

THE MEDICAL MUSICAL GROUP

BUENA COSTA RICA Y NICARAGUA 2017

Main Trip-San Jose: November 6-12, 2017 * Optional Extension-Nicaragua: November 12-16, 2017

MON. NOV. 6. DEPART USA. Board your flight to San Jose, Costa Rica. **Make your own flight arrangements.** Book your transportation from the airport to the **Tryp Sabana Hotel** in San Jose (we will provide clear instructions). The Tour starts officially with our **Group Dinner**, at 7:00 pm at the hotel. (D)*



TRYP SABANA HOTEL SAN JOSE

TUES. NOV. 7. SAN JOSE- Half day tour of **San Jose**, includes admission to the National Museum of Pre-Columbian Art, National Theater (\$10 & \$11 admission fees included), a visit to a market place. Afternoon Free. Evening **Rehearsal for performers** at the Lincoln American School. (B)*



NATIONAL MUSEUM SAN JOSE



SAN JOSE MARKET

WED. NOV. 8. SAN JOSE. Hot breakfast buffet at hotel. Enjoy a day of leisure in San Jose **OR:** Optional full day tour to **Poas Volcano Park and La Paz Waterfall.** Evening **Rehearsal for performers** at Lincoln School. (B)*



POAS VOLCANO



LA PAZ WATERFALL

OPTIONAL 1 – Poas Volcano Park and La Paz Waterfall: \$125/pp. Today visit **Poás Volcano National Park** (\$20 admission fee included), home to the still-active **Poás Volcano**, which reaches an impressive 8,884 feet above sea level. Take a short hike to the edge of the volcanic crater for views into the smoking cauldron below, and admire the sky-blue **Botos Lake** that fills a neighboring, dormant crater. After descending

from the volcano, head to **La Paz Waterfall Gardens** (\$40 admission fee included), a private nature reserve with numerous scenic hiking trails and 100+ native wildlife species housed in various habitats. Meet some of Costa Rica's tiniest winged creatures at the **Humming- bird Garden and Butterfly Observatory.** Get an up-close encounter with reptilian residents at the **Frog Exhibit and Serpentarium.** Soak up the lush tropical scenery with a riverside hike, stopping at one of the many area waterfalls.

THURS. NOV. 9. SAN JOSE. Hot breakfast buffet at hotel. Enjoy day of leisure, **OR:** Take Optional full day tour of **Manuel Antonio National Park.** Evening **Rehearsal for performers** at Lincoln School. (B)*



MANUEL ANTONIO NATIONAL PARK

OPTIONAL 2 – Manuel Antonio National Park: \$125/pp. **Manuel Antonio National Park** (\$16 admission fee included) is one of the most beautiful Costa Rican parks. Tour pristine beaches, coral reefs bordered by exuberant vegetation and tropical rainforest wonders. On the way, travel along the scenic coastline, including African palm plantations, small Pacific Coast villages, until reaching the port of **Quepos** and ultimately the **National Park.** Since access to the park itself is closed to vehicles, walk to the park, crossing a creek. There is a 1 mile long, very wide and easy to walk trail through the rain forest to the beach. About half way there is a bench to rest. Once in the park, you can sit down, relax and enjoy the beach, sunbathe, or hike through the park's trails with abundant flora and fauna. Several species of monkeys, iguanas, birds and possibly even the three-toed sloth can be seen.



COFFEE PLANTATION



SARCHI OX CART

FRI. NOV. 10. SAN JOSE. Hot breakfast buffet at hotel. Enjoy day of leisure **OR:** Optional half day tour to **Coffee Plantation and Sarchi.** Evening **Mini-Concert at Lincoln School.** (B)*

OPTIONAL 3 – Coffee Plantation and Sarchi: \$110/pp. Costa Rica’s history is tied to coffee plantations. So, no Costa Rican trip would be complete without the cultural experience of a coffee plantation tour. At the **Espiritu Santo Coffee Plantation** (\$22 admission fee included) you will learn how this organic coffee is grown, cared-for, harvested, and processed to produce some of the world’s best coffee beans, and also taste a freshly roasted cup! We then travel to the picturesque farming town of **Grecia** known to be one of the cleanest towns in Central America. Then on to **Sarchi**, a community full of artists and craftsman known for their beautiful and unique **Ox Carts** painted in bright colors and patterns. These carts, which were commonly used to carry coffee to the markets, are a national symbol of Costa Rica. Also, the town has numerous shops selling hand-crafted wooden furniture and souvenirs. The combination of these two towns makes this a wonderful area to visit.

