

Discover Costa Rica!



With Michigan Radio!

February 26 - March 6, 2024



Escape the cold gray days of winter and join **Michigan Radio's Rebecca Williams** along with guide and naturalist, Minor Alfaro. On this ten-day tropical garden adventure, you'll discover a jungle paradise unlike any other. Costa Rica boasts more than 9000 species of flowering plants, 800 species of ferns and, over 850 species of birds, 4 species of playful Monkeys'. In fact, this tiny country has more biodiversity than all of Europe or North America!

Join other like-minded travelers and explore lush jungles and 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	Rincon de la Vieja, Blue River Resort & Hot Springs
2 Nights	Monteverde Cloud Forest, El Establo Lodge
3 Nights	Manuel Antonio National Park, Si Como No & the Falls Hotel
2 Nights	San Jose, Hotel Bougainvillea



**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

Skywalk canopy tour ♦ Poas Volcano National Park ♦ Wildlife viewing on the Corobici river by float trip ♦ Opportunities to go horse-back riding ♦ A coffee plantation visit ♦ The Monteverde Cloud Forest ♦ Hummingbird Gallery ♦ Butterfly Gardens ♦ The stunning Pacific Coast ♦ Morning and evening bird walks ♦ Monteverde Orchid Gallery ♦ Local dining experiences ♦ Sightings of toucans, quetzals, monkeys, iguanas, sloths and more!

IT'S INCLUDED!

- › With Michigan Radio host, Rebecca Williams
- › With Costa Rican naturalist, Minor Alfaro!
- › Nine nights of accommodation in charming hotels, comfortable cabins and lodges
(All rooms with private baths and hot showers)
- › Special visits to botanical gardens, cloud forests and orchid and butterfly galleries
- › All meals except two lunches and two dinners while at the beach
- › Transportation from arrival to departure on board a spacious, air-conditioned motorcoach
- › Complimentary airport transfer 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 drivers
- › Fun introductory language lessons offered by your guide
- › Complimentary refreshments
- › A fun group of fellow garden lovers



TRIP FACTS

10 days /9 nights

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

\$1,975 single supplement (*waived if you are willing to share & a roommate is found*)

Trip Begins: February 26, 2024, in Liberia, Costa Rica

Trip Ends: March 6, 2024, in San Jose, Costa Rica

FLIGHT NOTE: When booking your flights, please arrange to fly into Liberia and depart from San Jose. Most flights arrive in Liberia between 11am and 2:30pm. A **complimentary group airport transfer** will be offered for all travelers arriving at this window of time.

SAVE \$200: 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 Garden Adventure Begins!

Day 1: Monday, February 26 - Arrive in Liberia, Costa Rica

Pura Vida! Today your adventure begins as you arrive at Liberia Airport in Costa Rica. After clearing customs and gathering your bags, make your way to the lush gardens and thermal hot springs of the Blue River Eco Resort. A complimentary group transfer is provided for guests arriving between 11am and 2:30pm (when flights from the U.S. typically arrive). Relax, stroll the grounds or soak in the thermal waters before meeting your host and guide for a nature walk, orientation and dinner.

Sleep at the Blue River Resort and Hot Springs (D)



Day 2: Tuesday, February 27 - Birdwatching and a morning nature walk

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 fresh water pools complete with water-slide 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)*



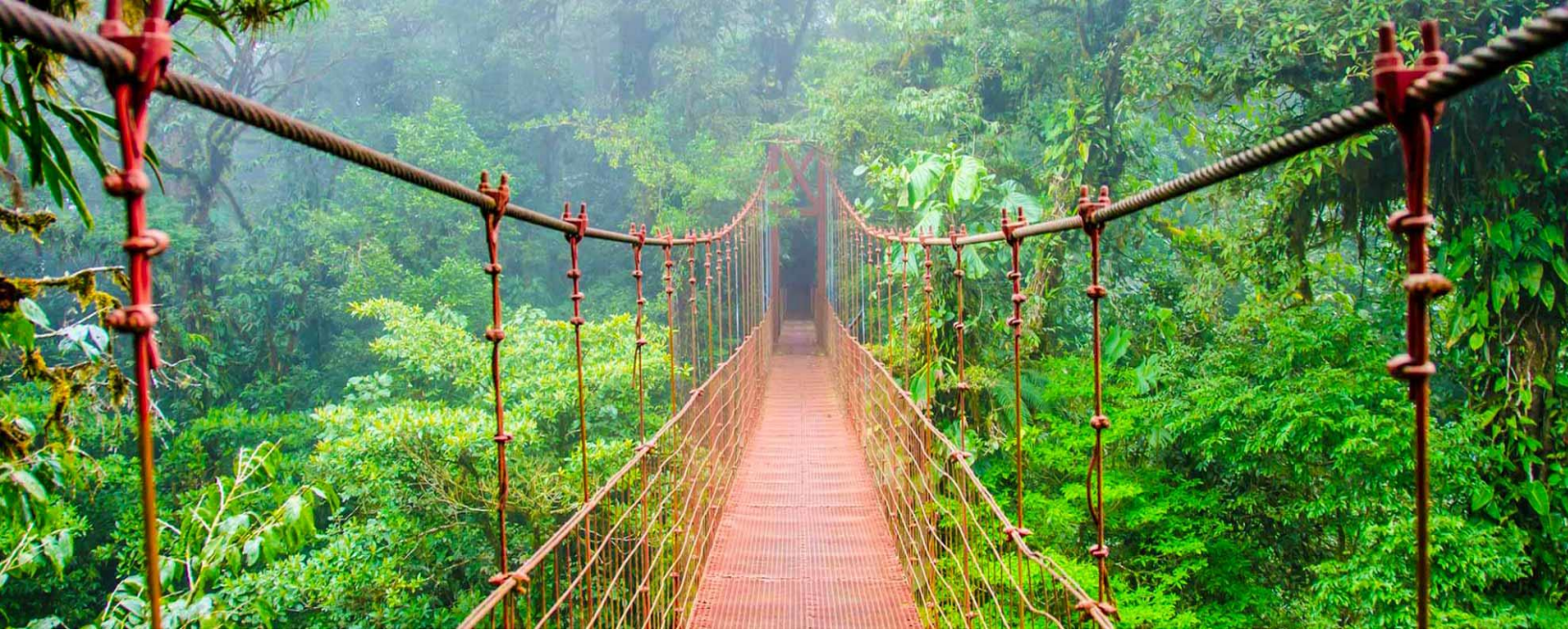
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Walk in through the canopy in Costa Rica

