



cinder + salt®

COSTA RICA

cinder + salt | Saving Sea Turtles in Costa Rica

September 11 - 19, 2021

Join cinder + salt on a 9-day mission to save the sea turtles in the beautiful Tortuguero National Park, an important nesting site for endangered green and leatherback sea turtles. Explore the park by day searching for fascinating wildlife and learning about the flora of the rainforest, and assist Sea Turtle Conservancy researchers by night with sea turtle patrols involving monitoring nesting grounds and measuring and collecting data to contribute to the overall protection of these gentle, ancient creatures.

PROGRAM HIGHLIGHTS

- Meet with a Sea Turtle Conservancy research biologist to prepare for the nightly turtle patrols on the beach.
- Navigate Tortuguero's many natural canals in search of wildlife including spectacled caimans, southern river otters, and be on the lookout for spider, howler, and white-faced capuchin monkeys.
- Explore Mawamba Lodge's park on a guided visit, learning about the fauna of the rainforest and gardens and sampling achiote plant, star fruit, and many more.
- Spot sloths, crocodiles, toucans, and many more bird species on a canal boat tour.

ITINERARY

BLD = BREAKFAST, LUNCH, DINNER

SEPTEMBER 11 - SAN JOSÉ

Upon arrival, after clearing customs and immigrations at the airport, meet your driver and transfer to Hotel Balmoral, situated in the heart of the city near the Gold Museum and the National Theater, along the city's famous pedestrian boulevard. Before dinner, gather with your fellow travelers for your program orientation. This evening, dinner will be on your own. Feel free to try the hotel restaurant El Patio, featuring a variety of options including a full service restaurant, pizzeria, coffee shop, bar, and wine cellar. In order to arrive in time for orientation, participants must book flights that arrive in San José no later than 4:30 pm. *Overnight at Hotel Bougainvillea. (D)*

SEPTEMBER 12 - TORTUGUERO

This morning, check out early and begin your transfer from San José to Tortuguero, first by bus. Located on the northern Caribbean coast, Tortuguero consists of a series of natural interconnecting canals and provides a unique opportunity to observe wildlife by boat. Throughout the year Tortuguero is an important nesting site in the western Caribbean for the endangered green and leatherback sea turtles. En route, admire the beauty and biodiversity of the rainforest while driving through Braulio Carrillo National Park. In Guápiles, stop for a hearty breakfast buffet, and if time and weather allow, visit a banana processing plant to learn more about one of Costa Rica's prime exports. Continue your journey to the dock, where you will board a private boat for the water transfer to Mawamba Lodge in Tortuguero. Upon arrival at the lodge, have lunch. This afternoon, walk to the Sea Turtle Conservancy (STC) to meet with a STC research biologist at the John H. Phipps Biological Field Station for an orientation and slide presentation in preparation for your first evening of turtle monitoring. Turtle monitoring is done in small groups in two shifts, 8 pm to 12 am and 12 am to 4 am. During shifts, walk along the beach in search of nesting females and assist researchers with measuring and collecting data including each turtle's size and nesting location. *Overnight at Mawamba Lodge. (BLD)*

SEPTEMBER 13 - TORTUGUERO

The morning is at leisure to rest from the night patrols. This afternoon, explore the canal waterways in search of wildlife. The extensive network of

freshwater creeks and lagoons in Tortuguero are home to seven species of river turtles, spectacled caiman, southern river otters, many crustaceans, and more than 50 species of freshwater fish. Be on the lookout for spider, howler, and white-faced capuchin monkeys, and expect to see several different species of birds. If lucky, you might even spot an endangered West Indian manatee. Later this afternoon is at leisure. This evening, continue assisting researchers with turtle monitoring during the nightly sea turtle patrol shifts. *Overnight at Mawamba Lodge. (BLD)*

SEPTEMBER 14 - TORTUGUERO

The morning and afternoon are at leisure. Guests at Mawamba Lodge have unlimited free access to Mawamba's El Manakin Nature Trail and "Mawamba Park," moreover, a guided visit is included during your stay where you will learn about the flora of the rainforest and the gardens. Learn about and sample achiote plants, black pepper, star fruit, ornamental plants, and much more. Next, explore the Mawamba Park and its two butterfly and frog gardens. You will also have an opportunity to learn about some of their sustainable projects when you visit the bio digester, which takes care of all the sewage waters of the lodge to convert them into a source of methane gas to heat up the stoves in the kitchen. This evening, continue the sea turtle patrols. *Overnight at Mawamba Lodge. (BLD)*

SEPTEMBER 15 - TORTUGUERO

This morning, take an optional canal boat tour. Depart from the lodge by boat to the ranger station at Tortuguero National Park for admission and park fees. Then, venture on a 2-hour boat tour inside the canals. Explore the beautiful flora and fauna along the waterway with more than 350 bird species, howler, white-faced capuchin, and spider monkeys, as well as caimans, crocodiles, toucans, sloths, and much more. This evening, continue the sea turtle patrols. *Overnight at Mawamba Lodge. (BLD)*