SAT. NOV. 11. SAN JOSE. Hot breakfast buffet at hotel. Afternoon **Rehearsal for performers,** and Evening **CONCERT at Teatro Melico Salazar. Post Concert Gala Banquet.** (B, D)*



TEATRO MELICO SALAZAR SAN JOSE

SUN. NOV. 12. SAN JOSE/USA OR TRANSFER TO LA FORTUNA, COSTA RICA. Hot breakfast buffet at hotel. If you are returning to USA today, take the Airport Shuttle to the airport (we will provide instructions). **OR:** Take the **Optional Extension (\$700/pp)** to Nicaragua by first transferring by deluxe coach (4 hours) to **La Fortuna, Costa Rica.** Check into the **Royal Corin Hotel. Group Dinner.** (B, D)*



ARENAL VOLCANO

LA FORTUNA CHURCH

MON. NOV. 13. LA FORTUNA. Hot breakfast buffet at hotel. Enjoy day of leisure in La Fortuna **OR:** Take Optional full day tour to the **Hanging Bridges and La Fortuna Waterfalls** (B)*

OPTIONAL 4 – Hanging Bridges and La Fortuna Waterfalls: \$150/pp. First visit the **Arenal Hanging Bridges** (\$24 admission fee included). Hike at leisure a 1.9 mile trail on which you can enjoy rainforest flora and fauna. The trail crosses 9 fixed bridges and 6 suspension bridges, and is laid out at a maximum grade of 7 degrees, so that anyone can walk it. Our next stop is the **La Fortuna Waterfall** (\$15 admission fee included). From the trail-head hike approximately 15 minutes to this majestic waterfall where you can swim or just enjoy its beauty.

TUES. NOV. 14. LA FORTUNA/GRANADA NICARAGUA. Deluxe coach transfer (6 hours) to **Granada, Nicaragua** to the 4 star **Alhambra Hotel. Half day tour of Granada.** (B)*



GRANADA, NICARAGUA

HOTEL ALHAMBRA, GRANADA

WEDS. NOV. 15. GRANADA. Hot breakfast buffet at hotel. Enjoy day of leisure in historic Granada **OR:** Take Optional full day tour to **Masaya Volcano Park.** Farewell Dinner (B, D)*.



MASAYA VOLCANO PARK

MASAYA CRAFT MARKET

OPTIONAL 5 – Masaya Volcano Park: \$120/pp. Head first to **Masaya** for Central America’s largest craft market, including traditional Nicaraguan art. Continue to **Catarina**, a typical Nicaraguan village with views of **Lake Nicaragua**, the city of **Granada, Mombacho Volcano** and the **Apoyo Lagoon.** Next, to **San Juan de Oriente**, famous for its pottery and ceramic arts. Final stop is **Masaya Volcano National Park** (\$5 admission fee included) to get up close to an active volcano. View and photograph the 5 formidable craters, bubbling with gasses, and the lake of lava.

THURS. NOV. 16. GRANADA. Hot breakfast buffet at hotel. *Transfer on your own to Managua airport (we will provide instructions).* (B)*.

* **ABBREVIATIONS:** B=Breakfast, D=Dinner included in tour price.



INCLUDED IN YOUR FARE:

ACCOMMODATIONS:

BASIC TOUR

- 6 nights (Nov. 6-12) in the 3.5-star **Tryp Sabana Hotel** in San Jose, double occupancy. Hot buffet breakfast daily.

OPTIONAL EXTENSION

- 2 nights (Nov. 12-14) in the 4-star **Royal Corin Hotel** in La Fortuna, Costa Rica, double occupancy. Hot buffet breakfast daily.
- 2 nights (Nov. 14-16) in the 4-star **Alhambra Hotel** in Granada, Nicaragua, double occupancy. Hot breakfast daily.

CONCERTS/PERFORMANCES

- Mini Concert at **Lincoln American School**, San Jose, on Friday, November 10, 2017.
- Concert at the **Teatro Melico Salazar** in San Jose, on Saturday, November 11, 2017.

MEALS:

BASIC TOUR

- All breakfasts plus 1 dinner, and a gala banquet.
- All other meals are on your own.

OPTIONAL EXTENSION

- All breakfasts plus 2 dinners (one is a banquet).
- All lunches are on your own.

MISCELLANEOUS:

- All service charges and taxes.
- Gratuities to Drivers and Guides (except on optional tours).
- Free Wi-fi, Coffeemakers, etc. at hotel

BASIC TOUR

- Half day guided city tour of San Jose.

OPTIONAL GRANADA EXTENSION

- Half day guided city tour of Granada.

NOT INCLUDED:

- **Air Transportation:** *Please make your own flight arrangements!*
- Ground transportation between the hotels and airports in San Jose and Granada. We will provide detailed instructions on these.
- Entrances/Sightseeing/Meals other than specified.
- Coaching/guiding other than specified.
- Incidental expenses of a personal nature.

OPTIONAL EXCURSIONS: *Reserve now! These are limited in size and are based on a strict first come, first served basis. No guarantee for enlisting in them if reservations are made late. If not enough passengers are enlisted, an excursion may be cancelled.*

REGISTRATION: *Mail your Registration and check (payable to "MMG") to: MMG, Attn: Richard Kuntz, 332 River Bend Road, Great Falls, VA 22066-4140.*

To qualify for the trip, you must also pay MMG's 2017 registration dues (\$100). You may also register and pay by credit card at our secure Website: www.medicalmusical.org, click on "Costa Rica Tour". Note: A 3% surcharge must be added for the online credit card transaction fee.

