



RED-EYED TREE FROG

# COSTA RICA

## Preserving Paradise

with Texas Association of Biology Teachers

June 10 – 20, 2022



*Costa Rica has more than 5 percent of the world's biodiversity and the world's highest percentage of protected areas. At the same time, it consistently ranks high in prestigious international quality-of-life studies. On this 11-day expedition, you'll explore Costa Rica's national parks and private reserves and learn from naturalists and conservationists who are stewards of this ecologically diverse country. You'll learn about ongoing research and conservation efforts while earning professional development as you complete a comprehensive exploration of Costa Rica!*

### PROGRAM HIGHLIGHTS

- Compare some of Costa Rica's most biologically diverse national parks and reserves, including Manuel Antonio National Park, Carara Biological Reserve, and Selva Verde private reserve.
- Learn about the unique management practices at Juan Castro Blanco National Park, where local residents play an active role.
- Discuss real-world scientific dilemmas, spanning hydro-electric dam impacts to the effects of climate change in tropical systems and biodiversity management.
- Witness the intersection of indigenous traditions and modern livelihoods during a hands-on experience at a chocolate farm.
- Go horseback riding along the Savegre River and discuss rainforest conservation and the history of settlement in this region.

## ITINERARY

BLD = BREAKFAST, LUNCH, DINNER

### JUNE 10 - SAN JOSÉ

Upon arrival in San José, you will be met by your local guide and transferred to your hotel. Check in to your room and settle in. Attend an orientation with your group leader at 6:00 pm, followed by a welcome dinner at the hotel restaurant. This evening there will be a presentation to introduce you to the tropics. Check-in starts at 3:00 pm. Please arrive at or before 4:00 pm in order to participate in this afternoon's programming. *Overnight at Hotel Bougainvillea. (D)*



### JUNE 11 - SARAPIQUÍ

This morning meet for breakfast, and then transfer to Selva Verde Lodge & Rainforest Reserve. Upon arrival, receive an orientation to the lodge and the nonprofit Sarapiquí Conservation Learning Center. After lunch, visit Costa Rica Best Chocolate and Curare Reserve. The deliciously enriching tour starts in the two-acre cacao plantation, where you will learn all about the cacao plant, its flowers, and pollination. Next, meet at the Cacao Rancho in the middle of the reserve to learn where chocolate comes from, starting with the fruit and ending with the final product. After watching the processes from seed to cocoa powder, you will get to sample freshly made chocolate. Return to Selva Verde Lodge for dinner. This evening attend a presentation on the Mesoamerican Biological Corridor (MBC). Selva Verde is in the MBC, which is an international initiative that links critical habitats from southern Mexico and Belize to Panama in an effort to conserve biodiversity and promote sustainable development throughout this ecologically fragile region. This region of Costa Rica's rainforest is important because it is the last remaining habitat for the endangered Great Green Macaw. *Overnight at Selva Verde Lodge & Rainforest Reserve. (BLD)*

### JUNE 12 - SARAPIQUÍ

After breakfast in the hotel restaurant, transfer to Juan Castro Blanco National Park, visit the park's new visitor center, and possibly have the opportunity to speak with a

park ranger or other personnel about the park. This park is unique compared to other parks in Costa Rica in regards to its ownership and management. This area was declared a national park mainly to protect the water reservoirs for the region of San Carlos, though the national government has actually purchased only 5% of the land. In some parts of the park, farmers and cattle ranchers are still using their land while they were waiting for the government to purchase it. Management and protection of the park is the responsibility of a group of neighbors who call themselves APANAJUCA; the hydroelectric dams (generating 12% of the national production of electricity) are operated by a local cooperative called Coopelesca, and other dams by the National Institute of Electricity (ICE). APANAJUCA has an ongoing reforestation project in which they collect the seeds of endangered trees and plant them in a greenhouse where they will be nursed and then planted back to the park. Spend the afternoon exploring the park with your guide and a member of APANAJUCA. Transfer back to Selva Verde Lodge in time for dinner. *Overnight at Selva Verde Lodge & Rainforest Reserve. (BLD)*



### JUNE 13 - SARAPIQUÍ

After breakfast, visit a local school and participate in a *charla* (chat) to learn about Costa Rica's education system. After lunch back at the lodge, visit La Selva Biological Research Station for a tour of their facilities and speak with researchers about ongoing projects. Return to the lodge for dinner. Over the years, the lodge has hosted a number of international students seeking to use Selva Verde as their field site for carrying out specific initiatives. There are currently two resident researchers working on-site. This evening learn about the structure and floristic composition of the Selva Verde rainforest from one of the researchers. *Overnight at Selva Verde Lodge & Rainforest Reserve. (BLD)*



## JUNE 14 - CARARA

Enjoy early morning birding with your guide. After breakfast, depart for La Paz Waterfall Gardens. Explore the many trails and picturesque waterfalls as well as the hummingbird garden, lush botanicals, and much more. After lunch, continue to Villa Lapas, situated on a 500-acre private reserve near the Pacific coast. *Overnight at Hotel Villa Lapas. (BLD)*

