Stanford Family Adventures

COSTA RICA FAMILY SEMINAR

SPECIALY DESIGNED FOR FAMILIES WITH YOUNG ADULTS

August 11 to 20, 2017

a program of the stanford alumni association
In today’s hectic world it can be difficult for families to get together, especially as kids get older, become more involved with activities and eventually leave the nest. With this in mind, we crafted our Family Seminar programs specifically for families with young adults. And what better destination to explore together as a family than Costa Rica? It’s a remarkable country with friendly people and extraordinary biodiversity and natural history on display everywhere one looks. On this Family Seminar, parents can travel with their grown children and our knowledgeable faculty leader, “Buzz” Thompson, taking in the sights and learning together. Don’t miss this special educational opportunity to discover a nearby neighbor...and catch up with each other!

BRETT S. THOMPSON, ’83, DIRECTOR, STANFORD TRAVEL/STUDY

Highlights

**SAVOR** a cup of fresh coffee after touring a local coffee farm and learning how this magic elixir makes its way from berry to cup. **EXPLORE** some of Costa Rica’s astounding biodiversity by foot, by boat and by air on a zip-line canopy tour. **CONNECT** with other Stanford families, enjoying fascinating lectures and conversations with our faculty leader, local experts and scientists.

COVER: PACUARE RIVER

ARENAL VOLCANO NATIONAL PARK
“Buzz’s lectures and conversations are great: informative, creative, optimistic and transformative. We look forward to more trips with him.”

MARY KOONS, RAIN FORESTS AND REEFS OF CENTRAL AMERICA, 2013

Faculty Leader

BARTON “BUZZ” THOMPSON, ’73, MBA ’76, JD ’76, is a senior fellow and was one of the founding directors of the Stanford Woods Institute for the Environment, which brings together almost 200 Stanford faculty members to solve global environmental challenges. He helped start INOGO, an interdisciplinary program that promotes sustainable development in Costa Rica. His individual research, scholarship and teaching focus on global water challenges and land conservation. An innovative teacher, he has taught water policy while rafting with his students through the Grand Canyon and toured Native American reservations with his students to learn more about the environmental concerns of indigenous peoples. On this trip, he looks forward to talking about sustainable economic development in Costa Rica, the country’s lengthy history of environmental leadership and the growth of ecotourism.

— At Stanford Law School: Robert E. Paradise Professor of Natural Resources Law since 1995; vice dean, 1999–2004; founding director, environmental and natural resources program
— Senior fellow, Freeman Spogli Institute for International Studies, since 2001
— Chairman of the board, Resources Legacy Fund; California trustee, The Nature Conservancy

SIGN UP ONLINE: alumni.stanford.edu/trip?costaricafamily2017
OR BY PHONE: (650) 725-1093
Itinerary

This trip was designed specifically for families traveling with children who have graduated from high school.

FRIDAY, AUGUST 11
DEPART U.S. / SAN JOSÉ, COSTA RICA
Arrive in San José and transfer to our hotel. Enjoy a welcome dinner with fellow Stanford travelers this evening. HILTON GARDEN INN (D)

SATURDAY, AUGUST 12
SAN JOSÉ
Choose between two options today. City-goers learn about the architecture, history and culture of San José on a tour of the east and west sides of the downtown area, then end the morning on a sweet note with a chocolate tasting and lunch at the Sibú Chocolate workshop. Rafters depart in the morning for the Pacuare River, rated one of the top rivers in the world for white-water rafting. Experience the river’s warm water, cascading waterfalls and the lush rain forest while rafting along 19 miles of class III-IV white water. HILTON GARDEN INN (B,L,D)

SUNDAY, AUGUST 13
SAN JOSÉ / ARENAL REGION
Our first stop today is La Paz Waterfall Gardens, where we hike the verdant trails, visit the nature exhibits to see a wide variety of birds and mammals up close, and discover one of the largest butterfly observatories in the world. Next, drive through the lush landscapes of central Costa Rica to the region surrounding the Arenal Volcano. En route stop at Poás Volcano for a close-up view of the world’s largest active crater. ARENAL SPRINGS RESORT & SPA (B,L,D)

