



HIKING IN ARENAL NATIONAL PARK BY JOANNA LIVINGSTONE

COSTA RICA

Costa Rica Eco-Adventure: Tortuguero, La Selva, and Arenal

9 DAYS | Choose your dates | Best season to travel: **NOV - APR**

On this adventure, explore the Caribbean side of Costa Rica, including remote Tortuguero National Park, then journey inland to discover the primary rainforests of Selva Verde, our private eco-reserve set on 500 protected acres within the San Juan-La Selva Biological Corridor. These distinct locations offer the perfect introduction to Costa Rica's biodiversity, which you'll also encounter in the forests and lava fields of Arenal Volcano National Park, driving through Braulio Carrillo National Park, and on a whitewater rafting excursion. See firsthand how the country's national park system protects its natural resources, and learn about the ecological benefits of responsible agriculture. Overall, this active exploration of Costa Rica's rich habitats will enliven all your senses with a wide variety of excursions.

PROGRAM HIGHLIGHTS

- Kayak the canals of Tortuguero in search of reptiles, monkeys, butterflies, and birds.
- Ride a boat to Tortuguero Village and visit the museum of the Sea Turtle Conservancy.
- Get an overview of Costa Rica's biodiversity in Selva Verde Lodge's private reserve.
- Visit a macaw rescue facility, where previously caged or abused macaws fly free.
- Go whitewater rafting on the Río Sarapiquí's Class I, II, and III rapids.
- Relax in thermal hot springs in the shadow of Arenal Volcano.
- Learn about the importance of crops like pineapples, bananas, and coconuts to the local economy.

WHAT'S INCLUDED?

- Bilingual local guide
- Driver
- Accommodations
- Activities
- Private transportation
- Meals
- Beverages with meals
- Carbon offsetting



WHITewater RAFTING BY JOAQUIN GARCIA



TORTUGUERO BEACH

ITINERARY

BLD = BREAKFAST, LUNCH, DINNER

DAY 1 - 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 Balmoral*

DAY 2 - 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 Pachira Lodge in Tortuguero. Upon arrival at

the lodge, relax with a cocktail and lunch. This afternoon, take a quick boat ride across the canal waterway to Tortuguero Village and visit the Sea Turtle Conservancy (STC) museum to learn about sea turtle conservation. The STC has conducted research and monitoring programs in Tortuguero since 1959. Take a walk on the beach, explore the town, then meet with a resident of Tortuguero who will give an interactive presentation on the importance of coconuts in the village. Return to the lodge for dinner. If traveling between the nesting months of July through September, there is an optional sea turtle nest walk available at additional cost. *Overnight at Pachira Lodge. (BLD)*

DAY 3 - TORTUGUERO

This morning have breakfast at the lodge and then experience the flora and fauna of the Tortuguero National Park while kayaking the waterways of Tortuguero. The extensive network of freshwater creeks and lagoons in Tortuguero are home to seven species of river turtles, spectacled caimans, southern river



TORTUGUERO BOAT RIDE BY JOANNA LIVINGSTONE

otters, many crustaceans, and more than 50 species of freshwater fish. You may also see spider, howler and white-faced capuchin monkeys, several different species of birds, three-toed sloths, and crocodiles. If lucky, you might spot an endangered West Indian manatee. Return to the lodge for lunch. This afternoon, set out on an interpretive hike along the lodge's trails to explore the mysterious jungle of Tortuguero. This evening, take a night walk around the lodge grounds to see nocturnal creatures like snakes, frogs, sloths, and tamanduas (a type of anteater). *Overnight at Pachira Lodge. (BLD)*

