

PRINCETON JOURNEYS



Recent Alumni: Costa Rica

December 3 - 10, 2026

Featuring Timothy Treuer *18
Ecologist, Educator, and Science Writer



CENTRAL AMERICAN WHITE-FACED CAPUCHIN

Dear Princetonian,

Experience the Costa Rican “pura vida” on an eight-day Princeton Journeys adventure, built specifically for recent Princeton alumni. Travel from the cloud forest of Monteverde to the tropical rainforest of Sarapiquí, stopping en route for an overnight overlooking the spectacular Arenal Volcano.

Explore Costa Rica’s rich biodiversity from a multitude of perspectives: on guided walks and hikes – by both sunlight and moonlight; from hanging bridges and zip lines taking you high into forest canopies; and through educational programming featuring lectures from your recent grad alum study leader **Timothy Treuer *18**, insights from knowledgeable local guides, and a visit to La Selva Research Station, one of the world’s leading tropical research institutions.

Along the way you’ll have the opportunity to meet local residents, indulge in coffee and chocolate, and take an exhilarating whitewater rafting excursion on the Río Sarapiquí. Don’t miss this opportunity to connect with fellow Tigers and experience Old Nassau in one of the world’s most breathtaking destinations.

With kind regards,

Bridget St. Clair

Director, Alumni Education and Travel
Princeton University



MONTEVERDE CLOUD FOREST RESERVE

WHY COSTA RICA? With one-fourth of its land mass under protection, Costa Rica encompasses 12 climatic zones along mountains, forests, ocean, and coast, and boasts nearly 4% of the world's biodiversity – despite spanning just 0.03% of the earth's surface.

ABOUT THE STUDY LEADER

Timothy Treuer *18

Ecologist, Educator, and Science Writer



Tim is a policy adviser, ecologist, and science writer, currently working for the State of Alaska. He earned his Ph.D. from Princeton's Ecology and

Evolutionary Biology Department in 2018, where his dissertation research sought to understand the drivers and impacts of large-scale ecological restoration, especially in the forests of Costa Rica. In total, he has spent more than 20 months conducting fieldwork in Costa Rica, primarily in the Area de Conservación Guanacaste, often cited as the world's largest tropical forest restoration project. He later worked as a consultant, taught courses at Princeton and Alaska Pacific University, and chased science journalism stories from the Raja Ampat Islands of Indonesia to the canyons of the Desert Southwest. Immediately prior to his current role, he served as Director of the Alaska Tech Hub, a consortium of entities from across the state working to grow an innovation economy around emerging energy technologies.

In his free time, Tim enjoys wild ice skating, packrafting, and otherwise enjoying the outdoors in his home state of Alaska.

