

Discover Costa Rica!



Discover Costa Rica with Earthbound Expeditions January 9 - 19, 2025

Escape the cold gray days of winter and join **Earthbound Expeditions** for a very special adventure to sun-soaked Costa Rica! On this ten-night tropical garden adventure you'll discover a jungle paradise unlike any other. Despite its diminutive size, Costa Rica boasts more than 9000 species of flowering plants, 800 species of ferns and, over 850 species of birds. In fact, this tiny country has more biodiversity than all of Europe or North America! Enjoy numerous visits to outstanding botanical gardens, explore lush jungles, cloud forests, stroll along the shores of starlit beaches and view exotic wildlife from a bridge that gently suspends you in the mist of the Cloud Forest canopy. Sultry breezes, tropical gardens and colorful birds await you. *Space is limited!*

TRIP AT A GLANCE

1 Nights	San Jose
3 Nights	Monteverde Cloud Forest
2 Nights	Rincon de la Vieja National Park
3 Nights	Pacific Beach / Manuel Antonio National Park
1 Night	San Jose



**EARTHBOUND
EXPEDITIONS**

Earthbound Expeditions Inc.
P.O. Box 11305, Bainbridge Island, WA 98110 USA
T. 800.723.8454 / T. 206.842.9775 / F. 206.238.8480
www.EarthboundExpeditions.com

JOURNEY HIGHLIGHTS

Colorful garden visits as listed in your itinerary ♦ A coffee plantation visit ♦ The Monteverde Cloud Forest ♦ Hummingbird Gallery ♦ Skywalk and zip line canopy tour ♦ Wildlife viewing on the Corobici river by 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
- › Ten nights of accommodation in charming hotels, comfortable cabins & lodges
(All rooms with private baths and hot showers)
- › Special visits to botanical gardens, cloud forests and orchid & butterfly galleries
- › All breakfasts, plus twelve additional meals
- › Transportation from arrival to departure on board a spacious, air-conditioned motorcoach
- › Entrances to all activities and national parks as listed in your itinerary
- › Fun introductory language lessons offered by your guide
- › Complimentary refreshments
- › A fun group of fellow travelers

TRIP FACTS

10 Nights / 11 Days

\$4,595 per person, double occupancy (land)

\$1,575 Single Supplement

Trip begins in San Jose on January 9, 2025

Trip ends in San Jose on the morning of January 19, 2025



SAVE \$450: Travel alumni save \$100 ❖ Pay by check and save \$100 ❖ Reserve before September 15, 2024 and save \$250

NOT INCLUDED: International airline tickets, Alcoholic beverages, room service and gratuities for hotel staff, travel insurance, meals not listed in brochure, and any activities or items not listed in your itinerary.



FACT

Although Costa Rica lacks an army, it claims over 830 species of birds.

Your Garden Adventure Begins!

Day 1: January 9 - Arrive in Costa Rica

Pura Vida! Today your adventure begins as you arrive in San Jose. After clearing customs and gathering your bags, make your way to the charming Hotel Bougainvillea, located an hour east of the San Jose Airport.

The gardens at the Hotel Bougainvillea make the hotel one of the most beautiful places to stay in all of Costa Rica. With its 10 acres of tropical gardens, the Hotel Bougainvillea features over 50 species of bromeliads, Costa Rican native trees, and numerous species of orchids, herb and cactus gardens; and our “coffee frog” ponds. Guests find the gardens an inspirational paradise where they can relax and discover the beauty of endemic Costa Rican plants or birds. Blue-crowned motmots and many other tropical birds are often spotted here.

