

COSTA RICA

ARENAL HANGING BRIDGES BY PETER HOOK

Jungles, Peaks, and North Pacific Shores

with Highland High School

JUNE 04 – 11, 2023

Cruise through a river, hike in a rainforest, and search for monkeys at the beach — Jungles, Peaks, and North Pacific Shores features the essential highlights of Costa Rica. Join Highland High School as you begin in the lush lowland rainforest of Selva Verde, continue to Arenal Hanging Bridges to marvel at the views of the forest canopy, and witness the unique biodiversity inhabiting El Viejo wetlands. Plus, learn about Costa Rica's impressive biological footprint, and its remarkable story of conservation since the 1980s, gain a look at traditional chocolatemaking methods, and experience a thrilling whitewater rafting adventure.

HIGHLIGHTS

- Venture on daytime and nighttime hikes through Selva Verde's Rainforest Reserve.
- Sample gourmet chocolate while learning about the history and cultural importance of cacao in the tropics.
- Cruise through the rainforest canopy on a thrilling zip line expedition.
- Go on a boat ride down the Tempisque River in search of crocodiles and other wildlife.
- Set sail on a scenic catamaran ride in the Pacific 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.



RED-EYED TREE FROG
BY JOHN EARL KNEISLER



WHITEWATER RAFTING
BY JOAQUIN GARCIA



ITINERARY

DAY 1 | SUN | 04 JUN | SARAPIQUI

Upon arrival at Juan Santamaría International Airport, meet your driver and guide, who will assist you as you begin your journey to Selva Verde Lodge & 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, attend an orientation at Selva Verde followed by free time to enjoy the pool before dinner.

DINNER

SELVA VERDE LODGE & RAINFOREST RESERVE

DAY 2 | MON | 05 JUN | SARAPIQUI

After breakfast, meet in the open air conference room with your guide who will lead a discussion about Costa Rica's biodiversity, then travel a short distance and take a chocolate tour with a local expert at Costa Rica Best Chocolate. Return for lunch at the lodge. This afternoon, take an exhilarating whitewater rafting trip on 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 this well-known river, which traverses the property of Selva Verde, where you will disembark. Enjoy the remainder of the afternoon at leisure, perhaps poolside. This evening, meet your guide for a night hike on the grounds of the lodge.

BREAKFAST-LUNCH-DINNER

SELVA VERDE LODGE & RAINFOREST RESERVE

DAY 3 | TUE | 06 JUN | 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 La Fortuna. En route to Arenal, visit a pineapple plantation to learn how this delicious fruit is cultivated. This afternoon, enjoy a dip in the hot spring pools at your hotel.

BREAKFAST-LUNCH-DINNER

ARENAL PARAISO

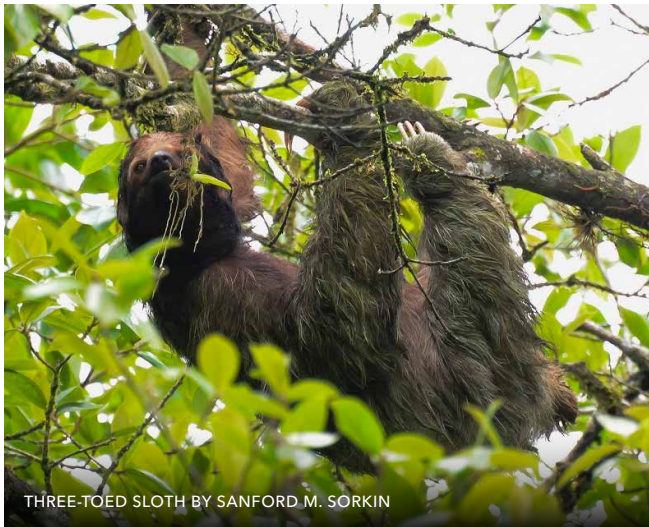


DAY 4 | WED | 07 JUN | ARENAL

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, have lunch at the lodge, followed by a thrilling zip-line canopy tour. This evening enjoy dinner at the hotel.

