

# COSTA RICA: A WORLD OF NATURE

*January 28 - February 8, 2016*



***Trip information session:***

***Monday, February 9 @ 1:30 p.m. in  
C129. Call (989)964-4475 to register.***



**SAGINAW VALLEY  
STATE UNIVERSITY**



**Osher Lifelong Learning Institute [www.svsu.edu/olli](http://www.svsu.edu/olli)**

## Costa Rica: A World of Nature

On this OLLI trip you will experience the beautiful and diverse areas of Costa Rica. Highlights include Tortuguero National Park where you will be surrounded by wildlife. You'll visit a pineapple plantation, learn about bats, and enjoy a rafting adventure on the Sarapiquí River. Near the majestic Arenal Volcano, you may opt to take a "hanging bridges" tour or soak away your worries in the luxurious soothing waters of one of the region's famous hot springs. Other trip highlights include Manuel Antonio National Park, a coffee plantation tour, and jungle crocodile safari.

### This 12 - Day Trip Includes

- Round-trip air transportation, airport transfers, and motorcoach transportation to the Detroit airport from SVSU.
- Eleven nights lodging in comfortable, well-located hotels and lodges. One night in San Jose, two nights in Tortuguero, two nights in Sarapiquí, three nights in Arenal, two nights in Tarcoles, and one night in San Jose.
- Breakfast daily, four lunches and nine dinners.
- Collette's cancellation waiver and insurance, valued at \$260 per person.
- Pre-trip dinner at SVSU approximately two weeks prior to departure.
- All tours and admission fees as outlined in the trip itinerary.



### About Our Lodging

- Day 1, 11:** Doubletree Cariari Hotel, San Jose. Just five miles from the airport, this hotel features colonial hacienda architecture and spacious comfortable rooms.
- Day 2, 3:** Evergreen Lodge, Tortuguero. Accessible only by water or air, this lovely lodge has 55 rooms, a swimming pool and a beautiful dining room that compliments the jungle paradise surrounding it.
- Day 4, 5:** Sarapiquí Rainforest Lodge, Sarapiquí. This unique rain-forest ecolodge was originally built as a 15th century Pre-Columbian village.
- Day 6 - 8:** Mountain Paradise Hotel, Arenal. Boasting the best volcano view in the area, this 46 room hotel combines nature and luxury.
- Day 9, 10:** Hotel Punta Leona, Tarcoles. This full-service resort is set amid one of the most beautiful beaches in Costa Rica.



### Pre -Trip Dinner

We will offer a pre-trip dinner about two weeks prior to departure. You will receive your travel documents and we'll go over trip logistics. A representative from Collette Vacations will be on hand to answer your questions. You will receive a specific date for the dinner at a later time.

### Travel Provider: Collette Vacations

Collette Vacations is a third generation, family-owned company headquartered in Pawtucket, Rhode Island with offices in Toronto and Vancouver, Canada; and London, England. Collette's employees are travel experts who are passionate about travel and who strive daily to make your vacation worry-free, fun, and memorable. They offer more than 150 expertly designed, escorted tours, spanning 50-plus countries on all seven continents. Founded in 1918, they are the oldest major U.S. tour operator.



**COLLETTE**  
VACATIONS

# Trip Itinerary

## **Day One: Thursday, January 28 (SVSU - San Jose)**

Depart SVSU via motorcoach for your flight from Detroit to San Jose. After checking into the hotel, you will have free time to explore the area. Dinner will be on your own at the hotel's open-air restaurant or at a nearby shopping plaza. *(Note: if we have an early flight, we will stay overnight in Detroit near the airport on the evening of January 27.)*

