



**A Photographic and Cultural Adventure**  
**Tour Leaders: Karen Gordon Schulman & Joel Schulman**

***Tour Highlights ~***

- Guided by a Costa Rican naturalist and your photo leaders, Karen Gordon Schulman and Joel Schulman.
- Tour limited to twelve participants.
- Sitting just North of the Tilaran Mountains we visit the Arenal Volcano, accommodations with spectacular views.
- The lush Savegre Region, known by birders in search of the Resplendent Quetzal.
- White sand beaches & rain forest reserve of Manuel Antonio National Park. Zip line canopy tour and catamaran cruise during your stay.

For more information or to register contact  
the Strabo Photo Tour Collection:

607-756-8676

[www.phototc.com](http://www.phototc.com)



Travel with Karen and Joel Schulman to appreciate Costa Rica's natural beauty from the red hot lava of Arenal Volcano, to the white sand beaches of the Pacific Coast at Manuel Antonio National Park. When the skies are clear and the lava is flowing, **Arenal Volcano** offers a thrilling light show accompanied by an earthshaking rumble. The group will enjoy a relaxing respite in natural springs heated by the volcano. Two evenings in **Savegre** provide you with an opportunity to immerse yourselves in the forest, exploring the walking trails amidst the biological wonders. Photograph butterflies, amazing orchids, and search for the Resplendent Quetzal. Moving on to the famous **Manuel Antonio National Park**, there are white sand beaches to relax and explore, or hiking trails where you will photograph three-toed sloths, white-faced monkeys, and perhaps the rare squirrel monkeys.



Costa Rica is being wisely protected in an excellent system of national parks and reserves that has won praise from conservationists around the world. There are more species of birds here than in all of North America, over 800 in a country only four times the size of Connecticut. Among its 237 species of mammals are three-toed sloths, four species of monkeys, giant anteaters, tapirs, peccaries, jaguars, and humpback whales. Reptiles and amphibians include the Strawberry Poison Dart Frog, all five genera of sea turtles, the endangered American Crocodile, and the Basilisk Lizard, which can actually run across water. There are more butterflies in Costa Rica than on the

entire continent of Africa. The plant life is spectacular; there are more than 12,000 species of plants, including a dazzling variety of trees and orchids. Come explore the amazing natural wonders of Costa Rica with Karen.

### *A note from Photo Instructor Karen G. Schulman ~*

"I encourage each person to give themselves the permission to make mistakes, the permission to create. The more we learn to "see" with our mind, heart and spirit, the more of an adventure life becomes. I welcome all skill levels and enjoy offering guidance to those with stronger left-or right-brain approaches to photography, to strengthen the other side.

On a photo tour, I enjoy guiding participants to expand their creativity and/or technical skills, increase their confidence and have fun! Instruction can be as much or as little as they prefer. I look forward to seeing you on one of my tours!"

Photographic artist, writer and educator, **Karen Gordon Schulman** is based in Steamboat Springs, Colorado. She majored in education and psychology at Penn State and continued her studies at UCLA in 1979 to shift gears and study fine art and commercial photography. She uses a camera to capture the essence of a place

and as a tool in the lifelong process of self-discovery. She is known for her hand colored black and white imagery and eclectic travel photography. Her current passion is exploring the exciting world of "iPhoneography." Since 1985, when Karen created Focus Adventures, she has been offering small group photographic workshops and tours that emphasize using the camera for enrichment of creative spirit and development of personal vision. She has experience working with all ages, from 7 to 70 and beyond, and is dedicated to incorporating trip participants' personal awareness with once-in-a-lifetime travel opportunities. Karen has been working with Strabo Photo Tour Collection since 2000.

**Joel Schulman** has been involved in the photographic and imaging fields for more than 25 years. As the previous owner of Schulman Photo Lab in Hollywood, California, Joel has done photographic printing for some of the most notable names in the photographic world. Before leaving California in 1991, Joel became involved in the fledgling digital reproduction field, working with Adobe on the original version of Photoshop. Recognizing the potential of computer-based imaging and reproduction, Joel became involved with a regional publishing firm in Colorado and embraced the computer-imaging field. He set-up and operated a state-of-the-art image retouching and pre-press facility at MacMedia in Steamboat Springs, CO. In the mid-90's, Joel saw the opportunity to combine his experience in both the computer-imaging and photographic worlds. He established PhotoGraphicsArt specializing in large-format digital printing and now works with artists, photographers, and commercial clients nation-wide. He also co-leads the Focus Adventures *Photography and the Creative Spirit Workshop* with his wife, Karen, held annually in Steamboat Springs each July.

