

Discover Costa Rica!



January 26 - February 6, 2022

Costa Rica's territory is merely 0.03% of the earth's surface, but it is considered to be a country with more diversity than many other areas in the world.

Escape the cold gray days of winter and join **Mark Weathington**, Director of the JC Raulston Arboretum, for a very special garden adventure to sun-soaked Costa Rica. On this eleven-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! Join Mark Weathington and enjoy numerous visits to outstanding botanical gardens, explore lush jungles, cloud forests, stroll along 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 await you. *Space is limited!*

YOUR JOURNEY

2 Nights	San Jose
3 Nights	Monteverde Cloud Forest
2 Nights	Rincon de la Vieja, Nat't 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!

- ⌋ Hosted by garden expert Mark Weathington, Director of the JC Raulston Arboretum
- ⌋ An expert Earthbound Expeditions guide/naturalist
- ⌋ Eleven 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 sixteen additional meals
- ⌋ Transportation from arrival to departure on board a spacious, air-conditioned motorcoach
- ⌋ Complimentary airport transfers in Costa Rica (if arriving the day the tour begins)
- ⌋ Entrances to all activities and national parks as listed in your itinerary
- ⌋ Gratuities for your guides, naturalists and driver
- ⌋ Fun introductory language lessons offered by your guide
- ⌋ Hotel and country taxes of 13%
- ⌋ Complimentary refreshments
- ⌋ A fun group of fellow garden lovers

TRIP FACTS

11 Nights / 12 Days

\$3,995 per person, double occupancy (land)

\$1245 Single Supplement

Optional group flight departs Raleigh Durham: January 26, 2022

Trip begins in San Jose at 7:00 pm on January 26, 2022

Trip ends in San Jose on the morning of February 6, 2022



RISK-FREE BOOKING! Cancel for any reason before October 18, 2021 and receive a full refund.

SAVE \$300: Travel alumni save \$100 ❖ Pay by check and save \$100 ❖ Reserve before September 15, 2021 and save \$100

Optional Group Air - \$649

Group air tickets include all taxes, fees and airport transfers while in Costa Rica.

American Airlines: Raleigh Durham - Miami - San Jose / San Jose - Miami - Raleigh Durham





FACT

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

Your Garden Adventure Begins!

Day 1: Wednesday, January 26 - Arrive in Costa Rica

Pura Vida! Today your garden adventure begins as you arrive in San Jose. After clearing customs and gathering your bags, make your way to the charming hotel Bougainvillea. A complimentary group transfer is provided for guest opting into the group flight, or arriving in San Jose around the same time (12:30 pm).

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 host Earthbound Expeditions expert guide, Minor Alfaro and host, Mark Weathington for a welcome gathering followed by dinner. *Sleep in San Jose (D)*

Day 2: Thursday, January 27 - Coffee Plantations & Lush Jungles

After a healthy, breakfast we visit La Selva Biological Station. La Selva Biological Station is a protected area encompassing 4,000 acres of low-land tropical rain forest in northeastern Costa Rica. It is owned and operated by the Organization for Tropical Studies, a consortium of universities and research institutions from the United States, Costa Rica, and Puerto Rico. Lunch and dinner are both included today. *Sleep in San Jose. (B, L, D)*



