



Nature Forward Travel Trip Costa Rica: February 2-14, 2027 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.

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 eco-lodges such as La Quinta de Sarapiquí and Rancho Naturalista to the more western-styled Hotel Bougainvillea and Cano Negro Lodge to the lovely Bosque de Paz. In the Caribbean lowlands, La Quinta and Cano Negro Lodge rooms offer both air conditioning and ceiling fans. Our middle-elevation lodge Rancho Naturalista does not offer air conditioning, but it has screened windows and fans for ventilation. No air conditioning provided (or needed) at Bosque de Paz (elevation around 5,000 feet). Likewise for the Hotel Bougainvillea and Hotel Trapp, our “landing and departure” hotels in the Central Valley 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 February 2 and lunch February 3) are included in the trip fee. Vegetarians will dine happily here, and it has not been difficult to accommodate dietary restrictions in the past. Most of our dining rooms will be patio-style under a roof with open sides.

Physical Difficulty/Pace of Trip: Our itinerary will range from the hot and humid lowlands (La Quinta de Sarapiquí and Cano Negro) to the mid-elevation habitats (3,000-4,000 feet at Rancho Naturalista and in the Central Valley) and up to just over 5000 feet at Bosque de Paz. Costa Rica is a mountainous country and considered an active earthquake and volcanic zone.

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. You can 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. In the higher elevations, you’ll be happy for a light jacket in the morning and evening.

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.

Medical Info: While there are no medications required for entry into Costa Rica, we urge you to check with your physician for his/her recommendations. Check out the CDC’s website: 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: [Preventing Respiratory Illnesses | Respiratory Illnesses | CDC](#) *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 most 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 February 2, 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 February 14, 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 2nd or leave later than the 14th if you choose, and we can help you with overnight reservations, airport transfers, excursions, etc. NOTE: Airport transfers on the 2nd and the 14th 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.