Costa Rica

Cloud Forest & Quetzals

Caribbean Slope Extension



Resplendent Quetzal by Adam Riley

The small nation of Costa Rica has geared itself heavily towards avitourism and has developed a superb infrastructure to service the numerous visiting birders, and with over 850 species it is easy to understand why! The backbone of the country is formed by a scenic mountain range, and here the cloud forests are home to exotic species including the unbelievable Resplendent Quetzal, Snowy and Turquoise Cotingas, Black Guan, Long-tailed and Orange-collared Manakins, Scarlet Macaw, Fiery-billed Aracari, Fiery-throated Hummingbird, Baird's and Black-throated Trogons, Long-tailed Silky-flycatcher, Black-and-yellow Phainoptila, Wrenthrush and Golden-browed Chlorophonia. A wide variety of habitats that include the montane forests of the volcanic belt and the dry northern Pacific lowlands will be explored on our tour, and we can look forward to many striking species of trogons, toucans, motmots and hummingbirds, among many other spectacular birds. Thrilling birding, quality lodges and a relaxed pace make this destination perfect for anyone who has yet to experience the exciting avifauna of Central America!

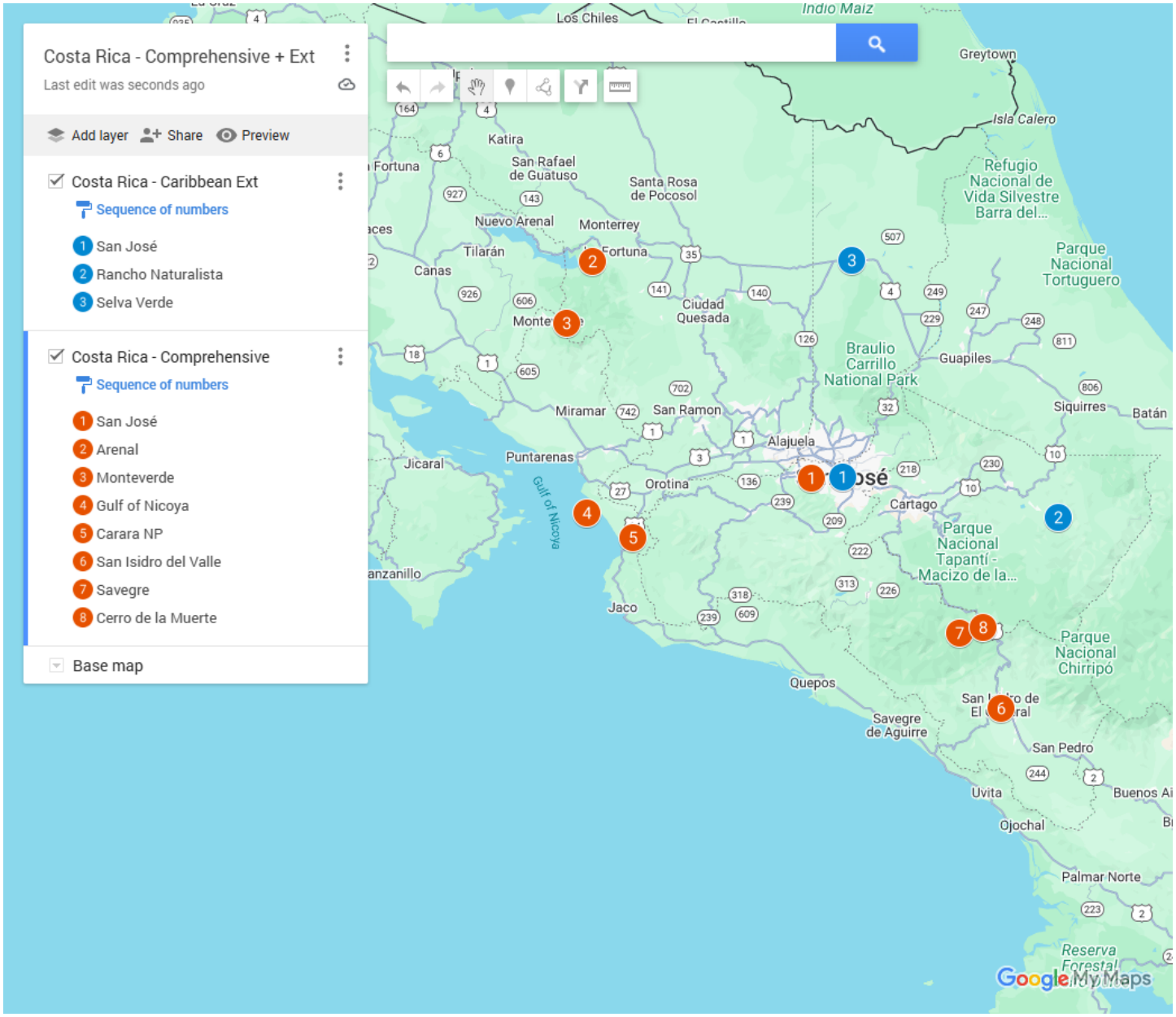
Itinerary & Map

Caribbean Slope Extension

Day 1	Arrival in San José
Day 2	San José to Rancho Naturalista
Day 3	Rancho Naturalista
Day 4	Rancho Naturalista to Selva Verde
Day 5	La Selva
Day 6	Selva Verde to San José via Nectar & Pollen

Cloud Forest & Quetzals

Day 1	Arrival in San José
Day 2	San José to Arenal via Cinchona
Day 3	Arenal & surrounds
Day 4	Arenal to Monteverde
Day 5	Monteverde & surrounds
Day 6	Monteverde to Gulf of Nicoya
Day 7	Gulf of Nicoya to Carara National Park
Day 8	Carara National Park area & Rio Tarcoles boat ride
Day 9	Carara National Park to Savegre via San Isidro del Valle area
Day 10	Savegre
Day 11	Cerro de la Muerte to San José
Day 12	Final departures


Costa Rica - Comprehensive + Ext
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Costa Rica - Caribbean Ext
Sequence of numbers
1 San José
2 Rancho Naturalista
3 Selva Verde
Costa Rica - Comprehensive
Sequence of numbers
1 San José
2 Arenal
3 Monteverde
4 Gulf of Nicoya
5 Carara NP