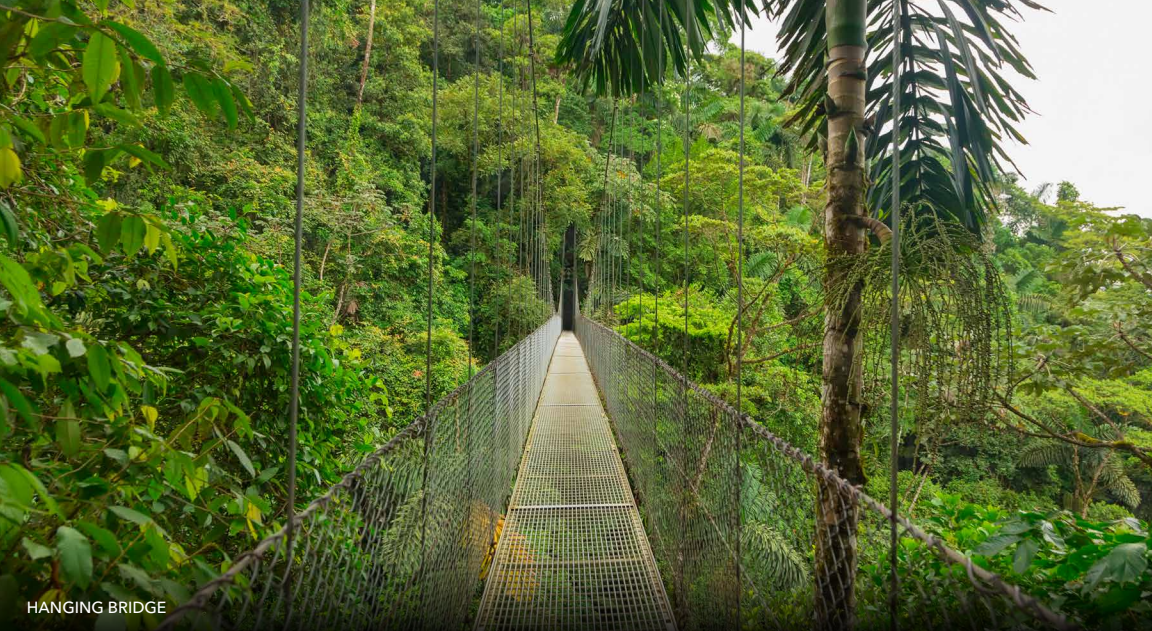
PROGRAM HIGHLIGHTS

- Immerse yourself in a variety of tropical ecosystems, gaining an in-depth look at Costa Rica's unique wildlife and vegetation.
- Embark on thrilling adventure activities, such as zip lining and whitewater rafting, and enjoy time to relax in thermo-mineral pools naturally heated by the nearby Arenal Volcano.
- Visit the Organization for Tropical Studies La Selva Research Station, one of the most important sites in the world for research on tropical rainforests.
- Indulge in a coffee and chocolate experience at a family-run farm.
- Learn to dance merengue, salsa, and cumbia with dancers from the local community.
- Enjoy the unparalleled camaraderie of traveling with fellow Tigers, including your recent grad alum study leader Timothy Treuer *18.



ACTIVITY LEVEL: ACTIVE - ENVIRONMENT

Journeys designated as Active - Environment may feature extremes of heat, cold, humidity, air quality, or elevation (up to 9,000 feet above sea level).



HANGING BRIDGE

ITINERARY

BLD = BREAKFAST, LUNCH, DINNER

DECEMBER 3 - SAN JOSÉ

Upon arrival at the Juan Santamaría International Airport, meet your driver and transfer to your hotel. This afternoon, get to know fellow travelers and tour staff at an orientation and toast to the adventure ahead at a welcome dinner. In order to arrive in time for orientation and dinner, please book flights that arrive into San José no later than 4:30 pm. *Overnight at Radisson San Jose. (D)*



COLLARED ARACARIS

DECEMBER 4 - MONTEVERDE

This morning learn about Costa Rica's biodiversity during an informative presentation given at the hotel by a local expert then set out for the cloud forests of Monteverde, home to an astounding variety of flora and fauna. After checking in to your hotel, visit the Bat Jungle. Designed and operated by a renowned bat biologist, this exhibit features 90 live bats representing eight different species in a simulated jungle environment. After dinner, take a night hike in search of nocturnal wildlife in the Curi Cancha Reserve. *Overnight at Monteverde Country Lodge. (BLD)*

DECEMBER 5 - MONTEVERDE

This morning visit the Santa Elena Cloud Forest Reserve. Then spend the remainder of the day exploring the breathtaking landscape at your own pace at an adventure park featuring ziplining, hanging bridges, a cableway, and a challenge course. *Overnight at Monteverde Country Lodge. (BD)*

DECEMBER 6 - ARENAL

Take a scenic boat ride across Lake Arenal and continue to your hotel with panoramic views of the Arenal Volcano. After lunch, explore the town of La Fortuna and its many shops. Enjoy a relaxing afternoon soaking in the thermo-mineral waters of Ecotermals with dinner onsite. *Overnight at Linda Vista del Norte. (BD)*

DECEMBER 7 - SARAPIQUÍ

This morning, see the rainforest canopy from above and below at Arenal Hanging Bridges. With 15 bridges ranging in length from 16 to 330 feet, the site straddles a variety of ecosystems and offers the opportunity to enter the upper canopy at an elevation of 1,900 feet. Next, stop at a family-run business to learn about the coffee and chocolate-making processes - and indulge in some of the country's most famous products. Arrive at the



COFFEE FARM TOUR

Selva Verde Lodge & Rainforest Reserve in northeastern Costa Rica's lush lowlands and enjoy a walk through the botanical garden and forest. *Overnight at Selva Verde Lodge. (BLD)*

DECEMBER 8 - SARAPIQUÍ

After breakfast, depart for the Organization for Tropical Studies La Selva Research Station, one of the world's leading institutions in tropical education and research. More than 240 scientific papers are published yearly from research conducted at the site. Be on the lookout for coati, collared peccary, mantled howler monkey, agouti, three-toed sloth, ornate hawk-eagle, crested guan, great tinamou, pied puffbird, and spectacled owl. After dinner, a nocturnal hike will provide a comparison between wildlife during the day and night. *Overnight at Selva Verde Lodge. (BLD)*



BLUE MORPHO BUTTERFLY

DECEMBER 9 - SARAPIQUÍ

Early this morning, take a short hike around the grounds of Selva Verde to discover its abundant tropical birds, with feeding stations facilitating the observation and identification of the many species that frequent the area. After breakfast, interact with local community members through a dance activity with the nonprofit Sarapiquí Conservation Learning Center (SCLC). A group of locals will teach you three styles of Latin dance: merengue, salsa, and cumbia. Later this afternoon, take an exhilarating whitewater rafting trip on the Río Sarapiquí, featuring Class II and Class III rapids. End the day with a celebratory farewell dinner at the lodge. *Overnight at Selva Verde Lodge. (BLD)*

DECEMBER 10 - SAN JOSÉ/ FAREWELL!

