



Birds & Blossoms

Nature Sketching Holiday

with Christine Elder at
Pico Bonito Lodge, Honduras

January 24-31th, 2017

\$2,900 per person, double occupancy / \$3,600 per person, single occupancy

Join teaching artist and professional illustrator Christine Elder for this exciting seven-night retreat in the tropical rainforest of Honduras. We will combine nature exploration and artistic expression amid the rustic luxury and solitude of Pico Bonito, creating a truly transformational week in paradise!

Along the northern coast of Honduras is a luscious rainforest filled with exquisite flora and fauna; the perfect place to learn and practice nature sketching skills, filling your sketchbook with hummingbirds and heliconias. You'll find ample inspiration at the luxurious and tranquil Pico Bonito Lodge. The Lodge sits at the edge of Pico Bonito National Park, inside Central America's largest contiguous rainforests, with views of cloud-enshrouded 8,000 foot peaks and lush gardens showcasing an amazing diversity of tropical vegetation. The property supports over 400 bird species, plus monkeys, exotic insects and reptiles, and 5 species of wild cats including the iconic jaguar.

During the week, we will explore the Lodge's network of private trails and gardens, learn and practice field sketching techniques, and be entertained by dozens of hummingbirds as they zip by us on the verandas at mealtime.

No prior art experience is necessary, just a playful curiosity about nature and an open-minded desire to learn and practice new skills. Even experienced artists will enhance their skills as we immerse ourselves in splendor!

ABOUT YOUR LEADER



You'll study with professional naturalist, teaching artist, and biological illustrator, Christine Elder. Christine has been teaching people of all ages and ability levels to draw and paint nature's wonders for over twenty years. Christine's experience as a freelance illustrator includes projects for organizations such as the National Park Service and the Botanical Society of America.

Some of you will also know Christine as one of our regular birding guides, having traveled with us from Alaska to Florida, and to international destinations such as Italy, Mexico, the Caribbean. She has also led several successful tours to Honduras. In our Honduran paradise at Pico Bonito, she will share her best secrets and techniques for sketching birds and blossoms in pencil, pen and watercolor. Learn more about Christine on her [website](#).

PROGRAM HIGHLIGHTS

- Luxurious accommodations; the Lodge at Pico Bonito, with your own private cabin, veranda and hammock.
- Daily workshops and presentations; learn about sketching tools and techniques and local natural history.
- Visit Rio Santiago Nature Resort; the “Hummingbird Capital of Honduras.”
- Visit Cuero y Salado Coastal Wildlife Refuge train and boat ride through mangrove estuaries to view monkeys, crocodiles and wetland birds.
- Private naturalist-led hikes; stroll through the rainforest jungle with English-speaking Lodge guides.
- 400 acres of tropical flora; orchids, bromeliads, hibiscus, heliconia, and much more, right on the property.
- Over 100 species of easily seen tropical birds; oropendolas, parrots, woodpeckers, motmots, toucans, trogons, tanagers, and up to 15 species of tropical hummingbirds. Birds will regularly visit the Lodge’s easily observed fruit and nectar feeders, practically posing for your pencil and paintbrush!
- Free time for daily private reflection and relaxation. Options include: swimming in the pool or rivers; sitting on the lodge deck sipping a beverage and watching hummingbirds whiz by, enjoying a massage or facial at the Lodge’s new spa; or exploring the lush gardens and trails on your own. Or, you may choose to simply snooze in your private hammock, enjoying the exotic sounds of the jungle.
- Conservation Funding: a portion of our proceeds will support habitat conservation in the region.
- Space is limited to a maximum of 8 participants for a high quality and intimate experience!
- BONUS: Your trip fee includes a complete online course created by Christine Elder; *Introduction to Nature Sketching*. It walks you through the basic tools and techniques of sketching and painting natural subjects, including birds and plants, using Christine’s step-by-step video tutorials and downloadable eBooks.

