

Carbon Offset is
Included in this Tour

 **COLORADO
COLLEGE**
TIGER TRAVEL



COSTA RICA:

Tropical Forests & National Parks

April 17-27, 2025 (11 days | 18 guests)

with Professor of Biology Miroslav (Miro) Kummel

Optional Independent Extension to the Pacific Coast

April 26-29, 2025 (4 days)

Travel with Colorado College Alumni, Family & Friends



This tour requires an elevated level of fitness.

Colorado College Faculty Leader



Dr. Miroslav (Miro) Kummel has led many student trips to Costa Rica to teach tropical ecology and looks forward to leading his first Tiger Travel alumni trip to this extraordinary land of biological diversity and volcanic activity. Miro received his bachelor's degree in Ecology and Evolutionary Biology at Princeton University, and earned his Ph.D. in Biology at the University of Michigan. Miro is a population ecologist whose research connects the boundaries of mathematics, biology, and climatology. His research focuses on two distinct areas of spatial ecology: (1) population dynamics in complex networks and (2) the role of climate change in ecosystem collapse and ecosystem transitions. He spends his free time birding, organic gardening, painting with watercolors, woodworking with hand tools, doing pottery, and backpacking.

Cover: Resplendent Quetzal (© operator), (bottom from left) hiking in Arenal Volcano National Park, a sloth, La Selva within the Sarapiquí Rainforest Preservation Area.



Dear Colorado College alumni and friends,

Join Colorado College population ecologist and evolutionary biologist Miro Kummel, plus an expert Costa Rican tour manager/guide and up to 18 Tiger travelers, for this adventure into three distinctive ecological habitats in Costa Rica.

Highlights:

- Explore the lush tropical rainforest of La Selva, within the Sarapiquí Rainforest Preservation Area, and enjoy two nights at lovely *Selva Verde Lodge*.
- Spend three nights at a resort with hot springs and stunning views of the Arenal Volcano. Hike in Arenal Hanging Bridges Park and Arenal Volcano National Park, enjoying views of Lake Arenal.
- Discover the lush cloud forests of Monteverde, with an exceptional diversity of plants and animals. Professor Kummel has led students on trips to Monteverde and knows this habitat well.
- Learn about the diversity of amphibians, birds, mammals, insects, and plants for which Costa Rican habitats are renowned.
- Hear about this tectonically active region prone to volcanic and seismic activity. See Arenal Volcano, with its classic conical shape.
- Enjoy charming lodges that offer generous comfort and healthy, delicious cuisine.
- Travel in the knowledge that your entire land tour is “carbon offset.”
- An optional, independent extension to a lovely resort on the Pacific coast is available.

I hope you will join Professor Kummel in exploring these diverse tropical ecological systems.

Sincerely,

Cindy Hyman '82
Associate Vice President for Engagement
Office of Advancement

P.S. Our group is limited to only 18 participants, so don't delay—call toll-free 800-856-8951 or email tigertravel@studytours.org to reserve your space.



ITINERARY

B=breakfast, L=lunch, D=dinner

Thursday, April 17, 2025: Fly to San Jose, Costa Rica | Alajuela | Welcome dinner

Fly to Juan Santamaría International Airport (SJO), Costa Rica. Upon arrival, after clearing customs and immigration, meet your driver and transfer to our hotel. Our hotel is located in Alajuela, just a six-mile drive from the airport, on a lush, hilltop coffee plantation overlooking downtown San Jose. This evening we gather for a welcome dinner and introductory meeting. *Overnight at the 3-star [Buena Vista Chic Hotel](#). (D)*

Friday, April 18: La Paz Waterfall Gardens | Sarapiquí

After breakfast, we head northeast to Sarapiquí. En route we stop at La Paz Waterfall Gardens to explore the many trails and picturesque waterfalls, as well as the hummingbird garden and lush botanicals. Enjoy lunch at La Paz, and then continue to *Selva Verde Lodge*. *Selva Verde* is located along the Sarapiquí River and consists of 500 acres of secondary and primary forest. The lodge is designed to have a minimum impact on the environment and is a proud participant in the Certification for Sustainable Tourism (CST) Program. After settling in, receive an orientation on the lodge's facilities, then attend a lecture on the biodiversity of the region and rainforest structure. Enjoy time to relax in your room or stroll about the property before dinner in the dining area. Afterward, explore the world of the rainforest after sundown during a short night hike in search of nocturnal amphibians, mammals, owls, and insects. *Overnight at the 3-star [Selva Verde Lodge](#) for two nights. (B,L,D)*

