

Join *Danielle MacKinnon* in Costa Rica

April 16 – 25, 2016

Call of the Wild

Animal Connections Wildlife Adventure



There is something to be said for walks along the Caribbean Sea, sloths hanging out of trees, and howler monkeys reminding you first thing in the morning that the most important thing you have to do today is allow, flow, and de-stress! Costa Rica is a place of connection, peace and renewal; filled with millions of animal species and flora and fauna that you'll find no place else on earth. All of it expansive, life-affirming, and of majestic proportions. With Danielle's guidance, you will explore how intimate and personal, heart-centered animal connections impact your life.

April 16 Sat. Day 1 – USA / SAN JOSE

Group Welcome Dinner

Upon arrival a group transfer is arranged to take you to the hotel. Later enjoy a Welcome Group Dinner
Then join *Danielle MacKinnon* for introductions and a group orientation about intimate animal connections.
Overnight: Hotel Bougainvillea <http://www.hb.co.cr/en/>

April 17 Sun. Day 2 – SAN JOSE / TOUCAN RESCUE RANCH / PUERTO VIEJO LIMON B, L, D

9 AM – 10:30 AM - After breakfast *Danielle* will facilitate an enlightening group discussion time to prepare you for your first animal connection experience at the Toucan Rescue Ranch. <http://www.toucanrescueranch.org/>

Late morning, board your private bus and depart for the Ranch where we will enjoy a private catered “lunch with the babies.” As we enjoy a delicious lunch, the staff will bring out some of the baby sloths, monkeys, kinkajou and other rescued baby animals they have at the facility for you to meet. After lunch, we will have a private “behind the scenes” tour of the rest of the facility and the other very special animal residents.

TOUCAN RESCUE RANCH - WILDLIFE REHABILITATION AND RELEASE ORGANIZATION

Here, the focus is on the care, rehabilitation and study of Costa Rican toucans along with a variety of other wildlife in need. TRR receives and cares for confiscated, sick and injured wildlife from government agencies. The staff provides a loving home with the goal of delivering appropriate medical treatment, rehabilitation and then, when possible, returning these beautiful animals and birds to their wild and natural environment.



Afterward we continue our drive through rugged mountains, lush banana plantations, and small villages on our way to the Caribbean lowlands. We check into our beach hotel and enjoy a delicious dinner together. You'll have some time to explore the hotel gardens or just chill out on the beach.

Overnight: Cariblue Beach & Jungle Resort <http://www.cariblue.com>

April 18 Mon. Day - CAHUITA NATIONAL PARK / JAGUAR RESCUE CENTER B,L,D

This morning we'll enjoy a hike in beautiful Cahuita National Park, which is a combination of stunning beaches and a tropical rainforest. This includes almost 600 acres of living coral reef - one of only two reefs in Costa Rica! On land, Cahuita National Park has an easy walking trail that winds along the coastline around Cahuita



Point and Puerto Vargas. Visitors walk among hard-packed sand trails beside the coastline, over bridges through the park's marshlands, and through the park's secondary forest past lagoons and beaches.

Under the canopy, white faced capuchin monkeys play happily searching for ripe fruit to eat. Howler monkeys, two- and three-toed sloths, green iguanas, and more than 400 species of birds dwell among the forest canopy while down below armadillos, anteaters, coatis, raccoons and agoutis scurry across the forest floor. Lunch in a local restaurant will give us a sample of Cahuita's local afro-Caribbean flair.



This afternoon will find us at the Jaguar Rescue Center for our 2nd up-close-and-personal animal connection encounter. A private, behind the scenes personal experience with the animals has been arranged for our group. This special animal encounter will allow us to have direct contact with monkeys, wild cats, sloths, raccoons, anteaters, marsupials, reptiles, amphibians, white-tailed deer and different species of birds flying free – and with direct contact, the connection always deepens. You can also observe most of the venomous types of snakes in Costa Rica which are housed in terrariums imitating their natural habitat. <http://www.jaguarrescue.com>

After dinner Danielle will facilitate a group discussion. This is the perfect time for you to share your stories and learn from one another about how the intimate animal experiences of the past two days have brought you closer to connecting with and understanding our new animal friends

Overnight: Cariblue Hotel

April 19 Tues. Day 4 - SARAPIQUI – LA SELVA BIOLOGICAL STATION B, L, D



This morning we'll depart early for Sarapiquí and visit the La Selva Biological Station in time for hiking and bird watching. La Selva is home to more than half of the 886 species of birds in Costa Rica, so we'll have plenty of chances for creating connection here. Expert naturalist guides lead the walks that give a glimpse of the cutting-edge research conducted at La Selva as well as the natural history of the tropical rain forest. The station is surrounded by a variety of habitats including excellent primary lowland rainforest. The guides are excellent at not only finding and identifying a multitude of birds but also mammals, reptiles, plants, invertebrates, and the overall ecology of this tremendously diverse area. Later we continue to our hotel in Sarapiquí and check-in.