OUR ENGAGING ACTIVITIES

We will spend our days at a relaxed pace, leaving our schedule flexible for the occasional rain shower. After a leisurely breakfast at the Lodge restaurant, we will typically start with a morning sketching workshop, an easy hike, or a half-day excursion, followed by lunch. Afternoons will include group field sketching or time on your own, followed by group dinners at the Lodge. Some evenings will include presentations on the ecology and natural history of the region, while others will allow for private relaxation. All activities are optional, in case you prefer to take a day to yourself, relaxing by the pool or on your private veranda.

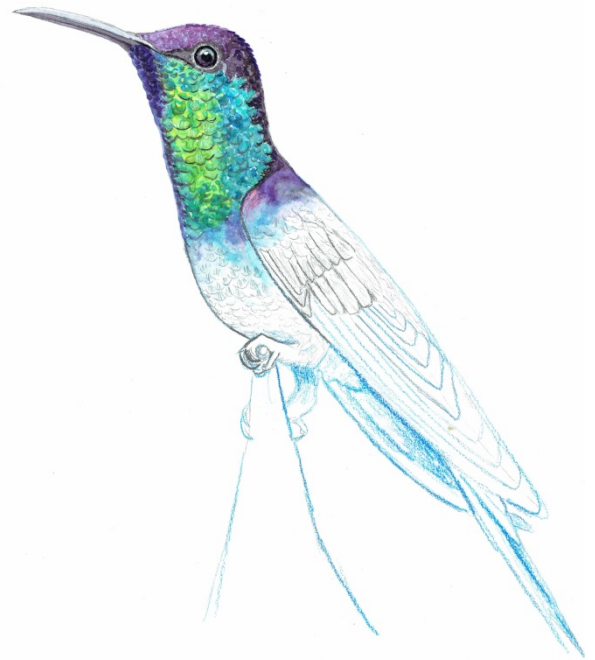
ART INSTRUCTION: Workshops will be held outdoors or in the spacious conference center, and they will cover the tools and techniques for sketching birds and blossoms in the field. Instruction will focus on using pencil, pen, and watercolors to capture the personality and grace of birds, and the color and delicate beauty of tropical flowers. An arts materials list will be sent upon registration.



EARLY MORNING HIKE: Sunrises are unforgettable at Pico Bonito! See the dew on the trees, feel the coolness in the air, and hear the cacophony of sounds as the jungle wakes up for each day. Begin your day bright and early, at a time that offers some of the best chances for viewing birds and other wildlife. A viewing platform overlooking the forest canopy makes sketching and photography a delight.

BUTTERFLY FARM and SERPENT HOUSE: The Lodge at Pico Bonito maintains an impressive butterfly farm, where they breed over 40 species, as well as an amazing serpent house, which displays several venomous but beautiful native snakes that we are (thankfully) unlikely to see in the wild!

WILDLIFE REFUGE TRAIN & BOAT RIDE: The Cuero y Salado coastal Wildlife Refuge trip will be a highlight of our sketching holiday. Named for the Cuero and Salado Rivers, which meet the ocean here, this refuge contains 35,000 acres of tropical wet and mangrove forests with an extensive network of estuaries and natural canals to explore. A visit to Cuero y Salado is a must for birders and a wonderful experience for all those interested in Honduras' diverse wildlife and ecology. The bird list for the Refuge notes over 350 species while howler and white-faced monkeys, caimans, crocodiles and turtles are all common sights as well. Perhaps the Refuge's most famous inhabitant is the elusive and endangered West Indian Manatee, which we may see with luck. Our trip will start with a ride in a small, motorized train along a historic narrow-gauge railway that leads through pastures and coconut plantations to the refuge headquarters located near the mouth of the Salado River. Here we will tour the bird and wildlife-rich estuaries of the Refuge in a small, motorized skiff.



NIGHT STROLL: Search for nocturnal insects, reptiles, and amphibians guided by flashlights and the experienced eyes of your guide. Learn about animals that hide by day and roam by night. The trip starts by setting up an insect lamp at the forest edge. Then guests head off on the trail to the moist gallery forest along the Corinto River for a two-hour hike before returning to the lamp to see what surprises it has attracted. Although nothing is guaranteed, it is common to see tree frogs, arboreal mammals, bats, as well as a veritable potpourri of exotic insects easily observed at the 'moth cloth'.

