



Join *Holistic Journeys 2020 Eco-Adventure*

Exploring Birds, Botanicals & Tropical Adventure in Costa Rica

February 21st to March 2nd

Early Bird Price \$1,950.00-\$2,225.00 based on 8 or 10 participants, due by Oct. 15th

"Travel brings power and love back into your life" Rumi

Welcome, *Bienvenido!*



Holistic Journeys is excited to share our 2020 Costa Rican Eco-Adventure, ***Birds, Botanicals & Tropical Adventure!*** Please review the itinerary of this Costa Rican Eco-Adventure below and contact us with any questions you may have.

Holistic Journey's lead guide, adventure and wellness specialist, Rebecca Wood has over 18 years of international travel and trip planning and 15 years of outdoor leadership and adventure experience. From eco-wellness to eco-adventure, Rebecca will ensure your needs and expectations are not just met, but exceeded. Rebecca has an MSED in Biological Sciences, is a Certified Natural Health Professional, E-RYT 500 yoga instructor and has been an Herbalist/Ethnobotanist for over 25 years. She is a retired Professor from the School of Natural Resource Management at Hocking College where she taught for 22 years. Her teaching included field botany, plant ID, herbal studies, permaculture and sustainable design, woodland ecology, soils, wetland management and the Central America study abroad curriculum.

This year Holistic Journeys has invited Dr. Stefan Gleissberg as our birding specialist. Stefan grew up exploring bird life in his native Germany and has since travel-birded many places, including Japan and the Caribbean. As a resident of Athens, Ohio, he founded the Athens Area Birders and the Athens Nature Center initiative. He enjoys guiding birders at all levels and hopes it will spur conservation mindfulness. Stefan volunteers as a board member for the Athens Conservancy and is on the steering committee of the Ohio Bird Conservation initiative. He is the current vice president of the Ohio Ornithological Society and a production editor for the Caribbean Journal of Ornithology. Owing to his academic background in plant biology, Stefan nurtures an interest in biodiversity beyond birds. He is a volunteer data reviewer for the citizen science platform eBird, he is an avid user of iNaturalist for everything crossing his path that's not a bird.



Rebecca will ensure your comfort, program logistics, wellness opportunities and will open doors to the diversity of the tropics, its unique plants, herbal traditions and the culture and history unique to Costa Rica. Stefan (along with specialty Costa Rican bird guides) will lead daily bird adventures, provide insights into habitat, facilitate photo opportunities, and help review species identification using location-specific checklists.

Here are some helpful websites in researching your personal check list:

<https://monteverdetours.com/monteverde-orchids-and-hummingbirds.html>

www.costaricabirdingtours.com/birding_la_selva_sarapqui.html

www.costaricabirdingtours.com

<https://www.visitcostarica.com/en/costa-rica/...your.../sunny-travel-tropical-feathers>

<https://www.arenalobservatorylodge.com>

www.exoticbirding.com/costarica/arenal/checklist.html

As with all HJ trips wellness and self-exploration are integral components to the adventure. Rebecca will make time for nature meditation, gentle stretching, qi gong and a chance to explore yourself as well as each new county, culture and natural environment. Activities are tailored to each trip and *it's always* up to you to join in, relax or enjoy some personal time. "I encourage everyone to branch out, try new things, trust. *So, come on, take the leap, I invite you to Find Yourself in the World, to Experience Nature at its BEST*"! *Rebecca*



Day 1 Friday Feb. 21 Arrive at then transfer on to **La Selva Biological Station**. info@tropicalstudies.org.



(506)2524-0606. Arrive at Juan Santamaria International Airport (SJO) before 2:00 pm and meet with trip leaders Rebecca Wood and Stefan Gleissberg. Our transfer north to La Selva Biological Station (2 hrs) takes us through scenic mountain ranges, either through Braulio Carillo National Park, or up and over the pass near Poás Volcano. Look out for waterfalls, tree ferns, and the giant leaves of 'Poorman's Umbrella'. Upon arrival, we will check into our accommodations and meet for welcome dinner and orientation. La Selva, an Organization for Tropical Studies research station, provides many opportunities to explore old-growth lowland rainforest with outstanding biodiversity. More than 2,000 plant

species are found here, along with 125 mammals, dozens of amphibians and reptiles, and tens of thousands of arthropods. Expect to encounter sloths, monkeys, and a world of birds around the campus, on the pedestrian bridge crossing the Rio Puerto Viejo, and on many kilometers of trails. Equipped with custom checklists and your binoculars or zoom camera, we will explore many of the 470 species of birds that have been recorded here, including the **Scarlet-rumped Tanager, Montezuma Oropendola, Yellow-throated Toucan, Great Green Macaw, Crested Guan, Slaty-tailed Trogon, Great Tinamou, Long-tailed Tyrant, and Broad-billed Motmot**. To the south, La Selva adjoins Braulio Carillo National Park, protecting a continuous altitudinal gradient from lowland forest at La Selva (35 m above sea level) to Barva Volcano at 2,900 meters, allowing for species diversity and migration during the wet and dry seasons. Surrounding lowlands along the Caribbean slope have seen loss of forests to the expansion of agriculture, settlements, and infrastructure.



