



Natural Expeditions
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MASTER NATURALISTS COSTA RICA NATURE TOUR

**10 Days / 9 Nights
January 10-19, 2017**

Get ready to embark on your very own adventure as you experience the secrets of the rain forest and discover the wildlife that's hidden all around you. While in the Central Mountain Range, you will experience a magical ecosystem where quetzals have found a unique latitude to maintain its species. As you drive through the beautiful Costa Rican northern plains, you will learn about the nature and conservation-oriented projects that have made Costa Rica a worldwide respected authority in ecotourism. In the area of Tortuguero, you will fall in love with the wondrous beauty of the rain forests that nature has bestowed upon us and entrusted in our care.

This tour program includes some of the most important highlights of Costa Rica, such as the Sarapiquí River, the Arenal Volcano, Tortuguero National Park, and the region of San Gerardo de Dota. The program also includes several activities for nature-lovers, such as rain forest hiking, a visit to the La Selva Biological Station, explanations of the different Costa Rican ecosystems, a visit to the hanging bridges, and a cultural experience with a Costa Rican family. In addition to all of these activities, you will also participate in educational workshops to learn more about the tropical flora and fauna, the interaction between tropical trees and the local fauna, and the existing population of the great green macaws and their constant struggle for survival. As with all of our tours, this package adheres to our high standards of service and accommodations while providing opportunities for natural adventure and cultural discoveries during your stay in Costa Rica.

Get ready for an unforgettable learning expedition!

MAIN ITINERARY

Tuesday, January 10: O'Hare to San Jose, Costa Rica

You will be received at the international airport by your Natural Expeditions Tour Director, who will be with your group at all times. Your Tour Director will conduct you to the hotel and will provide information about the upcoming activities awaiting you on the tour. [Hotel Bougainvillea](#)
No meals are included today.

Wednesday, January 11: San Jose to San Gerardo de Dota

San Gerardo de Dota's mountain lodges offer outstanding accommodations along with fantastic views of the Central Mountain Range's lower elevations. Nature lovers will appreciate the wide variety of birds that can be found in this latitude. Around 200 bird species inhabit the misty forests, including tanagers and of course, the world-famous resplendent quetzals, who mate during the first months of the year. The forest that characterizes this region includes oaks and tropical plant species. [Savegre Lodge](#)
Breakfast and dinner are included.



Thursday, January 12: Explore the area of San Gerardo

The activities around the lodge will keep you busy as you explore this unique life zone. Take guided strolls through the day in order to witness the beauty of a premontane moist forest in the heart of Costa Rica. [Selva Verde Lodge](#)
Breakfast and dinner are included.



Friday, January 13: San Gerardo Dota to Sarapiquí

Travel to Sarapiquí and experience an interesting change in altitude as you descend from 9000 feet to 1600 feet above sea level. Enjoy the views of the old capital of Costa Rica as you drive through the city of Cartago. The drive will continue through pristine forests as you drive across the Braulio Carrillo National Park. During the afternoon, explore the rain forest on the grounds of the Selva Verde Lodge with your expert naturalist guide. [Selva Verde Lodge](#)
Breakfast and dinner are included.



Saturday, January 14: La Selva Biological Station

During the morning, explore La Selva Biological Station (OTS) located within the boundaries of the Braulio Carrillo National Park. With its 1,614 hectares (3,988 acres) of old growth and undisturbed tropical wet forest, this station has become a pioneer site in education, research, conservation and ecotourism in Costa Rica since 1953 and was one of the first privately-owned protected areas in the country. In the afternoon, you will learn about the amazing teamwork done by a group of ants best known as the "zompopas", or leaf cutter ants, at a unique project developed by a local ant expert. [Selva Verde Lodge](#)
Breakfast and dinner are included.



Sunday, January 15: Hanging Bridges & Family Visit

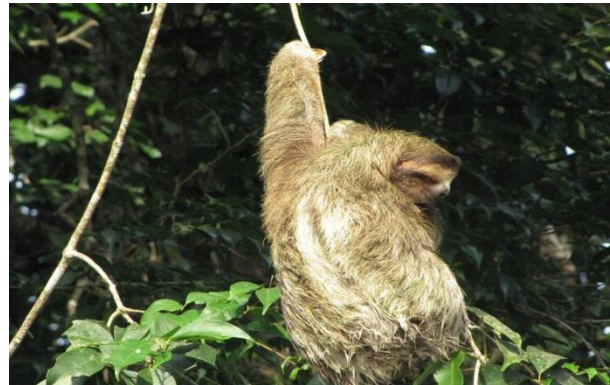
Travel to the area of the Arenal Volcano and visit the personal project of a Costa Rican family who has an impressive and unique collection of tropical plants in their home garden. During the afternoon, visit the hanging bridges in order to explore the rain forest from a different angle. Keep an eye out for monkeys and coatimundis, which are plentiful in this area. Return to your lodge and enjoy the last evening in the land of Sarapiquí. [Selva Verde Lodge](#)
Breakfast and dinner are included.



