



Photo by John Earl Kneisler

COSTA RICA

Marshfield High School

February 13-21, 2019

EDUCATIONAL CONNECTIONS



Conservation

Cultural Studies



Natural History

Active Adventure

Make the rainforest your classroom on this 9-day expedition where adventure meets education, while exploring the fascinating plants and wildlife of one of the world's biodiversity hotspots. Begin at the Pacific Coast exploring beach and mangroves ecosystems, navigate the Tárcoles River, and trek the mountain trails and cloud forests of Monteverde.

End your journey in the lush lowlands of the rainforest at Sarapiquí with guided nighttime and daytime hikes, whitewater rafting, and a reforestation service project. Overall the balance of rich educational content and adventure activities makes this an unforgettable expedition.

PROGRAM HIGHLIGHTS

- Compare and contrast rainforest and cloud forest ecosystems and their flora and fauna.
- Learn about sustainability and environmental conservation on a guided tour of Café Britt, an organic coffee farm.
- Go zip lining through the misty cloud forests of Monteverde.
- Spend time with the women who run the Cloud Forest Co-Op in Santa Elena Village.
- Embark on a river ride down the Tárcoles River, home to the famous American crocodile and other wildlife.

WHAT'S INCLUDED?

- Expert naturalist guide
- Accommodations
- Activities
- Entrance fees
- In-country transportation
- Meals & beverages
- Travel insurance



PHOTO BY STEFFI LOPEZ

ITINERARY

BLD = BREAKFAST, LUNCH, DINNER

FEBRUARY 13 - SAN JOSÉ

Upon arrival at the Juan Santamaría International Airport meet your driver and transfer to your hotel. This afternoon receive an orientation to the program and get to know your guide and learn about the amazing country that will be your home for the next week. *Overnight at Wyndham Herradura. (D)*

FEBRUARY 14 - CENTRAL PACIFIC

Transfer from San José to Costa Rica's Pacific Coast. En route stop at Café Britt for an organic coffee farm tour with field explanations, followed by lunch. Continue on to the Tárcoles river for a crocodile safari. Cruise along the waterway in search of the large American crocodiles that call this river home. Explore the mangrove ecosystems then transfer to the hotel. After check-in, enjoy time to relax by the pool. *Overnight at Hotel San Bada. (BLD)*

FEBRUARY 15 - CENTRAL PACIFIC

This morning after breakfast hike in the renowned Manuel Antonio National Park. The park is situated along the Pacific coast and is home to a rich variety of flora and fauna. Spend the morning exploring the park's trails and beach. This afternoon take to the seas for a kayaking adventure. Dinner at the hotel this evening. *Overnight at Hotel San Bada. (BLD)*

FEBRUARY 16 - MONTEVERDE

Bid farewell to the coast and head to the cloud forests of Monteverde. En route stop for a horseback riding excursion and lunch. Cloud forests occur near mountain peaks where rain turns into a life-sustaining mist, hydrating and nourishing epiphytic plants, providing a consistent cool and wet environment; this one in particular receives over three meters of rain annually and is home to an astounding variety of flora and fauna. Over 2,500 plant species have been identified here including 300 individual orchid species and over 200 species of ferns. The beginnings of the preserve can be traced back to a group of Alabama Quakers that emigrated to Monteverde in the early 1950s. Visiting biologists discovered that the cloud forest, located above the Quaker community, was rich in plant and animal life. Due to the incredible foresight of the Quakers and the Tropical Science Center, Monteverde and Santa Elena reserves were born. After checking in at the hotel visit several sites of interest including the Women's Artist Co-op and Stella's Bakery. Dinner at the hotel this evening. *Overnight at Montaña Monteverde. (BLD)*

