



## **JExpeditions & Camp Laurelwood Camp Costa Rica June 30 to July 18, 2019**

**Spend this summer on a teen adventure that will provide memories and friends to last a lifetime! Let Camp Laurelwood and JExpeditions take you on a summer teen travel adventure as we explore the eco-wonderland of Costa Rica!**

**Our Camp Laurelwood Costa Rica Expedition is designed to provide informal Jewish educational opportunities to teens ages 14-17 who are seeking a fun and transformative Jewish summer travel experience. Celebrating our 8<sup>th</sup> year in Costa Rica, this tour includes everything one could want for an unbelievable summer camp experience: from adventure to science, community service and meaningful Shabbat programming, community and friendship!**

**The JExpeditions Philosophy: Exploring Judaism and nature through worldwide adventure travel:**

JExpeditions provides the chance to see and experience parts of the Americas that showcase the brilliance, beauty and diversity of the Earth and our connection to it as Jews. As we explore, hike, learn, and raft through these regions, JExpeditions combines the thrill and wonder of adventure teen travel with a central tenet of Judaism: care for the earth. Our expeditions incorporate the core philosophy of environmental stewardship while traveling in some of the most beautiful regions of the Americas.

**Our 19-day Costa Rica summer teen travel adventure is divided into 5 components in 5 ecological zones combining adventure, bio-study, conservation and community service projects.**

### **Part 1: June 30-July 4: River Rainforest Adventure:**

Located deep in the rainforests of Central Costa Rica's Sarapiquí region, the area is full of splendid opportunities to hike, cruise, raft and explore through lush, mountainous primary rainforest. National Parks and private reserves throughout Sarapiquí maintain the old growth forests with well-kept trails where wildlife freely roams. Guided daily adventures with our naturalists from our base will allow us to explore everything Costa Rica has to offer; from its tropical forests, wildlife & bird watching, to pristine waterfalls and rivers. Our adventure, bio & eco and service components will take place as part of the Organization for Tropical Studies: with 1,613 hectares of tropical wet forest connected to Braulio Carrillo National Park. The area is recognized as one of the world's leading centers for research, education and natural resource management in the tropics. The Organization for Tropical Studies is known for its ground-breaking scientific and educational programs for all ages and science levels. Our lodge is located in the Caribbean foothills of Costa Rica and comprises of old growth and disturbed tropical wet forest. Species diversity is spectacular, including more than 1,850 species of plants, 350 species of trees, 448 species of birds, and approximated 500 species of ants. The Organization for Tropical Studies mission is training in tropical studies as part of the experience of students and professionals, in biology and in

related disciplines such as conservation biology, global health, environmental policy, and natural history. Program includes hikes, field study and eco-workshops, with local naturalists plus much more!

### **Part 2: July 4-7: Arenal Volcano:**

Experience the wonders of the Arenal Volcano with guided hikes and adventures as we view its spectacular volcanic eruptions. Here the natural beauty of the rain forest merges with the magnificence of one of the most active volcanoes in the world. Arenal was Costa Rica's most active volcano until 2010, and one of the ten most active volcanoes in the world. Although the activity nowadays is less damaging, you can still see ash columns and hear underground rumbling. Arenal today has entered into an indeterminate resting phase though it is still a sight to be seen, measuring at 1,633 meters (5,358 ft) with a conically shaped crater spanning 140 meters (460 ft). Beyond the volcano, the Arenal area is considered the adventure capitol of Costa Rica. There are mountains to be hiked, volcano lakes to swim, rivers to run and world-famous volcano hot spring spas to relax at. Our stop in Arenal will include an exciting rainforest canopy zip line adventure, Volcano National Park hikes, and swimming and playing at volcano hot spring spas, all with amazing views of the Arenal Volcano. A special day here has been set aside for our local community service project.

### **Part 3: July 8-12: Monteverde Cloud Forest:**

The Monteverde Cloud Forest Biological Reserve is the most famous cloud forest reserve in the world and one of the most important protected areas in Costa Rica. It is visited by nature lovers from various countries desiring to enjoy, appreciate and study the abundant biodiversity of its ecosystems. Since 1973 Monteverde Cloud Forest Biological Reserve has been a living laboratory for hundreds of scientific researches, besides a destination for thousands of foreign visitors who support the ecotourism in Monteverde zone. Monteverde Cloud Forest Biological Reserve spans the Tilaran Mountain Range, on the Continental Divide in Costa Rica. A "green mountain" is what the traveler encounters at the end of the 1-hour trip up the steep dusty road that veers to the Northeast off the Inter-American Highway. The Reserve is a life sanctuary of nearly 5,000 hectares. Our program includes hikes, field study and eco-workshops, with local naturalists plus much more!

### **Part 4: July 12-15: Rincón de la Vieja National Park:**

Ecological diversity abounds at Rincón de la Vieja National Park, one of the parks in the Guanacaste Conservation Area. This park is a must-visit destination when you are in the Guanacaste Province. At over 34,000 acres, Rincón de la Vieja has room for two volcanoes, 32 rivers and streams, and an incredible variety of flora and fauna. The region hosts a wide variety of tropical forests, including dwarf cloud and montane ecosystems. Exotic and rare flora and fauna find refuge here including kinkajous, pumas, a variety of monkeys, sloths, tapirs, and jaguars. Rare emerald toucanets and blue-crowned motmots glow in the sunlight along with vibrant fuchsia and purple Guaria Morada orchids. Laurel and Guanacaste trees form canopies for birds and mammals to live in. A number of activities can be enjoyed at the park such as hiking, horseback riding, enjoying hot springs, swimming. Rincón de la Vieja is approximately 15 miles northeast of the city of Liberia, which is the capital of the Guanacaste Province. Our adventure lodge; is the essence of Costa Rica in one place! Sustainability, adventure, nature, culture, and wellness in one place. An adventure that will take you to discover Costa Rica, its natural and

cultural richness through authentic experiences in the peaks of the Rincon de la Vieja and its primary natural forests.

#### **Part 5: July 15-18: Pacific Coastal Adventure & Conservation - The Beach**

Our National Wildlife Refuge & Lodge is situated on Costa Rica's Southern Pacific Coast. This is a region of distinct natural beauty where forest covered mountains rise up from the dramatic Pacific coastline. The lodge is centered in a fantastic variety of habitats, from wetlands and secondary rainforests in the lowlands to primary rainforest on the highland coastal ridge. Seven kilometers of walking trails and three kilometers of pristine beach are here to be explored and played in! Daily adventures from our base include rainforest adventures, turtle conservation projects, surf school, plus much more!