



WashU

Costa Rica's Natural Heritage

January 22-February 1, 2026

11 days from \$5,681 total price from Miami

(\$5,295 air & land inclusive plus \$386 airline taxes and fees)



This tour is provided by
Odysseys Unlimited,
seven-time honoree
Travel + Leisure's World's
Best Tour Operators award.

An Exclusive Small Group Tour for
Alumni & Friends of Washington University

Featuring Dr. Joseph "Joe" Steensma



Dear Washington University Alumni and Friends,

Join us on an exclusive 11-day exploration of Costa Rica, a country renowned for its astonishing biodiversity and natural beauty. With a small group of just 18 travelers, you'll journey through four distinct regions—from lush cloud forests to golden Pacific shores—experiencing the country's diverse ecosystems up close.

Begin in the capital, San José, home to a vibrant arts and cultural scene, before visiting the Doka Coffee Estate to learn about Costa Rica's rich coffee heritage. Then, take in breathtaking views of Arenal Volcano and explore a private nature reserve, a haven for birders and photographers. Walk among the treetops on suspension bridges that offer a rare perspective of the rainforest canopy. In Monteverde's legendary cloud forest, discover a world of misty trails and hidden wildlife. Your journey concludes with three relaxing nights in Guanacaste, including a float safari on the Tempisque River, where you may spot monkeys, crocodiles, and a dazzling array of birdlife.

For those eager to explore even more, an optional pre-tour extension to Tortuguero National Park offers a chance to discover one of Costa Rica's most remote and wildlife-rich regions.

Space is limited, and this program is expected to fill quickly. Reserve your place today!

Sincerely,

David Webb
Director, Travel Program and Education
Washington University in St. Louis

WASHINGTON UNIVERSITY RESERVATION FORM: COSTA RICA'S NATURAL HERITAGE

To reserve your place on tour, **please call Odysseys Unlimited, Inc. toll-free at 888-370-6765**. Please have the information outlined below available to share with an Odysseys Unlimited Travel Counselor.

If you prefer, you may also complete this Reservation Form and submit it to Odysseys Unlimited's office. Once this request is received, a Travel Counselor from Odysseys Unlimited will contact you within two business days to review the tour information and provide you with a secure link to enter your credit card information. Your reservation is not confirmed until your deposit is paid and processed. Payment may be made by American Express, Discover, MasterCard, or VISA, or by personal check. If paying by check, please make check payable to **Odysseys Unlimited, Inc.** and include with the form. Final payment is due at least 95 days prior to departure.

Send to: **Odysseys Unlimited, Inc.**
Attn: Special Interest Groups
One Newton Place
275 Washington Street, Suite 300
Newton, MA 02458

COSTA RICA'S NATURAL HERITAGE • JANUARY 22-FEBRUARY 1, 2026

I/We would like to request _____ place(s). (Deposit amount is \$500 per person.)

Full Passport Name _____ Date of Birth _____ Gender _____

Full Passport Name _____ Date of Birth _____ Gender _____

Address _____

City _____ State _____ ZIP _____

Home Phone (_____) _____ Cell Phone (_____) _____

E-mail(s) _____ Badge Name(s) _____

Please book my/our air from _____

I will share a room with _____ I request a single room (limited availability) ☐

Pre-Tour "Tortuguero National Park" Option: Please sign me/us up ☐

Tour membership limited to 18 guests

Costa Rica's Natural Heritage

11 days from \$5,681 total price from Miami

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In this small Central American democracy kissed by nature, our small group discovers a nation's wealth in four distinct regions, from cloud forest to rainforest, Central Valley to Pacific Coast. As Costa Rica presents its staggering display of biodiversity – pristine landscapes, unique microclimates, exotic flora and fauna – we enjoy a relaxed yet comprehensive exploration that celebrates Costa Rica's wide-ranging natural resources.



Day 1: Depart for San Jose, Costa Rica We arrive in the Costa Rican capital and transfer to our hotel located in the Escazu area outside the city. This afternoon and evening are at leisure.

