

## ITINERARY AT A GLANCE

SEPTEMBER 13-20, 2025

### DAY 0 | SEPTEMBER 13

Arrive in Liberia Airport

### DAY 1 | SEPTEMBER 14

Rincón de la Vieja National Park

### DAY 2 | SEPTEMBER 15

El Bosque Nuevo Farm  
& Preserve

### DAY 3 | SEPTEMBER 16

Depart for Cuajiniquil  
Snorkeling on the Pacific coast

### DAY 4 | SEPTEMBER 17

Volcán Tenorio National Park

### DAY 5 | SEPTEMBER 18

Hike to the Rio Celeste

### DAY 6 | SEPTEMBER 19

Cañas & Return to Liberia

### DAY 7 | SEPTEMBER 20

Departure

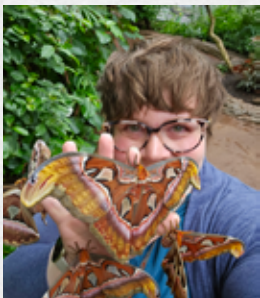


HOUSTON MUSEUM *of* NATURAL SCIENCE

# EXPEDITION HMNS

## Costa Rica

Surround yourself with lush rainforests, beautiful waterfalls, mountainous volcanic ranges, and lively creatures. Experience it all with the **Houston Museum of Natural Science** on this wonderful tour through Costa Rica's Northern province of **Guanacaste**. With a focus on butterflies and volcanoes, explore various national parks, sprawling beaches, and **El Bosque Nuevo Butterfly Farm and Reserve**. With over 1500 species of butterflies and a variety of other wildlife inhabitants, the rainforests of Costa Rica are teeming with life and exploding with color! Joined by **HMNS entomologist Lauren Davidson**, enjoy an exclusive look at one of the farms that supplies the bright and exotic butterflies seen in the Cockrell Butterfly Center at the Houston Museum of Natural Science.



### TRIP LEADER | LAUREN DAVIDSON, DIRECTOR OF THE COCKRELL BUTTERFLY CENTER

Lauren joined the Museum staff as the Butterfly Entomologist. In this role, she was charged with keeping the rainforest exhibit stocked with healthy, happy butterflies. Now, as Director of the Cockrell Butterfly Center, she spends most of her time working to maintain and enhance the facility, displays and overall guest experience.

She is the author of *The Backyard Bug Book for Kids: Storybook, Insect Facts, and Activities* and *Butterflies for Kids: A Junior Scientist's Guide to the Butterfly Life Cycle and Beautiful Species to Discover*. Lauren will accompany the group and give insight on the various insects and critters that populate the area.

## PRICING

HMNS Members Early Bird	\$3,150
HMNS Members Per Person	\$3,400
Non-Members Per Person	\$3,900
Single Supplement	\$400

## REGISTRATION REQUIRES

- Per person non-refundable deposit
- Completed registration forms
- Copy of your passport

**FINAL PAYMENT DUE JUNE 1, 2025**

Expedition HMNS: Costa Rica | 1

[hmns.org/costarica2025](https://hmns.org/costarica2025)



# EXPEDITION HMNS

# Costa Rica



## DAY 0 | SATURDAY, SEPTEMBER 13

Arrival, Travel to Liberia Guanacaste Airport (LIR)

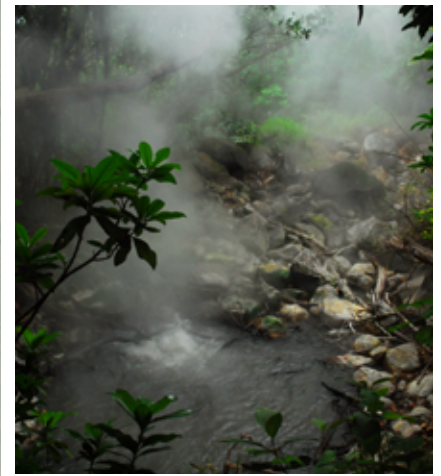
Welcome to Costa Rica! A shuttle will take guests from LIR to the hotel. In the evening, get a chance to socialize with the group over a nice dinner.