RIO SANTIAGO NATURE RESORT: A short drive from our lodge is Rio Santiago Nature Resort, the self-proclaimed "Hummingbird Capital of Honduras," named for the river that rushes along its border. Countless hummingbird feeders surround a comfortable, shaded veranda with lots of tables that are perfect for sketching within a few feet of more than a dozen hummingbird species.

SAMPLE DAILY ITINERARY

The daily schedule below will remain flexible and may change at your guide's discretion or due to weather.

- Day 1** Arrive at San Pedro Sula International Airport, where you'll be met by Christine, and our guide and driver from the Lodge at 2pm. Enjoy the 2.5 hour drive through the countryside and arrive at Pico Bonito Lodge in time to settle into your cabin. Meet for dinner and an orientation.
- Day 2** Morning workshop/midmorning sketching on the grounds of the Lodge; afternoon tour of butterfly farm and serpentarium, evening presentation.
- Day 3** Morning sketching and lunch at Rio Santiago Nature Reserve; late afternoon and evening free.
- Day 4** Sunrise birding hike, followed by lunch; afternoon sketching workshop; late afternoon free to relax before our Night Stroll this evening.
- Day 5** Boat trip at Cuero y Salado Coastal Wildlife Refuge; late afternoon free; evening presentation.
- Day 6** Hike along the rainforest loop trail and down to the river waterfalls; afternoon sketching.
- Day 7** Free day to polish your sketches, hike, relax, or sample the Lodge's new spa offerings (fee).
- Day 8** After an early breakfast, we will say goodbye to The Lodge at Pico Bonito and return to the airport, with plenty of time for international flights departing after noon.

ADDITIONAL RETREAT DETAILS

ABOUT THE LODGE AT PICO BONITO: Named by National Geographic Traveler as one of the "Top 50 ecologies of the world," and a member of Small Luxury Hotels of the World, the Lodge at Pico Bonito sits at the edge of a 400-acre Honduran rainforest, nestled between two wild rivers, with private cabins and an excellent restaurant and full-service bar, where you can dine inside or outside with a view of the lush gardens and pool. Their miles of hiking trails go up into the rainforest, skirting spectacular waterfalls and stopping at bird observation towers. The Lodge also has a butterfly garden and reptile house.



Their well-trained English-speaking guides will safely lead us on our excursions, while their comfortable conference room will host our daily sketching workshops and presentations. Tropical sounds fill the air, including parrots, monkeys, frogs, and the ever-present cicadas. If you tire of bird watching or sketching, try out the all-new Spa at Pico Bonito where you can enjoy a facial, massage or sauna. Learn more about the Lodge at www.PicoBonito.com

LOCATION: All of our activities will occur within about an hour from The Lodge at Pico Bonito, which is located outside of La Ceiba, Honduras, on the northeastern coast, adjacent to Pico Bonito National Park.

ACCOMMODATIONS: The plantation style cabins are approximately 400 square feet with private bathroom and shower, louvered and screened windows, two ceiling fans, and private veranda with hammock. Cabins also have a CD player, alarm clock with radio, safe, iPod dock, and coffee maker with Honduran organic coffee. Outlets are 110v (same as in the US), and the property features complimentary Wi-Fi access (though the strongest signal is at the main lodge).



TRAVEL INSURANCE: We strongly recommend that you purchase travel insurance with your airline ticket! This insurance covers costs associated with flight delays, trip cancellation, illness, medical expenses, lost baggage, and emergency transportation. If insurance is not offered when you purchase your ticket, we recommend [Traveler Insurance Services](#). Also check to see if you are covered by any of your existing insurance programs or credit cards.

FLIGHT ARRIVAL /DEPARTURES: Airport transfers are included in your fee. If you decide to arrive early or stay beyond the program, you will need to arrange your own private transfer. Participants need to arrive at San Pedro Sula (SAP) no later than 2 p.m. and depart no earlier than noon.

