



Costa Rica... Beyond Senses

15 DAY TOUR

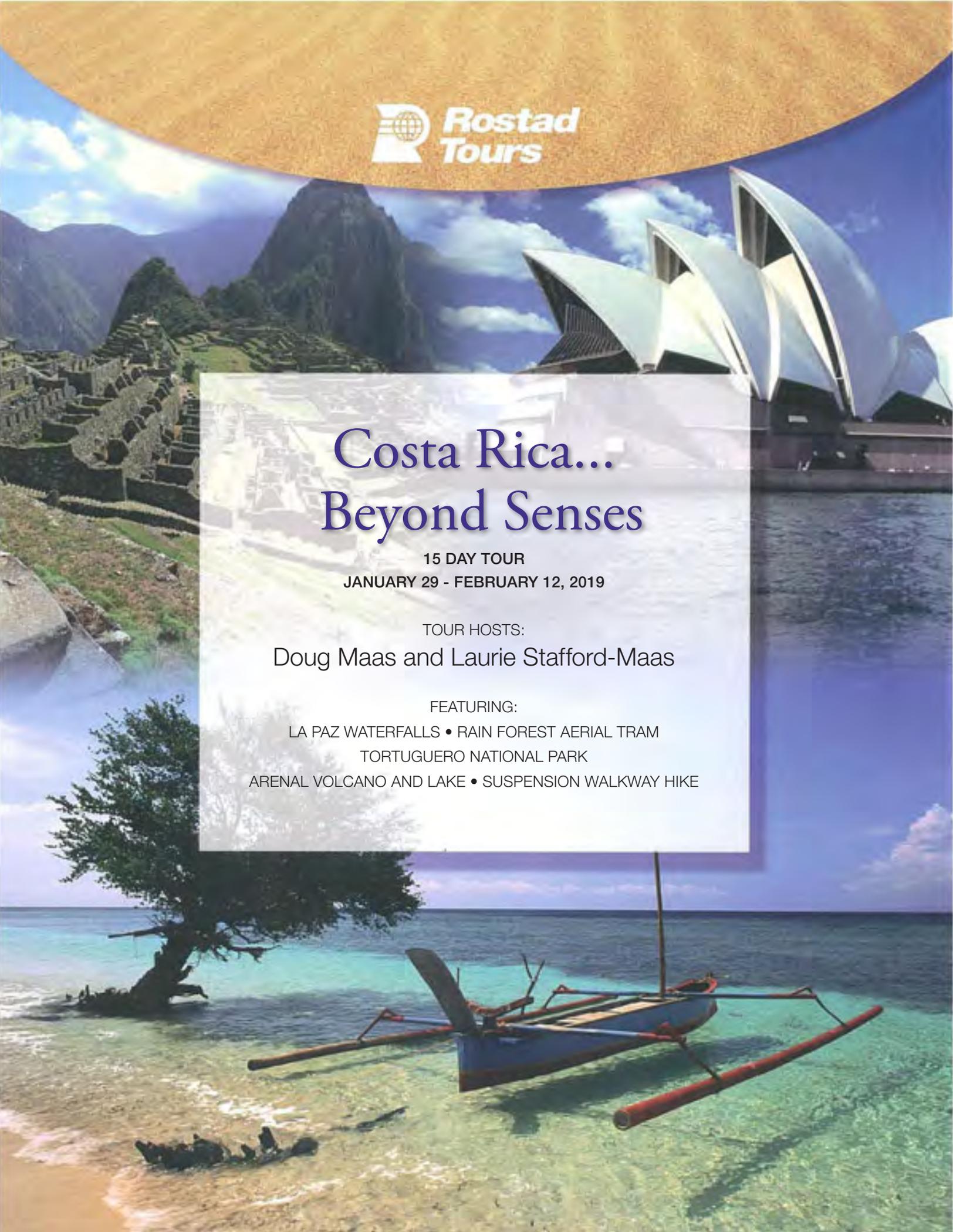
JANUARY 29 - FEBRUARY 12, 2019

TOUR HOSTS:

Doug Maas and Laurie Stafford-Maas

FEATURING:

LA PAZ WATERFALLS • RAIN FOREST AERIAL TRAM
TORTUGUERO NATIONAL PARK
ARENAL VOLCANO AND LAKE • SUSPENSION WALKWAY HIKE



Costa Rica...

