



**INTERNATIONAL
EXPEDITIONS**

World Leader in Nature Travel

NEW FOR 2010



Costa Rica



From the palm-fringed beaches of the Caribbean coast to mist-shrouded mountains cloaked in cloud forest, Costa Rica is a paradise for the naturalist. This peaceful little country, located at a natural bridge between North and South America, contains a phenomenally diverse concentration of wildlife.

Within these rainforests and cloud forests there is an impressive array of flora and fauna. In the lowland jungles, monkeys create a commotion in the canopy, in the company of toucans and macaws. In the central highlands of Costa Rica, luxuriant cloud forests blanket mountains, valleys and active volcanoes. In this emerald kingdom, giant tree ferns, orchids, bromeliads and other epiphytes add an air of enchantment.

In addition to wildlife explorations accompanied by expert Naturalists, our itinerary features comfortable accommodations and opportunities to relax, enjoy the local culture and take in the most beautiful tropical beaches in the country.

"I learned about places I had always read about, and was still in awe of the experience, wildlife viewing and natural beauty."

- Paula Kupferer of Walkerton, Indiana

Costa Rica Highlights

Expert Naturalists:

Our guides are the best in Costa Rica, trained in both universities and in the field.

The Wildlife:

Look for spider, capuchin, howler and squirrel monkeys, sloths, hummingbirds, resplendent quetzals and more in the country's pristine parks and reserves.

Volcanic Fireworks:

Our accommodations at the Arenal Springs Resort put us in prime position to see the spectacular displays from Arenal Volcano.

The Culture: *Not only will you enjoy a traditional dinner with Doña Mireya at Hidalgo Family Hot Springs, you'll meet the one of the original Quaker settlers of Monteverde.*



9-Day Itinerary

Day 1

U.S. / San José

Fly to San José, where we meet our guide and overnight at the Hotel Casa Conde. (Meals Aloft)

Day 2

San José / Tortuguero

After an early flight, we take a boat to Pachira Lodge. After lunch, visit the village of Tortuguero, bordered by crashing ocean, lagoons and jungle, and the Caribbean Conservation Corporation Museum. Enjoy a night walk in the rainforest. (B,L,D)

Day 3

Tortuguero National Park

Explore the flooded forests of Tortuguero, established to protect the largest nesting ground of green sea turtles in the Caribbean and the surrounding lowland rainforest — home to jaguars, manatees and the endangered great green macaw. Glide along the black waters surrounded by towering trees, looking for keel-billed toucans, colorful parrots, basilisk lizards, capuchin and spider monkeys. (B,L,D)

Days 4 & 5

Tortuguero / Sarapiquí

Depart for the primary forests, swamps and banana plantations of Sarapiquí, an important region for bird, butterfly, insect and plant conservation. After a morning ride through the Costa Rican lowlands, swim in natural pools and spot tropical butterflies at the on-site Butterfly Garden. Our hotel has trails for walks in the jungle, and the afternoon of Day 5 is free to relax or take a variety of tours, including white-water rafting, horseback riding, visiting the canopy zip line or biking. Spend two nights at the charming Sueño Azul Lodge. (B,L,D Daily)

Day 6

Sarapiquí / Arenal

Explore the Arenal Hanging Bridges, fourteen bridges designed to blend with the environment. As we walk these trails, see flowers and wildlife typical of the rainforest. Visit the Hidalgo Family Hot Springs and enjoy a traditional dinner prepared by our host, Doña Mireya. The Arenal Springs Resort offers an unobstructed view of the continuously active volcano. (B,L,D)

Day 7

Arenal / Monteverde

A boat takes us across Lake Arenal to an ecological farm, where we enjoy lunch. Continue to the Monteverde Cloud Forest. Once settled into the Fonda Vela Lodge, we'll be visited by one of the area's original Quaker settlers to learn about the history and current issues of this sprawling agricultural community. (B,L,D)

Day 8

Monteverde

Explore the Monteverde Reserve, looking for parrots, motmots, hummingbirds, toucans and the star attraction: the resplendent quetzal. Monteverde features waterfalls, giant tree ferns and a lush blanket of mosses and epiphytes, and encompasses six different ecological zones. Cap off your day with a coffee tour highlighting the importance of the golden bean on Costa Rica's social, cultural and economic development. Visit the Butterfly Garden, featuring native butterflies along with medicinal plants and a leaf-cutter ant colony. (B,L,D)

Day 9

Monteverde / San José / U.S.

Return to San José, where we connect to our homeward-bound flights. (B)

2010 Departures

Jan 22	Jul 9
Feb 19	Aug 6
Mar 19	Dec 17, 24

Prices

Double Occupancy	\$2,298
Single Occupancy	\$2,698

Please Note: Expedition operates with a minimum of 7 guests