MEALS: We will take most of our meals at the Lodge's full-service restaurant, where we may choose to dine inside or on the veranda overlooking the gardens, within earshot of the Corinto River, and with hummingbirds zipping around your table. Their diverse menu can easily accommodate dietary restrictions. They are open from 6am – 10 pm so you can duck in any time for a beverage or meal if you prefer to eat alone. Your retreat fee includes a generous meal allowance that includes choice of any meals and drinks from the menu (alcohol is not included). You can find a completed description of the restaurant and menu at: <http://www.picobonito.com/index.php/restaurant> .

CLIMATE & WEATHER: Daily weather is generally sunny and warm with temps in the 80s-90s and occasional afternoon or evening showers. The high humidity of the tropics will make it seem hotter than it is, especially for those of us who live in arid climates. However, we will take it easy on our strolls, and we will always have plenty of water, with opportunities to duck into the lodge or vans during our excursions off the property.

WHAT TO PACK: Everyone's traveling needs are different, but the list below includes items you definitely don't want to forget.

Documents: For U.S. citizens, a passport valid for six months beyond departure from Honduras is required, with one blank page for entry stamp. Non-U.S. citizens should check with their local consulate/embassy for instructions.

Clothing: When preparing for a trip to the tropics, it is generally a good idea to pack lightweight field clothing, preferably long-sleeved shirts and long pants for protection against bugs and sun. Ideal clothing incorporates synthetic fabrics that wick away moisture, dry quickly, resist wrinkles, stretch, and have sun and insect-protection qualities. Our favorite clothing retailers include Patagonia and REI. Shorts, skirts, or dresses are appropriate for lounging around at The Lodge and at dinner. We also recommend a lightweight water-resistant rain jacket or pocket umbrella. For footwear, we

recommend a waterproof trail-walking shoe or light hiking boot, and sandals for lounging around the lodge. You'll also want a wide-brimmed hat and a swimsuit.

Other items not to forget: Sunscreen (preferably waterproof, SPF 25 or above), camera, sunglasses, light daypack or fanny pack, mosquito repellent, headlamp or flashlight for the night hike, and binoculars (though your guides will have an extra pair and a spotting scope).

Art supplies: Christine will send you a list of suggested supplies once you register for the retreat, although you are certainly free to use materials you already own, and she will also bring extras to share. We will primarily be exploring pencil, pen and watercolor techniques in our nature journals.

BAGGAGE: We suggest one medium-size or large bag and a smaller bag/carry-on. The Lodge at Pico Bonito provides excellent one-day laundry service. Your carry-on should have all of your necessities in case your checked bags get delayed. This may include a change of clothing, money, travel documents, toiletries, medicines, and any expensive equipment such as binoculars.

TRAIL CONDITIONS: Most of our time at the Lodge will be spent among the manicured gardens, along the entry



road, and on trails into the surrounding woodland and rainforest. The main trail system into the heavier forest has some moderately steep grades, occasionally with well-made steps, but anyone in moderately good shape should be able to do this trail at a normal walking pace. The bird observation towers are wonderful, but they have several decks of stairs that must be considered. On all of the trails, your leader will move at a rate suitable for the group.

HEALTH: All water, fruits, and vegetables are safe for consumption at The Lodge at Pico Bonito. Bottled water will be provided for you on our excursions. If you are taking prescription medication or over-the-counter medicine, be sure to bring an ample supply to get through the tour safely, plus extra days in case of a delayed schedule. Please consult your physician, as necessary. Remember to pack all medication in your carry-on baggage, preferably in original containers or packaging. As standard travel precautions, you should always be current with tetanus shots, and you should strongly consider other optional inoculations. Mosquito-borne malaria does occur in some areas of Honduras, although we will generally not visit these regions. However, you should consult your physician regarding prophylactic medicines. In addition to your physician, a good source of general health information for travelers is the [U.S. Centers for Disease Control and Prevention \(CDC\)](https://www.cdc.gov).

CURRENCY: The unit of currency in Honduras is the Lempira. Most stores and shops in Honduras accept U.S. dollars, although you will get a better exchange rate on purchases made with the local currency. That said, you may easily get through the whole trip without needing Lempiras. If you choose to acquire the local currency, it is most easily done before you arrive in Honduras. The Lodge at Pico Bonito accepts major credit cards for personal expenses, alcohol, or on-site souvenirs.