6 San Isidro del Valle
7 Savegre
8 Cerro de la Muerte
Base map
Los Chiles
Indio Maiz
Greytown
Isla Calero
Refugio Nacional de Vida Silvestre Barra del...
Parque Nacional Tortuguero
Katira
San Rafael de Guatuso
Santa Rosa de Pocosol
Nuevo Arenal
Monterrey
Tilarán
Canas
Ciudad Quesada
Braulio Carrillo National Park
Guapiles
Siquirres
Batán
Miramar
San Ramon
Alajuela
Puntarenas
Jicaral
Orotina
Gulf of Nicoya
Cartago
Parque Nacional Tapantí - Macizo de la...
Jaco
Parque Nacional Chirripó
Quepos
Savegre de Aguirre
San Pedro
Uvita
Ojochal
Palmar Norte
Reserva Forestal
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Birding sites in detail

Rancho Naturalista. Rancho Naturalista is the perfect introduction to our tour of the country, relaxed, friendly, and serving delicious locally sourced gourmet food. Expect to be enchanted by the view from the balcony, the distant, smoking Turrialba Volcano on the horizon and numerous hummingbirds at arms-length. With over 450 species recorded in the general area, the next few days are sure to be packed with excitement.



Snowcap by Adam Riley

Starting on the balcony, we shall work our way through a myriad of hummingbirds that may include Crowned Woodnymph, White-necked Jacobin, Green Hermit, Green Thorntail, Violet Sabrewing, Bronze-tailed Plumeleteer and Green-crowned Brilliant. Aside from the numerous hummingbirds, we can also expect to see the brightly coloured Scarlet-rumped and Blue-grey Tanagers, Black-cheeked Woodpecker, Montezuma Oropendola and bossy Collared Aracaris.

Moving off the deck, our focus will remain on hummers as we reach the *Verbena* hedges and search for one of the most targeted birds in Central America, the Snowcap. It is a frequent visitor along the flower laden hedges, where we may also find Black-crested Coquette, Violet-headed Hummingbird and possibly Garden Emerald.



Black-cheeked Woodpecker by Adam Riley

We will also spend some time near the Hummingbird Pools, where any number of hummers and other birds arrive in the afternoon for a dip in the water or a drink. Aside from various hummingbirds, we may also see such skulking species as Tawny-throated Leaftosser, Dull-mantled Antbird or Great Tinamou venturing into the open, if only for a few seconds.

