



May 11-19, 2026

Sloths, Leatherbacks & Volcanoes

Join us to explore three of Costa Rica's most iconic and biodiverse regions on the Caribbean slope of the country.

This unforgettable experience includes the chance to witness the nesting of giant Leatherback Sea Turtles along the Caribbean coast.

As we travel across the country, we'll walk through lush rainforests, explore the slopes of active volcanoes, and search for an incredible variety of tropical wildlife, including toucans, monkeys, sloths and more.

This customized, small-group nature adventure immerses you in the heart of Costa Rica's rich ecosystems—perfect for wildlife lovers, photographers, and curious travelers alike.

On a similar trip in 2025, our group spotted an incredible 32 sloths!



Day 1: Arrival to San Jose

First night at Bougainvillea Hotel.
Welcome dinner at hotel restaurant.

Day 2: Almonds & Corals Hotel

Departure to the South Caribbean coast.
Crossing of Braulio Carrillo National Park

Days 3: Cahuita National Park

Visit to Cahuita National Park. Afternoon at leisure exploring Puerto Viejo town.

Day 4: Lirio Lodge

Departure to Lirio Lodge-Night outing in search of nesting Leatherback sea turtles.

Day 5: Pacuare Preserve

Morning boat tour of the Pacuare reserve.
Afternoon rainforest hike.

Day 6: Arenal Observatory Lodge

Departure to Arenal Observatory Lodge
Visit a local Costa Rican house.

Day 7: Arenal Volcano

Exploration of the Arenal Observatory gardens and private rainforest preserve.
Bird watching.

Day 8: Arenal Volcano

Morning visit to a cocoa plantation and chocolate tour, followed by an afternoon soak in local hot springs.

Day 9: Transfer to San Jose Airport

Pura Vida, Costa Rica!

Day 1: Monday, May 11

Arrival in San Jose



Upon arrival at San Jose International Airport (SJO), we will be transferred to the Bougainvillea Hotel. Set among 10 acres of lush tropical gardens, this comfortable hotel is a great place to start our tropical adventure in Costa Rica.

We will gather in the evening at the hotel restaurant to go over the itinerary and the next day's activities.

Overnight at Bougainvillea Hotel

www.hb.co.cr

Our morning drive will take us across the Continental Divide and through the vast rainforest of Braulio Carrillo National Park. Descending from the mountains, we will travel through the Caribbean lowlands to reach the Almonds and Corals Boutique Hotel.

The Atlantic coast of Costa Rica is very different from the rest of the country. The people are descendants of Africa and the Caribbean and have a distinct culture, cuisine, and language. The vegetation of this region is lush, and biodiversity is among the highest in Costa Rica.

www.almondsandcorals.com

Day 2: Tuesday, May 12

Almonds & Corals Hotel





Day 3: Wed, May 13

Cahuita National Park

Early morning birding walk through the lodge's trails, followed by breakfast. After breakfast, we will depart for nearby 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. We will spend the afternoon at leisure with the opportunity to explore the beach and enjoy the hotel amenities.



Day 4: Thursday, May 14

Lirio Lodge



Morning departure to the town of Moin, where we will board a boat that will take us to Lirio Lodge. This remote destination in the middle of the Costa Rican Caribbean coast can only be reached by boat.

Lirio Lodge is in front of the Pacuare Reserve, the fourth most important nesting site for Leatherback Sea Turtles in the world. We will spend the next two nights at Lirio Lodge exploring the beach and the surrounding rainforest.

Night outing in search of nesting turtles.

Overnight at Lirio Lodge
www.liriolodge.com

Day 5: Friday, May 15

Pacuare Reserve



After breakfast, we will board a boat for a morning tour into the Pacuare Reserve.

The reserve is famous for its abundant wildlife and exuberant bird life. Our open-canopy boat will allow for great visibility of the surrounding rainforest.

Return for lunch at the lodge.

After lunch, we will hike the reserve trails.

Departure to the Arenal Observatory Lodge.

The Arenal Volcano is one of the most iconic volcanoes in Costa Rica, with a constant expulsion of gas from its main crater. In addition to the spectacular volcano, the tropical birds, monkeys, sloths, and other animals living in this majestic landscape make this destination unforgettable.

On our way, we will stop at Pierella Gardens, a local conservation project and butterfly breeding facility. There we will enjoy a typical Costa Rican lunch.

Overnight at Arenal Observatory Lodge
www.arenalobservatorylodge.com

Day 6: Saturday, May 16

Arenal Volcano



Day 7: Sunday, May 17

Arenal Volcano



Early morning birding on the lodge's trails, followed by breakfast. After breakfast, we depart for a walk through the waterfall trail. Within our hotel's protected area, this is a great location to see abundant wildlife as well as a spectacular waterfall.

Afternoon exploring the gardens and forest at the hotel.

We will end the day with a night hike to the famous frog pond, where we are likely to see the amazing red-eye tree frog and several other species.

Day 8: Monday, May 18

Arenal Volcano

Early morning birding on the lodge's trails, followed by breakfast. After breakfast, we depart for a chocolate tour at a local cocoa plantation.

Learn everything about the chocolate-making process, from cocoa seeds to chocolate bars. Both vanilla and chocolate are native to the rainforest of tropical America. Can you imagine a world without chocolate and vanilla?

Afternoon visit to Eco-Thermals hot springs. Soak to your heart's content at this small private hot springs resort owned by locals.



Departure



Early morning transfer from Arenal to the San Jose airport.

All adventures must come to an end. After exploring the magic of this tropical country, we return home with lifelong memories.

NOTE: Your departure flight must be booked for after 12 p.m. (noon) on May 19.

Hasta Luego, Costa Rica!

Carlos Chacon



Meet Your Expedition Leader

Carlos is Costa Rican and has been passionate about nature since childhood. He studied Tropical Biology at the University of Costa Rica. After graduating, he worked as a naturalist, leading trips for Lindblad Expeditions, National Geographic, The Nature Conservancy and Mountain Sobek Travel.

In 2000, Carlos moved to the U.S. to continue his studies at the University of South Carolina, where he earned a Master's degree in Earth and Environmental Resources Management. He then joined the Coastal Discovery Museum on Hilton Head Island as the museum's Natural History Manager.

In 2018, Carlos launched his own eco-tour company, working alongside his longtime friend and expert birder Ricardo Gómez. Together, they lead small-group trips that immerse participants in the rich biodiversity and vibrant local culture of Costa Rica, creating experiences that are educational, authentic and unforgettable.

ADDITIONAL INFORMATION

ECO-ADVENTURES OF COSTA RICA

The trip is limited to a maximum of 12 participants

\$ 4900 Price per person based on double occupancy \$ 850 single supplement

Prices are per person and include:

Private transportation on microbus with A/C

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:

- \$650 commitment deposit is non-refundable.
- For cancellations received 60 to 45 days before arrival, 50% of the total amount.
- For cancellations received 44 to 30 days before arrival, 25 % of the total amount.
- If the participant cancels 29 days to 1 day before arrival, no refunds are available.



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

Mail your commitment check to:

Carlos Chacon | 21 Park Circle. | Bluffton SC 29910