

Saginaw Valley State University OLLI presents...

Costa Rica: A World of Nature

November 6 – 18, 2022



For more information contact
Shelley Wegner
Saginaw Valley State University OLLI
(989) 964-2207
mawegner@svsu.edu



Small Group Travel rewards travelers with new perspectives. With just 12-24 passengers, these are the personal adventures that today's cultural explorers dream of.

13 Days • 24 Meals: 12 Breakfasts, 4 Lunches, 8 Dinners

HIGHLIGHTS... Tortuguero National Park, Cooking Demonstration, Sarapiquí, Tirimbina Rainforest Center, Chocolate-Making Demonstration & Tasting, River Safari, Forest Reserve Guided Walk, Hanging Bridges, Arenal Volcano, Choice of Zip Lining or Volcano Lava Field Hike, Manuel Antonio National Park, Jungle Crocodile Safari & Bird Watching

ITINERARY AT A GLANCE

Day 1	Doubletree Cariari Hotel, San Jose
Days 2, 3	Evergreen Lodge, Tortuguero
Days 4, 5	Tilajari Hotel Resort, San Carlos
Days 6 – 8	Arenal Springs Resort, Arenal
Days 9 – 11	Los Suenos Marriott Costa Rica, Playa Herraduras
Day 12	Doubletree Cariari Hotel, San Jose

On some dates alternate hotels may be used.

Explorations: These small group tours give travelers access to the world in a truly authentic way. On these active, immersive journeys, travelers connect with the cultures of the world on a deeper, more meaningful level in ways that are hard to replicate. The group size is kept small, allowing these journeys to be the most active, engaging, and rewarding experience possible.

Day 1: Sunday, November 6, 2022 San Jose, Costa Rica - Tour Begins *Pura vida*. In English, it translates to “the simple life.” But *pura vida* is so much more: it’s an attitude; a celebration of life in the moment. It’s time to experience what *pura vida* means to you. You’re on your way to explore a place that’s unlike anywhere else in the world, where *pura vida* is an unofficial motto and a way of life. Welcome to the emerald of Central America: Costa Rica.

Day 2: Monday, November 7, 2022 San Jose - Tortuguero National Park Seemingly endless mountain horizons. Complex evergreen forests. These are the wonders of Tortuguero National Park. Travel by boat* to your hotel before heading further down the rivers and canals to the world’s first sea turtle research station. Next, a local will teach you all about his village and its previous history as a coconut plantation. Watch as he demonstrates how they use coconuts before trying your hand at making a local favorite: coconut candy. Later, have time to explore Tortuguero town with your Tour Manager. Get away from it all and relax at your lodge set in the middle of the jungle, your home for the next two nights. From the morning calls of the monkeys to the gentle chatter of the birds, listen to the active sounds of the rainforest around you. (B, L, D)

Day 3: Tuesday, November 8, 2022 Tortuguero National Park Begin the day on an excursion to search for the elusive green macaw and other unique winged creatures that flock to Tortuguero. Embark on a nature cruise, getting a glimpse into the life of jaguars, manatees, ocelots, and more. The rest of the day is yours to enjoy your Tortuguero resort. (B, L, D)

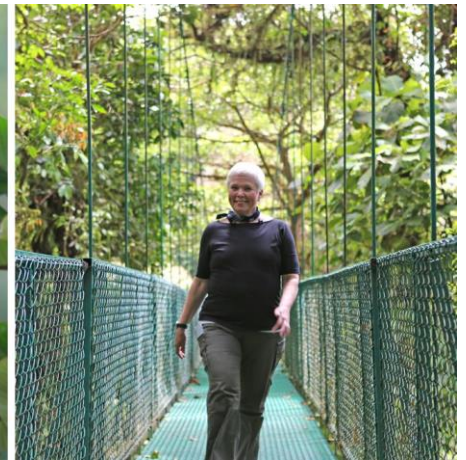
Day 4: Wednesday, November 9, 2022 Tortuguero National Park - Sarapiquí - San Carlos Take a boat back to the mainland and make your way towards Sarapiquí and Tirimbina Rainforest Center. Spend time at a cacao plantation and see the process of converting the seed from bean to bar, tasting for yourself why cacao is called “the food of the gods.” Later, arrive at your secluded nature resort, nestled on the edge of the San Carlos River. Stroll the butterfly and botanical gardens lined with fruit trees, including lemon, soursop, guava, mango and tangerine. (B, L, D)

