



MANUEL ANTONIO NATIONAL PARK

COSTA RICA

Preserving Paradise: Parks and Reserves of Costa Rica

10 DAYS | Choose your dates | Best season to travel: **NOV - JUL**

Costa Rica has more than 5 percent of the world's biodiversity, 801 miles of coastline, and the world's highest percentage of protected areas. At the same time, it consistently ranks high in prestigious international quality of life studies. How does Costa Rica maintain its fragile balance, and what can we learn from it? Find out as we explore glorious national parks and private reserves, and learn from the naturalists and conservationists who are stewards of this remarkable realm. With rainforest hikes, horseback riding, birdwatching, river cruising, canopy walks and a relaxing spa stay, your 10-day learning expedition will be as exhilarating as it is enlightening. Experience abundant wildlife and stunning panoramic views unlike any other as you discover the natural gems that Costa Rica has to offer.

PROGRAM HIGHLIGHTS

- Marvel at some of Costa Rica's most awe-inspiring national parks and reserves, including Manuel Antonio National Park, Carara Biological Reserve, and Villa Lapas private reserve.
- Hit the trails in search of rare tropical birds such as the beautiful Resplendent Quetzal.
- Witness the intersection of indigenous traditions and modern livelihoods during a hands-on experience at a chocolate farm.
- Seek out caimans, a variety of water birds, and other wildlife on a Sarapiquí River cruise, and learn about important land use issues.
- Go horseback riding along the Savegre River and discuss rainforest conservation and the history of settlement in this region.

WHAT'S INCLUDED?

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



KEEL-BILLED TOUCAN BY GREG BASCO



SAVEGRE RIVER BY BRIAN RALPHS

ITINERARY

BLD = BREAKFAST, LUNCH, DINNER

DAY 1 - SAN JOSÉ

Upon arrival at the airport in San José, you will be met by your local guide and transferred to the hotel. *Overnight at Hotel Bouganvillea.*



SELVA VERDE LODGE BY GREG BASCO

DAY 2 - SARAPIQUÍ

After breakfast, check out of the hotel and transfer to Selva Verde Lodge & Rainforest Reserve. Upon arrival, receive an orientation on the lodge's facilities, its 500-acre private reserve, and the Sarapiquí Conservation Learning Center (SCLC), an initiative to connect local communities and visiting guests with educational resources and conservation projects. SCLC programs include environmental education, rural tourism activities, English classes, community outreach, women's

groups, and scholarship funds for high school students. Following lunch at Selva Verde, visit the nearby Tirimbina Reserve for a visit to a working chocolate farm. During this hands-on experience, learn how ancestral indigenous traditions tie in with modern commercial needs and discuss the sustainability of commercial crops – particularly chocolate, which requires shade to grow. Moreover, gain a deeper understanding about the importance of incorporating humankind into the conservation landscape, and the aim of creating sustainable livelihoods as a part of environmental initiatives. Return to the lodge for dinner. This evening enjoy a lecture on the importance of Selva Verde in the creation of a biological corridor between Braulio Carrillo National Park and the Caribbean coast. This lecture will highlight the plants and animals found in and associated with the rainforest at Selva Verde. *Overnight at Selva Verde Lodge & Rainforest Reserve. (BLD)*



IGUANA BY KAREN STRAUS

DAY 3 - SARAPIQUÍ

Early morning breakfast, then set out to hike the Selva Verde Rainforest Reserve. A variety of wildlife can be seen along the reserve's forest trails, including sloths, monkeys, iguanas, parrots, toucans, hummingbirds, and other tropical fauna. After lunch, take a nature boat ride on the Sarapiquí River. The journey will introduce birds and animals that frequent the riverine vegetation, including caimans and a variety of water birds. A site lecture during the boat ride will draw attention to land use on the river banks and human impact on the ecology of the river system. Return to the lodge for time to relax and enjoy its amenities.

Overnight at Selva Verde Lodge & Rainforest Reserve. (BLD)

DAY 4 - CARARA

Enjoy early morning birding with your guide. After breakfast, depart for La Paz Waterfall Gardens. Explore the many trails and picturesque waterfalls as well as the hummingbird garden, lush botanicals, and much more. After lunch at La Paz, continue to Villa Lapas, situated on a 500-acre private reserve near the Pacific coast. *Overnight at Hotel Villa Lapas. (BLD)*

DAY 5 - CARARA

Rise early for birding along the forest trails. After breakfast, explore the biodiversity of the transitional forest during a hike in the Carara Biological Reserve. Experience double the diversity exploring this forest, which overlaps Pacific rainforest and tropical dry forest. Next, explore the famed Tárcoles River for an up-close experience with the massive crocodiles that inhabit these waters. Return to the lodge for lunch and then hike along the hotel's canopy walkway, a suspended bridge stretching through the treetops. This elevated perspective brings you to eye level with the abundant wildlife living in the rainforest canopy. In the evening there will be a lecture on macaws and crocodiles, followed by a night walk to look for kinkajous and other nocturnal creatures. *Overnight at Hotel Villa Lapas. (BLD)*

DAY 6 - MANUEL ANTONIO

This morning after breakfast transfer to Manuel Antonio for a hike in the popular Manuel Antonio National Park. Situated along the Pacific coast, the park is home to a

rich variety of fauna, including white-faced capuchin and howler monkeys, basilisk lizards, coatis, sloths, and the endangered titi monkey. Spend the day exploring the beautiful beaches and trails at Manuel Antonio, with some free time later this afternoon to enjoy the area at your leisure. Return to the hotel for an evening presentation to learn about titi monkey conservation. This evening, dinner is on your own to explore local fare. *Overnight at Hotel San Bada. (BL)*

DAY 7 - SAN GERARDO DE DOTA

After breakfast, begin your transfer to the tropical cloud forest realm of San Gerardo de Dota's Savegre Hotel, Natural Reserve & Spa. Encompassing nearly 1,000-acre reserve, Savegre's reserve is just five miles from Costa Rica's newest national park, Los Quetzales, and home to one of Costa Rica's avian treasures, the beautiful Resplendent Quetzal. En route to Savegre, stop at Hacienda Barú for lunch and a talk on rainforest conservation. This evening, after settling in at the hotel, attend a talk with a member of the Chacón family about the history and development of this region. *Overnight at Savegre Mountain Hotel, Natural Reserve & Spa. (BLD)*

DAY 8 - SAN GERARDO DE DOTA

Spend a full day exploring the hotel and surrounding trails, including a horseback ride along the Savegre River. This

evening is at leisure to relax, or perhaps enjoy the spa. *Overnight at Savegre Mountain Hotel, Natural Reserve & Spa. (BLD)*

DAY 9 - SAN JOSÉ

Begin the day with an early morning hike in search of quetzals. Breakfast is followed by departure toward San José, with a stop to visit Irazú Volcano, and Moravia for shopping. Arrive at the hotel in the evening for a farewell dinner. *Overnight at Hotel Herradura. (BLD)*

DAY 10 - DEPARTURE

Transfer to the airport for the flight home. (B)

This program can be customized.



SQUIRREL MONKEY BY ARVIND GROVER

PROGRAM PRICING

\$2,245 (15 participants + 1 leader)

\$2,560 (10 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.

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.

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.

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