## ITINERARY

### **February 9 Home – San José**

Your Costa Rican adventure begins today as you board your flight to San José, the country's capital city. The hotel offers excellent accommodations and superb service. We will have a Welcome Dinner and Orientation. Overnight San José. (D)

### **February 10-12 Arenal Volcano**

After breakfast we leave San Jose and make our way to the **Arenal Volcano** Area. The first adventure will be in Sarchí, famous as the home of gaily decorated wooden *carretas* (oxcarts), the internationally recognized symbol of Costa Rica. The carts, which once dominated the rural landscape of the central highlands, date back only to the end of the 19th century.

Continue on to Arenal, a spectacular, cone-shaped volcano rising out of the flat San Carlos Plains. It is the most active volcano in the country and the frequent, loud booms can be heard as far away as Monteverde.



In the morning, take an easy hike through the forest to La Fortuna Waterfall. It offers some of the most gorgeous scenery in all of Costa Rica. The 70-meter ribbon of water falls into a great swimming hole, surrounded by lush tropical forest, protected by the local conservation project. There will be free time this afternoon at the hotel, or explore more of the area with the local guide.

Ecocentro Danaus is a Biological Reserve that develops conservation programs, provides environmental education, and sustainable use of the land. There are trails through secondary forest, where you can see a wide variety of plants and animals in their natural habitat. One of the main attractions is the butterfly farm. Several coffee plantations are in this region, and if time permits you will have a tour and photographic opportunities.

One afternoon, visit the Hidalgo Family Hot Springs, an exclusive retreat for those looking for a relaxing respite in natural springs heated by Arenal Volcano. Family owned and operated, the springs are surrounded by tropical foliage and set near an authentic ranch house complete with Costa Rican curiosities, such as a coffee grinder (pilot) and farming equipment. The four pools are landscaped with large, smooth river rock taken from the area and are a wonderful authentic environment, which offers both privacy and tranquility within the Costa Rican rain forest. Overnight Volcano Lodge. (B, L, D) all days

## **February 13-14**

## **Savegre**



The next adventure is in the Savegre region; make your way through the Cerro de la Muerte area, stopping along stunning mountain roads to photograph birds and local sights.

The destination today is the charming Savegre Lodge, a Costa Rican owned property hidden away in the picturesque San Gerardo de Dota Valley of Costa Rica's southern Talamanca Mountain range. The misty and beautiful surroundings provide a unique opportunity to enjoy the views and sounds of the cloud forest, as well as discover the wonders of Costa Rica's unspoiled ecology. In this virtually undiscovered location, we will get comfortable in our new mountain environs, and then photograph the lovely tropical gardens, clear mountain stream, and forest landscape. Take opportunities to discover this unique lodge, looking for great shots of the Resplendent Quetzals, hummingbirds, and many others. Photographing birds in this lovely setting is extraordinary. Overnight Savegre Mountain Hotel. (B, L, D) both days.

**February 15-17 Quepos/ Manuel Antonio**

After breakfast, depart for the Quepos area including Manuel Antonio National Park. This beautiful park is the perfect combination of warm Pacific waters and rainforest that grows right down to the three white sand beaches. Nature trails take you along the beach strand and over a forested, rocky promontory. Because of its relatively small size and isolation by surrounding ocean and plantations, it is probably one of the easiest places in Costa Rica to see wildlife, particularly sloths, coatimundis, agoutis, White-faced Monkeys and the tiny Squirrel Monkey.



The El Parador Hotel is one of the most exclusive retreats in the Manuel Antonio area and one of few hotels with access to the calm waters off Biesanz Beach, an excellent place to snorkel. The 80-room hotel is spread over 12 acres of a densely forested peninsula called Punta Quepos, and offers staggering panoramic views of the Pacific Ocean from the main building. Located just three miles from the entrance to Manuel Antonio National Park, El Parador boasts an attractive Spanish Mediterranean design, with many amenities such as swimming pool, Jacuzzi, sauna, spa, restaurants, and library. You can capture the sunset from your boat/catamaran cruise, and snorkel with the dolphins.

The group will take part in an early morning zip line canopy excursion. Imagine yourself soaring high above the jungle floor as you fly through tree tops, amongst some of the most beautiful flora and fauna in the Costa Rican rainforest. The exhilaration of a zip line is, most likely, unlike anything you have ever experienced. Trained guides show guests the abundant wildlife along the way; including Titi monkeys, two and three toed sloths, poison dart frogs, iguanas and toucans. During your two hour journey, you will be perched on one of 16 platforms high above the jungle floor with dramatic breathtaking views of the valley. Overnight El Parador (B, L, D) all days



**February 18 Manuel Antonio/San José**

After breakfast depart for the Juan Santamaría International Airport to take your flight back home. (B)

*Tour Notes: Some variations to the published itinerary may be made based upon weather conditions or other opportunities or situations. Animal and bird sightings mentioned are likely but not guaranteed. Several places provide hiking trails you should have sturdy shoes and be in adequate physical condition to take advantage of the trail systems.*

## GENERAL INFORMATION

**Land Cost: \$4195 per person** from San José, maximum 12 participants, based on a minimum of 10 passengers. A \$400 small group surcharge will apply for 6-9 passengers. Land cost is based on two people sharing a room.

