

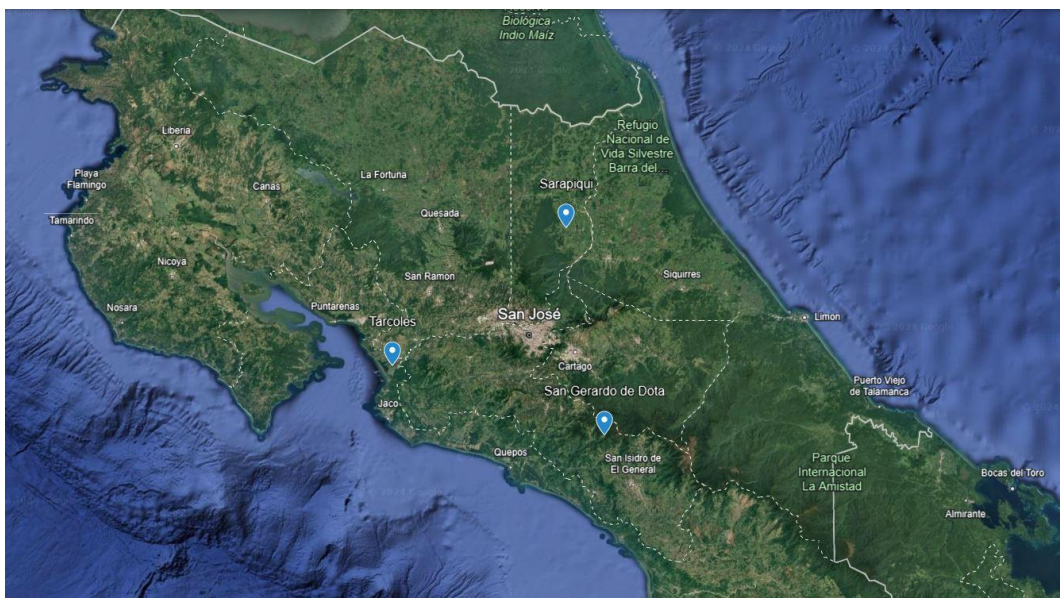
# Costa Rica Photo Tour and Workshop

May 7-15, 2026

I'm very excited to announce the latest photo tour to Costa Rica. I based it on my past trips, where I continued to have amazing experiences, met new people, and came back with new pictures worthy of printing and hanging on the wall. Every trip has new experiences, so they feel like improved trips!

The tours begin in San Jose, and end in San Jose, after spending 8 nights visiting three different regions.

## Itinerary



Here is what you can look forward to during our Costa Rica tour. I'm listing activities instead of schedule, since things may change slightly depending on weather, traffic, arrivals, or other factors.

### *Arrival, days 1, 2 & 3:*

Meet up at SJO the morning of the 7<sup>th</sup> for a departure to Sarapiquí no later than noon. Our private van will take us to Sarapiquí in the northern region of the rain forest. This is about a 2-hour drive, give or take, depending on traffic. The van is comfortable, it has large windows, AC, and our driver Marvin is bilingual, and an excellent birder and spotter.

In Sarapiquí, we'll be staying at Pierella Eco Gardens for three nights <https://pierella.com/> This is an immersive experience where our cabins are surrounded by 8.5 acres of jungle and wildlife. We'll enjoy family style meals, a tour of the premises and a night tour with a guide knowledgeable on

endemic birds, amphibians, bugs, and other wildlife. We'll also have an opportunity to do a night tour. Pierella Eco Gardens is a butterfly farm, where they raise a variety of butterflies like the blue morpho, owl, sara longwing and about 30 others. They share butterflies with research centers and zoos all over the world. They are also home to many species of birds, dart frogs, iguanas, basilisks, white Honduran bats, sloths, and more. There are two room options in Pierella: Rustic and Modern. The rustic rooms are great if you enjoy the feeling of being outdoors. They have a cabin feel, with a private bathroom; the walls have open areas covered with mosquito netting and fans. The modern rooms are a new addition, based on requests from photographers wanting more privacy. These are large rooms with AC, a private bathroom, and patio seating right outside.

While in Sarapiquí, we'll have time to explore the grounds of the Pierella Gardens and visit other lodges nearby that offer natural habitat settings as well as perches designed for photographers.

We'll enjoy a private drive up the hills in hopes of seeing and photographing the beautiful King Vulture. The lodge owner owns this property and has built an observation station with basic facilities at a known hangout location. While there, we might also see black vultures, crested caracaras, hummingbirds, butterflies, and monkeys. This will be about a 45-minute off-road ride depending on how many stops we make along the way to photograph the beautiful view of the volcano or wildlife. We'll be in a jeep or van, so expect a bumpy ride.

