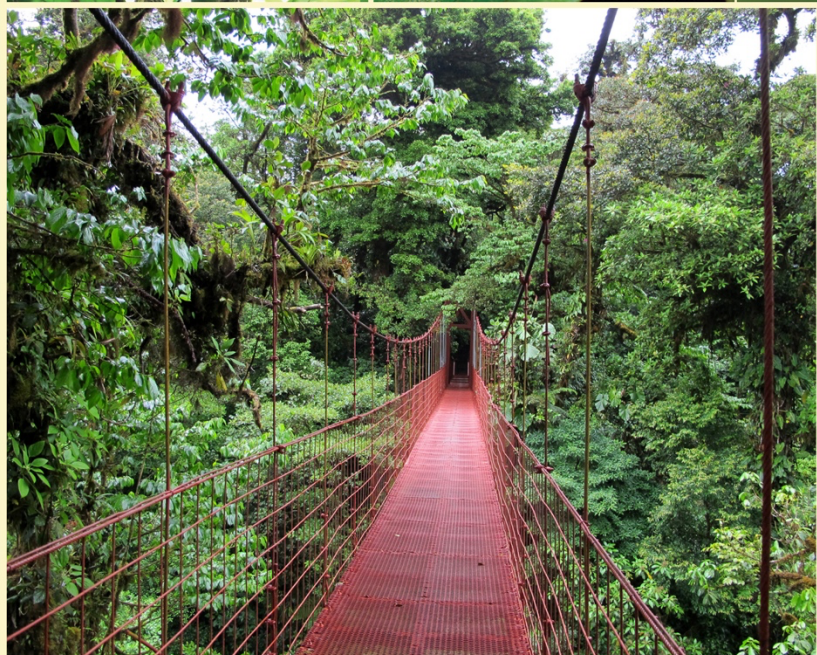


Discover COSTA RICA!

December 20-29, 2025



Betchart Expeditions Inc.
For more information call Terri 800-252-4910
or email Betchartterri@gmail.com
www.betchartexpeditions.com



Betchart Expeditions INC.

17050 Montebello Road • Cupertino, California 95014-5435 USA

Telephone: (800) 252-4910 • (408) 252-4910

Email: info@BetchartExpeditions.com Web: www.betchartexpeditions.com

#1778

THE BEST OF MAN AND NATURE WORLDWIDESM

Dear Travelers:

Join us for an excellent introduction to Costa Rica, a global leader in environmental preservation. This 10-day expedition includes a special look at the natural wonders, pristine parks and reserves. Learn firsthand about the wildlife, tropical ecology, the importance of tropical forests, and enjoy the spectacular natural world of Costa Rica.

*Highlights include an excellent introduction to the fiery history of active **Volcan Poás** near San Jose; the **Monteverde Cloudforest**, a world-renowned mountain reserve cloaked in mists; **Carara Biological Reserve**, beautifully situated on the Pacific Coast; and **Braulio Carillo**, a montane rainforest park with an aerial tram for spectacular views of the rainforest canopy; and hanging bridges above the trees near **Arenal Volcano**. We also visit charming **San Jose**, the bustling capital of Costa Rica, situated at 3,000 feet near the mountainous backbone of the country.*

Learn how Costa Rica has developed an electricity grid by harnessing naturally available renewable energy resources including hydroelectric, geothermal and wind.

Leading the expedition will be an excellent naturalist guide. This expedition is a terrific exposure to the tropical rainforest, ecology, plants, unique animals, insects, and beautiful birds which inhabit the forest.

Join us as we explore and learn about the wonders of tropical Costa Rica. Please make your reservation right away as space is limited. For more information, please telephone (800) 252-4910.



BETCHART
EXPEDITIONS INC.

with AAAS, Sigma Xi, & ACS

17050 Montebello Rd., Cupertino, CA 95014

Sincerely,

Robert P. Nansen Naturalist

AAAS, Sigma Xi, ACS, & Betchart Expeditions

ITINERARY

Day 1 – USA to San Jose, Costa Rica. Fly from Miami or other gateway city to San Jose, the capital of Costa Rica. Meet your naturalist guide and transfer to the *Bougainvillea Hotel* (1 night).

