

The Birds and Natural History of Southern Ecuador Jocotoco Reserves and Copalinga Lodge

Mark Pretti Nature Tours, L.L.C.

Sept. 30 – Oct. 13, 2011

With almost 1700 species of birds, over 16,000 plants, and almost 400 species of mammals, Ecuador is one of the most biodiverse countries in the world. Considering its relatively small size, it may harbor more species per square mile than any other country. Ocean currents, an equatorial latitude, and the rugged Andes combine to create climate variations that support great biogeographic diversity as well as a high regional endemism. Coastal beaches and mangrove lagoons, lowland tropical forests, tropical deciduous forest, Amazonian rain forest, Andean foothill and cloud forests, high elevation paramo, and peaks over 20,000 feet all contribute to the beauty and richness of the country.

We'll begin our trip in the dry interior of Loja Province from where we'll visit three outstanding Jocotoco Foundation reserves in the south and southwest as well as Copalinga Lodge in the east. Our first stop will be Tapichalaca Lodge, home of the Jocotoco antpitta and a suite of interesting cloud forest species such as bearded guan, black-throated tody-tyrant, barred fruit-eater, turquoise jay, smoky bush-tyrant, gray-breasted Mountain-toucan, the rare white-capped tanager, the rarer golden-plumed parakeet, and many more. While at Tapichalaca, we'll enjoy their busy hummingbird feeders – flame and amethyst-throated sunangels, collared inca, buff-winged starfrontlet – and also visit lower elevations in the Rio Marañon drainage where lowland and Amazonian species can be found.

From Tapichalaca, we'll head to the eastern slope and Copalinga lodge, one of my favorite spots in Ecuador. Copalinga harbors a mix of highland and lowland species including Andean slaty-thrush, wire-crested thorn-tail, coppery-chested jacamar, striped and blue-rumped

manakins, black-streaked puffbird, lanceolated monklet, olive-chested flycatcher, mottle-backed elaenia, and more.

Leaving Copalinga, we'll travel to the western slope and the Buenaventura Reserve, one of the birdiest spots in the country. Home to the rare and endangered El Oro parakeet, Buenaventura also hosts hundreds of other species, including brownish twistwing, gray-backed hawk, uniform antshrike, ochre-bellied dove, barred puffbird, Tumbes pewee, and a lek of long-wattled umbrellabirds.

Our final stop will be the tropical deciduous forest of the Jorupe Reserve where Tumbesian endemics abound. On the grounds and along the trails of the beautiful lodge, we'll look for pale-browed tinamou, gray-cheeked parakeet, west Peruvian screech-owl, Watkin's antpitta, white-tailed jay, white-edged oriole, henna-hooded foliage-gleaner, blackish-headed spinetail, Pacific elaenia, Baird's and gray-breasted flycatchers, and other unique birds.

Led by naturalist and bird guide Mark Pretti, cost TBA but should be \$3400-3600 per person, double occupancy, and includes all lodging, meals, admissions and transportation from Quito.

Group size is limited to 8 participants. For more information, contact Mark at (520) 803-6889 or mpnaturetours@earthlink.net, or visit www.markprettinaturetours.com

Itinerary for the Birds of Southern Ecuador
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Day 1 – Sept. 30 - travel to Quito (2850m). From the airport, you'll take a taxi to La Casa Sol, a comfortable B&B about 20 mins. away - www.lacasasol.com. The taxi should cost about \$10-12, and the address is Calama 127 and Avenida 6 de Diciembre in the Mariscal district. The taxi driver will know the spot. Most flights from the states arrive in the late evening, but there are a few earlier options for arrival times. You'll need to make the arrangements that work best for you. You may have a bit of a wait in the customs line, 30-45 mins., but no wait for a taxi. The airport is small and easy to negotiate, and there are plenty of waiting taxis out front so you should have no problems getting to La Casa Sol. (Quito is in the process of building a new airport that most likely won't be complete by Sept., 2011. I'll let you know well in advance if there are any changes.)

Day 2 – Oct. 1 – We'll have breakfast at 7 AM, then a flight to Loja at 8:40 AM. The flight takes one hour, and, depending on the weather, we may enjoy great scenery with views of several of the large volcanoes including Cayambe, Antisana, Cotopaxi, and the biggest, Chimborazo. Upon arrival, we'll spend some time birding around the Loja airport where the dry interior scrub can have some pretty nice birds (several of which I've seen nowhere else in the south) - long-tailed mockingbird, Pacific parrotlet, Peruvian meadowlark, Peruvian pygmy owl, croaking ground dove, fasciated wren, chestnut-throated seedeater, short-tailed field-tyrant, Tumbes sparrow, and band-tailed sierra finch. Then we're off to the high cloud forests of the Tapichalaca Reserve – www.fjocotoco.org – where we'll spend three nights. We'll stop in Vilcabamba for lunch. There is presently road construction on part of this road, and we may have some short delays, but we should arrive at the lodge about 4-5 PM. We'll enjoy their productive hummingbird feeders – amethyst and fiery-throated sunangels, buff-winged starfrontlet, collared inca, white-bellied woodstar – before dinner.

