



WILD EXPOSURES

# Into the RAINFOREST

Newsletter Issue 3: Winter 2022



# The Jewel of Costa Rica . . .

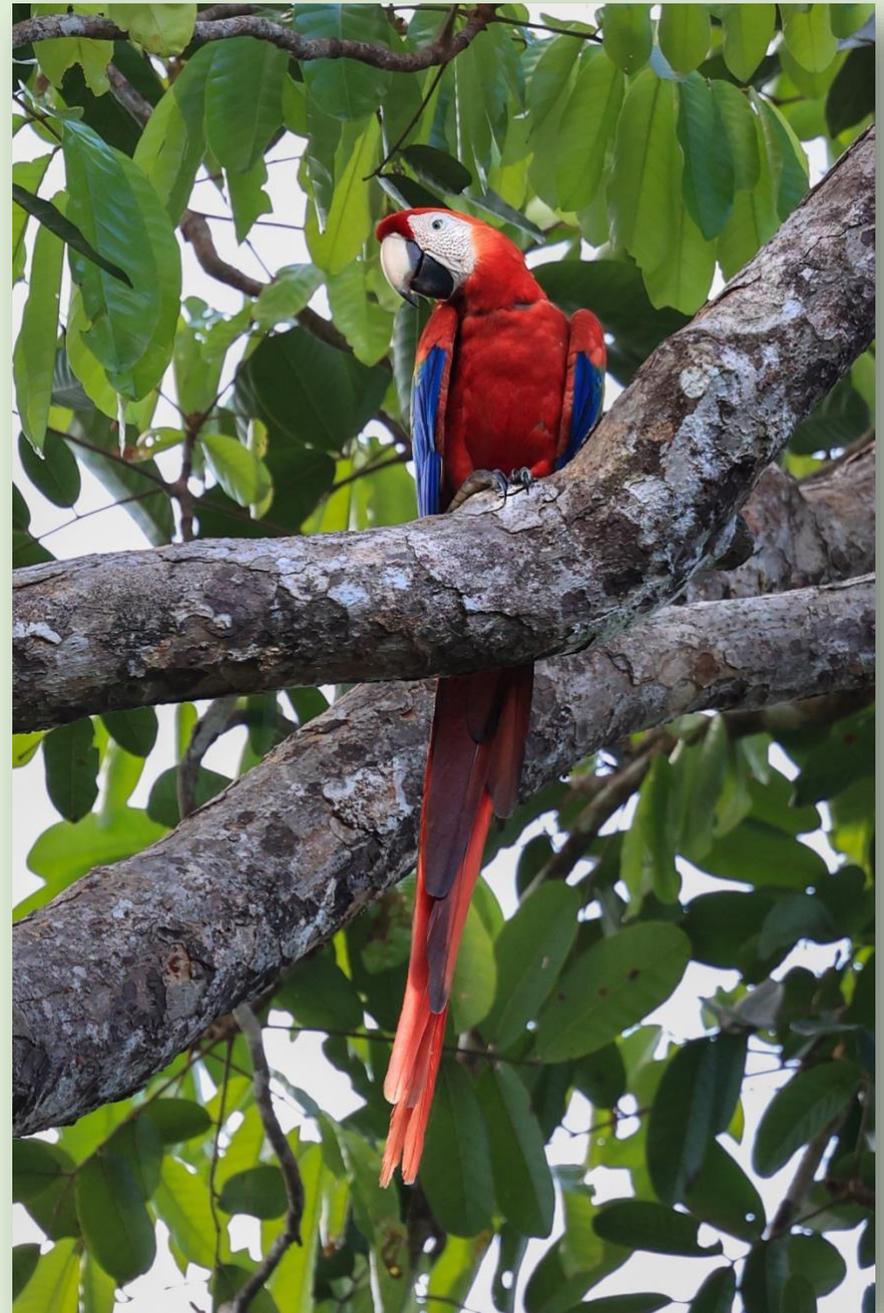
## The Osa Peninsula

We are finally back to travelling in a post-pandemic world! What better way to celebrate this momentous occasion than a journey to a tropical jewel in the southern-most part of Costa Rica, the Osa Peninsula. Rich with ecological diversity and an emphasis on eco-tourism and the conservation and protection of the land and wildlife, this welcoming and friendly community was at the top of our list to visit and explore.

The Osa Peninsula offers a unique wilderness experience, combining the lush wilds of the rainforest with the emerging beauty of the Pacific Ocean. The wild and natural plant life and wildlife in this part of the world is simply breath-taking, and the immersive experience will stimulate all the senses.

*“Costa Rica is more than a vacation destination; it is an interactive sensory experience.”* unknown

There were several highlights on our recent journey; the sounds of the howler monkeys, scarlet macaws, toucans, and aracari greeting us each morning as we rose to meet the sunrise and bask in the harmony of the rainforest. With over 450 species, the bird diversity alone in the Osa Peninsula is any naturalist and photographer’s dream. It was difficult to know which way to focus the camera as a plethora of birds visited our bungalow each morning, tanagers, trogons, cotingas, hummingbirds . . the bird list went on and on.



