANA AUDUBON SOCIETY cancels a tour, deposits are almost always refundable; please refer to the section on CANCELLATIONS below. INDIANA AUDUBON SOCIETY reserves the right to refuse or decline bookings for any reason whatsoever, at its sole discretion. A booking is accepted only from the date that INDIANA AUDUBON SOCIETY has confirmed acceptance in writing and received your booking form and payment. Only at this point does the contract between the participant and INDIANA AUDUBON SOCIETY come into existence. If payments are not received according to the payment schedule outlined in the invoice, INDIANA AUDUBON SOCIETY reserves the right to treat these bookings as canceled and charge cancellation fees as outlined in this booking form. For tours to all international destinations, the full balance is due 90 days prior to the starting date of the tour. Payments for bookings made less than 90 days prior to departure are due in full at the time of booking. We accept payments by check, bank draft, or bank-to-bank (wire) transfer. Credit cards payments may require additional credit card processing fees and must be paid by participant if this is the preferred method of payment. All checks must be in US dollars and drawn on a US bank. For payments by wire transfer, you must instruct your bank to cover all bank charges involved in sending the wire. In many instances, an intermediary bank will deduct additional charges, which are deducted from the total that is transmitted to our account. If this is a small amount (US\$25 or less), we will absorb it, but if the charges are more than US\$25, INDIANA AUDUBON SOCIETY will invoice you for the charges.

INSURANCE

All trip participants are responsible for their own personal travel insurance to cover accident, medical expense, evacuation, repatriation, and loss of effects. We suggest you check your health policy to determine if it provides any overseas coverage (most do not). In addition, we strongly recommend trip cancellation/interruption coverage. We cannot stress how important this is to protect your investment. Please note that most traveler insurance companies require policies to be purchased within a short period following booking, depending on the insurer, so bear this in mind when booking and applying for travel insurance.

CHANGE OF ITINERARY or LEADER

INDIANA AUDUBON SOCIETY reserves the right to make tour changes if the need should arise due to unforeseen circumstances or for safety reasons. If the trip leader/guide determines it is best to deviate from the activities described in the trip program, he/she will make reasonable efforts to substitute an activity of comparable interest and satisfaction to the trip participants. If significant changes are necessary prior to the start of any tour, participants will be informed. If a change of itinerary or operation mode is imposed upon us for any reason, such as airline strikes, weather or political unrest, the additional costs, whatever these may be, shall be the participants' responsibility. Finally, INDIANA AUDUBON SOCIETY reserves the right to reassign or substitute any of its leaders to any tour.

GROUP SIZE

A suitable maximum group size to enjoy a tour will depend very much upon the location and type of habitats visited. The tour pages on the Indiana Audubon Society website state the maximum group size for each tour, or you may contact us and ask. All but a very few of our tours are limited to 8-12 participants and one leader. When there are more than 12 participants a second leader will be provided at no additional charge.

MEDICAL CARE

All applicants with medical problems that could interfere or limit participation in the tour, or with communicable diseases, are required to make them known to us. The trip leader/guide has the right to disqualify anyone at any time from certain activities, if he/she has reason to believe that the person is not capable of safely participating in the activity. INDIANA AUDUBON SOCIETY makes no representation that there will be a doctor on any trip, and we assume no liability whatsoever regarding provision of medical care. If a participant is injured or becomes ill, INDIANA AUDUBON SOCIETY or the trip leader/guide may, at the participant's cost, arrange medical evacuation or other emergency services.

RESTRICTIONS AND PARTICIPATION

Our tours do not normally entail very strenuous activity but, if this cannot be avoided, it will be made clear in the tour details. Nevertheless, participants must be able to complete moderate walks of several miles a day, sometimes on uneven or slippery surfaces, to participate fully in the activities of the tour. To cater for the needs of all clients, our tours sometimes involve long days in the field and traveling long distances.

