

Peru

The Forests of the Manu Road and Biosphere Reserve

Saturday 5th – Sunday 20th November 2022

Saturday 6th – Sunday 21st November 2023

NEW: Small group tour led by Frank Lambert



The prehistoric looking Hoatzin is one of the species we hope to find during our visit to the Manu Wildlife Centre © Chris Collins

Limosa's birding tour to the Manu Biosphere Reserve in South-East Peru will introduce you to one of the most incredible birding hotspots on the planet. Not only does Manu support the greatest biological diversity on Earth, but the extraordinary scenery and wilderness experience makes this one of the most memorable and exciting trips a birder can do.

As we slowly descend from the beautiful Inca capital of Cusco down the forest-covered slope of the Andes to the lowlands of Amazonia, we will move from high altitude cloud forest to tropical lowland rainforest allowing us to look for a spectacular range of species.

The number of birds we could encounter runs into the hundreds and includes some of the most colourful families in the whole of the Americas, and some of the world's most spectacular birds. On one morning, for example, we expect to see several male Andean Cocks-of-the-Rock displaying at close range, whilst on another day we will watch a multitude of parrots and macaws visiting a clay lick. We will enjoy numerous encounters with colourful tanagers and hummingbirds and seek out alluring denizens of the rainforest like motmots, trogons, antbirds, antpittas and woodcreepers.

So please join **Frank Lambert** on Limosa's truly unforgettable experience during which not only can we expect to see many fantastic birds but also a great range of mammals which could include Giant Otter, Howler and Night Monkeys, Marmosets, and, if we are lucky, even Jaguar!



There should be opportunities to look for various nightbirds with Tropical Screech Owl being one possibility © Chris Collins

Highlights

- Explore along the extraordinary Manu Road as we descend from cloud forest at 3,500m to lowland rainforest
- Look for a spectacular range of colourful birds including toucans, tanagers, macaws, cotingas and displaying Andean Cocks-of-the-Rock
- Check out feeders and flowers for up to 50 species of hummingbirds
- Travel into the rainforest wilderness of Manu down the mighty Madre de Dios river
- Visit a macaw lick in the Manu Biosphere reserve
- Search for Giant Otters on oxbow lakes
- Optional extension to the Inca citadel of Machu Picchu
- Expertly led by Limosa's Frank Lambert and a local English-speaking Peruvian bird guide.

What's Included?

- Limosa Tour Leader and expert English-speaking Peruvian bird guide
- 12 nights accommodation in comfortable jungle lodges and 2 nights in city hotels.
- All main meals and drinking water
- Minibus and motorised canoe transport
- All excursions, entry fees and permits
- All tour-based tips (hotel, meals etc) and taxes
- Limosa checklist of birds

Outline Itinerary

Day 1

Depart UK for Lima, Peru. Lima (1 night)

Day 2

Fly to Cusco on early morning flight and visit to Huarcapay Lakes. Pisac (1 night)

Days 3-4

Exploring humid temperate forests along upper section of Manu Road to 2,800m Wayquecha Lodge (2 nights)

Days 5-6

Exploring forests between 1,500-2,500m including an Andean Cock-of-the-Rock lek. Cloud Forest Lodge (2 nights)

Days 7-9

Descend to 800m. Villa Carmen Lodge (3 nights)

Days 10-13

Transfer by motorised canoe to Manu Wildlife Centre. Manu Wildlife Centre (4 nights)

Day 14

Boat ride down Madre de Dios River. Drive to Puerto Maldonado. Puerto Maldonado (1 night)

Day 15

Fly to Lima for onwards connections to UK (or to Cusco for extension to Machu Picchu).

Day 16

Arrive in UK

Tour Overview

Of all the places that world birders can visit, the Manu Biosphere Reserve is undoubtedly one of the top destinations worldwide, and not to be missed by any keen birder! Starting in the ancient Inca capital of Cusco in the Andes of Peru, this incredible tour will take us down one of the richest and most famous birding roads in the world, the Manu Road. As we slowly descend, the forest changes from high altitude cloud forest adorned with bromeliads and inhabited by colourful tanagers and mountain toucans, to mid-altitude forests where resplendent Andean Cocks-of-the-Rock display, to tropical lowland rainforests where macaws come to eat clay and Giant Otters can be seen in undisturbed oxbow lakes.

