JASON KREMKAU PORTEO IIIO Sundance Channel and Robert Redford bring you a new weekly primetime destination dedicated entirely to the environment. THE GREEN, sponsored by Lexus and Citi Smith Barney reflects the current tipping point in public awareness about ecological issues and the trend toward environmentally sustainable approaches to modern living. The destination is designed to be both edifying and entertaining, with an emphasis on information, practical advice and community building. From the original series, Big Ideas for a Small Planet, to documentary television premieres, to ECOISTS and ECOBIZ (bite-size profiles on eco-conscious celebrities & entrepreneurs), THE GREEN brings you programs that make a difference.





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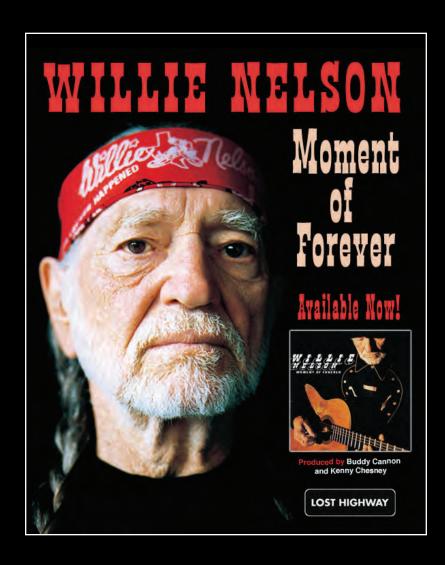
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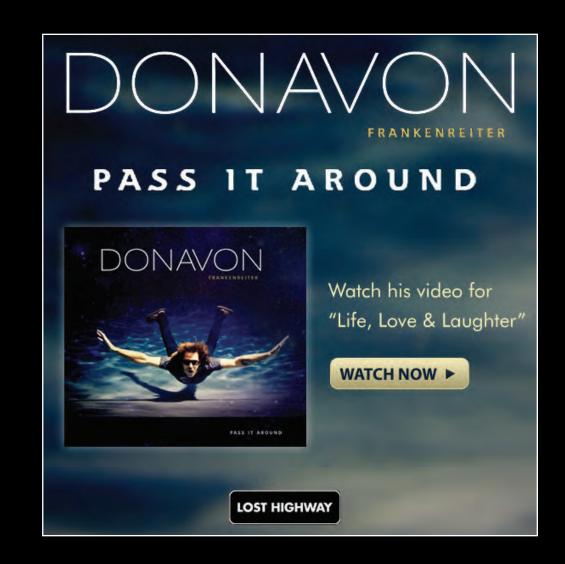


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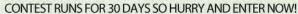




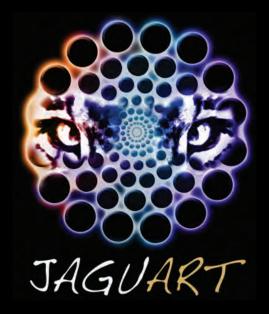


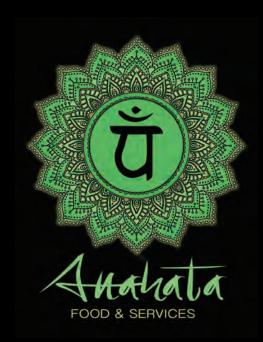




















































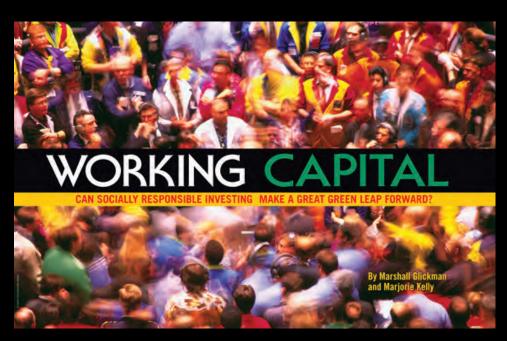




TRASHING GREENS

REPORTS OF ENVIRONMENTALISM'S "DEATH" MAY BE EXAGGERATED

[By JIM MOTAVALLE]



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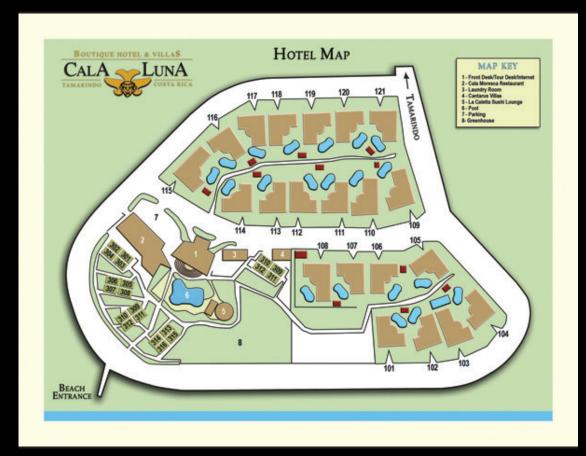


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Wildlife &

National Park Tours:



Volcano Rincon de la Vieja National Park

Located 100 kilometers from Tamarindo this national park is worth the ride as it is home to mammals including pumas, jaguars, tapirs and the monkeys that Costa Rica is famous for. Zigragging trails take you to a naturally heated suffurt hot spring, mud pools, a cool stream, waterfalls and svimming holes.

Rincon de la Vieja National Park is one of Costa Rica's most diverse ecological parks and is home to more than 300 species of birds. It is also the home of Costa Rica's national flower, the Guaria Morada, a beautiful purple orchid.

The last period of intense volcanic activity occurred between 1966 and 1975. The most recent eruptions were in 1998.







SUP Stand Up Paddle Boarding

Stand Up Paddle (SUP) boarding is becoming a sensation all over the globel Long, thick boards allow you to glide over reefs and explore nearby islands. Paddlers cruise over the flatwater of the bay taking in the coastline. Small surfs provide a little more challenge. Choose from the two hour Starter Course or the three hour Gold

Coast Cruise Tour. The Starter Course gets you in the water to learn SUP paddling techniques then takes you along the calm coastal waters where you will see rays, turtles and jellyfish, where experienced paddlers that take the Gold Coast Cruise Tour will seout moir e remote areas not accessible by a can and ride some fun, yet melliow, surf.





 Adventure paddle









BOUBA DIVING







currents and this provides a very Priendly diving neuronanis. The water trappendures are nits very conduces to comprehenses are this very conduces to comprehense are year. Most devices have the chance to see large schools of mobular year, enterprey, while to real status, and cutter. Other marine life that you will see includes angelish, Jacks, snapper, ordispus and eves.

The tour is a 2-tank days at Sites between 40 and 120 feet. Night dives are wallable during some periods of the year Full time instructors and (raining courses are available for those interested in getting certified in Costa Rica.

PADI Certifac



ARENAL VOLCANO



Lake Arenal

While it's a 4 ½ hour drive from the Flamingo area this symmetrical volcano that stands at over 5,400 feet is a sightseer's dream. After regular, almost clailly, laws and sath eruptions since 1968 the volcano went into a resting phase in 2010. But, the surrounding sites and activities - lakes, invers and hot springs - still make this one of the most visited areas of Costa Rica.

You will be taken by private shuttle to the area of La Fortuna where you can hike the borders of the voicano, traverses hanging bridges, do some zip lining, horseback riding and more. Lake Arenal, Costa Rica's largest landlocked body of water offers windswring, fishing and boating. After a day of invigorating outdoor adventure relax in the hot springs along side the sleepling cliant that is Areal Voicina.



ESCAPE FLAMINGO

Hot springs



ESCAPE VILLAS Travel Guide