This evening, after an early dinner, we are in for a special treat with a NIGHT WALK in La Trimbina Reserve: Discover the wonders of the rain forest after dark when nocturnal species are active while allowing the quiet to facilitate an even deeper connection with the animal world. Accompanied by our naturalist guide, we'll be on the lookout for insects, frogs, bats, spiders, snakes and nocturnal mammals amongst others, giving you a very different perspective and experience of the rainforest.

Overnight at La Quinta de Sarapiquí <http://www.hotellaquintasarapiqui.com>

April 20. Wed. Day 5 - SARAPIQUI – Sarapiqui birdwatching and scenic boat trip. B, L, D

Our morning will take us to the Costa Rica Nature Pavillion which has the honor of being selected by National Geographic as one of the **best bird watching areas** in the country. <http://costaricanaturepavilion.com> We'll enjoy a private guided tour along the bird watching trails and observe toucans, tanagers, and trogons perched just above us on the trail paths. The park hosts over 225 species of Costa Rican and migratory birds including the Keel-billed Toucan, Montezuma Oropendola, Crimson-collared Tanager, White-necked Jacobin, Green Honeycreeper, Rufous Motmot and Sunbittern. The botanical garden is a birding hotspot for warbles, wrens, flycatchers, and antshrikes. We'll visit the hummingbird balcony (and wait until you experience the intimate connection to hummingbirds!), the poison dart frog fountain, and we'll relax on the observation deck to take photos of the many beautiful exotic birds perched just a few feet away. Following the guided tour, we'll take a 15-minute walk to the Sarapiqui River island reserve where exotic river birds and iguanas bask along the bank. Pick a good rock to sit on, dip your feet in the cool river water, and feel the energy of this amazing wonderland of animals and earth.



After a hearty lunch we'll explore the Sarapiqui River which runs through a variety of environments - tropical wet forest, mountains, pastures, and more. This is a relaxed safari-style boat trip aimed at exploring the river's vibrant ecosystem. As your boat cruises down the river, be on the lookout for wildlife in the water and on the land. Have your camera ready for pictures of beautiful tropical water birds, howler monkeys, sloth, iguanas, otters, crocodiles and river turtles and you can even try quieting your mind to energetically call upon various animals. Your guides will help you spot animals and even explain the ecological significance of the beautiful surrounding area.

After a full day of wildlife encounters in the natural world, we'll return to our hotel for dinner and time to relax. Enjoy quiet time on the beach, watching the sunset, and reflecting on the amazing animal encounters you've had so far. Overnight at La Quinta de Sarapiqui

April 21 Thurs. Day 6 - SARAPIQUI / ARENAL B, L, D

After breakfast we begin a scenic 2 ½ hour drive to the Arenal Volcano – La Fortuna area. On the way we'll take a break and visit a bustling organic pineapple farm located near the foot of Mount Poas, a very active volcano with the second largest crater in the world. The volcanic activity has made the land abundantly rich with minerals perfect for growing the best pineapple. We'll see how pineapple is grown and harvested and we'll learn how to pick the best fruit at our own local market. Then be treated to fresh pineapple picked right from the field which is true succulent, juicy nirvana! Before we leave we'll quench our thirst with a glass of fresh squeezed pineapple juice.

We arrive at our lovely resort with fantastic views of the Arenal Volcano and enjoy lunch. The afternoon is yours to explore the grounds, swim, soak in the mineral pools and take time for some personal R&R.

Lodging is in deluxe wood cabins within a natural setting. Enjoy amazing views of the Arenal Volcano any time of day from your large private terrace surrounded by the



beauty of nature. Soothe your body, mind, and spirit in the resort's gorgeous river pools of hot thermal mineral waters. The 13 pools vary in temperature and the waterfalls provide a relaxing hydro-massage. The thermal waters spring from a natural underground river direct from the Arenal Volcano and the water contains a large variety of minerals that benefit the body in many different capacities. Let these healing waters surround you with the peace and tranquility your heart desires and rejuvenate for our next intimate animal connection experience.

