



## Report on the July 2009 Costa Rica Adventure

This was our 11<sup>th</sup> McDougall Adventure trip to the Guanacaste Area of Costa Rica—a region in the northwest of this ecologically preserved country. The major improvement in this past trip over the previous 10 was a change in hotels. We moved our operation to the Hilton Papagayo Hotel. This is a first class resort and made an important difference in our guests' comfort and happiness. There were a variety of dining rooms we were able to use. We had all of our breakfasts in the Papagayo rooms, which were enclosed and comfortable. Most of our lunches were served buffet-style in the large La Cosecha room. Lunch was served twice buffet-style in the open-air Grill del Fuego, looking over the beach. We had two dinners in the formal dining room called the El Dorado. Dinner was served in the amphitheater the evening the children danced for us.

More important than the physical settings was the food. The chef was American and professionally trained, and has worked in top restaurants all over the world. He took our low-fat vegan requests as a personal challenge and exceeded everyone's expectations. Read the comments from our guests to get an idea about the food. However, in my (Dr. McDougall's) opinion the desserts were too rich and too plentiful (but still made with no added oils or animal products).



Although Costa Rican beaches are open to the public, for all practical purposes, the Hilton beach is private. The two swimming pools are large and inviting. On the grounds of the hotel are hiking trails where wildlife such as monkeys, birds, butterflies, and iguanas are abundant.

The same guides we have worked with for almost 15 years cared for our travelers. The destinations to the parks, rainforests, canopy tour, horseback riding, and rafting were also the same great trips as we have been taking for years. Rather than motorboats for our ocean adventure we used a large sailboat to see the dolphins, turtles and to snorkel.

We plan the same trip for February 5 to 12, 2010; staying at the Hilton Papagayo Hotel. Take some time to read over the comments from our travelers and view their pictures. This is an amazing vacation that you cannot have with anyone else besides the McDougalls.

Right now there is a \$200 pp early signup discount. Airline transportation has never been less expensive. Go to our [website](http://www.drmcDougall.com) and secure your place for this once-in-a-lifetime adventure trip.

[Testimonies](#) from July 2009

[Photos](#) from July 2009

John McDougall, MD