

Discover Costa Rica!



With Mark Weathington of
JC Raulston Arboretum

January 9 - January 20, 2023

Escape the cold gray days of winter and join me, **Mark Weathington**, as I return to Costa Rica with naturalist and guide Minor Alfaro. On this eleven-night tropical garden adventure you'll discover a jungle paradise unlike any other. Despite its diminutive size, Costa Rica boasts more than 9000 species of flowering plants, 800 species of ferns and, over 850 species of birds. In fact, this tiny country has more biodiversity than all of Europe or North America! Join a small group of like-minded garden lovers enjoy numerous visits to outstanding botanical gardens, explore lush jungles, cloud forests, stroll along the shores of starlit beaches and view an abundance of exotic wildlife from a bridge that gently suspends you in the mist of the Cloud Forest canopy. Sultry breezes, tropical gardens and colorful birds await you. *Space is limited! Hope to see you in Costa Rica!*

Mark

YOUR JOURNEY

- | | |
|----------|---|
| 3 Nights | Rincon de la Vieja, Blue River Eco Hot Spring Resort |
| 2 Nights | Monteverde Cloud Forest, El Establo Lodge |
| 3 Nights | Manuel Antonio National Park, Costa Verde & the Falls hotel |
| 3 Nights | San Jose, Hotel Bougainvillea |



**EARTHBOUND
EXPEDITIONS**

Earthbound Expeditions Inc.
P.O. Box 11305, Bainbridge Island, WA 98110 USA
T. 800.723.8454 / T. 206.842.9775 / F. 206.238.8480
www.EarthboundExpeditions.com

JOURNEY HIGHLIGHTS

Colorful Garden visits as listed in your itinerary ♦ A coffee plantation visit ♦ The Monteverde Cloud Forest ♦ Hummingbird Gallery ♦ Skywalk and zip line canopy tour ♦ Wildlife viewing on the Corobici river by float trip ♦ Butterfly Gardens ♦ The stunning Pacific Coast ♦ Morning and evening bird walks ♦ Monteverde Orchid Gallery ♦ Poas Volcano National Park ♦ An outing to the Organization for Tropical Studies ♦ Sightings of toucans, quetzals, monkeys, iguanas, sloths and more!



IT'S INCLUDED!

- ♦ Hosted by garden expert Mark Weathington, Director of the JC Raulston Arboretum
- ♦ An expert Earthbound Expeditions guide/naturalist
- ♦ Eleven nights of accommodation in charming hotels, comfortable cabins & lodges
(All rooms with private baths and hot showers)
- ♦ Special visits to botanical gardens, cloud forests and orchid & butterfly galleries
- ♦ All meals except two lunches and one dinner at the beach.
- ♦ Transportation from arrival to departure on board a spacious, air-conditioned motorcoach
- ♦ Complimentary airport transfers in Costa Rica (if arriving the day the tour begins)
- ♦ Entrances to all activities and national parks as listed in your itinerary
- ♦ Gratuities for your guides, naturalists and driver
- ♦ Fun introductory language lessons offered by your guide
- ♦ A donation and gift to JC Raulston on behalf of the group
- ♦ Complimentary refreshments
- ♦ A fun group of fellow garden lovers

TRIP FACTS

11 Nights / 12 Days
\$6,295 per person, double occupancy (land only)
\$1,995 Single Supplement
Trip Begins: January 9, 2023 in Liberia, Costa Rica
Trip Ends: January 20, 2023 in San Jose, Costa Rica



FLIGHT NOTE: When booking your flights, please note that you will fly into Liberia, Costa Rica and depart from San Jose, Costa Rica. Most flights arrive between 11am & 2:30pm

SAVE \$250: Travel alumni save \$100 ♦ Pay by check and save \$50 ♦ Reserve before October 1, 2022 and save \$100

Complimentary group airport shuttles upon arrival in Costa Rica: for all passengers arriving on January 9, between 11am and 2:30pm





FACT

Although Costa Rica lacks an army, it claims over 830 species of birds.

Your Garden Adventure Begins!

Day 1: Monday, January 9 - Arrive in Liberia, Costa Rica

Pura Vida! Today your garden adventure begins as you arrive at Liberia Airport in Costa Rica. After clearing customs and gathering your bags, make your way to the lush gardens and thermal hot springs of the Blue River Eco Resort.