Day 5: Thursday, November 10, 2022 San Carlos Explore the beauty of your surroundings on a Peñas Blancas River Safari. Paddle and float down the river on a peaceful adventure, taking in the sights and sounds of the rainforest as your naturalist guide describes the intricacies of the wildlife around you. Visit the *finca* of a local family and try specialty snacks such as banana bread, gourmet Costa Rican coffee and more. End your day with a guided walk through a private, primary forest reserve for a look at the various flora and fauna. (B, D)

Day 6: Friday, November 11, 2022 San Carlos - Hanging Bridges - Arenal Today, suspended over the rainforest floor, relish a bird’s-eye view of the jungle on a guided tour of Arenal’s famous hanging bridges. High above the jungle canopies, marvel at a cloud forest taking shape around you. Settle into your resort where you’ll be surrounded by striking views of Arenal’s famous volcano for the next 3 nights. (B, D)

Day 7: Saturday, November 12, 2022 Arenal Today, it’s your choice! Since Costa Rica is the birthplace of zip lining, glide over the canopies on a mind-blowing rip through the jungle -OR- make your way across lava fields for an up-close-and-personal look at the volcano on a moderate hike along the trails formed by lava during the 1968 eruption. The afternoon is yours. Perhaps you’ll discover the town of La Fortuna or relax in the hotel’s naturally heated pools. Also consider an optional excursion to a family-owned *finca* with an included farm to table lunch. (B, D)

Day 8: Sunday, November 13, 2022 Arenal In the shadow of Arenal Volcano, the day is yours to enjoy at leisure. Perhaps you will opt to immerse yourself in wildlife as you float along a river on the Cano Negro Wildlife Refuge cruise, or, if you’re feeling adventurous,



Per Person Rates* :

Double \$3,349 ; Single \$4,149****

Included in Price: Round Trip Air from Detroit Metro Airport, Air Taxes and Fees/Surcharges, Hotel Transfers

Not included in price: Cancellation Waiver and Insurance of \$315 per person

Limited Availability. All space is on a first come first serve basis.

* All Rates are Per Person and are subject to change

**Non-members will pay cost of OLLI membership in addition to the member rate and will receive a 2021/2022 membership of \$30 (paid to SVSU OLLI)

IMPORTANT CONDITIONS: Your price is subject to increase prior to the time you make full payment. Your price is not subject to increase after you make full payment, except for charges resulting from increases in government-imposed taxes or fees. Once deposited, you have 7 days to send us written consumer consent or withdraw consent and receive a full refund. (See registration form for consent.)

opt for an exhilarating white water rafting experience.** Or simply hang back at the resort, choose a spa service, explore the grounds, and soak in one of Arenal's famous hot springs. (B)

Day 9: Monday, November 14, 2022 Arenal Volcano - Coffee Plantation - Playa Herradura This morning, wake up and smell the coffee at a local farm that produces some of Costa Rica's well-known beans. Take a tour with local plantation workers and have a chance to discuss what life is like for these coffee farmers. In the afternoon, head to Playa Herradura and settle into your resort for the next 2 nights. As the day draws to a close, watch the sun set over the Pacific alongside birds in every color of the rainbow. (B, D)

Day 10: Tuesday, November 15, 2022 Playa Herradura Today is yours to spend as you please. Take advantage of your resorts many amenities and enjoy a quiet day by the pool or at the spa. If you're looking for more adventure, there are ample opportunities in the surrounding area to fish, hike and enjoy nature. (B)

Day 11: Wednesday, November 16, 2022 Playa Herradura - Manuel Antonio National Park - Playa Herradura Welcome to Manuel Antonio National Park, home to verdant rainforests and white sand beaches. In this natural wonderland, traverse the trails where the wild things are, or go for a swim in the turquoise waters as wildlife rummages in the canopies. (B)

Day 12: Thursday, November 17, 2022 Playa Herradura - Tárcoles - San Jose See wild crocodiles among the mangroves of Tárcoles' Rio Grande. On this exhilarating jungle crocodile safari, you'll boat beneath the towering jungle, looking along the river banks for a glimpse of these incredible creatures. Then say goodbye to the coast and hello to San Jose. Toast to the *pura vida* of Costa Rica tonight over a farewell dinner. (B, L, D)