Day 2 Saturday Feb. 22 Rest up, sleep in, join in for outdoor meditation and stretching, or bird until breakfast. After breakfast a 3 hour guided hike will introduce us to the campus and La Selva's mission and history. After lunch, there is time to explore the forest trails by yourself, best in small groups. More than 400 species of trees grow in La Selva. Note the tall trees in the old-growth forest, lianas, palms like the walking palm, and the 'hanging
HolisticJourneys2020 Feathered Friends, Flora &Adventure Tico Style 2

gardens' of epiphytic bromeliads, ferns, and orchids. Look out for smaller critters like the strawberry poison dart frog, reptiles, and insects. We can arrange for a pre-Dinner bird-about, and will make time after dinner to review our sightings and help with ID questions.



Day 3 *Sunday Feb. 23* Guided bird walk on-site at 5:45 am. Breakfast and Lunch at La Selva then transfer to the nearby town of Puerto Viejo Saripacuí for a 2:00 pm Bird and Wildlife tour on the Sarapiquí River. You will be dropped off in the town of Puerto Viejo about 12:30 and have an opportunity to shop for supplies and snacks as you meander down to the boat access. We will return to La Selva for dinner and an evening review of bird and nature sightings. Birds and critters you are likely to see on the Sarapiquí River tour include: **mantled howler and Central America spider monkey; iguanas, sloths, crocodiles, alligators, otters, Bare-throated Tiger-Heron, Sunbittern, Green, Amazon, and Ringed Kingfisher.**

Day 4 *Monday Feb. 24* After breakfast, we will leave La Selva for our cloud forest destination in Monteverde. We travel to the town of La Fortuna near Lake Arenal, passing through small towns and agricultural fields across the north central highlands of the Caribbean slope (about 2 hrs). After a lunch break in town, we take a covered passenger boat operated by *Adventura de Lago*, across Lake Arenal (45 min). We will be treated to majestic views of the



towering Arenal Volcano, if clear. From the Río Chiquito dock, we will be picked up by van to climb along the mountain roads to our accommodation in Perro Negro, near Santa Elena (2 hrs). After check in at The Mar Inn, a family-run Bed & Breakfast, we will have dinner in a local restaurant and discuss our next day's adventures in the Cloud Forest ecozone of Monteverde and Santa Elena. <https://www.monteverdeinfo.com/tours/monteverde-cloud-forest-reserve> Contact information at The Mar Inn, <https://www.monteverdemarinn.co> (506) 2645 5279 or What's App (506) 8467 0810. Keep your eye out for monkeys, sloths and shore birds as we board and cross the lake.

Day 5 *Tuesday Feb. 25* Monteverde is our chance to explore the cool montane cloud forests, at elevations up to 1,500 m. Here we are at the continental divide between Atlantic (Caribbean) and Pacific watersheds. Cloud forests maintain near 100% humidity, as moist winds sweeping up the Continental Divide cool and condense, immersing the forest in soft mist. Tree trunks and branches are covered with mats of lichens and bryophytes, creating unique habitat for epiphytes, insects, amphibians, and mammals. About 2,500 plant species occur here, with close to 600 orchids alone. About 450 species of



birds have been recorded, including 30 hummingbirds, and emblematic birds such as the **Three-wattled Bellbird, the Resplendent Quetzal, and Collared Trogon. Other possible species include the Slate-throated Redstart, Northern Emerald-Toucanet, Violet Sabrewing, Lesson's Motmot, Golden-browed Chlorophonia, Elegant Euphonia, and Long-tailed Manakin.** To make the most of our Cloud Forest experience, a local guide will join us from early morning into the afternoon, with breakfast and lunch breaks. Tour options include the Monteverde Cloud Forest

Biological Preserve, Curi Cancha Cloud Forest Reserve, and Santa Elena Cloud Forest Reserve. After a late afternoon break at our hotel, we'll have dinner at a nearby restaurant and time to review and share our sightings.

Day 6 *Wednesday Feb. 26*



After breakfast we will be transported back to the shores of Lago Arenal for our return boat trip to La Fortuna. We may decide to spend lunch time in La Fortuna or continue straight to Finca Luna Nueva Ecolodge (30 min). After check in, we'll gather for a guided farm tour to acquaint us with FL, its history and mission. Then Spend the rest of the evening swimming, resting, get a massage use the hot tub or climb the bird tower and enjoy the view. This is also a great time to find some solitude and enjoy a quiet walk to ponder all you've experienced thus far as we are at the mid-point in our trip.

