Master of Liberal Arts 2015 Expedition

Costa Rica

July 10 to 19, 2015

Explore Costa Rica on an expedition exclusive to the Master of Liberal Arts community.
An Ecological Paradise

Costa Rica, despite being roughly an eighth of the size of California, accounts for around 4% of the Earth's biodiversity—over 500,000 different species of plants and animals. Pristine beaches, imposing volcanoes, and mysterious cloud forests all contribute to a rich and diverse ecosystem.

Progressive environmental policies have also made Costa Rica a model of successful resource management. Over 25% of the country is protected territory, deforestation is almost nonexistent, and the government has vowed to make Costa Rica the first carbon-neutral country in the world by 2021. Costa Rica is one of only 15 countries in the world with no military, and it has one of the highest Human Development Indexes in Latin America. While it may not have as vibrant a cultural history as some of its neighbors, Costa Rica provides valuable lessons for sustainable human existence.

Professor Bill Durham

Professor Durham is the Bing Professor of Biology and the Director of the Center on Ecotourism and Sustainable Development (CESD). His main fields of work deal with coevolution in humans and the challenges faced in simultaneous ecological conservation and community development in underprivileged parts of the world.

He has taught several MLA seminars, and has lead a number of previous expeditions for both students and alumni, including the MLA-exclusive 2013 Galápagos Expedition, and is known as a favorite faculty leader for his enthusiasm and serious dedication in his work. In the Spring of 2015, he will be teaching MLA 314: Social and Environmental Sustainability: The Costa Rican Case.

“It was as a privilege to view wildlife with Prof. Durham – having him locate and identify animals, point out their behaviours, and place species in context with their locale. He’s generous with his time and knowledge, and just plain fun to be with.”

-DENISE OSBORNE, ’07, MLA 2013 GALÁPAagos EXPEDITION
Itinerary

**U.S. to San José, Costa Rica**
*Friday, July 10*
Fly from your home city to San José, Costa Rica, arriving in the evening. Transfer to your hotel upon arrival. BOUGAINVILLA HOTEL

**San José to Monteverde**
*Saturday, July 11*
Following breakfast at our hotel, travel by coach from the central valley into the cloud forest. Enjoy lunch at a local restaurant and continue to Monteverde Cloud Forest Reserve. Enjoy a guided hike before dinner at our hotel. EL ESTABLO HOTEL (B,L,D)

**Monteverde**
*Sunday, July 12*
Following breakfast at our hotel, travel to the hanging bridges of Selvatura for a tree-top perspective of the forest canopy. Hike the lush trail system with our guides and learn about the ecosystem of the forest. After lunch, enjoy a thrilling zip line tour before returning to our hotel for dinner. EL ESTABLO HOTEL (B,L,D)

**Monteverde to Arenal**
*Monday, July 13*
Travel by coach to the Arenal Volcano area this morning following breakfast at our hotel. Visit a local farm and learn about the organic cultivation of fruits and vegetables. Enjoy a farm-to-table lunch there, before traveling to our hotel. Take some leisure time this afternoon for a swim or to relax at our hotel before dinner. ARENAL MANOA HOTEL (B,L,D)

**Arenal**
*Tuesday, July 14*
Embark on a tour by river boat early this morning along the Rio Frio, located close to the border between Costa Rica and Nicaragua in the Caño Negro Wildlife Refuge. From our unique vantage point our guides are able to spot wildlife along the river. Caiman, iguana, basilisk, several monkey species and tropical birds are among the many species of wildlife we may see. Travel to a hot springs resort near the Arenal Volcano for lunch and a chance to relax in pools naturally heated by volcanic thermal vents. Return to our hotel for dinner. ARENAL MANOA HOTEL (B,L,D)

**Arenal to Osa Peninsula**
*Wednesday, July 15*
After breakfast at our hotel, travel to the Arenal airport for our short flight to the Osa Peninsula. Approximately 2.5 percent of the world’s biodiversity is contained here, making the Osa one of the earth’s natural wonders. Travel to our lodge and enjoy a guided hike before dinner. IGUANA LODGE (B,L,D)

