

Natural History in Costa Rica

Itinerary

Spring Break 2024

Day 1. March 8. Arrive to SJO. Flight arrive at 4:14 pm. Travel to La Suerte Field Station. Dinner on the way at Guapiles town. Late check in at the La Suerte Rainforest Field Station. **(D)**

Day 2. March 9. Birding on grounds. Breakfast. Rainforest ecology at La Suerte trails. Practical presentation from Alex Molina a biologist with great experience on sweet water tropical fish. Lunch at La Suerte. Dinner at La Suerte. Night hike. Overnight at La Suerte. **(B, L, D)**

Day 3. March 10. Early birding on grounds. Breakfast. Depart to El Copal. Stop at Angostura Reservoir. Check in and lunch at El Copal. Afternoon hike at El Copal. Dinner and overnight at El Copal. Night hike. **(B, L, D)**

Day 4. March 11. Early birding at El Copal. Breakfast. Departure to Las Vueltas Ec lodge at Cerro Las Vueltas. Lunch on the way. Check in and dinner at Las Vueltas. Overnight at Las Vueltas. Night hike. **(B, L, D)**

Day 5. March 12. Early birding on grounds. Breakfast. Visit the Paramo at Los Quetzales National Park. Lunch at La Georgina. Afternoon hike at the Prumnopitis forest. Later in the afternoon if weather helps, visit to la Turbera (Paramo wetland). Dinner and overnight at Las Vueltas. **(B, L, D)**

Day 6. March 13. Early breakfast at Las Vueltas. Departure to Sierpe. Boat trip to San Josecito. Poor's Man Paradise. Lunch and check in. Afternoon hike to Río Claro. Dinner and overnight at Poor's Man Paradise. **(B, L, D)**

Day 7. March 14. Early breakfast. Boat trip to Sirena Station at Corcovado National Park. Full day at National Park. Late lunch and return to the hotel. Dinner and overnight at Poor's Man Paradise. Night hike at Poor's Man grounds. **(B, L, D)**

Day 8. March 15. Early breakfast at Poor's Man Paradise: Trip to Caño Island Biological Reserve. Snorkeling and optional Diving (not included). Back to Hotel. Lunch. Dinner and overnight at Poor's Man Paradise. Dinner and overnight at Poor's Man Paradise. **(B, L, D)**

Day 9. March 16. Breakfast and early departure by boat to Sierpe. Depart to San José. Lunch on the way. Boat trip at Tárcoles river. Check in at City Express or similar. Farewell dinner. Overnight at City Express. **(B, L, D)**

Day 10. March 17. Early birding. Breakfast. 8:00 am, depart to Airport. Flight departs at 2:00 pm.