We plan to spend 13 days slowly travelling from a maximum elevation of over 3,500m (11,500 feet) to less than 200m (650 feet) staying at a series of strategically positioned lodges as we drive down this remote forested road before transferring to private river transport for most of the latter stages of our adventure. By spending time around the different lodges, we will have the opportunity to look for a truly extraordinary range of exciting birds, many of which are entirely restricted to specific altitudinal bands.

After an overnight stay in Lima, we will take a morning flight to the Inca city of Cusco where the Spanish Conquistadors completed their subjugation of the mighty Inca Empire and from there we will drive to nearby Huarcapay Lakes.

Here, we will have a gentle introduction to a number of species we are highly unlikely to see later in our tour with a variety of high Andean waterfowl likely to be present including Puna and Cinnamon Teal, Yellow-billed Pintail and Andean Duck.

We will also hope to find the stunning Many-coloured Rush-tyrant in the reedy edges and several hummingbirds including the endemic Bearded Mountaineer plus the appropriately named Giant Hummingbird. Reluctantly tearing ourselves away from the wetlands, we spend the night in Pisac below megalithic Inca terraces before beginning our journey down the extraordinary Manu Road the following morning.

Prior to reaching the final pass in the Andes and beginning our descent, we will be in much more open country passing colourful traditional Quechua farmers and their livestock. Here we will hope to see the endemic Chestnut-breasted Mountain-finch plus a host of other birds including Andean Hillstar, Andean Flicker and the endemic Creamy-crested Spintail before crossing the Ajanacu Pass and beginning our journey down the eastern slope of the Andes.

As the forest becomes ever more continuous, we will hope to find our first mixed species flocks usually comprising mountain tanagers, flycatchers and a variety of other species. We will listen out for, and then hopefully see, the gorgeous Grey-breasted Mountain-Toucan before reaching our first lodge at an altitude of 2,800 metres.

Over the next few days, we will continue our descent along the Manu Road staying at several carefully selected lodges. All of these are located at strategic altitudes, thus giving us a great opportunity to see an extraordinary range of birds and there are literally hundreds of possible species.

We will mostly bird from the road, and one of the anticipated highlights will be visiting a lek of Andean Cock-of-the-Rock just off the road. We should have some incredible views of this amazing bird as the brilliant displaying orange males make their raucous calls as they seek out a mate in the half-light of dawn and as the sun gradually rises.



The colourful Green Honeycreeper is one of the species we could well see around some feeders © Chris Collins

Hummingbirds will also be a special feature of our journey down the Manu Road and we could potentially see up to 50 species including gems such as Collared Inca, Chestnut-breasted Coronet, Violet-throated Starfrontlet, Amethyst-throated Sunangel, Purple-backed Thornbill, Scaled Metaltail and White-bellied Woodstar.

We will also aim to see some of the more elusive inhabitants of these forests including several species of antpittas. Many of these used to be regarded as some of the toughest birds in South America to see well but when a farmer in Ecuador 'trained' several (completely wild) birds to come to feeding stations for mealworms and other tasty morsels, the technique quickly spread across the continent. Whether any birds will be coming to feeders remains to be seen but either way, we will look for endemics such as the handsome endemic Red-and-White Antpitta as well as Scaled and Urubamba Antpittas.

Whilst searching through the mixed feeding flocks which can sometimes contain 30+ species, we will be on the lookout for a golden and black tanager which was first seen along the Manu Road a few years ago. This extremely colourful bird, now known as the Inti Tanager, was only described in October 2021 and whilst we would be extremely fortunate if we do catch sight of it, the fact that such a distinctive bird remained undetected in these forests for so long demonstrates that there is much more to be learnt about the birds and wildlife of this region.