Taking advantage of the early morning dapple light, we will search for some of the true skulkers. Walking quietly along the trails is our best chance to find Purplish-backed Quail-Dove, while often heard calling, they are sometimes seen walking in the open. We visit a known lek for the uncommon White-crowned Manakin, perhaps the most accessible site in Costa Rica for this pitch black manakin with a bright white crown. Delving deeper into the forest, we hope to track down a singing Thicket Antpitta. A truly difficult species to see, we will need a good slice of luck to have views of this species. While targeting the specialities, we shall also keep a keen eye out for Bicolored Hawk, Rufous-winged Woodpecker, Zeledon's Antbird, both White-collared and White-ruffed Manakins, Slaty-capped Flycatcher, Brown-billed Scythebill and Scaly-breasted Wren. Having worked our way through the forests, we shall also

spend some time in the nearby swampy pastures searching for the patchily distributed White-throated Flycatcher.

Moving into the secondary growth, we shall certainly hear Black-throated Wren before a little work should produce good sightings of these birds feeding in vine tangles. We will surely keep our eyes and ears out for Grey-headed Piprites, a poorly known and rarely seen species. Tawny-chested Flycatcher is another rare and localised species that we shall pay special attention to. Restricted to small patches of increasingly fragmented forest, our surroundings are perhaps the best place in the world to see this species. Medium sized, dull brown and taxonomically challenging, the Northern Schiffornis is another species located primarily by call. The more open secondary growth areas also provide us with good chances of finding Grey-headed Chachalaca, Brown-hooded Parrots and Finsch's Parakeets overhead, Scarlet-rumped Cacique, Chestnut-headed Oropendola, Black-headed Saltator and a host of tanagers including Black-and-yellow, Olive, Speckled and Crimson-collared.



Violet Sabrewing by Adam Riley

Centro Manu. Flowering bushes are excellent for hummingbirds, with Rufous-tailed, Blue-chested and Violet-headed often encountered, as well as Purple-crowned Fairy, Green Thorntail, Bronze-tailed Plumeleteer and various species of hermit. The gardens are frequented by several trogons, parrots, toucans, tanagers and manakins. If we are lucky, we may find the critically endangered Great Green Macaw or Black Hawk-Eagle, whilst time inside the forest may turn up Black-crowned Antshrike and various antwrens.

La Selva. Our avian 'welcoming committee' should include a profusion of parrots, trogons, toucans, flycatchers, honeycreepers, and tanagers that could well make it difficult to concentrate on the tasks of checking in and unloading! We'll spend time birding the trail systems at La Selva, allowing us to access a variety of habitats ranging from primary forest to river margins, although tearing ourselves away from the morning bird activity around the park's secondary forest edge can sometimes be a real challenge! The haunting calls of Great and Slaty-breasted Tinamou will likely be some of the first sounds of the morning, while as the dawn breaks there should be plenty to keep us busy with noisy Great Green Macaws and Olive-throated Parakeets cruising by overhead, Blue-chested Hummingbird, White-necked Puffbird, Chestnut-colored Woodpecker, Black-cowled and Baltimore Orioles, Olive-backed Euphonia and if we are lucky, the striking Snowy Cotinga. Venturing out for some night birding, we may find Middle American (split from Vermiculated) Screech Owl, Mottled Owl, the outrageous-looking Spectacled Owl, and Short-tailed Nighthawk flying over the forest at dusk.



Fiery-throated Hummingbird by Adam Riley



Great Green Macaw by Adam Riley

The humid lowland rainforest habitat here allows us to search for Gartered, Slaty-tailed and Black-throated Trogons, White-collared and Red-capped Manakins near fruiting trees and bushes, while mixed flock activity can produce Fasciated and Black-crowned Antshrikes, the flock-leading Red-throated Ant Tanager and family-oriented Blue-black Grosbeaks. Rufous-winged Woodpecker, Black-throated Wren, Black-headed Tody-Flycatcher, Long-billed Gnatwren, the impressive Rufous-tailed Jacamar and tiny Black-capped Pygmy Tyrant are all part of the diverse avifauna in the mosaic of secondary and primary woodlands here, where mammals are also abundant and fearless. Signs of digging along the trails are the tell-tale markers of Collared Peccary and Central American Agouti, while movements in the forest canopy above could well signal troops of Central American Spider Monkeys, or the massive Black Howler. Overhead we will also keep our eyes peeled for soaring raptors such as Short-tailed Hawk, Plumbeous Kite or even the scarce Semiplumbeous Hawk.

