

ITINERARY
MEXICO: OAXACA
A Special Tour for Maine Audubon
March 16-23, 2019



Boucard's Wren is an endemic of south-western Mexico, including much of the state of Oaxaca. Photograph by guide Cory Gregory.

We include here information for those interested in the 2019 Field Guides Oaxaca tour:

- a general introduction to the tour
- a description of the birding areas to be visited on the tour
- an abbreviated daily itinerary with some indication of the nature of each day's birding outings

Those who register for the tour will be sent this additional material:

- an annotated list of the birds recorded on a previous year's Field Guides trip to the area, with comments by guide(s) on notable species or sightings (may be downloaded from our web site)
- a detailed information bulletin with important logistical information and answers to questions regarding accommodations, air arrangements, clothing, currency, customs and immigration, documents, health precautions, and personal items
- a reference list
- a Field Guides checklist for preparing for and keeping track of the birds we see on the tour
- after the conclusion of the tour, a list of birds seen on the tour

This tour offers rewarding winter birding in an area of Mexico with a high concentration of endemic species. The combination of a city with a rich archaeological and cultural heritage, short drives to numerous birding areas, and the possibility of seeing nearly twenty Mexican endemics (as well as many other interesting species), makes this tour a winner.

The beautiful colonial city of Oaxaca might itself be considered old were it not for the fact that the scenic semi-arid valley in which it stands is studded with the truly ancient cities of the pre-Columbian Zapotec culture. The imposing ruins of Monte Alban, overlooking the present-day city of Oaxaca, and Yagul, in the giant cactus forest to the south of the city, are reminders that a complex and advanced civilization flourished here millennia before the arrival of European

conquistadores. The present day Zapotecs, many still clothed in colorful traditional dress, are living testimony to the concurrent existence of several different and distinctive cultures in modern Oaxaca.

Oaxaca is located at the crossroads of several major biogeographic regions of Mexico, and its bird life is influenced by all of these. The resultant mixture includes nearly two-dozen species endemic to Mexico. Some of these include West Mexican Chachalaca, Boucard's and Gray-barred wrens, White-throated and Collared towhees, Dusky and Beautiful hummingbirds, Bridled and Oaxaca sparrows, Gray-breasted Woodpecker, Dwarf Jay, Rufous-capped Brush-Finch, Russet Nightingale-Thrush, Ocellated Thrasher, Blue Mockingbird, Red Warbler, and Slaty and Dwarf vireos.

About the Physical Requirements & Pace: Participants on this tour should be in reasonably good health and able to walk up to three miles in a day at a "birder's pace." (As we do a fair amount of standing in place while birding, we recommend small folding stools for those who would be more comfortable sitting.) Our birding will generally take place along wide dirt roads, some of which involve mild to moderate elevation change. If circumstances warrant (for example, a bird is calling from nearby, but somewhere off the road), we may offer optional short side trips on narrower, occasionally steeper, trails in search of particular species. Also be aware that during the visits to the ruins we will encounter some steep steps. Viewing conditions are generally good. Our main purpose is for all to see well and enjoy a rich diversity of species, but we prioritize the region's endemics and specialty species.

The city of Oaxaca sits about a mile above sea level, and we'll climb (by vehicle) to nearly 10,000 feet on a couple of days in the surrounding mountains. Because of the elevation, we take our hikes at a very moderate, even slow pace, but those who have trouble with altitude may wish to bring along medication to combat altitude sickness.

In the valley of Oaxaca, cool mornings quickly give way to warm, sunny days, and hot, breezy afternoons. **Early starts are necessary to take full advantage of morning bird activity, and we'll meet for breakfast at 6:00 a.m. on all mornings.** As the temperature climbs and bird activity drops off, our focus will shift a bit on several days to include other interesting features of the natural and cultural richness of Oaxaca, including a visit to the rug-producing town of Teotitlan del Valle, as well as to some of the finer ruins—including Monte Alban, Yagul, and Mitla. In the mountains, the temperature typically remains a bit cooler all day, so we'll continue to bird throughout the day on those visits. On a couple days, we may return to the hotel earlier than 5:30 p.m., but on most days, we will be away from the hotel all day.

