



Photo by Debbie Sturdivant Jordan



COSTA RICA

Natural Connections in Costa Rica

with Emily Stone

December 1 - 9, 2018



On this 9-day expedition be prepared to experience the best of what Costa Rica has to offer. Spend time birding in the lush lowland forests of Sarapiquí and the highlands of Arenal Observatory. From guided nighttime and daytime hikes through the rainforest, to river rides in search of Costa Rica's abundant biodiversity, to cultural interactions with locals, to learning about the work being done to conserve this beautiful land; this adventure-packed program is a journey you won't want to miss.

PROGRAM HIGHLIGHTS

- Take guided hikes in the 500-acre primary and secondary rainforest reserve at Selva Verde Lodge, which provides habitat to more than 350 bird species, including the endangered Great Green Macaw.
- Cruise by boat during a canal safari in Tortuguero amongst the reptiles, birds, monkeys and butterflies.
- Learn about the history and production of chocolate and coffee on guided tours through the farms.
- Venture out on a whitewater rafting expedition down the Río Sarapiquí.
- Experience a taste of life on the farm at Vida Campesina, and learn how to make homemade tortillas.

ITINERARY

BLD = BREAKFAST, LUNCH, DINNER

DECEMBER 01 - SAN JOSÉ

Upon arrival at the airport in San José you'll be met by a local representative and escorted to your hotel. The Radisson Europa Hotel has been awarded a Level 3 Certificate of Sustainable Tourism (CST) and received 4 Key rating from the Green Key Eco-Rating Program, for its dedication to environmental protection and responsible business practices. Enjoy a welcome dinner and program orientation this evening at the hotel.

Overnight at Radisson Europa Hotel. (D)

DECEMBER 02 - TORTUGUERO

This morning check out early and transfer from San José to Guápiles. En route, admire the beauty and biodiversity of the rainforest while driving through Braulio Carrillo National Park. Continue to the dock, where you will board a private boat for the water transfer to Pachira Lodge. Upon arrival at the lodge, relax with a cocktail and lunch. This afternoon, travel by boat across the canal waterway to Tortuguero Village; upon arrival visit the Sea Turtle Conservancy Museum to learn about sea turtle conservation. Take a walk on the beach and explore the town of Tortuguero. Return to the lodge for dinner. *Overnight at Pachira Lodge. (BLD)*

DECEMBER 03 - TORTUGUERO

This morning, have breakfast at the lodge and then observe the flora and fauna of Tortuguero National Park during a canal safari. Cruise along the canal system to see a variety of birds, reptiles, and monkeys. Return to the lodge for lunch. Spend the afternoon exploring the beach or take an interpretive hike on the lodge's trails. After dinner, set out on a night walk around the lodge grounds in search of nocturnal creatures. *Overnight at Pachira Lodge. (BLD)*

DECEMBER 04 - SARAPIQUÍ

Today, transfer by boat and coach to Selva Verde Lodge & Rainforest Reserve. Situated in the lush lowlands of north-central Costa Rica, the reserve is home to a large private tract of primary and secondary tropical rainforest. After settling in, receive an orientation to Selva Verde's facilities and the private reserve. Before dinner travel to the nearby Sarapiquí Conservation Learning Center (SCLC) for a short presentation on local culture. The SCLC is a not-for-profit organization, founded to preserve the cultural integrity of the rural community of Chilamate and aid in sustainable community development projects. After dinner, hear a lecture by Willy Piñeda on the biodiversity of the region and rainforest structure in Selva Verde's air-conditioned, rainforest view conference room. *Overnight at Selva Verde Lodge & Rainforest Reserve. (BLD)*



DECEMBER 05 - SARAPIQUÍ

Start your day with a whitewater rafting adventure. The river has a gentle current with several minor class I, II and III rapids. A professional river guide escorts all rafting trips and the necessary safety equipment (helmet, life jackets, etc.) is provided, along with a lesson on rafting including safety instructions and procedures. For those not interested in rafting, there are many other optional activities. This afternoon is at leisure to enjoy the lodge's amenities. In the evening have dinner at the lodge and afterwards explore the nocturnal world of the rainforest during a short night hike on the walkway in search of amphibians, mammals, owls, and insects. *Overnight at Selva Verde Lodge & Rainforest Reserve. (BLD)*

DECEMBER 06 - SARAPIQUÍ

Early morning birding. After breakfast, take a short transfer to explore the cultural history of chocolate. The fun begins with a short walk through a cacao-growing plot of land followed by a demonstration of the chocolate making process. Listen to the story of pre- and post-colonial chocolate in Costa Rica, while sampling chocolate that's been traditionally prepared on the spot. The afternoon is at leisure. Dinner at the lodge, then head out to the Tirimbina Biological Reserve for a program that explores the fascinating lives of bats. During the visit, learn about some of the 113 species of bats that can be found in Costa Rica. Begin with a short presentation followed by an opportunity to see live specimens caught in the mist netting for research/data collection purposes. Later return to the lodge. *Overnight at Selva Verde Lodge & Rainforest Reserve. (BLD)*