## DAY 1 | SUNDAY, SEPTEMBER 14

Rincón de la Vieja National Park

After breakfast at the hotel, gear up for a visit to Rincón de la Vieja National Park. This active volcanic park offers many wonderful sites to see. Our walk through the forest takes us past fumaroles, mud pits, boiling hot springs, and other volcanic marvels. In addition to the geography, the park's host of wildlife offers a wonderful opportunity for photography, birding, and seeing great butterflies!

Heading back to the hotel, eat lunch and spend the afternoon in whatever way you want! We will have optional excursions for horseback riding, ziplining, and hiking. You can also use this time to relax on the beautiful hotel grounds with a cool drink and watch the wildlife.



DAY 1: RINCÓN DE LA VIEJA NATIONAL PARK

## DAY 2 | MONDAY, SEPTEMBER 15

El Bosque Nuevo Butterfly Farm and Reserve

After breakfast, we will pack up and travel to El Bosque Nuevo farm site in Northern Guanacaste. Once we arrive, we will orient at the farm, unpack and enjoy a light lunch.



DAY 2: EL BOSQUE NUEVO

The afternoon will be spent taking tours of the breeding facilities, puparium, farm, and preserve property. On the tour, you will see the staff feed, collect, and care for butterfly larvae as they develop to become chrysalids for travel.

A hike into the preserve offers the opportunity to see howler monkeys, sloths, various sorts of snakes, birds, bullet ants, leafcutter ants, and thousands of other insects and plants. Afterwards, we will return to the farm for a short rest before dinner.

Enjoy dinner at the farmhouse before diving into the evening activities. Look for nocturnal insects with the help of mercury vapor lights and take a night hike of the area.



## DAY 3 | TUESDAY, SEPTEMBER 16

### Pacific Shoreline in Cuajiniquil

Say *iHasta Pronto!* (see you soon) to El Bosque Nuevo and head west to the coast for the breathtaking shoreline of the Pacific near the small fishing town of Cuajiniquil. Snorkeling and swimming in this region reveals hundreds of colorful tropical fish, sea urchins, octopi, crabs and other shore life. We can try fishing like a native, eat lunch on the shore, and view unusual birds like the caracara, magnificent frigate and Pacific brown pelicans. A walk along the shore reveals interesting forest finds and the opportunity to spot right whales which are often sighted from this beach.

We'll move to a second beach to watch what locals call "the best sunsets in Costa Rica." Enjoy dinner on the beach, a glass of wine, and watch the last light of day fade. As darkness falls we might be lucky enough to see bioluminescent organisms in the surf.

Back at the farm we will have a light set up and waiting for a bit of nighttime bug spotting.

We will pack most of our belongings this evening as well, in preparation for an early departure in the morning.



DAY 3: PACIFIC SHORELINE IN CUAJINIQUEL



DAY 4: SLOTH SANCTUARY & NIGHTTIME ENCOUNTERS

## DAY 4 | WEDNESDAY, SEPTEMBER 17

### Sloth Sanctuary & Nighttime Insect Encounters

Breakfast at the farm is followed by an early departure for our next destination near Volcán Tenorio National Park. Lunch will be en route before or after visiting a sloth reserve to meet some of the areas cutest and most personable creatures!

Unpack and settle in at the hotel where the grounds are exquisitely planted, attracting butterflies, bees, birds and other wildlife. Relax until time for dinner, or take a hike along a wonderful nearby trail.

Dinner is followed by setting up lights to attract insects as well as a night hike up into the old-growth rainforest surrounding this hotel. Good flashlights are a must!