Day 3: Wednesday, February 28 - Monteverde Cloud Forest, River Float Trip and Butterfly Gardens: Following breakfast, we'll say "adios" to our jungle and make our way to the renowned Cloud Forest of Monteverde. Our picturesque drive takes us through the parched province of Guanacaste. En-route we'll enjoy lunch and a river float trip. Keep a lookout for playful monkeys, iguanas, lazy lizards and colorful birds during your two-hour float trip.

After lunch, we make our way to Monteverde. 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 catches on the branches of the tallest trees and drips down to the other organisms below, supporting a complex and far-reaching ecosystem that harbors over an incredible variety of flora and fauna. After checking into our mountain lodge, we visit the Monteverde Butterfly Garden where you'll get a closer look at these fragile creatures. Time permitting, join your guide for a sunset bird-watching walk. *Sleep in Monteverde at the El Establo Lodge (B, L, D)*

Day 4: Thursday, February 29 - Vibrant Cloud Forests, the Hummingbird Gallery, and Orchid Gardens: 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. Next, 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 we set out to explore the 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. *Sleep in Monteverde at the El Establo Lodge (B, L, D)*



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Enjoy three nights in Manual Antonio Park

Day 5: Friday, March 1 - Canopy Skywalk and South to Manual Antonio Park

This morning enjoy a spectacular 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 this morning activities are complete, we make our way south to Manual Antonio National Park. En-route enjoy lunch. We'll arrive at Manual Antonio Park in the late afternoon. *Sleep in Manual Antonio at the Falls Lodge & Si Como No Hotel (B, L, D)*

Days 6 & 7: March 2 & 3 - Manual Antonio National Park & the Pacific Coast

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. You'll have two full days here to relax and enjoy the beauty of this stunning rich region.

Sleep in Manual Antonio at the Falls Lodge & Si Como No Hotel (B)



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Day 8: Monday, March 4 - Carara National Park, home to the Scarlet Macaw

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 Central Valley and our peaceful garden hotel.

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, 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, enjoy a garden walk and dinner at the hotel.

Sleep in San Jose at the Bougainvillea Hotel (B, L D)



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Discover Poas National Park

Day 9: Tuesday, March 5 - Coffee Plantations and Poás National Park

Today we set out to explore the Central Valley. Our first stop will be a coffee plantation. It's harvest time, so we may have the opportunity to participate in the harvest!

Then, we slowly make through multiple environmental zones to Poás Volcano National Park. This is one of the largest and most active craters in the world. Enjoy a traditional lunch. Return to the hotel in the late afternoon. This evening, meet your host and guide for dinner and toast to a grand Costa Rican adventure!

Sleep in San Jose at the Bougainvillea Hotel (B, L D)

Day 10: Wednesday, March 6 - Your expedition concludes after breakfast

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

• Itinerary Subject to Change •



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Meet Your Host!



Rebecca Williams is a senior editor in **Michigan Radio's** newsroom. Before that, she hosted *The Environment Report* on the station for a decade and was a reporter and producer for a nationwide environmental news service. She's had many adventures reporting on wildlife, including sea lampreys, invasive carp, snowy owls and a very close encounter with a black bear, and looks forward to exploring the beauty and biodiversity of Costa Rica with Michigan Radio listeners.



RESERVATIONS & QUESTIONS

800-723-8454

or

Email our team at: info@earthboundexpeditions.com



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Enjoy a float trip on the Corobici!

Gardens & National Parks Visited!

(To Name A few)

Poás Volcano is one of the most popular active volcanoes in Costa Rica. The national park consists of nearly 15,000 acres that encompass at least four different habitats. This is another testament to Costa Rica's amazing biodiversity. The bubbling crater lagoon of Costa Rica's Poás Volcano is one of the country's most thrilling attractions.

Manual Antonio National Park

At about 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.

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.

Carara National Park, which in indigenous Huetar language means "River of Lizards", has the only transition forest in Central Pacific, resulting in diversity of flora and fauna. This national park is a worldwide known birding destination especially for the Scarlet Macaw, a species that is in danger of extinction, and is the second largest species of Psittacidae of Costa Rica.



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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. Questions? Call our helpful travel staff at 800-723-8454.

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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