Beyond Senses

Come with us to Costa Rica, one of the most bio-diverse regions in the world. With twenty national parks, eight biological reserves and an abundance of other protected areas, it is a wonder waiting to be explored. We'll meander forest trails, visit beautiful gardens, view a spectacular volcano, and take boat rides through the jungle. Costa Rica is renowned for its variety of aquatic ecosystems, and we will have free time to relax and enjoy the sea and gorgeous beaches. This inclusive tour will show off Costa Rica's tremendous assets including the friendly locals known as 'Ticos'!



TUESDAY, JANUARY 29

Day 1 · Departure Day

Today we meet our fellow travellers at the airport to board the departure flight, ready to begin a journey filled with new and exciting experiences. Upon arrival in San José, Costa Rica we will be met and taken to our hotel for a welcome drink and snacks.

WEDNESDAY, JANUARY 30 | BD

Day 2 · La Paz Waterfall Gardens - Café Britt

Today we journey to La Paz Waterfall Gardens where there are beautiful waterfalls, nature trails, the world's largest butterfly garden and a hummingbird gallery - all in one of the most beautiful settings in Costa Rica. We'll embark on a short walk and enter the dense rain forest in search of magical waterfalls. After lunch we enjoy the Café Britt Coffee Tour. This is a theatrical dramatization in which the actors describe the production of coffee from the moment the little plants push through the ground until converted into the drink we all know. Afterwards we enjoy a delicious cup of coffee with expert coffee tasters then return to our hotel.

THURSDAY, JANUARY 31 | BLD

Day 3 · Atlántico - San José Sightseeing

Today we depart on a Rain Forest Adventure to Atlántico - a 475-hectare private reserve. Here we will take a flight above the canopy treetops in the Aerial Tram.. This is an extraordinary opportunity to see a primary forest and its natural splendour first hand. We will see the different layers of the rainforest, from the floor to the treetops. We will enjoy lunch on the tour. In the afternoon, we will enjoy a tour of the capital city of San José. This is an excellent opportunity to learn about the history and culture of Costa Rica. Highlights of this tour include visits to the National Museum and the National Theatre - an architectural jewel in grand European style.

FRIDAY, FEBRUARY 1 | BD

Day 4 · Cartago - Lankester Gardens

This morning we will enjoy a half day excursion away from San José. First we travel to Cartago, the

former colonial capital of Costa Rica, and visit the Basilica of Los Angeles - home of the country's Patron Saint. Then we visit the Lankester Gardens, created over seventy years ago and home to more than eight hundred species of exotic orchids native to Costa Rica. We'll have free time in the afternoon to shop and explore. We will enjoy our dinner together at a local restaurant.

SATURDAY, FEBRUARY 2 | BLD

Day 5 · Braulio Carrillo - Tortuguero

Today we drive through the spectacular rain forests of Braulio Carrillo National Park, just 30 minutes from San José. We will stop enroute to have a delicious breakfast before boarding a boat specially designed for canal navigation. A two-hour trip through the canals will take us to our lodge located in the lush tropical jungle of Tortuguero National Park...just in time for lunch! In the afternoon we will visit Tortuguero Village and have leisure time to experience the local culture and habitat, visit some of the area's wonderful natural attractions, walk the nature trails or just relax in a luxurious hammock. Note: Luggage is limited to a maximum of 25 pounds per person for this Tortuguero trip.

SUNDAY, FEBRUARY 3 | BLD

Day 6 · Tortuguero National Park

We spend the entire day in this magnificent location to experience a wide array of birds, animals and plant life. We will depart by boat into the National Park, where we will enjoy a hiking trip along the trails. Lunch is included back at the lodge, then in the afternoon we enjoy another canal boat tour. The rest of the day is free for relaxation.

