

March 12-21, 2026

Costa Rica Biodiversity Trip



Join us for an unforgettable 10-day adventure through Costa Rica's breathtakingly diverse landscapes!

Our journey begins with three days on the lush, south Caribbean coast, where we'll explore vibrant rainforests, visit the indigenous Bri-Bri village, tour a chocolate plantation, and hike through Cahuita National Park—an area teeming with sloths and other fascinating wildlife.

Next, we'll venture to the remote and pristine Corcovado National Park on the South Pacific coast. Renowned for its incredible biodiversity, Corcovado is home to an astonishing array of wildlife, from playful monkeys and elusive jaguars to the striking scarlet macaws. Beyond exploring the rainforest, we'll take to the coastal waters in search of majestic humpback whales, hoping to witness them calving in their natural habitat.

Our adventure continues with three days in the mystical Talamanca Mountains, where we'll explore the enchanting Cloud Forest. Here, amidst the misty canopies, we'll seek out the magnificent Resplendent Quetzal in its nesting grounds—a truly awe-inspiring sight.



Itinerary

Day 1-Arrival at San Jose

Airport transfer to Bougainvillea Hotel.

Day 2 -South Caribbean Coast

Morning departure to Caribblue Lodge. Hike in Braulio Carrillo National Park

Day 3 - Cahuita National Park

Day exploration of Cahuita rainforest. Afternoon at leisure to explore the town of Cahuita.

Day 4 - Bri-Bri Native Village

Exploration of a nearby indigenous village & cocoa plantation.

Day 5 - South Pacific Coast

Charter flight to Drake Bay. Boat ride in search of humpback whales.

Day 6 - Corcovado National Park

Morning boat ride to Corcovado National Park. Full day exploring the park.

Day 7 - Talamanca Mountains

Departure to Savegre Lodge. Afternoon exploration of Savegre gardens

Day 8 - Cloud Forest Preserve

Hike through the Savegre private preserve in search of resplendent quetzals

Day 9 -Los Quetzales National Park

Exploration of the tropical paramo habitat

Day 10 - Departure

Hasta luego Costa Rica!



Day 1: Thurs, March 12

Bougainvillea Hotel

Upon arrival at San Jose International Airport (SJO), a private transfer will be waiting to take you to the Bougainvillea Hotel. Set among 10 acres of award-winning gardens, the Bougainvillea Hotel is a lush haven within the town of Heredia, known by Costa Ricans as "La Ciudad de las Flores" (the City of Flowers).

The group will gather in the evening for our welcome dinner at the hotel's elegant Vitrales restaurant.

Overnight and dinner at Hotel Bougainvillea

www.hb.co.cr



Day 2: Friday, March 13

Caribblue Hotel



Early departure to the town of Cocles on Costa Rica's southern Caribbean coast. On the way, we will stop for a hike in Braulio Carrillo National Park, one of the largest and most diverse national parks in the country, covering 50,000 hectares of protected rainforest.

The Caribbean coast of Costa Rica is distinct from the rest of the country. Its people are of African and Caribbean descent, with a rich and unique culture, cuisine, and language.

The lush vegetation of this region supports some of the highest biodiversity in Costa Rica. Sloths are commonly spotted in the treetops, making wildlife encounters an everyday experience.

www.caribblue.com

Day 3: Sat, March 14

Cahuita National Park



Early morning birding walk through the lodge's trails, followed by breakfast. After, we will depart for Cahuita National Park.

This park protects 1,106 hectares of pristine coastal rainforest and 22,300 hectares of the marine environment including the most vibrant coral reefs in Costa Rica.

Our hike through the park will present great bird-watching opportunities and chances to see other wildlife such as sloths, monkeys, and the colorful Golden Eyelash Viper.

Afternoon at leisure to explore the beach and enjoy the hotel amenities.

Today, we will visit a Bri-Bri indigenous village and meet a local family in their traditional home.

During our visit, we will learn about the ancestral knowledge of medicinal plants used by the Bri-Bri people and participate in traditional chocolate-making techniques as we are guided through the process of turning cocoa beans to chocolate bars. We'll end the visit by tasting handmade chocolate - a delicious way to connect with this rich cultural heritage!

We are also likely to see the iconic and colorful poison dart frogs in the cocoa plantation.

Day 4: Sun, March 15

Bri-Bri village and cocoa



Day 5: Mon, March 16

Corcovado National Park



In the morning, a private flight will take us to Drake Bay, where we will board a boat for a short ride to La Paloma Lodge. Nestled in a private reserve on the Osa Peninsula, this remote yet luxurious lodge is surrounded by lush jungle and cooled by the refreshing ocean breezes of Costa Rica's South Pacific coast.

