



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 you explore natural areas and hear 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 expedition will be as exhilarating as it is enlightening. Observe abundant wildlife, enjoy beautiful scenery, and see firsthand the efforts under way to preserve this tropical paradise.

PROGRAM HIGHLIGHTS

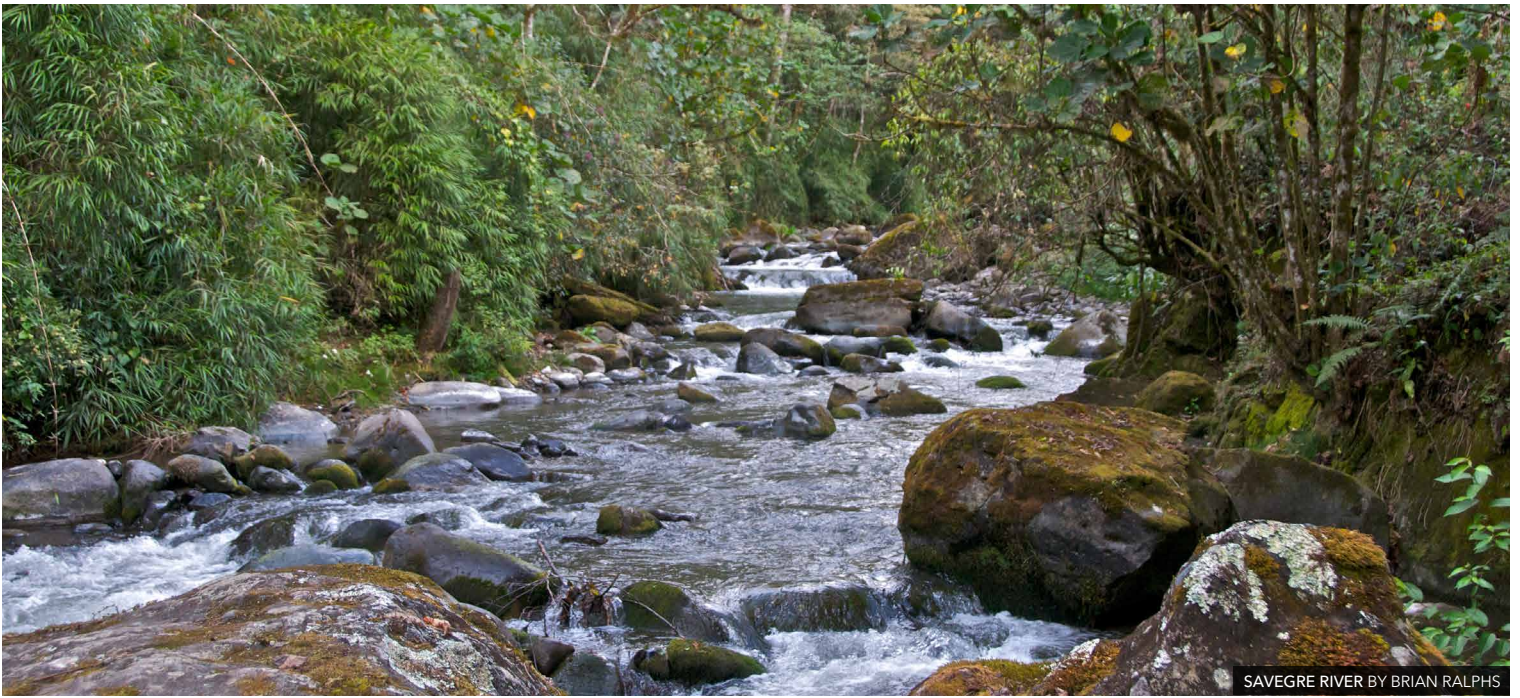
- Examine topics of conservation, land use, and sustainability at some of Costa Rica's renowned national parks and reserves.
- Learn about important land use issues while looking for caimans, a variety of water birds, and other wildlife on a river boat ride.
- Witness the intersection of indigenous traditions and modern livelihoods during a hands-on experience at a chocolate farm.
- Discuss forest conservation and the history of settlement in the San Gerardo de Dota region with a member of a local family.
- Walk the beaches and trails of the popular Manuel Antonio National Park on the Pacific coast.

