



PHOTO BY ALTON BIGGS/ COSTA RICA



COSTA RICA

with Texas Association of Biology Teachers
June 21 - July 3, 2012



Explore the diverse terrain of a tropical paradise on this 13-day program in Costa Rica. Discover geological history while visiting Arenal Volcano, take guided hikes along rainforest trails teeming with biodiversity, and witness the unique wildlife inhabiting the varied ecosystems of Manuel Antonio. Other highlights include participation in a service learning project with members of the local community, a behind-the-scenes look at the pineapple industry, and an exciting whitewater rafting adventure on the Rio Sarapiquí.

EDUCATIONAL CONNECTIONS

- Natural History
- Earth Science
- Interdisciplinary Studies
- Environmental Science

PROGRAM HIGHLIGHTS

- Examine biodiversity with a visit to INBio Parque.
- Explore the majestic rainforest of the Selva Verde Lodge and Rainforest Reserve.
- Float along the Río Sarapiquí in search of wildlife.
- Discover agricultural methods and challenges with a visit to a working pineapple plantation.
- Participate in a Costa Rican cooking class with the Sarapiquí Conservation Learning Center.
- Experience the thrill of whitewater rafting.
- Hike in Arenal National Park and learn about Costa Rica's rich volcanic history.
- Witness unique wildlife in Manuel Antonio National Park.

ITINERARY

JUNE 21 - SAN JOSÉ

After clearing customs and immigration at the Juan Santamaria International Airport, you will be met by your driver and transferred to your hotel. Dependent on arrival time to hotel, experience an orientation session to learn more about your guide and the amazing country that will be your home over the next week. *Overnight at Buena Vista Hotel.*

JUNE 22 - CHILAMATE

Today you will depart San José and head for Selva Verde Lodge and Rainforest Reserve. En route, you will visit the Instituto Nacional de Biodiversidad (INBio Parque). This biological station serves as a scientific institution with social orientation, where visitors have the opportunity to learn about Costa Rica's biodiversity. After your visit you will continue on to Selva Verde, situated in the lush lowlands of north central Costa Rica on a large private tract of primary and secondary tropical rainforest. After settling in, you will have an orientation to Selva Verde's facilities and private reserve. Enjoy hiking in the rainforest with your guide as you discuss forest structure, flora, fauna, and the principles for protecting the intricate balance of nature in the world's rapidly diminishing rainforests. After dinner this evening you will explore the nocturnal world of the rainforest on a night hike in search of mammals, owls, and insects. *Overnight at Selva Verde Lodge. (BLD)*

JUNE 23 - CHILAMATE

Early this morning enjoy an introduction to the amazing tropical birds of Selva Verde and enjoy a short hike with your guide around the grounds of the lodge. After breakfast participate in a program at a local pineapple plantation and learn about farming and harvesting techniques. The pineapple industry is an important source of foreign exchange for Costa Rica. Discussion topics include the current controversy regarding the effects of the agriculture industry on the environment and how recent concern has brought about reforms and constructive compromise. After your visit to the pineapple plantation embark on a boat ride down the Río Sarapiquí. While winding down the river bordered with forest and cultivated fields you will have the opportunity to view aquatic animals, birds, and reptiles in their natural habitat. As you float along, note some of the effects of the banana industry evident along this watershed. Following lunch at the lodge, you will visit the Sarapiquí Conservation Learning Center (SCLC) for an introduction to the important work the center is doing to support community self-development. Then get involved and learn how to cook Costa Rican style with a hands-on cooking class at the SCLC. *Overnight at Selva Verde Lodge. (BLD)*

JUNE 24 - CHILAMATE

Early this morning explore the rainforest on a hike with your guide. Of the 300 bird species found in the reserve, one of the most exciting is the endangered Great Green Macaw, and if we are lucky we may see or hear them. After breakfast enjoy another guided walk in the reserve to learn about the unique ecosystem of the rainforest and its flora and fauna. As you walk along the reserve's forest trails you may see a superb variety of wildlife including parrots, jacamars, hummingbirds, motmots, and other exotic lowland tropical birds. After the hike, you will walk through Selva Verde's unique botanical garden and learn about the beautiful tropical flowers and plants. After lunch, you will have free time for optional activities. This evening after dinner, visit Tirimbina Biological Reserve for a mistnetting activity and an interesting program on the fascinating world of bats. *Overnight at Selva Verde Lodge. (BLD)*

