



Report on the July 2011 Costa Rica Adventure

This was our 18th McDougall Adventure trip to Costa Rica. More than 100 people attended. John and Mary McDougall, along with their grandson, Jaysen, participated fully in the adventures this time. The Hilton Papagayo Hotel is a first class resort, which provided exceptional McDougall food. Mary has included some recipes in this newsletter for the most requested dishes served during this trip. Some of the same guides we have worked with for almost 18 years cared for our travelers.



New Destination for January 7 to 14, 2012

[The Marriott, Los Suenos in Southwest Costa Rica](#)

Travel & Leisure Magazine, June 2011, rated the Marriott, Los Suenos, as one of the top 10 best hotels in Central and South America. This trip is all-inclusive (hotel, food, adventures, alcoholic and non-alcoholic beverages). Right now there is a \$200 pp early signup discount. Airline transportation has never been less expensive. We are using our same

reliable official Costa Rican guides. Food is all low-fat, vegan, McDougall-style. This trip will be sold out soon—there is very limited space.

Go to our website and [secure your place](#) for this once-in-a-lifetime adventure trip.

For more information and to signup call Carol at (800) 941-7111 or (616) 874-8155 or write to carol@drmcdougall.com.

[Testimonies and photos from previous McDougall Adventure trips](#) to Costa Rica are available.



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