# EXPEDITION HMNS

# Costa Rica

## DAY 5 | THURSDAY, SEPTEMBER 18

### Tenorio National Park

Breakfast is followed by a short trip up the mountain to the entrance of Tenorio National Park. A gorgeous trail leads us through some rich rain/cloud forest to the Rio Celeste, whose bright blue color is due to an infusion of volcanic hydrogen sulfide and aluminum oxide. A hike along the river takes us through some very diverse forest.

A late lunch is followed by some free time in the afternoon. Take some time to enjoy the grounds, rest up, or take a short hike in the forest.

Dinner is followed by a night hike or insect lighting depending on the group's interest.



DAY 5: TENORIO NATIONAL PARK



DAY 6: CENTRAL VOLCANIC RANGE

## DAY 6 | FRIDAY, SEPTEMBER 19

### Central Volcanic Range

After breakfast, visit the Pacific slope of the Central Volcanic Range in Costa Rica. Vegetation changes dramatically as we lose elevation and enter the drier, warmer Pacific slope.

We arrive in the town of Cañas, a great place for some whitewater rafting! The river is not too rough, and trained naturalist guides will accompany us to point out some of the typical wildlife that inhabits Costa Rica's dry forests.

Travel in late afternoon returns us to Liberia for our final night. Everyone will have a chance to find some souvenirs or favorite Costa Rican foodstuffs to take back home with them.

Enjoy a farewell dinner with plenty of drinks and socializing to cap off our final evening in Costa Rica.

## DAY 7 | SATURDAY, SEPTEMBER 20

### Departure, Travel Home from Liberia

Say goodbye to Costa Rica and travel back home. Shuttles will be available to take guests from the hotel to the airport.



# EXPEDITION HMNS

# Costa Rica

## PRICING

<b>HMNS Members Early Bird*</b>	\$3,150
HMNS Members Per Person	\$3,400
Non-Members Per Person	\$3,900
Single Supplement	\$400

\*Members save \$250 when booking before December 9, 2025

## FINAL PAYMENT DUE JUNE 1, 2025

## INCLUDED IN EXPEDITION

- 20 Meals (7 Breakfasts, 6 Lunches, 7 Dinners).
- Transportation between locations in Costa Rica.
- Transfer to and from hotel upon arrival & departure.
- Hotel room bookings
- Accompanying expert

## NOT INCLUDED IN EXPEDITION

- International flights\*, travel protection, and baggage handling.
- Additional or specialty alcoholic beverages not provided by El Bosque Nuevo.
- Optional excursions.

\*Unless booking flights through the 'HMNS Book My Flight' option

## NOTES

- Travel protection is strongly encouraged.
- Itinerary is subject to change. All planned activities are subject to weather conditions.
- No gratuities are expected.



## LET HMNS BOOK YOUR FLIGHT!

## +\$650

### Nervous Traveler?

**Don't want to deal with the hassle?**

HMNS will handle the reservation of your flights in conjunction with our HMNS trip leaders, allowing you to relax and enjoy a worry-free travel experience.

**The \$650 booking fee covers your roundtrip flights from Houston, TX to Liberia Guanacaste Airport (LIR).**

If you would like us to book your flights but wish to depart from a different city, additional fees may apply. Please email [travel@hmns.org](mailto:travel@hmns.org) with any questions.



**PRICING**

\$3,150 HMNS Members Early-Bird per person.

\$3,400 HMNS Members per person.

\$3,900 Non-Members per person.

\$400 Single supplement for those registering as a single traveler.

**Price Includes:**

- 20 meals (7 Breakfasts, 6 Lunches, 7 Dinners).
- Accommodations for 7 nights.
- Ground transportation in Costa Rica.
- Accompanying expert: Lauren Davidson.

**Prices Do Not Include:**

- International flights\*, travel protection, and baggage handling
- Optional excursions

\*unless reserved through HMNS' "Book my flight" option.

**REGISTRATION**

Registration requires **[A]** a per person non-refundable deposit of \$1,000 for HMNS members and non-members, **[B]** completed registration form, **[C]** Copy of your valid passport.