MONDAY, AUGUST 14
ARENAL REGION
Start the day exploring the treetops of the Arenal Volcano region, ascending to an observation point by cable car before zip-lining through the rain forest or walking along suspension bridges and trails through the forest canopy. In the afternoon the more adventurous can opt for a mountain biking expedition down to Lake Arenal. Or one can choose to learn about the culture of the region’s inhabitants and their traditional way of living at the Casona Río Fortuna. Enjoy a cooking class featuring local ingredients, a performance of folk dances, and perhaps get a taste of guaro, a Costa Rican liquor produced from sugar cane juices. ARENAL SPRINGS RESORT & SPA (B,L,D)

TUESDAY, AUGUST 15
ARENAL REGION / MONTEVERDE
Depart the Arenal Region this morning by boat, crossing Lake Arenal to begin our drive to
Monteverde, which sits atop Costa Rica's continental divide at an elevation of 4,600 feet. The area is known worldwide for its unique cloud forest and the diverse ecosystem that's home to more than 100 species of mammals, 400 species of birds, tens of thousands of insect species, and some 2,500 varieties of plants. This evening, venture out for a night walk in the forest to listen to forest mammals, who are more active at night. Watch for bats, owls and other birds of prey.

EL ESTablo MOUNTAIN HOTEL (B,L,D)

WEDNESDAY, AUGUST 16

MONTEVERDE

Hear from longtime resident Ricardo Guindon—a biologist, ornithologist and ecologist—about the history and culture of the Monteverde community, originally settled by a group of 44 Quakers and pacifists from Alabama, one of whom had been jailed for refusing to be drafted at the outset of the Korean War. They fled to Costa Rica since it had abolished its army following its 1948 Civil War. After Guindon's talk, go on an exploratory hike through the Monteverde Cloud Forest Reserve, with two options of varying difficulty. In the afternoon, learn about the development of coffee on a fun and educational tour of a working farm, during which we go out into the fields to see the process used to turn ripe beans into roasted coffee for export. Taste a few roasts before returning to our hotel for the evening. EL ESTablo MOUNTAIN HOTEL (B,L,D)

THURSDAY, AUGUST 17

MONTEVERDE / GUANACASTE

Descend out of the clouds and head for the northwestern province of Guanacaste, the driest, sunniest region of Costa Rica. Visit Ad Astra, where scientists teach us about the development, importance and impact of the growing aerospace industry in Costa Rica, including the ongoing research and development of the VASMIR propulsion system. Check in to our hotel this afternoon and enjoy the rest of the day at leisure. EL MANGROOVE HOTEL (B,L,D)

FRIDAY, AUGUST 18

GUANACASTE

Spend today at Palo Verde National Park, home to the most extensive wetland area within Central America’s dry tropical forest zone, taking a leisurely ride on the Tempisque River in search of rare water birds, whiteface monkeys, macaws and parrots—and watching for crocs, too! This afternoon visit the Nicoya Peninsula’s Blue Zone—a moniker given to certain areas of the world where people live exceptionally long lives. This region has the second-highest population of men over the age of 100 in the world. Meet some of the centenarians to learn about their fascinating and healthy lifestyle, and maybe pick up a few tips! EL MANGROOVE HOTEL (B,L,D)

SATURDAY, AUGUST 19

GUANACASTE

Today is open for families to do as they wish. Relax at the hotel or perhaps opt to head to Tamarindo Beach for surf lessons and shopping. Another option is a full-day adventure in Rincon de la Vieja, which can include horseback riding, white-water river tubing and a zip-line canopying tour. (Optional activities are at guests’ own expense.) Reconvene this evening to enjoy a sunset catamaran sail before our farewell dinner. EL MANGROOVE HOTEL (B,L,D)

SUNDAY, AUGUST 20

GUANACASTE / U.S.