Day 2: San Jose After meeting our tour director and fellow travelers at this morning's breakfast briefing, we embark on an excursion to Irazú National Park, whose active volcano last erupted in 1994. At 11,260 feet, Irazú stands as Costa Rica's tallest volcano, as well as its largest; and presents a spectacle of nature, as it rises from a flat, bare landscape coated in ash. We return to our hotel late this afternoon; tonight we enjoy a welcome dinner there. *B,L,D*

Day 3: San Jose/Arenal Region We leave this morning for the Arenal region, passing picturesque villages along the way. We stop at the Doka Coffee Estate, located on the fertile slopes of Poas Volcano, where we learn about coffee-making and Costa Rica's coffee crop, one of the country's largest exports. Continuing on, we stop in Carrizal at the family-owned Botanical Orchid Garden, with tropical trails, exhibits, nurseries, and gardens all dedicated to the wondrous orchid plant. After time to explore here, we travel on to Arenal and our hotel, which offers magnificent views of Arenal Volcano and where we dine tonight. *B,L,D*

Day 4: Arenal Region This morning we visit a local elementary school to enjoy a cultural exchange with the children and learn about Costa Rica's vaunted educational system – the country boasts a literacy rate of more than 95%. We continue on to Ecocentro Danaus, a biological reserve focused on conservation, environmental education, and sustainability. A series of trails winds through the secondary forest, where we see diverse flora, including orchids, bromelia, and heliconia, along with some of the preserve's 150 species of birds, sloths, and bats, among other fauna. Highlights include a butterfly farm with 30 different species and a natural water spring that attracts waterfowl, alligators, and iguanas. Later today there's time for more volcano viewing before and after dinner from a comfortable perch at our hotel. *B,L,D*

Physical Activity Level



Easy/Moderate

Walk 1-3 miles per day, often on uneven terrain in natural settings; walking in rainforest and cloud forest settings with inclines and on suspended bridges; lengthy motorcoach ride from Arenal Region to Monteverde over bumpy roads; high elevation on excursion to Irazu Volcano National Park (11,000 ft)

Your Tour at a Glance

Day	Itinerary	Hotel	Rating
1	Depart U.S. for San Jose	InterContinental Costa Rica	Sup. First Class
2	San Jose	InterContinental Costa Rica	Sup. First Class
3-5	Arenal Region	Montana del Fuego	First Class
6-7	Monteverde Cloud Forest	El Establo Mountain Hotel	First Class
8-10	Guanacaste	JW Marriott Guanacaste Resort & Spa	Sup. First Class
11	Depart Guanacaste for U.S.		

Ratings are based on the Hotel & Travel Index, the travel industry standard reference.

Cover photo: We see Arenal, one of the world's most active volcanoes, from a safe distance.



We see many colorful tree frogs in Costa Rica's rainforests.

Day 5: Arenal Region On this morning's visit to Arenal's Mistico Park hanging bridges, we have the special opportunity to experience the rainforest from the canopy level as we traverse a series of five suspension bridges high above the forest floor. While we observe the rainforest from a unique perspective, our naturalist guide will point out some of the flora and fauna that thrive here. Then we return to our hotel, where the remainder of the day is at leisure to relax amidst the beautiful grounds and thermal waters. Lunch and dinner today are on our own. *B*

Day 6: Arenal Region/Monteverde Cloud Forest We travel today to the "green cathedral" of Monteverde. En route we stop to visit a non-profit handicrafts co-operative dedicated to enhancing the economic and social well-being of local women artists. After lunch on our own in Santa Elena, we continue on to our hotel, arriving late afternoon. We dine tonight at a local restaurant in Monteverde. *B,D*

Day 7: Monteverde This morning we embark on a guided walk through Monteverde's biological reserve, learning about the amazing biodiversity in this relatively small area. After lunch together, we visit the Monteverde Bat Jungle to learn about Costa Rica's diverse – and important – bat population. Late this afternoon we return to our hotel for time at leisure before visiting with a local resident who will share stories of how Quakers have influenced the region, including their founding of Monteverde's biological reserve. We dine together this evening. *B,L,D*

Day 8: Monteverde/Guanacaste We depart by coach this morning for Guanacaste, Costa Rica's stunning northwest Pacific coastal region. After a stop for lunch, we reach our resort hotel overlooking the Pacific mid-afternoon. *B,L,D*

