

Costa Rica Call of the Wild

Feb. 5 – 16, 2019



*Meet wild and wondrous creatures and
experience hands-on, very personal
intimate animal connections*



Join author and animal communicator Mary J. Getten and Gayle Lawrence – Journeys of Discovery Travel, on a Magical Adventure of animal connections, rest, rejuvenation, and renewal for your mind, body, and spirit among the healing energy of nature in Costa Rica. Imagine serene walks along the Caribbean sea, sloths hanging from trees, birds and howler monkeys reminding you first thing in the morning that the most important thing you have to do today is enjoy the Magic and simply relax! Life is challenging and often we don't have time to savor the moment, enjoy a sunset, marvel at the colors on a butterfly wing, or simply sit in the midst of nature and feel humbled by Mother Earth's beauty and her magnificent creatures. We all need a quiet place to just sit and think, pray, write or meditate. The natural paradise that is Costa Rica will offer you that place. Mary will facilitate group discussions and meditations to help you move deeper into telepathic connection with your new exotic animal friends...

Nowhere else on earth is biological abundance more prolific than in the Costa Rican rainforests. Twelve distinct ecological zones of incredible beauty cover an area the size of New Hampshire. Tropical rainforests contain more than half of all living things known to man. Costa Rica alone has more plant species than the whole of Europe, and a staggering world of exotic wildlife, flora and fauna. Join Mary and Gayle for the experience of a life time and explore the magical diversity of nature. As they say in Costa Rica...Pura Vida!

WARNING:

**The fun and laid-back lifestyle that is Pura Vida "Pure Life" is extremely addictive.
Falling in love with Costa Rica can be a severe side effect!**

Day 1 Feb 5 Tues – USA / SAN JOSE

Upon arrival a group transfer is arranged to take you to the hotel. Dinner on your own.
Overnight: Hotel Bougainvillea <http://www.hb.co.cr/en/>

Day 2 Feb 6 Wed – SAN JOSE / TOUCAN RESCUE RANCH / PUERTO VIEJO LIMON B, L, D

[After breakfast join Mary for a group orientation and introductions from 9:00 am to 10:30 am.](#) Then depart for the Toucan Rescue Ranch and enjoy a private catered "lunch with the babies." During lunch, the staff will bring out some of the baby sloths, monkeys, kinkajou and other rescued baby animals for you to meet. Afterward enjoy a private tour of the rest of the facility and the other very special animal residents. <http://www.toucanrescueranch.org/>

TOUCAN RESCUE RANCH - WILDLIFE REHABILITATION AND RELEASE ORGANIZATION

Focus on the care and rehabilitation of Costa Rican wildlife in need. They care for confiscated, sick and injured wildlife from government agencies. They offer a loving home delivering appropriate medical treatment, rehabilitation and if 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: Caribblue Beach & Jungle Resort [Beach Jungle Lodge Caribblue](#)

Day 3 Feb 7 Thurs - 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. 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 and observe wild cats, sloths, raccoons, anteaters, marsupials, reptiles, amphibians, white-tailed deer and different species of birds flying free – and with direct animal 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>

Overnight: Caribblue

Day 4 Feb 8 Fri - 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 creature connections 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. <http://hotelaraambigua.com/>



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 Hotel Ara Ambigua

Day 5 Feb 9 Sat - SARAPIQUI – BIRD WATCHING AND SCENIC BOAT TRIP. B, L, D Our morning will take us on a private tour to a wonderful nature preserve, Pierella Ecological Garden, with our hosts William and his wife Krystal. They will put fruit out on feeding stands which attract an incredible variety of birds and offer up close photo opportunities. William will take us on a nature walk where we might see two and three-toed sloths, a plethora of blue morpho and owl butterflies, numerous adult white bats in their huge leaf home, fascinating insects, frogs including red-eyed tree frog, birds in their natural habitat nests such as long-tailed tyrant, Nicaraguan seed-finch, cinnamon woodpecker, rufous jacamar and male white-collared manakins performing their mating dances. We will also tour the butterfly enclosure, frog ponds, medicinal plants, and native forest exhibit.



After a hearty lunch we'll explore the Sarapiquí 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 viewing in the natural world, we'll return to our hotel for dinner.

This evening will be “Bat-tastic”! Did you know that bats represent 50% of Costa Rican mammals? Tonight we will dispel myths you may have heard about these wonderful mammals, and enjoy an adventure into the world of bats. Enjoy a multi-media presentation on the history of bats, their classification system, diversity, adaptations, reproduction methods, and threats. Afterward, a trained guide will provide visitors a safe opportunity to touch, feed, and release safely captured bats. Then take a short guided walk (15–30 min.) to see the mist nets used to gently catch these creatures for their research project. The bats are kept for less than 2 hours and the professional methods used assure the well-being of the animals. Overnight Hotel Ara Ambigua

Day 6 Feb 10 Sun - 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. This afternoon explore the grounds, swim, soak in the hot mineral pools, take an optional tour (extra cost) or some personal R&R.

Arenal Springs Resort: The resort's colonial-style cabins offer impressive views of the Arenal Volcano. The cabins have vaulted ceilings and large bay windows with a spacious private bathroom and a garden-style shower. Air conditioning. Rooms have air conditioning, cable TV, ceiling fan, refrigerator, telephone, security deposit box, hairdryer, coffee maker and wireless internet. Outside, each has a private covered patio with rocking chairs and a coffee table. <http://hotelarenal.com/arenal-springs-areal-video/>
After dinner share a group discussion with Mary.