This trip is for ages 16+. Each minor must be accompanied by one ticketed adult guardian.

Passport must be valid through March 19, 2026.

By registering you understand and agree to the **Cancellations & Refunds** and **Traveler Terms & Conditions** listing **Physical Requirements; Participant Requirements, Responsibilities and Notices; Participation Advisory; Houston Museum of Natural Science—Release & Consent; and El Bosque Nuevo—Release and Consent.**

Availability is based on order of complete registration.

Final payment is due June 1, 2025.

**CANCELLATIONS & REFUNDS**

- Cancellations must be received by HMNS in writing.
- Cancellations received on or before March 20, 2025 will forfeit 100% of the deposit.
- Cancellations received March 21 to June 1, 2025 will forfeit \$1,200 of the final payment and 100% of the deposit.
- Cancellations received June 2 and beyond and "no shows" will forfeit 100% of the final payment and 100% of the deposit.
- No refunds will be issued for missed group activities on the trip including meals, accommodations, transportation transfers, tours and other services voluntarily not taken.
- If for any reason HMNS or El Bosque Nuevo (EBN) cancels this trip, HMNS will use commercially reasonable efforts to work with travelers and EBN to refund all recoverable funds but does not guarantee that a full refund will be available. HMNS reserves the right to cancel, postpone or reschedule the trip for any reason and at any point in time, up to and including during the period of travel.
- It is recommended that travelers secure their own travel insurance policies to cover the circumstance that some funds are unrecoverable through HMNS and EBN.
- I have read and accept the terms stated above in **Cancellations & Refunds**. Initial here: \_\_\_\_\_

**TRAVELLER TERMS & CONDITIONS**

Acknowledgment and agreement to the below traveler terms and conditions by signature on the registration form is required for trip registration.

**Physical Requirements**

- This trip requires physical independence and mobility. Participants should be in good physical condition and capable of traversing unpaved terrain.
- Travelers requiring assistance must travel with a companion who will be responsible to assist them.
- Participants are responsible for carrying their own luggage and belongings.
- Travelers must be able to climb stairs and step on unpaved terrain without assistance or with minimal assistance from your traveling companion.
- Unfortunately, handicap accessibility is not in all areas.
- In case of an emergency situation, any physical or mental condition that may require special medical attention or other assistance must be reported in writing when you make your reservation. This includes allergies, dietary restrictions, as well as mental, mobility, vision and hearing impairments. HMNS may make efforts to accommodate such condition or impairments in its sole discretion, but each participant is solely responsible for any physical or mental condition or other impairments.
- If asked, participants will provide a written release from your doctor stating your level of physical fitness or mental health is adequate for this trip.
- Notify [travel@hmns.org](mailto:travel@hmns.org) prior to registration to inquire about accommodations that are necessary for you to enjoy the trip prior to registration. HMNS may make efforts to make special accommodations in its sole discretion, but each participant is solely responsible for such special accommodations.
- I have read and accept the terms stated above in **Physical Requirements**. Initial here: \_\_\_\_\_

**Participant Requirements, Responsibilities & Notices**

- Participants should be in good physical condition and capable of traversing unpaved terrain. Unfortunately, not all areas are handicap accessible. Please check with HMNS prior to registration if you have any required accessibility accommodations that are necessary for you to enjoy the trip prior to registration. HMNS may make efforts to make special accommodations in its sole discretion, but each participant is solely responsible for accessibility accommodations.
- Participants must be self-sufficient and carry their own belongings and luggage.
- Participants are expected to conduct themselves in a safe and courteous manner. Unsafe, unprofessional, or otherwise inappropriate behavior (as determined by the trip leaders or expedition guides) could result in your immediate dismissal from the trip with no refund for missed activities.
- Trip leaders and staff will be treated with utmost courtesy at all times. Trip leaders and staff are there not only to instruct but also to ensure the safety of the property as well as the participants.