Day 13: Friday, November 18, 2022 San Jose - Tour Ends Bid Costa Rica farewell as your tour comes to an end today. (B)

Experience It! Tortuguero National Park

Located on the Caribbean Coast, this remote national park (accessible only by boat or airplane) is one of Costa Rica's most popular ecotourism destinations. Tortuguero — that translates to “region of turtles” in Spanish — is the most important nesting site of the green sea turtle. Four of the world's eight species of sea turtles call Tortuguero their home including the Leatherback, Olive Ridley, Loggerhead and Hawksbill turtles. With over twenty miles of coastline and over 46,000 protected acres, the park is also home to a variety of animal species including jaguars, reptiles, macaws and over 300 species of birds. Wildlife and nature is abundant in this biologically diverse park consisting of several habitats including rainforest, mangrove forests, swamps, beaches and lagoons. Your lodging at the edge of the park offers environmentally friendly accommodations and a network of rainforest trails throughout the property. Here you are able to relax in comfort while being in complete harmony with nature.

For more information visit

<https://gateway.gocollette.com/link/937257>

PLEASE NOTE:**IDENTIFICATION**

Passports are required for this tour at your expense. Certain countries require a minimum of 6 months passport validity from date of return home. You are strongly urged to contact the appropriate consulate for details. Visit www.travel.state.gov for the U.S. State Department for the latest details about passports and visa requirements.

IMPORTANT: We recommend that our clients traveling abroad take a photocopy of their passport and applicable visas. It should be packed separately from your actual passport and visa. We also recommend leaving a copy at home with your emergency contact.

Museum visits and shopping may be affected by the observance of religious or local holidays.

The days and order of sightseeing may change to best utilize your time on tour.

Hotel check-in on your day of arrival is 3:00 p.m. Rooms may not be available prior to that time.

Smaller buses, which may not be lavatory equipped, may be used on this program. In this case, frequent stops are made during travel periods.

Single accommodations are limited and are available on a first come, first served basis.

IMPORTANT TRAVELERS INFORMATION

We want you to enjoy your tour with us; therefore, it is important that you know this tour is an adventure! You will view spectacular scenery while experiencing the culture and heritage of the region. We have selected small, comfortable hotels and eco-lodges for their locations and they may be considered rustic. Air conditioning and elevators are not available in all properties used on this tour. Travelers must be in good health as sightseeing requires walking on uneven terrain; wheelchairs and walkers cannot be accommodated on this tour.

REGISTRATION:

Please fill out the registration packet (not apart of the brochure) and bring it to the OLLI office on the day of registration. Reservations are on first-come, first-served basis. **A passport and proof of vaccination is required for this trip and must be valid through eight months following the end date of the tour.** A copy of your passport is required at the time of registration. If you are looking for a roommate please let us know. Our office will maintain a wait-list if this trip fills to capacity.

TRIP ACTIVITY LEVEL:

The activity level for this tour is **VERY ACTIVE**. To experience the program and destination, you need to be able to participate in physical activities for up to three hours at a time. Travelers should be healthy enough to participate in all included walks, without assistance, (up to three miles at time), walking over uneven terrain, climbing stairs, hanging bridges, be able to climb in and out of water vessels and endure periods of standing. Some of the touring days may be longer, with select included activities occurring later in the evening.

TRIP INSURANCE:

We highly recommend trip insurance. Insurance must be paid at time of deposit. To review full plan details online, go to: <http://www.tripmate.com/wpF430C>. It is the traveler's responsibility to review insurance coverage to make sure it meets your needs prior to purchase.

AIR DETAILS:

Our package includes round-trip air from Detroit, air taxes and fees/surcharges. Specific flight information will be provided at a later day. If we have an early flight the night before, we will stay overnight in Detroit near the airport (an additional hotel fee will be approx. \$60/\$120 per person). Please note that upon exiting Costa Rica, you will be required to *pay approximately \$32 in taxes and fees in local currency or USD.*

CANCELLATION FEES:

Collete's cancellation policies will prevail. (Please note that insurance fees are not refundable). All cancellations must be made in writing to the OLLI office by the traveler. You will be subject to a \$50 change of reservation fee payable to SVSU-OLLI, and any other charges imposed by the airlines or trip provider depending on the date the cancellation takes place.

