

Nanda Journeys presents University of Alabama-Huntsville OLLI's

Discover COSTA RICA!

Journey of Sustainability & Cultural Immersion



Tour Dates: August 30 to September 7, 2025 (9 days, 8 nights)

Major Destinations: San Jose area, Arenal Volcano area, Guanacaste beaches

See Poas Volcano, a sustainable ranch, a family farm, an oxcart factory, hanging bridges, tropical plants, birds, and wildlife, hot springs, a wildlife rescue & rehab center, folk dancers, a waterfall, geothermal area, Iguana sanctuary, national parks & more!

Activities include: hiking, zipline adventure or aerial tram, boat tour, cooking class (TBD)

of Travelers: 20 minimum, 25 maximum **Transportation:** Motorcoach, Boat

Includes: All lodging and meals (8 breakfasts, 7 lunches, 8 dinners)

Trip cost: \$3,999 (double occupancy, land only), \$999 single supplement (limited #)

Airfare option will be available later (arrive San Jose, depart Liberia)

\$500 Deposit due at registration (non-refundable)

The purchase of Travel Insurance is highly recommended

****Trip is exclusive to Alabama OLLI members****

(link: [UAH - College of Professional Studies - Join OLLI](#))

(membership cost is \$40/person/year)

For more info, a detailed itinerary, and the trip registration link:

Contact Chris Stuhlinger (OLLI at UAH Point of Contact) OLLI.info@uah.edu



Costa Rica: San Jose, Arenal, Alajuela, Guanacaste

August 30 – September 7, 2025

\$3,999 (based on double occupancy/land only)

\$999 (single supplement)

BOOK NOW 888.747.7501

Journey of Purpose & Discovery to Costa Rica
Osher Lifelong Learning Institute (OLLI) at
The University of Alabama in Huntsville (UAH)



Pura Vida! Join us in Costa Rica for an educational adventure curated exclusively for OLLI UAH members. Explore and soak in the delightful hot springs in Arenal. Learn about sustainable farming, organic cooking, and responsible land stewardship through participation in farm and other ecological sites. Soar high above the canopy and marvel at the unique flora and fauna of this beautiful land. Relax on the stunning beaches of Guanacaste.

Focus on Educational Interaction

- ✓ **Meaningful interaction and collaboration** will immerse you in local life in Costa Rica and allow a chance for participation in educational and immersive visits across a range of locations throughout Costa Rica.
- ✓ Learn about **agricultural practices and community development** during a visit to Arenal Vida Campesina, a family farm where you will interact with local famers producing chocolate, coffee and sugarcane.
- ✓ Explorations of **Rancho Margot** will include guided farm tours, participating in the collection of produce, animal care and workshops on sustainable practices. Rancho Margot is a 100% self-sustaining off grid farm.

Focus on Community, Culture and Conservation

- ✓ Explore **Poás Volcano**, one of Costa Rica's most active for a chance to take in views of the impressive crater and learn about the volcano's geological history.
- ✓ Relax in the delightful **hot springs** below Arenal Volcano.
- ✓ Walk through the **rainforest canopy** high above the forest floor on a series of hanging bridges offering a bird's-eye view of the lush environment. Embark on a **zipline adventure** soaring above the rainforest floor.
- ✓ Take a **tranquil boat ride** along the Río Frío, which flows through the protected wetlands of **Caño Negro**, one of the most biodiverse regions in Costa Rica.
- ✓ A visit to **Rincón de la Vieja National Park**, famous for its volcanic landscapes, bubbling mud pots, and diverse ecosystems will provide the chance to explore trails where you might encounter wildlife such as monkeys, coatis, and colorful tropical birds. Learn about the geothermal activity in their naturel hot springs.
- ✓ **Relax on the beach** in Guanacaste!



Ready to go?

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