One of the many advantages of birding out of a single site is the flexibility afforded to those who would like to skip a planned group activity and do something—or nothing—on their own. This is certainly a happy option in Oaxaca; our lovely hotel has a big pool and a bird garden and is an easy walk (or a quick cab ride) from the shops and museums at the city's center.

If you are uncertain about whether this tour is a good match for your abilities, please don't hesitate to contact our office; if they cannot directly answer your queries, they will put you in touch with the guide for the tour.



*Gray Silky-Flycatchers travel in small flocks. We'll look for them in the pine-oak forests of the mountains.
Photograph by guide Cory Gregory.*

About the Birding Areas

The Valley of Oaxaca—The large interior valley in which Oaxaca City is located is on relatively level ground, sloping up to the ringing wall of high mountains that surround it. Arid subtropical scrub, including areas of giant yucca and giant cactus forest, clothe parts of the valley floor and lower slopes. On the higher slopes, dense areas of scrub and scrub oak support Oaxaca Sparrow, Ocellated Thrasher, Slaty Vireo, White-throated Towhee, and a number of species widespread in the Mexican highlands. More open, semi-desert habitats, including areas of giant columnar cactus, host the beautiful Bridled Sparrow, Gray-breasted Woodpecker, Boucard’s Wren, and Beautiful and Dusky hummingbirds. The valley floor is at approximately 5000 feet, and the weather is typically warm and dry at this season.



Cerro San Felipe—The higher mountains surrounding the Valley of Oaxaca are most accessible on the slopes of Cerro San Felipe in the Sierra Aloapaneca, north of the city. Although lumbering has occurred here, there are still magnificent forests of humid pine-oak and fir, as well as broadleaf “cloudforest.” The distinctive highland avifauna of Mexico is restricted from further expansion by the low-lying Isthmus of Tehuantepec, just east of the mountains surrounding Oaxaca City. Many montane species, including several endemic to Mexico, reach their southern limits here. The most famous, partly because Cerro San Felipe is the only accessible place in the world where they can be found, are the endemic Dwarf Jays. These small, often quiet, jays frequently travel in mixed flocks through the canopy of humid montane forests with other highland specialties, including Gray-barred Wren, Spot-crowned Woodcreeper, and Chestnut-sided Shrike-Vireo. Black Robin, the enigmatic Aztec Thrush (rare and erratic here as elsewhere

in its range), Mountain Trogon, Rufous-capped Brush-Finch, the elusive Long-tailed Wood-Partridge, Red Warbler, Collared Towhee, and Russet Nightingale-Thrush are among some of the other interesting species that inhabit these beautiful forests. Our birding will take place along dirt logging roads, where we will try to do our walking downhill as much as possible. Most grades are gentle to moderate, but a few may be steep. The elevation of our birding activity ranges from approximately 7000 to 9600 feet. Temperatures at these elevations will be chilly in the early mornings, but should warm to comfortable levels if skies are clear.

Itinerary for Mexico: Oaxaca

Day 1, Sat, 16 Mar. Arrival in Oaxaca. Upon arrival into Oaxaca City, you’ll be met at the airport by our local driver (who should be carrying a sign with your name and “Field Guides” on it) and transferred directly to our hotel. The ride from the airport to our hotel takes 30-45 minutes. We’ll get together in the hotel lobby at 7:00 p.m. for a short get-acquainted session; then, we’ll head to dinner, where we’ll discuss our plans for the tour. Night in Oaxaca City.

Days 2-7, Sun-Fri, 17-22 Mar. The Oaxaca area. We will have six full days to thoroughly bird the Oaxaca area. This will allow us considerable flexibility in our daily schedule, so that repeat visits to key areas will be possible if deemed necessary to our goal of finding the endemic and specialty birds of the region. Our daily destinations will be announced by the guides, usually at dinnertime the night before, and will include all major habitats and proven birding sites in the vicinity. We will certainly visit the lush forests of Cerro San Felipe on at least two days, and we’ll pay a visit to the ruins of Monte Alban, Yagul, and Mitla. While the focus of the tour will be on birding, there will be ample opportunity to sample the rich Zapotec culture, both in the markets and shops of the city (where you may wish to spend an afternoon) and in the outlying villages. Nights in Oaxaca City.