**Single room supplement: \$895**, Single rooms are subject to availability and are not guaranteed. We try to accommodate single travelers who request single accommodations, as well as single travelers who are looking for a roommate. If a single room is requested, we are unable to find a suitable roommate, or you are in a single for another reason, you will need to pay the single supplement.

The land cost includes:

- All tour accommodations and transportation in Costa Rica for those traveling with the group.
- Most meals (as specified in the itinerary with B = breakfast, L = lunch, D = dinner).
- Services of an excellent bilingual naturalist guide while in Costa Rica.
- Services and Photographic Education by your Photo Escort.
- Park entrance fees as shown in the itinerary.
- Extensive pre-departure information, services, and materials.



Not included: International air fare; airport departure tax upon leaving Costa Rica (currently \$26 per person); additional costs for transportation and accommodations for those not traveling with the group; meals not specified in the itinerary and beverages not included with meals; trip cancellation and interruption insurance; all personal expenses such as excess baggage fees, laundry, and phone calls; optional tips to the driver and guide.

## DEPOSITS, CANCELLATIONS, AND REFUNDS

A deposit of \$500 is required upon booking your trip. The balance is payable 90 days before the departure date. Payment in full is required when bookings are made less than 90 days before the departure date. Space is subject to cancellation by Strabo International if payment is not received on time.

Notification of passenger cancellation must be made to Strabo International in writing (P.O. Box 580, Dryden, NY 13053). At the time we receive your written notification, these per person charges apply:

- **121 days or more before departure:** \$100 cancellation fee.
- **91-120 days before departure:** \$300 cancellation fee, plus Strabos' costs, as well as fees that are charged by the suppliers providing the services included in your tour, and/or the airlines providing the air transportation.
- **31-90 days before departure:** \$500 minimum cancellation fee, plus Strabos' costs, as well as fees that are charged by the suppliers providing the services included in your tour, and/or the airlines providing the air transportation. Fees may range from 25% to 100% of tour costs.

- **30 days or less before departure or anytime after departure:** NO REFUND. Refunds for services that are voluntarily not used by you cannot be made.

## **INSURANCE**

*Each participant must be covered by medical insurance that is valid overseas.*

**We strongly urge you to evaluate your risk and to take out insurance on your trip.** It is vital for you to realize that if you experience a delay or find it necessary to cancel or cut short your trip for any reason, you will lose part or the entire amount you've invested in it (see the section "Deposits, Cancellations and Refunds" in the trip brochure).

Travel insurance helps to minimize the risk of monetary losses you would incur in the event of a delay of your departure due to weather, airline strike, missed connection, etc., your inability to travel for reasons such as illness, injury, unforeseen financial complications and other personal circumstances, or if you were required to cut your trip short for medical or any other reasons.

**There are restrictions and limitations on any insurance program.** For this reason, please read carefully the enclosed pamphlet, which outlines their program of trip cancellation, baggage, and medical insurance. Trained agents are available to answer your questions, so don't hesitate to call the toll free number in their brochure. It is to your advantage to apply for insurance at the earliest possible time, so don't delay in making a decision.

## **FITNESS & HEALTH**

The trip will not be strenuous, but there will be walks each day, sometimes uphill in the heat, mud, or high altitude (7000 feet). Anyone who is reasonably fit should be able to participate in all scheduled walks, but if you have questions about how much activity is involved, please inquire further.

At present, no inoculations are required for entry from the United States. Although malaria has probably been eradicated from areas you will be visiting, you should consult your doctor about precautionary measures. Full details will be sent upon enrollment.

## **FOOD & ACCOMMODATIONS**

Food is generally safe to eat everywhere in the country. Water is safe to drink in San José, and generally through out the country, your local guide can offer guidance if you have concerns. Costa Rican food is not spicy. Menus are usually simple, but the food is always good and plentiful. Breakfast menus are much like those in North America. Rice, meat, beans, and vegetables are usually served at lunch and dinners. Local cheeses are quite good. Delicious fruits and juices are in abundant supply. Accommodations are clean, comfortable and pleasant, and close to our photographic locations. All rooms are ensuite.