We'll also visit places like:

**Trogon Birding lodge viewing deck:** This serene and spacious platform offers great photo opportunities of a perch usually frequented by two types of toucans and aracarís. While there, keep an eye out for sloths, monkeys, butterflies and an array of colorful songbirds perched on the trees surrounding the property.

**Frogs Heaven:** An opportunity to photograph dart frogs, red-eyed frogs, and potentially a viper up close, portrait style. While on the property, we'll explore and look for a wide variety of birds and mammals, like sloths and porcupines.

**Centro Manu:** An eco-lodge with a mission of education and conservation. As we explore the trails we'll be on the lookout for deep forest birds that are typically avoiding people and open space feeders.

**Guarumo Lodge:** A beautiful place by the creek with trails and feeders. Recently, there have been sightings of a rare leucistic toucan there. We're a long time away from going, but who knows, it may show up for us.

## Days 4 & 5:

After returning from our morning activity and having lunch, we'll head out to Tarcoles, in the central pacific part of the rain forest. A much different environment than Sarapiquí, Tarcoles is located on the coast. It is surrounded by lush vegetation that's not as dense or as tall as Sarapiquí and is surrounded by hills.

In Tarcoles, we'll be staying at the beautiful Cerro Lodge <https://www.hotelcerrolodge.com/>. The lodge has nice, air-conditioned rooms, in a beautiful natural setting. Cerro Lodge was built to provide the best service to nature lovers, especially birdwatchers and photographers. It is surrounded by beautiful countryside, with views of the sea and mountains. The facilities are in a privileged location, since they are minutes from the Tárcoles River and the Carara National Park, which are excellent places for watching birds, butterflies, and other animals. They have a nice pool, a viewing/photography platform where you can see for miles and enjoy beautiful sunsets.

While in Tarcoles, you'll have a chance to explore the grounds for photo ops with birds and monkeys, relax by the pool, have a drink at the observation deck or whatever you'd like.

We'll visit Carara National Park <https://www.sinac.go.cr/ES/ac/acopac/pnc/Paginas/default.aspx>. The Carara National Park, which in the Huetar indigenous language means "River of Lizards", has the only transitional forest in the Central Pacific, which translates into diversity of flora and fauna, where species typical of dry and humid forests converge. The park has easy to access smooth trails, making it an easy walk. According to scientific data, it presents the following records of flora and fauna:

- 480 species of plants including trees and shrubs, 14 species being endemic, and 29 species considered rare and endemic.
- 124 species of reptiles, that is, 53% of the reptile species in Costa Rica (234).
- 112 species of mammals, 47.8% of the total of these species in the country (237)
- 62 species of amphibians, that is, 32.8% of the 189 species of amphibians in Costa Rica.
- 420 species of birds, 47% of the 893 species reported in the country, considered one of the most important sites in CR for observing birds in their natural state.

The second activity will be an outing at the beach, where the Tarcoles river empties into the ocean. This area is very busy with bird activity. From herons and kingfishers hanging near the water to macaws, wood storks and frigatebirds flying high. Photo ops while enjoying a beautiful sunset at the beach; doesn't get much better than that!

Finally, we'll have a private boat tour on the Tarcoles river. This 2-to-3-hour private boat tour will give us chances to see crocodiles, spoonbills, green kingfishers, aningas, frigatebirds, ospreys, terns, hawks and so many others. It is my favorite activity of the trip; I can't wait to get back there.

## *Days 6 & 7:*

After lunch, we'll be heading to our final destination: San Gerardo de Dota (Dota for short). Our private van will take us to this beautiful cloud forest location, which depending on traffic, can take 2.5 to 3.5 hours to get there. However, you'll enjoy some spectacular mountain views along the way!

We'll be staying at the Savegre Hotel and Spa: <https://www.savegre.com/>. This remote 4-star hotel is in the heart of the resplendent quetzal habitat. The weather is colder than at our other two locations, so be prepared with some warm clothing, especially as we head into sunset and early morning tours. The altitude is almost 8,000 ft, you'll probably experience some acclimation in your body. The hotel offers beautiful grounds to explore, a spa if you want to be pampered and the restaurant has a great menu, offering truly gourmet meals.

While there, we will be searching for the resplendent quetzal in their nesting and feeding grounds. The quetzal is as fascinating in behavior as it is beautiful. Keep in mind, there is no guarantee that we will see them; as you know, wildlife does not make appointments. However, the guides are local experts and usually have a pulse on their hangouts and nests.

We'll also take a guided tour of the area surrounding the Quetzales National Park. This beautiful area has amazing views, and the trails offer opportunities for photographing their local birds and estimated 65 species of butterflies.