Some of the species that are often encountered in the more open, and secondary areas around La Selva and nearby birding sites include Green Ibis, Black-cheeked and Pale-billed Woodpeckers, Collared Aracari, Ringed and Green Kingfishers, Masked Tityra, White-collared and Lesser Swallow-tailed Swifts, widespread Roadside and Grey Hawks, Shining, Red-legged and Green Honeycreeper, Long-tailed Tyrant, Chestnut-headed and Montezuma Oropendolas, and Black-headed Saltator among many others.



Snowy Cotinga by Adam Riley

Nectar & Pollen. We'll spend some time at this stunning site, allowing us closeup views of numerous tanagers, hummingbirds, and raptors. The feeders typically have White-necked Jacobin, White-tipped Sicklebill, Blue-chested, Violet-headed and Rufous-tailed Hummingbirds, whilst less commonly, Bronze-tailed Plumeleteer, Black-crested Coquette and Long-billed Starthroat.

Fruiting tress often attract Green and Shining Honeycreepers, Silver-throated, Crimson-collared, Speckled and Bay-headed Tanagers, whilst Rufous-winged and Black-and-yellow are scarcer. If the weather is warm and clear, we'll keep our eyes overhead for White, Double-toothed, Barred or Short-tailed Hawks, King Vulture and Double-toothed Kite.

Cinchona area. Much of our day will be spent birding slowly along the Cinchona Road, which should add a good number of middle elevation and highland endemic species to our list.



Yellow-thighed Brushfinch by Adam Riley

Set against backdrop of stunning scenery, we shall search for Long-tailed Silky-Flycatcher and Black-and-yellow Phainoptila, Sooty Thrush, Ruddy-capped and Black-billed Nightingale-Thrushes, Mountain Thrush, Ruddy Treerunner, Sooty-capped Bush Tanager, and Yellow-thighed Brushfinch.

Wintering Wilson's and Black-throated Green Warblers may make an appearance alongside the resident Collared Whitestart, Black-cheeked and Flame-throated Warblers. We are likely to find Black-capped Flycatcher and Golden-browed Chlorophonia, and with luck, perhaps the uncommon Resplendent Quetzal, Buffy Tuftedcheek, Black Guan, Wrenthrush, and even Costa Rican Pygmy Owl. This area is very good for hummingbirds, with the most sought-after species being Fiery-throated, Talamanca, and Volcano Hummingbirds.

Roadside birding may turn up Collared Trogon, Zeledon's Antbird, Sooty-faced Finch, Red-headed Barbet, and various tanagers. Any fruiting trees are worth scanning for Scarlet-thighed Dacnis and Bay-headed Tanager. We will keep an eye to sky during the day, as there are chances for White, Barred and Short-tailed Hawks, and possibly Ornate Hawk-Eagle.

Arenal - Sendero Bogarin. This small trail at the edge of town runs adjacent to a heavily vegetated wetland and thick tangles. Though not always cooperative, on previous visits, we have seen both White-throated and Uniform Crakes walking practically at our feet!!! Views like this, of crakes, are rare indeed.



Black Guan by Clayton Burne

Arenal - Sky Trek. We'll spend time birding the trails, bridges and overlooks of this fabulous property. Some of the many splendid birds that we have good possibilities of finding here are Grey-headed Chachalaca, Black Guan, Bat Falcon, Keel-billed and Yellow-throated Toucans, White-crowned Parrot, Squirrel Cuckoo, Rufous and Broad-billed Motmots, the rare Yellow-eared Toucanet, Golden-olive and Lineated Woodpeckers, Bay, and Stripe-breasted Wrens, Slaty Spinetail, Yellow-crowned, Yellow-throated, and Tawny-capped Euphonias. We will also keep a close eye out

for Fasciated Tiger Heron along the river course and hope to locate the bright but rare Lovely Cotinga that perches motionlessly in the canopy for long periods of time.



Lovely Cotinga by Adam Riley

Tanagers will continue to add colour to the day with flocks containing the eye-searing Crimson-collared, Golden-hooded, Bay-headed, Black-and-yellow, Blue-and-gold, and lovely Emerald Tanager amongst others. The call of Thicket Antpitta will no doubt taunt us from the dense undergrowth, though we will require a good dose of luck to see this notoriously uncooperative species! However, in the end, it might well be the hummingbirds that steal the show with species including Scaly-breasted and Steely-vented Hummingbirds, the boldly patterned, White-necked Jacobin, Green-breasted Mango and delicate, Black-crested Coquette.