Note: A complimentary group transfer is provided for guests arriving between 11:00am and 2:30pm (when flights from the U.S. typically arrive). Relax, stroll the grounds or soak in the thermal waters before meeting your host and guide for a nature walk, orientation and dinner. *Sleep at the Blue River Resort. (D)*

Days 2 & 3: January 10 and 11: Birdwatching and a morning nature walk

The Blue River Eco Resort is the best among the Costa Rica resorts, hot springs hotels & spas on the north side of Rincon de la Vieja, Guanacaste in the rain forest with blue rivers, majestic volcano views and 1-day tours.

Discover a “Paradise on Earth”, along Costa Rica’s north side of the majestic volcano, Rincon de la Vieja inside a lush rainforest with grand waterfalls, natural mineral hot springs and sparkling “blue” rivers. Soak in 3 hot springs pools, 2 fresh water pools with a bullet water-slide and a blue river. Wander our botanical gardens with 700 varietals, fish, turtle & caiman ponds, hummingbird sanctuary and more. Indulge in a spa treatment; visit the butterfly gardens; take a natural mud bath and sauna; exercise in the gym; plus, much more. Then set off into the rain forest jungle on Eco-adventure tours, most nearby. *Sleep at the Blue River Resort. (B, L, D)*



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Walk in through the canopy in Costa Rica

Day 4: January 12 – Monteverde Cloud Forest: A River Float Trip and Butterfly Gardens

Following breakfast, we'll say "adios" to our jungle and make our way to the renowned Cloud Forest of Monteverde. Our picturesque drive takes us through the parched province of Guanacaste. En-route we'll enjoy lunch and a river float trip. Look for playful monkeys, colorful iguanas, lazy lizards and birds during your two-hour float down the Corobici River.

After lunch, we make our way to Monteverde. 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 catches on the branches of the tallest trees and drips down to the other organisms below, supporting a complex and far-reaching ecosystem that harbors over 100 species of mammals, 400 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. Time permitting, we'll join your guide this evening for a sunset bird-watching walk and spend the next three nights in the midst of the Cloud Forest. *Sleep in Monteverde at the El Establo Lodge (B, L, D)*

Day 5: January 13 - Vibrant Cloud Forests, the Hummingbird Gallery and Orchid Gardens:

This morning, prepare for the overwhelming lushness of the Cloud Forest of Monteverde, home to numerous species of plants, birds and animals. Your guide will lead you on a walking journey through this abundant environment, pointing out the many exciting plants and animals, and keeping a keen eye out for Quetzals, considered by many to be the most beautiful bird in the world. Next, we make a quick stop at the Hummingbird Gallery to enjoy a viewing of these tiny and beautiful members of the Cloud Forest community. The afternoon we set out to explore the Orchid Gardens. 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. *Sleep in Monteverde at the El Establo Lodge (B, L, D)*



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Enjoy three nights in Manual Antonio Park

Day 6: January 14 - Canopy Skywalk, Orchid Gardens & South to a tropical beach

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. Former guests have stated that Skywalk is the trek of a lifetime.

After this morning activities are complete, we make our way south to Manual Antonio National Park. En-route enjoy lunch. Arrive at Manual Antonio Park in the late afternoon.

Sleep in Manual Antonio at the Falls & Coste Verde Hotels (B, L, D)

Day 7 &8: January 15 and 16 - Manual Antonio National Park & 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, boa constrictors and many lizards. Over 350 bird species have been identified within the park including toucans, aracaris, 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.

Note: 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.

You'll have two full days here to relax and enjoy the beauty of this stunning rich region.

Sleep in Manual Antonio at the Falls & Coste Verde Hotels (B)



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Day 9: January 17 - Carara National Park and the Central Valley

Birdwatchers flock to Carara National Park area because it presents two life zones and a variety of birds, including one of the largest remaining wild populations of Scarlet Macaw in Costa Rica. In addition, the park is a must for anyone interested in tropical biology. The park is located between the dry forests of the north and the humid ones of the south and it is the result of this situation in an "ecotone" that gives Carara its diversity. There are trails that go through both zones where you can appreciate the forest's exuberance and if lucky enough, spot some animal species which inhabit it. After lunch and our visit, we make our way to the Central Valley and our peaceful garden hotel.



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 host Earthbound Expeditions expert guide, Minor Alfaro and host, Mark Weathington for dinner. *Sleep in San Jose at the Bougainvillea Hotel (B, L D)*



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Visit Poas National Park

Day 10: January 18: Lush Jungles – The Organization for Tropical Studies

For the next two days we'll enjoy multiple excursions. On our first full day, 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.

Lunch and dinner are both included today. *Sleep in San Jose at the Bougainvillea Hotel (B, L D)*

Day 11: January 19: Coffee Plantations and Poas National Park

Today we set out to explore the Central Valley. Our first stop will be a coffee plantation. It's harvest time, so we may have the opportunity to participate in the harvest!