DAY 4 - SARAPIQUÍ

This morning transfer to Selva Verde Lodge & Rainforest Reserve, first by boat and then by bus. Located in the lush lowlands of north central Costa Rica, Selva Verde comprises an ecolodge and a private tract of primary and secondary tropical rainforest. After settling in, receive an orientation on the lodge's facilities and 500-acre private reserve, then hear a lecture by a local naturalist to learn about the Mesoamerican Biological Corridor, a stretch of terrain spanning from southern Mexico to Panama. The rainforest surrounding Selva Verde Lodge constitutes just one small part of this important conservation zone. Enjoy time to relax in your room, or stroll about the property before a buffet-style dinner in the upstairs dining room. After dessert, explore the world of the rainforest after sundown during a short night hike in search of nocturnal amphibians, mammals, owls, and insects. *Overnight at Selva Verde Lodge & Rainforest Reserve. (BLD)*

DAY 5 - SARAPIQUÍ

This morning after breakfast, embark on an exciting 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 all of the necessary safety equipment (helmet, life jackets, etc.) is provided, along with a lesson on rafting safety instructions and procedures. For those not interested in rafting, a boat trip along the river can be arranged as an alternative. Return to the lodge for lunch. This afternoon, visit a local pineapple plantation to learn about organic farming and harvesting techniques. The pineapple industry is an important source of foreign

exchange for Costa Rica. *Overnight at Selva Verde Lodge & Rainforest Reserve. (BLD)*

DAY 6 - ARENAL

This morning depart Selva Verde and visit Don Alvaro's Macaw Farm, where you'll get an up-close experience with the macaws that live there. The farm is home to previously caged or abused macaws, and is unique in that the macaws actually fly free through the surrounding rainforest. Continue to La Fortuna town; enjoy lunch en route. Upon arrival at Arenal Springs Hotel, check in and enjoy the rest of the afternoon at leisure to relax in the thermal hot spring pools heated

by the nearby Arenal Volcano. Dinner this evening is in the dining room. Weather permitting, the hotel affords excellent views of the immense volcano from every room. *Overnight at Arenal Springs Hotel. (BLD)*

DAY 7 - ARENAL

This morning take a hike in Arenal Volcano National Park, then return to hotel for lunch. This afternoon, visit Arenal Vida Campesina, an organic farm and education center dedicated to advancing environmentally-friendly agriculture. Enjoy a traditional lunch prepared with fresh produce from the farm, then get hands-on as you learn how to make tortillas. The hospitality is as heartwarming as the shot of their farm-fermented liquor – a traditional farewell gesture, and fitting end

to a memorable visit. *Overnight at Arenal Springs Hotel. (BLD)*

DAY 8 - SAN JOSÉ

This morning after breakfast, check out and head to Arenal Hanging Bridges, a reserve that abounds with wonderful trails, suspension bridges, and outstanding natural areas. There are 15 bridges in the park, six of which are suspended in the upper canopy, allowing for an eye-level view of the abundant wildlife living there. Return to San Jose. Lunch en route. This evening attend a farewell dinner at a local restaurant. *Overnight at Wyndham Herradura. (BLD)*

DAY 9 - DEPARTURE

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



ARENAL VOLCANO BY JERRY GOFFE | NATUREPHOTOWORKS.COM

LAND PRICING

\$2,515 (10 participants + 1 leader)

\$2,215 (15 participants + 1 leader)

Price includes accommodations, meals, entrance fees, and activities as indicated in the itinerary, private transportation unless otherwise noted in itinerary, non-alcoholic beverages with meals, local guides in each region for duration of program, and carbon offset.

International airfare, gratuities, or items of a personal nature are not included.

Valid for travel in 2020.

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. Refer to the Plan Document for more details.

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

A \$200 per person deposit and enrollment form is due to secure your reservation. This deposit is refundable until 95 days prior to departure excluding a \$100 cancellation fee. Final payments are due no later than 95 days prior to departure. Non-refundable final payment is due at 95 days prior to departure.

MORE FROM HOLBROOK

Holbrook was founded on the principle that travel fosters a greater understanding of our world's cultural and natural treasures and that these experiences allow individuals to become agents for global change. We hope that your experiences in Costa Rica will remain with you forever and will challenge you to make a difference in the world we share!

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



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