

MACAW LODGE NEWSLETTER

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GLOBAL BIG DAY: 113 BIRDS

October 19 was one of the most important days for birders and birdwatching is highly celebrated at Macaw. Our Lodge has 247 lists and a total of 352 species on data bank and platform eBird. Costa Rica has ranked as number one in birding destinies multiple times and we are proud to be part of this ranking. Alongside other lodges in the country, we want to give the best experience to the people who love this hobby where it's not only about counting, but also connecting with nature and its inhabitants.

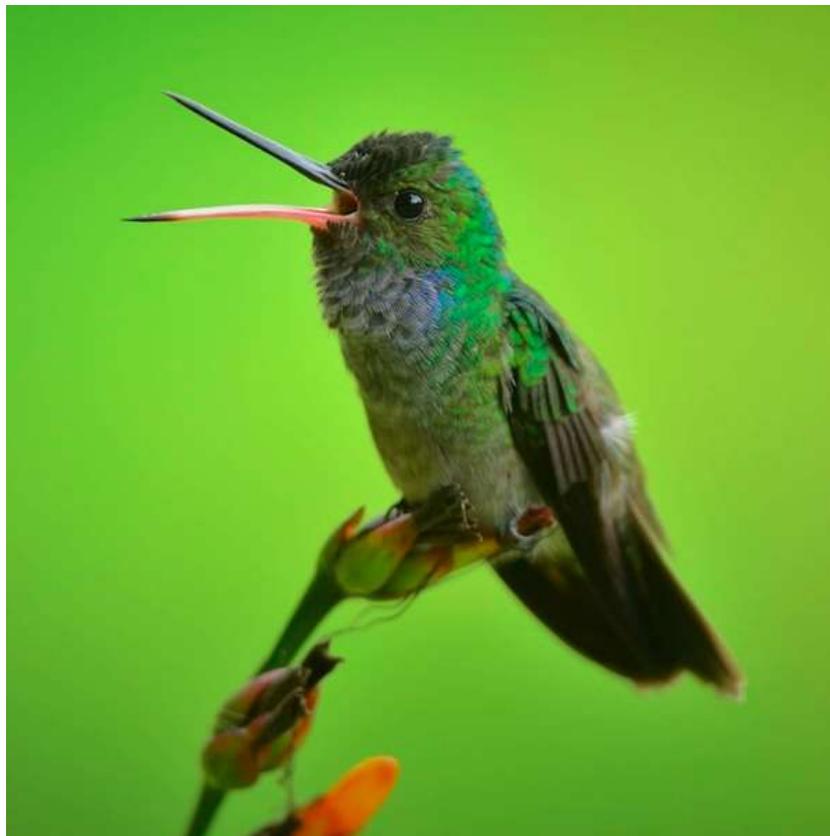
This day, Global Big Day was celebrated with an epic birding session that started at midnight. Roberto Guido, a local guide that is very professional, skilled and passionate about Costa Rican birds started counting. Despite the unfavorable atmospheric conditions, he managed to identify 113 species! He walked

approximately 4 kilometers under strong rain and found over 100 species, which we find amazing, considering the limitation that Nature itself presented.

Beto started around 12:00 and walked from the main lodge towards the cacao plantations as the first few drops starting falling. The night rain did not stop him as he walked around the yoga deck and spotted the first three nocturnal species: common pauraque, mottled owl and black and white owl. By 3:30, he took a break from the rain.

At 5:30 he was back in the forest, seeking to up the count and find more birds in our grounds. He spotted, tinamous, tanagers, wrens, trogons, woodcreepers, Macaws, and many other species. Only stopping for breakfast and lunch, Beto managed to score the impressive total of 115 under rainy skies. He knows the count could have been double. We do too. Setting aside 'whatifs', we must congratulate and thank Beto for leading alone one of the most productive birding sessions the grounds at Macaw has lived.

We expect and welcome new visitors and birders to our forests. Birds of all types await your observing and counting!



CHEF LIZ GOES TO LUNA NUEVA

At the end of this month, our dear Chef Liz visited Finca Luna Nueva, an ecolodge near Ciudad Quesada up in San Carlos that shares a similar vision to ours. They work with the concept of regenerative agriculture always in mind. The idea is to give back to the Earth the dynamic components of daily life. It can be understood as minerals and organic matter but it also makes reference to a whole agricultural system that is 'ecosmart'.

Liz shares with us: "It was a very nice experience. The attention they provided to the guests, to the presentation in every plate. The respect and fellowship within staff members was inspiring." She commented regarding the flow of work and tasks amongst workers. She sees it parallel to their concept of giving back.

"They have these green plantain tortillas that are delicious!" They also use 'chaya' for a picadillo, a side dish, or even a cream soup. Chaya, also known as chicasquil, is similar to spinach. The leaves are actually poisonous, but prepared and cooked properly they are considered a super food. "I take ideas and inspiration for my plates but also for the way we coexist at Macaw."



To maintain the cycle of learning and foster the exchange, Chef Bryan Rodriguez is currently on our grounds visiting us to take to Luna Nueva a bit of our essence.





ENVIRONMENTAL LEADERS VISIT AFTER THE PRECOP CONFERENCE

Between the 8th and 10th of October the PRECOP Conference on climate change took place in Costa Rica. This event precedes the COP or Conference of Parties, one of the biggest events the United Nations organizes around the topic of climate change, which will take place in Chile at the end of this year.

In this 'pre' event, Costa Rica hosted 35 ministers and delegations from around the world to prepare presentations and topics for the COP. Negotiations and talks mainly sought to determine the necessary actions to mitigate and adapt to climate change. Different topics were proposed and pitched by Costa Rican groups given the fact that some themes have had very low profile and little talk.

During these three days, about 2,000 participants attended and came to the talks. Energy was a main one, where electricity production and the use of fuel for transportation stemmed as subtopics. Another discussion worth mentioning was sustainable cities and sustainable oceans.

The phrase used was 'solutions based on nature'. Several ministers came up to Macaw after the meetings to visualize an example of such solutions. We shared our story of the property and how our plantations and terrain have evolved as a solution for the environment. The emphasis given to ecological restoration,

combined with the efforts for biodiversity conservation and the focus on ecotourism allowed us to be a successful nature-based solution. We are proud to present our case to others. We believe that learning and seeking to adapt and mitigate climate change is a collaboration of bright minds and passionate people.



Written by Gabriela Mateo