## The Jewel of Costa Rica ... The Osa Peninsula cont.

We spent much of our time each day exploring new wild areas on our nature walks, either walking distance from our lodge or by 4X4 in the surrounding areas with a local guide and driver. On these “Osa Safaris”, we were fortunate enough to observe and photograph the behaviours of many of the local wildlife species, including howler and spider monkeys, white-faced capuchin, three-fingered sloths, coatis, herons, various raptor species, lizards, butterflies and much much more.

The nocturnal walks and experiences were equally thrilling with an emergence of sounds as darkness fell in the rainforest. We were fortunate to observe and photograph a pair of rarely seen spectacled owls which was truly a highlight of our trip. Other nocturnal encounters included, a tamandua, multiple species of frogs including the red eye tree frog, tarantulas, and even a forest crab! All incredible encounters and a thrill to see.



With the Pacific Ocean only steps away from our lodge, we enjoyed walks along the pristine and secluded beach, exploring hidden waterfalls and soaking in the tidal pools which offered another unique ecological experience and new gems to explore. This part of the Osa feels like a paradise and the opportunities to observe wildlife overlooking the ocean is equally as exciting.

If you are looking for luxury combined with authentic and natural beauty and wilderness, this is certainly the place to visit. We would like to extend our heartfelt thank you to all the staff at **El Remanso Lodge** who were so welcoming and helpful, offering the perfect ecolodge experience and making our stay in the Osa Peninsula a magical adventure and lasting memory. Keep an eye out for our upcoming return tour to Costa Rica 2023, [www.wildexposures.ca/tours](http://www.wildexposures.ca/tours)



# 5 Tips for Rainforest Photography

## Tip #1: A humid jungle . . .

When photographing in the tropical rainforest, one of the first things to keep in mind is to protect your gear from wet and humid conditions. Not only do you want to travel with rain guards for your gear, but also be mindful of humidity and lens fog. Wiping your lens regularly can help you capture that magical rainforest moment!



## Tip #2: Where's the light?! . . .

The natural density of the rainforest environment often leaves one constantly adjusting for low and difficult light conditions. Don't be afraid to increase that ISO, you will need it to achieve fast enough shutter speeds to capture those exciting wildlife moments. The capability of your gear may be an important factor to consider. Technique and the use of a tripod may help increase your stability.



## Tip #3: Patience is the key . . .

The biggest challenge in the rainforest environment is capturing a captivating image of your subject without competing objects like branches and leaves in the way. Always consider your foreground and backgrounds. Have patience, take time to reposition, and avoid sharp angles that can present your subject in an unnatural way.



# 5 Tips for Rainforest Photography

## Tip #4: Know your subject . . .

Wildlife lives at all levels of the rainforest, from ground level (even underground) to the uppermost canopy. Understanding which animals you want to photograph, where they live, what they eat, and species-specific behaviours can help you come away with a rich and diverse portfolio. Always remember ethical wildlife photography practices and ensure a safe and respectful distance and that encounters with wildlife remain natural and non-intrusive.



## Tip #5: When the sun goes down . . .

In the rainforest, more than half of all species are nocturnal. Nighttime photography can be a thrilling and rewarding experience but there are things to keep in mind. Always explore these delicate ecosystems with a qualified guide. A knowledgeable guide will know the area well and be able to guide you safely through a very delicate habitat. Diffuse lighting is also provided, which helps to avoid the use of harsh light or external flashes that can be extremely disruptive to wildlife with acute nocturnal vision.