To complete your tour, we include roundtrip airport-to-hotel transfers when purchasing our airfare with your tour. If you have arranged for your own air, we are pleased to provide you the option of *purchasing* these transfers. Please note that all transfers will leave at pre-scheduled times.

*Due to luggage size and weight restrictions on the boats, please bring an overnight bag for the 2-night stay in Tortuguero National Park. Your main luggage stays in San Jose and joins you upon your return to the mainland.

**White water rafting is subject to the operator's safety restrictions.

Travel with no more than 24 guests on this tour where a smaller group setting means a more personal travel experience.

The overall activity level of this tour is a level 3. This means you're an on-the-go traveler. You don't want to miss a thing, so walking and standing for longer periods of time (1-2 hours) isn't a big deal. You can navigate hills and uneven ground, climb into various modes of transportation (tuk-tuk, cable car, Zodiac, etc.), and could possibly anticipate changes in elevation. You can expect some longer days balanced with free-time to recharge or set out on your own adventure.

Please be advised many airlines do not provide advance seat assignments until check-in at the airport. Advance seating will be subject to the airline's terms and conditions.

Economy air rate and schedule are applicable for groups of 10 or more traveling on the same flights and dates.

A non-refundable deposit of \$600 per person is due upon reservation.

Reservations are made on a first come, first served basis. Final payment due by September 08, 2022.

CST#2006766-20 UBN#601220855 Nevada Sellers of Travel Registration No. 2003-0279

For important reservation information visit

<https://gateway.gocollette.com/link/937257>.

You can also find this information on your tour documents.



Arenal

Natri Spa Treatment-Arenal Springs (Day 8)

\$180 USD

“What is good for the body is good for the soul.” A well-deserved spa visit provides a complete treatment experience to replenish your mind, body and soul. Experience supreme pampering and relaxation with a choice of one of several different exhilarating spa service packages. Each package includes 3 different spa treatments from aromatherapy and mud massages to exfoliation and reflexology. Certified therapists will guide you to a state of complete relaxation as you enjoy unforgettable therapeutic facial and body treatments. Your choice of packages are:

Citrus Spa Package (135 minutes) – Citrus Exfoliation, Aromatherapy Massage, Natural Mask

Sanctuary Package (135 minutes) – Herb Exfoliation, Relaxing Massage, Reflexology

Springs Spa Package (125 minutes) - Sugar & Honey Exfoliation, Mud Massage, Facial Massage This option is available only to those guests who are staying at the Arenal Springs Hotel. *Duration: Approximately 2 hours.* Please note a minimum of 1 passengers is required. Transportation is included.

Cano Negro Wildlife Refuge Cruise (Day 8)

\$75 USD

Embark on a Cano Negro guided riverboat trip in a panga (covered canoe). These 20,000 acres are home to the largest viewable collection of indigenous wildlife in all of Costa Rica. Go in search of crocodiles, river otters, sloths, river turtles, exotic birds and rare butterflies *Duration: Approximately 8 hours.* Please note a minimum of 10 passengers is required. Transportation is included.



White Water Rafting Experience (Day 8)

\$75 USD

Embark on a fun-filled white water rafting adventure that is great for all levels of rafters. The half-day adventure on the Rio Balsa or Sarapiquí River provides plenty of action and thrills, but with milder white water rapids, Class II-III. Your river guide will pick you up at your hotel and join you on a short drive to the “put-in” spot where the fun begins. Guests will receive a thorough briefing and explanation of the safety equipment and procedures. Once everyone has had time to practice and review the commands and “high-fives” you will embark on your journey down the rapids. Get wet and wild as you navigate rapids on your 2-hour adventure tour down the beautiful and tropical river. Drink in the majestic foliage of the rainforest as you watch for monkeys, sloths and toucans while you raft. You will come to understand the meaning of Costa Rica’s favorite saying, “Pura Vida!” and the best Class II-III white water rafting in the region! *Duration: Approximately 3.5 hours.* Please note a minimum of 10 passengers is required. Transportation is included.

Costa Rican Farm (Day 7)

\$45 USD

Envelop yourself in Costa Rican culture at Finca Don Juan. Explore this family-owned farm, getting a peek into the daily lives of the locals. During a tour of the gardens, learn how the plants are organically grown through the concept of sustainability. The farm considers itself a “classroom without borders.” Taste the exotic fruit harvest and experience the traditional way to process sugar cane. Enjoy a sip of cane liquor before engaging in a culinary demonstration and a farm-to-table lunch. *Duration: Approximately 3.5 hours.* Please note a minimum of 8 passengers is required. Transportation is included.