Saturday, April 19: La Selva Biological Station nature walk | Sarapiquí River boat ride | Sarapiquí

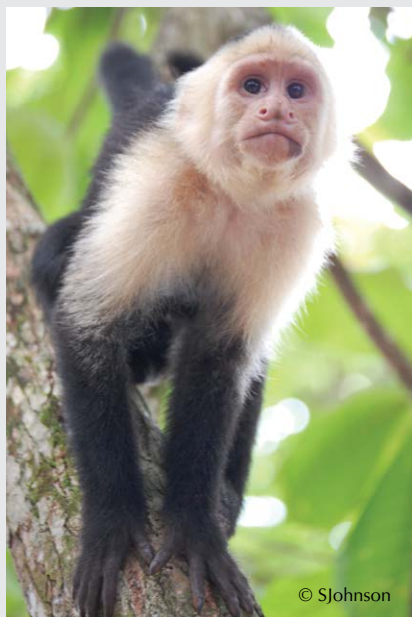
Join an optional early morning bird walk followed by breakfast. Next, depart for the Organization for Tropical Studies' La Selva Biological Station, one of the world's leading institutions in tropical education and research. La Selva was originally established in 1954 by Dr. Leslie Holdridge as a farm dedicated to experimentation on mixed plantations for the improvement of natural resources management. It was purchased in 1968 by the Organization for Tropical Studies and declared a private biological reserve and station. Over 240 scientific papers are published yearly from research conducted at the site. Be on the lookout for the coati, Collared peccary, Mantled howler monkey, agouti, Three-toed sloth, Ornate hawk-eagle, Crested guan, Great tinamou, Pied puffbird, and Spectacled owl.



Místico Arenal Hanging Bridges Park



La Selva Research Station



© SJohnson

White-faced capuchin monkey



© Manuel de la Fuente

Orchids

Return to *Selva Verde Lodge* for lunch. Afterward, take a nature boat ride on the Sarapiquí River, which 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. Return to the lodge with time to relax and enjoy its amenities, and attend a lecture before dinner. (B,L,D)

Sunday, April 20: La Fortuna | Arenal Vida Campesina | Arenal Observatory Lodge

After breakfast, we depart for the area around Arenal Volcano National Park, stopping at La Fortuna along the way. This picturesque town is a great place to take photos and shop for souvenirs. This afternoon, visit Arenal Vida Campesina, an organic farm and education center dedicated to advancing environmentally friendly agriculture. Enjoy a traditional lunch prepared with fresh produce from the farm, then get hands-on as you learn how to make tortillas. The hospitality is as

heartwarming as the shot of their farm-fermented liquor—a traditional farewell gesture. Check-in at our lodge and have some time to enjoy its amenities, including splendid views of Arenal Volcano, before we gather for dinner at the lodge. *Overnight at the 3-star [Arenal Observatory Lodge](#) for three nights.* (B,L,D)

Monday, April 21: Arenal Volcano National Park | Místico Arenal Hanging Bridges Park | Arenal Observatory Lodge

After breakfast, visit Arenal Volcano National Park to learn about geological activity in Costa Rica. Hike along the base of the active but currently resting Arenal Volcano, through the forest, over lava flows, and to the damaged areas now in the process of regeneration. Have lunch at a local restaurant in La Fortuna, and then head to Místico Arenal Hanging Bridges Park, a reserve that abounds with wonderful trails, suspension bridges, and outstanding natural areas. Its trail system straddles different types of ecosystems, forming a transitional vegetation strip of high biodiversity where both highland and lowland species reside. Observe the rainforest canopy from up amid the treetops to spot epiphytic plants, butterflies, birds, arboreal mammals, and more. Return to our lodge where, this evening, we enjoy a talk by a volcanologist who will join us for dinner. (B,L,D)

