



# Costa Rica

## Discovery & Adventure

*There are few places in the world where nature is so exuberant or where the color and variety of the tropics can be so keenly experienced as in Costa Rica. In area it is slightly larger than the state of West Virginia. Despite its small size, Costa Rica contains an incredible ecological diversity that is protected by one of the best-developed conservation systems in Latin America. Whether you are interested in high adventure, studying with and assisting naturalists in private nature reserves, language immersion courses, or just relaxing in mountain top or beach resorts and spas, then this is the place for you. Join Kosher Expeditions as we explore the natural wonders of Costa Rica and all it has to offer.*

**Costa Rica Discovery & Adventure** week is based at eco-lodges located deep in the rainforests of Central Costa Rica's Sarapiquí and Arenal Volcano region. These areas are full of splendid opportunities to hike and cruise through lush, mountainous primary rainforest. National parks and private reserves throughout maintain the old growth forests with well-kept trails where wildlife freely roams. Guided daily adventures with naturalists from our bases will allow you to explore everything Costa Rica has to offer, from its awe-inspiring volcanoes & hot springs, rain & cloud forests, wildlife & bird watching, to pristine waterfalls and rivers. Shabbat will be spent with the local community of San Jose.

### Day 1 (Sun): Welcome to Costa Rica! - Orientation and dinner

**Overnight:** Hotel San Jose

### Day 2 (Mon): San José / Sarapiquí - Poás Volcano, La Paz Waterfall Gardens, Butterfly Observatory & Hummingbird Gallery

Walk and view the crater of the Poás Volcano, one of four active volcanoes in Costa Rica and considered one of the largest in the world. Here the crystal blue sulfur pools will amaze you as steam rises from the volcanic vents. Next visit the La Paz Waterfall Gardens; your guide will take you through the butterfly observatory, hummingbird gallery and waterfall trails as we explore the five magnificent waterfalls located in this park.

**Overnight:** Eco-resort Sarapiquí Region

### Day 3 (Tue): Sarapiquí - Bio station rainforest exploration & white water rafting

**Early Morning:** \*(optional) Guided bird watching and wildlife walk. Rise early (best time of day for wildlife & bird watching) as your naturalist guide takes you along the many trails of your eco-resort searching out the local wildlife, fauna and the numerous bird species unique to Costa Rica.

**Morning rainforest exploration of the Selva Verde Biological Station:** Discover the biodiversity of a lowland tropical rainforest at this internationally renowned Selva Verde research station, one of the world's most important sites for tropical ecosystem research. Species diversity is spectacular, including more than 1,900 species of plants, 330 species of trees, 436 species of birds, and 450 species of ants. Showy birds such as toucans, parrots, trogons, and hummingbirds, and mammals including monkeys, peccaries, agoutis, and coatis, are frequently seen. Large predators include jaguars, pumas, and bushmasters.

**Afternoon white water rafting on the Sarapiquí River:** Costa Rica is world-renowned for the quality of its white water. Abundant rain, warm water, and a variety of rivers and eco-systems make this small democratic nation a paddler's paradise. Experience an afternoon of adventure as you white water raft on the Sarapiquí River (class II, III & IV). **\*Optional float trip or eco-program for those not interested in rafting.**

**Overnight:** Eco-resort Sarapiquí Region

### Day 4 (Wed): Sarapiquí / Arenal - Rainforest River Cruise, Pineapple Tour, transfer to Arenal.

**Early Morning:** \*(optional) Guided bird watching and wildlife walk.

**Late morning rainforest river cruise:** Enjoy a morning of guided cruising as you drift along the Sarapiquí River searching for wildlife along the river banks and rainforest. Search for monkeys, toucans, crocodiles, caimans, iguanas and many other species of jungle wildlife.

**Afternoon Pineapple Tour:** Experience a working Pineapple plantation. There are four stations where the visitor sees the evolution from planting, harvesting, and packaging including a dehydration process. Learn about the history of pineapples as well as taste the newest and sweetest variety grown.

**Transfer to Arenal:** Experience the wonders of the Arenal Volcano, as we view its spectacular volcanic eruptions. Activities include the Bridges Rainforest Tour, Canopy Tour, hot springs and overnight at a volcano resort & spa. From the resort, view spectacular volcanic eruptions as fire and lava spill over its upper slopes; here the natural beauty of the rainforest merges with the magnificence of one of the most active volcanoes in the world.