Day 2 – San Jose to the Pacific Lowlands. Enjoy an early morning naturalist walk at the hotel gardens, then a memorable drive to the Pacific lowlands. We begin our introduction to the national parks and natural history of Costa Rica as we look for roadside hawks and flocks of parrots on our drive through the dry deciduous forest and farmland of the Pacific lowlands to *Selva Mar Hotel at Punta Leona Resort* (2 nights) situated in the forest near one of the most beautiful beaches in Costa Rica. Afternoon walk at Punta Leona Reserve or relax at the white sand beach. B,L,D

Day 3 – Carara Biological Reserve. Explore the Carara Biological Reserve. It is in a transitional region between the dry climate of the north and the humid climate of the south with a mixture of species from both areas. Scarlet macaw nest in good numbers along with toucans, trogons, and howler monkeys; it has the highest population of endangered crocodiles in Central America. Enjoy the new Visitor Center and explore the area on one of the numerous trails alongside scenic streams and through tall rainforest. In the afternoon discover the mangrove forests at the mouth of the Rio Tarcoles. Winter shorebirds such as herons, egrets, scarlet ibis, and black skimmers will be abundant, If we are lucky we may see more crocodile. B,L,D

Day 4 – Monteverde Cloud Forest Biological Preserve. Today we will cross the Pacific Lowlands on our drive to the famous Monteverde Cloud Forest. The preserve has been a global leader in wildlife conservation for over half a century and is one of Costa Rica's natural treasures. Preservation endeavors allow visitors to learn about and connect with nature. Overnight at *Hotel El Establo (2 nights)*. B,L,D

Day 5 – Monteverde. Enjoy an early morning naturalist walk at the world-famous Monteverde Cloud Forest Reserve. Here, at an elevation of 5,500 feet on the cool upper slopes of the Cordillera de Tilaran, the Preserve protects an extraordinary lush cloud forest. As we explore the excellent trails, delight in the bromeliads, orchids, tree ferns, and mixed flocks of foraging birds. With luck, we may see the resplendent quetzal, considered by many to be the most beautiful bird in the New World. There will also be an opportunity to learn about the Quaker community and visit the local museum. B,L,D

Day 6 – Volcan Arenal National Park. Depart Monteverde across the Caribbean lowlands then drive up to the volcanic summit of Costa Rica and the quintessential volcano, Arenal. Arenal Volcano was dormant until 1969 when shock waves, then ash and volcanic bombs rained down on the region. Arenal is quiet again, but some nights the summit can be seen glowing. From the hanging bridges, we will walk over the trees to admire the stunning views. Afternoon drive through the rainforest to the Caribbean lowlands and *La Quinta Eco Lodge (3 nights)*. A night walk will introduce you to the sounds of the rainforest. B,L,D

Day 7 – La Selva Biological Station. This morning visit the La Selva Biological Station of the Organization for Tropical Studies, one of the most important sites for tropical forest research in the Americas. The Station has been the research location for thousands of students and ecological papers. An excellent trail system allows easy access to the impressive forest, noted for its immense buttressed, canopy-emergent trees and protective low-lying swamps. Look for three-toed sloths, spider monkeys, leaf-cutter ants, singing insects, and croaking frogs. Meet scientists and learn firsthand about discoveries at La Selva. Enjoy a trip on the Sarapiquí River to look for howler monkeys and other wildlife. Evening lecture and discussion. B,L,D

Day 8 – Braulio Carillo National Park & Aerial Tram. Early morning naturalist walk at La Quinta's private reserve to hear and see birds at the start of the day. Then drive to Braulio Carillo National Park. This outstanding national park descends from the Continental Divide to the Caribbean lowlands and is one of the most important Costa Rican national parks. The park offers a wonderful opportunity to explore the upper canopy of the rainforest via an aerial tram. We will travel through the rainforest canopy for a bird's-eye view of the forest and its inhabitants, approximately 100 feet above the forest floor. Many species of plants and insects are only found in the upper canopy of the forest. B,L,D

Day 9 – Volcan Poás to San Jose. Awaken to the sounds of birds and monkeys beginning their day. Join your naturalist to explore the Sky Way trail in Villa Lapas's private reserve near the lodge. Tanagers, trogons, grosbeaks, and parrots are very active and we will look for the fruiting trees they frequent. After breakfast we will take the road to Volcan Poás National Park to see the dynamic terrain of Volcan Poás. This active volcano continues to spew steam and sulfur gas, and much of the landscape is little changed since the 1952-54 eruptive period. Here we may walk among umbrella plants, tree ferns, colorful warblers, tanagers, and singing wrens. Continue through banana, oil palm, and coffee plantations to Meseta Central and San Jose for a city tour. Farewell dinner. *Bougainvillea Hotel*. B,L,D

Day 10 – San Jose to USA. Morning return flights to Miami or other gateways, with connecting flights home. B

Please Note: Flights & schedule are subject to changes. This itinerary is a guideline and is subject to change due to local circumstances and flight schedule changes. Your guide will keep you informed.