## JUNE 15 - CARARA

Rise early for birding along the forest trails. After breakfast, explore the biodiversity of the transitional forest during a hike in Carara National Park. Explore the tremendous biodiversity of the overlapping Pacific rainforest and tropical dry forest. Next, embark on the famed Tárcoles River for an up-close look at the massive crocodiles that inhabit these waters. Return to the lodge for lunch and then hike along the hotel's canopy walkway, a suspended bridge situated in the forest canopy. This evening listen to a lecture on macaws, followed by a night walk to look for kinkajous and other nocturnal creatures. *Overnight at Hotel Villa Lapas. (BLD)*



WHITE-FACED CAPUCHIN BY ALTON BIGGS

## JUNE 16 - MANUEL ANTONIO

This morning after breakfast transfer to Manuel Antonio for a hike in the very popular Manuel Antonio National Park. The park is situated along the Pacific coast and is home to a rich variety of flora and fauna. Spend the day exploring the park's beautiful beaches and trails. There will be some free time later this afternoon to enjoy the area at your leisure. Return to the hotel for an evening presentation to learn about titi monkey conservation. This evening dinner is on your own to explore local fare. *Overnight at Hotel San Bada. (BL)*

## JUNE 17 - SAN GERARDO DE DOTA

After breakfast this morning transfer to the tropical cloud forest realm of San Gerardo de Dota's Savegre Hotel, Natural Reserve & Spa. En route, stop for lunch at Hacienda Barú and hear a talk on rainforest conservation. Continue to Savegre's almost 1,000-acre reserve, home



RESPLENDENT QUETZAL BY ALTON BIGGS

to one of Costa Rica's treasures, the beautiful resplendent quetzal. After settling into the hotel, talk this evening with a member of the Chacón family about the history of the settlement of this region. *Overnight at Savegre Hotel, Natural Reserve & Spa. (BLD)*

## JUNE 18 - SAN GERARDO DE DOTA

Spend a full day exploring the hotel and surrounding trails. A highlight includes a horseback ride along the Savegre River. This evening is at leisure to relax and perhaps enjoy the spa. *Overnight at Savegre Mountain Hotel, Natural Reserve & Spa. (BLD)*

## JUNE 19 - SAN JOSÉ

Begin the day with an early morning hike to look for quetzals. Breakfast is followed by departure for a visit to Irazú Volcano, then continue on to San José for a farewell dinner. *Overnight at Wyndham Herradura. (BLD)*

## JUNE 20 - DEPART

Transfer to the airport for your flight home. Check-out is at 12:00 pm. (B)



SCHOOL VISIT BY ALTON BIGGS

## PROGRAM PRICING

**\$2,350** (based on 15 participants)

Single Supplement: \$210 per person

Cost inclusions:

- All accommodations
- Activities
- Expert lectures and behind-the-scenes visits
- In-country transportation
- Meals, including non-alcoholic beverages
- Full-time guide for duration of program
- Bottled water on the bus
- TABT membership fee
- All tips/gratuities

*With the minimum of 10 participants, price will be \$2,675 per person. Cost does not include items of a personal nature or international airfare. Holbrook can assist with your flight arrangements upon request.*

## THE FINE PRINT

*Price is based on double occupancy. A \$200 per person deposit and enrollment form are required to secure your space on the trip. This deposit is refundable minus a \$100 cancellation fee until March 7, 2022, at which time final non-refundable payment is due.*

## FOR MORE INFORMATION OR TO ENROLL

Visit [holbrook.travel/tabt-cr22](http://holbrook.travel/tabt-cr22) or contact:

**Lisa Palmese-Graubard** at  
800-451-7111 x339 | [lisa@holbrooktravel.com](mailto:lisa@holbrooktravel.com)  
or **Alton Biggs** at [altonbiggs@gmail.com](mailto:altonbiggs@gmail.com)

## ABOUT YOUR LEADER



### ALTON BIGGS

Alton Biggs, an award-winning educator, is an educational consultant and coauthor of Glencoe Biology, Inspire Biology and several other McGraw Hill textbooks. As an accomplished motivational speaker he has presented in many states and internationally,

including in Canada, Italy, Mexico and Saudi Arabia. Alton previously was the TABT liaison to Costa Rica in 2008 and 2012. Biggs has experience leading trips for NABT and TABT to eight countries on four continents.

## ABOUT TEXAS ASSOCIATION OF BIOLOGY TEACHERS (TABT)

Texas Association of Biology Teachers (TABT), founded in 1985, is an affiliate of the National Association of Biology Teachers (NABT) and the Science Teachers Association of Texas (STAT) with members in fifteen states and Canada is an association of life science professionals working together to promote biology education. TABT activities include a weekly email update, a weekly research article, an annual conference and regional drive-in conferences. Additionally TABT communicates with its members with regard to Texas Education Agency policies, presents awards to exemplary biology teachers and sponsors international trips.



MACAWS BY ALTON BIGGS