



Photo by John Earl Kneisler

COSTA RICA

Yoga, Birding, & Natural History with Tom Trafton

February 1 - 8, 2020



Embark on a life-changing adventure that will allow you to experience the external beauty of Costa Rica while also journeying inward during daily yoga practices. This 8-day program provides the optimal blend of culture, adventure and time for personal exploration—you will have the opportunity to explore various ecosystems of Costa Rica, learn about local agricultural practices, venture on river rides, soak in hot springs, hike around the base of a volcano and much more. This is an experience that is sure to leave you feeling enriched, inspired and at peace.

PROGRAM HIGHLIGHTS

- Enjoy daily yoga practice, led by Tom Trafton, set against the backdrop of breathtaking Costa Rican scenery.
- Immerse yourself in the breadth and biodiversity of the rainforest on guided daytime and nighttime hikes.
- Learn about the history and significance of Costa Rican agriculture during a trip to El Sibú Chocolatiers as well as a local pineapple plantation.
- Relax and soak in Arenal's natural hot springs at Totuko Hot Springs.
- Cruise down the Sarapiquí on a river ride or optional whitewater rafting excursion, your choice!

ITINERARY

BLD = BREAKFAST, LUNCH, DINNER

FEBRUARY 1 - SANTO DOMINGO

Upon arrival at the San José International Airport, after clearing customs and collecting your luggage, you will be met and transferred to Hotel Bougainvillea. The hotel is located on 10 acres in the suburbs of San José; the beautiful botanical gardens, tropically enhanced swimming pool and gym, comfortable and well-appointed rooms, delicious meals, a fine collection of art, rocks and minerals, and one of the most excellent gift shops in Costa Rica all combine to make your stay here a delight. Hotel check-in available at 3 pm. *Overnight at Hotel Bougainvillea.*

FEBRUARY 2 - SARAPIQUÍ VALLEY

Meet Tom in the garden this morning at 7 am for your first yoga session in Costa Rica. Following a delicious buffet breakfast, check out and meet your driver in the lobby and transfer to the Sarapiquí Valley and Selva Verde Lodge, passing through the outskirts of Braulio Carrillo National Park. En route stop at El Sibú Chocolatiers to learn about the history of chocolate in the tropics, experience a gourmet chocolate tasting and have a delectable vegetarian lunch. Continue to Selva Verde, located in the lush lowlands of north-central Costa Rica on a large private tract of primary and secondary tropical rainforest. Enjoy time to relax in your room, by the pool, at the open air bar along the river, or stroll about the property before a buffet-style dinner in the upstairs dining room. After dessert, explore the nocturnal world of the rainforest during a short night hike on the walkway in search of nocturnal amphibians, mammals, owls, and insects. *Overnight at Selva Verde Lodge. (BLD)*

FEBRUARY 3 - SARAPIQUÍ VALLEY

Your day begins at 7 am with a yoga session in the rainforest led by Tom, followed by breakfast (served from 7-9 am daily). After breakfast, meet your guide for a hike in Selva Verde Reserve, home to 300 acres of virgin rainforest. This is a slow walk on uneven terrain, with some steps that can be a bit steep, but of moderate difficulty. Some people are more comfortable with hiking poles/walking sticks. Return in time for lunch. This afternoon, choose between a river boat ride on the calm portion of the Río Sarapiquí or a whitewater rafting adventure on the Class II-III rapids further upstream. This evening, have dinner at Las Terrazas, the lodge's open-air restaurant that specializes in Italian fare, including delicious oven-baked pizza. Cost is on own, as you will be choosing your selection from a menu. Bar service is also offered. If you would rather have Costa Rican fare, it is offered in the dining room, and is also on own. (Please advise the front desk of your choice before your afternoon activity). *Overnight at Selva Verde Lodge. (BL)*

FEBRUARY 4 - SARAPIQUÍ VALLEY

Start your day with a 7 am yoga class led by Tom. After breakfast, visit an organic farm in the Sarapiquí Valley area. As the area becomes home to more and more pineapple farms, learn how applying organic techniques are better for the environment, and vitally important for the area. Return to the lodge in time for lunch, with the remainder of your day at leisure. There are self-guided trails on the property, as well as activities that can be added to your itinerary if you choose (advance notice is needed, so be sure to arrange this upon check-in the day of arrival). Again this evening, you can choose from Las Terrazas (at your own cost) or the dining room. *Overnight at Selva Verde Lodge. (BL)*

FEBRUARY 5 - ARENAL

Before breakfast, meet with Tom for your 7 am yoga session. After checking out, depart for Arenal. Upon arrival in La Fortuna, have lunch at Finca Educativa Don Juan, followed by a guided hike down to La Fortuna Waterfalls, and through the rainforest surrounding the falls. Continue on to Arenal Observatory Lodge where you will have the remainder of the afternoon and evening at leisure to explore your new surroundings or relax amid the commanding views of the volcano. *Overnight at Arenal Observatory Lodge. (BLD)*

FOR MORE INFORMATION OR TO ENROLL:

Contact Sandy Schmidt at schmidt@holbrooktravel.com or 877-907-5360 or visit holbrook.travel/trafton-cr20

FEBRUARY 6 - ARENAL

Wake up to the incredible views of the Arenal Volcano as you enjoy your morning yoga class. After breakfast, head to the Arenal Hanging Bridges, a reserve that abounds with trails, suspension bridges, and outstanding natural areas. Return to the lodge for lunch, then experience Totuko Hot Springs, which consist of eight pools cascading through a series of boulders, flowing from spring to spring and successively decreasing in temperature. Each pool can be safely accessed using the stairs and handrails. Lush gardens surround the pools and provide them with a pleasant, forested atmosphere. There is both indoor and outdoor seating as well as a full-service bar. The bar offers a wonderful assortment of beers, wines, and cocktails, and even a sampling of food items. Additionally, there is a changing room with lockers and showers. After your time at the springs, transfer back to the lodge. *Overnight at Arenal Observatory Lodge. (BLD)*

FEBRUARY 7 - SANTO DOMINGO

Start your day with your yoga session, followed by breakfast. The remainder of the morning is at leisure to explore the grounds and trails at Arenal Observatory Lodge. After lunch at the lodge, travel back to Santo Domingo. This evening, attend a special farewell dinner at the hotel. *Overnight at Hotel Bougainvillea. (BLD)*

FEBRUARY 8 - DEPART

This morning, transfer to the airport for your flight(s) home. (B)

PROGRAM PRICING

\$1,895 (based on minimum of 10 participants)

Includes: All accommodations, meals, non-alcoholic beverages with meals, entrance fees and activities as listed in itinerary, private in-country transportation, full-time guide, bottled water on the bus, departure tax.

Not included: International airfare, gratuities/tips, optional activities, items of a personal nature, and alcoholic beverages.

TRAVEL PROTECTION

Holbrook Travel purchases Travel Protection on behalf of all participants traveling in 2018 or beyond. 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.

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 double occupancy; for a single room add \$375 per person. A \$200 per person deposit and enrollment form are required to secure your space on the trip. This deposit is refundable, minus a \$100 cancellation fee, until October 29, 2019 at which time non-refundable final payment is due.



Photo by Joaquin Garcia