Day 3 & 4 – Oct. 2 & 3 - We'll have two full days at Tapichalaca. We'll start with a visit to the Jocotoco antpitta spot. There are several habituated birds, and we should have very close looks as we spend time with one of the most range-restricted birds on Earth and the one that inspired the establishment of the Fundacion Jocotoco. In addition to the Jocotoco, we'll also have chances for chestnut-naped, rufous, undulated, and slate-crowned antpittas. Cloud forest birds that we'll look for include Chusquea tapaculo, black-throated tody-tyrant, plain-tailed wren, barred fruit-eater, orange-banded flycatcher, bar-bellied woodpecker, smoky bush-tyrant, golden-crowned tanager, white-sided and glossy flowerpiercers, and citrine, black-crested, and three-striped warblers. In the afternoon we'll go down the road to lower and warmer elevations with an entirely different suite of birds. Along the road, we'll look for mixed flocks of tanagers, flycatchers, furnarids, brush-finches, bush-tanagers, becardas, and more, and maybe, if we're really lucky, we'll encounter white-capped tanagers or black-and-chestnut eagle. At the lowest elevations near the small town of Valladolid we'll look for lower elevation species, some from Amazonia, such as streaked saltator, Marañon thrush, white-eyed

parakeet, yellow-browed sparrow, Loja tyrannulet, paradise and black-faced tanagers, and many more.

On our second day at Tapichalaca, we'll retrace our steps from the day before, looking for species we've missed and enjoying once again some of the special species we've already seen. Please note that they protect the hardwood flooring of the lodge by not allowing shoes or sandals inside. We must leave them on the well protected porch. This will be true at ALL of the lodges in the south. Socks or bare feet are ok, but you may want to bring a pair of light slippers if that is more comfortable for you.

Day 5, 6 & 7 - Oct. 4, 5 & 6 - We'll leave Tapichalaca after breakfast with a packed lunch for the 5-hour trip to Copalinga Lodge where we'll spend three nights. It's lower and warmer here with very pleasant temperatures, good food, nice cabins, and lots of east slope birds. We'll have two full days to bird the grounds, the Rio Bombuscaro section of Podocarpus National Park, and the old Loja-Zamora Rd. (where I once saw 75 forest species in about three hours of walking about two miles). The lodge is good for birds including hummers like wire-crested thornbill, spangled coquette, golden-tailed sapphire, white-tipped sicklebill, and violet-fronted brilliant. At the lodge feeders, around the grounds, and in Podocarpus National Park, we'll have chances to see coppery-chested jacamar, white-crowned tapaculo, blackish antbird, striped and blue-rumped manakins, mottle-backed elaenia, olive-striped and lemon-browed flycatchers, golden-winged and black-and-white tody-flycatchers, and maybe the rare white-necked (breasted) parakeets. The old Loja-Zamora Road is a good area for grey-mantled wren, chestnut-tipped toucanet, scarlet-breasted fruiteater, yellow-bellied and many other tanagers, bronze-green euphonia, Lafresnaye's piculet, and Cerulean warbler. Please note that Copalinga is off-the-grid and only has electricity from about 11 AM to 10 PM. There will be candles in your room. They also ask that you do not use hair dryers.

Day 8, 9 & 10 - Oct. 7, 8, & 9 - We'll have a final short morning at Copalinga before leaving with a packed lunch for Jocotoco's Buenaventura/Umbrellabird Lodge on the west slope. It's a long drive - with no road glitches, it will take about 6 hours - but it's worth every kilometer as Buenaventura is the birdiest place I've been in Ecuador. We've seen 117 species (with no water birds) in a day just walking about 2 miles of road. We'll have two full days to enjoy the thick evergreen forest where we should see well over one hundred species. Their hummer feeders are the busiest I've ever seen with violet-bellied, emerald-bellied woodnymph, green thornbill, Andean emerald, and up to ten other species. White-nosed coatis, pale-mandibled aracarís, and several tanagers and honeycreepers come for bananas. Buenaventura has a long list of birds, and of the many possible, we've had gray-backed hawk, brownish twistwing, club-winged manakin, barred puffbird, the rare and local El Oro parakeet, rose-faced parrot, red-masked parakeet, ochre-bellied dove, Guayaquil woodpecker, ochre-breasted tanager, barred puffbird, uniform antshrike, Tumbes pewee, plumbeous-backed thrush, speckle-breasted wren, song wren, gray-and-gold warbler, crimson-breasted finch, yellow-bellied siskin, and long-wattled umbrellabird (of which there is a lek). Buenaventura is located on a fairly gently sloping hill, and we'll use the van as needed to make most of our walks in the downhill direction. Please note that the microclimate here is such that fog and

dampness are common, especially at the upper end of the reserve, but that's part of what makes the place so rich.