After a week of slowly travelling down to c.500m, we reach the Madre de Dios River where we board a comfortable private motorised canoe for the exciting ride to Manu Wildlife Centre. With a roof to keep us out of the daytime sun and a pleasant breeze blowing, we will be able to look for our first lowland species from our boat and are likely to find Orinoco Goose, Large-billed Tern and Fasciated Tiger-heron whilst a range of parrots and macaws fly overhead as we cruise down the river passing mile after mile of untouched rainforest.

Arriving at Manu Wildlife Centre, we have four nights at this very comfortable lodge to explore the lowlands. Over 600 species have been seen in the area around the lodge and whilst we will only see a fraction of these during our stay, nevertheless, our visit should be extremely memorable and rich in birds. On one morning, we plan to take a short canoe ride downstream to the Blanquillo macaw clay-lick where we should observe the spectacle of hundreds of parrots and macaws from our comfortable hide as they visit to consume the clay.

Amongst them, we will hope to find the beautiful Orange-cheeked Parrot, as well as Blue-headed Parrots, both Mealy and Yellow-crowned Parrots, Blue-and-Yellow and Red-and-Green Macaws and a number of smaller parrot species including White-eyed Parakeet and Dusky-billed Parrotlet.

On another day, we intend to visit the lodge's canopy observation platform which is accessed by a spiral metal stairway, and this is where we can watch canopy birds at eye-level. There are literally hundreds of possibilities, but the roving canopy flocks could include Scater's Antwren, Lineated Foliage-gleaner, Three-striped Flycatcher, Red-billed Pied-tanager, Yellow-shouldered Grosbeak and a multitude of colourful tanagers and honeycreepers.

We will also aim to visit a nearby oxbow lake where we could see birds such as Hoatzin, Sungrebe and Agami Heron and if we are fortunate, we may also encounter one of the Giant Otter families that live in the area.

All too soon, it will be time to depart and, once again, we will use the motorised canoes to head further downstream, where a bus will await us for the transfer to the bustling city of Puerto Maldonado.

After an overnight stay, those continuing on for the extension to Machu Picchu will fly to Cusco whilst the rest of the group will take a flight to Lima and an onward connection to the UK.



We stand an excellent chance of finding the stunning Blue-and-yellow Macaw in Manu © Chris Collins

Daily Itinerary

DAY 1: FLY TO LIMA

Fly to Lima and spend the night in a hotel near the airport. *Night in Lima*

DAY 2: HUARCAPAY LAKES

We will take an early morning flight from Lima to Cusco from where we will drive to Huarcapay Lakes which are surrounded by Inca and pre-Inca ruins. Here we will have a gentle introduction to some of Peru's native birds including many species we are unlikely to see later in our holiday.

There should be a good variety of high Andean waterfowl including Puna and Cinnamon Teal, Yellow-billed Pintail and Andean Duck, as well as White-tufted Grebe and Andean Coot. Around the edges of the lake, we will look for the appropriately named Many-colored Rush-tyrant, as well as Yellow-winged Blackbird, Puna Ibis, Plumbeous Rail and Andean Negrito.

After a leisurely picnic lunch by the lake, we will explore the surrounding arid scrub for our first endemics including the impressive Bearded Mountaineer. This hummingbird has a somewhat restricted range in the Andes of central-southern Peru and other 'hummers' we could find include the appropriately named Giant Hummingbird.

Reluctantly leaving the wetlands, we will drive alongside the Vilcanota River before reaching the small town of Pisac which is situated below megalithic Inca terraces. *Night in Pisac*

DAY 3: INTER-ANDEAN VALLEYS, AJCANACU PASS TO WAYQUECHA LODGE (2,800 METRES/9,200 FEET)

We will make an early start aiming to make our first stop as the sun hits the inter-Andean slopes passing colourfully dressed traditional Quechua farmers and their livestock.

Our first target bird is the endemic Chestnut-breasted Mountain-finch, an impressive looking bird with a comparatively small range in the intermontane valleys around Cusco. We should also find Andean Hillstar, Andean Flicker, Black-throated Flowerpiercer and Chiguanco Thrush before travelling a little further where we look for our second endemic of the morning, the Creamy-crested Spinetail.