Our last planned activity is spending an afternoon at Batsu gardens, the premier place for photographing birds on natural perches, while enjoying beautiful gardens and spectacular mountain views.

## *Final night and departures.*

After our morning activity and lunch, we'll head out to our hotel near the airport (TBD). Take some time to relax, prepare for your return flight, or explore the area. We'll gather again for our farewell dinner and final reviews and reflections from our trip as we end the tour. Breakfast the next morning is included but not scheduled, so you can plan it according to your departure.

If you want to extend your stay, please let me know as soon as possible.

## *Photography Instruction*

My goal is for everyone to return home with images they are proud to share and print. Participants will arrive with a wide range of photography experience. Some may want minimal input, others occasional guidance, and some more hands-on help. Because of this, there will be no formal classroom setting. Instead, instruction will be flexible, practical, and tailored to individual needs.

I will work one-on-one or in small groups with anyone who would like assistance, and I'll regularly check in throughout the day to answer questions, offer suggestions, or help troubleshoot challenges in the field. On the first morning, I'll provide a group overview covering key concepts, recommended settings, and techniques that will be useful during the trip, with plenty of opportunity for questions. After that, optional group Q&A sessions will take place during drives and downtime between scheduled activities.

An optional post-processing tutorial using Lightroom Classic will also be offered. While demonstrated in Lightroom, the concepts and techniques discussed will be transferable to other editing software, making the session valuable for everyone.

To get the most out of the experience, I encourage each participant to:

- **Know your gear.** Familiarity with your camera will allow you to apply techniques more quickly and avoid frustration in fast-changing situations. Be comfortable adjusting basic settings such as exposure compensation, metering modes, shutter speed, aperture, and ISO.
- **Practice the fundamentals.** Spend time before the trip adjusting exposure for different lighting conditions so these decisions feel intuitive in the field.
- **Reach out ahead of time if needed.** If you're unsure about your skills or equipment, please contact me before the trip. I'm happy to make recommendations or help you prepare.
- **Share your images during the trip.** Reviewing photos together is one of the best ways to learn. Whether an image didn't work and you want to understand why, or you captured something you're proud of and want to celebrate, I encourage open sharing.
- **Participate in post-processing using your own images.** On editing day, I'd love to work with participant images rather than only my own. If you have a photo you feel could be improved, share it and we'll explore what's possible together.

## Cost

The total cost is \$4,495 for double occupancy, or \$4,895 if you want your own rooms during the trip. Payment can be made by bank transfer (wire, ach, Venmo, Zelle) or check mailed to 875 Bernita Place, Nipomo, CA 93444. If paying by credit card there is a 3% service charge.

Covered expenses: The payment covers 8 nights of planned lodging. During those dates, the following planned activities are included: 8 Breakfasts, lunches, and dinners (does not cover departure day), transportation, park fees, guide fees and tours. All pre-planning, instruction, workshops, sessions and follow ups with me.

Not included in the fee: Departure day meals, Transportation to and out of San Jose, Costa Rica, airport taxes or entry fees, travel insurance (highly recommended). Lodging, tours, meals, or transportation not specified in the itinerary. Alcoholic drinks, hotel incidentals (laundry, phone calls, room service, movies, drinks, etc.); personal equipment, costs associated with changes to travel plans or itinerary for reasons beyond our control. Optional activities or activities during free time. Gratuities for tour operators, drivers and lodging staff are not included and are optional.

Deposit: A \$500 non-refundable deposit per person is required to save a spot; the tour is limited to a maximum of 8 participants. The balance must be paid no later than 60 days before the tour begins. All reservations after that will require full payment.

Refunds: The deposit of \$500 is non-refundable unless the tour gets cancelled or I find a suitable replacement.

Cancellations made more than 120 days before the trip get a full refund minus the \$500 deposit.

Cancellations made 90 to 120 days before the trip, get a 50% refund.

No refunds will be given for cancellations made within 90 days of the start of the tour. An exception will be considered if the participant finds a suitable substitute for the tour. "Suitable" is at the sole discretion of Adi Ringer to ensure the safety and enjoyment of the entire group.

Changes to the itinerary:

If circumstances call for it, like weather, timing and safety concerns, I reserve the right to change the itinerary if it provides the same level of experience or better for the participants. Changes may include the sequence of our destinations, lodging accommodations or excursions. Changes may occur due to better locations becoming available, weather conditions, changes made by lodging operators, etc. The goal will always be to provide you with an amazing Costa Rica trip equal to or better than planned.

For any questions or concerns, you can contact me at +1 8056105527 (text or calling) or by email: [adi@adiringer.com](mailto:adi@adiringer.com)

I look forward to sharing this amazing experience with you!

Sincerely, Adi