



VICTOR EMANUEL NATURE TOURS

ITINERARY

# BEST OF COSTA RICA

FEBRUARY 28 - MARCH 12, 2026

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Green Thorntail Photo: D. Ascanio

***Often called "the Switzerland of Central America," Costa Rica is a small, stable country with a prosperous middle class, fine educational system, and spectacular highland terrain. For its size, it is one of the richest countries in the world for birds, with over 900 reported species from a small area the size of West Virginia. Costa Rica boasts the finest national park and reserve system in Latin America, protecting portions of all major habitats and the accompanying flora and fauna. Because of this, it has become one of the premier birding destinations in the world! This tour offers an excellent introduction to the joys of Neotropical birding, numerous regional***

*specialties, and a chance to view such Neotropical mammals as monkeys, coatimundi and peccaries.*

*The Costa Rican landscape is remarkably diverse, and each of the four major regions we will visit forms a natural boundary for bird distribution. The humid Caribbean lowlands and foothills are directly linked to the great lowland forests of South America, with many rainforest birds spilling across the Panama "land bridge" to reach their northern limit here. The Carara National Park located in the Pacific coast is an isolated area of high rainfall, and a number of species are found only here. Most importantly, much of Costa Rica consists of a large highland mass dominated by immense volcanoes and rugged cordilleras. The distinctive birdlife here is completely different from that of the lowlands and includes a high number of endemics (birds found nowhere else in the world except adjacent Panama).*



Violet Sabrewing. Photo: D. Ascanio ©



***This time of year is a great time to bird Costa Rica as bird activity is high and the weather is good. As we explore each of these major habitats, we will search for many of Central America's most spectacular birds. At the top of the list must be the magnificent Resplendent Quetzal, but there are many more, including Great Curassow, Black Guan, Scarlet and Great Green Macaws, over 30 species of hummingbirds, several beautiful trogons, toucans and aracarís, motmots, Prong-billed Barbet, Long-tailed Silky-Flycatcher, Snowy Cotinga, manakins, woodcreepers and ovenbirds, and tanagers in abundance. The list seems endless! Join us this "spring" in Costa Rica for a truly unforgettable birding experience. PLEASE NOTE: This tour is designed for early morning departures, with some breakfast times as early as 5:00-05:30 a.m. as it gets light early here! In some areas, we will return to the lodges for a noon break before going out again.***

**February 28, Day 1: Arrival in San José.** Participants should plan your flights to arrive San Jose, Costa Rica (Juan Santamaría International Airport, airport code SJO) today. After clearing customs and immigration you will be met by our local ground agent and transferred to the *Hotel Bougainvillea* where a room will be reserved in your name. Because most flights arrive San Jose this evening, there are no functions scheduled this evening and participants are on your own for dinner.

NIGHT: Hotel Bougainvillea, near San José



**March 1, Day 2: from San Jose to Cerro de**

**La Muerte.** As we begin our journey this morning, we will drive to the Cerro Buenavista at the Talamanca Mountains where we will bird the temperate (montane) forests on the Cerro de la Muerte massif. The road reaches even a small pre-paramo habitat (above tree line) where, weather permitting, we will also go birding given that some high elevation birds are only found here including the fairly-common Volcano Junco and the always-shy Peg-billed Finch. As we ascend this section of the Panamerican Highway, we will begin to notice the presence of tree ferns in the evergreen forest that will, eventually be embedded in the clouds, giving a mysterious appearance, where wonderful birds are found. Among the species that we can see today are Sulphur-winged Parakeet, Fiery-throated Hummingbird, Spot-crowned Woodcreeper, Ruddy Treerunner, Buffy Tuftedcheek, Black-billed and Ruddy-capped Nightingale-Thrushes, Long-tailed Silky-Flycatcher, Yellow-winged Vireo, Flame-throated and Black-cheeked warblers, Collared Redstart, Flame-colored Tanager, Yellow-thighed Finch, Slaty Flowerpiercer, Black-thighed Grosbeak and Sooty-capped Bush-Tanager. Most of these species are found only in the isolated mountain forests of

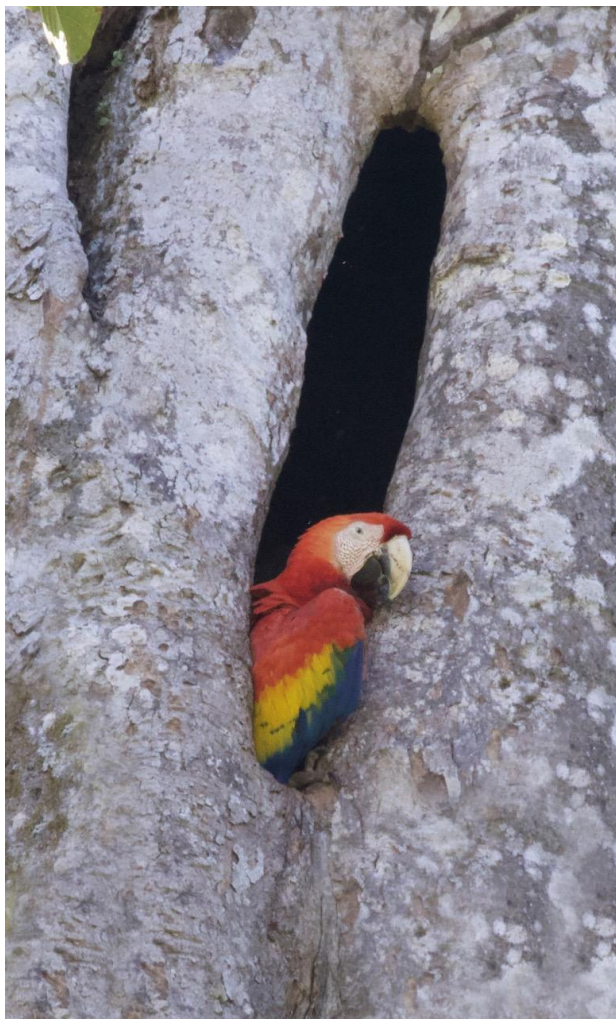
Costa Rica and adjacent Panama, and few of them range below 6000 feet. Here we will also have our best chance to enjoy Costa Rica's glamorous bird, the Resplendent Quetzal. Various pairs nest in this region and they sometimes even frequent the fruiting trees right behind the lodge. The lodge landscaping attracts hummingbirds in abundance, including Volcano, Scintillant, Stripe-tailed and Talamanca hummingbirds, as well as White-throated Mountain-gems. In addition, American Dipper or Torrent Tyrannulet may be seen foraging in the nearby stream.

