

Costa Rica!



Nature's Paradise

Tropical Birds, Lush Jungles & Vibrant Cloud Forests!

January 15 – January 24, 2022

Escape the cold, dark winter days and fly south to a jungle paradise with friends of Earthbound Expeditions and experience “pura vida” in sun-soaked Costa Rica. On this tropical expedition, you’ll discover a vibrant land unlike any other. Despite its diminutive size, Costa Rica boasts greater biodiversity than all of Europe and North America. Over 850 species of birds have been identified here, and more butterflies than on the entire continent of Africa. Explore lush jungles, stroll the shores of starlit beaches and view an abundance of exotic wildlife from a bridge that gently suspends you in the mist of the Cloud Forest canopy. Sultry breezes, tropical gardens, and colorful birds are all part of the exuberant pura vida (“pure life”) of Costa Rica. Experience it for yourself, but don’t wait - space in paradise is limited!

TRIP AT A GLANCE

1 Night	San Jose
3 Nights	Monteverde Mountain Cloud Forest
2 Nights	Rincon de la Vieja Hot Springs
3 Nights	Pacific Beach - Guanacaste



**EARTHBOUND
EXPEDITIONS**

Earthbound Expeditions Inc.
P.O. Box 11305, Bainbridge Island, WA 98110 USA
T. 800.723.8454 / T. 206.842.9775
www.EarthboundExpeditions.com

"Costa Rica was a fantastic experience - part vacation, but also part immersion into another culture and another perspective on the vastness of the natural world."

Former Earthbound Costa Rica traveler

JOURNEY HIGHLIGHTS

The Monteverde Cloud Forest ♦ Soaking in jungle hot springs ♦ Skywalk canopy tour ♦ Hummingbird Gallery ♦ Wildlife viewing via a river float trip ♦ Butterfly Gardens ♦ The stunning Pacific Coast ♦ Morning and evening bird walks ♦ Monteverde Orchid Gallery ♦ Sightings of toucans, quetzals, monkeys, iguanas, sloths and more!

IT'S INCLUDED!

- ⌋ An expert Earthbound Expeditions guide/naturalist
- ⌋ Nine nights of accommodation in charming hotels, comfortable cabins and lodges
(All rooms with private baths and hot showers)
- ⌋ Special visits to national parks, cloud forests, orchid and butterfly galleries
- ⌋ All breakfasts, plus 11 additional traditional multi-course meals
- ⌋ Transportation on board a spacious, air-conditioned motor coach
- ⌋ Entrances to all activities and national parks as listed in your itinerary
- ⌋ Gratuities for guides, naturalists and drivers
- ⌋ Carbon off-setting credits through the 5-star Carbon fund *Information on back page
- ⌋ Travel with like-minded, inquisitive travel enthusiasts

TRIP FACTS

Length: 10 Days / 9 Nights

\$2,995 per person double occupancy

\$595 single supplement (waived if matched with roommate)

Trip begins: San Jose, Costa Rica on January 15, 2022

Trip ends: Liberia, Costa Rica on January 24, after breakfast

!!! Flight Note: When booking your flights, we suggest flying into San Jose, Costa Rica and flying out of Liberia, Costa Rica. Or, return to San Jose with your guide & driver and fly out the next day on January 25. Call our office for details.



RISK FREE BOOKING: Your deposit is fully refundable until 100 days prior to departure.

WAYS TO SAVE \$200: Travel alumni save \$100 * Reserve by October 1, 2021, and save \$50 * Pay final balance by check and save \$50





YOUR ADVENTURE BEGINS...

DAY 1: Saturday, January 15 - Arrive in Costa Rica

Pura Vida! Today your Earthbound Expeditions adventure begins as you arrive in San Jose. Plan to meet your guide, host and fellow travelers at a hotel near the airport this afternoon. *Sleep in San Jose (D)*