Tonight, meet your Earthbound Expeditions expert guide, Minor Alfaro, for a welcome gathering followed by dinner. *Sleep in San Jose (D)*



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Day 2: January 10 - Monteverde Cloud Forest & Butterfly Gardens

Following breakfast, we'll say *adios* to San Jose and make our way to the renowned Cloud Forest of Monteverde. Our picturesque drive will take us through the Central Valley over the continental divide. Making a number of stops where the scenery is at its best, we end our drive at Monteverde itself. Due to its high altitude – some 4,662' 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, 420 of which are orchids. After checking into our mountain lodge, we visit the Monteverde Butterfly Garden where you'll get a closer look at these fragile creatures and a few of their less-lovely friends. Time permitting, join your guide 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, L, D)*

Day 3: January 11 - Vibrant Cloud Forests and 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. Having heightened our interest in birds, we make a quick stop at the Hummingbird Gallery to enjoy a viewing of these tiny and beautiful members of the Cloud Forest community. 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, L, D)*



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Day 4: January 12 - Canopy Skywalk and Orchid Gardens

This morning we enjoy the rare opportunity to visit the Cloud Forest canopy. Skywalk is a series of suspension bridges that will 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 100' 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.

After a tasty lunch, we head to Monteverde Orchid Garden. There are more than 1,400 types of wild orchids growing throughout the rainforests of Costa Rica, and 500 of these can be found in Monteverde alone. Incredibly, the Monteverde Orchid Garden houses 426 different species, spread across a neatly labeled and aesthetically pleasing outdoor garden. A trip here will educate you on the characteristics, growing environment and threats that orchids currently face. Your afternoon is free and we'll meet up later for a group dinner. *Sleep in Monteverde (B, L, D)*

Days 5 & 6: January 13 & 14 - Birdwatching and Thermal Baths

Pura Vida! Today your adventure begins as you make your way to the lush gardens and thermal hot springs of the Blue River Eco Resort. Relax, stroll the grounds or soak in the thermal waters before meeting your host and guide for a nature walk, and dinner.

Discover a "Paradise on Earth" along Costa Rica's north side of the majestic volcano, Rincon de la Vieja. The Blue River Eco Resort is inside a lush rainforest with grand waterfalls, natural mineral hot springs, and sparkling "blue" rivers. You'll have time today to soak in the hot springs or swim in the freshwater pools complete with a waterslide and a blue river. You can wander the botanical gardens, indulge in a spa treatment, visit the butterfly gardens, or take a natural mud bath and sauna! *Sleep at the Blue River Resort and Hot Springs (B, L, D)*



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Day 7: January 15 - Stunning Beaches and Crocodiles

Prepare for an adventure as we head to visit the river crocodiles of Costa Rica this morning. Take your time observing these fascinating creatures in their natural habitat.

After our visit, we'll have lunch before continuing our journey to the Pacific Coast. Tonight, we'll enjoy dinner with fresh seafood specialties and beautiful ocean views.

As the day ends, we'll rest near Manuel Antonio National Park, where you can relax and enjoy the peaceful surroundings.

Sleep near Manuel Antonio National Park (B,L,D)

Days 8 & 9: January 16 & 17 - Manuel Antonio National Park & Beach

Manuel Antonio is one of the best parks to visit for wildlife observation. Howler, squirrel, spider and white-faced monkeys all inhabit the park. Two-toed and three-toed sloths are abundant as are raccoons, coatis, pacas, anteaters, and occasionally ocelots. There are many reptiles including crocodiles, iguanas, boa constrictors and many lizards. Over 350 bird species have been identified within the park including toucans, aracarís, various parrots and parakeets, hummingbirds, trogons and more.

Your guide will be offering daily morning walks along the beach and through the forests. The afternoon is yours. Enjoy a good book, a tropical drink, a siesta or head to the beach. For those who prefer a more active day, you may wish to set out on a hike or simply discover the joy of body surfing in the warm waters of the Pacific Ocean.

Sleep near Manuel Antonio National Park (B)



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Day 10: Tuesday, January 18 - Pacific Beach to San Jose

Depart Manual Antonio Beach this morning for San Jose. En-route we'll stop for lunch and then visit the Else Kientzler Botanical Gardens. The Botanical Garden is home to over 2,000 different plants from around the world. Enjoy a walking tour of the gardens. Then, in the late afternoon we arrive at our hotel in San Jose. Tonight, enjoy a farewell dinner. *Sleep in San Jose (B, D)*

Day 11: January 19 - Tour concludes after breakfast

Your journey concludes after breakfast. Return home with a lifetime of happy memories.