Tuesday, April 22: AM at leisure | PM nature walk on Bogarin Trail, Ecotermales Hot Springs | Arenal Observatory Lodge

Enjoy the morning at leisure at our lodge to enjoy its amenities and hiking trails. After lunch, gather to enjoy a short nature walk on the Bogarin Trail to observe a variety of birds and mammal species. Next, visit La Fortuna to have a soak in the thermally heated Ecotermales Hot Springs, warmed by Arenal Volcano, and then have dinner on-site. (B,L,D)

Wednesday, April 23: Cross Lake Arenal | Local school visit | Curi-Cancha Reserve | Monteverde | Dinner at a local home | Santa Elena

After breakfast, we take a scenic boat ride across Lake Arenal on our way to Monteverde. En route, we visit a local school and provide donations. Monteverde's cloud forests occur near mountain peaks, where rain turns into a life-sustaining mist, hydrating and nourishing epiphytic plants, providing a consistent cool and wet environment; this one in particular receives nearly 10 feet 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 more than 200 species of ferns. The beginnings of the preserve can be traced back to a group of Alabama Quakers



© Frank Ravizza

that immigrated to Monteverde in the early 1950s. Visiting biologists discovered that the cloud forest, located above the Quaker community, was rich in plant and animal life. Due to the incredible foresight of the Quakers and the Tropical Science Center, Monteverde and Santa Elena Reserves were born. After check-in at our hotel, enjoy a guided hike in the cloud forests of the Curi-Cancha Reserve. Located in the Arenal Tempisque Conservation Area at the center of Monteverde, Curi-Cancha comprises 205 acres of forest, secondary growth, and open pasture. This evening, enjoy a talk by a local Quaker family and have dinner at their home. *Overnight at the 3-star [Hotel Montaña Monteverde](#) for three nights.* (B,L,D)

Thursday, April 24: Monteverde Cloud Forest Reserve hike | Hummingbird Gallery | School dance presentation | Santa Elena

After breakfast, we take a guided hike in the Monteverde Cloud Forest Reserve. Cloud forests occur near mountain peaks where rain turns into a life-sustaining mist, hydrating and nourishing epiphytic plants. At the Hummingbird Gallery, birds hover and then zip past, attracted to the many feeders specifically placed to entice them. This afternoon, visit a school for a charming dance presentation performed by local children. Afterward, we return to our hotel for some time to relax and dinner. (B,L,D)

Friday, April 25: At leisure and Optional activities | Farewell dinner

Enjoy an unscheduled day in Monteverde to relax or participate in optional activities (at additional cost) offered by the hotel. Such options include ziplining, an aerial tram, horseback riding, a coffee tour, and a butterfly garden. This evening, gather for a farewell dinner hosted by Professor Kummel. (B,L,D)

Saturday, April 26: AM at leisure | San Jose OR Join optional Pacific Coast extension

After breakfast, enjoy the lodge grounds. After lunch, those who are returning home on the 27th will depart for San Jose, and bid farewell to those who are taking part in the optional extension on the Pacific Coast. Those who are returning home on the 27th will transfer back to San Jose and check-in to our hotel, located just 10 minutes from Juan Santamaría International Airport (SJO). Dinner is on your own tonight. *Overnight at the 5-star [Wyndham San Jose Herradura Hotel](#).* (B,L)

Sunday, April 27: Fly home

Transfer to Juan Santamaría International Airport (SJO). (B)



© Stefanie Plein



© operator



© Debbie Jordan

Above: Menelaus blue morpho, Magenta-throated woodstar, Howler monkey



ACTIVE: Must be able to walk three or more miles per day on mostly uneven terrain, and up and down inclines and steps.

