



**Alumni
Association**



AERIAL HANGING BRIDGES

COSTA RICA

Preserving Paradise: National Parks and Private Reserves

March 17 – 26, 2018

Dear Vanderbilt Alumni and Friends,

We invite you to join us in exploring the natural paradise that is Costa Rica, where national parks and private reserves protect more than one-fourth of the land and where colorful and interesting wildlife abounds.

You'll begin in the cloud forests of the Talamanca Mountains, where visitors seek the elusive Resplendent Quetzal, then continue along the transitional forests of the southern Pacific Coast, before winding up in the lush rainforests of the Caribbean lowlands.

As you visit renowned parks and reserves like Manuel Antonio National Park, Carara Biological Reserve, and Los Quetzales National Park, you'll not only experience Costa Rica's verdant landscapes and impressive biodiversity, you'll also engage with local citizens and naturalists about the history and future of this environmentally-conscious country.

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!

Sincerely,



Cary DeWitt Allyn
Director, Vanderbilt Travel Program

THE VANDERBILT TRAVEL PROGRAM

The Vanderbilt Travel Program strives to engage Vanderbilt alumni, parents and friends of all ages, keeping them connected with each other and Vanderbilt. Each carefully designed trip offers unparalleled educational opportunities, many with Vanderbilt professors, for an exclusive "beyond the classroom" experience.

 Like us at facebook.com/vanderbilttravelprogram

With 4% of the earth's biodiversity packed onto just 0.03% of its surface, Costa Rica's varied ecosystems represent a wealth of nature to preserve and protect. On this 10-day expedition, delve into the country's national parks and private reserves to observe the lush landscape and diverse wildlife by foot, boat, and even on horseback. As you traverse one of the world's most impressive biological footprints, you'll also meet with local citizens and naturalists to discuss issues of conservation and sustainability. Join us for an unforgettable experience through Costa Rica's verdant paradise with the Vanderbilt Travel Program!



LA PAZ WATERFALL

WHY COSTA RICA? With one-fourth of its land mass under preservation, Costa Rica encompasses 12 climatic zones along mountains, forests, ocean, and coast, and boasts nearly 4% of the world's biodiversity – despite spanning just 0.03% of the earth's surface.

PROGRAM HIGHLIGHTS

- Visit some of Costa Rica's most awe-inspiring parks and reserves, including Manuel Antonio National Park and Carara Biological Reserve.
- Learn about sustainability and conservation during a hands-on experience at a chocolate farm.
- Watch for wildlife and discuss land use during a boat ride on the Sarapiquí River.
- Engage in community discussion during talks on local history, wildlife, and rainforest conservation.
- Hit the trails for a chance to see tropical birds like the beautiful Resplendent Quetzal.

ACTIVITY LEVEL

MODERATE: involves daily walking, hiking, and/or stair-climbing.



RESPLENDENT QUETZAL

PHOTOS BY PETER HOOK, ARVIND GROVER, DON HENISE, MARTIN GARRIDO, LISA PALMESE-GRAUBARD, RAFAEL GOLAN, BRIAN WILLIAMSON, JERRY GOFFE, NATUREPHOTOWORKS.COM, JOANNA LIVINGSTONE, KAREN STRAUS, AND JESSICA MAINIERI

ITINERARY

BLD = BREAKFAST, LUNCH, DINNER



MARCH 17 – 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 Balmoral.*



MARCH 18 – SAN GERARDO DE DOTA

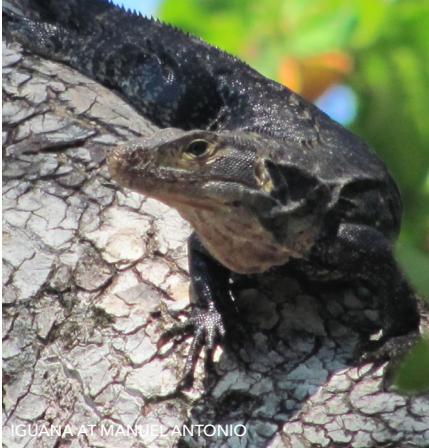
Orientation and breakfast at 7:00 am in the hotel restaurant. Breakfast is followed by departure for a visit to Irazú Volcano. Continue to the tropical cloud forest realm of San Gerardo de Dota's Trogon Lodge. Situated at an altitude of 7,000 feet above sea level, the lodge is surrounded by the unspoiled ecology of the area including the regional highlight, the beautiful Resplendent Quetzal. After settling into the hotel, talk this evening with a member of the Chacón family about the history of the settlement of this region. *Overnight at Trogon Lodge or similar. (BLD)*

