



KEEL-BILLED TOUCAN BY MARTIN VAN LOKVEN

COSTARICA

Jungles, Peaks & Shores
Fayetteville High School

June 16 – 26, 2021

EDUCATIONAL CONNECTIONS



Biology

Conservation



Earth Science

Marine Studies

View a volcano, cruise among crocodiles, and get a treetop glimpse of the forest canopy from hundreds of feet above the ground: this program features the essential highlights of Costa Rica. You'll begin in the lush lowland rainforests of Sarapiquí, continue to Arenal Volcano to discover its geological history, thermal hot springs, and nearby cloud forests, then witness the unique biodiversity inhabiting the transitional zones of Carara National Park. Learn about Costa Rica's impressive biological footprint, and its remarkable story of conservation since the 1980s. You'll also have the chance to participate in adventure activities and hands-on demonstrations, plus meet with locals for a deeper understanding of their daily way of life.

PROGRAM HIGHLIGHTS

- Examine and compare the biodiversity of Costa Rica's rainforest and cloud forest ecosystems.
- Learn how agricultural products like chocolate, sugar cane, and heart of palm play a role in the economy.
- Meet local students and interact with community members for authentic cultural exchange.
- Observe the unique wildlife in Carara National Park, situated in a transitional zone where Pacific rainforest meets tropical dry forest.
- Enjoy fun adventure activities like whitewater rafting, zip lining, and paddling along the coast in an outrigger canoe.
- Get hands-on experience assisting with sea turtle research and data collection in the Osa Peninsula.

WHAT'S INCLUDED?

- Expert naturalist guides
- Accommodations
- Activities
- Entrance fees
- In-country transportation
- Meals & beverages
- Travel insurance



ARENAL VOLCANO BY DEB SAVARESE

ITINERARY

BLD = BREAKFAST, LUNCH, DINNER

JUNE 16 - SAN JOSÉ

Upon arrival at Juan Santamaría International Airport, meet your driver and transfer to the Doka Estate for lunch and a coffee plantation tour to include exploration of a sugar cane exhibition and butterfly garden. This evening after dinner is an orientation to get to know your guide, program, and the amazing country that will be your home for the next week. *Overnight at Radisson San José. (LD)*

JUNE 17 - SARAPIQUÍ

This morning after breakfast, learn about Costa Rica's biodiversity during an informative presentation given at the hotel by a local expert. Depart San José and travel to Selva Verde Lodge & Rainforest Reserve, located in the lush lowlands of northeastern Costa Rica. En route visit the nearby frontier town of Puerto Viejo. Learn about a local favorite, palmito, better known as heart of palm. See how this tender, vegetable-like delicacy is harvested and sample some locally inspired dishes made with it. Next, take a chocolate tour with a local expert at Costa Rica Best Chocolate. Then continue to Selva Verde Lodge and check in. Founded in 1985, the lodge is designed to have a minimum impact on the environment and is a proud participant in the Certification for Sustainable Tourism program (CST). After settling in, there will be an orientation to Selva Verde and free time to enjoy the pool before dinner. *Overnight at Selva Verde Lodge & Rainforest Reserve. (BLD)*



WHITEWATER RAFTING BY JOAQUIN GARCIA

JUNE 18 - SARAPIQUÍ

After breakfast, take an exhilarating whitewater rafting trip on the Río Sarapiquí. A professional river guide escorts all trips, and all necessary safety equipment (helmet, life jackets, etc.) will be provided. Following a thorough safety orientation and basic rafting lesson, enjoy the Class II and III rapids of the Río Sarapiquí. This afternoon participate in a community interaction activity with the Sarapiquí Conservation Learning Center (SCLC). The SCLC is a not-for-profit organization founded to preserve the cultural integrity of the rural community of Chilamate and aid in sustainable community development projects. Return to the lodge for some free time to spend at the pool. This evening a nocturnal hike provides a comparison between wildlife during the day and night. *Overnight at Selva Verde Lodge & Rainforest Reserve. (BLD)*



ARENAL HANGING BRIDGES BY PETER HOOK

JUNE 19 - ARENAL

Early this morning receive an introduction to the amazing tropical birds of Selva Verde during a short hike with your guide around the grounds of the lodge. The avifauna of Selva Verde is abundant, and feeding stations have been set up around the lodge to facilitate observation and identification of the many species that frequent the area. Return to the lodge for breakfast, and then set out for a nature hike through the reserve in search of new species. Your guide will discuss the complex details of the ecosystem and how life in the rainforest thrives. After lunch at the lodge, travel to Arenal. This afternoon you'll have time for a dip in the hot spring pools at your hotel. *Overnight at Arenal Paraíso. (BLD)*