What to Expect

This program is centered around the natural beauty of Costa Rica, experiencing distinctive ecological habitats and, therefore, a range of climates in Costa Rica's central and northwest areas. Some trails will be paved and accessible, but others may be muddy and steep. There will be ample opportunities for hiking. For this tour, you must be able to walk, unassisted, over uneven terrain. Participants who are not able to walk or stand unassisted for extended periods are kindly advised not to join this tour. All participants are expected to be physically active and not be an impediment to others on excursions, to enjoy traveling as part of a group, and to be ready to experience cultural differences. All participants will be required to follow safety/sanitization protocols set forth by Sponsors/Operator, local staff, and host country laws. Any participant showing signs of illness will be asked to wear a mask when in close proximity to others. If the tour manager decides that a participant cannot visit a site safely or in a timely manner, their judgment will be final. Where possible, an alternate activity may be suggested; additional costs may apply. If you have any questions about your ability to participate, we suggest that you visit your personal physician with this brochure in hand and discuss whether or not this program is appropriate for you. We ask travelers to be flexible and have a sense of adventure, as the itinerary is set well ahead of time and may need to be adapted on the fly for changes in weather, ease of access, transportation, or other factors. At the time of our visit we can expect temperatures in the mid- to high 80s (F) during the day, and overnight lows in the mid- to low 70s (F), with high humidity and always a possibility of heavy downpours. A suggested packing list will be provided, and appropriate clothing and footwear will be required. Hotels, lodges, and resorts have been chosen for their excellent locations, generous comfort, and sustainable practices. Included meals are of a very high quality and will feature local flavors. *Complete pre-departure details will be sent to participants.*

This tour participates in Carbon Offsetting

Carbon offsetting is a calculation of the distance of your air travel to/from your destination (based on averages from common U.S. gateways) and the tons of CO₂ used by both your air transportation and land (on-tour) travels. This calculation determines the cost to offset that amount of carbon, which is then invested in programs such as tree planting, emission-free energy (e.g., hydroelectric power), energy efficiency (e.g., lightbulb replacement programs and "green" building projects), and cleaning up landfill sites to reduce methane gases. Please contact us if you are interested in learning more about this carbon offset program.

Additionally, some of our hotels are designed to have a minimum impact on the environment and are participants in the Certification for Sustainable Tourism (CST) Program.

Optional Independent Extension



PACIFIC COAST April 26-29, 2025 (4 days)

Saturday, April 26, 2025: Transfer to Playa Panama, Costa Rica

After lunch, your driver will pick you up and transfer you to the Pacific Coast to begin the post-trip extension. Check-in to your resort upon arrival, and enjoy the rest of the afternoon at leisure to explore the property and its amenities. *Overnight at the 3-star [CC Beach Front Papagayo](#) for three nights.* (D)

Sunday & Monday, April 27 & 28: Playa Panama

Enjoy two days at leisure on the beach. The resort, located on Papagayo Bay, offers a wide array of activities and tours, which can be booked directly through the resort at an additional cost. Options include snorkeling, spa services, horseback riding, kayaking, ziplining, and surfing. (B,L,D daily)

Tuesday, April 29: Liberia | Fly home

Transfer to Daniel Oduber Quirós International Airport (LIR) in Liberia in time for your flights homeward. (B)

Optional Independent Extension Prices Per Person (3 nights)

Double Occupancy (2-18 participants) \$1,445
Single Supplement (limited availability) \$675

Extension Prices Include:

- **Transfers** to resort at the end of the main tour and to the airport for departure on April 29th
- **Gratuities** to the drivers for the aforementioned transfers
- **Three nights** at a beachfront resort
- **Breakfast daily, 2 lunches, and 3 dinners at the resort;** all meals include bottled water and coffee/tea
- **Baggage handling** at resort

Extension Prices Do Not Include: Excursions/activities, gratuities except as noted, and beverages other than indicated above. Additional items not included are indicated on the following page.





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Main Tour Prices Per Person (10 nights)

Double Occupancy (16 to 18 participants).....	\$4,995
Double Occupancy (13 to 15 participants).....	\$5,295
Single Supplement.....	\$785

Single room supplement will be charged when requested or required (limited availability).

With fewer than 13 participants a small group surcharge may be added.