MARCH 19 – SAN GERARDO DE DOTA

Spend a full day exploring the trails of the Los Quetzales National Park including a horseback ride along the Savegre River. This evening is at leisure to relax. *Overnight at Trogon Lodge or similar. (BLD)*

MARCH 20 - QUEPOS

Begin the day with an early morning hike to look for quetzals. After breakfast transfer to Quepos to the Hotel San Bada; en route stop for lunch at Hacienda Barú for a talk on rainforest conservation by Jack Ewing, author of "Monkeys are Made of Chocolate." After lunch, continue to the hotel where there will be some free time later this afternoon to enjoy the area at your leisure. This evening dinner is on your own to explore local fare. *Overnight at Hotel San Bada. (BL)*



IGUANA AT MANUEL ANTONIO

MARCH 21 - JACÓ

After breakfast this morning transfer to Manuel Antonio for a hike in the very popular Manuel Antonio National Park. The park is situated along the Pacific coast and is home to a rich variety of flora and fauna. Spend the day exploring the park and enjoy a picnic lunch here. Later continue to Villa Lapas, situated on a 500-acre private reserve near the Pacific coast. *Overnight at Hotel Villa Lapas. (BLD)*



RÍO TÁRCOLES

MARCH 22 - JACÓ

Rise early for birding along the forest trails. After breakfast explore the biodiversity of the transitional forest

during a hike in the Carara Biological Reserve. Experience double the diversity exploring this forest, which overlaps Pacific rainforest and tropical dry forest. Next, explore the famed Tárcoles River for an up close and personal experience with the massive crocodiles that inhabit these waters. Return to the lodge for lunch and then hike along the hotel's canopy walkway, a suspended bridge situated in the forest canopy. This evening there will be a lecture on macaws and crocodiles, followed by a night walk to look for kinkajous and other nocturnal creatures. *Overnight at Hotel Villa Lapas. (BLD)*



RÍO SARAPIQUÍ AT TIRIMBINA

MARCH 23 - CHILAMATE

This morning after breakfast, transfer to Selva Verde Lodge & Rainforest Reserve. Upon arrival receive an orientation to the lodge and the Sarapiquí Conservation Learning Center. Following lunch, visit the nearby Tirimbina Reserve for a visit to a working chocolate farm. 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 needs shade to grow. Discuss the importance of weaving humans into the conservation landscape to support creating sustainable livelihoods and conservation. Return to Selva Verde Lodge for dinner. This evening enjoy a lecture on the importance of Selva Verde in the creation of a biological corridor between Braulio Carrillo National Park and the Caribbean coast, highlighting the plants and animals found in and associated with the rainforest at Selva Verde. *Overnight at Selva Verde Lodge & Rainforest Reserve. (BLD)*



SPECTACLED CAIMAN

MARCH 24 – CHILAMATE

After an early morning breakfast, hike the Selva Verde Rainforest Reserve. After lunch, take a nature boat ride on the Sarapiquí River. The journey will introduce the 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 the land use on the river banks and the human impact on the ecology of the river system. Return to the lodge for time to relax and enjoy the amenities of the lodge. *Overnight at Selva Verde Lodge & Rainforest Reserve. (BLD)*



BLUE MORPHO BUTTERFLY

MARCH 25 – SAN JOSÉ

Enjoy early morning birding with your guide. After breakfast depart for La Paz Waterfall Gardens. Explore the many trails and picturesque waterfalls as well as the hummingbird garden, lush botanicals, and much more. Continue to Sarchí for shopping, then on to the hotel for a farewell dinner. *Overnight at Wyndham Herradura. (BLD)*

MARCH 26 – DEPART

Transfer to the airport for the flight home. (B)

SAMPLE ACCOMMODATION



SELVA VERDE LODGE

Holbrook Travel's own Selva Verde Lodge is nestled amid lowland tropical rainforest along the Sarapiquí River. Simple, comfortable rooms tucked into the lodge's tropical gardens provide a cozy place to rest after adventure-filled days. Visitors can take advantage of the trails in Selva Verde's private 500 acre reserve, an ideal spot for birders, nature enthusiasts, and hikers desiring to experience the rainforest.

ABOVE: BUNGALOW AT SELVA VERDE LODGE

PRICING

\$3,300 per person

Price is based on double occupancy with 12 participants. Single occupancy offered at additional cost of \$290.

Your price includes:

- All flights within itinerary
- 9 nights' accommodations in Deluxe and Superior First Class hotels
- 27 meals (10 breakfasts, 9 lunches, 8 dinners)
- Sightseeing and activities as described, including entrance fees
- Holbrook Travel tour guide
- Private motorcoach or minibus transportation throughout your trip
- Luggage handling, one bag per person
- Gratuities for local guides and drivers

Price does not include: international airfare, travel/trip cancellation insurance, gratuities for maids and drinks purchased on own, or items of a personal nature.

