EXPERIENCE COSTA RICA
TEN DAY BIRDING AND ART TOUR

Guides
Master Bird Bander/Naturalist Judy Richardson
and Artist/Instructor Katie Lee
Coordinator: Beth Rhame

JUDY RICHARDSON
GUIDED BIRD TOURS
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**COSTA RICA  JANUARY 10 - 19 2012**

**Total trip: $2995.00**
- Deposit: $1497.50 due: on or before September 30th 2011
- Final payment: $1497.50 due: on or before November 30th 2011
- Payment for limo to and from NY airport due: December 1st 2011

Total cost of trip includes: hotels, food, guides, extra trips, ground transportation.

All hotels are double occupancy.

Not included international airfare, alcohol, personal shopping, donations or tips.

(Suggested tips $10.00 per day).

In order to be assured of a seat on the flights to and from San Jose book well in advance. Airline flight approximately $530 per person.

Jan. 10th leaving from Newark Liberty Airport:
- CONTINENTAL FLIGHT # CO 1080, departs 7:25 am, arrives San Jose 11:50 am

Jan 19th return flight from San Jose:
- CONTINENTAL FLIGHT # CO 1081, departs 2:55 pm arrives, Newark Liberty 8:55 pm.

Limo to the airport option for travelers from this area approximately $120 return per person. The limo will meet us at Southport Congregational Church parking lot. This fee will be paid separately in advance.

The remaining travelers will be responsible for getting themselves to the NY airport, or meeting us at the San Jose airport on our arrival.

AIRLINE
Continental airlines: [www.continental.com](http://www.continental.com)

HOTELS
- Hotel Bougainvillea: [www.hb.co.cr/rooms.html](http://www.hb.co.cr/rooms.html)
- Savegre Mountain Lodge: [www.savegre.co.cr/indexeng.html](http://www.savegre.co.cr/indexeng.html)
- Hacienda Pino Colina: CR 011 506 8 816 9776 USA 203 261 6997
- Orquideas Inn: [www.orquideasinn.com](http://www.orquideasinn.com)
SUGGESTED PACKING LIST

• Passport, airline tickets.
• Copy of photo page of passport to be kept in a separate location in your luggage during international flight. Must be with you at all times while in Costa Rica.
• Day pack (this is optional but quite useful)
• Cash for miscellaneous purchases. Credit cards can be used to access cash at the airport and also in San Vito. Currency can be changed in San Jose or San Vito.
• Fleece jacket for nighttime in San Vito and en route
• 2 long sleeve tarpon-wear shirts - available at EMS
• 1 pair tarpon-wear pants that convert to shorts (EMS)
• 1 pair long pants
• 2-3 pairs shorts
• 1 bathing suit
• 3-5 cotton tee shirts and or tank tops
• 1 long sleeved cotton shirt
• Comfortable sundress or skirt, nothing formal
• 2 pairs of lightweight pajamas, you might need layers for cool nights
• Cotton sweater or light jacket
• Socks
• Underwear
• Comfortable walking shoes, or sneakers, sandals, flip flops
• Sunhat
• Glasses, sunglasses
• Umbrella
• Zip lock bags for wet clothes and to protect camera, binoculars
• Binoculars
• Bird identification book: Birds of Costa Rica by Richard Garrigues and Robert Dean
• Camera with charger and extra batteries
• Flash light for walking between cabins at night
• Water bottle
• Travel alarm clock
• Toiletries and prescription medications (bring extra in case of delayed return) in zip lock in no more than 2 oz. containers, unless checking your bag. Be sure to include sunscreen, chapstick, small first-aid kit, insect repellent and anti-itch cream.

ART SUPPLIES

Please remember that all supplies need to be carried with you so keep them compact!

• 1 or 2 sketchbooks, these should easily fit into your day pack. Spiral bound books are easier to work with in the field, the paper should accept graphite, and ink pen
• 2 or 3 waterproof black ink pens – I use Micron Pigma .03 and .05
• Berol Prismacolor Pencils - sepia and black
• Small hand held pencil sharpener (not battery or electric)
• Small travel paint box
• Brushes: The ideal brush to travel with is the Niji Waterbrush. I use the flat, large and medium http://www.dickblick.com/products/niji-waterbrush/
• A small set of colored pencils if this is your preferred medium
• Plastic bag big enough to carry sketchbook, just in case of a rain shower
• Camera - I know this is listed in the suggested packing list, this is simply a reminder
• Note book
• Day pack to carry supplies

Recommended Reading:
A Neotropical Companion by John Kircher
Tropical Nature by Adrian Forsyth and Ken Miyata
January 10th

Meet your guides Judy Richardson and Katie Lee at the NY airport for our early morning flight to Costa Rica.

On arrival, our bus will take us to the **Hotel Bougainvillea**, approximately 20 minutes from the airport. After lunch we will meet with our guides Judy and Katie for a walk through the gardens of the Hotel Bougainvillea so we can become familiar with the beautiful tropical setting.

The gardens are renowned for their beauty as well as abundant bird life, including owls and colorful ground-finches. More than 53 species of bromeliads abound in the garden, along with and English style maze, native trees and orchids, herb and cactus gardens. The orchids here are literally dripping off the trees!

