



**CHILDREN'S ETERNAL
RAINFOREST**
BOSQUE ETERNO
DE LOS NIÑOS



Pocosol Station

Welcome to Pocosol Station, part of the Children's Eternal Rainforest (or "BEN" after its Spanish name, Bosque Eterno de los Niños). The BEN is so named because it was bought and protected thanks to the fundraising efforts of children from around the world. The campaign was sparked by a group of Swedish primary school students in the late 1980's, and quickly gained support from other schools, individuals, and organizations from 44 different countries.

The BEN is the largest private reserve in Costa Rica and, straddling 7 different life zones, is one of the most biologically diverse 23,000 hectares (56,000 acres) on the planet. The BEN is owned and managed by the Monteverde Conservation League, a Costa Rican nonprofit organization whose mission is to conserve, preserve, and rehabilitate tropical ecosystems and their biodiversity.

Pocosol Station is a delightful rustic lodge located on the Caribbean slope of the Children's Eternal Rainforest. It offers simple, deep-forest accommodations to tourists, student groups, and researchers.

The forest at Pocosol bridges forests from the Caribbean lowlands and those high on the Continental Divide, making for an incredible biodiversity and great scenic beauty. The 6-mile trail system runs through primary and secondary forest at elevations ranging from 700 to 1,000 meters above sea level, giving hikers the opportunity to explore both premontane rainforest (rich in bromeliads and other epiphytes) as well as tropical wet forest found on lower slopes (richer in ferns and heliconias). A visit to Pocosol offers unparalleled opportunities for close-up views of a wide range of tropical flora, and the possibility of glimpsing a diversity of fauna rarely found in a single location.

Pocosol features a natural lake perfect for bird watching, dozens of small mountain streams, views of a spectacular waterfall, and even boiling volcanic mud pits (fumaroles). The climate at the station is moderately warm (18° to 32° C or 65° to 90° F); most days offer a mix of sun and rain, with constant high humidity.

Pocosol offers lodging for up to 36 people in bunk-style rooms, each with a private

hot-water bathroom and balcony. Guests are served three hearty, home-cooked meals each day, and tea/coffee are available throughout the day. Special diets can be accommodated with advance notice. There is ample potable water from a mountain spring. The station has electricity and internet, and bedding and towels are provided. There is no cell phone service (station managers have phone and radio communication in case of emergency). Smoking, drugs, alcohol, and pets are not permitted.

Day, night, and birdwatching tours with a professional natural history guide can be arranged with advance notice (additional costs apply).



What to Bring / How to Prepare

Be prepared for rain and mud!

- Rubber boots or sturdy hiking boots for hiking on trails and around the station. (Good rubber boots can be purchased inexpensively in La Fortuna, Ciudad Quesada, or La Tigra)
- Sandals or light sneakers for wearing inside the station
- Poncho or raincoat (and rain pants if you plan to spend full days in the field)
- Clothes for hiking into and around the station: lightweight long pants, layers on top, and extra socks
- Change of clothing for wearing inside: lightweight pants and shirt (your field clothes may be damp and muddy)
- Warm shirt or sweater for chilly evenings
- Reliable flashlight and spare batteries
- Toiletries, medications, repellent, and other personal items
- Water bottle

- Walking sticks (optional)
- Binoculars and camera (optional)
- Pack inside plastic bags to protect belongings from rain