Continuing onwards, we will drive through the last Andean pass, Ajcanacu (3,530m/11,600 feet), and if the weather is clear we should be able to look out over the Amazon basin as it stretches into the distance, just as the Incas did when they worshipped the sun rising up over the endless rainforest.

We are now on the upper section of the famous Manu Road and as it begins its gradual descent towards the Amazon lowlands, the forest becomes more continuous, and we will enter the eastern slope cloud forest. There are lots of possibilities and those we could see include Grey-breasted Mountain-Toucan, Collared Jay and Mountain Cacique.

We plan to arrive at our accommodation by late afternoon, which is located at 2,800m (9,200 feet) and in the evening will hope to find the appropriately named Swallow-tailed Nightjar. *Two nights at Wayquecha Lodge*



During the course of our tour, we could see up to 50 species of hummingbirds with many attracted to feeders close to the lodges where we stay © Chris Collins



We will almost certainly hear and will hope to see the extremely camouflaged Common Potoo © Chris Collins

DAY 4: HUMID TEMPERATE FORESTS AROUND WAYQUECHA LODGE

After an early breakfast, we will have a full day to explore the humid temperate forest. We are likely to start at the tree line and then spend the rest of the day slowly travelling downhill through the forest with most of our birding done from the quiet roadside. Species we will hope to find include Moustached Flowerpiercer, Tit-like Dacnis and the gorgeous Golden-collared Tanager.

We will also be listening out for mixed feeding flocks as these move through the forest and species we could find include the appropriately named Grass-green Tanager, as well as Hooded Mountain-Tanager, Black-throated Tody-Flycatcher and Barred Fruiteater.

DAYS 5-6: WAYQUECHA LODGE TO COCK-OF-THE-ROCK LODGE (1,300 METRES/4,300 FEET)

As we enjoy breakfast, we will again be greeted with a varied dawn chorus, with the possibilities including two endemics antpittas: Red-and-White Antpitta and Urubamba Antpitta.

We plan to spend the day birding down the little-travelled Manu Road, which is bordered with pristine forest, until we reach our next lodge at San Pedro. Some of the special birds which we could see include Black-and-Chestnut Eagle, Andean Guan, Crimson-mantled Woodpecker, Bar-bellied Woodpecker and the endemic Marcapata Spinetail.

There could well be a good selection of hummingbirds with the possibilities including Collared Inca, Chestnut-breasted Coronet, Violet-throated Startfrontlet, Amethyst-throated Sunangel, Purple-backed Thornbill, Scaled Metaltail and White-bellied Woodstar.

On one morning, we will visit a spectacular Andean Cock-of-the-Rock lek which is just a few minutes' drive away from our lodge. There is a hide to minimise disturbance to the birds and this should allow us to observe the amazingly colourful males as they perform their dawn display rituals.

Behind our lodge, there are a series of trails which will allow us to explore the cloud forest understorey and look for various species we are less likely to see whilst birding along the road. Possibilities include Chestnut-breasted Wren, Scaled Antpitta, Rufous-breasted and Short-tailed Antthrushes, Slaty Gnateater and the endemic Cerulean-capped Manakin.

For those who wish, there is also likely to be the option of some night birding with Foothill and Rufescent Screech-owls, Rufous-banded Owl, Lyre-tailed Nightjar and Andean Potoo all resident in the area. *Two nights at Cock-of-the-Rock Lodge*

DAY 7: COCK-OF-THE-ROCK LODGE TO VILLA CARMEN LODGE (500 METRES/1,600 FEET)

After a dawn breakfast, we will leave Cock-of-the-Rock Lodge and spend the day slowly birding down the road until we reach our next lodge, Villa Carmen. Our focus will be the stretch of upper tropical zone forest between 1,500-800 metres (4,900-2,600 feet) altitude.

This upper tropical forest zone has largely disappeared along much of the Andean slopes due to the conditions being ideal for cash crops such as tea, coffee and coca. Fortunately, in this part of Peru it remains largely undisturbed, and this should be another fantastic day of mile after mile of untouched forest.