## **Day Two: Friday, January 29 (San Jose - Tortuguero National Park)**

Begin the day surrounded by dormant volcanos and crater lakes as you journey through Braulio Carrillo National Park en route to the Caribbean lowlands. Along the way, take in the mountain vistas and Caribbean-style villages. Later, discover the natural wonders of the rainforest of Tortuguero National Park as you cruise the rivers and canals with your guide. Enjoy a two-night stay at your eco-lodge surrounded by the beauty of a tropical forest and an array of wildlife. Visit the world's first Green Turtle Research Station and discover how to protect the turtle's nesting habitat and eggs. The day ends with a welcome reception and dinner. (B/L/D)

## **Day Three: Saturday, January 30 (Tortuguero National Park)**

The day begins with an early morning bird watching excursion. Later, find yourself surrounded by wildlife as you embark on a cruise through the park. Keep an eye out for howler monkeys, sloths, toucans, and caimans, as well as exotic flora. Tortuguero National Park, a study in rainforest, freshwater and marine biology, protects over 350 species of birds and mammals including 57 species of amphibians, 111 species of reptiles, and 60 mammal species. (B/L/D)

## **Day Four: Sunday, January 31 (Tortuguero National Park - Sarapiquí)**

Embark on a leisurely boat ride to the mainland as you travel to the fascinating Sarapiquí region. We'll stop at an organic pineapple plantation to learn about the various types of this exotic fruit and taste why Costa Rican pineapples are among the best. We also join a local expert at La Tirimbina Biological Reserve for a fascinating presentation on bats, explaining the biological importance of these flying mammals. (B/L/D)

## **Day Five: Monday, February 1 (Sarapiquí)**

At a cacao plantation you'll discover the history and continuing importance of cacao to Central America's economy. You'll observe the process of producing chocolate and sample the delicious finished product. Add some zest to your life with an exhilarating Sarapiquí River rafting adventure. Before dinner, enjoy a culinary demonstration by a Costa Rican chef and learn how to cook palmito (hearts of palm) picadillo, tortillas, plantains, and refried beans. (B/D)

## **Day Six: Tuesday, February 2 (Sarapiquí - Arenal)**

Begin the day engulfed in nature with an early morning bird watching tour along the natural forest trails and nearby stream. Later, behold the spectacular view of Arenal Volcano and absorb the tranquility of your surroundings in Arenal. (B/D)

## **Day Seven: Wednesday, February 3 (Arenal)**

Today you will visit a family-owned farm and experience the life of a Costa Rican farmer. Visit gardens of native and exotic medicinal plants and oversee the caretaking of edible crops. Learn about the biodiversity on the farm, sustainability, and Costa Rican folklore among many other things. Enjoy lunch on the farm with a selection of Costa Rican favorites. Spend the afternoon at leisure and enjoy the lodge's amenities, relax in a hot springs, or explore the nature trails. (B/L)

## **Day Eight: Thursday, February 4 (Arenal)**

Today you get to choose from three amazing experiences! Perhaps you will experience a one-of-a-kind combination of pure air and rainforest on a delightful "hanging bridges" tour. Or, you may choose to soar through the Arenal Volcano Rainforest on an amazing zip line canopy tour to gain a bird's-eye view of the endless forest, Lake Arenal and the majestic Arenal Volcano. Maybe your choice will be to simply relax and soak away your worries in the luxurious soothing waters of one of the region's famous hot springs. (B/D)

## **Day Nine: Friday, February 5 (Arenal)**

Travel the beautiful checkered landscape surrounding Lake Arenal while enroute to the Pacific coast. Explore the natural surroundings and exotic wildlife of the Tarcoles River during a sunset jungle crocodile safari and bird watching boat excursion. You'll see the awesome mangrove ecosystem and one of the world's largest crocodile populations in the wild. View resident and migrant waterfowl, iguanas and over fifty different kinds of birds, including the very rare scarlet macaw. The day ends with a "dinner under the stars" featuring tasty local cuisine and lively tropical music. (B/D)

