



## COSTA RICA

cinder + salt®

cinder + salt | Saving Sea Turtles in Costa Rica  
September 10 – 18, 2022

*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 10 - SAN JOSÉ

Upon arrival, after clearing customs and immigration at the airport, meet your driver and transfer to your hotel. Before dinner, gather with your fellow travelers for your program orientation. 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 11 - 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 12 - 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 13 - 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 achioté 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 sustainability projects when you visit the bio digester, which takes care of all the sewage waters from the lodge and converts 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 14 - 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, as well as monkeys, caimans, crocodiles, toucans, sloths, and much more. This evening, continue the sea turtle patrols. *Overnight at Mawamba Lodge. (BLD)*

### SEPTEMBER 15 - TORTUGUERO

Today is at leisure. Optional activities that can be coordinated directly at the lodge at an 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 16 - TORTUGUERO

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

## SEPTEMBER 17 - 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 your own this evening. *Overnight at Hotel Bougainvillea. (BL)*

## SEPTEMBER 18 - 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

**\$2,495** (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.

## 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 7, 2022, at which time final non-refundable payment is due.*

*Holbrook Travel strongly recommends the purchase of travel insurance for medical emergencies while traveling and to protect your investment. Please note the purchase of Cancel for Any Reason Coverage or to exclude pre-existing conditions with Trip Cancellation coverage may require policy purchase within 10-14 days of your initial deposit, depending upon the provider.*

## FOR MORE INFORMATION

Visit [holbrook.travel/cindersalt-cr22](https://holbrook.travel/cindersalt-cr22) or contact Sandy Schmidt at [schmidt@holbrooktravel.com](mailto:schmidt@holbrooktravel.com) or 877-907-5360.