LANGUAGE: No worries if you don't know Spanish! English is widely spoken in the places we'll visit, and all the staff at Pico Bonito, where we will spend a majority of our time, speak English quite proficiently.



SKETCHING HOLIDAY FEE

\$2,900 per person, double occupancy / \$3,600 per person, single occupancy

Retreat fee includes: Airport transfers in a comfortable air-conditioned van; 7 nights lodging; 3 meals per day & snacks; guiding and instruction; group activities; entrance fees; service-related gratuities; and some art supplies.

Not included: Airfare to San Pedro Sula (SAP); travel insurance; alcoholic beverages; personal items (such as telephone and laundry); and U.S. guide's gratuity, which is never expected but always appreciated based on your satisfaction with our skills and service.

Tipping: Tipping (restaurants, porters, drivers, and local guides) is included in your tour fee. However, if your leader or any local guides or staff have given you exceptional service, it is entirely appropriate to tip. We emphasize that such tips are not expected and are entirely optional.

Deposit: A \$100 non-refundable deposit and enrollment form are due to hold your space on this trip. Balance is due by September 24th, 2016.

REFUND POLICY: Your \$100 deposit is non-refundable. If you cancel your reservation more than 90 days prior to the tour, you will be refunded any payments above your deposit. If you cancel between 90 and 60 days prior to the tour, you will receive a 50% refund of fees paid over the deposit. If you cancel less than 60 days prior, you forfeit your entire tour fee, unless you can fill your space with another participant. If you cancel at any time, your deposit is transferrable to any Paradise Birding tour at any time in the future. We reserve the right to cancel the trip if it is not meeting the trip minimum (if we do so your deposit is refunded in full).

TO REGISTER OR FOR MORE INFORMATION

Inquiries welcome!

Instructor and guide, Christine Elder: christine_elder@yahoo.com | Phone: 831-227-6996

Paradise Birding owner, Stephen Shunk: steve@paradisebirding.com | Phone: 541-408-1753

Mailing address: Paradise Birding, P.O. Box 547, Sisters, OR 97759

To reserve your space on the retreat, complete the registration form downloadable from our website, and submit it with your \$100 deposit: www.ParadiseBirding.com/HondurasSketchingHoliday.

We look forward to seeing you in Honduras!



Paradise Birding Tour Confirmation and Registration

Greetings! This form will confirm your registration on the following tour:

TITLE: Birds & Blossoms Nature Sketching Retreat DATES: January 24-31, 2017
Fee: \$2,900 per person, double occupancy / \$3,600 per person, single occupancy

Please complete this two page registration form and return to the address below, along with either your nonrefundable \$100 deposit or the complete tour fee. If you have already paid your deposit, your balance is due 120 days prior to the tour (unless otherwise stated). For your convenience, we happily accept VISA and Mastercard. Please also complete the Liability waiver found on page two. THANK YOU!

Full Name: _____ Nickname (if any): _____

Mailing Address: _____

City/State/Zip: _____ Sex: _____ Birth date: _____

Cell Phone: _____ Alt. Phone: _____

E-mail: _____

Would you like to receive our monthly Paradise Birding newsletter about our bird watching tours? Yes ___ No___

Please tell us how you first heard about Paradise Birding: _____

Roommate preference: *(If you will travel with a partner and wish to share a room, or if you are willing to share a room with another artist of the same sex, please indicate this here. If we are unable to match you with another person, or where only single rooms are available, you will be responsible for the single occupancy fee.)*

Dietary Preferences: *(Drink & food preferences. Also list any food allergies or dietary restrictions.)*

Medical Information: *(Please alert us to any medical or physical conditions that may affect you or your group's activities on an outdoor tour in remote locations; include any history of heart trouble, asthma, diabetes or epilepsy, as well as environmental and medication allergies. Please also include current prescription medications being taken. Use the back of this page or another sheet if necessary. NOTE: Anyone with an existing or potentially serious medical condition should consult a physician before participating in any outdoor or travel adventure.)*

Emergency Contact: *(Please include detailed contact information for the person or persons we should contact in case of an emergency.)*

Name(s) and relationship(s) to you: _____

Contact number(s): _____

PAYMENTS ENCLOSED (please enclose a minimum of \$100 for a deposit to reserve your space, up to the full retreat fee)

Credit Card #: _____ Expiration Date: _____ Amount: \$ _____

Signature for credit card: _____

Or pay by check. Check #: _____ Amount: \$ _____ Make check payable to Paradise Birding and send to address below.