NIGHT: Hotel Suria

**March 2, Day 3: Cerro de la Muerte.** A full day in the San Gerardo de Dota area will increase our chances for finding the much sought-after Resplendent Quetzal. We will be in contact with local farmers to learn about the recent sightings and will surely organize our outings to increase the chances of seeing this amazing species. Also, we will come across opportunities to look for Volcano Hummingbird, Collared Trogon, Silvery-fronted Tapaculo (always difficult to see), Spot-crowned Woodcreeper, Ochraceous Pewee, Black-capped Flycatcher, Barred Becard and Long-tailed Silky-Flycatcher. In previous years we have enjoyed feeding flocks containing Flame-throated and Black-cheeked warblers, Collared Redstart,

Silver-throated Tanager and other passerine birds. Depending on weather conditions, after lunch we will explore the higher elevations along the road to look for the secretive Black Guan or the more widespread Sooty Thrush. In some years, we have reported large groups of Barred Parakeet in flight and although they are usually distant, it is exciting to know about the presence of such little-known species. Given that the lodge landscaping attracts hummingbirds in abundance, we will plan to explore this area sometime in the day as well.

NIGHT: Hotel Suria



**March 3, Day 4: Bosque del Tolomuco. Drive to Tarcoles Birding Lodge.** After an early breakfast, we will take an hour and a half drive to Bosque del Tolomuco, a nature retreat with feeders that offer the opportunity to look for White-tailed Emerald and Snowy-bellied Hummingbird, two species that might not be seen in any other area visited during this tour. There might also be Lesser Violetear, Green Hermit, Scintillant Hummingbird and Violet Sabrewing. We will also look for Emerald Toucanet and possibly the secretive Orange-billed Nightingale-Thrush. Close to noon we will continue our drive to the lowlands, and, after lunch along the road, will arrive to Tarcoles Birding lodge, our location for the next two full days, which is contiguous to Carara National Park. The hotel is situated along a forested stream and is beautifully landscaped, with an abundance of birds right around the grounds. The variety of flycatchers is especially noteworthy, and we should have many chances to study and learn about them here.

NIGHT: Tarcoles Birding Lodge, Carara

**March 4-5, Days 5-6: Carara National Park and nearby.**

Established in 1978, Carara is located near the Pacific coast in the transition zone between the dry northwest and the very wet southwest. This large park is virtually the only tall tropical moist forest remaining in the Pacific lowlands and is therefore an especially important faunal reserve. We have two full days to explore this very birdy region. At first, we will watch for large birds sitting up along the forest edge and later walking the forest trails. The reserve abounds with birds, but it is most famous for its relictual population of Scarlet Macaws. This is our best chance of seeing this fabulous, much-persecuted species. At daybreak raucous pairs majestically fly from their roosts to their feeding grounds, sometimes landing where we can watch them in the scopes.

Carara abounds with birds large and small, an interesting blend of species from both regions. Especially noteworthy are the dozen or so species endemic to the wet region south of here, including Baird's Trogon, Fiery-billed Aracari (difficult to see), Golden-naped Woodpecker, Black-hooded Antshrike, Orange-collared Manakin, and Riverside Wren. All have extremely small world ranges that are threatened by deforestation, and all can be hard to locate. Among the many other forest dwellers possible here are Slaty-tailed, Black-

throated, Black-headed, and Gartered trogons; Rufous-tailed Jacamar; Pale-billed Woodpecker; Plain Xenops; Cocoa Woodcreeper; Barred Antshrike; Dot-winged Antwren; Dusky and Chestnut-backed antbirds; Streak-chested Antpitta; Red-capped Manakin; a remarkable array of flycatchers from large to small; Rose-throated Becard; Rufous-breasted and Black-bellied wrens; and Gray-headed and White-shouldered tanagers. Raptors are diverse in this blend zone. One afternoon we will take a relaxing boat trip on the nearby Tarcoles River and estuary, perhaps finding Bare-throated Tiger-Heron, Wood Stork, Common Black-Hawk, Collared Plover, Turquoise-browed Motmot and several kingfishers, as well as a good variety of other water and shorebirds.

NIGHTS: Tarcoles Birding Lodge, Carara

**March 6, Day 7: From Carara to Bosque de Paz.**

Today we will drive from the Pacific lowlands across the heavily-settled Meseta Central to a lush and beautiful mountain valley called Bosque de Paz, a lovely private reserve of 4500 acres (1800 hectares) set in the heart of the subtropical zone. Here the climate is cool and damp, the forest constantly misted by clouds rising upslope. Undoubtedly the hummingbird feeders will grab our attention first, and amidst the commoner species we may find Green Hermit, Black-bellied Hummingbird and Magenta-throated Woodstar. The forest is nearby, and in the epiphyte-laden trees we will seek such montane specialties as Northern Emerald-Toucanet, Prong-billed Barbet, Spotted-crowned Woodcreeper, Golden-bellied Flycatcher, Ochraceous Wren, Black-faced Solitaire, Mountain Robin, Long-tailed Silky-Flycatcher, and Silver-throated Tanager. More widespread species include Mountain Elaenia, Slate-throated Redstart and Common Chlorospingus.