TOUR COST

BASIC TOUR, NOVEMBER 6-12

FULL FARE (Land Only): \$1,150 per person double occupancy. Deposit \$700 with registration. Priority in excursions is on a First Come, First Served basis. **Final balance: September 1, 2017.**

EARLY-EARLY BIRD DISCOUNT: Deduct \$200 from basic trip price if \$700 deposit paid by December 20, 2016 and fully paid by March 1, 2017.

EARLY BIRD DISCOUNT: Deduct \$100 if deposit not made by December 20, but fully paid by March 1.

SINGLE SUPPLEMENT: \$300 per person.

OPTIONAL TOUR #1: Poas Volcano and La Paz Waterfall: \$125.

OPTIONAL TOUR #2: Manuel Antonio National Park: \$125.

OPTIONAL TOUR #3: Coffee Plantation and Sarchi: \$110.

OPTIONAL EXTENSION, NOVEMBER 12-16:

LAND ONLY: \$700 per person.

EARLY-EARLY BIRD DISCOUNT: \$100.

EARLY BIRD DISCOUNT: \$50.

SINGLE SUPPLEMENT: \$250 per person

OPTIONAL TOUR #4 – Hanging Bridge and La Fortuna Falls: \$150.

OPTIONAL TOUR #5 – Masayo Volcano Park: \$120.



REWARD TO INDIVIDUALS WHO REGISTER NEW TRAVELERS WHO HAVE NEVER TRAVELED WITH US BEFORE: If you register a new traveler who has never traveled with us previously, you earn a free optional excursion of your choice as long as space is available on that particular excursion.

INSURANCE: VERY IMPORTANT! Purchase your trip insurance when you make your initial deposit, in order to be covered for preexisting conditions.

Travel Insurance may come in handy if you must cancel your trip and would help defray some of the cancellation penalties. Purchase trip insurance from your own home insurance or other companies. The following examples have no relationship with MMG, but they are listed as a service to you.

TRAVELEX: Tel: 1-800-228-9792, www.travelex-insurance.com

TRAVEL INSURED INTERNATIONAL: Tel: 1-800-243-3174, www.travelinsured.com

TRAVEL GUARD: Tel: 1-800-826-4919, www.travelguard.com

PASSPORT: VALID PASSPORT REQUIRED. It is recommended that your passport be valid for at least 6 months from the date of departure. No visas are required; however your passport should have 2 fully blank Visa pages in it.

DEADLINE FOR RESERVATIONS: September 1, 2017. Reservations may be accepted after that, depending on space and subject to possible late fees.

IMMUNIZATIONS. No **required** vaccinations. However, the CDC **recommends** some. See <http://wwwnc.cdc.gov/travel/destinations/list/>.

CANCELLATION POLICY: Full refund minus a \$100.00 fee will be made for cancellations received in writing up to 91 days prior to departure (Aug 6). After that date, cancellation fees will be assessed as follows:

<u>Number of days Prior to Departure</u>	<u>Cancellation Fees as % of Total Tour Price</u>
90-61	15%
60-45	30%
44-31	50%
30-0	100%

Please note: Unused tour portions are non-refundable. Also, purchase travel insurance.

RESPONSIBILITY: MMG and other participating organizations act solely as agents in arranging for transportation, hotel accommodations and other services. We do not assume, and do expressly disclaim, any liability for injury, damage, loss, accident, or delay due to any act, negligence or default of tour guides, or any company or person, agents or employees engaged in transportation, or rendering any service, or carrying out the arrangements for any tour.

FOR QUESTIONS: Call 1-888-6-DoReMi (1-888-636-7364) or 202-797-0700, or send an email to vanmmg@hotmail.com. For updates visit our website www.medicalmusical.org.

IMPORTANT: OPTIONAL EXCURSIONS ARE SPACE LIMITED. FIRST COME, FIRST SERVED!



LINCOLN SCHOOL, SAN JOSE COSTA RICA



LINCOLN SCHOOL AUDITORIUM

BUENA COSTA RICA Y NICARAGUA 2017

MMG, a non-profit organization, is the premier medical musical group in America. Its chorus and orchestra members span virtually every state in the Union. Many are associated with the VA, or with medical practice, teaching, or research. MMG's mission is to perform "Music with a Message" – a message of inspiration, healing, national unity, and international brotherhood. MMG received the Congressional Medal of Honor Society's Bob Hope Award for its service to veterans and the Armed Forces, and for its "Veterans Hymn"; as well as numerous other awards and recognitions. Our concerts are broadcast on various television networks.

MMG trips are famous for combining fun, high quality, value, creature comforts and a mission of American friendship and brotherhood around the globe. To date these trips were to: Australia, Austria, Belgium, Canada, China, Czech Republic, Denmark, France, Germany, Great Britain, Greece, Hungary, Ireland, Italy (and the Vatican), Morocco, New Zealand, Portugal, Russia, Scotland, South Africa, Spain, Sweden and Switzerland. Other destinations included the Western Caribbean and Hawaii.



For Questions Call 1-888-6-DoReMi (1-888-636-7364), Email: vanmmg@hotmail.com