Day 11 & 12 - Oct. 10 & 11 - After an early breakfast, we'll head south to an entirely different habitat at the Jorupe Lodge. It will take most of the day to make the trip, and we'll bring a packed lunch. We'll make one or two stops on the way, one in particular where we'll look for some regional rarities – Tumbes hummingbird, white-headed brush-finch, and elegant crescentchest. We'll have the late afternoon, all of the next day, and all of the last morning to enjoy the unique tropical dry forest of Jorupe. The trails are fairly easy, and we'll never travel more than a mile or so from the main lodge. Regional endemics that we've seen and will hopefully see again include pale-browed tinamou, west Peruvian screech owl, white-tailed jay, gray-cheeked parrotlet, Tumbes swift, Watkin's antpitta, Ecuadorian trogon, Ecuadorian piculet, blackish-headed spinetail, rufous-necked foliage-gleaner, henna-hooded foliage gleaner, gray-breasted, sooty-crowned, and Baird's flycatchers, slaty becard, black-capped sparrow, saffron siskin, and others. If we haven't seen them at the Loja airport, we may make a quick visit to the old airstrip in the adjacent town of Macara to look for Peruvian meadowlark and maybe chestnut-collared swallow.

Day 13 – Oct. 12 – After breakfast at 6AM, we'll have all morning to enjoy Jorupe, departing after lunch for the 3.5-hour trip back to the Loja airport. We'll take the 6 PM flight and will arrive in Quito at 7 PM. Please note that for those who wish to make their return to the states tonight on a late flight, we'll have plenty of time for our return, dinner, and a taxi back to the airport if you wish. Otherwise, we'll head back to La Casa Sol for dinner and our last night.

Day 14 – Oct. 13 – For those returning to the states today, we'll arrange for taxis the evening before and will be ready to head to the airport at the necessary times. For particularly early flights (as most are), breakfast will not be available at La Casa Sol, but there is food at the airport or at small markets near the hotel. **As of November, 2010, the airport departure tax is \$41.00 which must be paid in cash.** There are ATMs at the airport. After you check in with the airline, you'll go to the left side of the room to the departure tax booths. After paying the tax you'll head up the obvious central staircase to your gate.

A note about this route - Many tours go to the south in the rainy season, particularly for a handful of species that are vocalizing, territorial, and perhaps easier to see in the Jorupe area at this time. We've seen just about all of them in warm and dry October without the rain, mud, and potential landslides on the roads. Our route covers all the main habitats and we'll see most of what each has to offer.

General Trip Information

- Please note from the itinerary that, as usual, **this is generally an early-to-bed, early-to-rise trip.** If you need a break, many of the outings are optional. All of the lodges have good forest, views, and feeders either at the main lodge or near your room where

you have the option of spending quiet relaxing time. Please pace yourself comfortably and enjoy.

- **Travel to Quito, Ecuador – You’ll need to make your own travel arrangements to get to and from Quito – please do what works most comfortably for you. Though things change from year to year, Continental usually has a direct flight from Houston that arrives late in the evening, about 10-11 PM. Continental and American usually have direct flights from Miami that arrive earlier, between 6:30 and 9 PM. On the return, you’ll also have options. Delta has a late flight which you could take on Oct. 12th. Morning flights are often quite early, about 6:30 AM, so be prepared for an early start from the hotel, no later than 4:15 AM. There are many good online services for arranging flights, and, as always, you can contact your travel agent.**

If you want to arrive a day early, there are many hotel options in Quito. I’d recommend La Casa Sol for convenience. It’s a comfortable, clean, and reasonably priced hotel with many restaurants, a craft market, and small shops and stores nearby. You can contact them at info@lacasasol.com or 011 593 2 223-0798. They speak good English and are very nice and helpful.

If you arrive early and are interested in a day trip, the hotel can arrange a city tour or you can consider a day trip to either the beautiful Yanacocha Reserve (www.fjocotoco.org) just over an hour from Quito or the Antisana Reserve about 1.5 hrs. away. I can give you info. on making such arrangements. There are several city parks in Quito, but there is really no native habitat. You’ll see great thrush, eared dove, sparkling violetear, and rufous-collared sparrow, right at La Casa Sol and throughout the city, but not much else (though I have had trainbearers, variable hawk, and black flowerpiercer in Metropolitan Park).

- **Accommodations** on the trip are good, clean and comfortable. All of the hotels and lodges have hot water and good or excellent food. The higher elevation lodges usually have hot soup and drinks. All of the rooms are easy to get to from the main lodge. Please note that they protect the hardwood flooring of the lodge by not allowing shoes or sandals inside. We must leave them on the well protected porch. This will be true at ALL of the lodges in the south. Socks or bare feet are ok, but you may want to bring a pair of light slippers if that is more comfortable for you.
- **Transportation** - We’ll have a local driver for the trip and will be traveling in a comfortable van with plenty of room for luggage. Driving times are noted in the itinerary. Road conditions are generally good, but we will have some long sections on good dirt roads getting to Buenaventura and Tapichalaca. We can rotate seats and try to accommodate any special needs. **If you’re prone to carsickness, please let me know and please be sure to bring whatever remedy you normally use.**
- If for some reason you are delayed, please try to get a message to me by doing the following. Please send an email to La Casa Sol and copy me at my email

(info@lacasasol.com and mpnaturetours@earthlink.net). If you can, please try to call La Casa Sol at the above number, and call my home in Arizona and leave a message – 520-803-6889. We'll work to make the arrangements necessary to get you caught up with the group.