JUNE 25 - ARENAL

This morning you will depart Selva Verde and transfer to Arenal, stopping at Termales del Bosque hot springs for lunch. After checking in to the hotel, head out for a hike in Arenal Volcano National Park. Your easy hike along the base of the active side of the volcano takes you through the forest over lava flows and to the destroyed area now in the process of regeneration. This is the safest, closest place to view this active volcano. Your hike will last approximately three hours. *Overnight at Arenal Paraiso. (BLD)*

JUNE 26 - ARENAL

This morning you will visit a butterfly farm. Then visit Finca Don Juan, a local farm where you will learn about Costa Rican agriculture (local

products and traditional farming). Later this afternoon enjoy a walk through the Hanging Bridges. Visit the town of La Fortuna for dinner this evening. *Overnight at Arenal Paraiso. (BLD)*

JUNE 27 - MANUEL ANTONIO

Today you will transfer from Arenal to Costa Rica's Pacific Coast. Enjoy lunch en route as you make your way to Hotel Mono Azul. In the afternoon you will have free time to relax by the pool before dinner this evening at the hotel. *Overnight at Hotel Mono Azul. (BLD)*

JUNE 28 - MANUEL ANTONIO

This morning you will explore a Costa Rican jewel, the Manuel Antonio National Park. Established in 1972, Manuel Antonio hosts a total of 109 species of mammals and 184 species of birds as well as countless marine species in the Pacific waters. During your hike you will have the opportunity to possibly spot one of the three monkey species present: white-faced capuchin, howler, and squirrel monkeys. Habitats found here include mangrove swamps, lagoons, littoral woodlands, and island vegetation. Spend a full day exploring the trail system, beaches, and coves. Return to the hotel this evening for dinner. *Overnight at Hotel Mono Azul. (BLD)*

JUNE 29 - SAN GERARDO DE DOTA

During your morning excursion to the Damas Estuary you will have the chance to examine the fragile ecosystem and learn about its flora and fauna while searching for monkeys, snakes, crocodiles, and various bird species. Your mangrove exploration will end with lunch at a local restaurant. After lunch depart for the highlands and cloud forest of San Gerardo de Dota and Savegre Lodge. *Overnight at Savegre Hotel Natural Reserve and Spa. (BLD)*

JUNE 30 - SAN GERARDO DE DOTA

Today you will visit the waterfalls and have an opportunity to go horseback riding. Spend the afternoon with your guide as you look for Resplendent Quetzals and other highland bird species. *Overnight at Savegre Hotel Natural Reserve and Spa. (BLD)*

JULY 1 - SAN GERARDO DE DOTA

This morning you will take another bird walk in search of Resplendent Quetzals. Then head up to the paramo habitat of Cerro de la Muerte, one of the highest points in Costa Rica. *Overnight at Savegre Hotel Natural Reserve and Spa. (BLD)*

JULY 2 - SAN JOSÉ

Depart for San José, stopping at a coffee plantation along the way. Take a tour of the city and visit a local market in downtown. A farewell dinner will be served at the hotel this evening. *Overnight at Buena Vista Hotel. (BLD)*

JULY 3 - FAREWELL!

Today your driver will take you to the international airport for your flights home. (B)

PROGRAM PRICING

\$2050 (12 participants)

\$2150 (10 participants)

Cost is all-inclusive excluding international airfare and gratuities.

THE FINE PRINT

Cost is based on double occupancy. Additional cost of \$240 for a single room throughout the trip. Program may incur unforeseen fuel surcharges. A \$200 per person deposit and enrollment form is due to hold your space on the trip. This deposit is refundable until 95 days prior to departure excluding a \$100 cancellation fee. Final payments are due no later than March 18, 2012. Cancellations received less than 95 days prior to departure are not refundable. Travel/trip cancellation insurance is strongly recommended. For more information call 800-243-3174. Holbrook Travel's agency number is 15849.

FOR MORE INFORMATION:

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