Day 9: Guanacaste A float safari on the Tempisque River highlights this morning's excursion to the Palo Verde region, which is both an extraordinary wetland and also one of the world's last tropical dry forests. In this unique ecosystem, we can expect to see abundant bird- and wildlife, including monkeys, iguanas, and caimans. After lunch together we return to our hotel mid-afternoon, with the remainder of the

Pre-Tour Option

January 19-22, 2026

Tortuguero National Park

4 days/3 nights for \$1,095 total price

Single Supplement: \$195

Encounter exceptional biodiversity, from rainforest to marsh, where fresh water meets the sea to form canals, lagoons, and wetlands; and also to provide an important turtle nesting reserve. An ecological tour de force!

Your Tour Price Includes

- Round-trip transfers San Jose/Tortuguero by van and boat
- 3 nights' accommodations: 1 night in San Jose at InterContinental Costa Rica (Superior First Class), 2 nights in Tortuguero National Park at Mawamba Lodge (First Class)
- 8 meals: 3 breakfasts, 3 lunches, 2 dinners
- Included sightseeing: Tortuguero town and Sea Turtle Conservancy; two boat safaris along the Tortuguero canals
- Services of an Odysseys Unlimited Tour Director
- Gratuities for dining room servers, airport and hotel porters, and all drivers



ONLY PEACE CAN WRITE
THE NEW HISTORY.”

– OSCAR ARIAS SANCHEZ



Arenal's hanging bridges

day at leisure along one of Costa Rica's most beautiful Pacific Coast settings. *B,L*

Day 10: Guanacaste

Today is at leisure to enjoy the beautiful beach and other amenities of our hotel, including an outdoor infinity pool. Optional activities include kayaking, hiking, or visiting the lively town of Tamarindo. This evening we gather at a farewell dinner to celebrate our Costa Rican adventure. *B,D*

Day 11: Depart for U.S. We transfer to the airport this morning for our return flights to the U.S. *B*



Keel-billed Toucan

Your Tour Price Includes

- Round-trip air transportation from listed cities
- 10 nights' accommodations in Superior First Class and First Class hotels
- 23 meals: 10 breakfasts, 6 lunches, 7 dinners
- Extensive sightseeing as described, including all entrance fees
- Services of an expert Costa Rica naturalist as your Odysseys Unlimited Tour Director
- Private motorcoach transportation throughout your trip
- Luggage handling for one bag per person
- Gratuities for dining room servers, airport and hotel porters, and all drivers

Faculty Host



Dr. Steensma is widely regarded for his breadth and depth of knowledge in the realms of public health, environmental science, and sustainability. An award-winning educator, Joe excels in making complex subjects engaging and fun, inspiring students of all ages in the classroom and beyond. With extensive experience leading educational tours in Latin America and the Caribbean, Joe's expertise shines brightest in the field. He's the author of three field guides on birds and numerous articles on water quality, food security, and sustainability. Joe's thoughtful insights, deep expertise, and fun-loving style promise to make this tour as entertaining as it is enriching. He's eager to join the WashU community on this unforgettable exploration of one of the planet's most spectacular landscapes.

***Faculty hosts are not guaranteed. Their participation is contingent upon a minimum number of WashU travelers signing up for the trip.**



We explore Tortuguero's canals on the pre-tour option.

Tour Departs: January 22, 2026

Prices include int'l airfare and all taxes, surcharges, and fees.

Miami	\$5,681
Boston, New York, Tampa, Washington, DC	\$5,881
Atlanta, Charlotte, Chicago, Cleveland, Dallas, Houston, Los Angeles, Orlando, San Francisco	\$5,981
Baltimore, Cincinnati, Denver, Detroit, Minneapolis, Philadelphia, Phoenix, Portland (OR), Seattle	\$6,081
St. Louis	\$6,281
Land Only (transfers not included)	\$4,895

Please call if your city is not listed. Prices are per person based on double occupancy and include airline taxes, surcharges, and fees of \$386, which are subject to change until final payment is made.

Single travelers please add \$1,595. All tour prices above (excluding airline taxes, surcharges, and fees) are guaranteed.

Please contact Odysseys Unlimited for information on our new Flexible Travel program, which allows you to arrive on tour up to three days before your tour begins and/or extend your stay after touring ends.