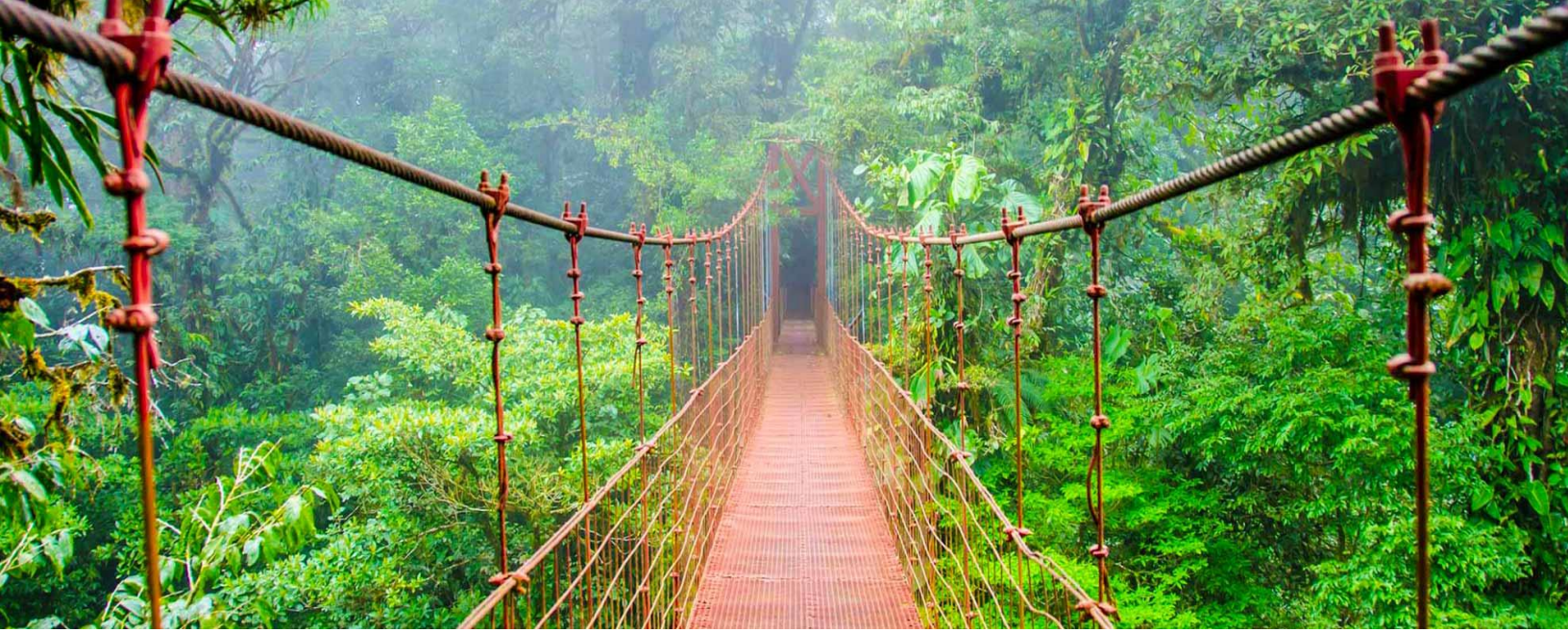
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FACT

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

Day 3: Friday, January 28 - 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, 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, 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 4: Saturday, January 29 - 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. 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 5: Sunday, January 30 - 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 6 & 7: Monday, January 31 – Tuesday, February 1 - 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 we'll stop to enjoy a nature lover's, relaxing float trip on the 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 at the Blue River Resort (B, L, D)



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Day 8: Wednesday, February 2 - Stunning Beaches 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. 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 lunch and our visit, we make our way to the Pacific Coast where we'll dine this evening on seafood specialties.

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

Day 9 & 10: Thursday & Friday, February 3 - 4 - 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.

Note: 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 11: Saturday, February 5 - Pacific beach to San Jose via Else Kientzler Gardens

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 hosted by Mark Weathington. *Sleep in San Jose (B, D)*

Day 12: Sunday, February 6 - Tour concludes after breakfast

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

Meet Your Host!



Mark Weathington is the Director of the JC Raulston Arboretum at NC State University where he is passionate in his work to connect people with plants. His career in public horticulture has also included the Norfolk Botanical Garden where he served as Director of Horticulture and the Atlanta Botanical Garden as a horticulturist.

Mark travels extensively searching for new plants to diversify the American landscape and lecturing on a variety of topics in horticulture to further the JC Raulston Arboretum's vision of "Planning and Planting a Better World." His explorations and speaking engagements have taken him to China, Taiwan, Japan, Ecuador, Europe, Mexico, New Zealand, and throughout the US.



RESERVATIONS & QUESTIONS

Call Earthbound Expeditions at 800-723-8454

or

Email our travel staff at: info@earthboundexpeditions.com



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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 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.



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Know Before You Go!

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: 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.

Risk Free Reservations: A \$500 per person deposit is due at time of sign up. Final payment is due 75 days before departure. Deposits and payments can be made by check or credit card. Deposits are fully refundable until September 15, 2021.

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

Events: 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.

Hosted Journeys: 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 expertise. The inability of a host to participate in a tour is not grounds for a full or partial refund.

About Earthbound Expeditions: Founded by Matthew and Danna Brumley in 1997, Earthbound Expeditions has over 100 years of combined experience worldwide. We are frequently out in the field, meeting guests, exploring and looking for new and exciting activities.

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



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Through Earthbound's proud partnership with the Carbonfund.org, Earthbound Expeditions makes annual donations so as to help offset a guest's carbon footprint associated with international flights for Earthbound Expeditions tours.

These funds will be used to purchase and retire third-party validated and verified carbon offsets in voluntary carbon offset projects around the world, but these offsets only will neutralize some of our travelers' commercial flight emissions. Earthbound Expeditions makes a donation to the Carbonfund for every sign up.

Click [here](#) to learn more!



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