**162 Middle Street
Pawtucket, RI • 02860
Phone: 1-800-852-5655 Fax: 1-401-727-9014**

If paying by credit card, please complete this form and return to Saginaw Valley State University OLLI. We can only charge your credit card for the amount noted if the signature, address and phone number are listed below. Thank you!

CREDIT CARD AUTHORIZATION FORM

BOOKING NUMBER: 937257

TOUR: Costa Rica: A World of Nature *featuring
Tortuguero National Park, Arenal Volcano & Manuel
Antonio National Park*

DEPARTURE DATE: November 6, 2022

GROUP NAME: Saginaw Valley State University
OLLI

Name of Passenger:

Salutation: _____ First Name: _____ Middle Initial: _____ Last Name: _____ Suffix: _____
(Mr., Mrs., Rev.) (Please print as it appears on Passport) (Jr., Sr.)

Cardholder Name: _____
(Please print as it appears on your Credit Card)

Cardholder Address: _____
(as it appears on your credit card statement)

Cardholder Phone: _____

Credit Card Type: ___ American Express ___ Discover ___ MasterCard ___ Visa

Credit Card Number: _____

Expiration Date: _____ Amount to be charged: \$ _____

Cardholder's Signature: _____ Date: _____

I agree to pay according to the card issuer agreement. I understand and accept Collette cancellation policy, terms and conditions.

Participating credit card companies are now requiring a billing address and phone number for **FRAUD PREVENTION**. All information **MUST** be provided. Thank you for your cooperation!
If using your credit card for payment, please return this Authorization Form by mail to:

Saginaw Valley State University OLLI
Attn: Shelley Wegner
7400 Bay Rd
University Center, MI 48710-0001

Above credit card information has been called in to Collette.



TRAVEL DATE: 11/06/2022 TERRITORY: M1
RES#: 937257

**Costa Rica: A World of Nature featuring
Tortuguero National Park, Arenal Volcano &
Manuel Antonio National Park**

For Reservations Contact: Shelley Wegner (989) 964-2207 email: mawegner@svsu.edu
Saginaw Valley State University OLLI, 7400 Bay Rd, University Center, MI 48710-0001

Final payment due by September 08, 2022.

YOUR INFORMATION:

Clearly print your full name (first/middle/last) **as it appears on your government issued travel documentation.**

IMPORTANT: In order to avoid any unnecessary change fees, it is imperative that all guest names are entered correctly from the start. The information below must be the legal name and be 100% identical to the ID being used to travel <passport/driver's license> including middle names or suffixes <Jr, Sr>.

First: _____ Middle: _____ Last: _____ Suffix: _____

Nickname: _____ Gender: () Male () Female Date of Birth: month _____ day _____ year _____

Address: _____ City: _____ State: _____ Zip Code: _____

Phone: () _____ Cell: () _____ Email Address: _____

Passport Number: _____ Expiration Date: (month/day/year) _____ Date of Issuance: (month/day/year) _____

City, State, Country of Issuance: _____ Citizenship: _____

Should you become ill or injured, whom should we contact (not traveling with you): _____ Phone: () _____

ROOMING WITH: Check if address is the same as Passenger #1

First: _____ Middle: _____ Last: _____ Suffix: _____

AIR GATEWAY: Departure airport for this tour: _____

Air Seat Request: () Aisle () Window () Next To Traveling Companion

Collette cannot guarantee your seat preference. If you have not purchased air through Collette and wish to purchase transfers, you must transfer at our pre-scheduled times. Please be advised, when travelling as part of a group, many airlines do not provide seat assignments. Preferred seating may be available for an additional charge.

"Federal law forbids carriage of hazardous materials such as aerosols, fireworks, lithium batteries & flammable liquids aboard the aircraft in your checked or carry-on baggage. A violation can result in 5 years' imprisonment and penalties of \$250,000 or more. Details on prohibited items may be found on TSA's "prohibited items" web page: <http://www.tsa.gov/traveler-information/prohibited-items>."