AUTHORITY OF TRIP LEADER/GUIDE

Please let the trip leader/guide know of any problems or dissatisfaction; he/she will usually be able to remedy the situation. If a schedule change is necessary, he/she will ordinarily consult with trip participants. However, on matters relating to the safety and proper conduct of the trip, the leader's decision is final. INDIANA AUDUBON SOCIETY accepts no responsibility for a participant who breaks the laws or regulations of any country visited, who is judged detrimental to the safety or welfare of others on the trip, or whose behavior impedes the operation of the trip or the rights, welfare or enjoyment of other trip participants. Such a person may be asked to leave the trip and INDIANA AUDUBON SOCIETY shall not be liable for any additional expenses incurred by a person excluded from further participation on a trip, including, but not limited to, ground costs and airfares.

TRAVELER'S RESPONSIBILITY

Trip participants' responsibilities include: selecting a trip appropriate to their interests and abilities; determining that destinations and activities are appropriate for them; determining that they are in sufficient health and fitness to undertake the trip and activities along the way; acquiring necessary passports, visas and immunizations; securing adequate insurance coverage; bringing appropriate clothing and equipment; passing through customs. Participants are responsible for the fate of all personal belongings they choose to bring on the trip.

DOCUMENTATION

For tours outside of your country of citizenship, a passport valid for six months after the date of completion of your international travel is required for all trips. Many countries require foreign visitors to obtain a visa before they can enter the country. It is the responsibility of the traveler to determine their visa requirements for all destinations and countries visited within a tour, though INDIANA AUDUBON SOCIETY can help you with this upon request.

CANCELLATION BY TRAVELER

We require written notice of cancellation (email or fax), which is effective upon receipt by us. If you need to cancel your booking, you must inform us immediately via email or fax and we will confirm your cancellation. Based on the date that we acknowledge your cancellation notice, cancellation fees will apply per person. This policy and fee schedule also applies to pre-trip and post-trip extensions as well as any transfers from one tour extension to another. For cancellations of all other tours received 90 days or more prior to the first day of the tour, your cancellation fee will be your deposit. For cancellations of all other tours received 89 days or less prior to the first day of the tour, your cancellation fee will be the full cost of the tour. Please note that bank charges

may be deducted from the refund you receive. INDIANA AUDUBON SOCIETY cannot waive or reduce cancellation fees, so it is highly recommended that you purchase trip cancellation/interruption insurance.

CANCELLATION BY INDIANA AUDUBON SOCIETY

We always try to run a tour, and sometimes at a loss, even if few people have signed up. Certain tours are designated as “guaranteed departures” which means they will never be cancelled due to insufficient bookings. Trip cancellations by Indiana Audubon Society are a matter of last resort. However, we simply cannot run some tours without a minimum number of bookings, and if we fail to reach that number we will be forced to cancel the tour. If this should happen, you will receive a full refund of any payment made. Participants should note that the cancellation of a pre- or post-tour extension due to insufficient participation, or any other reason, does not alter your rights and obligations with respect to the main tour. INDIANA AUDUBON SOCIETY’S responsibilities are limited to ground services only. Airfares may not be refundable from airlines, so we strongly advise tour participants to obtain travel insurance.

TOUR ANNULMENT DUE TO CIRCUMSTANCES BEYOND INDIANA AUDUBON SOCIETY’S CONTROL

If a tour cannot commence due to circumstances beyond our control, including but not limited to technical or maintenance problems with transport, changes imposed by rescheduling or cancellation by air or sea carriers, government action, industrial dispute, war or threat of war, civil strife, terrorist activity, riot, natural or man-made disaster, severe weather conditions, or any situation considered threatening to the safety of our participants and/or staff, the tour will be annulled. In the event of an annulment, then INDIANA AUDUBON SOCIETY will refund all payments minus all expenses incurred by us. Where non-refundable prepayment has been made by INDIANA AUDUBON SOCIETY, most of the tour costs will not be refundable. In these instances, documentation will be provided by Indiana Audubon Society to allow participants to make a claim on their travel cancellation/interruption insurance. Keep in mind that many travel insurance policies will not cover civil unrest however. Also note that we cannot be responsible for any airline cancellation fees or other travel expenses you may face if the tour you signed up for is disrupted. For this reason, we strongly advise tour participants to obtain travel insurance.