COSTS & CONDITIONS

Expedition Fee: \$4,595 per person for 10 days, plus air fare of approximately \$995 per person + tax from Miami to Costa Rica, round trip. (*Minimum 6 participants to operate*).

What to Expect: This expedition is planned for the travel enthusiast who would enjoy exploring and learning about the wildlife and flora of some of Costa Rica's finest national parks. Travel is by van or coach with daily outings on foot of 1 to 2 miles at a leisurely pace suitable for discovery. Typically, it is hot and humid in the lowlands (90's); and springlike in the highlands. Even in the dry season, some rain can be expected. At the volcanoes, we will reach 8,000 feet; please consult your physician. This expedition is a tremendous experience for travelers with an appetite for

adventure who can tolerate some insects, heat, and bumpy dirt roads for the chance to explore superb natural areas.
(No smoking in vehicles, during lectures, or meals, please.)

Expedition Fee Includes: Land transport; airport transfers; accommodations twin share in comfortable country-style lodges and hotels; meals; entrance fees; baggage handling; leadership, administration.

Expedition Fee Does Not Include: International air fare (quoted separately); gratuity to expedition leaders and driver; personal items such as alcoholic beverages, laundry, phone calls, bottled water, snacks, passport, personal insurance; or foreign airport taxes.

Air Fare & Airline Ticketing: Air fare quoted is based on independent fares with American Airlines from Miami to Costa Rica, return. AIR FARES ARE SUBJECT TO CHANGE.

Single Accommodations: Singles are available for \$995. If you do not have a roommate or we cannot assign one, you must pay the extra cost of a single.

Reservations, Deposits, Payments: Please mail a deposit of \$1,000 per person with the completed reservation form. The balance is due 120 days before departure. (August 21, 2025)

Cancellations & Refunds: The initial deposit for the expedition is refundable up to 120 days before departure less a handling fee of \$250 per person. There will be no refund for any cancellation after the 120-day period.

----- cut off & mail -----
RESERVATIONS #1778 Costa Rica

YES! I/We want to join the **December 20-29, 2025 Discover Costa Rica Expedition** offered by Betchart Expeditions Inc. Please reserve _____ space(s). As a deposit, I/we have enclosed a check for \$_____ (\$1,000 per person), payable to Betchart Expeditions Inc. Trust Account.

Name _____ Age _____

Name _____ Age _____

Street Address _____

City _____ State _____ Zip _____

Email _____ Phone: _____

Membership (please circle): AAAS Sigma Xi ACS ESA Planetary Society _____ other

Please reserve _____ double _____ twin or _____ single accommodations.

Please mail to:
Discover Costa Rica December 2025
Betchart Expeditions Inc.
17050 Montebello Road
Cupertino, CA 95014

Responsibility: Betchart Expeditions Inc. acts only as agent for the passenger with respect to transportation and hotels and exercises every care possible. Betchart can assume no liability for injury, damage, delay, loss, accident, or irregularity in connection with the services of any airplane, ship, motorcoach, or any other conveyance used in carrying out the arrangements of the tour. We cannot accept any responsibility for losses or additional expenses due to delay or changes in air or other services, sickness, weather, strike, war, terrorism, quarantine, acts of God, or other causes beyond our control. All such losses or expenses will have to be borne by the passenger, as tour rates provide for arrangements only for the time stated. We reserve the right to substitute another leader of similar expertise or to cancel any tour prior to departure in which case the entire payment will be refunded with no further obligation on our part. The right is also reserved to decline to accept or retain any person as a member of the tour. No refund will be made for the unused portion of any tour unless arrangements are made in sufficient time to avoid penalties. The price of the program is based on current tariffs and rates, and is subject to change. Any tariff, exchange rate, or fuel increases will be passed on to participants. Baggage is carried at the owner's risk entirely. It is understood that the air ticket when issued shall constitute the sole contract between the passenger and the airline concerned. 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. Photos courtesy of Wikimedia Commons, Map by April Milne.

© 2025 Betchart Expeditions Inc. All rights reserved.

CST#2036304-40