

Discover Costa Rica!



with Minnesota Public Radio host, **Sven Sundgaard!**

January 6 - 15, 2026



Escape the cold, gray days of winter and join meteorologist Sven Sundgaard for a very special garden adventure to sun-soaked Costa Rica! With over two decades of expertise in weather forecasting and science communication at Bring Me The News and MPR News, Sven will guide you on this extraordinary nine-night tropical journey. Costa Rica, though small in size, boasts incredible biodiversity: over 9,000 species of flowering plants, 800 species of ferns, and more than 850 species of birds. This vibrant country has more biodiversity than all of Europe or North America!

Explore breathtaking national parks, wander through lush jungles and cloud forests, stroll along starlit beaches, and marvel at exotic wildlife from a suspension bridge high in the misty Cloud Forest canopy. Sultry breezes, playful monkeys, and colorful birds await you on this unforgettable escape. *Space is limited, so don't miss out!*

TRIP AT A GLANCE

1 Night	San Jose
3 Nights	Monteverde Cloud Forest
2 Nights	Rincon de la Vieja, National Park
2 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. 206.842.9775
www.EarthboundExpeditions.com

JOURNEY HIGHLIGHTS

Visit Costa Rica's stunning national parks ♦ The Monteverde Cloud Forest ♦ Hummingbird Gallery ♦ Skywalk canopy tour ♦ Wildlife viewing on the Corobici river by float trip ♦ Butterfly Gardens ♦ The stunning Pacific Coast ♦ Morning and evening bird walks ♦ Sightings of toucans, quetzals, monkeys, iguanas, sloths and more!



IT'S INCLUDED!

- › Hosted by MPR meteorologist Sven Sundgaard
- › An expert Earthbound Expeditions guide/naturalist
- › Nine 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 and butterfly galleries
- › All breakfasts, plus 12 additional multi-course meals
- › Transportation from arrival to departure
- › Entrances to all activities and national parks as listed in your itinerary
- › Gratuities for your driver, guides, naturalists
- › Complimentary refreshments
- › A fun group of fellow MPR listeners

TRIP FACTS

9 Nights / 10 Days

\$5,495 per person, double occupancy (land)

\$1,775 Single Supplement

Trip begins in San Jose on January 6 at 5pm

Trip ends in San Jose on January 15, after breakfast



WAYS TO SAVE \$200

MPR and Earthbound Travel alumni save \$100 ❖ Pay by check and save \$100





FACT

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

Your Adventure Begins!

Day 1: Tuesday, January 6 - 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 MPR host, Sven Sundgaard, and Earthbound Expeditions expert guide, Minor Alfaro, at 6pm for a garden tour and welcome to Costa Rica feast.

Sleep in San Jose (D)



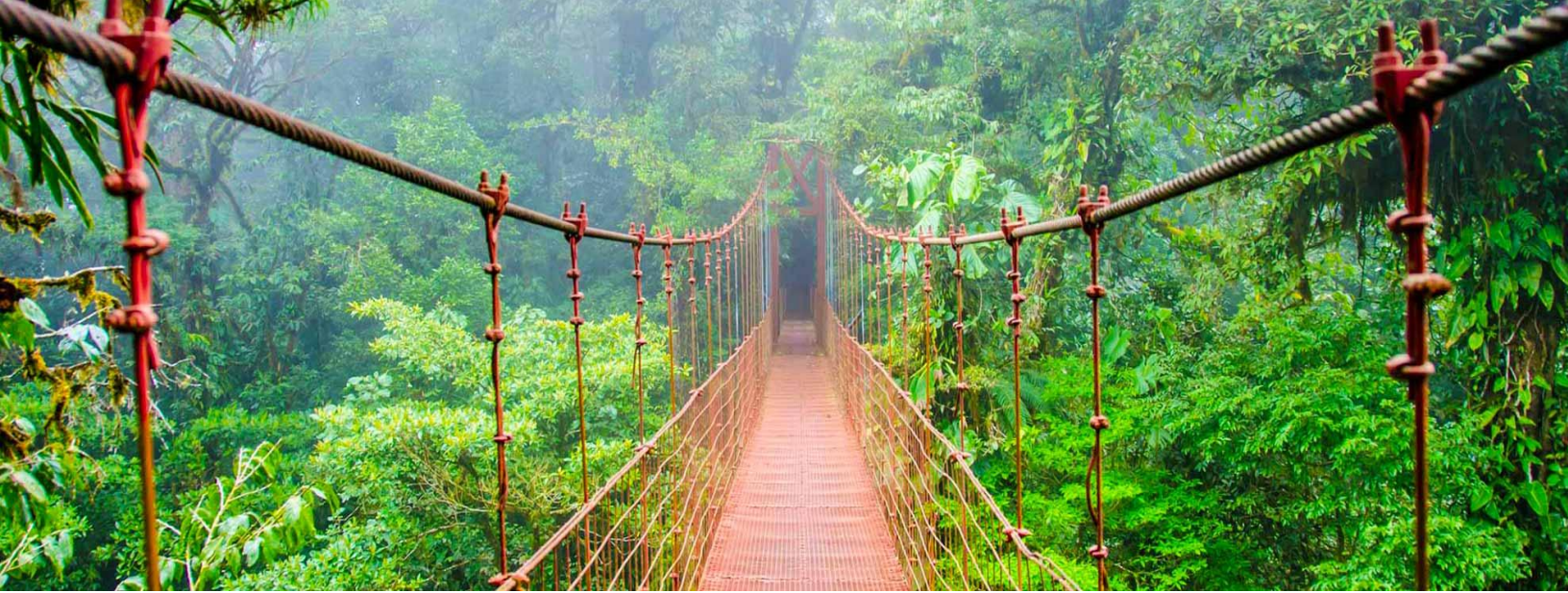
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FACT