NIGHT: Bosque de Paz

**March 7, Day 8: Bosque de Paz Area.** Not far above Bosque de Paz, a winding country road climbs to higher elevations on a steep ridge. Most of the slopes here are still covered in cool and wet temperate forest, popularly called “cloud forest,” and today we will explore this habitat. Some of the finest birds of Central America inhabit this region, including Black Guan, Collared Trogon, Streak-chested Treehunter, Golden-browed Chlorophonia, Spangle-cheeked Tanager and Black-thighed Grosbeak. The enchanting songs of Black-faced Solitaires and nightingale-thrushes sound through the forest, while Gray-breasted Wood-wrens, Costa Rican Warblers and others lurk in the understory. Occasional raptors are spotted over the ridges, including Great Black-Hawk and the rare Solitary Eagle, and here we will have a chance for Resplendent Quetzal, considered by many the most beautiful bird in the world.

NIGHT: Bosque de Paz

**March 8, Day 9: Bosque de Paz to the Sarapiquí lowlands.** This morning we will travel from the cloud forest in Bosque de Paz to the rich and lush Caribbean lowlands of Costa Rica. The route and birding stops will be determined by the latest bird records by local birders. In some years, we have visited a mountain river where the astonishing Sunbittern was seen. In other years, we have heard about a Three-wattled Bellbird singing in the vicinity and for that, we have made a detour. Expect a day of travel and birding, and maybe with one or more surprises!

NIGHT: La Quinta de Sarapiquí, Sarapiquí



Sunbittern. Photo: D. Ascanio ®

**March 9, Day 10: La Selva Field Station. Boat trip Sarapiquí river.** The Sarapiquí region, although now largely cleared and settled, harbors the richest avifauna in the country, and birds are generally conspicuous. We will explore the humid tropical lowlands and the contiguous farmlands. Today we will visit the world-famous La Selva Field Station of the Organization for Tropical Studies (near Puerto Viejo). The great diversity of habitats here includes tall lowland rainforest, second-growth of varying ages, overgrown plantations, successional thickets, riverine forest, and swampy pastures. Within these habitats are numerous specialized niches. All are home to a wonderful variety of tropical birds. Initially we will linger along the La Selva entry road, getting acquainted with the common birds of the open country and second-growth. Flycatchers, tanagers, and seedeaters are abundant and conspicuous in the early morning hours. Later in the morning we will explore the reserve trail, trying to see manakins, antbirds and probably a poison dart frog! Just a few of the special birds possible are Great and Little tinamous; Green Ibis; Crested Guan and even Great Curassow; Semiplumbeous Hawk; Russet-naped Wood-Rail; Great Green Macaw; Mealy, White-crowned and Brown-hooded parrots; Slaty-tailed and Gartered trogons; Amazon Kingfisher; Broad-billed and Rufous motmots; White-whiskered Puffbird; Keel-billed and Yellow-throated (Chestnut-mandibled) toucans; Collared Aracari; Chestnut-colored Woodpecker; Black-striped Woodcreeper; Great Antshrike; White-collared Manakin; Black-capped Pygmy-Tyrant; Long-tailed Tyrant; Stripe-breasted and ventbird.com

Black-throated wrens; Shining Honeycreeper; Montezuma Oropendola; Scarlet-rumped Cacique; Dusky-faced Tanager; and Orange-billed Sparrow. The more open country harbors such non-forest species as Striped Cuckoo; Olive-throated Parakeet; Olive-crowned Yellowthroat; Crimson-collared Tanager; Black-headed Saltator; Black-cowled Oriole; and various seed-eating birds. After lunch at La Quinta, we will enjoy a deserved siesta time, and, in the afternoon, we will have the opportunity to visit the boundaries of La Selva while exploring the banks of the Sarapiquí River. We will be using a covered boat to explore the river where riverine forest birds are usually found, including Bare-throated Tiger-Heron, Green Heron and Green Ibis. The boat trip also offers a good opportunity for seeing Squirrel Cuckoo, Gartered Trogon, any of the 3 species of kingfishers (Ringed, Amazon and Green kingfishers) and Collared Aracari. Mangrove Swallow will be common and might even perch on the roof of the boat. Spotted Sandpiper will surely be seen foraging along the riverbank. In some years we have been rewarded with views of the Secretive and absolutely astonishing Sunbittern, and we will keep searching for it. Also, Black River Turtles will be taking a sun bath while an Anhinga will probably be seen drying its wings from an open branch.

NIGHT: La Quinta de Sarapiquí, near Puerto Viejo

**March 10, Day 11: Braulio Carrillo National Park and buffer area: Aerial Tram. Afternoon visit to Cope's art.**

Today we will have a full morning to explore the Braulio Carrillo National Park and an adjacent 1,100-acre private reserve about an hour from La Quinta. Created in 1978, Braulio Carrillo National Park encompasses a huge band of wet Caribbean foothill forest. In 1987, the road was finally completed, and the park opened to the public. Now birders have access to some of the country's rarest, least known and most restricted species in this fabulous area of steep forested slopes, cloud-filled valleys, and plunging waterfalls. We will devote all morning to the area, which will include an unforgettable 90-minute Aerial Tram ride, and hike along the trails on portions of the preserve. The tram ride enables us to traverse all levels of a Caribbean foothill rainforest canopy and later explore the rainforest trails on this privately-owned property. The forest edge is not far away, and we're sure to spot some spectacular large birds sitting up in the crowns of the trees. These may include Crested Guan, Mealy and White-crowned parrots, Gartered Trogon, Keel-billed and Yellow-throated toucans, Collared Aracari, Snowy Cotinga, Montezuma Oropendola, Yellow-tailed Oriole and even Great Green Macaw. Close to the station itself are dense secondary thickets with young trees and vine-tangled forest edge, the preferred habitat for birds like Rufous-tailed Jacamar; Great and Fasciated antshrikes; Long-tailed Tyrant; White-collared Manakin; Black-throated and Cabani's wrens; honeycreepers; Plain-colored, Crimson-collared and Scarlet-rumped (Passerini's) tanagers; or Black-headed and Buff-throated saltators. Hummingbirds visit the flowering shrubs, including Bronze-tailed Plumeleteer, Rufous-tailed Hummingbird and White-necked Jacobin. We will also search for an absolutely stellar line-up of tanagers, such as Emerald, Silver-throated, Speckled, Spangle-cheeked, Blue-and-gold, Black-and-yellow and Tawny-crested, as well as White-throated Shrike-Tanager. Many other birds also occur, but for various reasons, the chances of seeing them are vanishingly small. Nevertheless, just being where they occur and knowing that one of them could turn up is exciting. This remarkable group includes Tiny Hawk, Violaceous Quail-Dove, Rufous-vented Ground-Cuckoo,





Black-crowned Antpitta, and Bare-necked Umbrellabird.

