



Education
First
**College
Break**

COSTA RICAN ADVENTURE

COSTA RICAN ADVENTURE



10 DAYS

Costa Rica

PROGRAM FEE INCLUDES:

- Round-trip airfare
- Hotels
- Travel between cities
- Welcome dinner
- Farewell drink
- Breakfast daily
- Full-time tour director
- Walking tours
- Sightseeing tours
- Entrance to select attractions

Itinerary subject to change



DAY 1 FLIGHT

FLY TO COSTA RICA • Touch down in San José, Costa Rica! After clearing customs, you'll meet your tour director and the rest of your group. Costa Rica is Mother Nature at its best. Get ready for rainforests, active volcanoes, beaches, exotic wildlife, and lots of adventure activities.

DAY 2 ARENAL

VISIT TO INBIOPARQUE • See all kinds of flora and fauna at this theme park and research station. Check out tarantulas, frogs, and much more. Explore the plant life in the lagoon and walk through the butterfly garden. On the way out, stop by the Ecological Tourism Office and learn about Costa Rica's protected land areas.

TRAVEL VIA POÁS • Take a scenic 22-mile drive overlooking the Central Valley en route to Poás. The Poás Volcano has

one of the biggest craters in the world. Take a short hike up for incredible views of the jewel-like Botos Lake. Later, relax in nearby hot springs naturally heated by volcanoes.

ARRIVE IN ARENAL REGION • Continue across the central valley to Arenal, which has some of the best scenery in the country. This area is also one of the world's major coffee producers.

WELCOME DINNER • Get to know the other travelers in your group at tonight's included dinner.

DAY 3 ARENAL

KAYAKING ON LAKE ARENAL • Paddling on Lake Arenal is the best way to experience it. Enjoy the amazing views all around, including mountains, windmills and the looming Arenal Volcano.

LA FORTUNA WATERFALL • One of Costa Rica's most impressive waterfalls, La Fortuna is deep in the jungle of the Arenal rainforest. Keep your eyes open for wildlife as you make your way to the top. Time permitting, you'll also climb down to the waterfall's base.

HOT SPRINGS • Experience the relaxing properties of natural hot springs. These pools are filled with water heated by nearby volcanoes. It's an ideal way to soothe your muscles after the day's activities.

DAY 4 MONTEVERDE

TRAVEL TO MONTEVERDE • Drive through mountainous scenery to the Monteverde Reserve. This private non-profit reserve has six ecological zones teeming with exotic plants and animals.



LOCAL SCHOOL VISIT • Stop at a local school in Monteverde and meet some Costa Rican students.

OPTIONAL HORSEBACK RIDING IN MONTEVERDE (extra cost) • Here's your chance to hop on a horse for a two-and-a-half-hour ride through beautiful Monteverde scenery. At the end of the trip, the bus will meet your group and take you back to your hotel.

DAY 5 MONTEVERDE

SANTA ELENA CLOUD FOREST • This forest is constantly covered in a soft mist, making for some otherworldly plant life. Look for bromeliads, orchids, and brightly colored quetzals. Your group will even have the chance to plant a tree—your grandchildren will appreciate the oxygen.

CANOPY ADVENTURE • This is a once-in-a-lifetime chance to hang out at the tops of the trees. Ride adrenaline-inducing zip lines across the roof of the rainforest.

DAY 6 PUNTARENAS REGION

TRAVEL VIA CARARA RESERVE • Follow the coastline south to the Carara Reserve, a national park with some extremely rare wildlife. Be on the lookout for scarlet macaws, motmots and roseate spoonbills in the thick vines and ancient trees that make up the jungle.

ARRIVE IN THE PUNTARENAS REGION • Continue on to the picture-perfect coastal region. These sandy beaches and lush rainforests draw visitors from all over the world.

DAY 7 PUNTARENAS REGION

MANUEL ANTONIO NATIONAL PARK • Travel along the shoreline to Manuel Antonio National Park. This beautiful 716-acre park is home to rich vegetation, white sandy beaches, and exotic animals like the squirrel monkey and the two-toed sloth.

DAY 8 SAN JOSÉ

TRAVEL VIA SARCHI • On the way back to San José stop in Sarchi, well-known for its brightly painted designs and colorful oxcart wheels.

DAY 9 SAN JOSÉ

WHITEWATER RAFTING • Brave the rapids on a thrilling ride down the Sarapiquí River.

FAREWELL DRINK • Share some last laughs (and maybe shed a few tears) over a farewell drink with the group.

FREE TIME SAN JOSÉ (night) • Top 3 suggestions:

1. *Complejo Salsa 54 y Zaidas* • Come here and dance all night to Latin rhythms.

2. *El Cuartel de la Boca del Monte* • This popular bar has a good mix of foreign students, artists and river guides.

3. *El Tunel de Tiempo Disco* • This is your spot for standard techno and house beats.

(For more ideas and details, see the Lonely Planet city guide for San José at efcollegebreak.com.)

DAY 10 SAN JOSÉ

FLIGHT HOME