

Discover Costa Rica!



with Minnesota Public Radio host, **Angela Davis**

January 15 - 24, 2027



Escape the cold, gray days of winter and join **Angela Davis** for a restorative journey to Costa Rica, a country that invites both relaxation and reflection.

More than a tropical paradise, Costa Rica offers a compelling model for well-being and civic life. With no standing army and a long-standing commitment to education, public health, and environmental stewardship, it provides a powerful backdrop for thoughtful conversation. Throughout the journey, Angela will help guide discussions around health, community, and what we can learn from societies that prioritize people and place.

Along the way, we'll explore lush jungles and cloud forests, walk suspension bridges high in the canopy, relax on starlit beaches, and encounter remarkable wildlife at every turn. This is a chance to slow down, reconnect, and engage with ideas that matter, all in one of the most biodiverse countries on Earth.

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!

- › With MPR Host, Angela Davis
- › 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 nature reserves, cloud forests and butterfly galleries
- › All breakfasts, plus 11 additional multi-course meals
- › Entrances to all activities and national parks as listed in your itinerary
- › A fun group of fellow MPR listeners

TRIP FACTS

10 Days / 9 Nights

\$5,850 per person, double occupancy (land)

\$1,775 Single Supplement

Trip begins in San Jose on January 15 at 6pm

Trip ends in San Jose on January 24, 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: Friday, January 15 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, Angela Davis, and Earthbound Expeditions expert guide, Minor Alfaro, at 6pm for a garden tour and welcome to Costa Rica feast.
Sleep in San Jose (D)



**EARTHBOUND
EXPEDITIONS**

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



FACT

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

Day 2: Saturday, January 16 - Monteverde and the 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 get acquainted with life in the Cloud Forest. *Sleep in Monteverde (B, L, D)*

Day 3: Sunday, January 17 - Vibrant Cloud Forests and Hummingbird Gallery

This morning, your guide will lead a walking journey through the abundant environment of the Cloud Forest. Keep a keen eye out for quetzals - considered by many to be the most beautiful bird in the world! We'll also make a stop at the Hummingbird Gallery to enjoy a view of these tiny and beautiful members of the Cloud Forest community.

Sleep in Monteverde (B, L, D)



**EARTHBOUND
EXPEDITIONS**

Earthbound Expeditions Inc.

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

T. 206.842.9775

www.EarthboundExpeditions.com



Day 4: Monday, January 18 - 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.

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 visit here will teach you about the characteristics of orchids, their natural habitats and the threats they face today. Your afternoon is free and then we'll meet later for a group dinner. *Sleep in Monteverde (B, L, D)*

Days 5 & 6: Tuesday, January 19 & Wednesday, January 20 - Horseback Riding, Volcanos, Thermal Pools and Zip Lines

This morning we get an early start for the drive north from the lush rainforest to the scenic grasslands of Guanacaste province. En route we'll stop for 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 can 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)*



**EARTHBOUND
EXPEDITIONS**

Earthbound Expeditions Inc.

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

T. 206.842.9775

www.EarthboundExpeditions.com



Day 7: Thursday, January 21 - South to Manuel Antonio National Park

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

Day 8: Friday, January 22 - 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. You'll have a chance for up-close wildlife viewing during the morning boat tour in the mangrove forest.

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)



**EARTHBOUND
EXPEDITIONS**

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

Day 9: Saturday, January 23 - Pacific beach to San Jose Via Sarchi

This morning we begin our return trip to San Jose. We'll stop for lunch and spend some time in the quaint little town of Sarchí, known throughout Costa Rica for its beautiful and intricate arts and crafts and souvenirs. We arrive in San Jose in the late afternoon in time to enjoy a farewell dinner.

Sleep in San Jose (B, L, D)

Day 10: Sunday, January 24 - Tour concludes after breakfast

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



Meet Your Host!



Angela Davis is the host of MPR News with Angela Davis, a weekday talk show that airs at 9 a.m. She joined MPR News in November 2018 after more than 25 years of television reporting and anchoring in the Twin Cities and other cities throughout the country, including CNN in Atlanta, and local stations in Washington D.C.; Dallas; Lexington, KY. She leads conversations on a wide variety of topics including how the state is changing, Minnesota's persistent racial disparities, economic issues, education, mental health and the climate crisis. She has won five regional Emmy awards and a Gracie Award for her work in public media. Angela graduated from the University of Maryland, College Park, with a degree in journalism. She was inducted into the Hall of Fame at the university's Philip Merrill College of Journalism in 2024. She grew up in southern Virginia and is a member of the local and national chapters of the National Association of Black Journalists and Delta Sigma Theta Sorority, Inc. She frequently emcees community events and moderates panel discussions in Minnesota. She also regularly speaks to students. In 2013, she was honored with the Widening the Circle Award by ThreeSixty Journalism, for her work mentoring young journalists.

Angela is married and has a son and a daughter. This is her 5th internationally hosted trip.



**EARTHBOUND
EXPEDITIONS**

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



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

info@earthboundexpeditions.com

206.842.9775



**EARTHBOUND
EXPEDITIONS**

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