



Brandeis

TRAVELERS

DISCOVER COSTA RICA

NATURE, HISTORY, AND FLAVOR

James Morris
Professor of Biology

December 2 - 9, 2025



Experience the magic of Costa Rica on a breathtaking 8-day adventure. Begin in San Jose with visits to the Irazú Volcano, offering panoramic views, and the historic Teatro Nacional. Enjoy guided tours of the Gold Museum and Central Market. Journey through the Arenal Mistico hanging bridges and explore the Monteverde Cloud Forest, renowned for its biodiversity. Engage in coffee, chocolate, and sugar cane tours, gaining insight into Costa Rican culture. Delight in local cuisine and scenic beauty at every turn. Don't miss this chance to discover Costa Rica's natural wonders and vibrant heritage.



Brandeis

TRAVELERS



PROGRAM HIGHLIGHTS

- **VISIT** the Irazú Volcano National Park, the highest active volcano in Costa Rica
- **EXPLORE** San Jose's architectural gems, including the Teatro Nacional and the Gold Museum
- **EXPERIENCE** the majestic Poás Volcano and serene Botos Lagoon
- **DISCOVER** the lush gardens and waterfalls at La Paz Waterfall Gardens
- **IMMERSE** in coffee culture at Hacienda Doka with a coffee tasting session
- **WALK** the Mistico Hanging Bridges in Arenal's enchanting park
- **LEARN** about coffee, chocolate, and sugar cane production in Monteverde
- **EXPLORE** the Monteverde Cloud Forest Biological Reserve, home to 2.5% of the world's biodiversity



James Morris
Professor of Biology

James Morris is a professor of biology at Brandeis. He has taught a wide variety of courses, including introductory biology, evolution, genetics and genomics, epigenetics, comparative vertebrate anatomy, and a first-year seminar on Charles Darwin's "On the Origin of Species." He is the recipient of numerous teaching awards from Brandeis and Harvard. His research focuses on epigenetics. Dr. Morris received a PhD in genetics from Harvard University and an MD from Harvard Medical School. He was a Junior Fellow in the Society of Fellows at Harvard University and a National Academies Education Fellow and Mentor in the Life Sciences. He is a regular contributor to The American Biology Teacher and an author of the college-level introductory biology textbook "Biology: How Life Works."

Brandeis

TRAVELERS

Dear Alumni and Friends,

This December, embark on a breathtaking eight-day winter getaway to Costa Rica, where the stunning natural beauty, rich culture, and vibrant landscapes of Central America await.

Begin in the bustling capital of San José, where you'll experience the city's fascinating history and modern charm. Discover Costa Rica's rich indigenous history and heritage, indulge in traditional Costa Rican cuisine, and explore iconic landmarks such as the Teatro Nacional and Gold Museum.

Venture beyond the city to discover Costa Rica's awe-inspiring natural wonders. Visit the Irazú Volcano National Park, home to the country's highest active volcano, and enjoy panoramic views. Continue your adventure with a full-day excursion to the Poás Volcano and La Paz Waterfall Gardens, where you'll explore an active crater, the tranquil Botos Lagoon, and lush gardens teeming with exotic wildlife.

Next, experience the Arenal region, known for its iconic Mistico Hanging Bridges — perfect for observing the region's diverse biodiversity from above. Then, journey to the world-renowned Monteverde Cloud Forest Biological Reserve, a global leader in conservation and scientific research.

In partnership with local guides and experts, our tour will be led by James Morris, Professor of Biology. Professor Morris will enrich and inform the journey with expertise in biology, evolution, genetics and more.

Spaces are limited — secure your place on this unforgettable journey today. Call EPIX Travels at (203) 604-1365, visit brandeis.epixtravels.com, or email info@epixtravels.com to join us.

Sincerely,



F. Patricia Fisher
Vice President, Alumni Relations
Brandeis University

Discover Costa Rica

Nature, History, and Flavor

December 2 - 9, 2025

Day 1 - Tuesday, December 2nd

San José, Costa Rica

Depart home for San Jose, Costa Rica. Arrive in San Jose and transfer to your hotel. This evening gather for a welcome dinner with your faculty leader and fellow travelers.

(D)

Day 2 - Wednesday, December 3rd

San José, Costa Rica

Today, visit Irazú Volcano National Park, home to Costa Rica's highest active volcano at 11,260 feet. The volcano offers breathtaking views and a crater lake that shifts colors due to its unique mineral content. Located in the Central Volcanic Mountain Range, Irazú last erupted in 1963 during President John F. Kennedy's visit, adding to its historical significance.