**Osa Peninsula**
*Thursday to Saturday, July 16 to 18*
Over the next three days, explore this rich area with our expert naturalists to learn about the vast number of marine species and terrestrial flora and fauna that are found in and around the Osa. Activities include nature hikes in the rainforest, snorkeling and beach combing, visits to local farms and cacao producers, kayaking and boating throughout the Osa. Weather permitting, we will visit Corcovado National Park, or the same ecosystem in adjacent properties, and hike some of its trails. During our stay, we will also have the opportunity to meet with local researchers, collaborators and authorities who have worked with Prof. Durham on sustainable development and conservation efforts in the area. Gather each evening to recap the day at our lodge. IGUANA LODGE (B,L,D)

**Osa Peninsula to San José to U.S.**
*Sunday, July 19*
After breakfast at our lodge, travel to the Puerto Jimenez airport for our flight to San José. Connect with flights back to the U.S. (B)
About the Locations

**Monteverde Cloud Forest Reserve**
This reserve consists of over 26,000 acres of cloud forest, a tropical forest characterized by persistent or frequent low-level cloud cover, usually at the canopy level. A visually-striking phenomenon in itself, the moisture of the cloud forest is home to a unique ecosystem that features over 100 species of mammals, 120 reptilian and amphibian species, 400 species of birds, tens of thousands of insect species, and over 2,500 varieties of plants, including the most orchid species in a single place—420.

**Arenal Volcano National Park**
Rising out of the ground around 1000 years ago, Volcán Arenal (5,389 feet) was once considered sacred by pre-Columbian natives, and is now one of the most spectacular sights in Costa Rica. Following a 1968 earthquake, the volcano erupted and has seen almost daily eruptions ever since. When the sky is clear there are frequent sights of steam rising from the summit during the day, and sparks and glowing lava rolling down the slopes at night.

**Caño Negro Wildlife Refuge**
This marshlands area is often submerged in water but provides an excellent vantage point for observing wildlife by boat. During the rainy season the area acts as a wintering site for many migrant birds, and sees record amounts of migratory waterfowl from July to November. You may also spot howler, spider, and white-faced monkeys, as well as sloths, caimans and a number of other birds in the surrounding trees.

**Osa Peninsula**
Hosting around half of Costa Rica’s biodiversity, or 2.5% of the world’s, the Osa Peninsula is considered one of the most biodiverse areas on the planet. It has become a popular destination for tourists and naturalists alike with its vast, yet-untouched rainforests—a third of the Peninsula is protected in the Corcovado National Park. The area is also speckled with gold, and a 1980s gold rush once threatened the delicate area until it was stopped in 1986; though panning is still now practiced by many locals for income.
Information

**Dates**
July 10 to 19, 2015 (10 days)

**Size**
This program is limited to 28 participants.

**Cost**
Double Occupancy: $5,295 per person  
Single Occupancy: $5,595 per person  
Triple Occupancy: $4,695 per person

**Special Rate Considerations**
Triple rooms are limited.

**Cost Includes**
- 9-nights of comfortable hotel and lodge accommodations
- Meals as indicated in the itinerary (B = Breakfast, L = Lunch, D = Dinner)
- Gratuities for local guides, drivers, porters, waiters and tour staff
- Airport group transfers upon arrival (July 10) and departure (July 19)
- Bottled or purified water on excursions and with meals
- All excursions, entry fees and activities as described in the itinerary
- Local English speaking guides throughout the itinerary
- Educational program with a lecture series and pre-departure materials
- Minimal medical, accident and evacuation insurance
- Services of an experienced tour manager to assist you throughout the program

**Not Included**
- International and U.S. domestic airfare
- Passport and fees
- Immunization costs
- Meals and beverages other than those specified as included
- Independent and private transfers
- Trip-cancellation/interruption and baggage insurance
- Excess-baggage charges
- Personal items such as internet access, telephone and fax calls, laundry and gratuities for non-group services

**Air Arrangements**
International and U.S. domestic airfare is not included in the program cost. Round-trip, economy-class airfare on United from San Francisco to San José, Costa Rica (Juan Santamaría International Airport (SJO)) is approximately $733 as of September 2014 and is subject to change without notice.

