



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: **NOV - JUN**

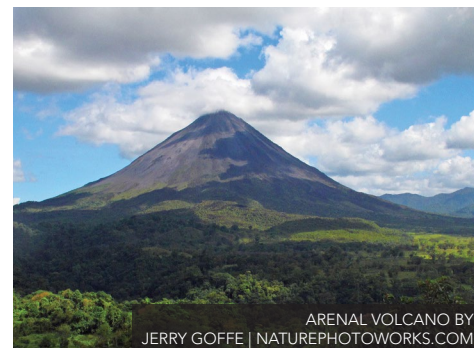
Discover the best of the tropics on this classic Costa Rica excursion! From rainforests and rivers to volcanoes and beaches, you'll experience a variety of ecosystems and habitats, fun and engaging activities, and the friendly, "pura vida" attitude for which the country is famous. Begin in the country's lush Caribbean lowlands, where pristine forests shelter a great diversity of plant and animal life. Then continue to picture-perfect Arenal Volcano and its nearby hot springs before heading to the Pacific coast for the chance to swim, snorkel, and cruise along the shoreline. A blend of nature and culture make this an ideal program for anyone seeking an informative, well-rounded exploration.

PROGRAM HIGHLIGHTS

- Identify tropical flora and fauna during guided interpretive hikes amid primary and secondary rainforest.
- Sample gourmet chocolate while learning about the history and cultural importance of cacao in the tropics.
- Experience a thrilling whitewater rafting adventure.
- Set sail on a scenic catamaran ride in the ocean, 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.
- Visit a wildlife rescue facility and learn about its environmental and social projects within the community.

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 immigration 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. Check-in starts at 2 pm. 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 the Sarapiquí region. 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 before continuing to Selva Verde Lodge & Rainforest Reserve, 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 to 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

for 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 - 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, 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 Manoa. (BLD)*

DAY 5 - ARENAL

This morning after breakfast, head to Arenal Hanging Bridges, a reserve that abounds with wonderful trails,

suspension bridges, and outstanding natural areas. Have lunch in La Fortuna at a local restaurant, and then visit Proyecto Asis Wildlife Rescue Center, which supports local, environmental, social, and conservation projects within the community. Return to the hotel for dinner and time to relax. *Overnight at Arenal Manoa. (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 nearby 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, octopuses, starfish, rays, and pufferfish. 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 a farewell dinner at the hotel. *Overnight at Sugar Beach Hotel. (BLD)*

DAY 8 - DEPART

Transfer approximately 1.5 hours to the international airport in Liberia. Check-out is at 12 pm. (B)



TWO-TOED SLOTH BY JOAQUIN GARCIA

LAND PRICING

\$1,995 (15 participants + 1 leader)

\$2,250 (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

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

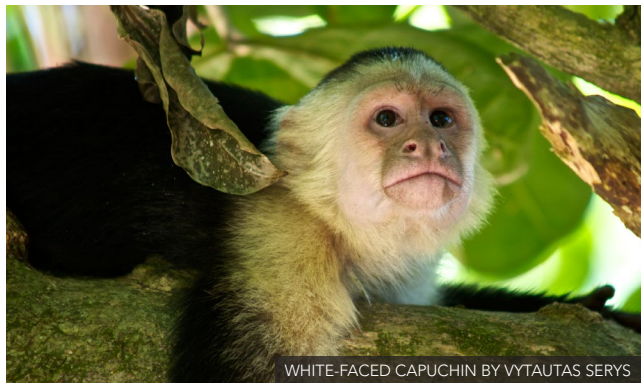
TRAVEL PROTECTION

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



WHITE-FACED CAPUCHIN BY VYTAUTAS SERYS



ACTIVITY LEVEL

2

EASY-MODERATE

WHAT TO EXPECT

This program features natural and cultural discovery in two iconic Costa Rican ecosystems: the rainforest and Pacific coast beaches. Daily activities include hikes of up to 3 hours along paved and unpaved forest trails. Some trails feature steps or suspension bridges, and some may be slippery or uneven. Other activities include a catamaran ride, during which you can swim and snorkel; swimming at hot springs; and whitewater rafting with minor class I, II, and III rapids. A professional river guide will escort you and conduct a safety lesson; all equipment is provided. Alternatively, you can opt for a standard boat ride. Expect high humidity with daytime temperatures ranging between 80° and 90° F. Elevation changes take you from sea level to altitudes of up to 3,300 feet. Travel between sites takes place on private, air-conditioned motorcoaches, and drive times range between 2 and 5 hours, on curvy mountain roads with stops en route.



RED-EYED TREE FROG BY MARTIN VAN LOKVEN



CROCODILE BY AL HOVEY