(B, L, D)



Day 3 - Thursday, December 4th

San José, Costa Rica

Begin your city tour of San José with a visit to the Teatro Nacional Costa Rica, an architectural gem. Marvel at its opulent interiors and learn about its rich history. Next, we'll explore the Gold Museum and delve into Costa Rica's indigenous history through an impressive collection of artifacts. Enjoy lunch in the center of San José, with some time to soak in the cultural treasures of the Costa Rican capital.

(B, L)

Discover Costa Rica

Nature, History, and Flavor

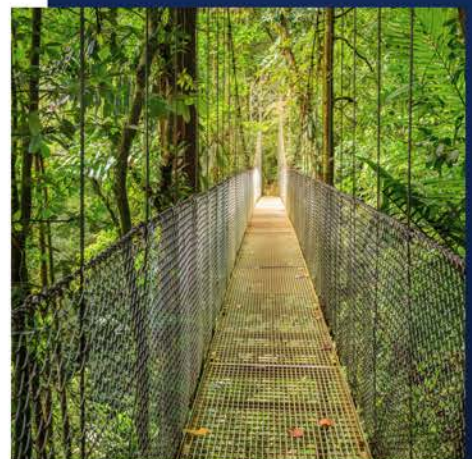
December 2 - 9, 2025

Day 4 - Friday, December 5th

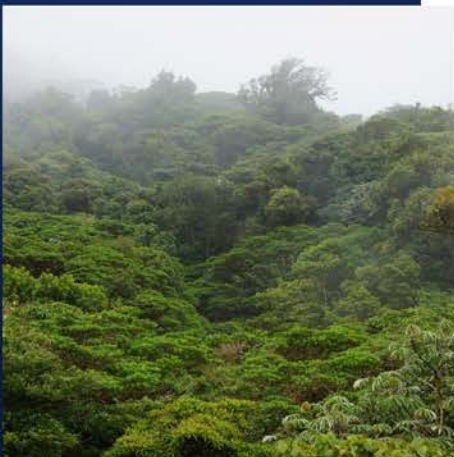
Parque Nacional Volcán Poás

Today, we'll visit Hacienda Doka, where you'll immerse yourself in the fascinating world of Costa Rican coffee. This historic coffee plantation offers a behind-the-scenes look at the coffee production process, from cultivating the seedlings in the nursery to the intricate methods used at the Heritage Processing Plant, which still operates with machinery dating back to the 19th century. Conclude your visit with a guided tasting of eight unique coffee blends, exploring the rich flavors and aromas in the plantation's gift shop. Experience the breathtaking Poás Volcano National Park. One of Costa Rica's most iconic attractions, Poás Volcano, boasts one of the largest active craters in the world. Just a short hike away lies the Botos Lagoon, a serene, rain-fed lake nestled within an extinct crater. Surrounded by lush cloud forests, the lagoon provides a tranquil contrast to the volcano's activity. Our adventure continues at the La Paz Waterfall Gardens, a verdant sanctuary of natural beauty. Stroll through vibrant botanical gardens filled with tropical flowers, including orchids and heliconias. Marvel at the cascading waterfalls, such as the towering La Paz Falls, which provide stunning photo opportunities. Along the way, encounter Costa Rica's incredible wildlife in the park's exhibits, featuring colorful butterflies, playful monkeys, hummingbirds, big cats, and other native species. This experience offers an up-close connection to the country's remarkable biodiversity.

(B, L, D)



Discover Costa Rica
Nature, History, and Flavor
December 2 - 9, 2025



Day 5 - Saturday, December 6th

Monteverde

This morning, enjoy a scenic drive to Monteverde.

Our first stop will be lunch at a local non-profit artisan cooperative dedicated to enhancing local women artists' economic and social well-being. We'll have a chance to converse with the artists and view their work. After lunch, we'll visit the Monteverde Cloud Forest Biological Reserve, one of the world's most famous reserves and essential in Costa Rica due to its conservation activities and scientific research. Founded in 1972 and covering an area of 3,500 hectares, the Monteverde Reserve has 2.5% of the world's biodiversity. The reserve's geographical, topographical, and climatic conditions have favored its surprising biodiversity. In its forests, we find four "Ecological Life Zones," which give life to different ecosystems inhabited by hundreds of species of mammals, birds, butterflies, amphibians, reptiles, insects, and arachnids, as well as a great variety of plants such as mosses, lianas, and common trees of the cloud forest.