In the afternoon, we'll embark on a boat excursion along the coastal waters, searching for humpback whales and other marine wildlife. Our cozy bungalows, featuring private balconies, provide breathtaking views of the Pacific Ocean, making for a truly unforgettable stay.

www.lapalomalodge.com

We will spend a full day exploring Corcovado National Park, a place National Geographic has called "the most biologically intense place on Earth." Covering 164 square miles, Corcovado is Costa Rica's largest national park, renowned for its incredible biodiversity and thriving populations of rare and endangered species, including Baird's tapir, jaguars, and harpy eagles.

Our adventure will take us hiking through ancient lava flows, pristine rainforests, and untouched beaches, immersing ourselves in one of the most wild and awe-inspiring landscapes in the world.

Day 6: Tues, March 17

Corcovado National Park



Day 7: Wed, March 18

Savegre Lodge



We will begin our morning with a scenic boat ride along the coast, making our way to the mouth of the Sierpe River. From there, we'll navigate upstream through the winding waterways until we arrive at the town of Sierpe, where Ricardo, our driver, will be waiting to take us to the Talamanca Mountains - the tallest mountain range in Costa Rica.

Our destination, Savegre Lodge, is nestled in a hidden valley deep in the mountains, offering a peaceful retreat surrounded by lush cloud forests. This area is one of the best places to spot the Resplendent Quetzal, a stunningly beautiful bird revered by the ancient Maya civilization.

www.savegre.com

Day 8: Thurs, March 19

Talamanca Mountains



After breakfast, we will board the hotel's Land Rovers and ascend to an ancient oak forest at the top of the mountain range. From there, we will embark on a leisurely hike back down to the lodge, immersing ourselves in the beauty of the high-altitude cloud forest.

Along the way, we will encounter unique bird species, towering ferns, and a diverse array of flora and fauna characteristic of this region.

The afternoon will be at leisure, with the option to take a stroll into town or simply relax at the lodge, enjoying its peaceful atmosphere and amenities.

Day 9: Friday, March 20

Quetzales National Park



After breakfast, we will drive up the Talamanca mountain range to explore the tropical páramo ecosystem. This unique environment is characterized by dwarf vegetation, and the birdlife here is equally distinctive, with endemic species such as the Volcano Junco and the Wrenthrush.

After our morning outing, we will enjoy lunch at a local restaurant. In the afternoon, we will return to our lodge, where you will have some free time to relax. This is the ideal moment for a massage at our lodge spa or simply to unwind and prepare for our return journey home.



Day 10: Sat, March 21

Departure

All adventures must come to an end.

After 10 days of exploring the magic of this tropical country, we return home with lifelong memories.

Important Note: Your return flight should be booked after 12 noon on Saturday, March 21, from the San Jose Airport (airport code SJO)



Expedition Leaders

Samantha Campbell



Samantha is a naturalist and educator who has worked in the fields of Environmental Education and Wildlife Conservation for over 3 decades. Currently she guides trips as a Naturalist for Coastal Expeditions, coordinates Eco-Camp for the Beaufort Soil and Water Conservation District, and serves as an Ecology & Gardening Educator for Lowcountry Montessori School. She has volunteered with the South Carolina DNR Marine Turtle Conservation and Genetic Research Project for over 20 years, as well as several wildlife protection programs worldwide. She has a passion for plants, animals, gardening, and sharing adventures with others outside in nature.

Carlos Chacon



Carlos Chacon, a native Costa Rican, moved to Hilton Head Island, SC about 20 years ago. He has been a naturalist for more than 25 years -- first in his home country leading nature tours in the rainforest and other tropical environments and later on the South Carolina coast and barrier islands. Carlos works part-time as the Natural History Manager for the Coastal Discovery Museum on Hilton Head Island. He regularly organizes and leads groups of U.S. nature enthusiasts through the diverse ecosystems of Costa Rica.

ADDITIONAL INFORMATION

ECO-ADVENTURES OF COSTA RICA

The trip is limited to a maximum of 11 participants

\$5100: Price per person based on double occupancy-\$750 single supplement

Prices are per person and include:

Private transportation on microbus with air conditioning

Transportation by boat as described

Private naturalist guide services

Lodging and meals as described

Activities and entrance fees as described

Not Included:

Round trip airfare to Costa Rica

Personal expenses (medical expenses, souvenirs, etc.)

Travel Insurance

Medical insurance

Payment and Cancellation Policies

Trips must be paid in full 4 months before departure.

Refunds will be issued according to the following deadlines:

- For cancellations received 60 to 45 days prior to arrival, 50% of the total amount.
- For cancellations received 44 to 30 days prior to arrival, 25 % of the total amount.
- If the passenger cancels 29 days to 1 day prior to arrival, no refunds are available.



Secure your space on this trip by emailing Carlos Chacon at Ecoladventures@gmail.com and sending an initial commitment check of \$700 made to Eco-Adventures LLC. Mail your commitment check to:

Carlos Chacon | 21 Park Circle. | Bluffton SC 29910