



# INTERNATIONAL EXPEDITIONS

*World Leader in Nature Travel*

## **FOR IMMEDIATE RELEASE**

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## **STEVE COX, INTERNATIONAL EXPEDITIONS' CO-FOUNDER AND EXECUTIVE DIRECTOR, LEADS MARCH 19 COSTA RICA ADVENTURE**

### ***Special 30<sup>th</sup> Anniversary Tour Features Picturesque Landscapes, Unique Wildlife and Authentic Experiences***

BIRMINGHAM, AL, January 8, 2010 – Steve Cox, co-founder and executive director of [International Expeditions](#), the world leader in nature travel, is inviting travelers to celebrate the company's 30<sup>th</sup> [anniversary](#) with him on a special nine-day [Costa Rica journey](#). On the March 19 tour, Cox will guide a maximum of 18 travelers through the country's stunning natural landscape featuring active volcanoes and jungles, rainforests and cloud forests teeming with a vast array of flora and fauna.

After an overnight in San José, the small-group tour flies to the small village of Tortuguero, largely sustained by eco-tourism and only reachable by boat or airplane. Two days are spent exploring the flooded forests of Tortuguero National Park, established to protect the largest nesting ground of green sea turtles in the Caribbean and surrounding lowland rainforest. During walking and boating excursions through this biologically diverse region featuring 11 different habitats, guests may spot manatees, keel-billed toucans, the endangered great green macaw and monkeys.

Next, guests will travel to Sarapiquí, a verdant region abundant with banana plantations and primary forests featuring 6,000 species of plants. An area rich with animals, specialists here have identified 79 bird species, mammals such as coyotes, weasels, rabbits, skunks and some cats, while its riverbanks are also home to monkeys, iguanas, sloth, river turtles and crocodiles. In addition to a visit to the colorful Butterfly Garden, there will be ample time to go white-water rafting, horseback riding, biking or zip lining through the canopy.

Day six begins with an exploration of the Arenal Hanging Bridges, a series of 14 suspension walkways spanning two miles through the rainforest. After descending the breathtaking trail, guests can relax in thermal hot springs, enjoy a traditional Costa Rican dinner cooked by a local host and spend the night watching volcanic fireworks from the Arenal Volcano.

The last stop on the trip is Monteverde Cloud Forest, one of the most outstanding wildlife sanctuaries in the Americas, which brims with flora and fauna, including motmots, parrots, toucans, 40 species of hummingbirds and the resplendent quetzal. After the expedition, guests will visit a coffee plantation and learn about the area's sprawling agricultural community founded primarily by Quakers from Alabama — IE's home state — in 1951.

The celebratory March 19 Costa Rica tour hosted by Steve Cox starts at \$2,298 per person, double occupancy, and includes all accommodations, in-country airfare, guests' choice of adventure activities in Sarapiquí, most meals, local transportation, guides and group transfers. International airfare is not included, though flights can be arranged through International Expeditions. Additional 2010 Costa Rica tour dates include February 19, July 9, August 6 and December 17 and 24.

Founded in 1980, International Expeditions is the World Leader in Nature Travel, specializing in small group and independent journeys to the most exhilarating destinations around the globe. A pioneer of environmentally responsible travel, International Expeditions is committed to preserving natural habitats and improving the welfare of the people and communities it visits.

For more information or an International Expeditions brochure, call an International Expeditions Travel Planner at 1-800-633-4734, see your travel agent, e-mail [nature@ietravel.com](mailto:nature@ietravel.com), or visit [www.IEtravel.com](http://www.IEtravel.com).

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