NIGHT: La Quinta de Sarapiquí, near Puerto Viejo

**March 11, Day 12: Morning at Sarapiquí; Afternoon Drive to San Jose.** Because of the incredible diversity of species possible in this region, we will offer an early morning walk around the lodge's property. In previous years this has been a good location to look for Black-headed Tody-Flycatcher and Bronzy Hermit. After breakfast, we will start our way back to San Jose but for that we will be using a road known as *La Virgen*. This road quickly ascends the Caribbean slope of Costa Rica, one of the wettest regions in Central America. This is an incredibly lush and scenic wonderland of rushing water and deep valleys, much of it still covered in a profusion of exotic plants. We plan to stop at the side of the road (Cinchona) where a local family feeds hummingbirds and tanagers, and chances for seeing Green-crowned Brilliant, Violet Sabrewing and Coppery-headed Emerald abound. In some years, a male Green Thorntail has appeared around the feeders. There are also plenty of other birds around the feeders and forest edge including Prong-billed Barbet, Red-faced Spinetail, flycatchers, Silver-throated and several other dazzling tanagers. In the early afternoon, we will continue our drive to our hotel near San José where we will enjoy a farewell dinner.

NIGHT: Hotel Xandari, near San José



**Broad-billed Motmot. Photo: D. Ascanio®**

**March 12, Day 13: Departure for Home.** The tour ends this morning with a transfer to the San José airport for flights departing before noon today. Transfers for flights departing at other times can be arranged in advance at an additional charge. When booking your return flight please keep in mind that transfers will depart from the hotel three hours before the scheduled departing flight time. In other words, if you schedule an early morning flight, your departure from the hotel will be very early.

**TOUR SIZE:** This tour will be limited to 10 participants. However, VENT reserves the right to increase the tour limit by one in order to accommodate a couple when only one space is available.

**TOUR LEADERS:** David Ascanio with the assistance of a local guide



**David Ascanio**, a Venezuelan birder and naturalist, has spent over 39 years guiding birding tours throughout his native country, Colombia, Brazil, Peru, Costa Rica, the Orinoco and Amazon River basins, Trinidad & Tobago, Suriname, the Guianas, the Dominican Republic, Puerto Rico, the Lesser Antilles, Cuba, Chile, and Panama. He is especially interested in bird vocalizations and has a private library containing voices of more than 70% of all the birds of Venezuela. David combines superb birding skills with an astonishing command of bird vocalizations. He has published a book for children about bird songs and coauthored the descriptions of two new species, the Rio Orinoco Spinetail and the Delta Amacuro Softtail. David has also published numerous papers about the birds of the *llanos* (plains), Orinoco River Island species, and the pan-tepui endemic species on which he has become an authority. He is the senior author of the *Field*

*Guide to the Birds of Venezuela* (2017). David is an excellent communicator, has a great sense of humor, and is tireless in helping others find birds and wildlife. These traits have made him one of the most popular naturalists/guides in the Neotropics.

**FINANCIAL ARRANGEMENTS:** The fee for the tour is **\$7,195** per person in double occupancy from San Jose, Costa Rica. This includes all meals from breakfast on Day 2 to breakfast on Day 13 (provided that the participant is leaving after breakfast operating times), accommodations as stated in the itinerary, ground transportation during the tour, gratuities, and guide services provided by the tour leaders. It does not include airfare from your home to San Jose and return, airport departure taxes, dinner on Day 1, alcoholic beverages, special gratuities, phone calls, laundry, or items of a personal nature. Rates are based upon group tariffs; if the tour does not have sufficient registration, a small-party supplement may have to be charged.

The single supplement for this tour is **\$1,050**. You will be charged a single supplement if you desire single accommodations, or if you prefer to share but have no roommate and we cannot provide one for you.

**REGISTRATION & DEPOSIT:** You may register for this tour through the VENT [website](#) or by calling our office (512-328-5221). The deposit for this tour is **\$1,000** per person. We accept MasterCard and Visa. If you choose not to register online, you may pay your deposit by credit card, check, money order, or bank transfer. If not paying online, or by card, your tour space will be held for 10 days pending receipt of your deposit.

**PAYMENTS:** All tour payments may be made by credit card (MasterCard or Visa), check, money order, or bank transfer (contact the VENT office for bank transfer information). These include initial deposits, second deposits, interim payments, final balances, special arrangements, etc. Full payment of the tour fee is due 150 days (October 1, 2025) prior to the tour departure date.

**EXCHANGE RATE SURCHARGES:** In the erratic global financial markets of today, it is difficult to predict foreign currency exchange rates over the long term or at the time of operation of a tour or cruise departure. Tour prices are based upon the rate of exchange at the time of itinerary publication. If exchange rates change drastically, it may be necessary to implement a surcharge. If a surcharge is necessary, every effort will be made to minimize the amount. In many cases, these additional foreign exchange rate surcharges are passed to VENT by its vendors and suppliers.