DAY 2: Sunday, January 16 - Into the Clouds



Following breakfast, we'll say "adios" to San Jose and make our way to the renowned Cloud Forest of Monteverde. Making a number of stops where the scenery and wildlife are at their best, we end our drive at Monteverde itself. Due to its high altitude - some 4,662 ft above sea level - Monteverde receives a steady supply of clouds and the life-giving moisture that they contain. This moisture, often in the form of fog, catches on the branches of the tallest trees and drips down to the other organisms below. This helps to support a complex and far-reaching ecosystem, one that harbors over 100 species of mammals, 400 species of birds, tens of thousands of insect species, and over 2,500 varieties of plants including 420 orchid species. After checking into our mountain lodge, we visit the amazing Butterfly and Insect Garden where you can walk through greenhouses filled with hand-raised butterflies, happy to lightly rest on you for a magical minute. Time permitting, we'll join our naturalist this evening for a sunset bird-watching walk and spend the next three nights in the midst of the Cloud Forest. *Sleep in Monteverde (B, D)*



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Enjoy a relaxing float trip

DAY 3: Monday, January 17 – Vibrant Cloud Forests and an Energetic Hummingbird

Gallery: This morning, prepare for the overwhelming lushness of the Cloud Forest of Monteverde, home to numerous species of plants, birds and animals. Your guide will lead you on a walking journey through this abundant environment, pointing out the many exciting plants and animals, and keeping a keen eye out for quetzals, considered by many to be the most beautiful bird in the world. Even non-bird lovers are sure to convert at the Hummingbird Gallery; watch a hypnotizing, colorful air parade of these tiny community members darting in for a nectar snack. If you're able to tear yourself away, the afternoon is yours to explore the area of Monteverde at your own leisurely pace. Of course, you may just want to take a siesta or relax at the lodge. *Sleep in Monteverde (B, D)*

DAY 4: Tuesday, January 18 – Canopy Skywalk and a River Float Trip



This morning we have the rare opportunity to visit the Cloud Forest canopy. Skywalk is a series of suspension bridges that allow you to walk where our planet's life is at its most complex. Eighty percent of all life in the Cloud Forest is to be found in the canopy. Hovering one hundred feet above the dark floor of the jungle, the sun-soaked canopy explodes with life. Former guests have stated that Skywalk is the trek a lifetime.

Sleep in Monteverde (B, L, D)



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DAYS 5 & 6: Wednesday/Thursday, January 19 & 20 – Horseback Riding, Volcanos, Thermal Pools and Zip Lines

Our drive north will take us out of the Cloud Forest and through the dry “African” grasslands of Guanacaste province. En route we enjoy lunch on the banks of a gorgeous river. Afterwards, we take a river float trip.

Our lodge tonight looks out over Rincon de la Vieja, an active volcano. Called the “Yellowstone of Costa Rica,” Rincon de la Vieja boasts geysers, bubbling mud pots and mineral hot springs, virgin forest and countless species of birds, monkeys and other wildlife. For the next two days you’ll enjoy early morning nature walks, bubbling thermal pools, horseback riding and for the more adventurous at heart, zip-lining, inner tubing and canyoning. *Sleep near Rincon de la Vieja (B, L, D)*

DAY 7: Friday, January 21 – West to the Stunning Beaches of Guanacaste

This morning we head west to the secluded and stunning Pacific beaches of Guanacaste. Enjoy an evening swim or beach walk followed by dinner. *Sleep in Tamarindo, Pacific Coast, Guanacaste (B, D)*

DAYS 8 & 9: Saturday/Sunday, January 22 & 23 – Relax and Explore the Coast

The next couple of days are yours to relax and recharge. The only thing on the agenda is lying in a hammock, contemplating the incredible beauty of Costa Rica from a suspended position. If you are interested, our resident naturalist will be available for informative nature walks along the beach. Need some action? Set out on a hike or discover the joy of body surfing in the warm waters of the Pacific Ocean. Oh, and be warned: spontaneous beach parties have been known to occur here...pura vida!