**Overnight:** Arenal Volcano resort & spa

### Day 5 (Thurs): Arenal - Hanging Bridges Walk, Canopy Tour, Volcano hot springs

**Early Morning:** \*(optional) Guided bird watching and wildlife walk.

**Morning Hanging Bridges Tour:** This activity will bring you as close as you could ever hope to get to the birds, flowers and lush vegetation of the primary rainforest. You will be able to walk right into the forest, thanks to the imposing

**Trip Length:** 8 Days

**Trip Dates**

**Fall & Winter 2008 / 2009**

Dec 21 - 28

Dec 28 - Jan 4

Jan 18 - 25

Feb 15 - 22

April 8-17 - Passover Beach Holiday  
(see brochure)

**Summer 2009**

June 21- 28

July 12 - 19

August 16 - 23

**Teen Costa Rica Adventure 2009**

July 6-19

\*Custom group departures available year-round upon request.

**Costa Rica - Private Expeditions:** Available year round for groups of 2-14 participants (please see our website or call us for details).

**Activities:** Includes white water rafting, hiking / walks, rainforest and wildlife tours, river cruises, rainforest canopy / bridge adventures, hot springs cultural tours and just plain relaxing. **Adventures are moderate and appropriate for all age groups.**

**Lodging**

**The Rainforest River Eco Lodge:** Located adjacent to the Sarapiquí River, the lodge rises above the rainforest floor on elevated platforms affording you a unique view of the surrounding flora and fauna. Rooms accommodate one to four guests in twin beds. Rooms feature: spacious wooden verandahs with hammocks, elevated views, and private bathrooms, hair dryers, safety boxes and ceiling fans.

**The Volcano Spa & Resort:** A peaceful and quiet atmosphere with spectacular views of the Arenal Volcano. All bungalows offer 2 full size beds with private bath, air conditioning, telephone, cable TV, and balcony, all with views of the volcano. Swimming pools and spa on site.

**San Jose:** This deluxe hotel is conveniently located within walking distance of the local synagogue. The hotel includes all modern amenities including swimming pools, spa with Jacuzzi and sauna, internet access and casino. Rooms have 2 full size beds.

**The Beach Resort Tour Extension:** (2 hours from San Jose)

hanging bridges and the beautiful trails that are safe and easy to walk on. Each of the 12 bridges offers spectacular views of the Arenal Volcano.

**Afternoon Ariel Tram & Rainforest Canopy Tour:** This is a once in a lifetime experience! It consists of sliding on a secure cable between 12 platforms and towers in the canopy of the tropical forest. A system of platforms allows visitors to appreciate nature from the top of ancient tropical trees, experience spectacular views and get up-close and personal with Costa Rica's unique wildlife including sloths, monkeys and hundreds of species of birds.

**Evening: \*Optional tour to volcano hot springs spa:** At this luxury spa resort, soak in natural pools heated by the Arenal Volcano.

**Overnight:** Arenal Volcano resort & spa

**Day 6 (Fri): Arenal / San Jose - Return to San Jose, Crafts Market, Shabbat with the Jewish Community**

**Early Morning:** \*(optional) Guided bird watching and wildlife walk.

**Morning: Depart to San Jose**

**Crafts Market & Gardens** en route to San Jose for souvenir shopping

**Afternoon arrive San Jose**

**Evening: Shabbat services with the Jewish community & dinner** (hotel is walking distance from the synagogue).

**Overnight:** Hotel San Jose

**Day 7 (Sat): San Jose - Shabbat with the Jewish Community, farewell dinner**

**Morning:** Services at the local synagogue

**Afternoon:** Kiddush with the local community

**Evening:** Farewell dinner

**Overnight:** Hotel San Jose

**Day 8 (Sun): Depart**

**\*\*Beach Extension:** Optional 2 to 4 day beach resort extension, Sunday to Wednesday (This is a non-guided extension and includes transfers, hotel and fresh frozen kosher meals).

