

WildHer

EXPEDITIONS



A WILDHER EXPEDITION TO

# COSTA RICA

AUGUST 9 - 16, 2025

# COSTA RICA'S WILD SIDE - AUGUST 9-16, 2025

## DAY 1 (Sat., Aug. 9) - ARRIVAL TO COSTA RICA

Welcome to Costa Rica! Upon arrival in San José, you will be greeted at the airport and transported to our hotel for our first night together. This is a great opportunity to connect with your fellow women travelers, as well as Carly Crow, one of two expert naturalist guides for this tropical adventure.

Accommodations: Hotel Bougainvillea

Meals: None

## DAY 2 (Sun., Aug. 10) - SAN JOSÉ TO THE OSA PENINSULA (WITH CHOCOLATE!)

For early risers, our first full day in Costa Rica begins with a nature walk in Bougainvillea's 10-acre botanical garden. After breakfast at our hotel, we'll head back to the airport for our short flight south to Puerto Jiménez. There, we'll meet our second naturalist guide, Arlet Quirós Calvo. Now that our group is complete, the fun really begins! We'll visit a traditional cacao plantation, where we'll learn about cacao's rich history, which dates back to the Mayan civilization. We'll then witness the chocolate-making process, from fermentation and drying to the transformation of roasted beans into pure chocolate. By the afternoon, we'll be ready to settle into our accommodations for the next few days: Danta Corcovado, a beautiful lodge nestled in the heart of the rainforest.

Accommodations: Danta Corcovado

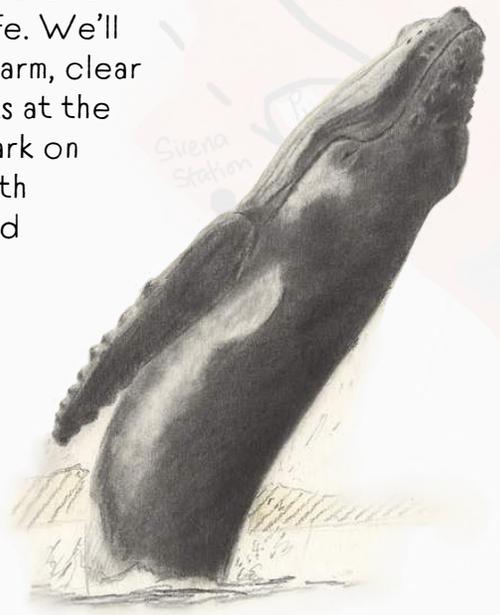
Meals: Breakfast and Dinner

## DAY 3 (Mon., Aug. 11) - WHALES, DOLPHINS, AND SEA TURTLES AT GOLFO DULCE

Today, we'll board a boat and explore Golfo Dulce, one of the few tropical fjords in the world and home to abundant marine life. We'll search for whales, dolphins, and sea turtles, snorkel in the warm, clear waters, and take in the beautiful surroundings of lush forests at the water's edge. In the evening, back at the lodge, we'll embark on a night walk to explore the rainforest's nocturnal world, with the chance to see creatures such as kinkajous, tarantulas, and tree frogs as we walk around a natural lagoon. Our day of adventure concludes with a reflection on today's experiences over a delicious dinner showcasing authentic Costa Rican dishes at the lodge.

Accommodations: Danta Corcovado

Meals: Breakfast and Dinner



## DAY 4 (Tues., Aug. 12) – A DAY AT CORCOVADO NATIONAL PARK

A scenic boat ride of about an hour and a half will take us along the coast of the Osa Peninsula to the Sirena Ranger Station, our gateway to exploring Corcovado National Park. This is the largest remaining primary rainforest on the American Pacific coast, and National Geographic has called it “the most biologically intense place on Earth.” We’ll explore this incredible place on foot, pausing to study the plants and animals we encounter. Afterward, we’ll return to the lodge by boat, keeping an eye out for sea turtles, dolphins or even whales along the way, before enjoying dinner and a relaxing evening together.



Accommodations: Danta Corcovado

Meals: Breakfast and Dinner

## DAY 5 (Wed., Aug. 13) – OSA PENINSULA TO SAN GERARDO DE DOTA HIGHLANDS

After a couple of days in the lowlands near the coast, it’s now time to head to the mountains. We’ll bid farewell to the wonderful Osa Peninsula and enjoy an air-conditioned, scenic drive to the remote community of San Gerardo de Dota. On the way, we’ll stop to learn the traditional art of Boruca mask-making from local female artisans. They’ll teach us how they dye cotton using roots, vines, or snails, and then spin it to create bags and jewelry. We’ll also have the opportunity to try our hand at carving a piece of balsa to make our own souvenirs. Dinner will be at the Savegre Hotel, a stunning property in the cloud forest, our home base for the next two nights.

Accommodations: Savegre Hotel

Meals: Breakfast and Dinner

## DAY 6 (Thurs., Aug. 14) – QUETZALS AND CUISINE IN THE CLOUD FOREST

Get up and grab your binoculars, because today is for the birds. Or rather, today is for THE bird—the resplendent quetzal, Costa Rica’s most sought-after bird and a contender for the title of the most beautiful bird in the Americas. A gentle, one-mile walk through the cloud forest will lead us to the quetzal’s habitat. Of course, we’ll encounter many other tropical birds (possibly mammals, plants, and frogs as well) along the way. Our expert naturalist guides will be there to explain it all. Late morning, we’ll learn the secrets of Tica cuisine in a cooking class led by local women. After lunch, we’ll enjoy a leisurely afternoon exploring the grounds of our hotel, and in the evening, we’ll gather for a special dinner prepared by a female chef from San Gerardo de Dota.

Accommodations: Savegre Hotel

Meals: Breakfast, Lunch, and Dinner

## DAY 7 (Fri., Aug. 15) – BACK TO SAN JOSÉ (BUT FIRST, COFFEE)

Today, we leave San Gerardo de Dota and head back to San José, but a full day of adventuring still awaits. We'll take a deep dive into Costa Rica's coffee culture with a tour that guides us through the entire coffee-making process, from wet milling to roasting. We'll explore the nuances of different roasts and the best methods for preserving the rich flavors of the beans.

Afterward, we'll venture to Palo Verde Cloud Forest Reserve, a private reserve located between 1,520 and 2,085 meters above sea level, on the Caribbean watershed of the continental divide in the Talamanca Mountains. In other words, it's an excellent place for hummingbirds, tanagers, toucanets, and many endemic Talamanca birds. We'll also learn about the story of the family behind this special place as we explore the trails or relax by the bird feeders.

Following this, we'll have the opportunity to unwind with a craft beer or mixed drink at a lively spot in the Escalante neighborhood before enjoying a farewell dinner at Alma de Árbol, a celebrated restaurant led by a talented female chef. Our evening concludes at Hotel Presidente in San José.

Accommodations: Hotel Presidente

Meals: Breakfast and Dinner

## DAY 8 (Sat., Aug. 16) – UNTIL WE MEET AGAIN...

And all too soon, we say goodbye to beautiful Costa Rica. After breakfast at the hotel, we'll be transferred to the airport for our flights home.

Meals: Breakfast



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