## **Day Ten: Saturday, February 6**

### **(Tarcoles - Manuel Antonio National Park)**

Today we will explore spectacular Manuel Antonio National Park, known for its pristine beaches and primary forest. Spend the morning leisurely walking the forest trails in search of native inhabitants like the three-toed sloth, agoutis, squirrel monkeys and iguanas. Take a swim in the inviting blue waters of its beaches. Relax for the rest of the day by the pool and absorb the natural beauty of your surroundings. This evening, if the weather cooperates, enjoy dinner by the beach, overlooking the Pacific Ocean. (B/D)

## **Day Eleven: Sunday, February 7 (Tarcoles - Sarchi - San Jose)**

After breakfast, travel to Sarchi, an important crafts center. Learn about the traditional crafts of this region and witness local artisans creating colorful oxcarts. Discover the history and cultivation techniques of coffee and its importance to the Costa Rican economy on a tour of the Espiritu Santo Coffee Plantation. Journey back to San Jose for your farewell dinner and overnight stay. (B/D)

## **Day Twelve: Monday, February 8 (San Jose - Travel Home)**

After breakfast at the hotel, we will shuttle to the airport for our morning flight back to Detroit and the cold weather. The motorcoach will take us from the Detroit airport back to SVSU. (B)



## General Information

### Information and Registration

Call the SVSU-OLLI office at 989-964-4475 for further information or to make your reservation. Our office is open Monday - Friday from 8 a.m. - 4:30 p.m.

### Trip Insurance

Collette's Cancellation Waiver and Trip Insurance is included in the price of the trip. Should you wish to opt-out of this coverage, your trip price will be decreased by \$260. However, we strongly recommend some type of trip insurance.

### 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.

### Taxes/Fees:

Upon exiting Costa Rica, you will be required to pay approximately \$32 in taxes and fees in local currency or American dollars.

### Important Traveler 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 for their locations and they may be considered rustic. Air conditioning and elevators are not available at 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.

### Weather Projection

Late January, early February is considered the dry season in Costa Rica. Highs will likely be in the low 80s and lows in the mid 60s. The likelihood of rain varies greatly depending on whether you are near the beach or the rain-forest.

### Cancellation Fees:

All cancellations must be made in writing to the OLLI office. If we can fill your spot with someone from a waiting list prior to May 1, you will receive a full refund less a \$30 processing fee and the amount paid for trip insurance (\$260). After May 1, Collette Vacations and the airline's cancellation policies need to be considered.

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## Registration

1. \_\_\_\_\_  
Name (as it appears on your passport)

\_\_\_\_\_ Date of Birth \_\_\_\_\_ Citizenship

\_\_\_\_\_ Passport # \_\_\_\_\_ Expiration Date

2. \_\_\_\_\_  
Name (as it appears on your passport)

\_\_\_\_\_ Date of Birth \_\_\_\_\_ Citizenship

\_\_\_\_\_ Passport # \_\_\_\_\_ Expiration Date

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Home phone \_\_\_\_\_

Cell \_\_\_\_\_

Roommate's Phone Number \_\_\_\_\_

### Trip Costs

- \$3,259\* OLLI Member (double occupancy with insurance)
  - \$2,999\* OLLI Member (double occupancy without insurance)
  - \$3,309\* Non-Member (double occupancy with insurance)
  - \$3,049\* Non-Member (double occupancy without insurance)
  - \$500 Single Supplement
- (Non-Member fee includes OLLI membership for the balance of 2014-15)*

\* All prices will increase by \$200 after June 20, 2015. Also, there may be an additional charge for airline imposed tax and fuel surcharges at any time.

### Deposit & Payment Schedule

If you are purchasing Collette's travel protection, your deposit is \$610. If you decline their coverage, your deposit is \$350. Your final balance will be due by October 1, 2015.

### Payment Method

Check (payable to SVSU) Amount Enclosed \_\_\_\_\_

Credit Card:  Visa  MasterCard  American Express  Discover

Card Number \_\_\_\_\_ Exp Date \_\_\_\_\_

Cardholder's Name \_\_\_\_\_