**Lecture Series: "The Jews of Costa Rica"** - Kosher Expeditions has developed a special lecture series that will be given during your museum visit and / or on tour. Local historians will lecture us on "The Jews of Costa Rica". Lectures are divided into "Colonial Period 1560-1821", "Independence to First World War" and "Modern Jewry in Costa Rica 1920s-2005".

**\*Please note pricing and itinerary is sample and is subject to change.**

**What our past participants have to say**

Wanted to tell you what a great trip we had to Costa Rica!!! The tour guide was great- warm, easy going, efficient. The chef was great- personable, accommodating and great food. All of the activities were terrific; the lodging was great. The 4 days in the rainforest was a fabulous one-of-a-kind experience, just what I wanted. The place by the volcano with the hot springs was like Gan Eden. And then to move up to the creature comforts at the end of the trip in the city was nice. Thank you for putting together a great vacation!!! We rate it a 10!!!

**Harriet & Alan – West Hempstead, NY**

Wanted to let you know how pleased we all were with the trip. The events were well planned and evenly paced, so that we did lots of interesting things but still had a relaxing vacation. The food was excellent and all of the arrangements were thoughtfully worked out. We enjoyed meeting the other participants on the trip, and in fact their company added a lot to our experience. When an event comes off in a way that seems so effortless, one can be sure that there was plenty of effort involved in setting it up! You and your team did a great job. Thanks. We will be considering more of your trips in future years, and will be glad to recommend you to others who have not yet gone on one of your trips.

**Samuel & Family - Sharon, MA**

Just returned from our trip to Costa Rica! Thank you so much for putting together an incredible trip. We had "the perfect" family vacation. With every detail of our trip taken care of we could really relax. The staff was beyond excellent. The tours and pace of the trip were just right. The food was delicious, fresh and plentiful. Costa Rica is an amazingly beautiful country. Thank you for sharing it with us!

**Linda and Steve - Los Angeles, CA**



**Option 1: Eco-Beach Resort :** Here you will find yourself surrounded by 750 acres of lush, tropical Costa Rican rainforest and pristine white sand and gold sand beaches, while looking out into the deep blue waters of the Pacific. Rooms: Single room or one bedroom or two bedroom suites with king bed or 2 twins, queen size wall bed in living room, one or two bathrooms, hair dryer, air-conditioning, ocean view, dining room, living room with 25" color cable TV set, telephone, complete kitchen with large stove, refrigerator, dishwasher and microwave, washer & dryer and safety deposit box. 2 nights minimum stay.

**Option 2: 4-Star Beach & Golf Resort:** Nestled on the warm Pacific waters this 4 star Ocean & Golf Resort sits on a 1,100 acre rainforest featuring magnificent colonial architecture and capturing the region's natural splendor. Enjoy the natural beauty of the local rainforests or just sit back and relax along the ocean-side free form horizon pool or beach and enjoy the Pacific sun. 2 nights minimum stay.

**Pricing**

21 + Participants	Cost per person
Double	\$2250
Triple	\$2150
*Child	\$1950

**\*For groups of 14-20 participants please add an additional \$150 per person.**

**\*Single Supplement \$450**

**\*Please add 9% for tax & fees. \$50pp for gratuities will be collected at the start of the program.**

**\*Quad occupancy max: 2 adults per room plus 2 children 12 and under only.**

**\*Child pricing is based on share with 2 adults. Child is ages 3-11**

**\*Please note pricing is subject to change.**

**Price includes:** Lodging, full time Kosher Expeditions guides / naturalists, airport transfers, daily transfers to activities, all activities listed above, all Glatt kosher meals under strict supervision.

**Price does not include:** airfare, and optional tours.

**Airfare:** Please note airfare is not included in the price of your tour. Airlines that service Costa Rica are American Airlines, Delta, Continental, USAir, LACSA and TACA. Please feel free to contact Kosher Expeditions for help with airline information and ticketing. Discount group fares are available through Kosher Expeditions for groups of 10 or more participants departing and returning together from the same city. Please contact Kosher Expeditions for additional information.

**For tour updates and additional information visit:**

**[www.kosherexpeditions.com](http://www.kosherexpeditions.com)**

**Tel: 800-923-2645 or 310-237-0122**

**KOSHER  
EXPEDITIONS**