- Itinerary Subject to Change -

Meet Your Guide!



Minor Alfaro was born and raised in Grecia, Costa Rica, where he became a local celebrity at a young age, singing with “mariachis” and guitar trios around the country and on T.V.

After participating in a four-month exchange program in Canada, he decided that he wanted to study tourism. He graduated from the Castro Carazo College and has been guiding tours throughout Costa Rica for 15+ years, a career that provides him with the perfect opportunity to merge his gift for entertaining with his love for his country. His

enthusiasm is truly contagious, and he says the best part of his job is the people he meets and the friendships that emerge on his journeys throughout Costa Rica. Minor still lives in Grecia and enjoys a quiet life (when he's home!) with his wife, Amy, and their two children, Christopher and Jessica.



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RESERVATIONS & QUESTIONS
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Gardens & Parks Visited!

Else Kientzler Gardens

The Botanical Garden is home to over 2,000 different plants from around the world. They are perfectly suited for recreation, education and ecotourism. The Botanical Garden is spread over 7 hectares (17 acres) in Sarchi Norte, nestled at the foot of Volcano Póas in Costa Rica's Central Valley. www.elsekientzlergarden.com

Monteverde Cloud Forest

It is the most famous cloud forest reserve in the world and one of the most important protected areas in Costa Rica. It is visited by nature lovers from various countries desiring to enjoy, appreciate and study the abundant biodiversity of its ecosystems. Monteverde Cloud Forest Biological Reserve (MCFBR) is fully owned by TSC, a Costa Rican non-profit scientific and educational association established in 1962. The Reserve has received well-deserved international recognition as one of the most outstanding wildlife sanctuaries in the New World tropics. Located strategically on both sides of the continental divide in northeastern Costa Rica, the Reserve covers both watersheds, Caribbean and Pacific.

Monteverde Butterfly Gardens

The Monteverde Butterfly Garden - known locally as the Mariposario - is one of Monteverde's most visited attractions. Situated in Cerro Plano, which lies between the town of Santa Elena and the Monteverde Reserve, the Butterfly Garden is comprised of four climate-controlled butterfly gardens, a medicinal plant garden, a biodiversity center, and a live leafcutter ant colony. Here visitors can observe some of the most fascinating and beautiful insects in all of the tropics.

Manuel Antonio National Park

At 1,983 hectares (7.7 square miles), Manuel Antonio is one of the smallest national parks in Costa Rica. But it protects an impressive range of biodiversity. There are over 100 mammal species - including three of Costa Rica's four monkey species - and over 180 bird species.



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Know Before You Go!

Reservations and Deposits: A \$500 per person deposit is needed to confirm your space on this journey. You can make a credit card deposit online or by phone. Once the deposit is processed, a deposit packet is emailed with pertinent journey details. Deposits are refundable, minus a \$150 per person cancellation fee, for 60 days from the processing date or 90 days prior to departure, whichever comes first. Deposits made 90 days prior to a trip departing are not refundable. Final payment is also non-refundable which is why we strongly urge guests to purchase travel insurance.

Not Included: International airline tickets, alcoholic beverages, room service and gratuities for hotel staff, travel insurance, meals not listed in brochure, and any activities or items not listed in your itinerary.

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.

Physical Requirements: It is the responsibility of each guest to be aware of their physical abilities or limitations and to be in sufficient good health to undertake the trip. [Click here](#) to read “Is an Earthbound trip right for you?” or call the Earthbound office for more details.

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

Events and Hosted Journeys: If a planned event is cancelled for any reason, another event will be included in its place. This is not cause for refund. Events are subject to change. Also, if a host or special guest is unable to attend as planned, Earthbound Expeditions will do its utmost to find another host who has similar interests, talents, and expertise. The inability of a host to participate in a tour is not grounds for a full or partial refund.

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



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