



Trinidad and Tobago

An Island Adventure

Tour Leader: Whitney Lanfranco

January 25 - February 5, 2028

Itinerary Overview:

January 25: Arrival - Transfer to Airport Hotel
January 26: Flight to Tobago and Birding to Hotel
January 27: Gilpin Trace - Main Ridge Forest Reserve
January 28: Little Tobago Island by Glass-Bottom Boat and Relaxed Afternoon
January 29: Flight to Tobago and Transfer to Mt Plaisir
January 30: Birding Montevideo Forest Reserve
January 31: Transfer to Asa Wright Nature Centre and Birding at the Centre
February 1: Northern Range and Blanchisseuse Road
February 2: Aripo Savannah and Nariva Swamp
February 3: Oilbird Cave and Birding Asa Wright Nature Centre
February 4: Waterloo and Caroni Swamp
February 5: Departure

Detailed Itinerary:

January 25: Arrival - Transfer to Airport Hotel

Upon arrival in Port of Spain, you can catch the hotel shuttle to the Holiday Inn Express Trincity Trinidad Airport where we will be staying for the night. We will enjoy a welcome dinner and get some rest before our adventure begins!

-Overnight: Holiday Inn Express Trincity Trinidad Airport

January 26: Flight to Tobago and Birding to Hotel

We'll start our morning with breakfast at the hotel and some light birding around the Trincity area before heading to the airport for our flight to Tobago. Upon arrival in Tobago, we'll have lunch and make a few birding stops on our way to our hotel for the next three nights. Highlights from our stops along the way could include our first Rufous-vented Chachalacas, Caribbean Martin, White-cheeked Pintail, Least Grebe, and more! This area is known to attract vagrants so you never know what you might find!

Once we arrive at the Blue Waters Inn, you will have time to bird or relax before dinner. The hotel's gardens and nearby trails are good for casual birding, with chances for Pale-vented Pigeon, White-fringed Antwren, Brown-crested Flycatcher, and more. If you prefer to unwind, the ocean is just a few steps away, and the calm water is ideal for swimming, snorkeling, or simply enjoying the view from a beach chair.

-Overnight: Blue Waters Inn

January 27: Gilpin Trace - Main Ridge Forest Reserve

We'll start our morning by heading into the heart of Tobago's Main Ridge Forest Reserve. Our main

destination is the Gilpin Trace, one of the most reliable trails on the island for finding Tobago's forest specialties. We will take our time along the trail, listening and scanning for species like Trinidad Motmot, Stripe-breasted Spinetail, Blue-backed Manakin, Yellow-legged Thrush, Collared Trogon, and Olivaceous Woodcreeper. The forest here is rich and quiet, with excellent opportunities to see both understory skulkers and canopy birds.



Trinidad Motmot

We'll enjoy a wonderful lunch as we watch hummingbirds at Hummingbird Haven where we hope to see Ruby-topaz Hummingbird and White-tailed Sabrewing among others. We'll continue birding the forest reserve after lunch and eventually make our way back to Blue Waters Inn later in the afternoon.
-Overnight: Blue Waters Inn

January 28: Little Tobago Island by Glass-Bottom Boat and Relaxed Afternoon

This morning, we'll board a glass-bottom boat from our hotel for a visit to Little Tobago Island. This small island off Tobago's northeast coast is one of the most important seabird nesting colonies in

the southern Caribbean. Once ashore, we will follow an uphill trail through dry tropical forest to a clifftop overlook, where we hope to have close-up views of Red-billed Tropicbirds, Brown Boobies, Red-footed Boobies, and Brown Noddies gliding along the cliffs.

We may also see Bridled and Sooty Terns or other pelagic species. On the return trip, we will cruise slowly along the reef near Goat Island, watching for tropical fish through the boat's glass panels and possibly spotting a hawksbill turtle near the surface. This boat trip is a highlight of the tour.



Bridled Tern

We'll have the afternoon to relax, do some birding around the hotel, and get backed up as we prepared to fly back to Trinidad the next day.

