COSTA RICA!

Tropical Birds, Lush Jungles and Vibrant Cloud Forests
with Wisconsin Public Radio
January 20 – 30, 2018

“I had never seen a forest so green. Vines spiraled
upward into the tops of huge trees draped with hanging plants.
Even the light was green.”
Jeremy Schmidt

Escape the cold dark winter days and fly south to jungle paradise with Wisconsin Public Radio host Veronica Rueckert and experience “pura vida” in sun-soaked Costa Rica. On this ten night tropical expedition, you’ll discover a vibrant land unlike any other. Despite its diminutive size, Costa Rica boasts greater biodiversity than all of Europe and North America. Over 850 species of birds have been identified here, and more butterflies than on the entire continent of Africa. Enjoy visits to colorful botanical gardens, explore lush jungles, stroll 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 are all part of the exuberant pura vida (“pure life”) of Costa Rica. Experience it for yourself when you reserve, but don’t wait-space in paradise is limited.
YOUR JOURNEY...
2 Nights  San Jose / Hotel Bougainvillea ***S
2 Nights  Monteverde Mountain Cloud Forest / Hotel El Establo ***S
3 Nights  Rincon de la Vieja Hot Springs / Hacienda Guachipelin Lodge
3 Nights  Pacific Beach/ Guanacaste / Nammbu Beachfront Bungalows ***S

JOURNEY HIGHLIGHTS
Colorful Garden visits as listed in itinerary ♦ A coffee plantation visit ♦ Towering Poás Volcano ♦ The Monteverde Cloud Forest ♦ Soaking in jungle hot springs ♦ Hummingbird Gallery ♦ Skywalk canopy tour ♦ Wildlife viewing via a Corobici river float trip ♦ Butterfly Gardens ♦ The stunning Pacific Coast ♦ Morning and evening bird walks ♦ Monteverde Orchid Gallery ♦ Sightings of toucans, quetzals, monkeys, iguanas, sloths and more!

IT’S INCLUDED!
▷ With Wisconsin Public Radio host Veronica Rueckert
▷ An expert Earthbound Expeditions guide/naturalist
▷ Ten nights of accommodation in charming hotels, comfortable cabins & lodges (All rooms with private baths and hot showers)
▷ Roundtrip air from Chicago to Costa Rica (optional)
▷ Special visits to botanical gardens, cloud forests and orchid & butterfly galleries
▷ All breakfasts, plus fifteen additional traditional meals
▷ Transportation from arrival in Costa Rica to departure on board a spacious, air-conditioned motor coach
▷ Complimentary airport transfers if arriving/departing on group flight
▷ Entrances to all activities and national parks as listed in your itinerary
▷ Gratuities for guides, naturalists and drivers
▷ Fun introductory language lessons offered by your guide

TRIP FACTS
Length: 11 Days / 10 Nights
$3,499 per person double occupancy
$795 single supplement (waived if matched with roommate)
Trip departs Chicago on Saturday, January 20, 2018
Trip begins in San Jose upon arrival
Trip ends in Liberia, Costa Rica on January 30

GROUP AIR: $649 Delta Airlines from Chicago available. Includes all taxes, fees and airport transfers while in Costa Rica.

WAYS TO SAVE
WPR and Earthbound travel alumni save $100 * Reserve by November 15, and save $100 * Pay final balance by check and save $75
YOUR WPR ADVENTURE BEGINS...

DAY 1: Arrive in Costa Rica
Pura Vida! Today your Wisconsin Public Radio adventure begins as you arrive in San Jose. After clearing customs and gathering your bags, you’ll be met by your Earthbound Expeditions guide and transported by private motor coach to your cozy hotel. *Sleep near San Jose*

Note: Earthbound Expeditions will be offering a complimentary transfer from the San Jose airport to the Hotel Bougainvillea in Santa Domingo (about 25 minutes away) in connection with the arrival of the group flight. For those travelers who arrive earlier in the week or earlier in the day would need to transfer independently to the hotel.