Costa Rica boasts more than 9000 species of flowering plants and about 800 species of ferns.

Day 2: Wednesday, January 7 - 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 ft above sea level – Monteverde is privileged to receive 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, 900 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, we'll 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: Thursday, January 8 - 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. We'll also 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: Friday, January 9 - 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 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.

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: Saturday & Sunday, January 10 & 11 - Horseback Riding, Volcanos, Thermal Pools and Zip Lines: Our drive north will take us out of the Cloud Forest and through the dry grasslands of Guanacaste province. En route we'll stop to enjoy a relaxing float trip on the tranquil Corobici River. After, enjoy an included lunch.

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 in Rincon de la Vieja (B, L, D)*



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Day 7: Monday, January 12 - South to Manuel Antonio National Park

After breakfast we make our way to the Pacific Coast where we'll dine this evening on seafood specialties. Along the way, we'll stop to view some of the largest crocodiles in Central America. *Sleep near Manuel Antonio National Park (B, L, D)*

Days 8: Tuesday, January 13 - Manuel Antonio National Park and 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 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 a guided walk along the beach and through the forests. The afternoon is yours to enjoy a good book, a tropical drink, a siesta or beach visit.

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)

Day 9: Wednesday, January 14 - Pacific beach to San Jose Via Carara National Park

Birdwatchers flock to Carara National Park area because it presents two life zones and a variety of birds, including one of the largest remaining wild populations of Scarlet Macaw in Costa Rica. In addition, the park is a must for anyone interested in tropical biology. The park is located between the dry forests of the north and the humid ones of the south and it is the result of this situation in an "ecotone" that gives Carara its diversity.



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There are trails that go through both zones where you can appreciate the forest's exuberance and if lucky enough, spot some animal species which inhabit it.

After our visit we'll stop for lunch and then make to a quaint little town of Sarchi, known throughout Costa Rica for its beautiful and intricate arts and crafts and souvenirs. We arrive in San Jose in the late afternoon. Just in time to enjoy a farewell dinner.

Sleep in San Jose (B, D)

Day 10: Thursday, January 15 - Tour concludes after breakfast

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

Meet Your Host!



Sven Sundgaard– Meteorologist, MPR News

The longtime Twin Cities meteorologist offers forecasts and commentary weekdays on Minnesota Public Radio's Morning Edition. He also is one of the contributors for MPR's weather blog Updraft. His work as an explorer highlights the environment, ecotourism, conservation and climate change around the world: from polar bears to endangered black rhino, mass extinction and evolution in the Galapagos islands and more. Sven lives in Minneapolis.

RESERVATIONS & QUESTIONS

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Gardens & Parks Visited!

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 Orchid Gardens

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 visitors on the characteristics, growing environment and threats that orchids currently face.

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.

Carara National Park

This is the northernmost Pacific coastal rain forest remaining intact in Costa Rica, and is the transition zone into the tropical dry forests of the northwest. This is also a good spot to watch for the 150-200 scarlet macaws that nest and feed throughout the reserve.



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Know Before You Go!

Reservations and Deposits: A \$1,000 per person deposit is needed to confirm your space on this journey. You can make a credit card deposit online or by phone. Deposits are refundable, minus a \$250 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.

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.

RESERVATIONS & QUESTIONS

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