



DISCOVER
Costa Rica
WITH MICHIGAN RADIO

Tropical Birds, Lush Jungles and Vibrant Cloud Forests

February 25 – March 5, 2020



**MICHIGAN
RADIO** npr

MICHIGAN'S NPR NEWS LEADER

Escape the cold dark winter days and fly south to a jungle paradise with friends of Michigan Radio and experience “pura vida” in sun-soaked Costa Rica. On this 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. 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, but don’t wait - space in paradise is limited!

TRIP AT A GLANCE

1 Night	San Jose **** Wyndham Herradura Hotel
3 Nights	Monteverde Mountain Cloud Forest *** Hotel Montana Monteverde
2 Nights	Rincon de la Vieja Hot Springs *** Superior Blue River Spa Hotel
3 Nights	Pacific Beach - Guanacaste *** Superior Wyndham Tamarindo Hotel



**EARTHBOUND
EXPEDITIONS**

Earthbound Expeditions Inc.

P.O. Box 11305, Bainbridge Island, WA 98110 USA

T. 800.723.8454 / T. 206.842.9775

www.EarthboundExpeditions.com

"Costa Rica was a fantastic experience - part vacation, but also part immersion into another culture and another perspective on the vastness of the natural world."

Former Earthbound Costa Rica traveler

JOURNEY HIGHLIGHTS

The Monteverde Cloud Forest ♦ Soaking in jungle hot springs ♦ Skywalk canopy tour ♦ Hummingbird Gallery ♦ Wildlife viewing via a 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!

- ⌋ Hosted by Lester Graham, of Michigan Radio's *Environment Report*
- ⌋ An expert Earthbound Expeditions guide/naturalist
- ⌋ Nine nights of accommodation in charming hotels, comfortable cabins and lodges
(All rooms with private baths and hot showers)
- ⌋ Special visits to national parks, cloud forests, orchid and butterfly galleries
- ⌋ All breakfasts, plus 11 additional traditional multi-course meals
- ⌋ Transportation on board a spacious, air-conditioned motor coach
- ⌋ Entrances to all activities and national parks as listed in your itinerary
- ⌋ Gratuities for guides, naturalists and drivers
- ⌋ Carbon off-setting credits through the 5 star Carbon fund *Information on back page
- ⌋ Travel with like-minded, inquisitive public radio enthusiasts

TRIP FACTS

Length: 10 Days / 9 Nights

\$2,995 per person double occupancy

\$595 single supplement (waived if matched with roommate)

Trip begins: San Jose, Costa Rica on February 25, 2020

Trip ends: Liberia, Costa Rica on March 5

GROUP AIR OPTION \$799 pp

Optional Group Flight roundtrip from Detroit into San Jose returning from Liberia with Delta Airlines (includes taxes, fees & airport transfers)

WAYS TO SAVE \$200

Travel alumni save \$100 * Reserve by November 1, and save \$50 * Pay final balance by check and save \$50





YOUR ADVENTURE BEGINS ...

DAY 1: Tuesday, February 25 - Arrive in Costa Rica

Pura Vida! Today your Michigan Radio adventure begins as you arrive in San Jose. Plan to meet your guide, host and fellow travelers at a hotel near the airport this afternoon.

A group flight will be offered from Detroit. *Sleep in San Jose (D)*

****Note: If booking your own flight, please note that the trip begins in San Jose and ends in Guanacaste at the airport in Liberia. Please call if you have questions.*

DAY 2: Wednesday, February 26 - 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 and Insect Garden where you can 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 three nights in the midst of the Cloud Forest. *Sleep in Monteverde (B, D)*



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DAY 3: Thursday, February 27 - 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, colorful 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, D)*

DAY 4: Friday, February 28 - 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 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. *Sleep in Monteverde (B, L, D)*



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DAYS 5 & 6: February 29 & March 1 - Horseback Riding, Volcanos, Thermal Pools and Zip Lines

Our drive north will take us out of the Cloud Forest and through the dry "African" grasslands of Guanacaste province. En route we enjoy lunch on the banks of a gorgeous river. Afterwards, we take a river float trip.

