



Photo by Joanna Livingstone

HOLBROOK
TRAVEL

COSTA RICA

ECO-TOURISM PROGRAM

with Partners in the Parks & Southern Utah University

June 14-22, 2023

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, reforestation projects, birdwatching, adventure activities, cultural immersion and agricultural tours, your 9-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

- Go on daytime and nighttime hikes in Selva Verde Reserve, part of the Mesoamerican Biological Corridor.
- Participate in a reforestation and service projects in local communities.
- Venture on an exhilarating whitewater rafting expedition.
- Explore the Santa Elena Cloud Forest Reserve, estimated to be home to around 50 percent of Costa Rica's biodiversity.
- Learn about sustainable eco-tours and how they play an important role in communities.
- Visit Lomas Barbudal Biological Reserve, known as the "insect park", where 24 species of bees have been recorded.



ITINERARY

BLD = BREAKFAST, LUNCH, DINNER

JUNE 14 - SAN JOSÉ

Upon arrival in San José, you will be met at the airport and transferred to your hotel. In the evening have an orientation to Costa Rica and presentation on the country's biodiversity and national park system. Costa Rica has protected more than 2.7 million acres of microclimates with 75 national parks and reserves. Check-in starts at 3:00 pm. *Overnight at Wyndham Herradura. (D)*

JUNE 15 - SARAPIQUÍ

This morning travel to Selva Verde Lodge and Rainforest Reserve, located in the lush lowlands of northeastern Costa Rica. 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, enjoy an orientation to Selva Verde and then visit the nearby Sarapiquí Conservation Learning Center (SCLC) for a charla presentation on local culture and the important role the SCLC plays in the community. 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. After dinner, take a night hike to discover nocturnal creatures such as red-eyed tree frogs and many species of insects. *Overnight at Selva Verde Lodge. (BLD)*

JUNE 16 - SARAPIQUÍ

After breakfast, take a hike in Selva Verde's private reserve that consists of 500 acres of primary forest. The reserve and the surrounding forests provide habitat for over 300 bird species, 120 species of mammals, 48 amphibian species, 89 reptile species, more than 10,000 species of insects, approximately 1,500 species of orchids and 330 species of trees. After lunch, In the afternoon, take an exciting whitewater rafting trip on the Rio Sarapiquí. Rapids range from Class I-III. Along the way, you will be able to stop to swim in the river and enjoy some fresh fruit. After dinner, attend a presentation on the Mesoamerican Biological Corridor (MBC). Selva Verde is located in the MBC, which is an international initiative that links critical habitats from southern Mexico and Belize to Panama in an effort to conserve biodiversity and promote sustainable development throughout this ecologically

fragile region. This region of Costa Rica's rainforest is important because it is the last remaining area that provides habitat for the endangered Great Green Macaw. *Overnight at Selva Verde Lodge. (BLD)*

JUNE 17 - MONTEVERDE

After breakfast, check-out and transfer to the Monteverde area, en route stop at Ecotermas Hot Springs where you can enjoy soaking in hot mineral waters. After lunch board a boat and cross Lake Arenal. During the boat ride you will enjoy beautiful views of Arenal Volcano and the Monteverde mountain range. On the other side of the lake, you will board a bus and head continue up 5,000 feet to Monteverde. This evening you will meet a representative from Santa Elena Cloud Forest Reserve, who will share information about the Reserve and the project you will be working on. The 765-acre reserve is managed by the local public high school's Board of Directors. *Overnight at Monteverde Cloud Forest Reserve Dorms. (BLD)*

JUNE 18 - MONTEVERDE

Return to Santa Elena Cloud Forest Reserve this morning where you will spend the day. The 310 hectares' reserve, founded in 1992 is located along the Caribbean slope which offers a large variety of flora and fauna. Project work will be based on the needs at the time of your visit, past projects have included: trail maintenance, signs construction/painting, and tree identification signs. This evening meet with a member of one of the founding Quaker families that came to Monteverde after World War II. They will share with you the Quaker's history in the Monteverde community and their contribution to the development of this region. *Overnight at Monteverde Cloud Forest Reserve Dorms. (BLD)*

JUNE 19 - MONTEVERDE

After breakfast, return to Santa Elena Reserve where you will have the opportunity to meet the local students This is the perfect time to share with them all you have learned about the cloud forest and Monteverde community. Have lunch in a local restaurant and then visit Life Monteverde Farm. Here you will learn about coffee, sustainability, organic gardens, compost, and the role of the farm animals. Discuss the agriculture research they are conducting and its implications. The farm is part of the Monteverde Community Fund and portion of all their sales fund local community projects. This evening, attend a lecture on Climate Change. *Overnight at Monteverde Cloud Forest Reserve Dorms. (BLD)*



JUNE 20 - LOMAS BABUDAL

After breakfast transfer approximately 3 hours to Lomas Barbudal Biological Reserve. Often referred to as the "insect park", Lomas Barbudal boasts an immense variety of insects; 240 species of bees have been recorded, along with 60 species of moths. The reserve protects interesting examples of dry tropical forest, along with patches of evergreen and riparian forests. Several species of endangered trees can also be found here, like mahogany and redwood, as well as the Panama redwood. Upon arrival meet one of their representatives for an introduction to the site and volunteer work. Service work will be focused on reforestation with native plants, trail and sign maintenance, fence maintenance, and building resting areas along the trails and around the forest. Later this afternoon, transfer to Hacienda La Pacifica - Cañas Area. Hacienda La Pacifica Hotel was founded in the 19th century by former president Bernardo Soto Alfaro and his wife Pacifica Fernández Guardia, who came to rest in the paradise between Corobici and Tenorio rivers amid lush flora and fauna of the area. *Overnight at Hacienda La Pacifica. (BLD)*

JUNE 21 - LOMAS BARBUDAL

This morning, return to Lomas del Barbudal Biological Reserve. Spend the day volunteering at the Reserve. At the end of the day, return to the hotel and enjoy a farewell dinner. *Overnight at Hacienda La Pacifica. (BLD)*

JUNE 22 - SAN JOSÉ

Depart the hotel this morning with a boxed breakfast and travel to the Daniel Oduber International Airport in Liberia (estimated 1.5 hours drive) for your flight home. (B)



LAND PRICING

\$2,195 (based on a minimum of 12 participants)

**Airfare to San José, Costa Rica not included*

Cost includes meals, accommodations, and activities as indicated in the itinerary, in-country transportation, full-time guide, bottled water on the bus, and carbon offset.

Does not include international airfare, gratuities/tips or items of a personal nature.

TRAVEL PROTECTION

Holbrook Travel purchases Travel Protection on behalf of students participating in our group programs. This plan helps provide coverage once the trip has departed and offer benefits for Baggage/Personal Effects, Accident & Sickness Medical Expenses, Emergency Evacuation and more.

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

Cost is based on triple/quadruple occupancy with individual beds. A \$200 per person deposit and enrollment form are required to reserve your space on the trip. This deposit is refundable excluding a \$100 cancellation fee until March 11, 2023, at which time non-refundable final payment is due.





FOR MORE INFORMATION OR TO ENROLL

Visit holbrook.travel/suu-cr23 or contact Matthew Nickerson at nickerson@suu.edu

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