Day 7 Feb 11 Mon – ARENAL Breakfast – free day

Relax, write, schedule a massage, explore, or choose from a variety of full day or half day tours encompassing a wide range of activities (additional cost). Experience zip-lining, a river float trip, cave tour, horseback riding, volcano hike and so much more! After a fun-filled day, soak and relax in the hot mineral pools at the resort.

Lunch and dinner on your own.

Optional activities link / additional cost: <http://www.fortunawelcome.com/arenal-volcano-tours/>

Day 8 Feb 12 Tues – MONTEVERDE CLOUD FOREST B, L, D

After breakfast we'll board our bus for a 4 hour drive through beautiful scenery to Monteverde Cloud Forest. After a delicious lunch we'll visit the Monteverde Butterfly Garden, or Mariposario. This is the area's original and largest butterfly garden housing more than 50 species of butterflies. Situated in Cerro Plano, between the town of Santa Elena and the Monteverde Reserve, the Mariposario offers a biodiversity center, medicinal plant garden, live leaf cutter ant colony, in addition to four climate-controlled butterfly gardens where visitors can observe some of the most beautiful and fascinating insects in the Tropics. Visitors always find the leaf cutter ant colony exhibit truly fascinating! Displayed under glass, this allows visitors to see the long lines of ants, diligently carrying leaves, often twice their size, along a warren of trails to their nest.

Besides learning about butterflies and leaf cutter ants, we'll also discover why cockroaches are actually great neighbors and how jewel scarab beetles can distort light waves! After getting some great photos of amazing butterflies, ants and other interesting creatures, we'll return to our hotel in the afternoon and you can enjoy some R&R time before dinner. Lunch is included at a local restaurant

Overnight Monteverde Country Lodge: <http://www.monteverdecountrylodge.com/index.html>

Day 9 Feb 13 Wed – Monteverde Cloud Forest B, L, D

This morning we'll visit the Monteverde Cloud Forest Reserve and take an easy hike to look for the incredibly rare and beautiful bird, the Resplendent Quetzal and other wildlife. Lunch

This afternoon we'll visit the Frog Pond and marvel at the amazing variety of small, colorful frogs of Costa Rica. Then finish our day with a Coffee and Chocolate tour! The locals say, to learn about coffee is to learn about the history of Costa Rica! One of the Best Costa Rican Coffees is grown on the Don Juan Coffee farm due to the rich volcanic soil, necessary altitude and perfect weather which results in an exquisite cup of gourmet coffee. Take a ride in the ox-drawn cart to handpick your own coffee beans and learn about the process from seed, coffee bean to cup.

The ideal complement to coffee has to be chocolate which will be the next part of our tour. Chocolate and coffee is a huge aspect of the traditions and culture of Costa Rica. You will participate in the chocolate process from seed to pure ground cocoa and be able to enjoy, share and taste the fruit of the cocoa plant. Then witness the transformation in becoming a delicious chocolate drink. Our final stop will be the gift shop where you can purchase gourmet Costa Rican coffee and chocolate to take home with you.

Day 10 Feb 14 Thurs - MONTEVERDE / FREE DAY B

Breakfast at the hotel. This day is yours to do as you please! Take optional tours, hike and explore on your own or just enjoy a peaceful, relaxing day. Lunch and dinner on your own

link of optional tours / additional cost: <https://www.monteverdeinfo.com/tours>

Day 11 Feb 15 Fri - MONTEVERDE / SAN JOSE B, L, D

Breakfast at the hotel and check out. We'll begin our drive back to San Jose to spend our final night in Costa Rica. Along the way we'll stop for lunch and have some time to stretch our legs and explore the colorful towns of Grecia and Sarchi. The famous Sarchi Village, declared a World Heritage site by UNESCO is known as the center of Costa Rican handicrafts where they make the famous colorful oxcarts or carreta. The oxcart plays a very important part in the cultural history of Costa Rica. In the middle of the 19th century, when coffee was first being cultivated in the surrounding countryside, oxcarts provided the only method in which to transport the hand-picked beans over the mountains to the coast and usually were a family's only means of transportation. They even became a status symbol and the tradition of painting and decorating them with a particular design would identify which part of the country the driver was from. The metal church in the Grecia Village park was originally imported from Belgium to Puerto Limon in 1897. The church was transported by oxcarts to its present day location. This evening we'll enjoy a farewell group dinner. *Afterward Mary will facilitate a final group discussion to share our experiences of our time in Costa Rica.*

Day 12 Feb 16 Sat – SAN JOSE AIRPORT DEPARTURE HOME Breakfast

Group Transfer to the airport for your flight home. Depending on your flight departure time, you may arrange to take a taxi to the airport at a later time. After a magical journey with Mary 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: \$3,293.00 paid by check - minimum group of 18 guests in double room
\$3,425.00 if paid by credit card 4% processing fee
Single supplement private room: \$816.00

What is Included:

Transfers to and from Airport to hotel
11 nights accommodations at suggested hotels or similar
All meals as noted in the tour itinerary
Lunch with the babies and private VIP tour at Toucan Rescue Ranch
VIP Tour Jaguar Rescue Center / hands-on time with some of the animals
Tours and entrance fees with naturalist guides as listed in the trip itinerary
Animal Connections discussions / meditations facilitated by Mary J. Getten

Not Included:

International airfare to San Jose, Costa Rica
Personal expenses, beverages, phone calls, laundry etc.
Anything not specifically noted in the tour itinerary
Optional tours and activities on free days
Tips to drivers, private guides and hotel staff
Trip cancellation – emergency medical travel insurance

To Register or for more information Contact:
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