## **CANCELLATION & REFUNDS:**

### **Cancellation by Participant:**

Refunds, if any, for any cancellation by a participant are made according to the following schedule: If participant cancels 180 days or more before the tour departure date, a cancellation fee of **\$500** per person will be charged unless the deposit is transferred to a new registration for another VENT tour that will operate within the next 12 months from the date of participant tour cancellation, in which case the cancellation fee will be **\$100** per person. If cancellation is made between 179 and 151 days before departure date, the deposit is not refundable, but any payments covering the balance of the tour fee will be refunded. If cancellation is made fewer than 150 days before departure date, no refund is available. This policy and fee schedule also applies to pre- and post-tour extensions. **For participants' protection, we strongly recommend the purchase of travel insurance that covers trip cancellation/interruption.**

#### If participant cancels:

180 days or more before departure date

179 to 151 days before departure date

150 days or less before departure date

#### Participant's refund will be:

Participant's deposit minus \$500\*

No refund of the deposit, but any payments on the balance of the tour fee will be refunded

No refund available

\*Unless the deposit is transferred to a new registration for another VENT tour that will operate within the next 12 months from the date of participant tour cancellation, in which case the cancellation fee will be \$100 per person. To qualify, cancellation must occur 180 days or more before departure date; deposit transfers must be made at the time of cancellation; and one transfer per deposit.

### **Cancellation by VENT:**

If VENT cancels a tour prior to departure without cause or good reason, VENT will provide the participant a full refund, which will constitute full settlement to the participant.

If VENT cancels or delays a tour or any portion of a tour as a result of any Force Majeure event, VENT will use its reasonable best efforts to refund any payments on the balance of the tour fee to participant; provided that, VENT will have no obligation to provide a participant with a refund and will not be liable or responsible to a participant, nor be deemed to have defaulted under or breached any applicable agreement, for any failure or delay in fulfilling or performing any term of such agreement. A "**Force Majeure**" event means any act beyond VENT's control, including, without limitation, the following: (a) acts of God; (b) flood, fire, earthquake, hurricane, epidemic, pandemic or explosion; (c) war, invasion, hostilities (whether war is declared or not), terrorist threats or acts, riot or other civil unrest; (d) government order, law or actions; (e) embargoes or blockades; (f) national or regional emergency; (g) strikes, labor stoppages, labor slowdowns or other industrial disturbances; (h) shortage of adequate power or transportation facilities; and (i) any other similar events or circumstances beyond the control of VENT.

This VENT Cancellation & Refunds policy does not apply to air tickets purchased through VENT or to any special arrangements, such as additional hotel nights, that fall outside of the services described in the tour itinerary.

**Victor Emanuel Nature Tours is not a participant in the California Travel Consumer Restitution Fund. California law requires certain sellers of travel to have a trust account or bond. This business has a bond issued by Travelers in the amount of \$50,000. CST #2014998-50.**

**FUEL AND FUEL SURCHARGES:** In the uncertain, often volatile oil market of late, it is difficult – if not impossible – to predict fuel costs over the long term, and more specifically, at the time of operation of this

departure. Our prices are based upon the prevailing fuel rates at the time of itinerary publication. While we will do everything possible to maintain our prices, if the fuel rates increase significantly, it may be necessary to institute a fuel surcharge.

**TRAVEL INSURANCE/TRAVEL PROTECTION:** To safeguard against losses due to illness, accident, or other unforeseen circumstances, we strongly recommend the purchase of travel insurance as soon as possible after making a deposit. VENT has partnered with Redpoint Travel Protection as our preferred travel insurance provider. Through Redpoint, we recommend its comprehensive Ripcord plan, which includes a medical evacuation benefit. With this in mind, it is important to note that medical evacuation is not offered by Redpoint as a stand-alone policy or benefit. For travelers not interested in comprehensive travel insurance, VENT recommends Medjet and its MedjetAssist® plan. Medjet is not an insurance company, and Medjet Assist is not an insurance product; rather, Medjet is a membership-based air-medical transport company specializing in moving hospitalized travelers from an admitting hospital to a medical facility of choice. Medjet does not provide medical evacuation service from the point of injury or illness; yet, the MedjetAssist plan offers robust enough travel protection to satisfy the medical evacuation insurance requirement in place for many VENT tours.

### **About Ripcord**

Ripcord is a completely integrated travel insurance program with single contact for emergency services, travel assistance, and insurance claims. Critical benefits include comprehensive travel insurance for trip cancellation/interruption, **medical evacuation from your point of injury or illness to your hospital of choice**; medical expense coverage, death of pet, and much more. Optional expanded insurance coverage is available and includes items such as evacuation coverage in case of a natural disaster or political or security reasons, waiver for pre-existing medical conditions exclusion, and a “Cancel for Any Reason” benefit. Ripcord is available to U.S. and non-U.S. residents.\*

For a price quote, or to purchase travel insurance, please visit: [ripcordtravelprotection.com/ventbird](http://ripcordtravelprotection.com/ventbird); or click the **Ripcord** logo on our website (click Help and Trip Insurance); or call +1-415-481-0600. Pricing is based on age, trip cost, trip length, and level of coverage.

\*To be eligible for the pre-existing medical condition exclusion waiver and the optional Cancel for Any Reason (CFAR) upgrade, you must purchase your policy within 15 days of making your first trip payment. The CFAR benefit provides reimbursement for 75% of covered costs, and increases the policy premium by approximately 50%. Policies may be purchased either for the full value of the tour fee at the time of deposit or in segments as individual tour payments are made (deposit, second deposit, final balance, additional arrangements, etc.). The “pay as you go” approach reduces up-front expense and ensures that the amount paid toward your full policy premium is in proportion to the amount paid toward the full tour fee. If you choose to “pay as you go,” you must cover each deposit or payment within 15 days, and insure all non-refundable trip costs in order to maintain the CFAR benefit. Please refer to the policy for a full description of coverage.

### **Coronavirus (COVID-19):**

Redpoint considers COVID-19 illness as any other seasonal respiratory illness. Providing only a positive Covid-19 test result will likely not be considered a covered event per the terms and conditions of the company's policy. Redpoint maintains a [Coronavirus FAQ page](#) on its website that addresses questions

and concerns travelers may have regarding COVID-19 and Redpoint's policy. We strongly recommend that you visit the page for an overview of relevant topics.

