



GREEN IGUANA BY LAURA HARE

COSTA RICA

Riches of the Rainforest, Arenal Volcano, and the Pacific Coast

8 DAYS | Choose your dates | Best season to travel: OCT - JUN

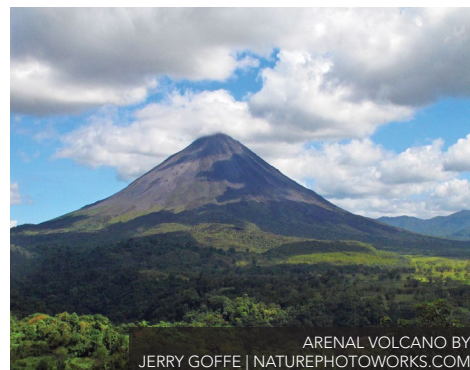
Discover the treasures of Central America's "rich coast" during this comprehensive introduction to Costa Rica. From the primary and secondary rainforest of the country's lush Caribbean lowlands, to the volcanic landscapes and nearby hot springs of Arenal Volcano, to beaches, wetlands, and tropical dry forest in the Guanacaste region, you'll have the opportunity to explore a variety of its ecosystems and habitats, its high density of biodiversity, and the "pura vida" attitude for which the country is famous.

PROGRAM HIGHLIGHTS

- Learn about the history of chocolate in the tropics and experience a gourmet chocolate tasting.
- Discover unique flora and fauna during guided interpretive hikes through primary and secondary rainforest.
- Experience a thrilling whitewater rafting adventure on the Sarapiquí River.
- Take a dip in a system of hot springs naturally heated by Arenal Volcano.
- Set sail on a scenic catamaran ride along the Pacific coast, with the chance to swim and snorkel from the boat.
- Observe tropical birds, howler and white-faced capuchin monkeys, crocodiles, and other wildlife at El Viejo wetlands.

WHAT'S INCLUDED?

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



ARENAL VOLCANO BY
JERRY GOFFE | NATUREPHOTOWORKS.COM



GUANACASTE COASTLINE

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. This evening enjoy a welcome dinner and program orientation at 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. (D)*



LA PAZ WATERFALL BY DON HENISE



KEEL-BILLED TOUCAN BY MARTIN VAN LOKVEN

DAY 2 - SARAPIQUÍ

This morning, gather for breakfast then depart San José, heading north to Selva Verde Lodge & Rainforest Reserve. En route stop at La Paz Waterfall Gardens to explore the many trails and picturesque waterfalls, as well as the hummingbird garden and lush botanicals. Enjoy lunch at La Paz, and continue to Selva Verde, located in the lush lowlands of north central Costa Rica on 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 attend a lecture by a local naturalist on the biodiversity of the region and rainforest structure. 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. (BLD)*

DAY 3 - 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. In the afternoon, visit the plantation and reserve at Best Chocolate to learn all about the cacao plant and how it's processed from fruit to final product. After witnessing all stages of the process, try a taste of freshly-made chocolate with a new appreciation of its origins. This evening, have dinner at the lodge and visit the nearby Tirimbina Biological Reserve for a presentation on the fascinating lives of bats. During the visit, learn about some of the 113 species of bats that can be found in Costa Rica, with an opportunity to see live specimens humanely caught by local researchers collecting data. *Overnight at Selva Verde Lodge. (BLD)*

DAY 4 - SARAPIQUÍ-ARENAL

Rise early for optional morning birding on the grounds. After breakfast, set out on a hike in the primary rainforest reserve to observe this unique ecosystem up-close. 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 the hike, walk through Selva Verde's botanical garden and learn about the beautiful tropical flowers and plants. Have lunch at the lodge, check out, then depart for Arenal, stopping at La Fortuna on the way. This picturesque town is a great place to take photos and shop for souvenirs. Upon arrival at Arenal Paraiso, check in and enjoy the rest of the afternoon at leisure to relax in the thermal hot spring pools heated by Arenal Volcano. Weather permitting, the hotel affords excellent views of the volcano from every room. *Overnight at Arenal Paraiso. (BLD)*

DAY 5 - ARENAL

This morning after breakfast, depart for Arenal Hanging Bridges, a reserve that abounds with wonderful trails, suspension bridges, and outstanding natural areas.



TWO-TOED SLOTH BY JOAQUIN GARCIA

Then, head to 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. Return to the lodge for dinner. *Overnight at Arenal Paraiso. (BLD)*

DAY 6 - GUANACASTE

Check out after breakfast at the lodge, then begin the transfer to Sugar Beach. En route, stop for a visit at Hacienda El Viejo Wetlands, a private wildlife refuge. Here, enjoy a typical Costa Rican buffet lunch at La Casona, a historical home dating back nearly 150 years that evokes the spirit of Costa Rica's colonial era. Then, set out onto the Tempisque River on a boat tour of El Viejo Wildlife National Refuge, where you'll see an incredible number of birds, monkeys, iguanas, and crocodiles. Return to La Casona to enjoy a cup of coffee and some fruit before departing the hacienda and continuing to Sugar Beach. Check in upon arrival, and enjoy the rest of the evening at leisure to explore the hotel facilities. Dinner at the hotel. *Overnight at Sugar Beach Hotel. (BLD)*

DAY 7 - GUANACASTE

After breakfast, head to Flamingo Beach for a scenic catamaran journey along the beautiful Pacific coast. From the dock, take a brief ride by motorized tender to arrive at the catamaran, then go aboard and set sail! Enjoy a picnic-style meal on board, then swim and snorkel from the catamaran in search of tropical fish, octopi, starfish, rays, and puffer fish. At the end of the cruise, board the tender back to shore and return to the hotel. The afternoon is at leisure to explore the beach or relax. This evening, enjoy the farewell dinner at the hotel. *Overnight at Sugar Beach Hotel. (BLD)*

DAY 8 - DEPART

Transfer to the international airport in Liberia, which takes approximately 1.5 hours. (B)

This program can be customized.

LAND PRICING

\$1,865 (15 participants + 1 leader)

\$2,110 (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!

Please join our Facebook page and share photos of your program. Visit us at www.facebook.com/holbrooktravel. We hope to hear from you.



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



RED-EYED TREE FROG BY MARTIN VAN LOKVEN



WHITE-FACED CAPUCHIN BY VYTAUTAS SERYS



CROCODILE BY AL HOVEY