- **The minimum age of participant for this trip is 16 years. Each minor must be accompanied by one ticketed adult guardian.** Guardians are responsible for the supervision and safety of their minors. Misbehaving or disrespectful minors could be asked, along with their parents/guardians, to leave the trip with no refund for missed activities.
- At times participants may be in isolated locations where response to a medical emergency could be lengthy, or emergency responses may not be available.
- Smoking (including e-cigarettes) and open flames are not permitted.
- All accommodations are smoke-free.
- Illegal substances and firearms are not allowed.
- All travelers must bring a device with WhatsApp for communication with trip leaders during trip.
- Participants are not considered registered participants until their receipt of Trip Confirmation Notification from HMNS. This requires a fully completed registration form, paid deposit and copy of passport.
- No partial refunds will be made for missed activities. Participants who are late to the departure are responsible for making their own arrangements to meet the group.
- The trip itinerary and accommodations are subject to change due to inclement weather and unforeseen events.
- Participants must book their own transportation to arrive in Liberia Guanacaste Airport, Costa Rica (LIR) if not reserved through the “Book my Flight” option offered by HMNS.
- Room configuration cannot be guaranteed. We will try to accommodate preferences.
- Ground transportation during the trip is included in the trip package.
- I have read and accept the terms stated above in **Participant Requirements, Responsibilities & Notices**. Initial here: \_\_\_\_\_

## Participation Advisory

- Trip leaders and staff have the right to deny a participant's participation in an activity if, in the sole judgment and discretion of HMNS or EBN, the participant and safety of others could be compromised. You should only sign up for this trip if you are confident you are capable of the physical requirements and responsibilities listed above.
- HMNS reserves the right to accept or decline any individuals as members of the trip.
- HMNS reserves the right to charge an extended service fee for travelers who require additional assistance during the trip.
- I have read and accept the terms stated above in **Participation Advisory**. Initial here: \_\_\_\_\_

## HOUSTON MUSEUM OF NATURAL SCIENCE—RELEASE AND CONSENT

- Although HMNS hopes that no participant is ever injured or hurt, injuries are a possibility of participation in this Trip. The risk of injuries, illness and death is a risk that the participant voluntarily agrees to assume in exchange for the privilege of registering for and participating in the Trip. The participant understands and agrees that this risk is not a risk that HMNS, its contractors including El Bosque Nuevo, or employees assumes and that HMNS is not responsible for any injuries to the participant.
- Accordingly, the participant voluntarily releases, discharges, and waives the right to sue HMNS and its directors, officers,

employees, volunteers, agents, contractors, representatives and all persons acting by, through under or in concert with HMNS (collectively, the “Released Parties”) for any and all losses, demands, claims, suits, causes of action, liability, costs, expenses, and judgments whether arising in equity, at common law, or by statute, under the law of contracts, torts, or property, for personal injury (including without limitation emotional distress), illness, death or damage to property, arising in favor of the participant or anyone claiming through us based upon, in connection with, relating to or arising out of, directly or indirectly, the participant's participation in the Costa Rica 2025 trip (collectively, “Claims”) even if any such claims are due to the Released Parties' own negligence, strict liability without regard to fault, violation of statute, or other fault, including any negligent act, omission, or intentional act intended to promote my safety or well-being.

- The participant hereby gives his/her permission to the Released Parties to obtain emergency medical treatment for the participant if any Released Party deems in its discretion that such emergency medical treatment is necessary. The Released Parties have no liability as to any such medical treatment, including the outcome of such medical treatment, or whether such medical treatment is provided to a participant.
- The participant acknowledges and agrees that any photos, videos, pictorial images, voice recordings, or quotations including those of participant taken, created or shared by any Released Party (including without limitation any taken by any photographer or videographer paid by or volunteering for any Released Party) during or relating to the Program may be used by HMNS in future publications, web pages, promotions, advertisements, social media and exhibits of HMNS (or any other person authorized to use such images by HMNS) without the need of any additional permission from or consideration to the participant.
- I release and waive for myself and anyone claiming through me all claims based on the right of privacy, right of publicity, moral rights, or any other intellectual property rights related to the rights granted by me to HMNS. Initial here: \_\_\_\_\_
- I have read and accept the terms stated above in **Houston Museum of Natural Science—Release and Consent**. Initial here: \_\_\_\_\_