SEPTEMBER 16 - TORTUGUERO

Today is at leisure. Optional activities that can be coordinated directly at the lodge at additional cost include kayaking, twilight hike, additional canal boat tours, or a massage in the spa. This evening, continue the sea turtle patrols. *Overnight at Mawamba Lodge. (BLD)*

SEPTEMBER 17 - TORTUGUERO

Today is at leisure to explore on your own. This evening, continue the sea turtle patrols. *Overnight at Mawamba Lodge. (BLD)*

SEPTEMBER 18 - SAN JOSÉ

After breakfast, board a boat to begin the scenic return to the dock near Guápiles. Transfer by bus to San José. Dinner is on own this evening. *Overnight at Hotel Bougainvillea. (BL)*

SEPTEMBER 19 - DEPARTURE

This morning, transfer to the airport via hotel shuttle for flights back to the U.S. (B)

ABOUT CINDER + SALT

Our name, cinder + salt is inspired by the residue of a weekend well spent; the scent of campfire on your clothes & the taste of saltwater on your skin. At first glance, we are an eco-friendly clothing brand, specializing in sustainable casual apparel for guys, ladies, and kiddos. But at our core, cinder + salt is a beacon of eco-optimism. We believe in building joy around nature and reminding folks that Earth is worth protecting. As we build on that message, we are excited to host eco-awareness retreats centered around sustainability, volunteer work & forging the happiest memories *EVER* out in nature.

MEET YOUR LEADER

Rachel DeCavage



Rachel DeCavage is the owner & creative director of cinder + salt, an eco-friendly clothing and lifestyle brand, founded in 2014. All cinder + salt products are hand-printed by DeCavage using her original designs and recycled inks. With a core

focus on environmental sustainability, DeCavage operates a zero-waste print shop, leads beach, trail & street clean-ups throughout CT, and has created clean-waste recycling opportunities through her brick & mortar. Rachel first visited Costa Rica on a whim in 2016 and was absolutely taken by the country; she plans to buy a home there in the not-too-distant future. She feels safest & most joyful in the presence of wild animals and loves a good adventure. With a long history of volunteer work focused on protecting endangered species and coordinating eco-networking events, Rachel is overjoyed to lead this Sea Turtle Research trip & share one of her favorite places on Earth!



LAND PRICING

\$2,450 (based on minimum 8 participants)

Price includes accommodations, meals, activities, and entrance fees as indicated in the itinerary, in-country transportation, and full-time guide for duration of the program.

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

TRAVEL PROTECTION

Holbrook Travel purchases Travel Protection on behalf of all participants. 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.

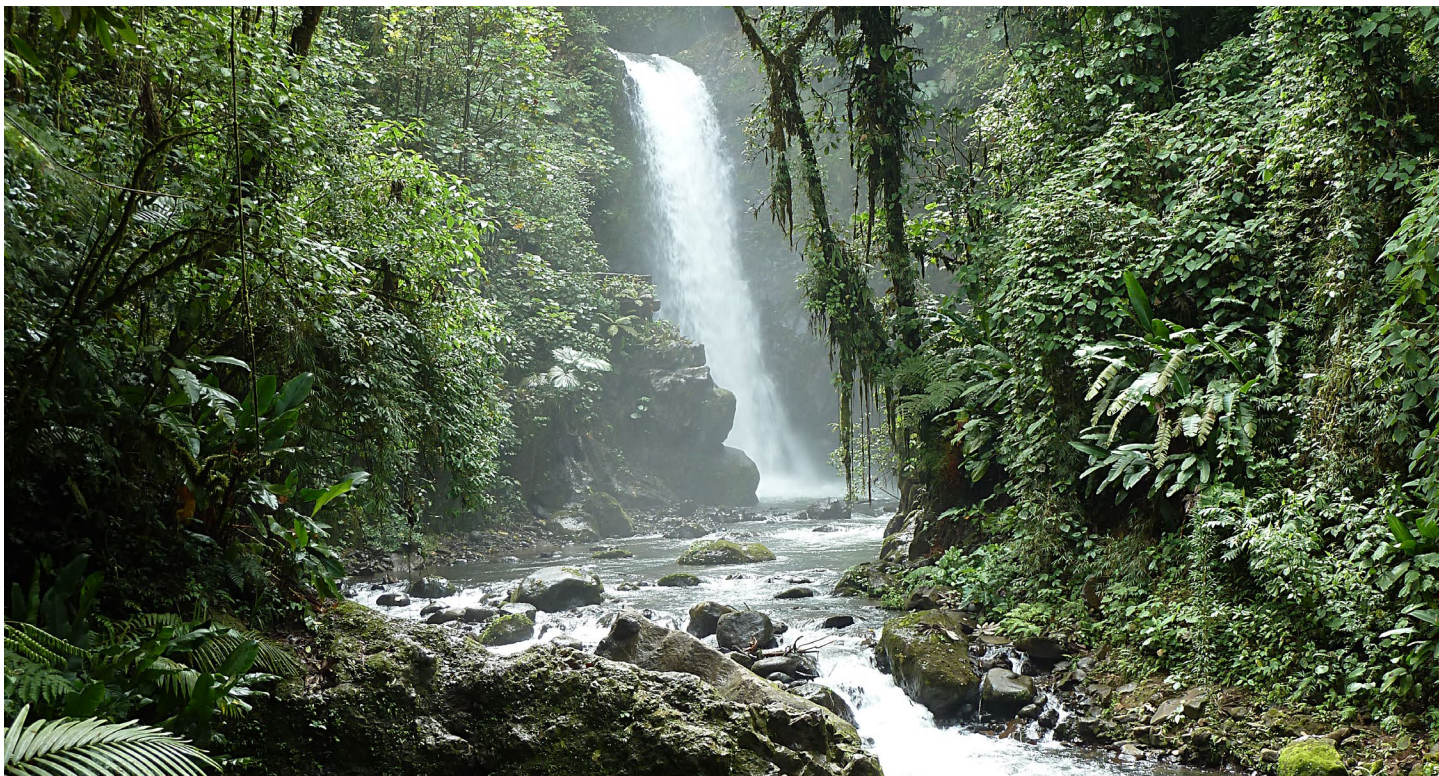
Optional additional coverage is available in the form of the Group Deluxe Plan, which offers benefits for Trip Cancellation/Interruption, in addition to many other insurance benefits and non-insurance assistance services. If interested in this optional plan, we can provide you with rates and plan details.