As on other days, we will make a series of stops as we slowly descent and one of these will be at some hummingbird feeders where we will hope to find Peruvian Piedtail.

This area is also where a spectacular but currently undescribed species of tanager has been seen and whilst the bird appears to be genuinely uncommon, it has been seen on a number of occasions.

Other birds which we may see on this stretch of road include Rufous-breasted Wood-quail, Speckle-faced Parrot, Yungas and Three-banded Warblers, Long-tailed Sylph, Lanceolated Monklet, Versicolored Barbet, Russet Antshrike, Rufous-lored Tyrannulet, Marble-faced Bristle-tyrant, Golden-collared Honeycreeper, White-winged Tanager, Yellow-throated Bush-tanager and the endemic Black-backed Tody-Flycatcher.

We plan to arrive at the comfortable Villa Carmen Lodge in time for some birding in the lodge grounds before dinner. *Night at Villa Carmen Lodge*

DAYS 8-9: VILLA CARMEN LODGE

The area around Villa Carmen Lodge is characterised by large stands of Chusquea bamboo and we will spend some of our time looking for some of the specialities of this micro-habitat including White-cheeked Tody-Tyrant, Dusky-cheeked Foliage-gleaner, Rufous-headed Woodpecker, Manu, White-lined and Goeldi's Antbirds, Red-billed Scythebill, Bamboo Antshrike and Dot-winged Antwren.

There are plenty of other species to see at this comfortable lodge and, once again, we will visit some feeders but here there are not only some which attract a wide variety of hummingbirds but others which Amazonian Antpitta and various Tinamous often visit.

We also plan to bird along the road to Atalaya where there are lookout points which can be good for both Blue-headed and Military Macaws. *Two further nights at Villa Carmen Lodge*

DAY 10: VILLA CARMEN LODGE TO MANU WILDLIFE CENTRE

After an early breakfast, we will board comfortable private motorised canoes for the journey to Manu Wildlife Centre. Our boats are roofed and fitted with comfortable padded bucket seats and it should take about four hours on the Alto Madre de Dios river to reach the confluence with the Manu river, where it is then another two hours until we reach the very comfortable Manu Wildlife Centre.

The river trip is a real highlight of our trip as we leave the last foothills behind and enter the Amazon basin. On the river journey, we will have the opportunity to see some of the typical riverside species such as Pied Lapwing, Collared Plover, Fasciated Tiger-heron, Orinoco Goose and Large-billed and Yellow-billed Terns. We are also likely to see many species of macaw and parrot flying by, as well as various birds of prey.



We should see the handsome Pied Lapwing as we travel down the Madre de Dios and Manu Rivers to Manu Wildlife Centre © Chris Collins

We will aim to arrive at the Manu Wildlife Centre in the late afternoon where our accommodation is comfortable, with bungalows that have private bathrooms and hot water. There are also spacious dining and bar complexes. *Night in Manu Wildlife Centre*

DAYS 11-13: MANU WILDLIFE CENTRE

We will spend three days based at the Manu Wildlife Centre. The area around this lodge has the most forest types of anywhere in Manu, and thus the highest biodiversity, which means the most species of birds with over 600 species having been recorded!

On one morning, we plan to take a short canoe ride downstream to the Blanquillo macaw clay-lick. Here, we will be able to enjoy the spectacle of hundreds of parrots and macaws from our comfortable hide as they visit the lick. We should see the beautiful Orange-cheeked Parrot, hundreds of Blue-headed Parrots and both Mealy and Yellow-crowned Parrots. Smaller visitors include White-eyed, Cobalt-winged and Dusky-billed Parrotlets.

On another day, we will spend time at a canopy observation platform, accessed by a spiral metal stairway where we will have a completely different view of the forest and will watch for canopy flocks. These could include Sclater's Antwren, Lineated Foliage-gleaner, Three-striped Flycatcher, Yellow-shouldered Grosbeak and a multitude of tanagers, dacnises and honeycreepers.