# Creature Feature

## Three-fingered Sloth (*Bradypus variegatus*)

### What's in a name . . .

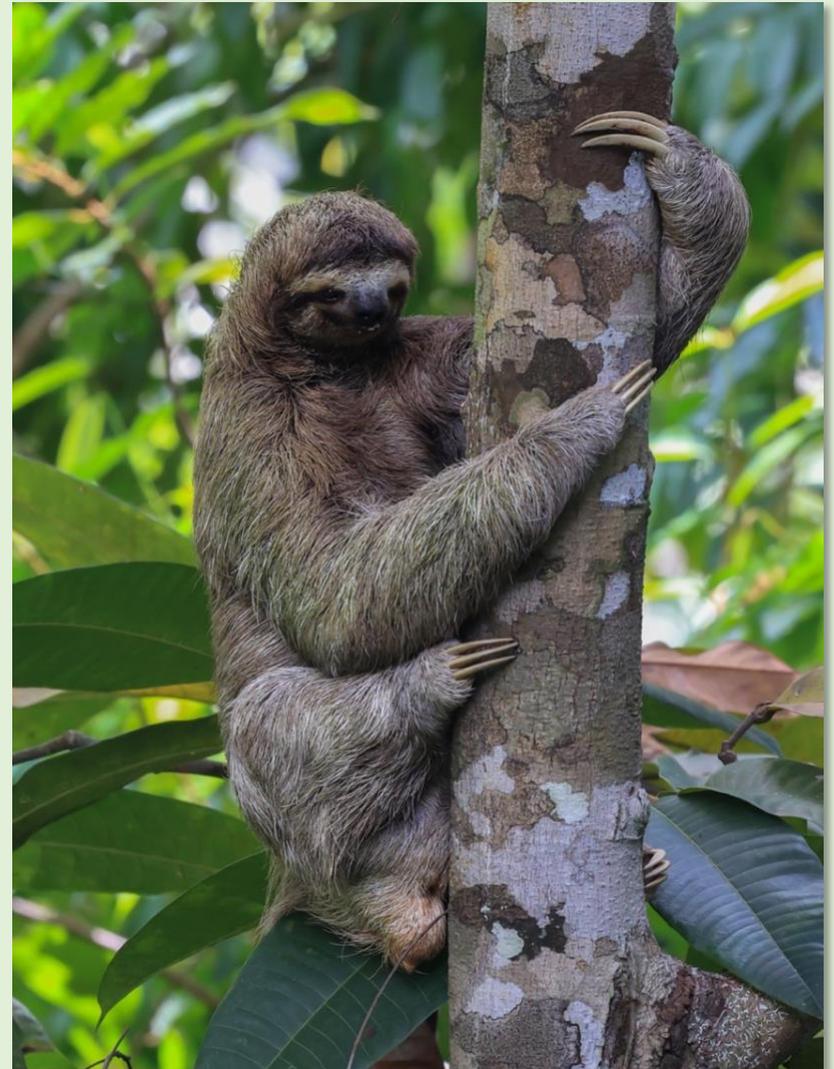
Did you know that the names three-toed and two-toed sloths are misnomers? In fact, all six sloth species have three toes. Therefore, it is their fore-limb digits that give sloths their correct names. Here, a three-fingered sloth is shown climbing a tree utilizing its powerful grip and long claws.

### A whole other community . . .

Sloth fur provides a micro habitat for a host of tiny invertebrate species as well as algae. This symbiotic relationship amongst species benefits these smaller organisms giving them a mobile home to exist upon. The algae, in turn, provides sloths with excellent camouflage in their rainforest environment.

### Slow but not lazy . . .

Sloth movements are quite slow compared to most other mammals. This is not inherent laziness, but rather an aspect of their low metabolic rates. Due to their low caloric diet of leaves and slow digestion rates, sloths are left with little energy returns from their diet. Sloths deliberate slow movements also aid in their camouflage, making them less likely to be spotted by potential rainforest predators. These and other adaptations have allowed sloths to be a successful group of mammals for over 60 million years.



# Conservation Corner

## Why is the conservation of the Osa Peninsula so important?

This special and unique region of Costa Rica holds an incredible 2.5% of the entire world's biodiversity, yet only encompassing 1/1000 of the land area. An incredible fact as to why National Geographic famously coined this region "the most biologically intense place on Earth".

It is not only the tropical rainforest of the Osa that harbours unparalleled diversity, but also the unique habitats of mangroves, wetlands, tropical fjords, and the convergence of the rainforest and the ocean that make this such a flourishing ecosystem.



## OSA PENINSULA FUN FACTS

- Largest population of scarlet macaws in Central America.
- An important wildlife corridor and habitat for jaguars.
- A nesting site for 4 sea turtle species.
- A convergence of humpback whales from both hemispheres. (The only one in the world)
- More than 450 bird species.
- More than 110 reptile and amphibian species.
- More than 700 species of trees.

## HOW YOU CAN HELP

The following organizations are dedicated to the conservation of the Osa Peninsula and its diverse wildlife and habitats. Please consider lending your support:

OSA Conservation [www.osaconservation.org](http://www.osaconservation.org)

Grow Jungles [www.growjungles.com](http://www.growjungles.com)

Panthera [www.panthera.org](http://www.panthera.org)



# What's New at Wild Exposures!

NEW TOUR!

## WONDERS OF WILD KENYA

A Conservation- Focused Tour 2023



Visit our [Community Events Page](#) for info about upcoming education workshops in the Canadian Rockies!



**Tina Antrobus** is a seasoned practitioner and educator in the mental health field. She believes that connecting with nature is a pathway to healing the mind/body/spirit and incorporates her love of wildlife and nature photography into her wellness practice. Tina's growing body of imagery has been recognized and published by well-known wildlife media and print forums.



**Darren Colello** is a wildlife biologist, photographer and educator. With over 30 years of experience in the field, Darren has travelled to five continents and believes in capturing the animal's true essence and majesty in his photographic imagery. Darren's images have been widely published in *Africa Geographic*, *WWF Canada*, *Wild Planet Photo Magazine*, and more.

For tour information and upcoming community events: Please contact Darren and Tina, WILD EXPOSURES  
Email: [info@wildexposures.ca](mailto:info@wildexposures.ca) or visit [www.wildexposures.ca](http://www.wildexposures.ca)

