

**2025 Holistic Journeys** What an *AMAZING* Costa Rica Opportunity, don't miss it! *Rendezvous with the Resplendent Quetzal & Tropical Trekking!* Feb. 20<sup>th</sup> - March 4<sup>th</sup>



**Day One: Feb.20 (Thur): Arrive at The Adventure Inn**

<https://www.adventure-inn.com> convenient to the SJO International Airport (D on your own). The Adventure Inn is my mainstay for airport transfers; they are friendly, helpful, offer free shuttle and have a *healthy hearty* breakfast and wonderful restaurant!



**Day Two: Feb.21 (Fri):** Depart after B, 8:00 am for *El Mirador de Quetzales* <http://www.elmiradordequetzales.com> arrive mid-morning. Orientation and L, then experience your first bird/Quetzal tour mountain hike in the afternoon (B & D included).



**Day Three: Feb.22 (Sat):** Early morning Quetzal/Bird tour, relax then choose one of the many trails after a leisure L in this beautiful Cloud Forest ecozone (B, D included L on your own).

**Day Four: Feb.23 (Sun):** Relaxed morning. Sleep in, Yoga, hike, take

photos in the hummer garden or just be & enjoy, ETD 10:00 am. Enjoy stops along the way and a chance to shop for fruits & snacks) then on to another mountain town, San Gerardo de Rivas and the **Talamanca Adventure Lodge**

<https://talamancaadventurelodge.com>. We should arrive mid-day at our next 3-night stay in the *cloud forests of Chirripo National Park*. Get settled in then off to one of the many trails or waterfalls. (B and D included L on your own).



**Day Five: Feb.24 (Mon):** Morning Nature hike to explore more trails and waterfalls, swimming holes, wildlife, birds and beauty of the area, Afternoon Yoga, (B and D included, L on your own).

**Day Six: Feb.25 (Tue):** Early morning tour of *Cloud Bridge* and beginning of the famous *Chirripo* trails. Keep your eyes and ears alert for the elusive Resplendent Quetzal. (B, D included, L on your own near the trail head).



**Day Seven: Feb 26 (Wed):** Depart after B & Yoga for a taste of the Humid Tropical Forests at our next 3-night front accommodation, **Hot Springs Lodge**

<https://hotspringslodgocr.com> sits on the Canas River near the Pacific Coast town of Quepos and National Park Manuel Antonio. Enjoy the many trails, waterfalls, hot springs and a day of *Playful adventure at the Playa* (B, L, D included).

**Day Eight: Feb. 27 (Thur):** Excursion to the Playa

**Day Nine: Feb. 28 (Fri):** On site exploration of this amazing Eco-Lodge. You choose; hiking, waterfalls, birding, yoga and hot springs await.

**Day Ten: Mar. 1 (Sat):** Depart after early B for our final 2-day Cloud Forest Accommodation, ***Bosque de Paz Reserve***. <https://bosquedepaz.com>. Again, experience the freshness & beauty of the Cloud Forest and search out our elusive feathered friends among many other native & endemic species we'll find along the trails. Feel free to explore the waterfalls and special orchid gardens at this unique research/lodge facility. (B, L, D included).



**Day 11: Mar 2 (Sun):** Our last full day to explore this unique ecozone and find many beautiful avian species and local wildlife and flora. We may not want to go home. (B, L, D included)

**Day 12: Mar 3 (Mon):** Depart after leisure morning to enjoy the area, yoga, bird, walk, sit and ponder. We will depart after L for the Adventure Inn to relax and get ready to fly home the next day. (B, D included),

swim, hot tub and final group D (included) before ***March 4th departure time, but wow, all the memories will last a life time!***

**All this and more; 9-10 PAX \$2,425 7-8 PAX \$2,800. 50% non-refundable deposit due by 8/1/24, remainder due 60 days out! In-country transportation, most meals, guides, entrance fees & tips included. Returning patrons save \$50.00. To Register contact Rebecca Wood**

**[www.hopewoodholistichealth.com](http://www.hopewoodholistichealth.com) 740-590-3954**