Natural Wonders and Ecological Triumphs

January 4 – 13, 2024

With Colin Orians, Professor of Biology and Director of Environmental Studies
We invite you to join us in exploring the natural paradise that is Costa Rica, where one-fourth of the land is protected by law and colorful and interesting wildlife abounds.

As you visit a cross-section of Costa Rica’s diverse ecosystems in Sarapiquí, Arenal, Monteverde, and Guanacaste, you’ll not only experience the country’s verdant landscapes and impressive biodiversity, you’ll also learn about the daily life of local Costa Ricans and the relationship between the land and the people who live on it. Along the way, you’ll engage with some of Costa Rica’s iconic experiences, like sampling freshly made chocolate, hiking through the rainforest canopy, soaking in geothermal hot springs, and even snorkeling in the Pacific.

You won’t want to miss this unforgettable learning adventure. We expect our limited space will fill up quickly. Please make your reservation as soon as possible to guarantee your spot!

Warm regards,

Mary Ann R. Hunt
Director, Lifelong Learning and Travel-Learn Program
go.tufts.edu/travel_learn

E-mail: travel-learn@tufts.edu
@tuftsalumni
@tuftsalumni #TuftsTravelLearn

TUFTS TRAVEL-LEARN RESERVATION FORM
Natural Wonders and Ecological Triumphs | January 4 – 13, 2024

Enclosed is my/our deposit for $_______($500 per person) for ____ person/people on the tour listed above. I/we understand the final payment is due at least 95 days prior to departure. Payment may be made by American Express, Discover, MasterCard, or VISA or by personal check. Please make check payable to Holbrook Travel, Inc. and mail deposit check to: Holbrook Travel, 3540 NW 13th Street, Gainesville Florida, 32609. For questions please call toll free 800.451.7111 or email travel@holbrooktravel.com.

Full Passport Name_________________________________________ DOB ____________ Gender ________
E-mail ___________________________________________ Tufts Class Year ____________

Full Passport Name_________________________________________ DOB ____________ Gender ________
E-mail ___________________________________________ Tufts Class Year ____________
Badge Name(s) _____________________________________________
Address ____________________________________________________
City ___________________________ State ________ ZIP ___________
Primary Ph. (_______)____________________ Cell Ph. (_______)____________________

Please book my/our air from _______________________. I/we request an air upgrade to ___________________.
☐ I will share a room with _____________________________.
☐ I request a single room (limited availability). ☐ Y ☐ N

Note: The undersigned has read the schedule of activities for the above-referenced tour, and agrees that their signature below represents their acceptance of the General Terms and Conditions.
Signature __________________________________________ Date________________

Method of Payment ☐ Check ☐ American Express ☐ Discover ☐ MasterCard ☐ VISA

Account # ___________________________ Security Code ________ Exp. Date _______
Name of Cardholder ___________________________________________
Signature __________________________________________ Date________________

Final invoicing will be sent by our tour operator, Holbrook Travel, Inc. The balance of the program price must be paid to Holbrook Travel. Final payment is due 95 days prior to departure (check or credit card).
Costa Rica has more than 5 percent of the world’s biodiversity, 801 miles of coastline, and the world’s highest percentage of protected areas. At the same time, it consistently ranks high in prestigious international quality of life studies. How does Costa Rica maintain its fragile balance, and what can we learn from it? Find out as you explore natural areas and hear from the naturalists and conservationists who are stewards of this remarkable realm. With rainforest hikes, boat rides, canopy walks, and a snorkeling excursion, your 10-day expedition with Tufts Travel-Learn will be as exhilarating as it is enlightening. Observe abundant wildlife, enjoy beautiful scenery, and see firsthand the efforts under way to preserve this tropical paradise.
Colin Orians is interested in global change biology, with particular emphasis on climate change, species invasion, and plant behavioral responses to herbivores. He did his graduate work in Costa Rica and views Costa Rica to be his second home. His research group at Tufts works on diverse topics, including climate impacts on coffee agroecosystems, sugar maple dynamics in New England, and the impacts of invasive species on hemlock. At Tufts he teaches courses in global change biology, tropical ecology and conservation, and sustainable agriculture. He takes great joy in leading student groups to Costa Rica every other year. Every trip fills him, and his students, with wonder.