- **General safety and travel** – Ecuador has been a very popular tourist destination for decades, and I've never experienced a safety problem there. We'll be staying and eating at places where I've stayed before and have had only good experiences. We follow common sense rules of travel that work well and pay close attention to health and safety issues. Overall the pace is relaxed to moderate, the scenery and natural history fascinating, the food good, and the experiences memorable. Though I'm always looking to improve my Spanish, I'm completely comfortable with the language in the situations we'll encounter. La Casa Sol is the only place that has a safe available for valuables. At the lodges you may leave your valuables in your suitcase (a small lock might be useful), or carry them with you. We have NEVER had a problem with loss of valuables.
- **Trip difficulty** – **Ecuador is an extremely mountainous country, and there will be a fair amount of climbing and descending while we enjoy its rich nature.** With that said, keep in mind that our walking will be at an easy birding pace, that almost every lodge has feeders and productive grounds where you can sit and relax, and that you'll have many opportunities for breaks as needed. Most of our walks will be short, anywhere from several hundred yards to perhaps 1.5 miles. I've had several participants in their 70s who have had no problems on this itinerary. For some of the longer distances, we may be able to make arrangements with our driver for a pick-up as needed. **But there will be some climbing involved.**

Altitude can be an issue for some people in Ecuador though on this route, Quito, at 2850m (9350 ft.), will be our highest point. Tapichalaca is at 2450m with the town of Valladolid below at 1600m. Copalinga is at 900m, Buenaventura at 500-1000m, and Jorupe at 500m. Please pace yourself and let me know if you are having any unusual difficulties.

We'll discuss trail difficulty each day and spend most of our time on the easiest areas, but please be aware that there can be mud, slippery and uneven surfaces, and inclines. A collapsible walking stick may be helpful for some people.

You should be in good physical condition – if you can comfortably walk two to three miles with some gentle inclines at an easy pace, you should be fine. **Do be prepared to spend quite a bit of time on your feet.** If you're a "flatlander", I recommend doing some "stair work" before the trip to get your leg muscles used to the up-and-down work they'll be doing. Keep in mind that we will be taking our time and stopping frequently to enjoy flora and fauna, and we'll have options for breaks. No hurries. **When out in the field, you need to be your own best judge of what is safe for you. Please don't take any unnecessary chances.**

- In June, I'll send a packet with more information on some of the natural and cultural history of the area, a bird list, a map, an itinerary, and medical information and release forms to be filled out and returned to me.
- **Books** – The Birds of Ecuador by Robert Ridgely and Paul Greenfield is THE book. There are two volumes – you want to be sure to have the Field Guide/Volume 2. This is the one with the plates. It's large and heavy. **I will have the bound plates with us at all times in the field and the text available at the lodge.**
- **Trip Cost** - **The price of the trip includes all meals, lodging, entrance fees, hotel, restaurant, and driver tips, and transportation from Quito. It does not include drinks, laundry, taxis to and from the airport, the airport departure tax of \$41.00 (which must be paid in cash - there are ATMS at the airport), or items of a personal nature. The trip officially starts with lodging at La Casa Sol on Sept. 30 and ends with the last night's lodging there on Oct. 12.**
- **Tips** – Hotel, lodge, restaurant, and driver tips are covered in your trip cost, but if you feel that someone has provided exceptional service, please feel free to add a tip of your own, keeping in mind that these service providers are generally much poorer than us and can only dream of such a vacation as we'll be enjoying.
- **Electricity** in Ecuador is the SAME as in the U.S. If you have a device that has a three-prong plug, you should bring an adaptor. Please remember NOT to use a hair dryer at Copalinga Lodge.
- **Money** – **The only things you'll need to pay for are drinks, any tips you wish to leave, laundry service, airport taxis, the departure tax, and any purchases you make. The currency in Ecuador is US dollars so there is no need to change money.** There are some t-shirts and other items for sale at Tapichalaca. We will likely have only a little time in Quito where other crafts are available. **Quito will be the only reliable place on our route with ATM machines though we will likely pass by some in Loja and Zamora. Bringing small denominations (1s, 5s, and 10s) is best.**
- **Health, Food and Water** – All of the hotels where we'll stay have purified bottled water available for free to refill your reusable bottle. **Please be sure to drink only bottled water and also use it to brush your teeth.** We'll also have extra bottled water in the van. The food throughout the trip is good and varied. **I will have a first aid kit with pepto-bismol tablets and immodium, but please be sure to bring some of your own.** We will NOT have easy access to pharmacies for most of the trip. We will be eating in restaurants where I've never had a problem. There are presently no vaccinations required for visiting Ecuador. Please consult with your doctor, a travel clinic, or the Center for Disease Control website if you have any concerns.