Day 8, Sat, 23 Mar. Departure for home. You may schedule your departure for any time today; we will provide transportation to the airport based on departure times. *¡Que les vaya bien!*



*Chestnut-sided Shrike-Vireo is near endemic to Mexico, found in the mountains in southern Mexico into southern Guatemala.
Photograph by guide Cory Gregory.*

About Your Guides

Cory Gregory started learning birds on flashcards at the age of three, but it wasn't until the ripe age of ten that things started to get more serious. Since then he has traveled to Central and South America, Australia, and all 50 states to try to get his fill of birding (and it hasn't worked yet!).

Cory earned a B.S. in zoology in Michigan, where he also worked for Whitefish Point Bird Observatory for several seasons. He then ventured to Iowa State University, where he earned a M.S. studying Long-billed Curlews in Nebraska. As an avid shorebird ecologist, he has handled more than 2000 shorebirds of more than 30 species.

After finishing school, Cory worked for several organizations as a shorebird ecologist and guided on St. Paul Island in the Pribilofs of Alaska for the 2014 and 2015 seasons. It was on St. Paul that his dream of stumbling on a first North American record was finally fulfilled. Cory is currently based out of Missouri where, when not on tour, he pursues his interest in birds, butterflies, and dragonflies with abandon.

Cory has co-led Field Guides groups to Arizona, Cape May, Oaxaca, Texas, and Australia and has a busy and wide-ranging schedule coming up for 2017-18 --from the US and Canada to Mexico, Costa Rica, Panama, and Peru.

Visit <https://fieldguides.com/guides> for Cory's complete tour schedule; just click on his photo.

Doug Hitchcox, a Maine native, grew up in Hollis and graduated from the University of Maine in 2011. Throughout college Doug worked at Scarborough Marsh Audubon Center and was hired as Maine Audubon's staff naturalist in the summer of 2013, a long time "dream job." In his free time, Doug volunteers as one of Maine's eBird reviewers, is the owner and moderator of the 'Maine-birds' listserv and serves as York County Audubon board member and member of the Maine Bird Records Committee.

"Cory Gregory ... is a world-class birder with exceptional sight, hearing, and bird knowledge. His personality is fantastic: very friendly, funny, witty, helpful." C. B., Maine.

Financial Information

FEE: \$2475 from Oaxaca (includes a \$100 per person donation to Maine Audubon)

DEPOSIT: \$250 per person

FINAL PAYMENT DUE: November 16, 2018

SINGLE SUPPLEMENT (Optional): \$450

LIMIT: 14

Other Things You Need to Know

TOUR MANAGER: The manager for this tour is Ruth Kuhl. Ruth will be happy to assist you in preparing for the tour. If you have any questions, please don't hesitate to call her!

DOCUMENTS: For US citizens traveling to Mexico, a current passport is necessary to reenter the United States. If you are not a US citizen, please check with the Mexican consulate nearest you for entry requirements. Information about consulates and entry requirements is generally available online or you can contact us and we will be happy to look this up for you. Passports should have an adequate number of blank pages for your entire journey. Some countries require a blank page for their stamp and as a precaution it is best to have one blank page per country you will visit or transit.

IMPORTANT INFORMATION ABOUT IMMIGRATION IN MEXICO: Upon arrival in Mexico, the immigration officer will give you a paper form which you MUST keep with you at all times with your passport. Failure to present this when you are leaving for home will result in at least an extra day's delay.

AIR ARRANGEMENTS: Flights are available from most cities to Oaxaca via Mexico City or Houston. Field Guides is a full service travel agency and your tour manager will be happy to assist you with flights to join this tour. Field Guides does not charge a service fee for these services to clients booking a tour. However, we understand that tech-savvy clients often prefer to shop online or that you may wish to use mileage to purchase tickets. Regardless of which method you choose, your tour manager will be happy to provide assistance regarding ticket prices and schedules, along with rental cars and extra hotel nights as needed.