PROGRAM HIGHLIGHTS

- Identify tropical flora and fauna and examine topics of sustainability and land use during guided interpretive hikes in some of Costa Rica’s renowned protected areas.
- Witness the intersection of Indigenous traditions and modern livelihoods during a hands-on experience at a chocolate farm.
- Discuss forest conservation and the history of settlement in the Monteverde region with a member of a local family.
- Visit Arenal Volcano National Park, a great example of Costa Rica's geological activity.
- Set sail on a scenic catamaran ride in the ocean, with the chance to swim and snorkel from the boat.

Tufts lecturer’s participation cannot be guaranteed and is contingent on a minimum number of paying travelers.

ACTIVITY LEVEL: 2 | EASY-MODERATE

Participants should be able to walk for at least 2-3 hours over some uneven and potentially slippery surfaces without difficulty, and should be able to ascend or descend 50 stairs consecutively. Physical activities typically last for at least 2-3 hours at a time.
JANUARY 4 – SAN JOSÉ
Upon arrival at the airport in San José, you will be met by your local guide and transferred to the hotel. *Overnight at Hotel Bougainvillea.*

JANUARY 5 – SARAPIQUÍ
Costa Rica has a long history of environmental conservation and ecotourism. Today you will gain a deeper understanding about the importance of incorporating humankind into the conservation landscape and the aim of creating sustainable livelihoods as a part of environmental initiatives. After breakfast and an orientation at the hotel restaurant, check out and travel about two hours to Selva Verde Lodge & Rainforest Reserve. Upon arrival, receive an orientation to the lodge’s facilities, its 500-acre private reserve, and the Sarapiquí Conservation Learning Center (SCLC), an initiative to connect local communities and visiting guests with educational resources and conservation projects. SCLC programs include environmental education, rural tourism activities, English classes, community outreach, women’s groups, and scholarship funds for high school students. Join a local community member at the SCLC to experience cooking a traditional Costa Rican dish for lunch. This afternoon, visit a working chocolate farm at Best Chocolate. During this hands-on experience, learn how ancestral indigenous traditions tie in with modern commercial needs and discuss the sustainability of commercial crops—particularly chocolate, which requires shade to grow. Return to the lodge for dinner. This evening, enjoy a lecture on Selva Verde’s role in the creation of a biological corridor between Braulio Carrillo National Park and the Caribbean coast. This lecture will highlight the plants and animals found in and associated with

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**ITINERARY**

BLD = BREAKFAST, LUNCH, DINNER

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**MONTEVERDE CLOUD FOREST RESERVE**

**JANUARY 4 – SAN JOSÉ**

**JANUARY 5 – SARAPIQUÍ**

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**RED-EYED TREE FROG**
the rainforest at Selva Verde. Overnight at Selva Verde Lodge. (BLD)

JANUARY 6 – SARAPIQUÍ

After breakfast, take a nature boat ride on the Sarapiquí River. The journey will introduce birds and animals that frequent the riverine vegetation, including caimans and a variety of water birds. A site lecture during the boat ride will draw attention to land use on the river banks and human impact on the ecology of the river system. After lunch at the lodge, head to Finca Integral El Jícaro. In 2015, owner Don Pedro García Ruega started to develop a sustainable agriculture model, and the farm now operates under three main principles: forest conservation, chemical-free agriculture, and reforestation. The finca also produces its own organic compost to use on its crops, which include pineapple, papaya, pepper, and coconut palm. Later, return to the lodge for time to relax and enjoy the amenities. After dinner at the lodge, you may choose to continue your exploration during an evening walk with your guide. Overnight at Selva Verde Lodge. (BLD)