MONDAY, FEBRUARY 4 | BLD

Day 7 · Tortuguero - Arenal

After breakfast we'll leave Tortuguero by boat, then meet our vehicle back at Caño Blanco. We'll stop for lunch and then we'll proceed to the San Carlos area. We will enjoy dinner at our hotel. The hotel is located on a hill top, right in front of Arenal Volcano, offering breathtaking views of the valley below and the volcano above. Enjoy the spa on your own

or take a short trip to the exclusive Titoku Hot Springs.

TUESDAY, FEBRUARY 5 | BLD

Day 8 · Arenal Volcano - Lake - National Park

This morning we experience the Arenal Volcano, one of the most impressive features of Costa Rica. A two-hour boat trip on the man-made Arenal Lake gives us the opportunity for great views of the volcano. Later this afternoon we visit and hike through Arenal Volcano National Park where we'll experience the park's flora and fauna as well as remains of lava tracts.

WEDNESDAY, FEBRUARY 6 | BD

Day 9 · Monteverde - Suspension Bridge

After breakfast today we travel to Monteverde, the private biological reserve dedicated to the conservation of the flora and fauna which exists in this complex ecosystem. The reserve consists of 10,000 hectares and serves as an important link in the growing network of protected areas in the country. In the afternoon we visit Selvatura's Suspension Walkways for a hike in which we walk through their elaborate bridge system and peacefully admire the wonders of the cloud forest from the level of its canopy. This tour is designed to be suitable for people of all ages and provides the safest possible way to enjoy the canopy and the cloud forest from it's most interesting perspective.

THURSDAY, FEBRUARY 7 | BLD

Day 10 · Monteverde Cloud Forest Reserve

This morning we visit the Monteverde Cloud Forest Reserve, one of the most famous conservation areas in Central America. It is a tropical rain forest but because of it's altitude (1400m or 4600ft), it's called a cloud forest. A cloud forest is a highland forest characterized by nearly 100% humidity throughout the year. Here in Monteverde warm north-easterly



trade winds, filled with moisture, blow in from the Atlantic. As the winds sweep up to the Continental Divide, they cool and condense to form clouds, bathing the forest in a constant soft mist. The cloud forest receives an incredible four meters of rain every year-over twelve feet! It is home to rare and unusual wildlife, such as jaguars and pumas, and over 450 species of birds including the world's largest population of quetzal birds. The afternoon is at leisure.

FRIDAY, FEBRUARY 8 | BLD

Day 11 · Monteverde - Tamarindo

Today we travel to the Pacific coast and our beautiful hotel, the Tamarindo Diria Beach Resort. Here we will enjoy one of the finest beaches that Costa Rica has to offer.

SATURDAY, FEBRUARY 9 | BD

Day 12 · Tamarindo Beach Resort Free Day

A free day to enjoy the hotel facilities that include four swimming pools, an outdoor jacuzzi, tennis court and of course, a wonderful beach.

SUNDAY, FEBRUARY 10 | BD

Day 13 · Tamarindo Beach Resort Free Day

Another free day in paradise. If feeling adventurous, we might want to consider a canopy tour, river rafting or river floating, sea kayaking, snorkelling, horseback riding, or a visit to another one of Costa Rica's National Parks.

MONDAY, FEBRUARY 11 | BD

Day 14 · Travel to San José

After a little free time this morning we travel back to San José. On the way we will stop in Sarchi, the country's most famous artisan towns. Upon entering Sarchi, countless souvenir and handicraft stores begin emerging from both sides of the road, each offering handmade artifacts. These include elaborately painted bowls and trays, natural wood serving utensils, tables, furniture, jewellery boxes



and carvings. It's time to fill any remaining empty spaces in our suitcases! Tonight we enjoy a farewell dinner to celebrate the success of our visit to Costa Rica.

TUESDAY, FEBRUARY 12 | B

Day 15 · Return Home

Today we travel home with an abundance of souvenirs and memories. While we may be sad that our trip is over, we are excited about returning home to share our experiences with family and friends.