DECEMBER 07 - ARENAL

This morning depart Selva Verde and transfer to Arenal. En route, visit Mi Cafecito for a coffee tour. Not only will you see the entire production process from seed to store, and taste the product--there's also an abundance of birding opportunities in the virgin primary forest

that surrounds the coffee plantation and organic farm where you will also have lunch. Next, stop in the picturesque town of La Fortuna to take photos and shop for souvenirs before continuing to the hotel. Dinner this evening at the lodge. Weather permitting; the hotel affords excellent views of the immense Arenal Volcano from every room. In the evening enjoy a night hike. *Overnight at Arenal Observatory. (BLD)*

DECEMBER 08 - ARENAL

This morning, experience a taste of farm life at Arenal Vida Campesina. Participate in making your own tortilla and enjoy lunch prepared with produce fresh from the farm. The hospitality is as heartwarming as a shot of their farm-fermented liquor, a traditional farewell gesture, and a fitting end to a memorable visit. This afternoon, take to the trails around Arenal Observatory, a renowned destination for bird watching tours in Costa Rica. Well-marked trails through primary and secondary rainforest and open pasture on the 870-acre property offer plentiful birding opportunities. Some of the more spectacular birds include: Three-wattled Bellbirds, Crested Guans, Orange-bellied Trogons, White Hawks, Laughing Falcons, Red-lore Parrots, Green Herons, Squirrel Cuckoos, Great Potoos, Ruby-throated Hummingbirds, Yellow-throated Toucans, and Keel-billed Toucans. This evening, enjoy a farewell dinner. *Overnight at Arenal Observatory. (BLD)*

DECEMBER 09 - FAREWELL!

Early morning departure following breakfast. (B)



ABOUT YOUR LEADER



Emily M. Stone is a naturalist by birth, training, profession and passion. Her childhood spent as a “mud and water daughter” in northeast Iowa led to a degree in outdoor education from Northland College and a Field Naturalist Masters from the University of

Vermont. As the Naturalist/Education Director at the Cable Natural History Museum in Cable, Wisconsin, Emily writes a weekly “Natural Connections” column published in more than a dozen local and regional newspapers. While Emily is not an expert on Costa Rica, she does excel at making connections between ecosystems and finding the amazing stories in nature.

LAND PRICING

\$ 2,265 (10 participants)

Cost includes meals, accommodations, and activities as indicated in the itinerary, in-country transportation, full-time guides, bottled water on the bus, carbon offset.

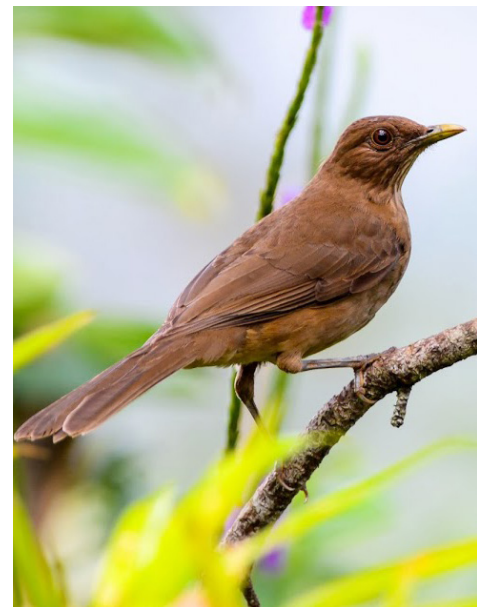
Does not include international airfare, gratuities or items of a personal nature.

THE FINE PRINT

Cost is based on double occupancy; for a single room throughout the trip add \$150 per person. A \$200 per person deposit and enrollment form are required ASAP to reserve your space on the trip. This deposit is refundable excluding a \$100 cancellation fee until August, 28 2018, at which time non-refundable final payment is due. Travel/trip cancellation insurance is strongly recommended. For more information call Travel Insured at 800-243-3174 or visit www.travelinsured.com. Holbrook Travel's agency number is 15849.



This program includes optional carbon offsetting with ClimateSafe. Learn more at holbrooktravel.com/climatesafe



FOR MORE INFORMATION OR TO ENROLL

Contact Stefanie Plein at stefanie@holbrooktravel.com or Emily Stone at 715-798-3890 or emily@cablemuseum.org
Visit holbrook.travel/cmnh-cr18

PHOTOS BY

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