Transfer back to the airport in San José for your flight home after 1 pm. (B)



STRAWBERRY POISON DART FROG



WHITewater RAFTING

PRICING

Recent Alumni Rate (Classes of 2012-2026):
\$2,625 per person*

Regular Rate (all other classes):
\$3,000 per person

Based on a minimum of 14 participants in double occupancy. Single supplement is \$275 with limited availability.

Price includes:

- 7 nights' accommodations
- 18 meals (7 breakfasts, 4 lunches, 7 dinners)
- Non-alcoholic beverages with meals, plus alcoholic beverages with welcome and farewell dinners
- Sightseeing and activities as described, including entrance fees
- Private vehicle transportation for the duration of your program
- Full-time guide for the duration of your program
- Airport transfers in Costa Rica on group basis
- All tips and gratuities
- Carbon offset

Price does not include: international airfare, passport fees, trip cancellation insurance, meals not specified in the itinerary, alcoholic beverages, airport transfers for individual flight schedules (contact for additional costs), laundry service, or items of a personal nature.

* Please use the discount code **RAR1226** when submitting your registration to apply the Recent Alumni Rate.

Holbrook Travel can assist with making your flight arrangements upon request. Trip cancellation insurance is strongly recommended.

Certified



This program includes carbon offsetting with ClimateSafe. Learn more at holbrooktravel.com/climatesafe

GENERAL TERMS AND CONDITIONS

Please read this information carefully, as payment of a deposit represents your acceptance of the following Terms and Conditions.

Not Included in Your Tour Price International airfare from your departure city; costs of passports and visas; personal expenses such as alcoholic beverages, laundry, room service, and meals not specified; communications charges; and travel or trip cancellation insurance. Additional baggage fees levied directly by the airline(s) may apply and are subject to change at any time. You should confirm directly with your airline(s) prior to departure.

International Air Transportation Holbrook Travel offers air arrangements and ticketing. Group transfers between the airport and hotel are included in your program cost. A note about online airfare: Occasionally, you may be able to find airfares online that are listed at a lower cost. In general, individual fares lack flexibility and often require immediate purchase. If Holbrook arranges your flights, you will receive your preliminary air schedule approximately 2½ months prior to departure. Please note that for group airfare seat assignments on your international flight are usually done at airport check-in. Holbrook Travel 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 departure fees. If you prefer to make your own travel arrangements, booking the tour "Land Only" is available. 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, Princeton Journeys and Holbrook Travel, Inc. shall not have any liability for any loss resulting from cancellation of this tour or changes in this tour.

Cancellations, Changes and Refunds If you must cancel your tour, the effective date of cancellation will be upon our receipt of your notification. All cancellations need to be submitted in writing to Princeton Journeys. Refunds for cancellations are subject to the following per person charges: **Cancel 120 or more days before departure: \$100 cancellation fee; remaining balance is refunded. Cancel 119 - 96 before departure: full deposit of \$350 is forfeited. Cancel 95 - 90 days before departure: 100% of program price is forfeited.** Please note that we will not refund the cost of any unused portion of your tour package. 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 to your reservation can be made within 95 days of departure.

Health and Medical Issues We welcome all travelers, but request that you be in good health to participate on a Holbrook Travel tour. All of our tours involve a reasonable amount of walking (typically two to three miles per day). You must be able to get on and off motorcoaches on your own. We regret that we cannot provide individual assistance; in such cases you must be accompanied by a companion who will assist you. Please note that our itineraries cannot accommodate wheelchairs. We reserve the right to remove anyone whose physical condition or behavior, in our opinion, compromises the operation of the tour or detracts from the enjoyment or safety of the other tour members. In that event, Princeton Journeys and Holbrook Travel assume no financial responsibility for any unused portion of the tour. For the convenience of the majority of our travelers, Holbrook Travel has a no smoking policy on all tour buses. We will arrange sufficient rest stops so those who wish to smoke may do so.

Required Information Upon reservation, you must provide your full name as it appears on your passport, date of birth, and sex (for details, please visit tsa.gov). In the event an airline ticket is issued with incorrect information you have provided, or if you use a different passport than originally cited, you will be responsible for charges associated with the ticket's reissue. **A valid passport valid for at least the duration of your tour is required for U.S. citizens. As this requirement is subject to change at any time without notice, we recommend at least 6 months' validity.**

Responsibility The liability of Princeton Journeys as sponsor, and Holbrook Travel Inc., as tour operator, is strictly limited. Princeton Journeys and Holbrook Travel, Inc. purchase transportation, hotel accommodations, 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, their employees, agents, servants or representatives. Princeton Journeys and Holbrook Travel, 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 line, 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 and may change due to factors such as government regulations, water levels, or weather conditions. The services of any IATA and ATC carrier may be used in connection with these tours. The participant understands that if he/she books special low cost airfares with penalties, and cancels the reservation, he/she is responsible for any penalties incurred from the airline.

DISCLAIMER

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