SAVE UP TO \$500 PER PERSON

Ask us about our Early Booking and Rostad Frequent Traveller discounts

SPECIAL INCLUSIONS

- La Paz Waterfalls Hike
- Rain Forest Aerial Tram
- Stay at a lodge in Tortuguero National Park
- Arenal Lake Boat Trip and Hike
- Suspension Walkway Hike

PRICES

Toronto	\$6899
Victoria	\$7042
Vancouver	\$7047
Winnipeg	\$7052
Calgary/Edmonton	\$7057
Comox	\$7210

Prices from other cities available upon request. Prices are per person based on double occupancy. The supplement for a single room is \$1453 per person.

This tour is not subject to GST/HST.

PRICE INCLUDES

- Return economy class airfare
- Current airline taxes, fuel surcharges and airport fees
- Superior Tourist class and First class hotels
- First class motorcoach
- Meals as shown (B=breakfast, L=lunch, D=dinner)
- Professional tour guide
- Sightseeing tours including entrance fees
- Luggage handling at hotels
- Tipping for all included services
- Any visas required
- All foreign taxes
- Rostad Tours travel gift
- Comprehensive and personalized tour documentation

Not Included: Meals not shown, Beverages, Items of a personal nature, Any airline luggage fees, Increases to surcharges, taxes or fees, Insurance.

TOUR ACTIVITY LEVEL

Active



Able to walk 4 km on uneven surfaces such as cobblestone streets and be able to climb stairs or steep inclines unassisted. Members should be in good physical condition.

DEPOSIT INFORMATION

- Deposit of \$300 is fully refundable until 100 days before departure
- Make cheques payable to Rostad Tours Ltd.
- Visa or MasterCard accepted

Call 1-800-361-8687

Tour Conditions & Information

RESERVATIONS

A deposit of \$300 per person is required to make a reservation on this tour. This deposit is completely refundable up to 100 days prior to departure. A confirmation of your reservation will be forwarded to you after the deposit is received.

FINAL PAYMENT

The final payment is due no later than 100 days before departure (October 21, 2018). A reminder will be sent to passengers in advance of this date. If you are joining the tour within 100 days of departure, full payment is required.

CREDIT CARD PAYMENTS

For payments made by credit card, we reserve the right to have credit card charges processed by the suppliers of travel services such as the airline, cruise line, etc. If this occurs, your payment will be split between Rostad Tours and the other suppliers and will appear as separate payments on your credit card statement.

SHARED & SINGLE ACCOMMODATION

Passengers must indicate at the time of booking whether they want to share a room or if they prefer a single room. Your roommate, if known, should also be indicated. If you do not have a roommate we will attempt to find a suitable travelling companion to share a room with you. The full single supplement is \$1453.

RESERVATION CHANGES

If you want to change your reservation, such as change your departure city or plan an extended stay, you must submit your request to Rostad Tours in writing via mail or email (flights@rostad.com) at least 100 days prior to departure. Please note that your airfare may increase if you travel on different dates than the group or if you travel to a different city. Any subsequent changes, cancellations

of extension arrangements or changes requested within 100 days of departure are subject to a service fee of \$100 per person in addition to any fees charged by the various travel suppliers.

TOUR PRICE

Prices are based on currency levels, airfares, fuel surcharges and taxes valid as of July 10, 2018. Although unlikely, we reserve the right to adjust prices if there are significant changes to any of the above elements.

CANCELLATIONS

Your deposit is fully refundable for any reason up to 100 days (October 21, 2018) prior to departure. Cancellations after this date are subject to the following maximum cancellation charges:

99 to 61 days prior to departure	50%
60 to 31 days	75%
30 to 0 days	100%

If you cancel, you will receive back all money paid towards the tour less the applicable cancellation fee. The charges apply to the base price of the tour only and do not include cancellation charges for any extra arrangements such as a single supplement, accommodation upgrades, additional tours, etc.

INSURANCE

We recommend that all passengers buy insurance to protect themselves against any possible cancellation charges or out-of-country medical expenses. An all-inclusive policy which has cancellation, hospital/medical and baggage coverage will be offered to Alberta residents prior to making their final payment. For passengers residing outside of Alberta, we will explain how you can obtain travel insurance direct from our provider. We recommend that

insurance be purchased when you register for the tour in order to ensure that emergent situations are covered.

