



Red-eyed tree frog
Photo by John Earl Kneisler



COSTA RICA

NRF of Wisconsin | Preserving Paradise

April 13 - 22, 2018



Whether in cloud forest, Caribbean lowland rainforest, arid mountain peaks, dry Pacific forests, mangroves or coral reefs, the beauty of Costa Rica is authentic and accessible. On this 10 day expedition with the Natural Resources Foundation of Wisconsin, you'll learn about ongoing conservation efforts to protect the unique birds, butterflies, amphibians, and other wildlife that call Costa Rica home. Discover the splendor of the rainforest at Selva Verde Lodge and the Sarapiquí Conservation Learning Center. Spend time birding on the forest trails, learn about commercial crops at an area chocolate farm, experience the Pacific Coast at Manuel Antonio National Park, and much more!

PROGRAM HIGHLIGHTS

- Spend your day in the tropical cloud forests seeking out one of Costa Rica's treasures, the Resplendent Quetzal.
- Get up-close and personal with American crocodiles on the famous Tárcoles River.
- Through an enriching, hands-on activity at the Tirimbina Reserve's chocolate farm, learn about indigenous traditions and sustainable farming practices.
- At La Paz Waterfall Gardens, get a chance to see dazzling waterfalls, lush botanicals, and a stunning hummingbird garden, including hiking trails.
- Discover the importance of Selva Verde's 500-acre reserve within the San Juan-La Selva Biological Corridor, part of the larger Mesoamerican Biological Corridor.
- Explore the biodiversity of the transitional forest during a hike in Carara Biological Reserve.

ITINERARY

BLD = BREAKFAST, LUNCH, DINNER

APRIL 13 - SAN JOSÉ

Upon arrival at the airport in San José you will be met by your local guide and transferred to the hotel. *Overnight at Hotel Bougainvillea.*

APRIL 14 - SAN GERARDO DE DOTA

After breakfast this morning meet for breakfast and orientation at 7 am in the hotel restaurant. Check out of the hotel and then transfer to the tropical cloud forest realm of San Gerardo de Dota's Savegre Hotel, Natural Reserve & Spa. The lodge is situated just five miles from Costa Rica's newest national park, Los Quetzales, and home to one of Costa Rica's treasures, the beautiful Resplendent Quetzal. After settling into the hotel, talk this evening with a member of the Chacón family about the history of the settlement of this region. *Overnight at Savegre Mountain Hotel. (BLD)*

APRIL 15 - SAN GERARDO DE DOTA

Spend a full day exploring the trails surrounding the hotel. This evening is at leisure to relax and perhaps enjoy the spa. *Overnight at Savegre Mountain Hotel. (BLD)*

APRIL 16 - QUEPOS

Spend the morning birding around the lodge. Transfer to Quepos, stopping for lunch at Hacienda Barú for a talk on rainforest conservation. This evening dinner is on your own to explore local fare. *Overnight at Hotel San Bada. (BL)*

APRIL 17 - TÁRCOLES

This morning take a walk in the very popular Manuel Antonio National Park. Costa Rica's most visited park is situated along the Pacific coast and is home to a rich variety of flora and fauna, including three of the country's four monkey species: howler monkeys, squirrel monkeys, and white-headed capuchins. Spend the morning exploring the park. There will be some free time later this afternoon to enjoy the area at your leisure. Later continue to Villa Lapas, situated on a 500-acre private reserve near the Pacific coast. *Overnight at Hotel Villas Lapas. (BLD)*

APRIL 18 - TÁRCOLES

Rise early for birding along the forest trails. After breakfast explore the biodiversity of the transitional forest during a hike in the Carara Biological Reserve. Experience double the diversity exploring this forest, which overlaps Pacific rainforest and tropical dry forest. Next, explore the famed Tárcoles River for an up-close and personal experience with the massive crocodiles that inhabit these waters. Return to the lodge for lunch and then hike along the hotel's canopy walkway, a suspended bridge situated in the forest canopy. This evening there will be a lecture on macaws, followed by a night walk to look for kinkajous and other nocturnal creatures. *Overnight at Hotel Villa Lapas. (BLD)*

APRIL 19 - CHILAMATE

This morning travel to Selva Verde Lodge & Rainforest Reserve. Visit the nearby Tirimbina Reserve to tour a working

chocolate farm. During this hands-on experience, learn how ancestral indigenous traditions tie in with modern commercial needs and discuss the sustainability of commercial crops, particularly chocolate, which needs shade to grow. Discuss the importance of weaving humans into the conservation landscape and creating sustainable livelihoods to support conservation. Late afternoon orientation to the lodge and the Sarapiquí Conservation Learning Center. Lecture this evening to learn about the importance of Selva Verde's 500 acres within the San Juan-La Selva Biological Corridor, as part of the Mesoamerican Biological Corridor. The talk will highlight the plants and animals found in this rainforest. *Overnight at Selva Verde Lodge & Rainforest Reserve. (BLD)*

APRIL 20 - CHILAMATE

After an early morning breakfast, hike the Selva Verde Rainforest Reserve. After lunch, take a nature boat ride on the Sarapiquí River. The journey will introduce the birds and animals that frequent the riverine vegetation, including caimans and a variety of water birds. A site lecture during the boat ride will draw attention to the land use on the river banks and the human impact on the ecology of the river system. Return to the lodge for time to relax and enjoy the amenities of the lodge. *Overnight at Selva Verde Lodge & Rainforest Reserve. (BLD)*

APRIL 21 - SAN JOSÉ

Enjoy early morning birding with your guide. After breakfast depart for La Paz Waterfall Gardens. Explore the many trails and picturesque waterfalls as well as the hummingbird garden, lush botanicals, and much more. Continue to Moravia for shopping, then on to the hotel for a farewell dinner. *Overnight at Hotel Herradura. (BLD)*

APRIL 22 - DEPARTURE

Transfer to the airport for the flight home. (B)

PROGRAM PRICING

\$2,745

Cost includes accommodations, activities and in-country transportation as mentioned in the itinerary, entrance fees, meals including non-alcoholic beverages, full-time guide for duration of program, \$350 donation to NRE, and carbon offset.

Cost does not include items of a personal nature, gratuities, or international airfare, estimated at \$775 from Madison, WI. Other departure cities are available.

THE FINE PRINT

Price is based on double occupancy; for a single room throughout the trip add \$325 per person. A \$200 per person deposit and enrollment form is required to secure your space on the trip. This deposit is refundable minus a \$100 cancellation fee until January 8, 2018, at which time final nonrefundable payment is due. Travel/trip cancellation insurance is strongly recommended. For more information call Travel Insured at 800-243-3174. Holbrook Travel's agency number is 15849.

FOR MORE INFORMATION OR TO ENROLL:

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Visit holbrook.travel/nrfcostarica18