We will contact you with a confirmation and additional retreat information once your registration is received



HIKING AND BIRD WATCHING PARTICIPANT AGREEMENT and RELEASE and ACKNOWLEDGEMENT OF RISK

In consideration of the services of PARADISE BIRDING LLC, their officers, agents, employees, volunteers, advertisers, and stock holders, and all other persons or entities associated with this business (hereinafter collectively referred to as PARADISE BIRDING LLC) I agree as follows:

Although PARADISE BIRDING LLC has taken reasonable steps to provide you with appropriate equipment and skilled guides so you can enjoy an activity for which you may not be skilled, we wish to remind you this activity is not without risk. Certain risks cannot be eliminated without destroying the unique character of this activity. The same elements that contribute to the unique character of this activity can be causes of loss or damage to your equipment or accidental injury, illness, or in extreme cases, permanent trauma, paralysis, or death. We do not want to frighten you or reduce your enthusiasm for this activity, but we do think it is important for you to know in advance what to expect and that you be informed of the inherent risks. The following describes some, but not all, of those risks:

- 1.) Accidents can occur on land. You could slip or fall during a hike, causing damage to equipment, personal injury, or even death. You could also otherwise be injured while hiking or visiting other land-based phenomena.
- 2.) You could suffer injuries or trauma during the land and air transportation portions of the trip, in vehicles or aircraft.
- 3.) Exposure to the natural elements can be uncomfortable or harmful. You should be aware that this exposure could cause hypothermia, sunburn, illness from drinking water or food, and/or dehydration.
- 4.) You will be staying at accommodations not owned or operated by PARADISE BIRDING LLC. You could suffer injury, damage to equipment, trauma, or even death while staying at these places.
- 5.) Errors on the part of PARADISE BIRDING LLC and its employees, including insufficient instruction or assistance.

I am aware that this birding tour, including related transportation and activities, entails risks of injury or death to myself. I understand the description of these risks is not complete and that other unknown or unanticipated risks may result in injury or death. I agree to assume responsibility for the risks identified herein and other risks inherent to a birding trip. My participation in this activity is purely voluntary and I elect to participate in spite of the risks.

I certify that I am fully capable of participating in this activity. Therefore, I assume full responsibility for myself, including my minor children, for bodily injury, death, and loss of personal property and expenses thereof as a result of those inherent risks and dangers and of my negligence in participating in this activity.

I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect. In the event that I file a lawsuit against PARADISE BIRDING LLC, I agree to do so solely in the state of Oregon, and I further agree that the substantive law of that state shall apply in that action without regard to the conflict of law rules of that state.

I have read, understood, and accepted the terms and conditions stated herein and acknowledge that this agreement shall be effective and binding upon myself, my heirs, assigns, personal representatives and estate for all members of my family including any minors accompanying me. I acknowledge I am not relying on any oral, written, or visual representations or statements made by PARADISE BIRDING LLC, including those made in its brochure and other promotional material, to induce me to go on the birding tour. I also acknowledge that in any and all promotional material the use of the word "safe," "safe as possible," or the like does not mean, imply or suggest that this trip is without risk. I have also read and agree to comply with the PARADISE BIRDING LLC cancellation policy.

Photographic Release: PARADISE BIRDING LLC reserves the right to take photographs or film records of any PARADISE BIRDING LLC tour, program, or activity, and each trip member hereby agrees that PARADISE BIRDING LLC may use such photographs or film records for promotional and/or commercial purposes.

Name (please print) : _____ Date: _____

Signature: _____

If under 18, parent or guardian signature: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Name of Trip: _____ Trip Date: _____

Paradise Birding LLC | Stephen Shunk, Owner | Christine Elder, Sketching Guide
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