## EL BOSQUE NUEVO — RELEASE AND CONSENT

- I voluntarily release and agree to hold harmless and indemnify El Bosque Nuevo, their staff and volunteers, and all other persons or entities acting in any capacity on its behalf, from any and all liability, claims, demands, actions, or rights of action, whether known or unknown, foreseen or unforeseen, relating to or arising out of my presence or activities while on a El Bosque Nuevo excursion.
- I give El Bosque Nuevo staff and/or volunteers permission to assist in medical assistance in the event of an emergency. Please contact my emergency contact listed below in case of emergency.
- I give El Bosque Nuevo permission to use my image in photographs in print or digital media.
- I have read and accept the terms stated above in **El Bosque Nuevo—Release and Consent**. Initial here: \_\_\_\_\_

# HOUSTON MUSEUM *of* NATURAL SCIENCE

## Expedition HMNS: Costa Rica—Traveler Registration Form| September 13–20, 2025

Scan/Email: [travel@hmns.org](mailto:travel@hmns.org) | Mail: HMNS Travel, 5555 Hermann Park Drive, Houston, Texas 77030

### PARTICIPANT INFORMATION

Full Name as it appears on passport\*: \_\_\_\_\_

Email address\*: \_\_\_\_\_ HMNS Membership#: \_\_\_\_\_

Mailing address\*: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone\*: \_\_\_\_\_

Dietary Restrictions / Allergies / Physical Limitations / Medical Conditions / Mental Limitations\*: \_\_\_\_\_

### Emergency Contact Information

Name\*: \_\_\_\_\_ Cell\*: \_\_\_\_\_ Email\*: \_\_\_\_\_

### REGISTRATION CONFIRMATION

Registration requires a completed registration form, copy of traveler's passport and paid deposit. After HMNS travel has processed your registration, you will receive a confirmation email with an invoice of the balance due.

\$3,150 HMNS Members Early Bird, per person, double occupancy through December 9, 2024.

\$3,400 HMNS Members per person, double occupancy

\$3,900 Non-Members per person, double occupancy

\$400 single supplement for those registering as a single traveler

I would like help finding a roommate but will pay the single supplement of \$400 if one is not found.

\$650 Book My Flight: HMNS will book your international flights for you. Price includes roundtrip flight from Houston, TX to Liberia Guanacaste Airport Costa Rica (LIR).

Roommate: \_\_\_\_\_

(Separate registration form required for roommate)

### PREFERENCES

We/I prefer a queen bed.

My travel companion and I prefer two double beds.

### CONFIRMATION

I understand that all rooms are non-smoking rooms.

I understand that I must book my own travel to Liberia Guanacaste Airport Costa Rica (LIR).

I understand that there are no vaccine requirements when traveling directly from the US to Costa Rica.

Vaccines recommended by the CDC can be found [here](#).

### PAYMENT

Deposit is \$1,000 per person for HMNS Members and Non-Members. Deposits are non-refundable and will go towards the final cost of the trip. [Click here](#) to pay your deposit online. **Final payment is due June 1, 2025.**

### TRAVELER AGREEMENT

I confirm that I am mentally and physically capable of full participation in this trip, and that I have read this complete trip document and I understand and agree to the **Cancellations & Refunds and Traveler Terms & Conditions** listing **Physical Requirements; Participant Requirements, Responsibilities and Notices; Participation Advisory; Houston Museum of Natural Science—Release and Consent; and El Bosque Nuevo—Release and Consent.**

Participant Signature

Date