We stand an excellent chance of seeing several species of macaws during the tour including Red-and-Green Macaw © Chris Collins

We will also visit a nearby oxbow lake where we will look for lakeside birds such as Hoatzin, Sungrebe, Agami Heron, Silvered Antbird, Amazonian Streaked Antwren and Rufous-sided Crake. We may also be lucky and see one of the Giant Otters families which live in the area.

There is also a large mammal lick in the forest which we will aim to visit. Apart from attracting tapirs, peccaries and maybe even a jaguar, the mammal lick also attracts guans, curassows, chachalacas as well as Rose-fronted and Rock Parakeets.

The rest of our time will be spent birding the extensive trail systems around the Centre which have been designed to allow visitors to experience the different forest types. Varzea, terra firme and mature transitional floodplain forest, as well as large stands of bamboo, are all to be found here resulting in the opportunity to see an amazing range of birds. Some of the more unusual species we will be searching for in the bamboo include Rufous-headed Woodpecker, Peruvian Recurvebill, Brown-rumped Foliage-gleaner, Ornate Antwren and Striated Antbird.

There is also a long list of scarcer forest species we will look for and these include Razor-billed Curassow, Pale-winged Trumpeter, Sunbittern, Pavonine Quetzal, Purus Jacamar, Cream-coloured Woodpecker, Ocellated Woodcreeper, Collared Puffbird, Ash-throated Gnateater, White-throated Antbird, Black-spotted Bare-eye and Black-faced Cotinga.

On at least one evening, we will look for some of the nightbirds which can be found not far from the Centre with the possibilities including Long-tailed, Great and Common Potoos, Amazonian Pygmy-owl, Spectacled Owl, Ocellated Poorwill and Silky-tailed Nightjar. *Three further nights at Manu Wildlife Centre*

DAY 14: MANU WILDLIFE CENTRE TO PUERTO MALDONADO

We will make an early start in our comfortable boats for the journey to the remote town of Boca Colorado. Once again, we will pass mile after mile of pristine forest and can expect to find more parrot flocks, as well as many of the more widespread river edge species.

Leaving our boats, we will take a one-hour ride in local transport to the Inambari river and after crossing over to the other bank will board our waiting bus for the ride to the bustling frontier town of Puerto Maldonado. *Night in Puerto Maldonado*



The Sungrebe can be found on some of the oxbow lakes in Manu but is generally somewhat elusive © Chris Collins



The Black-capped Donacobius only breeds in marshy habitats and we should see it around the oxbow lakes near Manu Wildlife Centre © Chris Collins

DAY 15: PUERTO MALDONADO TO LIMA AND FLIGHT TO UK

There should be time for some early morning birding around the airport and we can expect to find plenty of new species including Red-breasted Blackbird, White-tailed Kite and a selection of seedeaters. Other birds we will be hoping to see include Black-banded and Grey-breasted Crakes, Grassland Sparrow, Black-faced Tanager, Barred Antshrike, Crested Caracara and Lesser Yellow-headed Vulture. We will also make a special effort to find the range-restricted White-throated Jacamar.

We will then take a morning flight to Lima and then an onward overnight connection to the UK.

DAY 16: ARRIVE UK

We will arrive in the UK where our tour to Peru concludes.

MACHU PICCHU EXTENSION

For those who are interested, we can organise a short extension at the end of the tour to the Inca citadel of Machu Picchu. Please contact the office to enquire if you are interested in this opportunity.

Trip Information

GROUP SIZE

10 participants plus one UK leader and a Peruvian local bird guide.

WHAT TO EXPECT

The remote Manu Road which runs down the eastern slope of the Andes from near the Inca town of Cusco to the Amazonian lowlands is unquestionably one of the richest birding roads anywhere in the world. As we descend, we will gradually move from high altitude cloud forest to tropical lowland rainforest allowing us to look for a spectacular range of birds.

Staying at strategically lodges, we can expect to encounter hundreds of species including colourful toucans and tanagers, several dozen species of hummingbirds and the more cryptic antpittas and antbirds. Our tour then concludes with four nights in the Manu Biosphere Reserve which has the greatest biological diversity of anywhere on the planet and where the highlight could well be a visit to a clay lick where hundreds of parrots often gather.