PASSPORTS

A passport is required for all tour participants. For this tour your passport must be valid for at least six months past your intended return date. If you do not already have a passport, or if your current passport will expire within this period, apply for your new passport at least 125 days before departure. We require a copy of your passport 100 days prior to departure in order to issue your airline tickets. If you are not a Canadian citizen you are responsible to ensure you have all documentation required to enter the countries you are visiting and for your return to Canada.

HEALTH REQUIREMENTS

During walking tours you will likely experience uneven ground, cobblestone streets and various amounts of steps or stairs. For your enjoyment, and in fairness to your fellow passengers, you should be in good physical condition, with the ability to stand for reasonable periods of time and walk several kilometres easily. Should you feel a particular excursion may be too strenuous, you are welcome to forego the sightseeing tour and rest or explore on your own. At the time of printing inoculations may be recommended. Please consult your travel health professional.

TOUR DOCUMENTS

An extensive set of tour documents will be sent approximately 2-4 weeks prior to departure. Please notify our office in writing if you require any information in advance of this date.

BAGGAGE ALLOWANCE

Typically airlines allow you to check one suitcase free of charge but this is subject

to change. In order to avoid excess baggage fees, the dimensions of your suitcase should not exceed 60" (i.e. 30" length + 20" height + 10" width) and the weight should not exceed 23 kgs. Your suitcase will be portered at all hotels but tour members are responsible for their flight bags/carry-on luggage at all times. Rostad Tours accepts no responsibility for the loss of, or damage to, any baggage or any tour member's personal belongings.

ITINERARY VARIATIONS

Rostad Tours reserves the right to change the itinerary of the tour due to airline schedule changes or any other circumstances beyond our control. Every effort will be made to keep the tour as close as possible to the original itinerary.

TOUR MEMBERSHIP

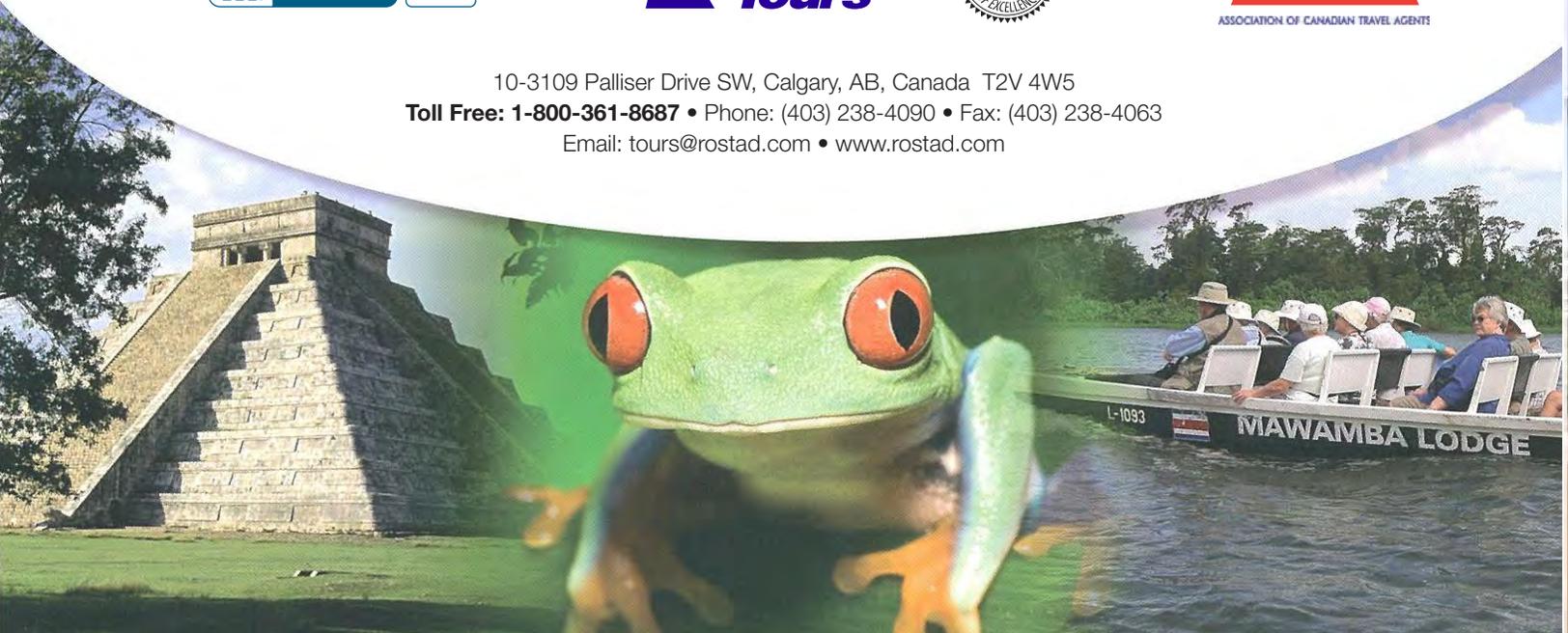
Rostad Tours reserves the right to reject any person as a tour member and to expel from the tour any person whose actions are deemed to be detrimental to the enjoyment of the tour by the other passengers. Children 6 years of age and under at the time the tour departs are considered too young to travel on tour.