Holbrook Travel can assist with making your flight arrangements upon request. Travel/trip cancellation insurance is strongly recommended.



SQUIRREL MONKEY AT MANUEL ANTONIO

VANDERBILT TRAVEL PROGRAM RESERVATION FORM

Preserving Paradise: National Parks and Private Reserves

Enclosed is my/our deposit for \$ _____ (\$500 per person) for _____ person/people on the tour listed below. 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: Vanderbilt Travel Program, Office of Alumni Relations, PMB 407735, 2301 Vanderbilt Place, Nashville TN, 37240-7735. For questions please call 615.322.3673 or email alumni.travel@vanderbilt.edu.

Full Passport Name _____ DOB _____ Gender _____

E-mail _____ Class Year _____

Full Passport Name _____ DOB _____ Gender _____

E-mail _____ Class Year _____

Badge Name(s) _____

Address _____

City _____ State _____ ZIP _____

Home 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).

Pre- or Post-Tour Extension (as described on tour page): 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(s) _____ Date _____

Method of Payment Check American Express Discover MasterCard VISA

Account # _____ Security Code _____ Exp. Date _____

Name of Cardholder _____

Signature _____

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).



Alumni Association

Vanderbilt Travel Program
Office of Alumni Relations
PMB 407735
2301 Vanderbilt Place
Nashville, TN 37240-7735

GENERAL TERMS AND CONDITIONS

Please read this information carefully, as payment of a deposit represents your acceptance of the following Terms and Conditions.

Not Included in Your Tour Price International airfare from your departure city; costs of passports and visas; personal expenses such as beverages, laundry, room service, and meals not specified; communications charges; gratuities to your Holbrook Travel Tour Guide which are at your discretion (suggested gratuities \$10-\$15 per guest, per day); and a Travel Protection Plan. Additional baggage fees levied directly by the airline(s) may apply and are subject to change at any time. You should confirm directly with your airline(s) prior to departure.

International Air Transportation Estimated airfare: **\$775 from Nashville to San José**. Holbrook Travel offers group airfare and ticketing. Group transfers between the airport and hotel are included in your program cost. A note about online airfare: Occasionally, you may be able to find airfares online that are listed at a lower cost. In general, individual fares lack the flexibility of group airfare and often require immediate purchase. You will receive your preliminary air schedule approximately 2 ½ months prior to departure. Please note that seat assignments on your international flight are usually done at airport check-in. Holbrook Travel is unable to guarantee any seat assignments. Due to the nature of tour operator tickets, other restrictions apply, including but not limited to, frequent flyer mileage accrual, stopovers, alternate travel dates, upgrades, and airline taxes and departure fees. If you prefer to make your own travel arrangements, booking the tour "Land Only" is available. We recommend that if you choose to make your own airline reservations, you do not purchase non-refundable tickets or those with high penalties for changes. If you choose to make your own air arrangements, Vanderbilt Alumni Association and Holbrook Travel, Inc. shall not have any liability for any loss resulting from cancellation of this tour or changes in this tour.

Cancellations, Changes and Refunds If you must cancel your tour, the effective date of cancellation will be upon our receipt of your notification. All cancellations need to be submitted in writing to the Vanderbilt Travel Program. Refunds for cancellations are subject to the following per person charges: **Cancel 95 days or more before departure: \$200 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. We will not charge a fee for any changes made to your reservation outside of 95 days before departure. From 94 to 30 days before departure, if you make any changes to your reservation, a \$100 per person administrative fee will apply, in addition to any fees or penalties imposed by airlines, hotels, or other third parties. Changes 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. No changes to your reservation can be made within 30 days of departure. Trip cancellation insurance is available from the Vanderbilt Travel Program and information will be sent 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 our opinion, compromises the operation of the tour or detracts from the enjoyment or safety of the other tour members. In that event, Vanderbilt 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 visit [tsa.gov](#)). 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 Vanderbilt Alumni Association (VAA), as sponsor, and Holbrook Travel Inc., as tour operator, is strictly limited. VAA 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 therefore will not accept responsibility for wrongful, negligent, or arbitrary acts or omissions of these independent contractors, their employees, agents, servants or representatives. VAA 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 air carriers, cruise line, and other independent suppliers. We will make every effort to operate our tours 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 ATC carrier may be used in connection with these tours. The participant understands that if he/she books special low cost airfares with penalties, and cancels the reservation, he/she is responsible for any penalties incurred from the airline.