Transfer to the airport for flights home. (B)
Trip Information

**DATES**
August 11 to 20, 2017 (10 days)

**SIZE**
Limited to 52 participants

**COST**
$5,995 per person, double occupancy
$7,995 per person, single occupancy
*Association nonmembers add $300 per person

**INCLUDED**
- 9 nights of hotel accommodations
- 9 breakfasts, 8 lunches and 9 dinners
- Gratuities to guides and drivers for all group activities
- All tours and excursions as described in the itinerary
- Transfers and baggage handling upon arrival and departure
- Minimal medical, accident and evacuation insurance
- Educational program with lecture series and pre-departure materials, including recommended reading list, a selected book, map and travel information
- Services of our professional tour manager to assist you throughout the program

**NOT INCLUDED**
- International and U.S. domestic airfare
- Passport and visa fees
- Immunization costs
- Meals and beverages other than those specified as included
- Trip-cancellation/interruption and baggage insurance
- Excess-baggage charges
- Personal items such as internet access, telephone and fax calls, laundry and gratuities for nongroup services

**ABOUT FAMILY SEMINARS**
Family Seminars are designed specifically to give children who have graduated from high school the chance to travel together with their parents, grandparents and other adult family members. These programs offer a unique balance of touring, educational opportunities, access to Stanford faculty and family time. Subject matter and visits are geared toward adults, and unlike Stanford Family Adventures, which feature a Young Explorer Program for children ages 6 and older, a Family Seminar invites young adults to participate in the lectures and other educational enrichment with their older family members and peers.

**WHAT TO EXPECT**
We consider this program to be moderately strenuous. Participants should be comfortable biking, rafting, hiking and swimming.

Accommodations at El Establo Mountain Hotel are in an ideal location—nestled in the cloud forest of Monteverde with beautiful views—but travelers should be aware that, while comfortable, the hotel rooms do not have air conditioning or heating units. Warm weather, humidity, insects and wildlife will be prominent features throughout our journey.

We often have a full schedule of excursions and some days require early starts. You must be able to walk moderate distances, unaided, along beaches and trails, and sometimes over rough terrain, including steep and slippery trails. Expect coach travel lasting up to 2 hours, often over rough and winding roads. Participants must be physically fit, active and in good health.
Deposit & Final Payment
A $1,000-per-person deposit is required to hold your space on this program. Sign up online at alumni.stanford.edu/trip?costaricafamily2017 or call the Travel/Study office at (650) 725-1093. Final payment is due 120 days prior to departure. As a condition of participation, all confirmed participants are required to sign a Release of Liability.

Cancellations & Refunds
Deposits and any payments are refundable, less a $500-per-person cancellation fee, until 120 days prior to departure. After that date, refunds can be made only if the program is sold out and your place(s) can be resold, in which case a $1,000-per-person cancellation fee will apply.

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. You may choose to subscribe to optional trip-cancellation and baggage insurance. Information offering such insurance will be provided to travelers with their welcome materials. The product offered includes special benefits if you purchase your policy within 14 days of written confirmation of your participation on the trip.

Eligibility
We encourage membership in the Alumni Association as the program cost for nonmembers is $500 more than the members’ price. A person traveling as a guest paid for by a current member will not be charged the nonmember fee. For more information or to purchase a membership, visit alumni.stanford/goto/membership or call (650) 725-0692.

Responsibility
The Stanford Alumni Association, Stanford University 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, motor coach, 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 that passengers are not onboard 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 December 2016 and is subject to change without notice to reflect fluctuations in exchange rates, tariffs or fuel charges.
“There were lots of spontaneous conversations to enable sharing of perspectives and experiences, and we learned a lot.”

SHARON JABLON, CUBA FAMILY SEMINAR, 2015