Monday, January 16: Travel to Tortuguero

Travel by land and water to the jungles of the Tortuguero National Park. After lunch, enjoy an orientation walk around the beautiful grounds of your lodge, including a frog pond and butterfly garden. Get to know about the unique sustainability projects supported by this family-owned lodge and learn about the techniques they use in order to protect the environment. [Mawamba Lodge](#)

Breakfast, lunch, and dinner are included.



Tuesday, January 17: Tortuguero National Park

In the morning, experience the majestic beauty of the Tortuguero National Park by interacting with all of the natural wonders of the area simply by taking a journey through the canals. After the morning tour, explore the rain forest on a guided tour with our local expert. During the afternoon, you will continue to explore the Tortuguero canals and take a relaxing stroll on the beach. Even though this part of the Costa Rican coastline is not recommended for swimming, but it would be the perfect place to walk and enjoy the mixture of rustic jungle and ocean view [Mawamba Lodge](#)

Breakfast, lunch, and dinner are included.

Wednesday, January 18: Tortuguero to San Jose

Say goodbye to the Tortuguero rain forests as your water transportation takes you back through the canals to reunite you with your ground transportation. As you return to San Jose, you will pass through banana plantations and the cloud forests of the Braulio Carrillo National Park. [Hotel Bougainvillea](#)
Breakfast, lunch, and dinner are included.



Thursday, January 19: San Jose, Costa Rica to O'Hare Chicago

It's time to return home with vivid memories and beautiful pictures of Costa Rica's abundant tropical wildlife and natural wonders.

Breakfast is included (if departure from hotel is after 7:00am).

POSSIBLE HOTELS

We pride ourselves on negotiating fair, yet competitive rates with local providers to provide the very best for our clients. As a strong supporter of sustainability practices and conservancy efforts, Natural Expeditions partners with hotels and lodges that share the same philosophy and practices. We also promote hotels and lodges that give our clients the real Costa Rican experience, with architectural flavor and tropical ambiance, as opposed to chain hotels that look the same in all parts of the world

Below is a list of possible hotels and lodges for your tour program. Final hotel selection may vary based on availability for the travel dates you select and the date your group registers for the tour.

San Jose:

Bougainvillea Hotel

<http://www.hb.co.cr/en/>

Sarapiqui:

Selva Verde Lodge

<http://www.selvaverde.com/lang/en/>

Tortuguero:

Mawamba Lodge

<http://www.mawamba.com/>

San Gerardo de Dota:

Savegre Lodge

<http://www.savegre.com/>

This tour program includes:

- Round-trip airfare between Chicago, IL and San Jose, Costa Rica
- Current airline taxes & fees as of 2/17/2016
- Natural Expeditions naturalist tour guide at all times
- Private driver and transportation within Costa Rica
- All overnight accommodations (2 nights in San Jose, 2 nights in San Gerardo de Dota, 3 nights in Sarapiqui, 2 nights in Tortuguero)
- Meals as specified in the itinerary
- Entrance fees for all listed activities and National Parks
- Costa Rica airport departure tax of \$29

What's not included?

- Any fuel surcharges or increase in air cost due levied by the airline after 2/17/2016
- Airline baggage fees
- Increase in air cost due to requests for different travel dates or a specific airline
- Small-group supplement (less than 10)
- Passport or other document costs
- Any meals not indicated on itineraries
- Activities not listed on the itinerary
- Trip insurance
- Tips for guide and driver
- Spending money

Payment Instructions:

Double occupancy: \$2,959 per person

Single occupancy: \$3,368 per person

A \$200 deposit is due with your registration form. The rest of the tour cost will be broken down into 3 payments as follows:

- \$800 due April 1, 2016
- \$800 due August 1, 2016
- Remaining balance due November 1, 2016

All payment invoices and receipts will be sent via the email address you supply on the registration form.

REGISTER TODAY!

Fill out the following forms for each traveler to secure your place on this tour:

[Registration Form](#)
[Release and Agreement Form](#)