



Presents

## Costa Rica's Jungles, Peaks and Shores

February 19-28, 2010

**February 19**                    **San José**

Upon this evening's arrival in San José, we will be met and transferred to our hotel. Overnight at **Hotel Bougainvillea**.

**February 20**                    **Savegre**

This morning we drive down the Pan Am highway to Cabinas Chacon, otherwise known as Savegre Mountain Hotel. On arrival we are introduced to the highland ecosystem and the facilities, followed by a guided hike. The property's trails wind through mostly virgin forest consisting of hundred-year-old trees, multicolored plants, mushrooms, insects, amphibians and mammals. Altitudes vary from 7,220 to 11,384 feet. Cabinas Chacon is a paradise for birders and is known as one of the best places in the country to observe the Resplendent Quetzal. The hotel also hosts the Quetzal Education Research Center Complex, a cooperative venture between the Chacon Family and Southern Nazarene University in Oklahoma. Enjoy a delicious dinner at the hotel tonight. Overnight at **Savegre Mountain Hotel. (BLD)**

**February 21**                    **Savegre**

We enjoy a full day in the cloud forest today with horseback ride to the waterfalls and hiking on the upper trails. Overnight at **Savegre Mountain Hotel (BLD)**

**February 22**                    **Quepos**

This morning we look once again for Quetzals before departing for the Pacific coast. Depending on the local tide, sometime today we take a boat ride through the mangroves, if time permits. This evening we hope to enjoy a spectacular view of the sunset over the Pacific. Overnight at **Rancho Casa Grande. (BLD)**

**February 23**                    **Punta Leona**

Early morning birding with your guide and visit Manuel Antonio National Park with picnic lunch. Costa Rica's most famous national park and one of its most visited, the park is comprised of a small, forested area, heavily populated by monkeys and raccoons, and three exceptionally beautiful beaches. It is one of the few remaining areas where the squirrel monkey is found. Trails pass through secondary forest and primary forest, dominated by bastard cedar and balsa and mangrove swamps. The beaches are fringed with coconut palm, as befits a tropical paradise. Depart to the north up the coast to Punta Leona. Orientation on arrival. Time to enjoy the beach late this afternoon. Overnight at **Punta Leona (BLD)**



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## **February 24            Punta Leona**

Very early this morning we will head to the Carara Biological Reserve in order to see macaws at sunrise. Carara is a transition zone between dry tropical forest and the wetter regions to the south. It is laced by countless rivers, the largest being the Tarcoles. During the rainy season, the Tarcoles floods its banks, creating a large lagoon that quickly fills with water hyacinth. Crocodiles and caimans are easily spotted along with plenty of wading birds. Coati mundis, peccaries, white-face capuchin, howler and spider monkeys, and the rare-two toed sloth can all be found here along with a great variety of plant life including fabulous Heliconias. Carara is one of the few nesting areas remaining for the scarlet macaw. Throughout the day, the macaws can be heard and often seen in flight. Later we explore crocodile territory, by boat, on the Rio Tarcoles. After dinner, we'll enjoy a lecture on macaws and crocodiles, followed by a hike in search of nocturnal creatures. Overnight at **Punta Leona (BLD)**

## **February 25            Sarapiquí**

This morning we travel to Selva Verde Lodge located in the tropical lowlands of northeastern Costa Rica. The lodge is situated on a 500-acre private tract of primary and secondary tropical rainforest located on the Sarapiquí River. The forest is alive with a variety of bird life, including parrots, jacamars, hummingbirds, motmots and other exotic lowland tropical birds. Accommodations are in jungle lodges built on stilts above the forest floor, connected by a network of covered walkways. After settling in we attend an introduction to the Sarapiquí Conservation Learning Center (SCLC) and a pre-dinner orientation on the rainforest and bats. In the evening, take a hike to search for nocturnal species and check mist nets. Overnight at **Selva Verde Lodge. (BLD)**

## **February 26            Sarapiquí**

After breakfast this morning we visit a local banana plantation and learn about farming and harvesting techniques for one of Costa Rica's most important industries. Then we will head to Tirimbina Rainforest Center (TRC) and the Museum of Indigenous Culture, which showcases cultural aspects of the rainforest environment. The Museum, designed in pre-Columbian palenque style, displays over 400 objects collected from the indigenous cultures of Boruca, Térraba, Guaymí, Bribri-Cabécar and Maleku. Musical instruments, masks, clothing, and shamanic healing artifacts comprise the majority of the collection. After our visit we will explore some of the reserve. TRC highlights biodiversity, ecological systems, conservation and education, and offers eco-education programs for grade school through university students, as well as facilities for school groups, volunteers and researchers. The rich rainforest environment of TRC yields some amazing bird life including a variety of flycatchers, tanagers, honeycreepers, and manakins. Keel-billed toucans and oropendulas are commonly seen. The upper canopy is a rare world of beauty and biological diversity. The middle tier is filled with small trees, lianas, and epiphytes. The ground layer is lush with foliage. While walking the trails, it's possible to see a superb variety of forest wildlife close at hand, including parrots, jacamars, hummingbirds, motmots, howler monkeys, incredible insects, and a multitude of lowland tropical plants. Overnight at **Selva Verde Lodge. (BLD)**

## **February 27            San José**

We take an optional early morning bird hike. After breakfast depart for Tirimbina Reserve once again for a bird, frog or chocolate tour and learn more about the work Tirimbina is doing in Costa Rica. If time allows, stop at Moravia for last minute shopping before arriving at our hotel overlooking San José. The remainder of evening will be at leisure to relax and enjoy a farewell dinner. Overnight at **Hotel Buena Vista. (BLD)**



February 28                      Departure

Today we are transferred to the airport for our international departure flight. **(B)**

***Land Cost per person: \$1867***  
***Plus \$830 airfare from Madison***

***Rate is based on*** double occupancy with 12-15 participants. With the maximum of 16 the price will be \$1747 per person. Single rooms available for an additional supplement of \$145.00.

***Program Includes:*** all in-country transportation, accommodations, an expert guide, meals and activities as stated in the itinerary. A \$250 donation for the Gathering Waters Conservancy is included, in addition to \$50 per person which will be pooled to directly support Costa Rica conservation efforts on site.

***Program does not include:*** international airfare, additional activities, beverages, gratuities, and the \$26.00 Costa Rica airport departure tax. Estimated airfare from Madison is \$830

***Payment:*** In order to secure your space on the trip, a \$200 deposit and completed enrollment form is required ASAP. This deposit is refundable until 95 days before departure with the exclusion of a \$100 cancellation fee. Final payment is due 95 days prior, on or before November 16, 2009. Within 95 days moneys are non-refundable. Travel/trip cancellation insurance is strongly recommended. For more information about insurance coverage, see [www.travelinsured.com](http://www.travelinsured.com) Holbrook's Agency number is 15849



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