University of RI Osher Lifelong Learning Institute presents…

Costa Rica: A World of Nature
featuring Tortuguero National Park, Arenal Volcano & Manuel Antonio National Park
March 19 – 31, 2023

For more information contact
Beth Leconte
University of Rhode Island OLLI
(401) 874-2405
bleconte@uri.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 & Spa, 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.

Day 1: Sunday, March 19, 2023 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, March 20, 2023 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, March 21, 2023 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, March 22, 2023 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, March 23, 2023 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, March 24, 2023 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, March 25, 2023 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 -
Day 8: Sunday, March 26, 2023 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, 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, D)

Day 9: Monday, March 27, 2023 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, March 28, 2023 Playa Herradura

Today is yours to spend as you please. Take advantage of your resort’s 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, March 29, 2023 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, March 30, 2023 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, March 31, 2023 San Jose - Tour Ends

Bid Costa Rica farewell as your tour comes to an end today. (B)

Book Now & Save $100 Per Person:

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For bookings made after Aug 19, 2022 call for rates.

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

Not included in price: Cancellation Waiver and Insurance of $399 per person

* All Rates are Per Person and are subject to change, based on air inclusive package from BOS

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.)

For more information visit https://gateway.gocollette.com/link/1117902
• Guests who choose to extend their stay independently will need to make their own arrangements for the required testing. The testing and transportation costs will be at the individual traveler’s expense.
• All returning travelers to the US must complete a signed Attestation Requirement either in electronic form or paper copy. A paper copy of the form will also be provided to travelers or you may visit www.cdc.gov/quarantine/pdf/English-Attestation-Form.pdf for a copy.

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.

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 the day of departure for Costa Rica.

Effective immediately and through December 31, 2022 tour departures, we require all guests to be fully vaccinated in order to participate in this tour. Although destination entry requirements may differ, if you are unvaccinated, you will not be able to join us on this tour. All guests are required to bring proof of vaccination (official vaccination certificate in paper) on tour.

Costa Rica requires all travelers to complete digital “Health Pass” form (https://salud.go.cr/) within 48 hours prior to departure for Costa Rica.

- To return to the US from international destinations, all travelers must present proof of a negative Covid-19 test prior to boarding return flight. To comply with this testing requirement, we will assist with arrangements for COVID-19 testing in Costa Rica for your tour. Each traveler will need to pay for the test by credit card at the time of testing.
- Test results will be received by email. All travelers must be able to log in and access email while traveling in Costa Rica to receive the results of their test. A printed copy can be presented at the airport.

PLEASE NOTE:

**Book Now rates valid until Aug 19, 2022, valid on air inclusive packages only.**

**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.

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

A deposit of $600 per person is due upon reservation. Reservations are made on a first come, first served basis. Reservations made after the deposit due date of August 12, 2022 are based upon a first come, first served basis.

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

For important reservation information visit https://gateway.gocollette.com/link/1117902.

You can also find this information on your tour documents.
If paying by credit card, please complete this form and return to University of Rhode Island 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: 1117902

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

DEPARTURE DATE: March 19, 2023

GROUP NAME: University of Rhode Island 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:

**University of Rhode Island OLLI**

Attn: Beth Leconte
210 Flagg Road, Room 212
Kingston, RI 02881

☐ Above credit card information has been called in to Collette.
BOOKING NUMBER: 1117902
TOUR: Costa Rica: A World of Nature featuring
Tortuguero National Park, Arenal Volcano & Manuel Antonio National Park
DEPARTURE DATE: March 19, 2023
GROUP NAME: University of Rhode Island OLLI

Available 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 serve 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.

Arenal

Natri Spa Treatment-Arenal Springs $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 (110 minutes) – Citrus Exfoliation, Aromatherapy Massage, Natural Mask
Sanctuary Package (110 minutes) – Herb Exfoliation, Relaxing Massage, Reflexology
Springs Spa Package (110 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 not included.

Cano Negro Wildlife Refuge Cruise $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 $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 Sarapiqui 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! The minimum age to participate is 8 years old. Duration: Approximately 3.5 hours. Please note a minimum of 10 passengers is required. Transportation is included.

Costa Rican Farm $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.
For Reservations Contact: Beth Leconte (401) 874-2405  email: bleconte@uri.edu
University of Rhode Island OLLI, 210 Flagg Road, Room 212, Kingston, RI 02881

TRAVEL DATE: 3/19/2023 TERRITORY: A9

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

RES#:
1117902

MUST BE CURRENT OLLI MEMBER TO REGISTER

A deposit of $600 per person is due upon reservation. Reservations are made on a first come, first served basis. Reservations made after the deposit due date of August 12, 2022 are based upon availability. Final payment due by January 18, 2023. Deposits are refundable up until August 19, 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: ___________________________________________________________ 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: ___________________________________________________________ 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 $399  ( ) 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
 ( ) Volcano Hike
 ( ) Sky Adventures

PLEASE MAKE CHECKS PAYABLE TO: Collette ( ) Check ( ) Credit Card

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: ___________ ___________ ___________ 

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.
**TOUR:** Costa Rica: A World of Nature featuring Tortuguero National Park, Arenal Volcano & Manuel Antonio National Park  
**GROUP NAME:** University of Rhode Island OLLI  
**DEPARTURE DATE:** Mar 19, 2023  
**BOOKING NUMBER:** 1117902

### 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.

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<td>Natri Spa Treatment - Arenal Springs</td>
<td>180.00</td>
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<tr>
<td><strong>This option is available only to those guests who are staying at the Arenal Springs Hotel.</strong></td>
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<tr>
<td>Cano Negro Wildlife Refuge Cruise</td>
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<tr>
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210 Flagg Road, Room 212  
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