



*Tour:*

## COSTA RICA RAINFOREST BIOLOGY & RESEARCH

*Specialization:*

Biology, Ecology, Geography & Culture

*Itinerary:*

7-days / 6-nights

*Location:*

Limón Province, Costa Rica

COSTA RICA RAINFOREST BIOLOGY & RESEARCH					
Day		Morning	Afternoon	Evening	
1	Sun	Travel to Costa Rica; transfer to the Rainforest Biological Research Center in Limón Province		Welcome, Safety & Orientation Meeting Dinner	
2	Mon	Nature Walk & Research Camp Orientation	Rainforest Research Project	Rainforests & Tropical Ecology Group Lecture Dinner	
3	Tues	Rainforest Biology & Research			Dinner
4	Wed	Sloth Sanctuary & Rescue Center	Whitewater Rafting - Class II & III	Dinner	
5	Thur	Zipline Canopy Tour	Organic Sustainable Pineapple Plantation	Rainforest Biology & Research Dinner	
6	Fri	Rainforest Science & Research			Dinner
7	Sat	Transfer to San Jose International Airport; depart Costa Rica			



As with all sample itineraries, please be aware that this is an “example” of a schedule and that the activities and hotels shown may be variable dependent upon dates, weather, special requests and other factors. Itineraries will be confirmed prior to travel.



**Hammock Expeditions, LLC**  
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Join us in the location dubbed “the Cream of the Cream of the Rainforest” by National Geographic Traveler. With world-class facilities, astonishing natural beauty, and a commitment to conservation and scientific research, the Veragua Rainforest, home to the Foundation for Rainforest Research, offers one of the most complete, exciting and educational rainforest experiences in all Central America.

Day 1

Dinner

Travel to Costa Rica via air, arriving at Juan Santamaría International Airport. After boarding your transportation, your group will be transferred to your camp location, deep in the Costa Rican Rainforest, in the Limón Province.

The **Veragua Rainforest Biology Center** is located in Brisas de Veragua, 2 ½ hours from San José and less than 1-hour from the historic Caribbean town of Puerto Limón with enchanting views of the endless mountains of the Talamanca Range. Surrounded by 100% rainforest, the private reserve borders the spectacular La Amistad International Park (“Friendship International Park”), the largest nature reserve in Central America.

**Accommodations:** Located in the heart of our private reserve is a one-story "casona" surrounded by the sights and sounds of the rainforest. Lodging is **rustic researcher-style with bunk beds and ceiling fans**, maximum eight persons per room. It has basic but clean and comfortable rooms with 24/7 electricity, WiFi and recreation area. Towels and soap are provided, please bring any other toiletries needed.

**Standard room**

Maximum occupancy 4 persons



Includes:

- 1 Queen Bed
- 1 Stateroom
- Wi-Fi
- Fan
- Private bathroom

**Standard room**

Maximum occupancy 4 persons



Includes:

- 1 Double Bed
- 1 Stateroom
- Wi-Fi
- Fan
- Private bathroom

**Room with cabins**

Maximum occupancy 6 persons



Includes:

- 3 cabins
- Wi-Fi
- Fan
- Private bathroom

**MEALS:** All guests of the Lodge will be able to enjoy three mealtimes, tasting exquisite dishes of traditional Costa Rican and local Caribbean cuisine, with fresh local ingredients. Menus are based on Costa Rican traditional foods such as rice and beans, salads, vegetables, meat, chicken or fish.

Additionally, all guests will have access to the trails that run through the park, allowing for exploration of the Costa Rica Caribbean Rainforest at their own pace. You will also have access to the reptile exhibit to learn more about these amazing animals and their role within the forest ecosystem.



Days 2 - 6

*Breakfast, lunch & dinner*

Rise and shine Costa Rica! After breakfast we'll start with a nature walk and orientation and then it's full force ahead with our research and discovery!

**RESEARCH PARTNERS**

- Conservation International
- INBio (Costa Rica's National Institute of Biodiversity)
- University of Costa Rica
- National Museum of Natural History
- The Nature Conservancy



Most project work is the result of research carried out jointly between Veragua Rainforest and the University of Costa Rica. Projects aim to involve naturalists, students and volunteers to become new researchers. Ongoing research at Veragua Rainforest is coordinated by University of Costa Rica biologists.