FEBRUARY 17- MONTEVERDE

After breakfast embark on a guided hike in the Curi Cancha Reserve. This afternoon navigate the many suspension bridges and zip lines of the Monteverde Sky Walk/Sky Trek park. Spend an adventure-filled afternoon in forest canopies on The Sky Walk, which provides spectacular views of flora and fauna from an 'up-in-the branches' perspective. Complete your cloud forest exploration with Sky Trek's exhilarating zip line adventure through the forest canopy. The Sky Trek is a system of three platforms suspended above the ground in the midst of tree boughs. Zip lines attached from one platform to the other allow you to slide through the canopy. Each platform commands exceptional 360-degree views of Guanacaste, San Carlos, and Puntarenas. Later return to the hotel to freshen up before exploring the town, then have dinner at the "Treehouse." *Overnight at Montaña Monteverde. (BLD)*

FEBRUARY 18 - SARAPIQUÍ

This morning transfer from Monteverde to Sarapiquí, via Jeep and boat to transfer across Lake Arenal. Have lunch en route before arriving at Selva Verde Lodge and Rainforest Reserve, located in the lush lowlands of northeastern Costa Rica. Founded in 1985, the lodge is designed to have a minimum impact on the environment and is a proud participant in the Certification for Sustainable Tourism program (CST). After settling in, enjoy an orientation to Selva Verde followed by a hike in the reserve forest. Your guide will discuss the complex details of the ecosystem and how life in the rainforest thrives, also receive an introduction to the amazing tropical birds of Selva Verde. This evening enjoy a dance lesson hosted by the Sarapiquí Conservation Learning Center (SCLC), a not-for-profit organization founded to preserve the

cultural integrity of the rural community of Chilamate and aid in sustainable community development projects. *Overnight at Selva Verde Lodge. (BLD)*

FEBRUARY 19 - SARAPIQUÍ

This morning after breakfast participate in a reforestation project. Planting native trees helps preserve the rainforest and a multitude of endangered animals by creating biological corridors. Afterwards enjoy lunch and time with a local family on their farm. This afternoon take an exhilarating whitewater rafting trip on the Río Sarapiquí. A professional river guide escorts all trips and all necessary safety equipment (helmet, life jackets, etc.) will be provided. Following a thorough safety orientation and basic rafting lesson, enjoy both Class II and Class III rapids of the Río Sarapiquí. This evening a nocturnal hike provides a comparison between wildlife during the day and night. *Overnight at Selva Verde Lodge. (BLD)*

FEBRUARY 20 - SAN JOSÉ

After breakfast say farewell to the avifauna of Selva Verde on a final short walk around the grounds; enjoy the species that flock to the feeding stations. Depart for San José, stopping for lunch and a visit to the Toucan Ranch Rescue. Here you can witness rescued birds and animals such as toucans, a variety of parrots, macaws, owls, two-toed and three-toed sloths, and kinkajous. This is a unique opportunity to see conservation and rehabilitation of rainforest animals up-close and personal. Continue on to the hotel, after check-in enjoy a farewell dinner. *Overnight at Radisson Europa. (BLD)*

FEBRUARY 21 - FAREWELL!

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

PROGRAM PRICING

\$2,560 (based on 14 students)

Includes all accommodations, meals, activities and entrance fees as indicated in the itinerary, in-country transportation, beverages with meals, full-time guide, and carbon offset.

Does not include international airfare, gratuities/tips or items of a personal nature.

TRAVEL PROTECTION

Holbrook Travel purchases Travel Protection on behalf of all participants traveling in 2018 or beyond. These plans help provide coverage once the trip has departed and offer benefits for Baggage/Personal Effects, Accident & Sickness Medical Expenses, Emergency Evacuation and more.

Optional additional coverage is available in the form of the Group Deluxe Plan, which offers benefits for Trip Cancellation/Interruption, in addition to many other insurance benefits and non-insurance assistance services. If interested in this optional plan, we can provide you with rates and plan details.

THE FINE PRINT

Price is based on double occupancy. For a single room add \$400 per person. A \$200 per person deposit and enrollment form are required to hold your space on the trip. This deposit is refundable minus a \$100 cancellation fee until November 10, 2018, at which time final non-refundable payment is due.

FOR MORE INFORMATION OR TO ENROLL:

Visit holbrook.travel/marshfield-cr19 or contact Kristen Buckley at kristen@holbrooktravel.com