



COSTA RICA

HIKING AND NATURAL HISTORY
with MARIN NATURE ADVENTURES

August 5 - 13, 2017



Join Sharon Barnett, Kevin Stockmann and a fun-loving group of adult hikers for an unforgettable week in Costa Rica. Costa Rica is a nature lover's paradise. Each day will be built around a moderately paced, guided three- to five-mile trail hike. Explore dormant volcanos, luxuriant rainforests and the Caribbean beach of Tortuguero. Working together with local naturalist guides, Sharon and Kevin will introduce you to the exceptional biodiversity of Costa Rica as you search for monkeys, toucans, sloths and sea turtles. Participants should have recent experience hiking on uneven, hilly terrain.



ABOUT YOUR NATURALIST LEADERS

Sharon Barnett and Kevin Stockmann are energetic hikers and affable naturalists. Sharon is the hiking instructor for the College of Marin and a science teacher at Marin Country Day School. Kevin is a fishery observer for NOAA Fisheries. They have been leading nature hikes and bird watching tours for over 10 years. This will be their fifth trip to Costa Rica. They are keen at spotting wildlife and sharing the wonders of nature.

ITINERARY

AUGUST 5 - SANTO DOMINGO

Upon arrival in San José, you will be met by a Holbrook Travel representative, who will transfer you to Hotel Bougainvillea. Depending on your arrival time, you will have the afternoon and evening at leisure to enjoy the beautiful gardens at the hotel and take a relaxing swim in their pool. *Overnight at Hotel Bougainvillea.*

AUGUST 6 - ARENAL

Meet your fellow travelers with Kevin and Sharon for a welcome breakfast at the hotel. After breakfast, travel comfortably aboard our private minibus through rolling mountains and meadows, patches of lush rainforest and cloud forest, and picturesque Costa Rican villages en route to Arenal Observatory Lodge and Spa, located within Arenal Volcano National Park. After check-in and lunch at the lodge, we'll set out for our first hike on the trails. Dinner at the lodge will be followed by an evening presentation about Arenal Volcano, geothermal energies, and plate tectonics of Costa Rica. *Overnight at Arenal Observatory Lodge. (BLD)*

AUGUST 7 - ARENAL

Awaken early (optional) for birdwatching with Sharon and Kevin. After breakfast, we'll join the guided morning walk across hanging bridges,



through tropical gardens and rainforest to the beautiful jungle waterfall of the Danta River. An open air "Jungle Bus" will bring us back to the hotel. Possible wildlife sightings include many of the 400+ species of birds in the forest, howler monkeys, white-faced capuchins, spider monkeys, coatis, anteaters, sloths, and green iguanas. In the afternoon we will make a trip to the famous Tabacón Hot Springs Resort for a soak in their thermal springs and buffet dinner in their casual, open-air restaurant. *Overnight at Arenal Observatory Lodge. (BLD)*



AUGUST 8 - ARENAL

Today's guided hike will be an easy stroll on the trails of the national park with just a little elevation gain so we can get a glimpse of past lava flows. After lunch there will be free time back at the Observatory Lodge. Treat yourself to a massage at the spa, lounge at the pool, or just relax. After dinner there is an optional guided night walk on the lodge's property to look for nocturnal animals and insects. *Overnight at Arenal Observatory Lodge. (BLD)*

AUGUST 9 - CHILAMATE

After breakfast, check out and travel to the Organization for Tropical Studies La Selva Biological Station. La Selva is world-renowned

for scientific research on rainforest ecosystems. A guide from La Selva will lead our private four-hour hiking tour through the forest. The birding should be excellent with good chances to see chachalacas and trogons. After our hike, we'll arrive at Holbrook's nearby Selva Verde Lodge with time to unwind in the hammock or look for poison dart frogs and howler monkeys before dinner at La Terraza restaurant. *Overnight at Selva Verde Lodge & Rainforest Reserve. (BL)*

AUGUST 10 - TORTUGUERO

Awaken early for a leisurely birding walk with Sharon and Kevin or sleep in and rest up. After breakfast, a local naturalist will lead us on a vigorous two-hour ramble through Selva Verde's 500-acre private reserve. If we're lucky we might see the Great Green Macaws. Transfer to El Ceibo restaurant for lunch, where we'll say "adios and pura vida" to our bus driver and travel by private boat to Tortuguero. Following check-in at the Evergreen Lodge, we'll meet with a Sea Turtle Conservancy (STC) biologist for an overview of their long-term turtle research and an orientation to turtle viewing. Evening turtle viewing on the beach with good chances to see green sea turtles. *Overnight at Evergreen Lodge. (BLD)*

AUGUST 11 - TORTUGUERO

Early morning boat tour along the enchanting canals that surround Tortuguero. After breakfast, we'll set out for our final hike, a private guided



hike to the top of Cerro Tortuguero (subject to change). The climb up the mountain is strenuous. We will hike a slow pace that accommodates the whole group. Views from the top of the mountain afford a panoramic perspective of Tortuguero and the surrounding jungle. Lunch at the lodge will be followed by afternoon free time with options to relax poolside, visit town, or walk on the beach. Evening turtle viewing (optional). *Overnight at Evergreen Lodge. (BLD)*

AUGUST 12 - SANTO DOMINGO

After breakfast, we will depart Tortuguero via boat and bus to Hotel Bougainvillea. Tonight we'll have a special farewell dinner at the hotel. *Overnight at Hotel Bougainvillea. (BLD)*

AUGUST 13 - DEPARTURE

Transfer provided to the international airport in San José for your return flight. (B)

LAND COST

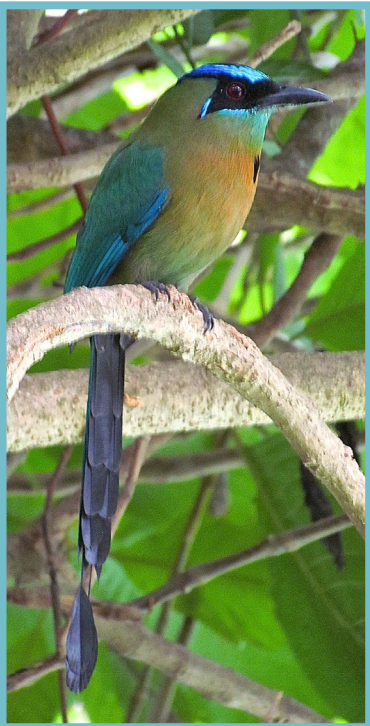
\$2,650 (based on a group of 12)

Includes all meals, accommodations, and activities as indicated in the itinerary, in-country transportation, local guides, gratuities for local guides and driver, and bottled water on the bus.

Does not include additional gratuities, alcoholic beverages, items of a personal nature, or international airfare, estimated at \$700 from San Francisco. Other departure cities are available.

THE FINE PRINT

Cost is based on double occupancy; for a single room throughout the trip add \$450. A \$500 deposit and enrollment form are required to secure your space. This deposit will be refundable, excluding a \$100 cancellation fee, until May 8, 2017. Final payments are due May 8, 2017. Cancellations received after this date are not refundable. Travel/trip cancellation insurance is strongly recommended. For more information call Travel Insured at 800-243-3174. Holbrook Travel's agency number is 15849.



FOR MORE INFORMATION OR TO ENROLL

Visit holbrook.travell/crmna17 or contact Sharon Barnett at (415) 460-5385 or Sharon@MarinNature.com

PHOTOS BY

Gerald Kawamoto, Dain Van Schoyck, and Melinda Stockmann (inside); Sharon Barnett, Sandy Kuzma, and Christophe Meneboeuf (back page)