We stay in rustic but comfortable lodges throughout our stay (with a city hotel on the first and last nights) and despite the remoteness of our location, a number of these even have wireless internet and hot water!

Expect a mix of sunshine and showers (some of which potentially could be heavy) throughout our stay and whilst some mornings in the highlands will be cool (potentially down to 5-6C), the temperature quickly rises and in the lower section of the Manu Road and

at Manu Wildlife Centre, it will be hot and humid throughout with the temperature typically between 28-32C (82F-90F) during the day.

There should be good photographic opportunities around the lodges where we stay and along the Manu Road but when walking the forest trails, the low light levels can make this more challenging.

BIRDS

375-475 species

ACCOMMODATION 14 nights accommodation with two nights in comfortable town/city hotels (Lima and Puerto Maldonado) and twelve nights in four remote jungle lodges. All of these will be in comfortable cabins with private facilities and mosquito nets. Most of our selected lodges have hot water showers.

Food will be good quality Peruvian cooking and if we are advised in advance, it should be possible to cater for vegetarians and gluten-free diets.

Single travellers: please note that at Wayquecha Lodge (where we spend 2 nights), single rooms are generally not available, and you may have to share. The single supplement price does not guarantee a single at this particular lodge.

MEALS All main meals are included in the tour price, commencing with dinner on Day 1 and concluding with breakfast on Day 15. Lunches will be a mixture of meals taken at the lodges and picnics on travel days.

WALKING Mostly easy to moderate although it will be hot and humid in the lowlands which can make it more tiring so some participants may wish to bring a lightweight stool as we can be out for 4-5 hours on occasions. Most walks are on mainly easy terrain and/or downhill. A few walks will be a little longer but taken at a gentle pace.

Comfortable waterproof walking shoes with stout corrugated soles for grip are advised and when we go on forest trails, wellingtons/rubber boots are recommended.

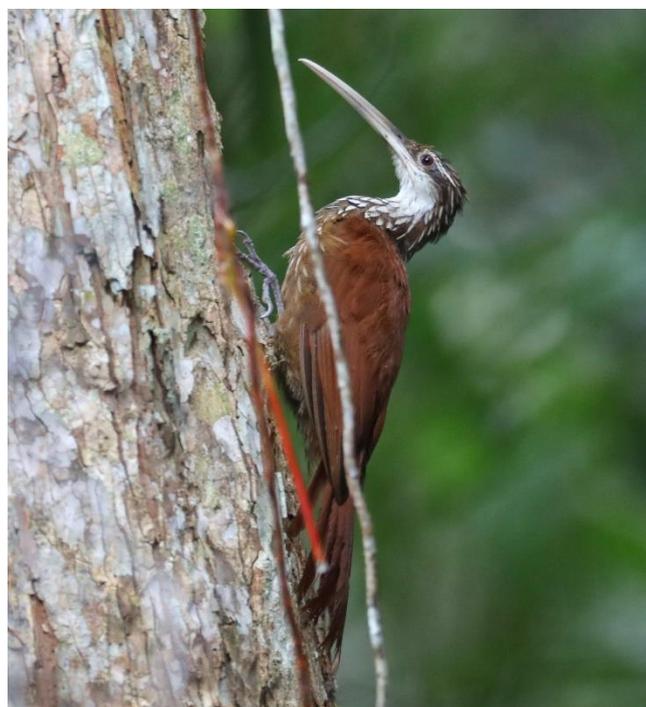
Our trip will start in Cusco at an elevation of c.3,400m (c.11,000ft).

TRAVEL Due to the pandemic, it is proving extremely difficult to predict future flight prices and schedules, especially when a trip is scheduled for beyond the period when flights can be booked. As a result, we have taken the decision to price our holidays as excluding all flights.

To keep the process as simple as possible for our clients, however, we are now working closely with a dedicated agent at Travel Counsellors who will be able to advise you which flights we are recommending and he will be able to book these for you.