We will gather after dinner for a discussion of the next few days and to help each other update our bird and biodiversity checklists. <http://fincalunanuevalodge.com> RECEPTION: (506) 2468-4006 or 2468-0864 USA: 1-800-903-3470 SKYPE: finca.luna.nueva.

More than 450 species have been recorded within the Arenal area, and over 250 birds have been recorded on Finca Luna's private reserve. Feel free to review the luna-nueva-bird-checklist-2016, and familiarize yourself with what species we may encounter.

A typical birding day at Finca Luna may begin with the pre-dawn calls of **Common Pauraque, Spectacled Owl, Mottled Owl, and a flyover Short-tailed Nighthawk**. As the sky lightens, flocks of **Red-lored and White-crowned Parrots** fill the air with their noisy screeches. Keep your ear and eyes alert for the wary **Uniform Crakes** the noisy **Chachalacas** and dozens of **Red-legged Honeycreepers, Chestnut-sided Warblers, Slate-colored Grosbeaks and various woodpecker species**. Oh, and did we say.... the **Black-crested Coquette**.



Day 7 *Thursday Feb. 27*



Finca Luna Nueva is an ecolodge focused on sustainable and regenerative agriculture that helps to sequester atmospheric carbon into the soil, modelling the coexistence of human activity and biodiverse ecosystems. Wellness facilities and farm-to-table dining allow for relaxing days while exploring birds and biodiversity. Finca Luna has helped to re-create a forested wildlife corridor along the Rio Chachagua, connecting the property to the Bosque Eterno De Los Niños, the Children's Eternal Rainforest.

Located on the Caribbean slope at 340 meter elevation, the property comprises primary rainforest, secondary forest, fields, and gardens. A 15-meter canopy tower and trails through forest, edge, and open habitat allow for excellent birding. Expected birds include **Keel-billed Toucan, White-breasted Wood-Wren, Blue-gray Tanager, Wedge-billed Woodcreeper, Green Honeycreeper, Tropical Parula, among many more. 20 hummingbird species visit the native flowers, including the Rufous-tailed Hummingbird and Black-crested Coquette.**

Day 8 *Friday Feb. 28* Quiet morning yoga or birding, optional—relax and experience where you are! Leave after breakfast to visit Hanging Bridges, the Volcano National Park or one of the many other venues we can choose

from. Lunch (on your own) in the town of La Fortuna with time to enjoy the culture and shopping. Option for hot springs this night or next, we'll confirm. Bird and Botany list update that night or at breakfast.

Day 9 Saturday Feb. 29 For our last full day at Finca Luna, we can start the day with yoga, birding, or just walking and relaxing. Breakfast and lunch on-site, then transfer to Río Peñas Blancas (1 hr) for a 3 hour bird and nature tour (kayak or safari float). Animals regularly spotted include monkeys, sloths, iguanas, crocodiles and caimans, plus a large variety of tropical birds such as the **Sunbittern, Keel-billed Toucan, herons, kingfishers, and our favorite, the Montezuma Oropendola.** Either return to Finca Luna for dinner, or this can be the hot springs dinner evening.



Day 10 Sunday March 1 Free morning. Transfer to The Adventure Inn near the SJO airport around mid-day (2.5-3 hrs). The Adventure Inn has WIFI and offers a free phone call to all guests so they can connect to friends and family and confirm travel arrangement. It also has a great restaurant and a pool to relax by. Maybe we'll spot more birds as we gather for our final dinner, trip evaluation and arrange for individual transportation to the airport. <https://www.adventure-inn.com> Phone (506) 2239 2633.

Day 11 March 2 Rise and Shine. Folks will be leaving at different times so we will say our goodbyes the night before. I'll be up to see you off. Please bring your bags out to the front desk or in front of the hotel where the shuttle will meet you in just enough time to get you to the International 3 hours prior to your departure

As with every trip, it's hard to believe it's over. I am always amazed how wonderful the participants are as well as the Nature, culture and adventure we shared. Take time to reflect, remember, share photos and send any comments you might like to be shared on my blog at www.hopewoodholistichealth.com I invite you all to sign up for the blog. I thank you all and wish you safe travels home. *Muchas Gracias mi Amigos, Stay in touch.*

Namaste, *Rebecca*



Holistic Journeys accepts cash, checks, PayPal, and various electronic pay systems. Please make checks payable to Hopewood Holistic Health with Holistic Journeys in the memo line. Receipts are sent online.



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