JUNE 20 - ARENAL

This morning explore the rainforest at Arenal Hanging Bridges. The site consists of 15 bridges ranging from 16 to 330 feet long, offering a unique view of the forest canopy from below and above. Six of the 15 bridges are suspended in the upper canopy of this mature forest trail system. The elevation is approximately 1,900 feet. The trail system straddles different types of ecosystems, forming a transitional vegetation strip with high biodiversity where both highland and lowland species occur. Next, visit Arenal Vida Campesina to learn about agricultural practices in the region, like growing vegetables and dairy farming. While there, visit a sugar cane mill for a lesson in traditional methods of sugar cane processing. Before lunch, wake up your inner chef (and your appetite) by joining in a tortilla-making activity where you will learn how to make tortillas from scratch and cook them on a wood stove. After the farm tour, visit a school for a charming dance presentation performed by local children. This evening enjoy dinner at the hotel. *Overnight at Arenal Paraíso. (BLD)*

JUNE 21 - CENTRAL PACIFIC

Transfer from Arenal to Costa Rica's Pacific coast. En route, stop at the Tárcoles River for a crocodile river safari. Cruise along the waterway in search of the large American crocodiles that call this river home. Explore the mangrove ecosystems and then have lunch at a nearby restaurant. Arrive at the hotel with time to enjoy the pool or the beach. *Overnight at Punta Leona. (BLD)*

JUNE 22 - CENTRAL PACIFIC

Depart early for the nearby Carara National Park for a guided walk through beautiful transitional forest. This is the northernmost region of Pacific rainforest remaining in Costa Rica and the beginning of the transition zone into the tropical dry forests of the northwest. Trails through Carara feature thick, ancestral forest that's remained unchanged for thousands of years, replete with towering ancient trees, vines, and dense, shady canopies that block out the light. Have lunch at the hotel and then embark on an exhilarating adventure through the forest canopy in Herradura. The experts at Visa Los Sueños Canopy will explain safety procedures and instructions before you zip through the trees along zip lines surrounded by views of the surrounding area, as well as wildlife that may be present. This evening have dinner at the hotel. *Overnight at Punta Leona. (BLD)*



JUNE 23 - OSA PENINSULA

This morning transfer to the Osa Peninsula. Have lunch on check-in at the Delfines del Golfo. Afterwards, meet a member of the Latin American Sea Turtle (LAST) team, who will give you an introduction to the conservation work in Osa. Receive an orientation and information about the research, organization, and the project you will be working on. This afternoon work on the Mangrove Reforestation Program. Mangroves play a very important role in the coastal ecosystems of Golfo Dulce. They benefit not only fish, birds, invertebrates, and humans, but also sea turtles. Since the majority of the mangrove forests along the coast of Playa Blanca have been destroyed, a program was put into place to help restore some of the populations. During this activity, assist with the collection of seeds and propagules, gather mud for the seeds and seedlings, sow seeds into plastic bags in the nursery, plant juvenile plants in their natural habitat, and perform maintenance work as needed in the nursery. The mangrove initiative started up when it was discovered that a lot of mangrove in this area had been removed manually and species were losing their natural habitat. The reforestation program helps to provide shelter and feeding grounds for the turtles. If LAST has caught a weak sea turtle or received one from another beach, then it may be possible to assist in the Rescue and Rehabilitation Center instead of working in the mangrove reforestation center. Return to the hotel for dinner and overnight. *Overnight at Delfines del Golfo or similar. (BLD)*

JUNE 24 - OSA PENINSULA

This morning have breakfast at the lodge and then transfer to the LAST field station. Spend the day participating in the In-Water Monitoring program. Foraging sea turtles are mainly found in shallow waters with depths of less than 164 feet, with hard-bottom substrates or sea grass beds in coastal areas, in some cases around coral reefs. By sampling the Golfo Dulce, it is possible to gain information on the demographic structure of the population, such as abundance of immature turtles, males and non-breeding females, and their behavior. The Parameters Studies involve identifying resident sea turtles and determining the age structure, habitat use, and behavior of resident populations. Surveys are conducted twice weekly, and scheduling may change based on weather conditions. Board boats and use nets to capture sea turtles. Turtles will be untangled from the net and brought into the boat for transport to the beach. Once at the beach, begin monitoring; take the turtle's weight and biometrics (size of the carapace, plastron, and tail), tag them with metal tags (or record existing tag numbers), take a tissue sample (if no pre-existing tags), and record any injuries or abnormalities. It takes 15-30 minutes to complete the needed monitoring for each sea turtle, depending on the size. This evening, return to the hotel for dinner and a wrap-up session with LAST at the hotel. *Overnight at Delfines del Golfo or similar. (BLD)*