After dinner share a group discussion, facilitated session with Danielle. She will help you understand how to take your connection to animals even deeper in a safe, supportive environment. [3 nights at Arenal Paraiso Spa Resort:](#)

April 22 Friday Day 7 – ARENAL / Proyecto Asis Wildlife Rescue Center B, L, D

The morning is yours. You are free to relax or perhaps you want to schedule an early a.m. optional tour. Lunch is included at the resort at your leisure. You should be prepared to leave for our group afternoon activity by noon.

Our afternoon begins with a drive to the Proyecto Asis Animal Rescue Shelter. Named "Asis" for the patron saint of nature, the shelter was founded by a locally-famous veterinarian in order to house the many orphaned and injured animals brought to his practice. We have arranged a private behind-the-scenes animal encounter experience where we will not only meet the animals face-to-face but we'll have the opportunity, as volunteers, to help with some of their care and rehabilitation. We may help with food preparation, socialization or other simple tasks the animals require daily and performing these tasks will help you feel even more connected to the incredible animals at the center. Here you will meet rescued wild animals such as wild boars (peccary), birds, crocodiles, kinkajous, and monkeys and you'll learn how injured and abandoned animals are rehabilitated and if possible, released back into their natural environment. Asis also has educational programs underway to help prevent hunting and poaching of animals in the surrounding Children's Rainforest. <http://www.institutoasis.com>



April 23 Sat. Day 8 – ARENAL Breakfast – free day

This day is at your leisure for you do whatever you please! Sit back and relax, write, enjoy the hotel facilities, explore on your own, or choose from a variety of full day or half day tours encompassing a wide range of activities. Experience zip-lining, a river float trip, cave tour, horseback riding, volcano hike and so much more! After the day's activities, soak and relax in the 13 hot mineral pools at the resort. Lunch and dinner on your own today. Click here for a list of optional tour activities / additional cost: <http://arenalparaiso.com/hotel-tours>

After dinner Danielle will facilitate the final group session. With Danielle's guidance, we will explore the intimate and personal, heart-centered animal connections we have had during the past week and how this has impacted our life. People are often surprised how feeling intimately connected with an animal can have a life-changing affect.

April 24 Sun. Day 9 - ARENAL / CHOCOLATE TOUR / SAN JOSE B, L, D

After a week of amazing animal and wildlife connections, what would be the next best way to end our animal adventure in Costa Rica? How about immersing ourselves in the decadant world of chocolate!? During our drive back to San Jose we will enjoy some time at a local "chocolate farm" with a view of the majestic Arenal Volcano in the background. Here we will discover the ancient secrets of chocolate which is considered "A Gift of the Gods".



The cacao tree was very important to the ancient culture, it was not only used as a ceremonial drink, but its seeds were also used as currency because of its economic value. In this “hands on” program, you will have the opportunity to learn fascinating information about cocoa and chocolate, from its origin and history, harvesting the fruit, drying and grinding of the seed and how the traditional drink of our ancestors was created. But the best part is, we get to taste, sample and indulge ourselves in some of the best chocolate in the world and even buy some to take home with us!

Free time this afternoon to enjoy the lovely gardens at our hotel or have a swim

Tonight the group will enjoy a farewell dinner in the beautiful Tiquicia Restaurant where the view of the city is spectacular. Candle lighting, the spectacular view and live Costa Rican dancers make this restaurant the perfect place to enjoy your final night in Costa Rica and the perfect way to say thank you to the many animals that have allowed us to be a part of their lives. Overnight: Hotel Bougainvillea

April 25 Mon. Day 10 – SAN JOSE AIRPORT DEPARTURE HOME Breakfast

Transfer to the airport for your flight home. After a magical journey with Danielle in Costa Rica, return home with a heart filled with love and magical memories of your amazing connections with new animal and human friends. Welcome Home!

TOUR COST: \$2,997.00 paid by check
based on minimum group of 15 guests in double room
Single Supplement: \$430.00

WHAT IS INCLUDED:

9 nights accommodations at noted hotels or similar
23 meals as listed in the itinerary
Private group transfer airport to hotel
Land transportation in private motor coach with English speaking guide
Private behind-the-scenes tours;

Toucan Rescue Ranch, Jaguar Rescue Center, Nature Park bird-watching, Proyecto Asis Wildlife Center
Animal Connections discussion and facilitation with Danielle MacKinnon
All excursions and activities that are listed and included in the itinerary

NOT INCLUDED:

International flight to San Jose, Costa Rica
Airport departure tax USD \$31.00
Meals not listed in the itinerary
Optional activities on free days
Tips to guides, drivers, hotel staff
Personal expenses, phone calls, alcoholic beverages, laundry, incidentals of any kind
Anything not specifically listed in the tour itinerary
Travel insurance

To Register Contact:
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