January 11th

After hearty, Costa Rican breakfast we will board our bus, and drive south along the Pan American Highway through the mountainous Cerro de la Muerte to **Sevegre Lodge**.

Along the way, we will stop at Lankester Gardens, world famous for its orchids, cactus and different types of Costa Rican habitats. This garden was established by British orchid enthusiast Charles H. Lankester in 1917. After his death, the American Foundation (U.K.) purchased the grounds and donated them to the University of Costa Rica in perpetuity for research, and the enjoyment of the public. With more than 3,000 species of plants, most of them epiphytic bromeliads and orchids, hundreds will be in bloom when we arrive. Katie will be giving advice on quick sketching techniques, and Judy will keep our eye attuned to the ever present, magnificent bird species to be found in this area. Your eyes will be tired but your heart will be full at the end of each day!

Continuing to travel south, we will break for lunch at **Mirador Vista del Valle** for typical, delicious Costa Rican food.

Later in the afternoon we will arrive at **Savegre Mountain Lodge**, formerly known as Cabinas Chacon. Located in the Talamaca mountain range, the town of San Gerardo de Dota is in cloud forest. Oak trees and trout streams cover the hillsides. Many mammals and over 170 bird species make their home in the lush forest.

One of the most elusive and sought after species in Costa Rica breeds here: the Resplendent Quetzal! In fact, the lodge hosts the Education Research Center (QERC), a cooperative venture with the Chacon family and Southern Nazarene University in Oklahoma. We plan to stay two nights here, exploring the high mountain cloud forest trails, hoping to see as many high-elevation species as we can.
January 11th and 12th

Enjoy the early morning bird walks with Judy when she will be able to identify teach us how to look and find the more illusive by listening first then seeing. If we are very lucky we will catch sight of the Resplendent Quetzal!

Each day time will be dedicated to art instruction, and demonstration. We will save time also for anyone who wants to simply observe in the quiet of one’s own company. Katie will be available at anytime for support or advice.

Sketching is the tool an artist uses to understand, to accumulate information, and to accurately observe. This can be done by simply looking, a quiet meditation, becoming connected with the subject. By writing down observations, often later long after the subject has moved off. By rendering quick line sketches from memory or while looking at the subject. We will practice all these techniques, and more.

January 13th

After lunch we say goodbye to Savegre Mountain Lodge and drive south to the town of San Vito de Coto Brus and our next lodge, Hacienda Pino Colina. Stopping for lunch in a typical Costa Rican food.

Owned by our guide, Judy Richardson, Hacienda Pino Colina lies at 4,000’ in elevation in secondary forest. It has lush gardens and trails. Located next to the Organization for Tropical Studies, Las Cruces Biological Station/Wilson Botanical Garden, it boasts over 400 species of birds as well as many mammals. Hacienda Pino Colina shares a large, contiguous forest with the OTS.

Here we will spend five, peaceful days, slow down take time to look, hear, see and create.
January 13th - 18th

Before breakfast, enjoy an optional early morning bird walk with Judy, and listen to the sounds of wildlife welcoming the morning.

After breakfast walk through the beautiful grounds of Pino Colina to familiarize yourself with the property. There are over 410 species of birds here and countless tropical plants, many of which are orchids. If you are lucky, the local troop of White-faced Capuchin monkeys will visit the bananas in front of your cabin. Many brightly colored birds partake of this treat, maybe even a toucan! Jeweled hummingbirds visit bromeliads, heliconias, and ginger.

Each day Katie will arrange time for instruction, and be available for one-on-one guidance. Sketchbooks will become full of memories. Judy will always be there for the ‘what was that bird?’ question.

After dinner we have optional night walks around Pino Colina with Judy. She will use a powerful spotlight to help us find owls, and other nocturnal wildlife.

In order for you to have the full Costa Rica experience we have organized a number of side trips during your stay at Hacienda Pino Colina.

We will tour a local coffee plantation where we will have lunch and taste the delicious Coto Brus coffee and order coffee to bring home!

Visit Cantaros, a privately-owned Nature Reserve where we will have lunch and watch as Boruca Indians demonstrate how they make colorful bags and wall hangings of homegrown and naturally dyed cotton fibers. The Borucas are also famous for carving masks for a ceremony around the turn of the year called the Festival of the Little Devils.

We will visit Organization for Tropical Studies for lunch and a tour.

Spend an evening in San Vito for some shopping and dinner.
January 18th
Today we leave Hacienda Pino Colina, our home for the last 5 days.
Our bus ride north will be broken with a stop at Monte Azul where we will stop for lunch and a trail walk where, if we are lucky, will see the White Crested Coquette, a gorgeous little hummingbird with a spiky white feathered hairdo!
We spend our last night at a typical Costa Rican lodge, Orquideas Inn.

January 19th
We leave early in the morning for a visit to the Butterfly Farm. Then on to the airport for our flight home.

Please make checks payable to:
Judith F. Richardson

Send deposits, and payment for limo to:

Trip Coordinator:
Beth Rhame
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