While the above list of birds makes up a good array of high-priority, showy species, the trails at Sky Trek also provide one our tour's best opportunities for another host of birds – understory flock followers. With luck, we will encounter an army ant swarm, accompanied by the corresponding ant-following birds that are amongst the most famed of all neotropical speciality species. In the Arenal area, the list of special understory and ant followers is huge and impressive! From the ground up, Spotted, Bare-crowned, and Ocellated Antbirds, Streak-crowned Antvireo, Tawny-faced Gnatwren, Tawny-crowned Greenlet, White-throated Shrike-Tanager, Brown-billed Scythebill and some 5 species of Woodcreepers are all regularly encountered here.

Monteverde. Forest birding here can be exciting, if somewhat challenging. Hummingbirds include the endemic Coppery-headed Emerald, Purple-throated Mountaingem and Stripe-tailed Hummingbird. Some of the more secretive forest denizens we will be searching for throughout the day include Highland Tinamou, Black-breasted Wood Quail, Prong-billed Barbet, Blue-throated Toucanet, shy Buff-fronted Quail-Dove, Costa Rican Warbler, Grey-throated Leaftosser, Silvery-fronted Tapaculo and the incredible Resplendent Quetzal.



White-bellied Mountaingem by Adam Riley

Monteverde to Gulf of Nicoya. We descend from the lush mountains to the northern Pacific lowlands where the habitat will become increasingly dryer. This will introduce us to a new suite of birds that should include Orange-fronted Parakeets screeching overhead, Cinnamon Hummingbird, the often-confiding Turquoise-browed Motmot, Northern Beardless Tyrannulet, noisy family groups of Banded Wren, Stripe-headed Sparrow, and Scrub Euphonia. We will also visit a site for the exquisite Long-tailed Manakin, which often gives away its presence with its interesting lekking noises, typically emanating from dense vine tangles.



Scarlet Macaw by Adam Riley

Gulf of Nicoya. The shoreline will add several typical and widespread species such as Brown Pelican, Neotropic Cormorant, Anhinga, Magnificent Frigatebird, Snowy Egret, Tricoloured and Green Herons, Yellow-crowned Night Heron, Semipalmated, Wilson's and Collared Plovers, Laughing Gull and Royal Tern.

The dry forests offer us several interesting possibilities, including the secretive Thicket Tinamou, Spot-bellied Bobwhite, Double-striped Thick-knee, Yellow-throated Toucan, White-lored Gnatcatcher, Rose-throated Becard, Olive Sparrow and both White-fronted and the oversized Yellow-naped Amazon. The sluggish Hoffman's Two-toed Sloth can sometimes be found literally hanging around in this habitat, and we will check a local roosting site in the hopes of finding Pacific Screech Owl. The haunting calls of Lesser Ground Cuckoo might eventually lead us to this sought-after species, although far easier to find will be the brightly coloured Streak-backed and Spot-breasted Orioles.



Black-hooded Antshrike by Dušan Brinkhuizen

We'll also explore some coastal mangroves in search of Panamanian Flycatcher, Mangrove Vireo, Hoffman's Woodpecker, Mangrove Warbler, Common (Mangrove) Black Hawk, and perhaps the rare and elusive Rufous-necked Wood Rail.

Carara National Park. The forest trails at Carara National Park typically provide exceptional birding even in the middle of the day due to its excellent trail system! The healthy population of Scarlet Macaw is one of the reserve's star attractions and we can expect to see them flying gracefully over the treetops from one feeding site to another. Strange snapping noises from the dense undergrowth should give away the presence of Orange-collared Manakins displaying like 'popping' popcorn along the branches, White-throated Magpie-Jays scold us from overhead branches

and perhaps we will be visited by the resident, White-nosed Coati. Some of our other targets while birding through the mixed habitats includes such regional endemics as the beautiful Baird's and Black-throated Trogons, Fiery-billed Aracari, Golden-naped Woodpecker, Rufous-breasted and Riverside Wrens and Black-hooded Antshrike are often found moving through the thicker scrub.