- **Communication** – La Casa Sol in Quito has internet access, and both Tapichalaca and Buenaventura have Wifi available (but they do NOT have computers for guests to use). If you need to call home, I recommended bringing a prepaid calling card that can be used internationally. I've used an MCI card successfully in many Latin American countries, including Ecuador. If you do get a card, be sure to get the access number for Ecuador from the provider before departure. Depending on how much you'll be calling, I recommend a card with about \$20-30 on it. Please note that we won't always be in locations where international calls can be made. Several people have had phone and internet access on most of this route with their blackberries or iphones.

Contact Information

Cabanas San Isidro and Guango Lodge
 Carmen or Irene Bustamante – **Carmen and/or Irene will be making most of our travel arrangements and will be the main emergency contacts for this trip.**
 593 2 254-7403; cell 099 246 899; info@cabanasanisidro.com
www.cabanasanisidro.com

La Casa Sol, Quito
 Calama 127 y Avenida 6 de Diciembre
 593 2 223-0798 or info@lacasasol.com
www.lacasasol.com

Copalinga – Cabanas Ecologicas - Zamora
 Catherine Vits and Boudewijn de Roover
 (593) (09) 3477.013
info@copalinga.com
www.copalinga.com

- **In case of an emergency that requires getting to a medical facility, please keep in mind that we will sometimes be in rather remote areas anywhere from 1 to 4 hours from facilities with more than basic care. In addition to trip cancellation insurance, it is recommended that you consider a medical travel plan as well.**
- All of the hotels have soap and bath towels. **Most don't have washcloths and some don't have shampoo so you'll need to bring your own.** Please keep in mind that plumbing in Ecuador is different from that in the states and you **MUST put toilet paper in the basin next to the toilet and NOT in the toilet itself.**
- **Snacks** – We'll have ample food throughout the trip, **but if you're the type of person who needs an occasional snack between meals, please be sure to bring some granola-type bars or whatever works for you.** At times, we'll be able to buy some fruit and snacks. Most meal times will be as follows – 6 AM breakfast, 1 PM

lunch, 7 PM dinner.

- **Laundry** – Laundry service is available at all of the lodges. The cost varies from about \$5 for one set of shirt, pants, and socks at the Jocotoco Reserves to maybe \$1.50 for the same at Coplainga/Zamora. If you're used to hand-drying your quick-dry nylon clothes and having them dry out overnight, please note that this will probably not happen at the higher and cooler elevations of Tapichalaca.
- **Elevations** – many birds in Ecuador are range restricted by elevation. Though this is true everywhere, it is particularly useful for identification and used extensively in the field guide. We'll be at the following elevations;

Quito – 2850m = 9350 ft.

Loja/Catamayo Airport – 600m = 1968 ft.

Tapichalaca – 2500m = 8200 ft.

Valladolid – 1600m = 5250 ft.

Copalinga – 900m = 2952 ft.

Buenaventura Lodge – 500-1000m = 1640-3280 ft.

Jorupe – 500-600m = 1640-1950 ft.

Things to bring

You **MUST** bring the following items;

PASSPORT – you **MUST** have a passport. No visa is necessary for Ecuador.

Binoculars - I strongly recommend having your rainguards attached and having something to clean your binoculars with. A microfiber cloth (available at any eyeglass store) or a LensPen is good.

Day pack/fanny pack (in which you should ALWAYS have water, RAINGEAR, sunscreen, toilet paper, and insect repellent). Because of the high altitudes and weather, your pack should be big enough to carry an extra clothing layer or two and mittens if needed. We'll have plenty of room in the van and usually won't be so far from it that you won't be able to get something if you need it. **I have found that some people like to carry as little as possible in the field, and I can understand that, but, when you think about it, an extra pound or two in your pack is unlikely to ruin your trip whereas dehydration, insect bites, cold, sunburn, and getting thoroughly soaked can, so please bring the items mentioned above and keep them in your pack.**

UMBRELLA – I always bring a collapsible umbrella to Ecuador and almost always have it with me in the field. I find a good umbrella most convenient for being able to bird in light rain as well as to walk to and from the lodge. On this southern route in October, I must say that I rarely use it except at Buenaventura (where it can be foggy with drizzle) and sometimes in the Tapichalaca cloud forest (where it can be the same but with cold).

RAINGEAR – a good waterproof/gortex rain jacket or poncho is important. It doesn't have to be super heavy-duty. Though it can rain just about anywhere and at anytime in Ecuador, in October we usually have excellent weather. In 2009 and 2010, I never used my poncho and used my umbrella a few times briefly....but you still need to be optimally prepared.

COLD WEATHER GEAR – Keep in mind that we will be at low and warmish elevations (where light pants and a shirt, and maybe a fleece jacket in the early AM and PM, should be fine) for almost the entire trip except for Tapichalaca where it can be cool and damp. For Tapichalaca, you should bring lightweight long-sleeved thermalwear, a good fleece or other warm jacket, a windbreaker and/or rain jacket, mittens, and a warm hat.