DAY 2: Towering volcanos, Coffee Plantations & the La Paz Waterfall Gardens
Our morning expedition is to Poás Volcano, a powerful symbol of the geothermal forces that formed this tiny nation. When the mist and clouds part, you’ll see the green-blue sulfuric, bubbling, rain-fed lake at the bottom, surrounded by smoke and steam rising from fumaroles. Water from the lake is constantly seeping through cracks in the hot rock, evaporating and building pockets of steam. Protecting 5,600 hectares with elevations range from 7,874 to 8,885 feet, Poás is a small but important national park. You can find cloud forest and tropical rainforest-upland habitats within the boundaries.

Descending from the volcano, we’ll stop at a coffee plantation in order to learn about the “Grano de Oro” (the Golden Bean), of great historical and economic importance in Costa Rica. In the afternoon, we visit the stunning La Paz Waterfall gardens, where strategically located viewing platforms and trails allow wonderful viewing and photographic opportunities. A group dinner will be included this evening. *Sleep near San Jose (B, L, D)*

DAY 3: Into the Clouds
Following breakfast, we’ll say “adios” to San Jose and make our way to the renowned Cloud Forest of Monteverde. Making a number of stops where the scenery and wildlife are at their best, we end our drive at Monteverde itself. Due to its high altitude – some 4,662 ft above sea level – Monteverde receives a steady supply of clouds and the life-giving moisture that they contain. This moisture, often in the form of fog, catches on the branches of the tallest trees and drips down to the other organisms below. This helps to support a complex and far-reaching ecosystem, one that harbors over 100 species of mammals, 400 species of birds, tens of thousands of insect species, and over 2,500 varieties of plants including 420 orchid species. After checking into our mountain lodge, we visit the amazing Butterfly & Insect Garden where you will be invited to walk through greenhouses filled with hand-raised butterflies, happy to lightly rest on you for a magical minute. Time permitting, we’ll join our naturalist this evening for a sunset bird-watching walk and spend the next two nights in the midst of the Cloud Forest. *Sleep in Monteverde (B, L, D)*
DAY 4: Vibrant Cloud Forests and an Energetic Hummingbird Gallery
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. Even non-bird lovers are sure to convert at the Hummingbird Gallery; watch a hypnotizing, technicolor air parade of these tiny community members darting in for a nectar snack. If you’re able to tear yourself away, the afternoon is yours to explore the area of Monteverde at your own leisurely pace. Of course, you may just want to take a siesta, or relax at the lodge. *Sleep in Monteverde (B, L, D)*

DAY 5: Canopy Skywalk and a River Float Trip
This morning we have 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 a lifetime.

Our drive north will take us out of the Cloud Forest and through the dry “African” grasslands of the province of Guanacaste. En route we enjoy lunch on a rushing river. Upon arrival (time permitting), enjoy a nature walk with your Costa Rican naturalist. *Sleep in Rincon de la Vieja (B, L, D)*

DAYS 6 & 7: Horseback Riding, Volcanos, Thermal Pools and Zip Lines
Called the “Yellowstone of Costa Rica,” Rincon de la Vieja boasts an active volcano, geysers, bubbling mud pots and mineral hot springs, virgin forest and countless species of birds, monkeys and other wildlife. For the next two days you’ll enjoy early morning nature walks, bubbling thermal pools, horseback riding and for the more adventurous at heart, zip-lining, inner tubing and canyoning. *Sleep in Rincon de la Vieja (B, L, D)*
DAY 8: West to the Stunning Beaches of Guanacaste
Drive west to a secluded Pacific beach in Guanacaste, stopping along the way to view local Indian pottery. Enjoy an evening swim or beach walk followed by dinner. *Sleep in Guanacaste (B, D)*

DAYS 9 & 10: Beach Relaxing & Green Sea Turtles
The next couple of days are yours to relax and recharge. The only thing on the agenda is lying in a hammock, contemplating the incredible beauty of Costa Rica from a suspended position. If you are interested, our resident naturalist will be available for informative nature walks along the beach. Need some action? Set out on a hike or discover the joy of body surfing in the warm waters of the Pacific Ocean. Oh, and be warned: spontaneous beach parties have been known to occur here...pura vida!