Please be sure to check with your tour manager prior to purchasing your ticket to make sure the flights you have chosen will work well with the tour itinerary and that the tour is sufficiently subscribed to operate. Once purchased, most airline tickets are non-refundable and carry a penalty to change. Field Guides cannot be responsible for these fees.

Also, it is imperative that we receive a copy of your comprehensive flight itinerary—including any and all flights not covered in the tour fee—so that we may track you in the event of missed connections, delays, or other mishaps.

LUGGAGE: Please be aware that many airlines have recently modified their luggage policies and are charging additional fees for checked bags. Updates could easily occur before your departure, so you may wish to contact your airline to verify the policy. Additional charges for bags on any flights, whether these are covered by the tour fee or not, will be the client's responsibility.

TOUR INCLUSIONS/EXCLUSIONS: The **tour fee** is \$2475 for one person in double occupancy from Oaxaca City. It includes all lodging from Day 1 through Day 7, all meals from dinner on Day 1 through dinner on Day 7, all ground transportation including airport transfers, entrance fees, **a donation of \$100 per person to Maine Audubon**, and the guide services of the tour leader(s). Tipping at group meals and for drivers, porters, and local guides is included in your tour fee and will be handled for the group by your Field Guides leader(s). However, if you would like to recognize your Field Guides leader(s) or any local guide(s) for exceptional service, it is entirely appropriate to tip. We emphasize that such tips are optional and not expected.

The above fee does not include your airfare to and from Oaxaca City, airport taxes, any checked or carry-on baggage charges imposed by the airlines, any alcoholic beverages, breakfast on Day 8, optional tips to local drivers, phone calls, laundry, or other items of a personal nature.

The **single supplement** for the tour is \$450. If you do not have a roommate but wish to share, we will try to pair you with a roommate from the tour; but if none is available, you will be billed for the single supplement. Our tour fees are based on double occupancy; one-half the cost of a double room is priced into the tour fee. The single supplement is

calculated by taking the actual cost of a single room and subtracting one-half the cost of a double room (plus any applicable taxes).

TOUR LIMITS: Our limits are firm and we don't exceed the limit by one to accommodate a couple when only one space remains open. However, on occasion, we will send along a guide in training on a tour. In these cases, one seat in the van or bus will be taken by the guide in training. Our guides will have a rotation system within the vehicle so that clients share the inconvenience equally. We hope this minor inconvenience will be more than offset by the advantages of having another guide along.

TOUR REGISTRATION: To register for this tour, complete the Registration/Release and Indemnity form and return it with a **deposit of \$250** per person. If registering by phone, a deposit must be received within fourteen days, or the space will be released. **Full payment** of the tour fee is due 120 days prior to departure, or **by November 16, 2018. We will bill you for the final payment at either 120 days or when the tour has reached sufficient subscription to operate, whichever date comes later.** Since the cost of your trip insurance and airline tickets is generally non-refundable, please do not finalize these purchases until you have received final billing for the tour or have been advised that the tour is sufficiently subscribed to operate by your tour manager.

SMOKING: Almost all of our clients prefer a smoke-free environment. If you smoke, please be sensitive to the group and refrain from smoking at meals, in vehicles, and in proximity to the group on trails and elsewhere.

CANCELLATION POLICY: Refund of deposit and payment, less \$100 handling fee, will be made if cancellation is received up to 120 days before departure. If cancellation occurs between 119 and 70 days before the departure date, 50% of the tour fee is refundable. Thereafter, all deposits and payments are not refundable.

This policy only applies to payments made to Field Guides for tour fees (and any services included in those fees). Airline tickets not included in the tour fee and purchased separately often carry penalties for cancellation or change, or are sometimes totally non-refundable. Additionally, if you take out trip insurance the cost of the insurance is not refundable so it is best to purchase the policy just prior to making full payment for the tour or at the time you purchase airline tickets, depending upon the airlines restrictions.

The right is reserved to cancel any tour prior to departure, in which case full refund will constitute full settlement to the passenger. The right is reserved to substitute in case of emergency another guide for the original one.

