

Her WILD LIFE
EXPEDITIONS



HER WILD LIFE EXPEDITION TO
COSTA RICA
AUGUST 7 - 13, 2027

COSTA RICA: WILD, WOMEN-LED, AND WAITING

DAY 1 – ARRIVAL TO SAN JOSÉ

Welcome to Costa Rica! You'll be met at the airport and transferred to our hotel, tucked inside a 10-acre botanical garden that's home to more birds than you'll be able to name by the end of the week. This first evening is for settling in, meeting your fellow travelers, and meeting Arlet, whose knowledge and love for her home country will shape everything that follows.

Suggested arrival time to Juan Santamaria Airport (SJO): 7pm or earlier

Accommodations: Hotel Bougainvillea

Meals: None

DAY 2 – SAN JOSÉ TO DOMINICAL

Before breakfast, step outside and let the hotel gardens start introductions to the tropics. This is one of the best birding spots in the city, and a gentle way to start noticing how much life is packed into every corner of this country. After breakfast, we head west toward the Pacific, stopping at Carara National Park, home to one of Costa Rica's largest populations of scarlet macaws and a true conservation success story. A walk through the coastal rainforest may turn up parrots, hummingbirds, trogons, monkeys, iguanas, and more. By late afternoon, we'll settle into Dominical, a laid-back coastal town that's home base for the next three nights.

Accommodations: Villas Río Mar

Meals: Breakfast, lunch, and dinner

DAY 3 – MANUEL ANTONIO NATIONAL PARK

Today we explore Manuel Antonio, one of Costa Rica's most celebrated parks for good reason. The mix of rainforest and coastline here concentrates wildlife in a way that feels almost surreal. Keep an eye out for two- and three-toed sloths, all four monkey species found in Costa Rica, toucans, and more. Arlet's field experience means she's reading this landscape in real time – the rustle that's just wind, and the one that isn't. We'll return to Dominical for a relaxed dinner and time to share highlights from the day's best sightings.

Accommodations: Villas Río Mar

Meals: Breakfast, lunch, and dinner



DAY 4 – HACIENDA BARÚ, BY DAY AND BY NIGHT

We spend the morning at Hacienda Barú, a former cattle ranch that's transformed into a thriving, diverse wildlife refuge. Here, a well-maintained trail system allows for up-close, unhurried wildlife-watching. After some downtime back at the hotel and an early dinner, we return to Hacienda Barú after dark for a guided night walk. Get ready for a completely different rainforest experience once the sun goes down. Tomorrow, we head for the mountains.

Accommodations: Villas Río Mar

Meals: Breakfast, lunch, and dinner

DAY 5 – DOMINICAL TO SAN GERARDO DE DOTA

It's time to trade coastline for cloud forest. As we ascend into the Talamasca Mountains, the humidity holds but the temperature drops. Pack an extra layer, you'll want it. A homestyle lunch will break up the drive and by evening, we'll be settled into our cloud forest lodge immersed in a landscape that feels like an entirely different country from where we started the week.

Accommodations: Paraíso Quetzal Lodge

Meals: Breakfast, lunch, and dinner

DAY 6 – QUETZALS, CUISINE, AND A CLOUD FOREST FAREWELL

Grab your binoculars! Today is for the resplendent quetzal, and a gentle walk through high-elevation forest provides our best shot at finding one. We'll take in plenty of other highland specialties along the way. Our morning in the clouds continues with a special coffee experience before time at leisure back at the lodge. In the evening, we'll gather for a farewell dinner prepared by a female chef from the local community, closing out a week built around women's expertise.

Accommodations: Paraíso Quetzal Lodge

Meals: Breakfast, lunch, and dinner

DAY 7 – BACK TO SAN JOSÉ

After breakfast, we head back to San José to connect with afternoon flights home. It's never long enough, but you're sure to leave with new friends and a deeper appreciation for this wild, warm-hearted country.

Meals: Breakfast

Plan your departure flight from SJO for 1pm or later.