### **About MedjetAssist**

MedjetAssist is a membership program that functions like AAA for motorists. The company's primary service is air medical transport. Critical benefits of MedjetAssist include a staff on call and ready to provide assistance 24 hours a day, 7 days a week; all-expenses-paid air medical transport in the United States and internationally to medical facility of choice, regardless of medical necessity; repatriation of remains; and no exclusions for pre-existing conditions.

For travelers under 75, MedjetAssist may be purchased as Short-Term Memberships of 8, 15, 21, and 30 days, or Regular Annual Memberships from 1 to 5 years. For travelers 75–84, Medjet offers a Diamond Membership that is the same program but with a few additional conditions.

For a price quote or to purchase MedjetAssist, please visit: [Medjet.com/VentBird](http://Medjet.com/VentBird) or call 1-800-527-7478. Pricing is based on type and term of membership.

**AIR INFORMATION:** Victor Emanuel Travel is a full-service travel agency and wholly owned subsidiary of Victor Emanuel Nature Tours (VENT). Victor Emanuel Travel will be happy to make any domestic or international air travel arrangements from your home and return. Per person fees apply for each set of travel arrangements: \$50 domestic; \$75 international.\* Many of our travelers choose to make their own air travel arrangements, but we emphasize the benefits to using our services. If you book your air arrangements yourself, Victor Emanuel Travel is unable to provide support in managing any flight delays and/or cancellations that could occur before and during a tour. When you purchase air tickets through Victor Emanuel Travel, our staff has ready access to your air ticket record and can provide assistance as problems arise. Please feel free to call the VENT office to confirm your air arrangements. **Please be sure to check with the VENT office prior to purchasing your air ticket to confirm that the tour is sufficiently subscribed to operate. VENT cannot be held responsible for any air ticket penalties.**

\*An air ticket will be purchased by Victor Emanuel Travel on behalf of the traveler with the traveler's consent. A purchase is considered final upon receipt of payment. If a ticket is subsequently reissued at the behest of the traveler (i.e. voluntary change of plans), the same fee rates apply for the reissue process, in addition to any fees that may be charged by the airline.

**BAGGAGE:** The airlines now strictly enforce baggage regulations. Excess baggage charges, which can be substantial, are the personal responsibility of each participant. Please consult your airline to find out specific weight restrictions. Due to ever-changing circumstances in the government's attempts to improve airport security we recommend that you check the website of the Transportation Security Administration (TSA) for the most updated information: <http://www.tsa.gov/>.

**CLOTHING / CLIMATE:** As is the case for all of our tropical tours, lightweight field clothing is the norm for Costa Rica tours. Long-sleeved shirts, a hat, sunglasses, and a strong sunscreen are recommended for protection from the sun. Also, please be sure to have a pair of good water-resistant hiking boots or walking shoes and a second pair of lightweight shoes. Mud boots are not necessary. Generally, the weather will be warm to hot and humid (75 to 90 degrees). It will be cooler at several high-elevation locations (with temperatures perhaps as low as the low 50s or even 40s), so a thermal top and warm sweater or jacket are essential for layering. If you chill easily, consider bringing a pair of gloves and stocking cap. Trails should not be so muddy at this season as to require rubber boots; water-resistant footgear is best. Please note that you must have a pair of shoes/boots of some kind to enter La Selva (sandals are not allowed). Do not forget to bring a small umbrella and/or poncho, as we may get caught out in mist or rain.

**DOCUMENTS:** A passport valid for at least six months beyond your planned departure from Costa Rica is required. Visas are not required for entry by U.S. citizens. Non-U.S. citizens should check with their consulate/embassy for instructions. Although no vaccinations are required for entry into Costa Rica, you may be asked to present proof of a current yellow fever vaccination if you have traveled recently in other countries within Latin America or Africa.

**EQUIPMENT:** You should pack a pair of binoculars that are in good repair, along with a belt pack or day pack (for carrying books, sunscreen, extra film, etc.). As a precaution, it is a good idea to pack your binoculars, a change of clothing, toiletry items, medications and travel documents in your airline carry-on bag. Your leader will have a spotting scope, but if you have one and wish to bring it, please feel free to do so.

**HEALTH:** VENT follows Centers for Disease Control and Prevention (CDC) recommendations for standard travel precautions, which includes vaccination against a variety of preventable diseases. Among these so-called Routine Vaccinations are measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, poliovirus vaccine (boosters for adult travelers), and Varicella (Chickenpox). You should also be up-to-date with Hepatitis A and Hepatitis B vaccinations.

If you are taking personal medication, prescription or over-the-counter, be sure to bring an ample supply that will allow you to get through the tour safely. Please consult your physician as necessary. Remember to pack all medication in your carry-on baggage, preferably in original containers or packaging. As airline baggage restrictions can change without warning, please check with your airline for procedures for packing medication.

**COVID-19:** We continually emphasize that our number one priority is the health and safety of our customers and employees. Although VENT no longer maintains any of its COVID-era prevention protocols, we strongly recommend best practices for protecting yourself and your fellow travelers against COVID-19 illness. These measures include receiving the primary series vaccinations for those eligible, staying “Up to Date” with COVID-19 booster shots, wearing high filtration N-95 or KN-95 masks when in airports and on airplanes, and avoiding risky social settings in the lead-up to your tour. These recommendations are firmly rooted in CDC guidance regarding recommendations for avoiding COVID-19.

**Insect Repellents –** There are insect repellents for the skin and an insect repellent used to treat clothing that should not be applied to the skin.

Insect repellents for the skin are commonly available in three forms:

- DEET (N,N-diethyl-meta-toluamide): A chemical compound that is marketed under various brand names (OFF!®, Cutter™, Ultrathon™, etc.) and offered in a variety of formulations including sprays, lotions, time-release preparations, and disposable wipes. The formulations will state a percentage of the active ingredient DEET on the packaging. DEET may be applied to exposed skin directly and/or sprayed on clothing. Please be careful when applying DEET as it can damage plastics and lens coatings.
- Picaridin: A synthetic formulation that is derived from piperine, a substance found in plants that produce black pepper.
- Herbal insect repellents: Various mixtures of organic ingredients such as oils from eucalyptus, citronella, cedar, and other herbs. The herbal repellents are more difficult to categorize because of the difference in ingredients from one brand to another. There is considerable variation in their effectiveness.