JANUARY 7 – ARENAL

After breakfast, set out on a hike at La Selva Biological Station to observe this unique ecosystem up close. A variety of wildlife can be seen along the reserve’s forest trails, including sloths, monkeys, iguanas, parrots, toucans, hummingbirds, and other tropical fauna. Afterwards depart for Arenal, stopping at La Fortuna on the way. This picturesque town is a great place to take photos and shop for souvenirs. Upon arrival at Arenal, check in and enjoy the rest of the afternoon at leisure to relax in the pool. Overnight at Arenal Paraiso. (BLD)

JANUARY 8 – ARENAL

This morning visit Rancho Margot to learn about the ecolodge’s sustainable and self-sufficient practices, from organic agriculture to energy production. After lunch at the ranch, head out to explore the forest canopies at Sky Walk, where a series of suspension bridges takes you up close with the flora and fauna. Hike deep into these magical tropical forests to admire nature from a distinct perspective. The trail system straddles different types of ecosystems, forming a transitional vegetation strip with high biodiversity where both highland and lowland species occur. This evening, enjoy a soak in the geothermal hot springs at Ecotermales in La Fortuna, with dinner on site. Overnight at Arenal Paraiso. (BLD)

JANUARY 9 – MONTEVERDE

Have breakfast and then transfer to Monteverde Biological Reserve by boat and bus. Monteverde’s consistently cool and wet environment receives over three meters of rain annually and is home to an astounding variety of flora and fauna. More than 2,500 plant species have been identified here, including 300 individual orchid species and over 200 species of ferns. The beginnings of the reserve can be traced back to a group of Alabama Quakers who emigrated to Monteverde in the early 1950s. Visiting biologists discovered that the cloud forest located around the Quaker community was rich in plant and animal life. Due to
a sugar cane-producing farm and then moved on to milk production in 1956. Since 1980, the farm has specialized as a dairy farm, producing milk with Jersey cattle. Currently it is a farm with milk production on an area of 20 hectares and forest conservation of approximately 60 hectares. This evening, enjoy a talk by a local Quaker family and have dinner at their home. Overnight at Hotel El Establo. (BLD)

JANUARY 11 - GUANACASTE
Check out after breakfast at the lodge, and begin the transfer to Guanacaste. En route, stop for a visit at Hacienda El Viejo Wetlands, a private wildlife refuge. Here, enjoy a typical Costa Rican buffet lunch at La Casona, a historical home dating back nearly 150 years that evokes the spirit of Costa Rica’s colonial era. Then, set out onto the Tempisque River on a boat tour of the wetland refuge, where you’ll see an incredible number of birds, monkeys, iguanas, and crocodiles. Return to La Casona to enjoy a cup of coffee and some fruit before departing the hacienda and continuing to Guanacaste. Check in upon arrival, and enjoy the rest of the evening at leisure to explore the hotel facilities. Dinner at the hotel. Overnight at Hotel El Establo. (BLD)

JANUARY 12 - GUANACASTE
After breakfast, head to nearby Flamingo Beach for a scenic catamaran journey along the beautiful Pacific coast. From the dock, take a brief ride by motorized tender to arrive at the catamaran, and then board to set sail! Enjoy a picnic-style meal on board, then swim and snorkel from the catamaran in search of tropical fish, octopuses, starfish, and rays. At the end of the cruise, board the tender back to shore and return to the hotel. The afternoon is at leisure to explore the beach or relax. This evening, gather to share a farewell dinner at the hotel. Overnight at Hotel El Establo. (BLD)

JANUARY 13 - FAREWELL!
After breakfast, travel approximately 30 minutes to the international airport in Liberia for flights home. Flights should be scheduled to depart after 2 pm. Latest hotel check-out time is noon. (B)
Tufts Travel-Learn Program

This delightful journey also provides numerous opportunities to tour the cultural highlights of Belgium & Holland. Experience a cycling tour in Bruges to Amsterdam Aboard Magnifique III. With Lewis Edgers, Professor of Civil and Environmental Engineering, Emeritus and Janie Vanpée, a Belgian native and Professor of French Studies at Smith College. Magnifique III, like-minded travelers aboard this cruise. May 3–11, 2019.