**RESEARCH TO PROTECT NATURE**

The Veragua park in the Caribbean mountains of Costa Rica is a biodiversity hotspot in Latin America. More than 11 new animal species have been discovered, 44 bat species representing just under 50 percent of the bat species known for Costa Rica, nine of the ten known tent-roosting bats in Central America, the first observations in the Central American lowlands for three bat species in the Veragua rainforest, and 15 endangered species have been recorded living in the area. More than 68 species of frogs and almost 23 percent of the 379 species of butterflies known in Costa Rica are found in Veragua. International scientists visit regularly to study the abundant populations of amphibians, reptiles, mammals, insects and birds.



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The Neotropic zone where the Veragua Rainforest is located is one of eight terrestrial eco-zones dividing the Earth's surface. This eco-zone includes Central and South America, the Mexican lowlands, the Caribbean Islands, and southern Florida, because these regions share many plant and animal groups. The Neotropic zone's flora and fauna is distinct from most of North America because of the long separation between the two continents. The Neotropic includes more tropical rainforest than any other eco-zone, extending from southern Mexico through Central America and northern South America to southern Brazil, including the vast Amazon Rainforest. These rainforest eco-regions are one of the most important reserves of biodiversity on Earth.



## CLIMATE CHANGE RESEARCH

Since 2012, Veragua biologists have partnered with the University of Costa Rica to document the effects of climate change to help Costa Rica meet its commitments to the Paris Agreement on Climate Change, as well as the country's goal of achieving carbon neutrality. Veragua links scientific research and climate change research with environmental education programs that incorporate STEM educational elements from the natural sciences, technology, engineering and mathematics into hands-on learning experiences.

Some of our activities include:

- **Butterfly and Beetle Trap Set-up:** With our on-site biologist as our guide, we go out into the field to set up insect and butterfly traps for future collection and identification.
- **Snakes, Frogs, Toads and Butterflies:** Students will first be led through a collection of world-class exhibits, including the planet's largest nocturnal frog exhibit. With the help of our expert guide and exhibit stations, students will learn relevant and interesting information (regions found, maximum size, eating habits, etc.) about many of the species they will soon discover in the rainforest.
- **Biological Research Station:** The Research Station is closely aligned with the School of Biology of the University of Costa Rica (UCR) and the National Museum of Natural History. Students can see how the researchers study rainforest life, and how they discover new species.
- **Owl and Insect Night Hike:** See a unique perspective of Veragua Rainforest. Experience the rich sounds and unusual visuals of the rainforest at dark as we venture out onto the trails with our expert biologist. With nearly every step, students will discover nocturnal frogs, colorful insects, snakes, and even nocturnal mammals such as the opossum or the kinkajou. Another fun activity for students is to identify the different characteristics of nocturnal insects and moths with the on-site entomologist.
- **Peje School Community Work:** Located 2 miles from the entrance to Veragua Rainforest, the Peje School is our local elementary school. Volunteers will interact with the school children on such activities as maintenance projects, English tutoring, tree planting and singing local songs with them.
- **Butterfly Garden Work:** Students will be split into small groups to work on activities such as
  - Butterfly garden maintenance: leaves, eggs and wings collection
  - Pupa Box maintenance: includes species selection, cleaning after release
  - Pupa selection and set-up