Being prepared for cold or wet weather is very important in Ecuador where it can take a long time for things to dry out. With all of this said, in Oct. of 2009 and 2010, we got rained out only one afternoon.

Water bottle – we'll have plenty of purified water to refill. To minimize resource consumption, please bring a durable and reusable water bottle.

Small Flashlight – a flashlight will be useful at night around the lodges. The new LEDs are small, durable, and use little energy. Bring NEW batteries.

Hat for good sun protection

Sunscreen (minimum 30 SPF recommended)

Sturdy walking or hiking shoes – Wet ground and some mud are common in Ecuador, and perhaps the most important thing regarding footwear is waterproofing. Gortex is good. Most of our walking will be easy, but there will be uneven surfaces and inclines in some places so sturdy walking/hiking shoes with good support are best. If you benefit from the use of a walking stick and have a foldable one, you might want to bring it. **I recommend wearing good walking/hiking shoes at ALL TIMES in the field. Except for hanging around the lodge and your room, we won't be anyplace where I have ever worn footwear like Tevas. I always wear low-cut hiking shoes with gortex and have done fine with these for an entire trip.**

Rubber Boots – I recommend bringing rubber boots or Neos shoe covers. Though they are on the heavy side, I ALWAYS bring rubber boots and almost always use them, particularly at Buenaventura where the upper road has some permanently wet spots. Several people have done this entire route with high-cut waterproof hiking boots which worked just fine. Just keep in mind that non-waterproof shoes may not dry out easily in some of the locations where we'll be.

Earplugs if you're a light sleeper – though most places will be very quiet.

Insect repellent – We will encounter very few biting insects on this trip, and, if so, probably only in the lowland areas – chiggers, small black flies, and mosquitoes are uncommon but present. You should bring a small container of whatever insect repellent works for you and keep it in your day pack. If you react strongly to insect bites, you might want to consider an anti-itch remedy that works for you. **Long sleeve pants and shirts will protect you from insects and sun and keep you warm at the higher elevations. . .**

Sunglasses

Medications – if you regularly take medications, be sure to bring them. It is also good to bring some aspirin or other analgesic, immodium, and pepto-bismol tablets. **If you have any chronic conditions that may flare up during the trip, please be sure to bring a remedy that works for you. We will have limited access to pharmacies.**

Ziplock or waterproof plastic bags – a large waterproof bag in your daypack can be useful for storing snacks or cameras, binoculars, etc. in the rain.

If you wear glasses, you might want to bring an anti-fog substance as temporary fogging can occur in the humid tropics.

Luggage Labels – please have luggage labels on your bags so that lodge staff can efficiently get your bags to and from your room.

Patience and flexibility – Though Ecuador is a major tourist destination with excellent infrastructure, it is a different country with a different culture so patience and flexibility are important when traveling there. In general we'll be very comfortable in terms of basic amenities. Like anywhere outside the states, the customs and style of service in Ecuador can be different. These differences are usually minor things, but it is important to keep them in mind and approach the experience with an open mind and enjoy learning about the Ecuadorian culture. I've made every effort to make sure that the details of our itinerary are in place with our Ecuadorian hosts, but occasionally things don't go as smoothly as planned. Almost always, these are minor things, but it's good to be prepared for small itinerary changes. **There has been some road work in southern Ecuador in recent years. Most of this will have been completed by October of 2011, but there may be a few delays.**

The remaining items to bring are up to you – **casual clothes are fine.** We'll have a first aid kit with immodium, pepto-bismol, Dramamine, bandaids, etc. (You should, however, bring some band-aids, immodium and pepto-bismol yourself.)

BIRDING - Though we will see and learn about more than birds, the birds of southern Ecuador are pretty exciting. We'll focus on a quality experience, seeing the birds as best we can, observing behaviors, listening to calls and songs, and seeing how they use habitats. Including some rare and/or very hard to see species, there are over 600 species of birds possible along our route!! We'll likely see over 300 species. The following is a sample of the birds we're likely to see. It's rather long, and far from complete, but is intended to help with pre-trip studying. I've omitted some common, widespread birds, e.g. black vulture and smooth-billed ani. I'll send you a separate bird list that will include all of the species for the trip.

Pale-browed Tinamou
 Bearded Guan
 Sickle-winged Guan
 Rufous-headed Chachalaca
 Speckled Chachalaca
 Fasciated Tiger-heron
 Gray-headed Kite
 Hook-billed Kite
 Swallow-tailed Kite
 Plumbeous Kite
 Plain-breasted Hawk
 Gray-backed Hawk
 Savanna Hawk
 Harris' Hawk
 White-rumped Hawk
 Great-black Hawk
 Black Hawk-eagle
 Ornate hawk-eagle
 Black-and-chestnut Eagle
 Laughing Falcon
 Crested Caracara
 Ecuadorian Ground-dove
 Blue ground-dove
 Croaking ground-dove
 Band-tailed Pigeon
 Ruddy Pigeon
 Plumbeous Pigeon
 Eared Dove
 Pallid Dove
 Gray-fronted dove
 Ochre-bellied dove
 White-throated Quail-dove
 Red-masked Parakeet
 White-eyed Parakeet
 Golden-plumed Parakeet
 El Oro parakeet