-Overnight: Blue Waters Inn

January 29: Flight to Tobago and Transfer to Mt Plaisir

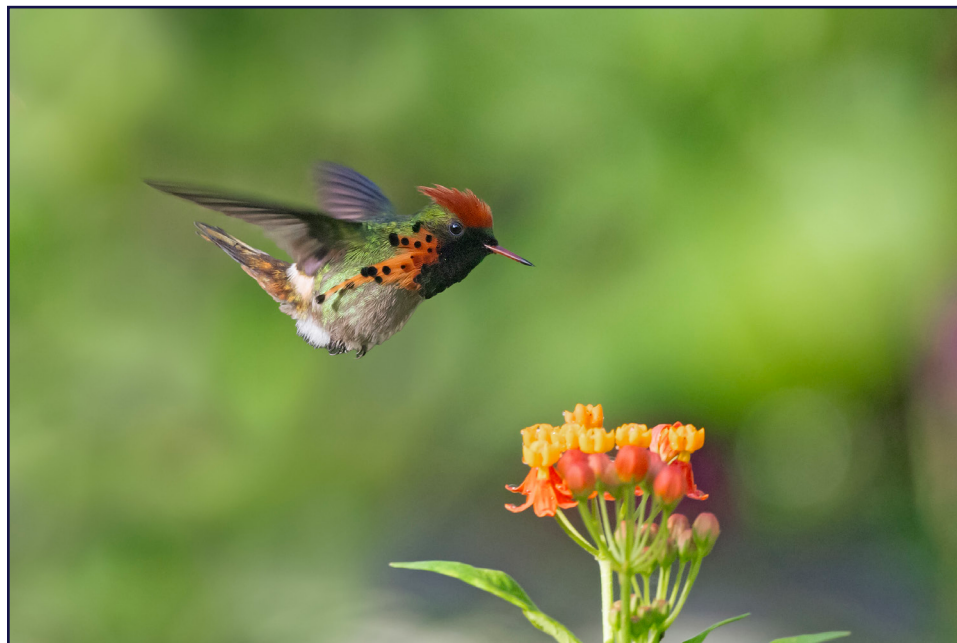
We will take a morning flight back to Trinidad where we will transfer to Mt. Plaisir Estate Hotel. This beachfront ecolodge is nestled between lush tropical rainforest and the Caribbean Sea. The drive across the island is scenic and offers a soft start to our birding here, with possible sightings of Tropical Kingbird, Yellow-headed Caracara, and Smooth-billed Ani along the way.

Once settled at the lodge, we began birding right from the property. Grande Riviere is an outstanding location for some of Trinidad's forest specialties. We will scan the surrounding trees for Channel-billed Toucan, Crimson-crested Woodpecker, Black-tailed Tityra, and both Silvered and White-bellied Antbirds. Raptors such as Plumbeous, Gray-headed, and Swallow-tailed Kites are also possible overhead.

Later in the afternoon, we will make our first trip to Montevideo Forest Reserve. This reserve is just a short drive from our hotel and is one of the best-known sites to search for the critically endangered

Trinidad Piping-Guan. These remarkable cracids, locally known as “Pawi”, are found only in Trinidad and can often be seen feeding or perched quietly in the nutmeg trees along the forested ridge. In addition to the guan, the birding is excellent in the area, and the hummingbird feeders are very active and includes highlights such as Tufted Coquette and Ruby-topaz Hummingbird.

-Overnight: Mt. Plaisir Estate Hotel



Tufted Coquette

January 30: Birding Montevideo Forest Reserve

This morning, we will start early as we head back into Montevideo Forest Reserve. If we didn't see it the previous afternoon, our main target will again be Trinidad Piping-Guan. Along the way, we will also look for species such as the Golden-headed Manakin, Red-legged Honeycreeper, and White-flanked Antwren. Antbirds are active here too, especially Silvered and White-bellied, calling from dense undergrowth. After a rewarding morning, we will return to Mt. Plaisir for breakfast and a bit of relaxation.

In the afternoon we will return to the reserve to look for any species that we may have missed on our previous visits.

-Overnight: Mt. Plaisir Estate Hotel

January 31: Transfer to Asa Wright Nature Centre and Birding at the Centre

After breakfast, we will bid farewell to Mt Plaisir and head to the world-famous Asa Wright Nature Centre, situated in the Arima Valley. As we drive, we will pass through foothill forests and rural villages that often produce surprise sightings of toucans, parrots, or raptors. We will arrive in time for lunch and a warm welcome from the lodge staff, accompanied by a refreshing local fruit juice or a classic rum punch, served on the veranda.

The Asa Wright veranda is one of the most legendary birding spots in the Neotropics. With feeders just a few feet away, we will enjoy constant views of hummingbirds like Tufted Coquette, White-necked Jacobin, and Copper-rumped Hummingbird. Bananaquits, tanagers, and honeycreepers abound. The forest edge is often active with motmots, antwrens, and the deep croaks of the Bearded Bellbird echoing in the distance.

-Overnight: Asa Wright Nature Centre

February 1: Northern Range and Blanchisseuse Road

Today, we will explore Trinidad's lush Northern Range along the famous Blanchisseuse Road. This route winds through dense foothill forest and offers some of the most diverse birding on the island. We will stop frequently to explore key birding areas, such as Las Lapas Trace and Paria Junction. Highlights for the morning could include Ochre-lored Flatbill, White-bellied Antbird, Golden-fronted Greenlet, Golden-olive and Red-rumped Woodpeckers, Hepatic, White-lined, Silver-beaked, Blue-gray, Palm, Turquoise, Bay-headed, and Swallow Tanagers, Rufous-tailed Jacamar, Euler's Flycatcher, Rufous-breasted Wren, Trinidad Euphonia, and more!