The nesting season of the green sea turtles is roughly October through March. Due to the danger of extinction and extreme need for protection, Costa Rica has managed to successfully protect much of their coastline against overdevelopment for the turtles and other wildlife. We will endeavor to see this miracle of nature, when the females come and lay their eggs up on the beach. This typically happens while creeping around the beaches in the cover of night, so with luck, our stealthy efforts will be rewarded with a glimpse of these elusive and heroic creatures. *Sleep in Guanacaste (B, D)*

DAY 11: Return home or stay on ....
Your expedition to Costa Rica concludes after breakfast. Your guide will be hand to see you off at the airport in Liberia, Costa Rica. If you have a bit of extra time and love the idea of relaxing on a tropical beach, we suggest you stay on in Costa Rica. Return home with a lifetime of happy memories.

**Getting to Costa Rica: A note about the group flight on Delta.**
Please note that for this special WPR adventure we will fly into San Jose, Costa Rica and out of Liberia, Costa Rica. This will save us driving 6 hours back to San Jose on the final day. *If booking your own air please note that the tour ends in Guanacaste, Costa Rica. And that the closest airport is in the town of Liberia, which now serves as a gateway for North America.*

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*Itinerary Subject to Change*
MEET YOUR HOST

Veronica Rueckert is co-host and producer of “Central Time.” Before that, she hosted the state-wide call-in program "The Veronica Rueckert Show" and was a producer on WPR's Peabody Award-winning program "To the Best of Our Knowledge," distributed nationally by Public Radio International.

Veronica is also a writer whose work has been published in Wisconsin Trails Magazine, Wisconsin State Journal and excerpted in Jon Winokur's The Big Book of Irony. Her essays have run on NPR's nationally syndicated show "Day to Day" and on "To the Best of Our Knowledge."

PHOTO CREDIT: Althea Dotzour Photography

IS THIS ADVENTURE RIGHT FOR YOU?

Health Matters: It is the responsibility of each guest to be aware of their physical abilities or limitations, and to be in sufficient good health to undertake the trip. To make the most of your journey and participate in the various planned group activities, you should be able to be on your feet and walk unassisted for two to three hours (often over uneven cobblestones or pathways) with frequent standing. If you have questions about the physical requirements for your journey, please email or call our travel office. Any preexisting physical, mental, or emotional disability that may require attention must be reported in writing prior to the beginning the journey. Although it is not mandatory to participate in every planned and included group activity, not doing so isn't cause for a refund. For those desiring additional exercise, our trips allow free time to explore at your own pace. On boats, planes, rafts, ships and ferries, guests will need to be able to maneuver unassisted up and down gangways, stairs and in between decks. Smokers may smoke outside and downwind of the group.
Bird, Mammal & Reptile List
(Identified by travelers participating in an Earthbound Expedition)