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- Butterfly garden feeding
- Seed planting at Butterfly Garden
- Glide through the rainforest treetops on an **aerial tram (gondola)** looking out for monkeys, sloths and colorful rainforest birds.
- Enjoy a **hike to a spectacular cascading waterfall**, feeling the thunderous spray almost at your fingertips.
- Enjoy exhilarating **Costa Rican ziplining** through the treetop canopy in a beautiful jungle setting with experienced guides and safety features. Includes full instruction and safety rules presentation, 9 ziplines and 13 platforms with extra safety features like the double cable and double pulley on each zipline, railing on all platforms, refreshments with fruit and water, and ending with a 900-foot cable crossing the beautiful Sarapiquí River canyon. 1.5 – 2-hours, dependent upon the size of the group.
- Enjoy **whitewater rafting** on Class II & III rapids. This tour departs directly from the Hacienda facilities and runs approximately 13 kilometers. Available year round, it has several access points and includes a full safety and training presentation, energizing fresh local fruits by the river at a swimming spot, transportation back to the facility for shower and changing, top of the line equipment and certified, experienced guides. Approximately 2.5-hours.
- **Organic Sustainable Pineapple Plantation Excursion** - On the journey, our enthusiastic experts will guide you through a wonderfully charming rural adventure. You'll travel into the fields on a specially designed coach pulled by a tractor, immersing you in the organic farming world. Learn about the different sections, aspects and stages of growth of organic pineapples and plantation, and the production process from seeding through harvesting. You'll also be introduced to the history of the indigenous roots raised in plantations across Costa Rica and learn about other sustainable crops produced here - including yucca, lemon, guanabanas, and peppers. At the end of the tour, ensconced in our tropical paradise, you'll hear more about traditional Costa Rican folklore as you relax and savor delicious smoothies and slices of fresh, organic pineapples that will definitely impress your palate. 2 hours.
- **Sloth Sanctuary & Rescue Center Excursion** – Meet rescued sloths and learn about their habitats.



## Day 7

### *Breakfast*

It's time to pack up and head home! Following breakfast and dependent upon our flight departures, we'll have the morning free and then we'll start to say goodbye to Costa Rica as we head off for our flight home; taking memories with us that will last forever!



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**Minimum Booking Numbers:** 16 students

**What's Included:** Round-trip flights with a scheduled carrier  
6-nights' accommodation in Costa Rica  
Breakfasts, lunches & dinners daily while at camp  
Airport transfers  
Rainforest Biology Camp as shown in the itinerary  
Whitewater Rafting Excursion  
Organic Pineapple Plantation  
Ziplining Excursion  
Sloth Sanctuary & Rescue Center Visit  
Personal Tour Director  
24-hour emergency cover

**What's Not Included:** Fully comprehensive insurance (mandatory)  
Baggage costs, pay directly to airline if required  
Baggage handling - everyone should be able to pull their own bag  
Transfers to/from home airport  
Hotel incidental deposits & bills – mini-bar, movies, etc.  
Meals other than ones provided for the entire group (we are generally able to cater for allergy conditions and vegetarians only)  
Cost of personal passports, visas or visa waiver fees  
Cost of inoculations or medication required for travel  
Additional Sightseeing / Entertainment options  
Any gratuities – Drivers, Tour Director, National Guides & Activity Specialists (budget \$100 per person traveling)  
Credit card fees if individuals wish to pay via credit card instead of ACH (online check)  
Additional taxes, fuel surcharges or service charges levied by the governments or our suppliers

**Currency Notes:** Most every business in Costa Rica will accept USD (United States Dollar) for payment. Many items in local stores and hotels are priced in USD and not in Colons. **Please make sure to enquire about currency markings prior to purchase.**

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As always, our staff are always available to you to answer any questions you may have regarding programming. If we may serve you in any way, please do not hesitate to contact us.



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## SAMPLE PACKING LIST – COSTA RICA!

- Raincoat / Umbrella
- 1 Long-sleeved Shirt
- Mosquito Repellent & Anti-Itch Cream
- Sunscreen / Sun Cream
- Flashlight / Head Lamp with extra batteries
- Hiking Boots & Athletic Shoes, Water shoes if rafting
- Camera & Binoculars if desired
- Bathing Suit / Costume
- Water Bottle
- 3 - 5 pairs of Shorts
- Short-sleeve or non-sleeved T-shirts
- 1 Fleece or Sweatshirt
- Cash for Departure Tax (payable to Costa Rican officials prior to departing the country)
- Cash for Lunches on Days 1 & 8
- Cash for any **Gratuities / Tips**

**PASSPORT COPY - Please bring at least one copy of your passport's information page. In case of the loss of a passport, the passport owner can use this copy to get a new passport reissued relatively quickly. Additionally, participants may be asked to show proof of nationality to authorities, so this should be carried on your person always.**

\*\* Staff: Credit card for emergency medical needs (Note: Typical medical facilities will require payment at the time service is rendered and then the group should request reimbursement upon return)



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