RESPONSIBILITY

Rostad Tours Ltd. of Calgary, Alberta act as agents for the various owners or contractors providing hotels, means of transportation or other services. Issuance and acceptance of the tour documents shall be deemed to be consent to the condition that Rostad Tours Ltd. shall not become liable or responsible in any way for any personal or property loss, damage or injury, howsoever caused or arising. In the event that we are forced to cancel a tour due to insufficient registrations, Rostad Tours Ltd.'s sole responsibility shall be the refund of all monies paid to Rostad Tours by the tour participant.



10-3109 Palliser Drive SW, Calgary, AB, Canada T2V 4W5
Toll Free: 1-800-361-8687 • Phone: (403) 238-4090 • Fax: (403) 238-4063
Email: tours@rostad.com • www.rostad.com



PASSENGER REGISTRATION FORM

Please complete this form and mail it to the Tour Host or directly To Rostad Tours

If paying by credit card, you may also register by phone, fax or email a pdf of this form to Rostad Tours

Costa Rica... Beyond Senses

CostaRica1901

Departs: January 29, 2019

PASSENGER INFORMATION

(1): _____ Date of Birth: 19 ____/____/____
Title Last Name First Name Year/Month/Day

(2): _____ Date of Birth: 19 ____/____/____

Mailing Address : _____

City/Town: _____ Prov/State: _____ Postal Code/Zip: _____

Phone: Home (____) _____ - _____ Work: (____) _____ - _____ Email: _____

Type of Accommodation Requested: Twin/Double or Single Departure City: _____

Roommate (if known): _____ If unknown, would you like us to find you a roommate? _____

PRIVACY: Rostad Tours is committed to respecting and protecting your privacy. The main purpose of collecting your personal information is to arrange travel products and services for you. Accordingly, personal information required for this purpose may be shared with airlines, hotels, cruise lines, travel insurance companies, tour operators and other travel-related vendors. It may also be used to provide you with information regarding future travel opportunities. We will not sell or trade your personal information with third parties. Our complete Privacy Policy is available at our website at www.rostad.com/privacy.htm or, if you wish, we can send you a copy via e-mail or by postal mail.

PAYMENT INFORMATION

Deposit Required (per person): \$300 x _____ = Total: _____

Deposit is fully refundable
until October 21, 2018

Payment Method: Visa Mastercard Cheque (made payable to Rostad Tours)

Credit Card # _____ Expires: ____/____
Month/Year

Cardholder Name: _____

Please note that we reserve the right to have credit card payments processed by third parties such as airlines, cruise lines, etc.

Cardholder Signature: _____

Mail with payment to the address below:

Rostad Tours
10 - 3109 Palliser Drive SW
Calgary, AB Canada T2V 4W5