GROUND TRANSPORT

By minibus and private comfortable motorised canoe. On the longer canoe rides, the canoes have a cover to protect you from the sun.



Long-billed Woodcreeper © Chris Collins

Tour Cost

2022 (16-day tour):

Land only cost: £5695

Deposit: £1000

Single Supplement: £995 (*although please note this does not include a single room at Wayquecha Lodge*)

Cost includes

- Limosa Tour Leader
- Expert English-speaking Peruvian bird guide
- 12 nights accommodation in comfortable but remote jungle lodges and 2 nights in city hotels.
- All main meals
- Minibus and motorised canoe transport
- All excursions, entry fees and permits
- All tour-based tips (hotel, meals etc) and taxes
- Limosa checklist of birds

Cost excludes

International and national flights, insurance, drinks, airport meals/snacks and other items of a personal nature.



We will hope to see the appropriately named Rufous Tiger Heron during our stay at Manu Wildlife Centre © Chris Collins

About Your Guide

Frank Lambert Like many British bird guides, Frank birded all over the UK in his teens, first venturing abroad on a birding trip at age 16. A few years later, he set out with friends on an epic eight-month overland adventure, driving from the UK through Europe, Iran and Afghanistan to India and Nepal. A couple of years later, he birded for 7 months from Egypt, through the Sudan to Uganda and Kenya. Since then, he has birded in most parts of the planet, aided by living in Asia for more than 20 years and in South America for another seven.

After getting his degree in Ecology at the University of East Anglia, Frank spent four-years studying fruit-eating birds in Malaysian lowland rainforest for which he was awarded a PhD from the University of Aberdeen. He went on to study birds in logged forests at the now famous Danum Valley conservation area in Sabah, Borneo, before working for various international conservation NGOs (most notably BirdLife International) in Indonesia, Thailand, Philippines, Vietnam and Cambodia. Subsequently, he birded widely in South America, using Cusco, Peru, as his base.

Although Frank led some tours in Southeast Asia in the 1990s, it was not until 2004, when Manu Expeditions employed him in Peru, that he became a professional bird guide. He has guided numerous birding tours in Asia, Australasia, and the Americas.

Even whilst working as a bird guide, Frank has devoted much of his spare time to birding off the beaten track, as well as undertaking voluntary conservation-related survey work in the Amazon and Marañón regions of Peru, Atlantic forests of Brazil, in various reserves in Colombia and Paraguay, on Codfish Island (New Zealand) and in East Timor.

Frank has written more than fifty papers on birds and is the author of the Pica Press guide to *Pittas, Broadbills and Asities*.

He has made numerous discoveries of significance including finding several new birds to science (Talaud Rail, Talaud Bush-hen, Sangihe Scops Owl and Rufous Twistwing) and is a passionate bird sound recordist and has made sound recordings of more than 4,500 species.

Currently Frank lives with his wife Lia near Cley-Next-the-Sea, Norfolk, one of Britain's best-known birding destinations, where he spends much of his spare time birding his local patch.



Vaguely reminiscent of a Eurasian Hobby, the Bat Falcon very much fills the same ecological niche in South America © Chris Collins

How to Enquire

Due to the considerable uncertainty created by the pandemic, Limosa Holidays are not currently accepting bookings for any trips, however, you are welcome to contact us either by email or phone to register your interest in any of our holidays.

Whilst some tour companies may be willing to take a deposit from you and say a trip is a "confirmed departure", our approach is going to be to wait a little longer as we consider this both honest and realistic.

Once we are confident that the trip can run, we will be in touch to confirm your place and ask for a deposit.

We do encourage you to register your interest as we are expecting considerable demand, once the consensus is that it is safe to travel again.

Any Questions

Please do not hesitate to contact us by email or phone. Our office is generally open from 09:30-17:30 but you are welcome to contact us outside these times too. We are happy to take calls in the evening and at weekends but if no one is available the call will go to our answerphone.

Thank you for your interest in our tours. We do hope that you will be able to join us once the pandemic is over and we look forward to hearing from you.