

Discover Costa Rica!



February 3 - 11, 2026



Escape the cold, gray days of winter with horticulturist Ian Cooke and naturalist extraordinaire Minor Alfaro for a very special garden adventure to sun-soaked Costa Rica. On this tropical journey, you'll discover a jungle paradise unlike any other. Despite its small size, Costa Rica is home to more than 9,000 species of flowering plants, 800 species of ferns, and over 850 species of birds. In fact, this tiny country holds more biodiversity than all of Europe or

North America! Join Ian and Minor for visits to exceptional botanical gardens, explorations of lush jungles and cloud forests, leisurely strolls along starlit beaches, and unforgettable views of exotic wildlife from a bridge suspended in the mist of the Cloud Forest canopy. Sultry breezes, tropical gardens, and colorful birds await. *Space is limited!*

YOUR JOURNEY

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



**EARTHBOUND
EXPEDITIONS**

Earthbound Expeditions Inc.

P.O. Box 11305, Bainbridge Island, WA 98110 USA

Tel: 206.842.9775

www.EarthboundExpeditions.com

JOURNEY HIGHLIGHTS

Colorful Garden visits as listed in your itinerary ♦ The Monteverde Cloud Forest ♦ Hummingbird Gallery ♦ Sarchi Ox-Cart Factory ♦ Gardens ♦ The stunning Pacific Coast ♦ Morning and evening bird walks ♦ Monteverde Orchid Gallery ♦ Sightings of toucans, quetzals, monkeys, iguanas, sloths and more! ♦ Selvatura Reserve

IT'S INCLUDED!

- › Hosted by horticulturalist Ian Cooke
- › Guided by Earthbound Expeditions naturalist, Minor Alfaro
- › Eight nights of accommodation in charming hotels, comfortable cabins and lodges
- › Special visits to botanical gardens, cloud forests and orchid gallery
- › All breakfasts, plus 8 additional meals
- › Transportation on board a spacious, air-conditioned motor coach
- › Complimentary airport transfers (for tour arrival and departure days)
- › Entrances to all activities and national parks as listed in your itinerary
- › Gratuities for your guides, naturalists and driver
- › A fun group of fellow garden lovers

TRIP FACTS

9 days/8 nights

\$4,995 per person, double occupancy (land)

\$1,245 Single Supplement

Trip begins in San Jose at 7:00 pm on February 3, 2026

Trip ends in San Jose on the morning of February 11, 2026

SAVE \$300: Travel alumni save \$100 ❖ Pay by check and save \$100 ❖ Reserve before September 15, 2025 and save \$100





Your Garden Adventure Begins!

Day 1: Tuesday, February 3 - Arrive in Costa Rica

Pura Vida! Today your garden adventure begins as you arrive in San Jose. Airport transfers are included if arriving today. Meet your Earthbound Expeditions guide and host, Minor Alfaro and Ian Cooke, and fellow travelers for a welcome gathering followed by dinner this evening. *Sleep in San Jose (D)*

Day 2: Wednesday, February 4 – La Selva Biological Station

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. *Sleep in San Jose. (B, L, D)*

Day 3: Thursday, February 5 - Stunning Beaches Via Sarchi

On our journey to the Pacific Coast, we'll stop in the charming town of Sarchí, widely known as the craft capital of Costa Rica. Here, we'll visit the historic ox cart factory, where colorful, hand-painted ox carts—an enduring symbol of Costa Rican culture—are still made using traditional methods. You'll have a chance to observe the intricate craftsmanship and explore local artisan shops offering wood carvings, souvenirs, and vibrant art.

After lunch in the area, we continue on to the sun-drenched Pacific Coast, where we'll dine this evening on seafood specialties. *Sleep near Manuel Antonio National Park (B, D)*



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Days 4 & 5: Friday and Saturday, February 6 & 7 - Manuel Antonio National Park

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)

Day 6: Sunday, February 8 – Journey to Monteverde and Cloud Forest Wonders

After breakfast, we bid farewell to the beach and travel to the mystical heights of Monteverde, perched at 4,662 feet above sea level. As we arrive in the Cloud Forest, mist and fog cling to the treetops, nourishing one of the world's most biodiverse ecosystems – home to over 100 species of mammals, 400 birds, and thousands of plant and insect species.

Upon arrival, we'll check into our mountain hotel. Depending on time and weather, you'll have the chance to join a sunset birdwatching walk with your guide – a peaceful way to close out the day immersed in nature. *Sleep in Monteverde (B, D)*



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Day 7: Monday, February 9 – Cloud Forest Exploration & Orchid Garden Delights

This morning, get ready for a guided nature walk through the lush Monteverde Cloud Forest Reserve, where your guide will help spot elusive wildlife – including, if we're lucky, the vibrant Resplendent Quetzal. Then we'll stop at the nearby Hummingbird Gallery to observe these tiny, dazzling birds in action.

After lunch, we'll visit the Monteverde Orchid Garden, which showcases 426 species of orchids in bloom. Learn about these fascinating flowers and the delicate ecosystems they depend on. The remainder of the afternoon is free – explore more of Monteverde on your own or unwind at the lodge before we gather for a relaxing group dinner.

Sleep in Monteverde (B, L, D)

Day 8: Tuesday, February 10 – Depart for San Jose

Depart Monteverde 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)*



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Day 9: Wednesday, February 11 - Tour concludes after breakfast

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

RESERVATIONS & QUESTIONS

Call Earthbound Expeditions at

206.842.9775 or email:

info@earthboundexpeditions.com



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Meet Your Host and Guide



A native of England, **Ian Cooke** has worked exclusively in the horticultural industry for over 30 years. Initially in the growing industry where he refined his old-fashioned plant knowledge with world leading growers in England and then in the design field where he was exposed to the remarkable opportunities and challenges to be found by exhibiting at the Royal Horticultural Society shows of Chelsea Flower Show and Hampton Court Flower Show. His next challenge was to develop the craft of garden construction and landscape technology. A chance encounter placed Ian on a small expedition cruise ship as a horticultural lecturer. This initial cruise featured the Castles and Garden of the British Isles; Ian had found nirvana - traveling with like-minded people. Ian continued to cruise and has explored Iceland, Greenland, Japan, New Zealand, Morocco, Senegal and even Antarctica! With over 50 countries on his resume Ian has a wide and diverse grasp of world horticulture. With a move to the US in 2000 to take up the challenge of American Horticulture, Ian embarked on a vibrant and diverse career, initialing overseeing the construction of large-scale residential projects in Greenwich CT and Long Island NY and later as head of horticulture for a property developer. His presenting, training and public speaking skills place him as a sought-after educator and presenter.

Minor Alfaro was born and raised in Grecia, Costa Rica 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. 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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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.



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