White Hawk by Adam Riley

Flocks might give away the presence of White-whiskered Puffbird, Northern Royal Flycatcher, Southern Beardless Tyrannulet, Long-billed Gnatwren, Pale-billed Woodpecker, Tawny-winged and Northern Barred Woodcreepers, Dot-winged Antwren, Chestnut-backed Antbird, the boldly patterned Red-capped Manakin, Northern Bentbill, Streaked Flycatcher and Greenish Elaenia. Collared Forest Falcon and Crested Guan are both found here in lower densities than in the Caribbean lowlands, and it will probably take some persistence to locate some of the more secretive denizens of the forest floor such as Black-faced Antthrush and Streak-chested Antpitta. Ferruginous Pygmy Owl will likely respond to an imitation of its call during the daytime, while a night outing could produce nocturnal species such as Lesser Nighthawk and Spectacled Owl.

Rio Tarcoles. We will enjoy a relaxing boat ride on the Tarcoles River, a pleasant way to view the region's birds and wildlife. Possibilities include the impressive Boat-billed Heron, Bare-throated Tiger Heron, Wood Stork, American White Ibis, Roseate Spoonbill, Costa Rican Swift, Northern Jacana, the tiny American Pygmy Kingfisher, Mangrove Swallow, Mantled Howler Monkeys roaring from the treetops, and American Crocodile basking on the sandbanks. We have a second opportunity to find several mangrove specialists, as the forests towards the delta are made up of all 5 species of Mangrove! Mangrove Hummingbird, Mangrove Vireo, Northern Scrub Flycatcher, Panama Flycatcher, and Common (Mangrove) Black Hawk are all regularly seen.



Yellow-throated Toucan by Adam Riley

Carara National Park to Savegre. This will be a memorable journey from the lush Pacific coastal lowland forests and secondary habitats up through the foothills and mid-elevation forests into the high Cordillera Central de Talamanca.

As we head East up into the foothills, the habitat will change. We won't make frequent birding stops, but if we have the good fortune to happen across a flowering Inga tree, there is a huge host of new hummingbird species here that find the nectar-rich blossoms of this special genus irresistible. Garden Emerald, Snowy-bellied and Charming Hummingbirds, and the delightful, White-crested Coquette all inhabit this region!

San Isidro. We'll make a longer birding stop in the hills overlooking the city of San Isidro. This site will provide our best opportunity to see Scarlet-rumped (Cherrie's) Tanager, Olivaceous Piculet, Red-crowned Woodpecker, Lesser Elaenia, Bran-colored Flycatcher, Scrub Greenlet, and a few other species at the northern end of their ranges. We will make sure to save time for a stop at the San Isidro University campus, to look for one of the most exciting birds in the whole Field Guide: Turquoise Cotinga! Hopefully, we will be in luck.



Wrenthrush by Adam Riley

Savegre. We'll crest a pass of the scenic Talamanca Mountains at nearly 3 300m (11 000ft). Some of the specials we will seek out at the highest point include Timberline Wren, Black-billed Nightingale-Thrush, Sooty Thrush, and the localized Volcano Junco, before dropping back down to 2 200m (7 200ft) in the valley of San Gerardo de Dota.

Here we will enjoy birding in forests dominated by massive oaks, harbouring a huge variety of wildlife, including a wide selection of birds. The cool highlands will no doubt provide a pleasant break after several days in the warmer lowlands. Several species here are only shared with the neighbouring temperate forest of Panama and include Wrenthrush, Costa Rican Pygmy Owl, Large-footed and Yellow-thighed Finches, Grey-tailed Mountaingem, Long-tailed Silky-flycatcher and Black-and-yellow Phainoptila, Fiery-throated Hummingbird, Flame-throated and Black-cheeked Warblers, and the scarce Silvery-throated Jay. Hummingbird feeders in the area host Lesser Violetear, Scintillant, Volcano and the oversized Talamanca Hummingbirds, as well as the outrageous Violet Sabrewing.

We will also spend some time along the pristine Savegre River, where possibilities include American Dipper, Torrent Tyrannulet, and the migrant Louisiana Waterthrush. Night birding could reveal Dusky Nightjar or Bare-shanked Screech Owl.



Volcano Junco by Clayton Burne

Cerro de la Muerte. Continued birding in the highlands might produce the secretive Spotted Wood Quail, Sulphur-winged Parakeet, Ruddy Treerunner and Buffy Tuftedcheek often found on branches covered with bromeliads, Acorn Woodpecker, Black-capped Flycatcher, Flame-colored Tanager, Ochraceous and Dark Pewees sallying out for insects from exposed perches, Yellow-winged Vireo, the active Collared Whitestart, Sooty-capped Bush Tanager, Black-thighed Grosbeak, Slaty Flowerpiercer and Golden-browed Chlorophonia.