CRUISE HIGHLIGHTS

- Embark in Bruges, a center of medieval trade and home to awe-inspiring works by Rubens, Michelangelo, Anthony van Dyck, Hans Memling.
- Visit Dendermonde, known for its spectacular Flemish tapestries and the School of Engineering at Tufts, will join us on this cruise as a faculty leader.
- Dr. Romina Shalev, associate professor of physics at Tufts, will also join us and discuss her research on climate change and the societal implications of renewable energy systems. On this program he will examine Dutch experiences with climate change and the Low Countries as the locals do, on optional cycling tours along gentle, even terrain.
- Visit the Rijksmuseum, the State Treasury of Dutch paintings.
- TASTE the world-famous Gouda cheeses at the Gouda market. Disembark in Amsterdam to visit picturesque Kinderdijk, we will view fields of windmills and sample artisanal cheeses.
- ADMIRE the Low Countries as the locals do, on optional cycling tours along gentle, even terrain.
- EXPERIENCE the Low Countries as the locals do, on optional cycling tours along gentle, even terrain.

CANCELLATION POLICIES

If you must cancel your tour, the effective date of cancellation will be upon our receipt of your notification. All cancellations must be in writing to Tufts Alumni Travel-Learn. Refunds for cancellations are subject to the following terms and conditions:

- Cancel 90 days or more before departure: $100 charge; Cancel 95-0 days before departure: no refund.

Please note that we will not refund the cost of any unused portion of your tour package. Charges are subject to availability and cannot be guaranteed. If your reservation changes from double occupancy to single occupancy, for any reason, you will be charged the single supplement. Changes to your reservation may be made within 95 days of departure. Trip cancellation insurance is available from Tufts University Travel-Learn and information will be sent to you after you reserve. If due to unforeseen circumstances Holbrook Travel cancels your tour, you will receive a complete refund of all payments you have made to us.

Health and Medical Issues

We welcome all travelers, but request that you be in good health to participate on a Holbrook Travel tour. All of our tours involve a reasonable amount of walking (typically two to three miles per day). You must be able to get on and off motorcoaches on your own. We regret that we cannot provide individual assistance, in such cases you must be accompanied by a companion who will assist you. Please note that our itineraries cannot accommodate wheelchairs. We reserve the right to remove anyone whose physical condition or behavior, in the discretion of our agents, compromises the operation of the tour or the safety of the other tour members. In that event, Tufts Alumni Association and Holbrook Travel assume no financial responsibility for any unused portion of the tour. For the convenience of the majority of our travelers, Holbrook Travel has a No Smoking policy on all tour buses. We will arrange sufficient rest stops so those who wish to smoke may do so.

Required Information

Upon reservation, you must provide your full name as it appears on your passport, date of birth, and gender (for details, please contact us). In the event an airline ticket is issued with incorrect information you have provided, or if you use a different passport than originally cited, you will be responsible for charges associated with the ticket's reissue. A passport valid for at least six months after the completion of your tour is required for U.S. citizens on this tour.

Responsibility

The liability of Tufts Alumni Association (TAA), as sponsor, and Holbrook Travel Inc., as tour operator, is strictly limited. TAA and Holbrook Travel, Inc. purchase transportation, hotel accommodations, restaurant and other services from independent suppliers not under our control. We serve only as agents for these suppliers in securing tour arrangements, and the edfe will not accept responsibility for any act or omission of these independent contractors, their employees, agents, servants or representatives. TAA and Holbrook Travel, Inc. are not liable for injury, damage, loss, accident, or delay that may be caused by events not within our control, including without limitation, acts of terrorism, war, strikes, the defect of any vehicle, or the negligence or default of any third party. All coupons, receipts, and tickets issued are subject to the terms and conditions specified by the airline, cruise line, and other suppliers. We will make every effort to do our best to accommodate your request as planned, but we reserve the right to make itinerary changes as necessary. If unforeseen circumstances require us to change a hotel, we will select alternative accommodations of the same or better quality and may change due to factors such as government regulations, water levels, or weather conditions. The services of any IATA and/or IATA member are available in connection with these tours. The participant understands that if they book special low-cost airfares with penalties, and cancel the reservation, they are responsible for any penalties incurred from the airline.