TRAVEL PROTECTION: () Yes, I wish to purchase travel protection \$315 () No, I decline

If you choose not to purchase Collette's Waiver Insurance Plan, you will incur penalties for changes and cancellations. Travel Protection Payment is due with first deposit. The Waiver Fee does not cover any single supplement charges which arise from an individual's traveling companion electing to cancel for any reason prior to departure. The single supplement will be deducted from the refund of the person who cancels. (There is coverage under Part B which includes a single supplement benefit of \$1,000 for certain covered reasons. See Part B for details.)

ON TOUR ACTIVITIES: Please choose one of the following on tour activities

Please Choose One - These are for Day 7:

() Volcano Hike

() Sky Adventures (zip lining)

PLEASE MAKE CHECKS PAYABLE TO: Collette Tours () Check () Credit Card **Unless payment is for OLLI membership for non-members.**

Waiver/Insurance Amount: \$ _____ Deposit Amount: \$ _____ Total amount enclosed: \$ _____

Cardholder Name (if paying by Credit Card): _____

Cardholder Billing Address: Check if address is the same as above _____

Cardholder Phone: _____ Amount: \$ _____

Credit Card Number: _ Expiration Date: _ _ / _ _ / _ _
M M Y Y

SIGNATURE REQUIRED for acceptance of the below conditions and agreement to credit card use:

Date: _____

I agree to pay according to the card issuer agreement. I understand and accept the cancellation policy, terms and conditions. See <http://www.gocollette.com/about-collette/terms-and-conditions> for full terms and conditions of your purchase.

Important Conditions: Your price is subject to increase prior to the time you make full payment. Your price is not subject to increase after you make full payment, except for charges resulting from increases in government-imposed taxes or fees.



162 Middle Street
 Pawtucket RI 02860
 Phone: 1-800-852-5655, Fax: 1-401-727-9014

TOUR: Costa Rica: A World of Nature *featuring Tortuguero National Park, Arenal Volcano & Manuel Antonio National Park*
GROUP NAME: Saginaw Valley State University OLLI

DEPARTURE DATE: Nov 06, 2022
BOOKING NUMBER: 937257

AVAILABLE PREPAID OPTIONS

Personalize your tour by adding an optional activity below. Our recommended options have been carefully chosen to help enhance your individual experience. Complete the provided Prepaid Options Form to reserve your options.

Availability is limited and reservations are on a first come, first served basis. Payment must be received no later than 15 days prior to departure. Prices are subject to change. Children under the age of 18 **MUST** be accompanied by an adult.

PASSENGERS NAME: (Please submit a separate form for each passenger)

Salutation: _____ First: _____ Middle: _____ Last: _____ Suffix: _____ Nickname: _____
(Mr., Mrs., Rev.) (Please print **EXACTLY** as it appears on Passport) (Jr., Sr.)

	Option	Price Per Person (USD)
✓	Natri Spa Treatment-Arenal Springs <i>This option is available only to those guests who are staying at the Arenal Springs Hotel.</i>	180.00
_____	Cano Negro Wildlife Refuge Cruise	75.00
_____	White Water Rafting Experience	75.00
_____	Costa Rican Farm	45.00

Please make checks payable to Collette and send to:

Saginaw Valley State University OLLI
 Attn: Shelley Wegner
 7400 Bay Rd
 University Center, MI 48710-0001
 Fax: (989) 964-6066

For Office Use Only:

- _____ Emergency Contact
- _____ Passport
- _____ Insurance
- _____ Proof of Vaccination (Seen)

SVSU-OLLI - Emergency Contact Information
Costa Rica – November 6-18, 2022

Your Name _____ Birth Date _____

* Your Cell Phone Number _____

Traveling Companion (if you have one) _____

Primary Emergency Contact:

Name: _____ Relationship _____
Home Phone _____ Work Phone _____
Cell Phone _____

Secondary Emergency Contact:

Name: _____ Relationship _____
Home Phone _____ Work Phone _____
Cell Phone _____

Do you carry medications for emergencies? (Nitro, insulin, etc.) If so, where do you keep it?

Allergies/Reactions: _____

Additional Information: _____

While OLLI of SVSU will not knowingly permit any person to put themselves in a position of risk to health and safety, I acknowledge that I will also be responsible for my health and safety.

In the event of injury or illness while participating on any tour, if I am unable to consent to treatment or care, I do hereby specifically give my permission to the SVSU representative to seek medical diagnosis, treatment, care and advice for me.

Signed: _____ Date: _____

Please complete this form and hand it in with final payment

We will shred the form at the conclusion of the trip.