



Sunrise Birding, LLC PO Box 274, Cos Cob, Connecticut 06807

Tropical Forests & Coral Reefs of Trinidad & Tobago March 14–22, 2009

This tour features the natural beauty and wonders of the sister islands of Trinidad and Tobago and is the perfect vacation combination for nature lovers of all ages. The tropical rainforests of Trinidad are filled with diverse plant and animal life and the coral reefs of Tobago are the marine equivalents of the rainforest in terms of biodiversity richness. Tobago is the last of the unspoiled Caribbean islands with natural beauty: palm-lined beaches, lush rain forests and pristine coral reefs whose residents are possibly the friendliest and most hospitable people in the Caribbean and the snorkeling and diving in Tobago is arguably the best in the West Indies.

ITINERARY

Day 1 - March 14

Upon your arrival at Piarco International Airport your guides will meet you and take you into the cooler mountains to your accommodations at the famed Asa Wright Nature Centre for a four night stay.

Days 2, 3, & 4 - March 15, 16 & 17

These days will be spent at Asa Wright where you will awaken each morning to a host of exotic tropical rainforest sounds. You will undoubtedly make your way to the veranda which overlooks the lush forest to see the sun rise over this pristine tropical wood. One morning you will take a guided tour of several of the Centre's trails lined with Elephant Ear, Philodendrons, ferns, and mosses. Here you will look for the amazing creatures of the forest realm and learn about the rainforest ecosystem, its plants, birds, and insects. If you are lucky, you will observe the incredible behavior of Leaf-cutter and other ants, termites and other social insects and catch a glimpse of the shy Agouti or a Howler Monkey.

Another morning you will hike along one of the Centre's trails to nearby Dunstan Cave. A good trail leads through beautiful rainforest to this beautiful riparian grotto on the Guacharo River. The cave is a result of years of water flowing through and eroding the bedrock resulting in this interesting geologic formation. Here you will look for the fascinating Oilbird, an 18-inch, nocturnal, fruit-eating bird. Related to whippoorwills and nightjars, the Oilbird forages over hundreds of square miles and is thus an important disperser of large seeds in the rainforest.

One of the days you will make a late afternoon visit to the famous Caroni Marsh and area of protected mangrove forest that exhibit unique adaptations to brackish water conditions. As you quietly motor through the mangroves, watch for Howler Monkeys and Tree Boas and learn about the ecology of mangrove habitats. The highlight will be the spectacular flight of Scarlet Ibis returning to their mangrove roosts at dusk, truly one of the world's most dramatic natural moments.



Your afternoons will be free to explore the Centre's trails, relax on the famous Asa Wright veranda, or arrange optional tours. Nights at Asa Wright Nature Centre.

Day 5 - March 18

Today you will fly to Trinidad's sister island, Tobago, an island which epitomizes the tropical Caribbean. As you make your way to the lovely Blue Waters Inn, you will pass through charming little towns nestled on seaside cliffs stopping at some wetlands to look for shorebirds, herons, egrets, and ducks, such as White-cheeked Pintail. Blue Waters Inn is at beautiful Batteaux Bay, with waters that go from deep blue to aquamarine, and sits right on a golden sand beach. Your afternoon will be at leisure for swimming and snorkeling.

Days 6, 7 & 8 - March 19, 20 & 21

These days will be spent exploring the varied tropical environments of Tobago. On one of the mornings you will depart by boat for Little Tobago Island, one of the nation's most important wildlife sanctuaries. As you cross over to the island on a glass-bottom boat, you will enjoy spectacular views of one of the Caribbean's most beautiful and pristine coral formations and perhaps get a glimpse of a Leatherback or Green Turtle swimming below. Upon landing, you will explore the deciduous forest that covers the island and hike to an overlook with spectacular views of the jewel blue sea.

Another day you will be taken to the mountainous ridge line that divides the island, and then enjoy a guided walk in the world's oldest forest reserve, established by the British Crown in 1765. Hurricane damage has been frequent here and the recovering forest is rich in palms and Jurassic-era tree ferns.



You will also have one free day and some afternoons to snorkel or scuba dive. The snorkeling and scuba diving opportunities at Blue Waters Inn are among the best in the Caribbean with curious Manta Rays, richly overgrown coral reefs, hordes of friendly fish and highly impressive drift dives. You can snorkel directly from the beach or arrange a diving excursion to one of the many dive sites in Batteaux Bay or around Little Tobago Island. Aquamarine Dive Limited is the on-site dive operation and offers easy access to Tobago's most unique dive adventures with the finest sites only minutes from your doorstep. Arrangements for snorkeling and diving excursions can be made at any time after you arrive at the Inn.

Day 9 - March 22

This morning you will depart Tobago for Trinidad where you will meet your connection flight back home. Your flight out from Trinidad to the US must be after 10 AM to properly connect with Tobago return flight.

TOUR COST & INCUSIONS:

The cost for this tour is \$2195.00 per person based on double occupancy. This includes airport transfers, accommodation based on double occupancy, all meals, internal flights during the tour, services of experienced naturalist/guides, baggage handling for one bag, all entrance fees to parks and refuges, hotel taxes and services charges.

Not included: Flights to and from Trinidad from your home airport, transportation or baggage handling before you arrive in Trinidad and after you depart from Tobago, items of a personal nature, or items over and above those reflected herein, such as diving and snorkeling excursions, passport and departure fees, drinks, wines and liquors, excess baggage charges, laundry, room service, snacks or telephone. Also not included is the gratuity for the local drivers or guides which is left to your voluntary discretion.



NOTES: Caribbean Airlines, Continental Flights have direct flights to and from Trinidad however the return flight MUST be after 10 AM on March 22 to connect with Tobago return flight. American Airlines also has flights that connect through Miami.