This 11-day program with Chenango offers an optimal combination of community-based service learning, environmental and social activities, and adventure expeditions. Experience typical daily life during a homestay with a carefully selected local family and participate in a valuable social and environmental service project based on the area’s current needs. In addition, learn about the country’s biodiversity and geology during visits to Arenal Volcano National Park, the cloud forest of Monteverde, Selva Verde Reserve and more, all while learning and practicing Spanish language—this program offers outstanding educational and personal growth opportunities for individuals of all ages.

**PROGRAM HIGHLIGHTS**

- Experience typical Costa Rican life and practice Spanish language skills during a homestay with a local family and contribute to important community-based service learning projects.
- Explore biodiversity on hikes through national parks, home to a variety of ecosystems including transitional forests, cloud forests, wetlands, and tropical rainforest.
- Embark on thrilling adventure activities, like zip lining and whitewater rafting.
- Learn about agricultural processes with visits to a cacao plantation and a local farm.
- Immerse yourself in Costa Rican culture during dance lessons and a traditional cooking class.
DECEMBER 26 - SAN JOSÉ
Upon arrival at the airport you will be met and transferred to the Costa Rican Language Academy. Lunch en route. On arrival receive an introduction to Costa Rica and orientation to your program. Afterwards transfer to your homestay, be received by your homestay family and enjoy dinner together. Overnight at homestay. (BLD)

DECEMBER 27 - SAN JOSÉ
This morning after breakfast spend the day at a local school, interact with students, join them in their classes and practice speaking Spanish. Return to the Costa Rican Language Academy for cooking classes in the afternoon then early evening latin dance lessons. Afterwards return to your homestay families for dinner and overnight. Overnight at homestay. (BLD)

DECEMBER 28 - MONTEVERDE
Have breakfast, meet your guide then drive to the cloud forests of Monteverde. Monteverde's consistently cool and wet environment receives over nine feet 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 from the US 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 became the biological reserve it is today. Visit several sites of interest including the Women's Artist Co-op, Stella's Bakery, and the Cheese Factory, which produces some of the tastiest cheeses in the country. Each interaction provides an opportunity for Spanish language practice. Check-in and dinner at the hotel. Overnight at Montaña Monteverde. (BLD)

DECEMBER 29 - MONTEVERDE
After breakfast take a guided hike in the Monteverde Cloud Forest Reserve. Cloud forests occur near mountain peaks where rain turns into a life-sustaining mist, hydrating and nourishing epiphytic plants. At the Hummingbird Gallery, birds hover then zip by, attracted to the many feeders specifically placed to entice them there. Spend an adventure-filled afternoon in the forest canopies as you navigate the many suspension bridges and zip lines of the Monteverde SkyWalk/SkyTrek park. The SkyWalk offers a spectacular chance to view flora and fauna from an “up-in-the-branches” perspective. Complete your cloud forest exploration with SkyTrek's exhilarating zip line adventure through the forest canopy. Following the SkyWalk, the SkyTrek 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 glide through the canopy. Each platform commands exceptional 360-degree views of Guanacaste, San Carlos, and Puntarenas. Return to the hotel for dinner. Overnight at Montaña Monteverde. (BLD)

DECEMBER 30 - ARENAL
This morning after breakfast depart for Arenal. Have lunch en route then take a guided hike in Arenal National Park. During the hike explore around the base of the volcano, which includes old lava flows and volcanic boulders. As you explore, learn about the geology of the volcano as well as local flora and fauna that inhabit the area. Continue on to the hotel, for check-in and dinner. Overnight at Arenal Paraiso. (BLD)

DECEMBER 31 - ARENAL
This morning hike the trails of Ecocentro Danaus Reserva Ecológica home to both rainforest and wetland ecosystems. Visit the botanical garden, which features medicinal plants. Then tour the butterfly garden, home to 40 species of butterflies. Continue on to the picturesque town of La Fortuna then return to the hotel to enjoy a relaxing dip in the hotel's hot spring pools. The Arenal area is famous for its many hot springs which are a benefit of the Arenal Volcano. Overnight at Arenal Paraiso. (BLD)