An insect repellent for clothing is marketed in one approved formulation:

- Permanone® (Permethrin) is an odorless spray-on repellent that may be used for **pre-treatment** of clothing, gear, and tents. It should not be used directly on the skin or sprayed on clothing while it is being worn. The pre-treatment process requires a number of hours to complete and must be done outdoors, so is best completed in advance of travel. Do-it-yourself pre-treatment has to be repeated more often than commercial treatment using Insect Shield® technology. It is available at various outdoor stores and can easily be found online.
- Insect Shield® apparel: Clothing pre-treated with Permanone is made by a variety of manufacturers. It is available for purchase from some sporting goods suppliers. The clothing is advertised as retaining its repellency for up to 70 washings.

The US EPA offers a search tool to help choose a repellent that is best for a particular situation. For example, some repellents work for mosquitoes, but not for ticks.

<https://www.epa.gov/insect-repellents/which-insect-repellent-right-you>

In addition to your physician, a good source of general health information for travelers is the U.S. Centers for Disease Control and Prevention (CDC) in Atlanta, which operates a 24-hour recorded Travelers' Information Line (800) CDC-INFO (800-232-4636). You can check the CDC website at <https://wwwnc.cdc.gov/travel>. Canadian citizens should check the website of the Public Health Agency of Canada: <https://www.canada.ca/en/public-health.html> (click on Travel Health).

#### **MISCELLANEOUS:**

Departure Tax - now included in cost of air tickets with most major airlines.

Currency – US \$ are widely accepted, as are Visa and Mastercard, so there is no need to change dollars into Costa Rican colones.

Electricity – 110/220 volts (same as USA); two-pin plugs are standard.

Language – Spanish, although English is widely spoken.

Time – Central Standard Time

Internet Access – available at all locations (and generally, but not always, reliable).

**SUGGESTED READING:** A number of traditional booksellers and online stores list excellent inventories of field guides and other natural history resources that will help prepare you for this tour. We recommend [www.amazon.com](http://www.amazon.com) which has a wide selection; [www.buteobooks.com](http://www.buteobooks.com) and [www.nhbs.com](http://www.nhbs.com) which specialize in ornithology and natural history books; and [www.abebooks.com](http://www.abebooks.com) for out-of-print and hard-to-find titles. We also recommend Andrew Isles books for the Asia-Pacific region at <http://www.andrewisles.com> for difficult to find and out of print books for Australia.

This list includes some basic field guides and reference volumes of use to the visitor. A great deal has been written about all aspects of Australia's natural history. You will find a variety of selections in any library. Browse around a little and you will discover many resources not listed here.

#### **Field Guides (Birds):**

Dyer, Dale and Steve N.G. Howell. *Birds of Costa Rica*. Princeton University Press. 2023. The most recent field guide for Costa Rica showing updated taxonomy and great illustrations. Compact and complete, this is the recommended field guide.

Garrigues, Richard and Robert Dean, *The Birds of Costa Rica: A Field Guide*. Ithaca: Cornell University Press, 2014.



**Resources to explore prior to the tour:**

Stiles, Gary and Alexander Skutch. *A Guide to the Birds of Costa Rica*. Ithaca: Cornell University Press, 1990. The first field guide specifically for Costa Rica and still very useful, especially the text.

Ridgely, Robert S. *A Guide to the Birds of Panama*. Princeton: Princeton University Press, 1992 (2<sup>nd</sup> ed.). Edition expanded to include Costa Rica and excellent for use here.

**Field Guides (Other):**

DeVries, Philip. *The Butterflies of Costa Rica & Their Natural History*. Princeton: Princeton University Press, 1987. Lovely guide to butterflies; but no longer easy to obtain.

Garwood, Kim & Richard Lehman. *Butterflies of Central America, Volumes I & II*. Edition RiCale Publishing, 2011, 2012. Beautiful new photo guide to the butterflies of the region. Volume I covers most of those seen, while Volume II is only the complex hairstreak and metalmark groups.

Glassberg, Jeffrey. *A Swift Guide to the Butterflies of Mexico and Central America*. Second edition. Sunstreak Books, 2018. The most practical guide to the butterflies of Costa Rica if this is one of your special interests.

Leenders, Twan. *A Guide to Amphibians and Reptiles of Costa Rica*. A Zona Tropical Publication; 2001.

Wainwright, Mark. *The Mammals of Costa Rica*. Comstock Published (a division of Cornell University Press), 2007. Excellent guide to the mammals.

**General Introduction to the Tropics:**

Forsyth, Adrian, & Ken Miyata. 1984. *Tropical Nature*. Life & Death in the Rain Forests of Central and South America. Scribners Sons, New York. Does not deal much with birds but is a fantastic introduction to all kinds of topics relating to tropical wildlife including bugs, frogs, plant strategies, bot flies, and much more. Extraordinarily well written, a classic, and a book that ought to be read by anyone contemplating a visit to the American tropics.

\* Hilty, Steven. *Birds of Tropical America: A Watcher's Introduction to Behavior, Breeding and Diversity*. University of Texas Press, 2005. Highly recommended for background information on how things work in bird communities in tropical latitudes; topics include diversity of birds, hummingbird communities; mixed species flocks; antbirds and army ants; colorfulness, song structure in relation to environments, and much more.

\* Kricher, John C. *The New Neotropical Companion*. 2017. Princeton University Press. An introduction to the animals, plants and ecosystems of the New World Tropics. Recommended as a general, broad-based introduction to plants and animals of Amazonia.

**Further Reading:**

Janzen, Daniel H. (ed.). *Costa Rican Natural History*. Chicago: University of Chicago Press, 1983. An encyclopedia that contains a wealth of information on the plants and animals of Costa Rica, especially those that have been studied in the field; also has chapters on geology and soils, agriculture, etc. Recommended as a technical reference book.