Main Tour Prices Include:

- **Colorado College faculty leader Miro Kummel**, plus an expert **local guide/tour manager**
- **10 nights** in conveniently located hotels and unique, environmentally friendly lodges, some offering extensive activities on the property
- Group **arrival and departure transfers** on tour dates
- Surface transportation by **air-conditioned motor coach** with water available at all times
- **Breakfast daily, 9 lunches, and 9 dinners** (including welcome and farewell dinners with wine/beer). Dinners include water, tea, coffee, and either one beer or glass of wine per person.
- **Personal listening device** for use during guided excursions
- **All gratuities** to drivers, local guides, tour manager/guide, porters, staff at all accommodations, and restaurant staff for included meals
- All excursions and entrance fees as per the itinerary
- Local taxes and service charges
- **Baggage handling** at hotels and lodges, where available
- Comprehensive **pre-departure information**, including a suggested reading/media guide, travel guide, and packing list.

Flights & Transfers:

Airfare to/from Juan Santamaría International Airport (SJO) for the main program and from Daniel Oduber Quirós International Airport (LIR) for the post-tour extension is not included. Group airport arrival and departure transfers on program dates are included, based on suggested arrival and departure times (TBA). Once you have received your final payment invoice, you should book your flights. If you are considering booking your flights before this time, please contact our office first. Your flight itinerary must be provided to our office prior to departure. *We do not accept liability for cancellation penalties related to domestic or international airline tickets.*

Main Tour and Extension Prices Do Not Include:

Airfare from/to home; passport and visa fees; all airport fees and departure taxes; private airport transfers; cost of personal, health, trip cancellation, and baggage insurance; transportation of excess baggage; items of a personal nature such as medical expenses, laundry, taxi, telephone, and fax charges; meals or beverages (except as noted); optional activities or excursions, or deviations from scheduled tour.

Payments: A deposit of \$1,000 per person is required to reserve your space and is payable by Visa, MasterCard, American Express, or check made payable to “Eos COL-CostaRica4/25.” Final payment is due 90 days prior to departure and must be by check, ACH transfer, or wire transfer only; credit cards are not accepted for final payment. By submitting your deposit you are bound by the terms and conditions delineated throughout this brochure and elsewhere published.

Participant Cancellation Fees: All requests by participants for cancellations must be received in writing by Eos Study Tours. Cancellations received at least 180 days (October 19, 2024) prior to departure are refunded less a cancellation fee of \$250 per person. Cancellations received from 179 through 91 days (January 16, 2025) prior to departure are refunded less a cancellation fee of \$500 per person. Cancellations received from 90 through 61 days prior to departure are subject to a cancellation fee equal to 50% of the tour cost. Cancellations received 60 days or less prior to departure are subject to a cancellation fee of 100% of the tour cost. *For this and other reasons, participants are strongly encouraged to purchase trip cancellation insurance. Information will be provided with confirmation of receipt of your deposit.*

Note: Prices are based on tariffs and exchange rates in effect at the time of publication and are subject to change prior to departure. Substantial changes in tariffs, exchange rates, the price of fuel, services, and labor may increase the cost of arrangements significantly, and we reserve the right to alter our prices.

Prices, itinerary, accommodations, and leader are subject to change. Prices quoted are based on group participation and no refunds will be made for any part of the program in which you choose not to participate. It is understood that refunds cannot be made to participants who do not complete the tour for whatever reason. Due to space limitations, this is abbreviated information. Complete terms and conditions will be sent upon confirmation or upon request.

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California Seller of Travel Program CST # 2143690-40. Fla. Seller of Travel Ref. No. ST44983



For questions, and to reserve your space, contact Eos Study Tours:
800-856-8951 | tigertravel@studytours.org | PO Box 938, Walpole, NH 03608
TIGER TRAVEL WEBSITE: www.coloradocollege.edu/us/alumni/tiger-travel/





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April 17-27, 2025 (11 days | 18 guests)
with Professor of Biology Miroslav (Miro) Kummel

Optional Independent Extension to the Pacific Coast

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*“Very well run, well organized, excellent
tour guides and trip assistants.”*

- Lucien, Oregon (2024 traveler)



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