JANUARY 1 - SARAPIQUI
This morning journey to a local farm to learn about agricultural practices and daily life on a farm. Explore the farm's sugar cane mill and receive a lesson on the traditional method of processing sugar cane. Before lunch, practice Spanish while learning how to make tortillas -- cook them on a wood-burning stove and then have lunch with the family. Following lunch, depart for Selva Verde Lodge and Rainforest Reserve. Selva Verde’s extensive grounds include a 500 acre rainforest reserve; conservation of the rainforest was the reason for its establishment in 1985. The lodge is designed to have a minimum impact on the environment. Upon arrival receive an orientation to the lodge facilities. This afternoon enjoy a fascinating chocolate tour at a nearby cacao plantation. The fun begins with a short walk through a cacao growing plot of land where you’ll see a demonstration on 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. Incorporated into your exploration will be Spanish language interactions. Dinner at the lodge. Overnight at Selva Verde Lodge. (BLD)
JANUARY 2 - SARAPIOQUI
Early morning optional bird walk followed by breakfast. After breakfast enjoy a guided hike in the private rainforest reserve. This large tract of primary and secondary premontane wet forest is teeming with species such as the Great Tinamou, Gartered Trogon, Keel-billed Toucan, Rufous-tailed Hummingbird, and Red-lored Parrot. Study the forest as the guide discusses the complex details of the ecosystem and how life in the rainforest thrives. After lunch participate in a reforestation project at a nearby farm. Planting native tree species allows the local people to benefit from rainforest conservation through sustainable wood production and habitat protection for wildlife including the critically endangered Great Green Macaw. Incorporated into your explorations today will be Spanish language instruction. This evening after dinner is a guided walk around the lodge in search of nocturnal creatures including frogs, bats, kinkajous and hundreds of species of insects. Overnight at Selva Verde Lodge. (BLD)

JANUARY 3 - SARAPIOQUI
This morning enjoy an exhilarating whitewater rafting excursion on the Sarapiquí River. All rafting trips include a professional river guide, necessary safety equipment (helmet, life jackets, etc.), and a thorough lesson on rafting and safety procedures prior to your adventure. As you cruise down the river, keep an eye out for the wildlife along the riverbank. Take a dip in the river, and snack on some fresh fruit before returning to the lodge. After lunch at the lodge head out for a visit to the Sarapiquí Conservation Learning Center for a community “charla” -- an interactive chat. Afterwards enjoy a cooking class and help prepare dinner. Overnight at Selva Verde Lodge. (BLD)

JANUARY 4 - SAN JOSÉ
This morning after breakfast depart for the Costa Rican Language Academy. En route stop for lunch and a visit to the Toucan Rescue Ranch. This licensed wildlife rescue facility focuses on the care, rehabilitation and study of Costa Rican toucans and other wildlife. They receive from governmental agencies wild animals that have been confiscated due to sickness and injury. TRR provides a loving home and appropriate medical treatment, rehabilitation and when possible, returns the animals to their natural environment. One of their most popular programs is the sloth project which provides care for orphaned baby sloths and injured adults. On arrival at the Costa Rican Language Academy say farewell to your guide and transfer to your homestay families, catch up with them over dinner. Overnight at homestay. (BLD)

JANUARY 5 - FAREWELL!
Depart for the international airport in San José for your early afternoon flight home. (B)

LAND PRICING
$2,865 (7-13 participants)
$2,535 (14-19 participants)
$2,520 (20 participants)

Cost includes meals, accommodations, and activities as indicated in the itinerary, in-country transportation, full-time guide, and carbon offset.

Does not include international airfare, estimated at $799 round-trip, tips/gratuities, 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
Cost is based on double occupancy; for a single room throughout the trip add $270 per person. A $200 per person deposit and enrollment form are required to reserve your space on the trip. This deposit is refundable excluding a $100 cancellation fee until September 22, 2020 at which time non-refundable final payment is due.

This program includes optional carbon offsetting with ClimateSafe. Learn more at holbrooktravel.com/climatesafe
FOR MORE INFORMATION OR TO ENROLL
Visit bolbrook.travel/chenango-cr20 or contact Stefanie Plein at stefanie@bolbrooktravel.com or 877-910-6548

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