TRIP CANCELLATION & MEDICAL EMERGENCY INSURANCE: We strongly recommend you consider purchasing trip cancellation (including medical emergency) insurance to cover your investment in case of injury or illness to you or your family prior to or during a trip. Because we must remit early (and substantial) tour deposits to our suppliers, we cannot offer any refund when cancellation occurs within 70 days of departure, and only a partial refund from 70 to 119 days prior to departure (see CANCELLATION POLICY). In addition, the Department of State strongly urges Americans to consult with their medical insurance company prior to traveling abroad to confirm whether their policy applies overseas and if it will cover emergency expenses such as a medical evacuation. US medical insurance plans seldom cover health costs incurred outside the United States unless supplemental coverage is purchased. Furthermore, US Medicare and Medicaid programs do not provide payment for medical services outside the United States.

When making a decision regarding health insurance, Americans should consider that many foreign doctors and hospitals require payment in cash prior to providing service and that a medical evacuation to the United States may cost well in excess of \$50,000. Uninsured travelers who require medical care overseas often face extreme difficulties. When consulting with your insurer prior to your trip, please ascertain whether payment will be made to the overseas healthcare provider or whether you will be reimbursed later for expenses that you incur.

US citizens will receive from us a brochure regarding optional tour cancellation/emergency medical insurance. Our agent, CSA, will insure for trip cancellation and interruption, medical coverage, travel delay, baggage loss and delay, 24-hour accident protection, and emergency medical transportation. If you purchase the insurance when making final payment for the tour, and cover all non-refundable parts of the trip (including any non-refundable flights), pre-existing conditions are covered. The CSA brochure includes a contact number; you may also purchase your CSA policy on-line by visiting our website at <https://fieldguides.com/travelinsurance.html> and clicking the link to CSA. Please note, once the insurance is purchased it is non-refundable, so please check with your tour manager prior to making the purchase to assure the tour will operate as scheduled. Citizens of other countries are urged to consult their insurance broker.

RESPONSIBILITY: For and in consideration of the opportunity to participate in the tour, each tour participant and each parent or legal guardian of a tour participant who is under 18 agrees to release, indemnify, and hold harmless Field Guides Incorporated, its agents, servants, employees, shareholders, officers, directors, attorneys, and contractors as more fully set forth in the Release and Indemnity Agreement on the reverse side of the registration form. Field Guides Incorporated acts only as an agent for the passenger in regard to travel, whether by railroad, motorcar, motorcoach, boat, airplane, or other means, and assumes no liability for injury, damage, loss, accident, delay, or irregularity caused by defect in such vehicles or for any reason whatsoever, including the acts, defaults, or bankruptcies of any company or person engaged in conveying the passenger or in carrying out the arrangements of the tour. Field Guides Incorporated accepts no responsibility for losses or additional expenses due to delay or changes in air or other services, sickness, weather, strike, war, quarantine, or other causes. The tour participant shall bear all such losses and expenses. Field Guides Incorporated reserves the right to substitute hotels of similar category for those indicated and to make any changes in the itinerary where deemed necessary or caused by changes in air schedules. Field Guides Incorporated reserves the right to decline to accept or to retain any person as a member of any tour. Baggage is at owner's risk entirely.

Participants should be in good health and should consult a physician before undertaking a tour. If you have questions about the physical requirements of a tour, please contact our office for further information. Participants should prepare for the tour by reading the detailed itinerary, the information bulletin, and other pertinent matter provided by Field Guides. Each participant is responsible for bringing appropriate clothing and equipment as recommended in our bulletins.

THE RECEIPT OF YOUR TOUR DEPOSIT SHALL BE DEEMED TO BE CONSENT TO THE ABOVE CONDITIONS. EACH TOUR PARTICIPANT AND EACH PARENT OR LEGAL GUARDIAN OF A TOUR PARTICIPANT WHO IS UNDER 18 SHALL SIGN AND DELIVER THE RELEASE AND INDEMNITY AGREEMENT AT THE TIME OF REGISTRATION.

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