BREAKFAST-LUNCH-DINNER

ARENAL PARAISO



THREE-TOED SLOTH BY SANFORD M. SORKIN

DAY 5 | THU | 08 JUN | GUANACASTE

Check out after breakfast at the lodge, and begin the transfer to Guanacaste. 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 the wetland 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 Guanacaste. Check in upon arrival, and enjoy the rest of the evening at leisure to explore the hotel facilities. Dinner at the hotel.

BREAKFAST-LUNCH-DINNER

PAPAGAYO GOLDEN PALMS BEACHFRONT HOTEL

DAY 6 | FRI | 09 JUN | GUANACASTE

This morning, go on an exciting sea kayaking adventure. Enjoy the marine life, as well as flora, as you experience the sea up close and personal. Return to the hotel for lunch. This afternoon, you will have a chance to take paddle boarding lessons. Enjoy a brilliant sunset in the evening.

BREAKFAST-LUNCH-DINNER

PAPAGAYO GOLDEN PALMS BEACHFRONT HOTEL



KEEL-BILLED TOUCAN BY MARTIN VAN LOKVEN

DAY 7 | SAT | 10 JUN | 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, and then board to set sail! Enjoy a picnic style meal on board, then swim and snorkel from the catamaran in search of tropical fish, octopuses, sea stars, and rays. 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, gather to share a farewell dinner at the hotel.

BREAKFAST-LUNCH-DINNER

PAPAGAYO GOLDEN PALMS BEACHFRONT HOTEL

DAY 8 | SUN | 11 JUN | FAREWELL!

After breakfast, travel approximately 30 minutes to the international airport in Liberia for flights home. Flights should be scheduled to depart after 2 pm. Latest hotel check out time is noon.

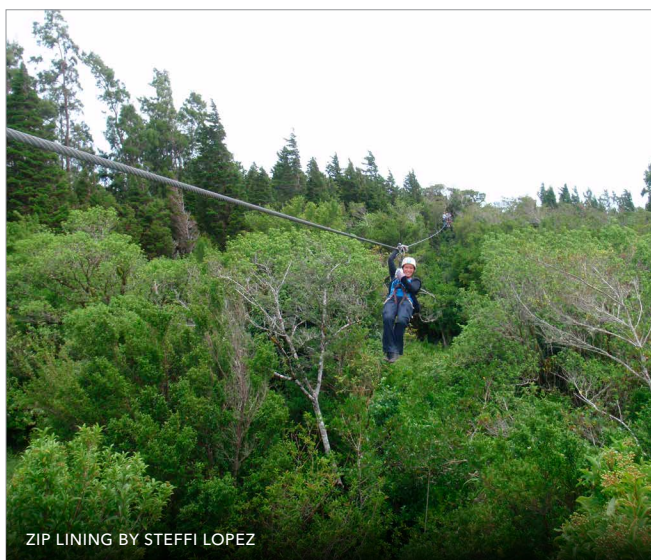
BREAKFAST



REFORESTATION PROJECT BY ASHLEY LOZA



PACIFIC BEACH BY STEFFI LOPEZ



ZIP LINING BY STEFFI LOPEZ

PRICING DETAILS

From \$1,965

Price includes:

- Accommodations and meals as described
- Sightseeing and activities as described, including entrance fees
- Full-time guide for duration of the program
- Private vehicle transportation and driver
- Post-departure travel protection
- Departure tax

Price does not include: international airfare, trip cancellation insurance, tips/gratuities, snacks or drinks purchased on own, passport fees, or other items of a personal nature.

TRAVEL PROTECTION

Holbrook Travel has purchased 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.

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 22 students in triple/quad occupancy. For a double room throughout the trip, add \$245 per person; for a single room, add \$400 per person. A \$200 per person deposit and enrollment form are required to hold your space on this trip. This deposit is refundable until 95 days prior to departure, excluding a \$100 cancellation fee. Cancellations after this date are non-refundable.

Final payment due date: March 1, 2023

Please note: Your participation as a traveler indicates acceptance of Holbrook Travel's Covid-19 protocols in place at time of travel. Holbrook Travel strongly recommends the purchase of travel insurance for medical emergencies while traveling and to protect your investment. Please note the purchase of Cancel for Any Reason Coverage or to exclude pre-existing conditions with Trip Cancellation coverage may require policy purchase within 10-14 days of your initial deposit, depending upon the provider.

FOR MORE INFORMATION, OR TO ENROLL:

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