Then, we slowly make through multiple environmental zones to Poas Volcano National Park. This is one of the largest and most active craters in the world. Enjoy a traditional lunch. Return to the hotel in the late afternoon. This evening, meet your host and guide for dinner and toast to a grand garden adventure! *Sleep in San Jose at the Bougainvillea Hotel (B, L D)*

Day 12: Friday, January 20 - Tour concludes after breakfast

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

• Itinerary Subject to Change •



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Did You Know...

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

Meet Your Host!



Mark Weathington is the Director of the JC Raulston Arboretum at NC State University where he is passionate in his work to connect people with plants. His career in public horticulture has also included the Norfolk Botanical Garden where he served as Director of Horticulture and the Atlanta Botanical Garden as a horticulturist.

Mark travels extensively searching for new plants to diversify the American landscape and lecturing on a variety of topics in horticulture to further the JC Raulston Arboretum's vision of "Planning and Planting a Better World." His

explorations and speaking engagements have taken him to China, Taiwan, Japan, Ecuador, Europe, Mexico, New Zealand, and throughout the US.



RESERVATIONS & QUESTIONS

800-723-8454

or

Email our travel staff at: info@earthboundexpeditions.com



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Gardens & Parks Visited!

(To Name A few)

The Organization for Tropical Studies (OTS) is a nonprofit consortium of about fifty universities, colleges, and research institutions worldwide. Founded in 1963, OTS' mission is to provide leadership in education, research, and the responsible use of natural resources in the tropics. The Organization for Tropical Studies (OTS) has operations in three countries and research stations and education programs in Costa Rica and South Africa. For the last half century, The Organization for Tropical Studies (OTS) has been the world's leading institution in the study of tropical biology, with more than 360 courses in tropical ecology, conservation and global health and over 8000 students trained, including many of the world's leading tropical ecologists.

Manual Antonio National Park

At 1,983 hectares (7.7 square miles), Manuel Antonio is one of the smallest national parks in Costa Rica. But it protects an impressive range of biodiversity. There are over 100 mammal species – including three of Costa Rica's four monkey species – and over 180 bird species.

Monteverde Cloud Forest

It is the most famous cloud forest reserve in the world and one of the most important protected areas in Costa Rica. It is visited by nature lovers from various countries desiring to enjoy, appreciate and study the abundant biodiversity of its ecosystems. Monteverde Cloud Forest Biological Reserve (MCFBR) is fully owned by TSC, a Costa Rican non-profit scientific and educational association established in 1962.

The Carara Carara National Park, which in indigenous Huetar language means "River of lizards", has the only transition forest in Central Pacific, resulting in diversity of flora and fauna, where converge typical species of dry and humid forests. This National Park is a worldwide known birding destination as it has very diverse birdlife, where stands out the Scarlet Macaw (Lapa Roja - Ara macao -), a species that is in danger of extinction, being the second largest species of Psittacidae of Costa Rica.

Monteverde Orchid Gardens

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.



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Know Before You Go!

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: In order to make the most of your custom journey and join all included activities, you should be able to walk at a moderate pace, independently for two to three miles, often over uneven cobblestones and be able to stand for a period of time during walking or museum tours or visits to other sights. Naturally, you may always choose to opt out of an activity and enjoy the sites while sipping a tea or coffee in a café or, hire a taxi, at your own expense to get you to the next attraction. Some museums may not have an elevator which means that to participate, you'll need to climb a few stairs. Our Costa Rica journeys do include several light hikes. Remember, you'll also need to be able to maneuver your luggage through the airport. Please call our staff with any questions.

Dress: Keep it casual. With the exception of the San Jose metro area, Costa Rica is an extremely casual country. Comfortable tops, shorts, and sandals are all acceptable. Hiking boots or sturdy sneakers, raincoat or light waterproof jacket, sun hat, sun glasses, and bathing suit, are all recommended. A suggested packing list will be included in your deposit packet.

Travel Insurance: Earthbound Expeditions strongly encourages the purchase of travel insurance coverage. We include information on trip insurance in your deposit information.

Events: 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.

Hosted Journeys: 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 expertise. The inability of a host to participate in a tour is not grounds for a full or partial refund.

About Earthbound Expeditions: Founded by Matthew and Danna Brumley in 1997, Earthbound Expeditions has over 100 years of combined experience worldwide. We are frequently out in the field, meeting guests, exploring and looking for new and exciting activities.

Terms & Conditions: Click [here](#) to read the full terms and conditions.



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