



## Nature Forward Travel Trip Costa Rica: March 5-17, 2026 Important Information

**Costa Rica Expeditions:** Our trip is coordinated by Costa Rica Expeditions, considered a leader and a pioneer in the ecotourism industry. We have worked with them to take Nature Forward travelers to Costa Rica for well over 30 years. They provide friendly, exceptional service, and design trips to meet the interests of our participants. If you would like to know more about them, visit their website: [www.costaricaexpeditions.com](http://www.costaricaexpeditions.com).

**Field Equipment:** The in-country guide will have a spotting scope available for the group to use, but you may bring one yourself if you wish. Your own pair of binoculars will be essential for viewing wildlife.

**Accommodation/Meals:** Our lodges will be clean and comfortable. All have private baths and hot showers. They range from modest eco-lodges to the more western-styled Hotel Bougainvillea. In the Caribbean lowlands, La Quinta offers both air conditioning and ceiling fans. Our other low to middle-elevation lodges (La Cusinga, Talari, and Las Cruces) do not offer air conditioning, but they have screened windows and fans for ventilation. No air conditioning provided (or needed) at Hotel Bougainvillea and Trapp Family Lodge. These are our “landing and departure” hotels in the Central Valley near where it cools down pleasantly at night. Food on our trip will be plentiful, prepared from fresh ingredients, and most often served family-style or from a buffet. All but two meals (dinner March 5 and lunch March 6) are included in the trip fee. Vegetarians will dine happily here, and it has not been difficult to accommodate dietary restrictions in the past. All but one of our dining rooms will be patio-style under a roof with open sides.

**Physical Difficulty/Pace of Trip:** We have planned an active trip with full field days so travelers should be in good health. Most field walks will be fairly short—averaging no more than a mile or two at an easy pace—although longer hikes are possible and we will usually be on our feet for 2-3 (*or sometimes more*) hours at a time. Costa Rica is a mountainous country, so expect frequent hilly and uneven ground, with uphill and downhill walking. Some of our destinations and lodges require walking up/down steps. In the country’s lowlands, temperatures are typically in the upper 70s through the upper 80s, but hotter temperatures are possible and they can be coupled with high humidity.

Many days we will begin before dawn, when wildlife activity is greatest and when temperatures are cooler. Daylight is roughly 6 am to 6 pm. We recommend the “early to bed, early to rise” philosophy on a trip of this nature. There will be times when you are free to opt out of a group activity and relax or explore on your own, and we strongly encourage you to do so now and then.

Our itinerary will range from the hot and humid lowlands to the mid-elevation habitats (3,000-4,000 feet) in the Central Valley and at Las Cruces near the Panamanian border. On several days we will be traveling over and through the high mountains (above 10,000 feet) along the Pan American Highway, but we will not be staying at or exploring at those elevation levels. As noted earlier, Costa Rica is a mountainous country and considered

an active earthquake and volcanic zone.

**Medical Info:** While there are no medications required for entry into Costa Rica, we urge you to check with your physician for his/her recommendation. Zika has been detected in the country, but there is no prophylaxis for this virus or two other mosquito-borne illnesses which are in the country (Dengue and Chickamauga). Check out the CDC's website: [www.cdc.gov/travel.html](http://www.cdc.gov/travel.html) for more information on health issues in Costa Rica. Sanitary conditions are generally excellent here, and tap water is safe to drink in most parts of the country visited by eco-tourists. Our in-country guide will let us know if we visit any region where water safety may be suspect. For those who may still have concerns, bottled water is usually available. We strongly encourage our travelers to get both a seasonal flu shot and COVID booster prior to the trip if recommended by your primary care physician. Nature Forward follows CDC guidelines for respiratory illnesses, including COVID: <https://www.cdc.gov/covid/prevention/index.html> These guidelines may change between the preparation of this document and the dates of the trip.

**Currency:** The currency in Costa Rica is the colon. Dollars can be exchanged to *colones* at our first hotel, although at many of the places we will travel using American dollars will be fine. For more expensive items, plastic is readily accepted, although there may be a minimum charge amount. More details in later trip materials.

**Passport:** A valid passport is necessary for travel to Costa Rica—and *it must be valid for at least the period of your stay in the country, according to the US Dept. of State website.*

**Travel to and from Costa Rica:** Anyone traveling to San José, Costa Rica on March 5, the day our trip begins, will be met at the airport by a representative from Costa Rica Expeditions who will take you to the Hotel Bougainvillea, our lodging for the first two nights. Anyone traveling back to the States on March 17, the day our trip ends, will be taken to the San Jose airport by a representative from Costa Rica Expeditions.

You are welcome to arrive earlier than the 5th or leave later than the 17th if you choose, and we can help you with overnight reservations, airport transfers, excursions, etc. NOTE: Airport transfers on the 5<sup>th</sup> and the 17<sup>th</sup> are included in the trip's fee, but transfers for earlier arrivals/later departures will cost extra.

**PLEASE DO NOT PURCHASE AIRLINE TICKETS until we have sent you a note confirming that the trip is on.** We will make suggestions for flight scheduling at that time.