**What to Expect**
We consider this program to be moderately strenuous. Accommodations at the Iguana Lodge are in an ideal location—bounded by the jungle and the beach—but travelers should be aware that while comfortable, the lodge does not have air conditioning, televisions, or hair dryers. Heat, humidity, insects and wildlife will be prominent throughout the journey as well. We often have a full schedule of excursions and some days require early starts. Participants must be physically fit, active and in good health. We welcome travelers 12 years of age and older on this program.
Terms and Conditions

**Deposit and Final Payment**
A $1,000-per-person deposit is required to book space for this program, along with a completed reservation form. Final payment is due 120 days prior to departure. As a condition of participation, all participants are required to sign a Release of Liability.

**Cancellations and Refunds**
Once dates and space are confirmed for you on this program, the $1,000-per-person is refundable less a $500-per-person cancellation fee. Additional payments, beyond your deposit, are fully refundable until 120 days prior to departure. Within 120 days from departure, we are unable to refund any of your program cost. We recommend trip-cancellation insurance; applications will be sent to you.

**Insurance**
Stanford Travel/Study provides all travelers who are U.S. or Canadian citizens with minimal medical, accident and evacuation coverage under our group-travel insurance policy. Our group policy is intended to provide minimal levels of protection while you are traveling on this program. We strongly recommend that you subscribe to optional baggage and trip-cancellation insurance. A brochure offering such insurance will be mailed with your confirmation about one week after we receive your deposit. The product offered in this brochure includes special benefits if you postmark your insurance payment within a specified window: 15 days of the date listed on the confirmation letter for the Waiver of Pre-Existing Conditions and coverage for Financial Insolvency; 21 days for the Cancel for Any Reason benefit.

**Responsibility**
The Stanford Alumni Association, Stanford University, the Master of Liberal Arts Program, and our operators act only as agents for the passenger with respect to transportation and exercise every care possible in doing so. However, we can assume no liability for injury, damage, loss, accident, delay or irregularity in connection with the service of any automobile, motorcoach, launch or any other conveyance used in carrying out this program or for the acts or defaults of any company or person engaged in conveying the passenger or in carrying out the arrangements of the program. We cannot accept any responsibility for losses or additional expenses due to delay or changes in air or other services, sickness, weather, strike, war, quarantine, force majeure or other causes beyond our control. All such losses or expenses will have to be borne by the passenger as tour rates provide arrangements only for the time stated. We reserve the right to make such alterations to this published itinerary as may be deemed necessary. The right is reserved to cancel any program prior to departure in which case the entire payment will be refunded without further obligation on our part. The right is also reserved to decline to accept or retain any person as a member of the program. No refund will be made for an unused portion of any tour unless arrangements are made in sufficient time to avoid penalties. Baggage is carried at the owner’s risk entirely. The airlines concerned are not to be held responsible for any act, omission or event during the time passengers are not on board their plane or conveyance. Neither the Alumni Association, Stanford University nor our operators accept liability for any carrier’s cancellation penalty incurred by the purchase of a nonrefundable ticket in connection with the tour. Program price is based on rates in effect in September 2014 and is subject to change without notice to reflect fluctuations in exchange rates, tariffs or fuel charges.

For more information or to make a reservation:
**CALL** 650-725-1093
**FAX reservation form to** 650-725-8675

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Reservation Form

MLA Costa Rica Expedition

**JULY 10 - 19, 2015**

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☐ I / we have read the Terms and Conditions and agree to them

SIGNATURE

**SHARING**

If this is a reservation for one person, please indicate:

☐ I wish to have single accommodations.

OR ☐ I plan to share accommodations with: ________________________________________________________________

OR ☐ I’d like to know about possible roommates.

**BED PREFERENCE**

☐ Twin Beds

OR ☐ Queen Bed

**DEPOSIT**

Here is my deposit of $________ ($1,000 per person) for ____ space(s) on the trip.

☐ Enclosed is my check (make payable to Stanford Alumni Association and return with completed form)

OR ☐ Charge my deposit to my: ☐ Visa ☐ MasterCard ☐ American Express

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AUTHORIZED CARDHOLDER SIGNATURE

Mail completed form to 326 Galvez Street, Stanford, CA 94305 or fax to (650) 725-8675. Please submit your reservation only once to avoid multiple charges to your account.