White-necked (breasted) Parakeet
 Pacific Parrotlet
 Gray-cheeked Parakeet
 Rose-faced Parrot
 Bronze-winged Parrot
 Scaly-naped Parrot
 Peruvian Screech-owl
 Pacific (Peruvian) Pygmy-owl
 Band-bellied Owl
 Spectacled Owl
 Common Pauraque
 Tumbes Swift
 White-collared Swift
 Lesser Swallow-tailed Swift
 Chestnut-collared Swift
 Gray-rumped Swift
 White-necked Jacobin
 White-tipped Sicklebill
 Pale-tailed Barbthroat
 Gray-chinned Hermit
 White-whiskered Hermit
 Long-billed Hermit
 Green Hermit
 Green-fronted Lancebill
 Brown Violetear
 Sparkling Violetear
 Purple-crowned Fairy
 Amethyst-throated Sunangel
 Flame-throated Sunangel
 Green Thorntail
 Wire-crested Thorntail
 Spangled Coquette
 Speckled Hummingbird
 Long-tailed Sylph
 Glowing Puffleg
 Brown Inca

Collared Inca
Buff-winged Starfrontlet
Chestnut-breasted Coronet
Violet-fronted Brilliant
Green-crowned Brilliant
Fawn-breasted Brilliant
Tumbes Hummingbird
White-bellied Woodstar
Violet-headed Hummingbird
Violet-crowned (Emerald-bellied)
Woodnymph
Fork-tailed Woodnymph
Amazilia Hummingbird
Andean Emerald
Rufous-capped Thornbill
Golden-tailed Sapphire
Violet-bellied Hummingbird
Ecuadorian Trogon
Collared Trogon
Masked Trogon
Gartered Trogon
Broad-billed Motmot
Rufous Motmot
Blue-crowned Motmot
Coppery-chested Jacamar
Barred Puffbird
White-whiskered Puffbird
Black-streaked Puffbird
Lanceolated Monklet
Red-headed Barbet
Chestnut-tipped Toucanet
Pale-mandibled Araçari
Gray-breasted Mountain-toucan
Black-billed Mountain-toucan
Chestnut-mandibled Toucan
Olivaceous Piculet
Lafresnaye's Piculet
Ecuadorian Piculet
Black-cheeked Woodpecker
Red-rumped Woodpecker
Scarlet-backed Woodpecker
Little Woodpecker
Bar-bellied Woodpecker
Red-rumped Woodpecker
Scarlet-backed Woodpecker
Golden-olive Woodpecker

Crimson-mantled Woodpecker
Lineated Woodpecker
Guayaquil Woodpecker
Pacific Hornero
Azara's Spinetail
Slaty Spinetail
Dark-breasted Spinetail
Blackish-headed Spinetail
Rufous-necked Spinetail
Rufous Spinetail
Streaked Tuftedcheek
Pearled Treerunner
Scaly-throated Foliage-gleaner
Montane Foliage-gleaner
Buff-fronted Foliage-gleaner
Plain-brown Woodcreeper
Strong-billed Woodcreeper
Spotted Woodcreeper
Streak-headed Woodcreeper
Red-billed Scythebill
Streaked Xenops
Great Antshrike
Collared Antshrike
Chapman's Antshrike
Lined Antshrike
Western Slaty-antshrike
Uniform Antshrike
Russet Antshrike
Plain Antwren
Foothill Antwren
Slaty Antwren
Checker-throated Antwren
Yellow-breasted Antwren
Long-tailed Antbird
Blackish Antbird
White-backed Fire-eye
Immaculate Antbird
Chestnut-backed Antbird
Chestnut-naped Antpitta
Jocotoco Antpitta
Watkin's Antpitta
Chestnut-crowned Antpitta
Rufous Antpitta
White-crowned Tapaculo
Chusquea Tapaculo

Elegant Crescentchest
Sooty-headed Tyrannulet
Black-capped Tyrannulet
Pacific Elaenia
Mottle-backed Elaenia
Lesser Elaenia
Southern Beardless-tyrannulet
White-banded Tyrannulet
White-tailed Tyrannulet
Torrent Tyrannulet
Yellow Tyrannulet
Tawny-crowned Pygmy-tyrant
Golden-faced Tyrannulet
Loja Tyrannulet
Marble-faced Bristle-tyrant
Variegated Bristle-tyrant
Streak-necked Flycatcher
Olive-striped Flycatcher
Slaty-capped Flycatcher
Rufous-breasted Flycatcher
Ornate Flycatcher
Scale-crested Pygmy-tyrant
Black-throated Tody-tyrant
Rufous-crowned Tody-flycatcher
Common Tody-flycatcher
Golden-winged Tody-flycatcher
Black-and-white Tody-Flycatcher
Yellow-olive Flycatcher
Brownish Twistwing
Pacific Royal Flycatcher
White-throated Spadebill
Bran-colored Flycatcher
Orange-banded Flycatcher
Olive-chested Flycatcher
Sulphur-rumped Flycatcher
Black-tailed Flycatcher
Cinnamon Flycatcher
Gray-breasted Flycatcher
Smoke-colored Pewee
Tumbes Pewee
Rufous-tailed Tyrant
Little Ground-tyrant
Smoky Bush-tyrant
Rufous-breasted Chat-tyrant
Yellow-bellied Chat-tyrant
Slaty-backed Chat-tyrant