JUNE 25 - SAN JOSÉ

This morning after an early breakfast depart for San José. En route stop at Hacienda Barú National Wildlife Refuge, a private nature reserve with 830 acres of protected area including primary, secondary, and selectively logged tropical wet forest, swamp forest, mangrove estuary, secondary growth, brush land, river bank, and seashore. In addition there are areas of silviculture (tree farming) with many different species of commercially viable timber, fruit orchards and pasture. This wide spectrum of habitats supports an equally large variety of wildlife. Here meet the owner, Dr. Jack Ewing, author of "Monkeys are Made of Chocolate," for a talk on the mission of the reserve. Have lunch at the lodge and then continue on to San José. Enjoy a farewell dinner and recap of your experiences in Costa Rica. *Overnight at Radisson San José. (BLD)*

JUNE 26 - DEPARTURE

After breakfast transfer to the airport for the flight home. (B)



PROGRAM PRICING

\$2,895 (based on minimum 7 participants)

Price includes accommodations, meals, activities and entrance fees as indicated in the itinerary, in-country transportation, local guides in each region for duration of the program, all gratuities, bottled water on the bus, and carbon offset.

Does not include international airfare, estimated at \$779 from Fayetteville, AR, or items of a personal nature.

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.

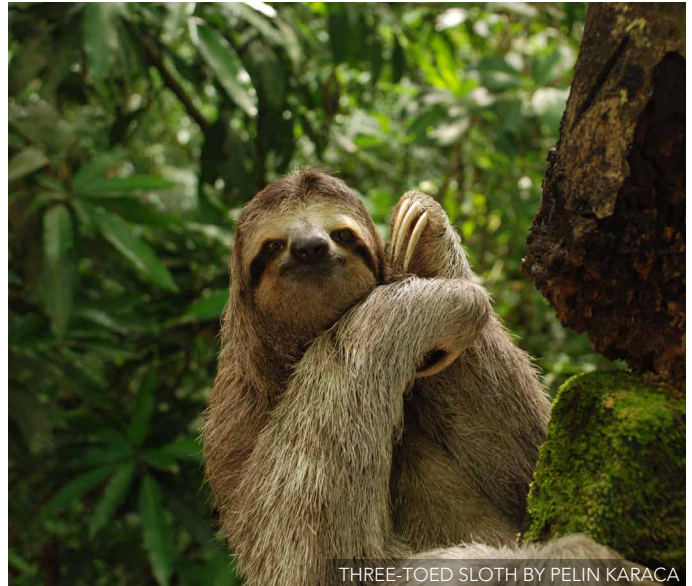
Optional additional coverage is available in the form of the Group Deluxe Plan, which offers benefits for Trip Cancellation/Interruption, in addition to many other insurance benefits and non-insurance assistance services. If interested in this optional plan, we can provide you with rates and plan details.

THE FINE PRINT

Price is based on triple/quad occupancy (bed sharing may be necessary). For a double room throughout the trip, add \$145 per person; for a single room, add \$865 per person. A \$200 per person deposit and enrollment form are required to hold your space on the trip. This deposit is refundable minus a \$100 cancellation fee until March 13, 2021, at which time final non-refundable payment is due.



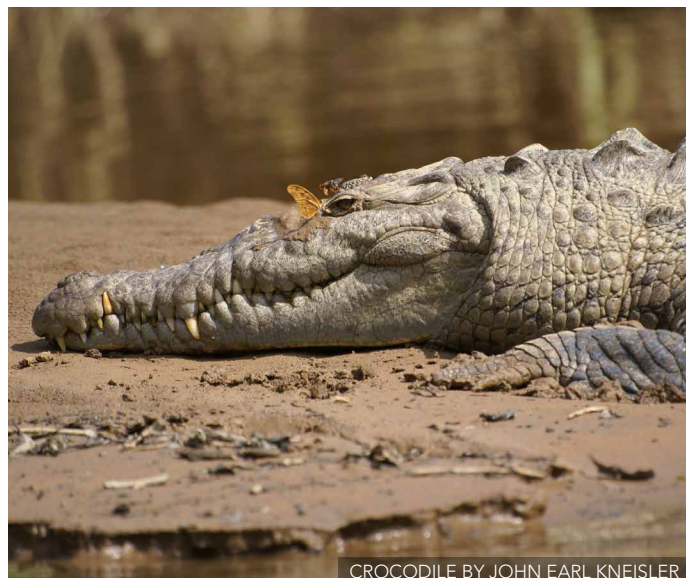
This program includes optional carbon offsetting with ClimateSafe. Learn more at holbrooktravel.com/climatesafe



THREE-TOED SLOTH BY PELIN KARACA



GUIDED HIKE BY ASHLEY LOZA



CROCODILE BY JOHN EARL KNEISLER

FOR MORE INFORMATION OR TO ENROLL:

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