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 and orientation at the hotel restaurant, check out of the hotel and transfer to Selva Verde Lodge & Rainforest Reserve. Upon arrival, receive an orientation to 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. Join a local community member at the SCLC to experience cooking a traditional Costa Rican dish for lunch. This afternoon, visit a working chocolate farm on the nearby Tirimbina Reserve. 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

After an early morning breakfast, 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)

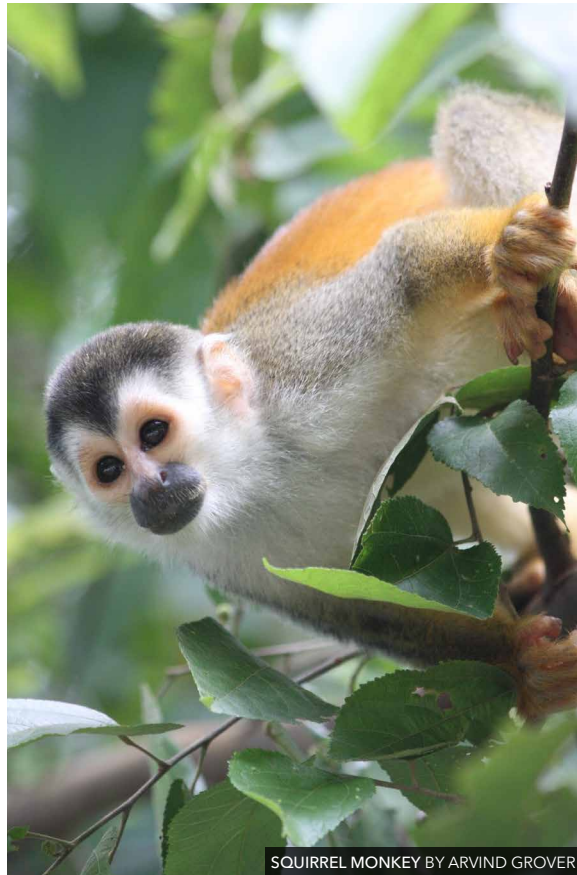
DAY 4 - CARARA

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 Carara Biological Reserve. Experience double the diversity exploring this forest, where Pacific rainforest and tropical dry forest overlap. 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, followed by a night walk to look for kinkajous and other nocturnal animals. *Overnight at Hotel Villa Lapas. (BLD)*



SQUIRREL MONKEY BY ARVIND GROVER

DAY 6 - MANUEL ANTONIO

This morning after breakfast, transfer to Manuel Antonio for a hike in the very popular Manuel Antonio National Park. The park is situated along the Pacific coast and is home to a rich variety of flora and fauna, including white-faced capuchin and howler monkeys, the endangered Central American squirrel monkey, basilisk lizards, coatis, and sloths. Spend the day exploring the park's beautiful beaches and trails. There will be some free time later this afternoon to enjoy the area at your leisure. Return to the hotel

for an evening presentation, "Conservation and History of the Quepos Region." 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 Trogon Lodge, which is just a few 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 the lodge, stop at Hacienda Barú for lunch and a talk on rainforest conservation. This evening, settle in and have dinner at the hotel. *Overnight at Trogon Lodge. (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 Trogon Lodge. (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. 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)*

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, and items of a personal nature are not included. Valid for travel in 2021.

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. Non-refundable final payments are due no later than 95 days prior to departure.

TRAVEL PROTECTION

Holbrook Travel purchases Travel Protection on behalf of all participants. 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.



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



ACTIVITY LEVEL **3** MODERATE

WHAT TO EXPECT

This program brings you through a range of tropical ecosystems including rain forest, transitional forest, cloud forest and Pacific coast beaches. Each day you will enjoy at least one hike, spending from 2 to 4 hours in pristine national parks or private preserves. You'll walk up and downhill on unpaved and paved trails that can sometimes be uneven or slippery; as well as along a canopy walkway suspended above the rainforest. Other activities include horseback riding along the Rio Savegre, and a boat ride on the Rio Tarcoles to observe riparian ecosystems and water birds. You will be in the tropics, so expect high humidity with temperatures ranging between 60° and 86° F. Elevation changes will take you from sea level to altitudes of up to 10,400 feet. Travel between sites takes place on private, air-conditioned motorcoaches. The longest drive is 4 hours, on curvy mountain roads with stops en route.