Long-tailed Tyrant
Lemon-browed Flycatcher
Baird's Flycatcher
Sooty-crowned Flycatcher
Short-crested Flycatcher
Green-and-black Fruiteater
Scarlet-breasted Fruiteater
Barred Fruiteater
Long-wattled Umbrellabird
Andean Cock-of-the-Rock
Blue-rumped Manakin
White-bearded Manakin
Club-winged Manakin
Striped Manakin
One-colored Becard
Black-and-white Becard
One-colored Becard
Barred Becard
Slaty Becard
Yellow-cheeked Becard
Rufous-browed Peppershrike
Brown-capped Vireo
Lesser Greenlet
Turquoise Jay
Inca Jay
White-tailed Jay
Gray-breasted Martin
Chestnut-collared Swallow
Brown-bellied Swallow
Blue-and-white Swallow
White-banded Swallow
Southern rough-winged Swallow
Fasciated Wren
Rufous Wren
Bay Wren
Mountain Wren
Gray-mantled Wren
Gray-breasted Wood-wren
Speckle-breasted Wren
Plain-tailed Wren
Song Wren
Tawny-faced Gnatwren
Tropical Gnatcatcher
Andean Solitaire
Great Thrush
Glossy-black Thrush

Ecuadorian Thrush	White-lined Tanager
Plumbeous-backed Thrush	White-shouldered Tanager
Pale-vented Thrush	Common Bush-tanager
Black-billed Thrush	Ashy-throated Bush-tanager
Maranon Thrush	Yellow-throated Bush-tanager
Chestnut-bellied Thrush	Yellow-whiskered Bush-tanager
Long-tailed Mockingbird	Gray-hooded Bush-tanager
Blue Dacnis	Black-capped Hemispingus
Black-faced Dacnis	Buff-throated Saltator
Yellow-tufted Dacnis	Black-winged Saltator
Green Honeycreeper	Streaked Saltator
Golden-collared Honeycreeper	Black-cowled Saltator
Blue-backed Conebill	Rufous-collared Sparrow
Capped Conebill	Yellow-browed Sparrow
Masked Flowerpiercer	Tumbes Sparrow
Glossy Flowerpiercer	Band-tailed Sierra-finch
White-sided Flowerpiercer	Blue-black Grassquit
Black-faced Tanager	Variable Seedeater
White-capped Tanager	Yellow-bellied Seedeater
Magpie Tanager	Black-and-white Seedeater
Guira Tanager	Chestnut-bellied Seedeater
Orange-eared Tanager	Chestnut-throated Seedeater
Golden Tanager	Chestnut-bellied Seed-finch
Silvery (Silver-backed) Tanager	Black-striped Sparrow
Flame-faced Tanager	Orange-billed Sparrow
Green-and-gold tanager	Black-capped Sparrow
Golden-crowned Tanager	Pale-naped Brush-finch
Golden-eared Tanager	Rufous-naped Brush-finch
Paradise Tanager	White-headed Brush-finch
Turquoise Tanager	White-winged Brush-finch
Yellow-bellied Tanager	Golden-bellied (S. Yellow) Grosbeak
Beryl-spangled Tanager	Blue-black Grosbeak
Blue-and-black Tanager	Crimson-breasted Finch
Golden-naped Tanager	Tropical Parula
Blue-necked Tanager	Olive-crowned Yellowthroat
Spotted Tanager	Slate-throated Whitestart
Bay-headed Tanager	Spectacled Whitestart
Lacrimose Mountain-tanager	Cerulean Warbler
Hooded Mountain-tanager	Canada Warbler
Blue-winged Mountain-tanager	Citrine Warbler
Grass-green Tanager	Black-crested Warbler
Blue-gray Tanager	Gray-and-gold Warbler
Palm Tanager	Three-banded Warbler
Blue-capped Tanager	Three-striped Warbler
Lemon-rumped Tanager	Russet-crowned Warbler
Silver-beaked Tanager	Buff-rumped Warbler

Masked (black-lored) Yellowthroat
Northern Mountain-cacique
Subtropical Cacique
Scarlet-rumped Cacique
Yellow-rumped Cacique
Crested Oropendola
Scrub Blackbird
White-edged Oriole
Yellow-tailed Oriole
Peruvian Meadowlark

Saffron Siskin
Yellow-bellied Siskin
Olivaceous Siskin
Thick-billed Euphonia
Bronze-green Euphonia
Orange-bellied Euphonia
Orange-crowned Euphonia
Blue-naped Chlorophonia