Perry, Donald. *Life Above the Jungle Floor*. Simon & Schuster, 1986. Out of Print, but still available. A popular book that tells much about life in the tropical rainforest, especially in the little-known canopy.

Reid, Fiona A. *A Field Guide to the Mammals of Central America and Southeast Mexico*. Oxford University Press, 1997. Also a good mammal guide.

Skutch, Alexander F. *A Bird Watcher's Adventures in Tropical America*. Austin: University of Texas Press, 1977. Fun reading from an eminent ornithologist who resided in Costa Rica.

Skutch, Alexander F. *A Naturalist in Costa Rica*. Gainesville: University of Florida Press, 1971. Good general background in the tropics from a prolific and very readable author. Reprinted in 1992. Try [www.abebooks.com](http://www.abebooks.com).

**App's:**

\* *Merlin Bird ID*. Cornell Lab of Ornithology. The best app to use in the field. Nowadays considered the “future of birding”. Once you download the app, you must download the pack for Costa Rica. Includes bird description, photos and voices. Also, there is a section for Bird Photo ID which can be useful in the field.

**HIGHLY RECOMMENDED.**

\* *Ebird*. Cornell Lab of Ornithology. This is nowadays your best way to keep your life list, all in a single application. When taxonomic splits are incorporated, your list will be automatically updated. Furthermore, your guide will be able to share the daily list. You can just accept the list, and have it uploaded in your files! **HIGHLY RECOMMENDED.**

*Bird Call Xeno*. This app gives you access to one of the largest online bird libraries in the world. Provided that your phone has an active data service, you'll be able to listen to the bird recordings uploaded in the site.

*Costa Rica Birds – Field Guide*. Birding Field Guides. A good source of information with bird voices and range maps. It provides multiple filter choices and easy search function. Downloadable in the App Store, Amazon Appstore and Google Play.

*Mammals of North, Central and South America* - A mammal app.

\* *Sky Guide*. If you're interested in stargazing, you might want to consider using this app. Just hold your device overhead and it will show you the stars, constellations and planets. Downloadable in the App Store and Google Play.

\* *Maps.me*. If you like checking routes, roads and locations, this app allows you to track the tour route even with your phone offline! Just download the app and the Costa Rica map and you will be all set. Downloadable in the App Store and Google Play.

**TIPPING:** An important part of the value of a VENT tour is knowing that tips for local service providers at our destinations—restaurant staff, hotel staff, drivers, local guides, and various other support staff—are included in your tour fee. If you would like to offer any of your local guides an additional tip, \$5 to \$10 a day is a common amount.

Tips for your VENT tour leader(s) are **not** included, but it is customary to tip one or both if you feel that you have received exceptional service. To assist in your planning, we recommend tipping your VENT tour leader(s) \$15 to \$20 per day, or the equivalent of approximately 2–4% of the tour fee.

If you plan to give tips by cash, they should be given directly to your tour leader at the end of the tour and **not** sent to the VENT office. Some of our tour leaders use mobile payment applications such as Venmo, PayPal, and Wise. If you would like to use this method, please ask your tour leaders directly whether they can accept tips through such an application.

We emphasize that tipping is optional and that these amounts are only recommendations. The amount you decide to tip is based entirely on your experience and at your discretion.

**RESPONSIBILITY STATEMENT:** Victor Emanuel Nature Tours, Inc., a Texas corporation, and/or its agents (together, “**VENT**”) act only as agents for the participant in regard to travel, whether by railroad, motorcar, motorcoach, boat, or airplane and assume no liability for injury, damage, loss, accident, delay, or irregularity which may be occasioned either by reason of defect in any vehicle or for any reason whatsoever, or through the acts or default of any company or person engaged in conveying the participant or in carrying out the arrangements of the tour. VENT accepts no responsibility for losses or additional expenses due to delay or changes in airfare or other services, sickness, weather, strike, war, quarantine, terrorism, or other causes. All such losses or expenses will be borne by the participant, as tour rates only provide for arrangements for the time stated.

VENT reserves the right (i) to substitute hotels of similar category, or the best reasonable substitution available under the circumstances, for those indicated and (ii) to make any changes in the itinerary that are deemed necessary by VENT or which are caused by third party transportation schedules (i.e. railroad, motorcar, motorcoach, boat, airplane, etc.).

VENT reserves the right to substitute leaders or guides on any tour. Where VENT, in its sole discretion, determines such substitution is necessary, it will notify tour participants.

VENT reserves the right to cancel any tour prior to departure with or without cause or good reason. See the VENT Cancellation & Refunds policy set forth above.

Tour prices are based on tariffs and exchange rates in effect on July 9, 2025, and are subject to adjustment in the event of any change thereto.

VENT reserves the right to decline any participant’s Registration Form and/or refuse to allow any participant to participate in a tour as VENT deems reasonably necessary, in its sole discretion. VENT also reserves the right to remove any tour participant from any portion of a tour as VENT deems necessary, in its sole discretion, reasons for such removal include but are not limited to, medical needs, injury, illness, inability to meet physical demands of a tour, personality conflict or situations in which such removal is otherwise in the best interest of the tour, the tour group and/or such participant. A participant may also voluntarily depart from a tour. If a participant is removed from a tour or voluntarily departs from a tour, such participant will be responsible for any expenses associated with such removal or departure, including but not limited to, transportation, lodging, airfare and meals, and VENT will have no obligation to refund or reimburse any such removed or departed participant for any tour payments or deposits previously paid by such participant.

Baggage is carried at the participant’s risk entirely. No airline company, its employees, agents and/or affiliates (the “**Airline**”) is to be held responsible for any act, omission, or event during the time participants are not on board the Airline’s aircraft. The participant ticket in use by any Airline, when issued, will constitute the sole contract between the Airline and the purchaser of the tickets and/or the participant. The services of any I.A.T.A.N. carrier may be used for VENT tours, and transportation within the United States may be provided by any member carrier of the Airlines Reporting Corporation.