Tour Grading & Key

Overall Ease		Moderate to easy. Suitable for most birding / wildlife interest levels.
Birding Ease		Mostly easy, with several trickier forest species. Garden & lodge birding typically provides good visuals of most species.
Accommodation		Comfortable.
Walking / Trails		Mostly short walks on relatively flat ground. Some trails within forest can be narrow. Depending on weather conditions, some trails may be muddy & slippery.
Vehicles / Roads		Good quality roads. Most drives are reasonably short.
Photography		Good. Lots of fruit & hummingbird feeders. Photography more difficult within closed forest canopy.
Annoyances		Small biting insects can be numerous at times.

Financial Arrangements and Important Notes

Tour dates, prices, single supplement, approximate flight costs and tour spaces are displayed on our website.

Tour inclusions:

- All meals from dinner on day 1 to lunch on day 6 of the Caribbean Slope Extension;
- All meals from dinner on day 1 to breakfast on day 12 of the Cloud Forest & Quetzals tour;
- Drinking water;
- All lodgings;
- All ground transportation during the tour;
- All reserve entrance fees;
- All guiding services.
- Tips for local guides, drivers and services.

Tour exclusions:

- Visa fees;
- ANY flights;
- Any beverages (including mini-bar charges at hotels);
- Optional excursions;
- No tips or gratuities;
- Telephone calls, laundry, and other items of a personal nature.

Single Supplement: The single supplement cost for this tour will be charged if you wish to have single accommodation. If RBL cannot provide you with a rooming partner for these nights although you choose to share, the single supplement will become applicable. We will make all reasonable efforts to ensure that a rooming partner is found if you do wish to share.

Tipping: As noted above, gratuities (drivers, hotel staff, restaurants etc.) are included on this tour. However, this does NOT include your Rockjumper leader/s. If you feel that they have given you excellent service, it is entirely appropriate to tip them at your discretion.

- **Due to constantly fluctuating exchange rates, we quote our tours in 4 currencies. The tour price is fixed only in the currency printed in bold, and the actual cost in the other currencies listed will be adjusted according to prevailing exchange rates at the time of final invoicing. The same applies to approximate flight and single supplement rates.**
- **Rates are based upon group tariffs; if the tour does not have sufficient registrations, a small group supplement will be offered to confirm the tour.**
- **Tour prices are subject to unforeseen increases in tour related costs and may have to be adjusted as a result.**
- **The designated tour leader/s may be changed at short due to unforeseen circumstances.**
- **The itinerary is indicative only. Changes may need to be made to the order in which the tour is conducted, or some of the venues we visit closer to departure. We will attempt to adhere as close to the original program as possible.**

- It is important for the comfort of your fellow travellers that you do not over-pack. Kindly stick to 20kg (44lb) for check in luggage and 8kg (+-18lb) for hand luggage.
- It can be hot with harsh sun in some areas of Costa Rica, especially along the coast or in the lowlands, so please come prepared with hats and sun cream for protection. Humidity levels are also high throughout most of the country.
- Temperatures in the highlands can be quite cold, especially at night so please also pack some cold-weather gear.
- Mosquitoes and tiny bloodsucking flies can be numerous at times and it's advisable to pack a good supply of DEET or another effective insect repellent.
- Accommodation throughout the trip is quite comfortable and a variety of western and local cuisines are available throughout the tour.

Arrival and Departure Details

The Caribbean Slope Extension begins with a welcome dinner in San José on day 1 and concludes in San José in the mid-to-late afternoon of day 6.

The Cloud Forest & Quetzals main tour begins with a welcome dinner in San José on day 1 and concludes after breakfast on day 12.

The above information in respect of arrivals and departures is a guide only. Precise arrival and departure information will be sent to you in your Tour Confirmation package once the tour has been officially confirmed. If you wish to arrive early and/or depart late and would like assistance in this regard, kindly contact the Rockjumper office.

Juan Santamaría International Airport, San José (IATA: SJO) is the main port of entry and departure for international flights to Costa Rica.

Visa requirements differ by country, nationality of the traveller and duration and purpose of your intended stay. It may be necessary to obtain a visa or an electronic travel authorization in advance of your travel. It is therefore vitally important that you check with your travel agent/consulate/embassy for exact visa requirements.

DO NOT book any flights until the Rockjumper Team have officially confirmed the tour.