Turquoise Tanager

We will enjoy lunch in the village of Brasso Seco, where we will be treated to local cuisine and a demonstration at an active cocoa plantation. Avian highlights could include Speckled Tanager, Blue-headed Parrot, Bat Falcon, and several woodcreepers and antbirds. This is a relaxed but productive day of forest birding, with the ever-present chance of surprises like an Ornate Hawk-Eagle or a lekking manakin right off the road.

-Overnight: Asa Wright Nature Centre

February 2: Aripo Savannah and Nariva Swamp

We will start the day in the open grasslands and scattered scrub of Aripo Savannah, where dry-coun-

try birding offers an entirely different suite of species. Highlights could include Savannah Hawk, Red-breasted Meadowlark, Wattled Jacana, Green-rumped Parrotlet, Fork-tailed Palm-Swift, Yellow-chinned Spinetail, White-headed Marsh-Tyrant, Pied Water-Tyrant, Grassland Yellow-Finch, and Ruddy-breasted Seedeater.

From there, we will travel along the east coast's "Coconut Alley", where perched raptors like Yellow-headed Caracara and Plumbeous Kite often line the palm trees. We will enjoy lunch before entering Nariva Swamp, a wetland mosaic of herbaceous marsh, mangrove forest, and palm islands. This is one of Trinidad's best areas for waterbirds and rarities. With luck, we may encounter Purple Gallinule, Black-bellied Whistling Duck, Red-bellied Macaw, Striped Cuckoo, Pearl Kite, Rufous Crab Hawk, and more. We'll head back to Asa Wright for dinner and to relax after a long day in the field.

-Overnight: Asa Wright Nature Centre

February 3: Oilbird Cave and Birding Asa Wright Nature Centre

We will begin the day with a walk to Dunston Cave, an excellent place to see Oilbirds. These large, nocturnal, fruit-eating birds use echolocation to navigate through pitch-black caves and are found only in parts of northern South America, southern Central America, and Trinidad. It is a surreal experience to observe them in the daytime, roosting in the shadows just above us while the sounds of dripping water echo in the background. The birding on the hike to the cave can be excellent as well and we will look for species such as Plain Antvireo, White-flanked Antwren, White-bellied Antbird, Cocoa Woodcreeper, Golden-headed Manakin, and Red-crowned Ant-tanager.

After lunch at Asa Wright, we will bird more around the incredible grounds. We'll visit a lek of White-bearded Manakin and make a special effort to get excellent views of Bearded Bellbirds all while looking for the numerous other species that call this place home!



White-bearded Manakin

After dinner, we will take a short night walk to look for Common Potoo, nocturnal mammals, and other night creatures.

-Overnight: Asa Wright Nature Centre

February 4: Waterloo and Caroni Swamp

Today, we will explore Trinidad's west coast, starting with the expansive tidal flats near Waterloo and Brickfield. These shallow mudflats are magnets for migratory and resident shorebirds. We may find Wilson's Plover, American Golden Plover, Hudsonian Godwit, and several species of sandpipers and dowitchers. Large-billed and Yellow-billed Terns are often present, and this is one of the best areas on the island to look for rarities. Another significant area of interest is the beautiful Hindu Temple of the Sea, which is visible from our birding areas and is well worth seeing.

In the afternoon, we will head to the famous Caroni Swamp for a private boat tour through the mangrove-lined channels. As we drift through this unique habitat, we will look for Bicolored Conebill, Straight-billed Woodcreeper, Green-throated Mango, and Black-crested Antshrike. The trip ends with one of Trinidad's most iconic spectacles, as hundreds of Scarlet Ibis fly overhead as they return to their roosting site at sunset. With luck, we may also spot a Ruschenberger's Tree Boa or even a Silky Anteater tucked into the mangroves.

-Overnight: Asa Wright Nature Centre



Scarlet Ibis

February 5: Departure

After enjoying some final minutes on the famous veranda and having our final breakfast at Asa Wright, you will be transferred to the airport for your flight home.

Trip Details:

Cost:

Price per person (double occupancy), from Port of Spain, Trinidad and Tobago: \$6,499

Single Supplement: \$800

Min Participants: 6

Max Participants: 10

Price Includes:

- 2 Expert Guides
- Ground and Air Transportation in Trinidad and Tobago
- All Lodging
- All Meals
- Park Entrance Fees

Price Does Not Include:

- Airfare to and from Port of Spain, Trinidad and Tobago
- Airport Taxes
- Passport and Visa Fees
- Alcoholic Beverages
- Personal Items
- Travel Insurance
- Tips

Deposit:

A deposit of \$500 per person is required to hold your spot on this tour. The remaining balance is due no later than 3 months prior to the scheduled start date of the tour (October 27, 2027).

If you have any questions about this tour or would like to sign up for it, please contact us at info@sabrewingnaturetours.com, by phone at 317-324-8505, or register through our website at sabrewingnaturetours.com.

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