For reservations and information, please call Odysseys Unlimited, Inc. toll-free at 888-370-6765

Monday–Friday, 9:00 AM–7:00 PM, Eastern Time

GENERAL TERMS AND CONDITIONS

The following is intended to provide you with a description of what to expect when you reserve this tour. Upon booking, you will be asked to acknowledge your acceptance of the full Terms and Conditions on the secure on-line portal, My Odyssey.

Not Included in Tour Price: Airfare when purchasing a Land Only package; costs of passports and visas; immunizations and inoculations; personal expenses such as beverages, laundry, room service, and meals not specified; airport transfers when purchasing a Land Only package; gratuities to your Odysseys Unlimited Tour Director, which are at your discretion (suggested gratuities: \$10-\$15 per traveler, per day); communication charges; optional sightseeing; and travel protection insurance. Additional baggage fees may apply and are subject to change at any time. You should confirm directly with your airline(s) prior to departure.

Cancellations, Refunds, and Changes: If you must cancel your trip, the effective date of cancellation will be upon Odysseys Unlimited, Inc.'s receipt of your notification. Refunds for cancellations are subject to the following per person charges: **cancel 95 days or more before departure: \$200 charge; cancel 94-65 days before departure: 25% of tour price; cancel 64-45 days before departure: 50% of tour price; cancel 44-30 days before departure: 75% of tour price; cancel 29-0 days before departure: no refund.** If you make any changes to your reservation from 94 to 30 days prior to departure, Odysseys Unlimited, Inc. will apply a \$100 per person administrative fee, in addition to any fees or penalties imposed by 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 are allowed within 30 days of departure.**

Upon reservation, you must provide your full legal name as it appears on your passport, as well as your date of birth and gender. In the event an airline ticket is issued with incorrect information you have provided, you will be responsible for charges associated with the ticket's reissue.

Travel Insurance: The WashU Travel Program recommends that you purchase travel insurance to protect yourself and your investment from unforeseen circumstances. For more information, please contact the WashU Travel Program office at (314) 935-0474 or email the program director at davidewebb@wustl.edu.

Responsibility: The liability of University in St. Louis, the Alumni Association, as sponsor, and Odysseys Unlimited, Inc., as tour operator, is strictly limited. Odysseys Unlimited, Inc. purchases transportation, hotel accommodations, and 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, or of their employees, agents, servants, or representatives. University in St. Louis, the Alumni Association, and Odysseys Unlimited, 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 lines, 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.

Health and Medical Issues: We request that you be in good health to participate in this tour. There is a significant amount of walking and you **must be able to get on and off motorcoaches and boats on your own as well as keep pace with the tour group.** We regret that we cannot offer individual assistance; in such cases you must be accompanied by a companion who will assist you. Please note that many of our tour itineraries, for reasons beyond our control, do not accommodate wheelchairs. Please call or e-mail us to inquire and we will do our best to answer any questions you may have. We reserve the right to remove anyone whose physical or mental condition, in our opinion, compromises the operation of the tour or detracts from the enjoyment or safety of the other passengers. In that event, University in St. Louis, the Alumni Association, and Odysseys Unlimited, Inc. assume no financial responsibility for any unused portion of the tour.

Air Transportation – Important Information: Odysseys Unlimited, Inc. includes in its tour price round-trip economy air from designated gateway cities as shown, and contracts with those airlines the company feels provide the level of service, routings, and value necessary for your entire trip. While another airline may offer a more direct connection, it may be at a price unavailable at the lower group rates. You will receive your preliminary air schedule approximately 2½ months prior to departure. **Please note that the seat assignment on your international flight is usually done at airport check-in. Odysseys Unlimited, Inc. 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 fees. If you prefer to make your own travel arrangements, Land Only is available on most tours. **Since international and domestic air schedules are subject to change at any time, 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, Odysseys Unlimited, Inc. shall not have any liability for any loss resulting from cancellation of this tour or changes in this tour.**



The Alumni Association Travel Program
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Washington University
1 Brookings Drive
St. Louis, MO 63130-4899

Presorted
Standard
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JOIN US ON AN EXCLUSIVE
TOUR TO COSTA RICA!

Guaranteed Small Group:
Limited to 18 Guests