COSTA RICAN BIRDS
Ringed Kingfisher
Great Kiskadee Flycatcher
Great Egret
Northern Jicana
Purple Gallinule
Black Bellied Whistling Duck
Collared Redstart
Wood Stork
Grey Hawk
Montezuma Oropendola
Sooty Robin
Great Tailed Grackle
House Wren
Chestnut Mandibled Toucan
Yellow Faced Grassquit
Yellow and White Warbler
Clay-Colored Robin
Band Tailed Barb Throated Hummingbird
Summer Tanager
Bananaquit
Scarlet Rumped Tanager
Turkey Vulture
Black Shouldered Kite
Black Vulture
Keel Billed Toucan
Buff Throated Woodcreeper
Tropical Kingbird
Northern Oriole
Yellow Bellied Flycatcher
Blue Seed Eater
Brown Jay
Yellow Warbler
Rufus Tailed Hummingbird
Blue Grey Tanager
Golden Olive Woodpecker
Anhinga
Rufus Motmot
Red Billed Pigeon
Cattle Egret
Black Striped Sparrow
Resplendent Quetzel
White Shouldered Tanager
Blue Crowned Motmot
Emerald Toucanet
Orange Billed Nightingale Thrush
Violet Saber Winged Hummingbird
Green Violet Eared Hummingbird
White Eared Ground Sparrow
Orange Bellied Trogan
Common Bush Tanager
Slate Throated Redstart
Bronze Cowbird
Red Legged Honeycreeper
Mountain Robin
Swainson’s Thrush
Ocraceous Peewee
Wilson’s Warbler
Grey Headed Chachalaca
Groove Billed Ani
Great Blue Heron
Bare Throated Tiger Heron
Amazon Kingfisher
Osprey
Laughing Falcon
Limpkin
Crested Caracara
Spotted Sandpiper
Snowy Egret
Green Backed Heron
White Winged Dove
Magpie Jay
BIRDS CONTINUED-
Great Green Macaw
American Swallow Tailed Kite
Caspian Tern
Ruddy Turnstone
Brown Pelican
Red Lored Parrot
Barn Swallow
Roadside Hawk
Black Headed Trogon
Short Tailed Night Hawk
Olive Throated Parakeet
Squirrel Cuckoo
White Fronted Parrot
Crested Guan
Budgerigar
Collared Aricari
Hoffman’s Woodpecker
Inca Dove
Palm Tanager
Bat Falcon

Double Striped Thick knees
Pale Billed Woodpecker Yellow Naped Parrot
Scarlet Macaw

COSTA RICAN MAMMALS IDENTIFIED
Mammals (* = in captivity)
*Jaguar
*Jaguarundi
*Margay
*Ocelot
Central American Aguti
Northern Tamandua (anteater)
White-faced Capuchin Monkey
White-nosed Coatimundi
Mantled Howler Monkey
Olingo
Mexican Hairy Porcupine
Striped Hog-nosed Skunk Central American Spider Monkey Brown-throated Three Toed Sloth Hoffman’s

REPTILES
Reptiles American Crocodile
Green Sea Turtle
Green Iguana
Basilisk (Jesus Christ lizard)
Whiptail lizard
RAVES AND REVIEWS

“No that I am home, I realize what an intense experience it was, part vacation, but part immersion into another culture and another perspective on the vastness of the natural world.”
Former guest, Vickie Shea

“Our guide’s enthusiasm was very contagious and his knowledge was unending on the countryside and its environment. You guys covered it all! Our guides were unflappable, keeping the mood up. Thoughtful attention to details at all times.”
Former guests, Jack and Ros Collins

Most memorable moment? “So many!!! The raft trip, plus the cloud forest, plus the entire wildlife etc etc. Oh yes, seeing the people and their way of life and their homes.”
Former guest, Katharine Kirks

“Everything was superb!” Most memorable moment? “Seeing all the monkeys! Boogie boarding at Playa Grande, raft trip, horseback riding, hikes in Monteverde and Los Inocentes.”
Former guest, Laurel Smetzer

RESERVATIONS
800.723.8454

Land Reservations and Deposits: Early reservations are essential to guarantee space on the date you wish to travel. A per person deposit of $500 is needed to confirm your space on most journeys. We prefer payment to be made by check, but we also accept Visa, MasterCard or American Express. You can make your secure credit card deposit online, by phone or by mail. Once the deposit is processed, a deposit packet is sent with pertinent journey details. Trips which include barges, boats and/or flights may require an additional deposit. Roundtrip group airfare, when offered on your itinerary, requires an additional deposit of $200.

Final Payment for Land: You will be sent an invoice approximately 75 days prior to departure. A non-refundable final payment, payable by money order, check or credit card, is due 60 days before departure. It is the responsibility of each passenger to make a timely payment. A final packet of information will be sent approximately 21 days before departure. Pay online or Mail checks to: Earthbound Expeditions PO Box 11305, Bainbridge Island, WA 98110.