Our lodge tonight looks out over Rincon de la Vieja, an active volcano. Called the "Yellowstone of Costa Rica," Rincon de la Vieja boasts 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 at the Blue River Resort (B, L, D)*

DAY 7: Monday, March 2 - West to the Stunning Beaches of Guanacaste

This morning we head west to a secluded Pacific beach in Guanacaste, stopping along the way to view local indigenous pottery. Enjoy an evening swim or beach walk followed by dinner. *Sleep in Tamarindo, Pacific Coast, Guanacaste (B, D)*

DAYS 8 & 9: March 3 & 4 - Relax and Explore the Coast

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 its 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 Tamarindo, Pacific Coast, Guanacaste (Breakfast daily & Dinner on the final night)*



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DAY 10: Thursday, March 5 - Return home or stay on

Your expedition to Costa Rica concludes after breakfast. Your guide will be on hand to see you off at the airport in nearby Liberia. 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!

Itinerary Subject to Change

YOUR MICHIGAN RADIO HOST – LESTER GRAHAM



Lester Graham reports for *The Environment Report* and also hosts *Stateside*. He has reported on public policy, politics, and issues regarding race and gender inequity. He was previously with The Environment Report at Michigan Radio from 1998-2010.

He has been a journalist since 1985. Graham has served as a board member of the Public Radio News Directors Inc., and also served as President of the Illinois News Broadcasters Association. He is a member of the Radio-Television Digital News Association (RTDNA), Society of Professional Journalists and other professional groups.

Lester has received 15 first place national awards for journalism excellence and scores more at the national, regional, and state levels.



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Proud Partners Since 2008

Earthbound Expeditions offers customized overseas adventures for universities, museums, garden clubs, and numerous public radio stations. Earthbound Expeditions is committed to supporting environmental education, local small businesses and providing guests with a one-of-a-kind, authentic travel experience. Whenever possible, Earthbound reserves locally-owned hotels, utilizes the talents of local lecturers, and dines in family-owned establishments. Earthbound also supports projects like the Children's Eternal Rain Forest of Monteverde, Costa Rica, the Soweto Youth and Development Project of South Africa, the Mama Rosie Orphanage in Cape Town and is assisting families and projects in Cambodia and the USA.

Environmental Commitment

Through Earthbound's proud partnership with the Carbonfund.org, Earthbound Expeditions makes annual donations so as to help offset a guest's carbon footprint. For every guest who signs up on an Earthbound Expedition, \$50 will be donated back to the Carbonfund.

The Carbonfund.org motto, "Reduce what you can; offset what you can't" fits perfectly with Earthbound Expeditions' long established philosophy of supporting locally-owned businesses, promoting education and embracing the concept of "slow" travel.

By using a simple carbon calculator, Carbonfund.org is able to determine the size of your carbon footprint for any specific domestic or overseas adventure. You then may purchase carbon credits. These credits go towards supporting (1) renewable energy, (2) energy efficiency and (3) reforestation projects.

For more information see: <http://www.carbonfund.org/Calculators>.

Listen to Matthew's travel advice & stories on KNKX-NPR Public Radio:
<http://knkx.org/term/going-places-0>

RESERVATIONS & QUESTIONS
guest@earthboundexpeditions.com

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KNOW BEFORE YOU GO!



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.

PASSPORT AND VISAS: It is highly recommended that your passport have at least six months validity after your return date. Visas are not required for Costa Rica

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

VEGANS, VEGETARIANS AND SPECIAL DIETARY NEEDS: Local restaurants and hotels will be able to accommodate most special dietary needs and restrictions.

ACCOMMODATIONS: Hotels are chosen based on their reviews, comfort, safety and proximity to main attractions. Unless otherwise stated, hotels are generally superior 3 and 4 star.

YOUR EARTHBOUND EXPEDITIONS GUIDE: A full time, professional guide will be with you from the very beginning of your journey. In addition, to add a special touch and in-depth experiences, Earthbound also utilizes trained, local guides who have special knowledge of a museum, nature park, garden or culture.

WEATHER: There will be a range from low 60s to low 90s. Please refer to [/www.accuweather.com](http://www.accuweather.com)

FULL TERMS & CONDITIONS: <https://earthboundexpeditions.com/the-boring-stuff/>



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