THE FINE PRINT

Price is based on double occupancy. For a single room throughout the trip, add \$550 per person. A \$300 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 June 8, 2021, at which time final non-refundable payment is due.

FOR MORE INFORMATION

Visit holbrook.travel/cindersalt-cr21 or contact Sandy Schmidt at schmidt@holbrooktravel.com or 877-907-5360.



La Paz Waterfall by Don Henise

OPTIONAL POST-TRIP EXTENSION

Rainforest Adventure at Selva Verde Lodge
September 19 - 23, 2021

ITINERARY

BLD = BREAKFAST, LUNCH, DINNER

SEPTEMBER 19 - SARAPIQUÍ VALLEY

Have an early breakfast, then depart for the Sarapiquí region and Selva Verde Lodge. Stop along the way at La Paz Waterfall Gardens in the cloud forest near Poás Volcano. More than two dozen hummingbird species have been recorded at the garden's feeders. Also observe one of the largest butterfly observatories in the world, bromeliad gardens, and striking waterfalls. Enjoy lunch on premises. Continue to Cinchona to look for the Red-headed Barbet before arriving at Selva Verde Lodge & Rainforest Reserve. Check in and stroll the grounds before dinner. Be sure to speak with your Holbrook Travel customer service representative to make arrangements for the activities you may wish to line up while staying at Selva Verde over the next two days (at extra cost). Advance booking is required. See selvaverde.com for activity descriptions and costs. *Overnight at Selva Verde Lodge & Rainforest Reserve. (LD)*

SEPTEMBER 20-21 - SARAPIQUÍ VALLEY

You will have two full days at leisure to discover the self-guided rainforest trails of Selva Verde or participate in any optional activities you have lined up previously. *Overnight at Selva Verde Lodge & Rainforest Reserve. (BLD)*

SEPTEMBER 22 - SANTO DOMINGO

After breakfast, check out and return to Hotel Bougainvillea. En route, enjoy a wonderful coffee tour at the beautiful Finca

Rosa Blanca Coffee Plantation followed by lunch al fresco in their charming restaurant. From there, you will continue on to Hotel Bougainvillea, where you will be at leisure to explore their gardens or take a dip in their welcoming pool. *Overnight at Hotel Bougainvillea. (BL)*

SEPTEMBER 23 - DEPARTURE

This morning, you will be transferred to the San José International Airport for flights home. *(B)*

EXTENSION LAND PRICING

\$995 (based on a minimum of 2 participants)

Cost includes meals, accommodations, entrance fees, and activities as indicated in the itinerary, in-country transportation, local guides in each region for duration of program, bottled water on the bus, and departure tax.

Does not include gratuities or items of a personal nature.

EXTENSION FINE PRINT

Cost is based on double occupancy; for a single room throughout the extension add \$160 per person. A \$300 per person deposit and enrollment form are required to reserve your space on the trip. This deposit is refundable minus a \$100 cancellation fee until June 8, 2021, at which time non-refundable final payment is due.

FOR MORE INFORMATION

Visit holbrook.travel/cindersalt-ext21 or contact Sandy Schmidt at schmidt@holbrooktravel.com or 877-907-5360.