The nesting season of the green sea turtles is roughly October through March. Due to the danger of extinction and extreme need for protection, Costa Rica has managed to successfully protect much of its coastline against overdevelopment for the turtles and other wildlife. We will endeavor to see this miracle of nature, when the females come and lay their eggs up on the beach. This typically happens while creeping around the beaches in the cover of night, so with luck, our stealthy efforts will be rewarded with a glimpse of these elusive and heroic creatures. *Sleep in Tamarindo, Pacific Coast, Guanacaste (Breakfast daily & Dinner on the final night)*



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Enjoy three days

DAY 10: Monday, January 24 - Return home or stay on independently

Your expedition to Costa Rica concludes after breakfast. Your guide will be on hand to see you off at the **airport in nearby Liberia**. If you have a bit of extra time and love the idea of relaxing on a tropical beach, we suggest you stay on in Costa Rica. Return home with a lifetime of happy memories! Or, enjoy a complimentary shuttle (accompanied by your guide) back to San Jose. You may choose to spend an additional independent night here, and catch a return flight home on January 25-

Itinerary Subject to Change



About Earthbound Expeditions: Founded by Matthew and Danna Brumley in 1997, Earthbound Expeditions has over 100 years of combined experience. Our team frequently is out in the field, meeting guests and exploring new and exciting destinations. Note: Matthew and Danna Brumley have personally guided over 150 tailor-made journeys worldwide and has been a frequent guest on NPR (National Public Radio) affiliates.

RESERVATIONS & QUESTIONS

guest@earthboundexpeditions.com

or

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Proud Partners Since 2008

Earthbound Expeditions offers customized overseas adventures for universities, museums, garden clubs, and numerous public radio stations. Earthbound Expeditions is committed to supporting environmental education, local small businesses and providing guests with a one-of-a-kind, authentic travel experience. Whenever possible, Earthbound reserves locally-owned hotels, utilizes the talents of local lecturers, and dines in family-owned establishments. Earthbound also supports projects like the Children's Eternal Rain Forest of Monteverde, Costa Rica, the Soweto Youth and Development Project of South Africa, the Mama Rosie Orphanage in Cape Town and is assisting families and projects in Cambodia and the USA.

The Carbonfund.org motto, "Reduce what you can; offset what you can't" fits perfectly with Earthbound Expeditions' long established philosophy of supporting locally-owned businesses, promoting education and embracing the concept of "slow" travel.

By using a simple carbon calculator, Carbonfund.org is able to determine the size of your carbon footprint for any specific domestic or overseas adventure. You then may purchase carbon credits. These credits go towards supporting (1) renewable energy, (2) energy efficiency and (3) reforestation projects.

Click [here](#) to learn more!

Listen to Matthew's travel advice & stories on KNKX-NPR Public Radio:
<http://knkx.org/term/going-places-0>

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Know before you go!



PHYSICAL REQUIREMENTS: In order to make the most of your custom journey and join all included activities, you should be able to walk at a moderate pace, independently for two to three miles, often over uneven cobblestones and be able to stand for a period of time during walking or museum tours or visits to other sights. Naturally, you may always choose to opt out of an activity and enjoy the sites while sipping a tea or coffee in a café or, hire a taxi, at your own expense to get you to the next attraction. Some museums may not have an elevator which means that to participate, you'll need to climb a few stairs. Our Costa Rica journeys do include several light hikes. Remember, you'll also need to be able to maneuver your luggage through the airport. Please call our staff with any questions.

DRESS: Keep it casual. With the exception of the San Jose metro area, Costa Rica is an extremely casual country. Comfortable tops, shorts, and sandals are all acceptable. Hiking boots or sturdy sneakers, raincoat or light waterproof jacket, sun hat, sun glasses, and bathing suit, are all recommended. A suggested packing list will be included in your deposit packet.

PASSPORT AND VISAS: It is highly recommended that your passport have at least six months validity after your return date. Visas are not required for Costa Rica

TRAVEL INSURANCE: Earthbound Expeditions strongly encourages the purchase of travel insurance coverage. We include information on trip insurance in your deposit information.

VEGANS, VEGETARIANS AND SPECIAL DIETARY NEEDS: Local restaurants and hotels will be able to accommodate most special dietary needs and restrictions.

ACCOMMODATIONS: Hotels are chosen based on their reviews, comfort, safety and proximity to main attractions. Unless otherwise stated, hotels are generally superior 3 and 4 star.

YOUR EARTHBOUND EXPEDITIONS GUIDE: A full time, professional guide will be with you from the very beginning of your journey. In addition, to add a special touch and in-depth experiences, Earthbound also utilizes trained, local guides who have special knowledge of a museum, nature park, garden or culture.

WEATHER: There will be a range from low 60s to low 90s. Please refer to www.accuweather.com

TERMS & CONDITIONS: Click [here](#) to read the full terms and conditions.



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