(B, L, D)

Day 6 - Sunday, December 7th

Monteverde/Arenal Area

Start your day with a sweet chocolate and sugar cane tour! Participate in the chocolate process, tasting and learning about each stage. Next, visit the sugar cane mill to discover the origin of sugar cane, see the plantation, and learn about the

Discover Costa Rica
Nature, History, and Flavor
December 2 - 9, 2025

production of sugar cane products. You'll even get the chance to extract fresh, sweet sugar cane juice. Later, enjoy stunning views as we arrive in the Arenal area.

(B, L)

Day 7 - Monday, December 8th

Arenal Area/San José, Costa Rica

This morning we'll explore the Arenal's Mistico hanging bridges. This enchanting park features a series of suspension bridges and well-maintained trails that wind through the vibrant canopy, providing visitors with unique vantage points to experience the region's rich biodiversity. Later this afternoon, we'll return to San José, where tonight we gather for a festive farewell dinner.

(B, D)

Day 8 - Tuesday, December 9th

San José, Costa Rica

Today we end our adventure. Enjoy breakfast at the hotel before returning home.

(B)



Costa Rica Marriott



Experience comfort and convenience at Costa Rica Marriott Hotel Hacienda Belén, just minutes from the airport. Enjoy luxurious rooms, a full-service spa, vibrant dining, and scenic grounds with a golf range, tennis courts, and an outdoor pool.

Hotel Arenal Kioro Suites & Spa



Nestled in Costa Rica, Arenal Volcano National Park enchants adventurers with its towering active volcano, lush rainforests, and bubbling hot springs, offering a captivating tableau of natural wonder.

Monteverde Lodge



Monteverde Lodge and Gardens blends nature and luxury in Costa Rica's magical cloud forest. Just steps from Santa Elena, its lush gardens, private reserves, and expert guides promise an unforgettable escape.

RATE PER PERSON

Doubles

\$4,249

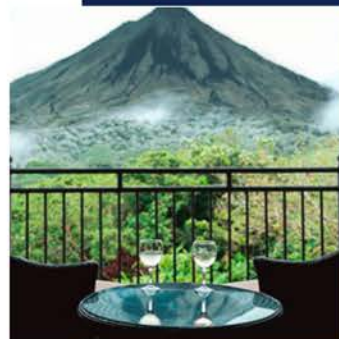
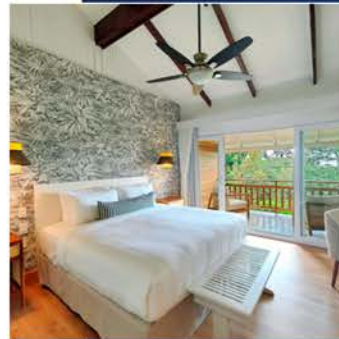
Single

\$5,749

**\$250 discount per person if booked by March 14, 2025*

Book Now!

To register, visit brandeis.epixtravels.com or
email info@epixtravels.com or
call/text 203-604-1365





TERMS AND CONDITIONS

Travel Protection:

Brandeis Travelers partners exclusively with Meyer and Associates to offer trip insurance for our tours. Please inquire about trip insurance options once you've made your reservation to meet any time-sensitive requirements. For more information, please call Meyer and Associates at 800-635-7801 or email info@meyerandassoc.com.

Disclaimer:

Brandeis University is not responsible for any tour operator policies or for any refunds. EPIX Travels, LLC is the operator of this program and solely responsible for carrying out the responsibilities associated with it. Additionally, Brandeis University, as a sponsor, has no financial or legal responsibility for the program. For applicable Terms & Conditions associated with your participation in this program, please see epixtravels.com/discover-costa-rica/#terms

Cancellations and Refunds:

Upon payment of the \$1,000 per person deposit, all reservations are subject to the cancellation provisions as stated in the terms and conditions and restated below and by which the passenger agrees to be bound. Cancellations shall not be in effect until they are received in writing. Final payment is due August 4, 2025. Final payment must be made by check, wire transfer, or by credit card. Deposits are refundable (less a \$250 per person administration fee) if written notice of cancellation is received before August 4, 2025. After that, deposits are 100% nonrefundable. After the final payment deadline all payments are 100% nonrefundable.

Refunds cannot be made to passengers who do not complete the tour for any reason at all, and there are no refunds for unused meals, accommodations, or other trip features. EPIX Travels reserves the right, without penalty, to cancel the tour or to require any participant to withdraw from the tour at any time at his/her own expense, when such action is determined by tour staff to be in the best interest of the health, safety, or general welfare of the tour group or the individual participant, and subject only to the requirement that the recoverable portion of the tour price that corresponds to the cost of unused services and accommodations be refunded or credited, if any.

Book Now!

To register, visit brandeis.epixtravels.com or
email info@epixtravels.com or
call/text 203-604-1365