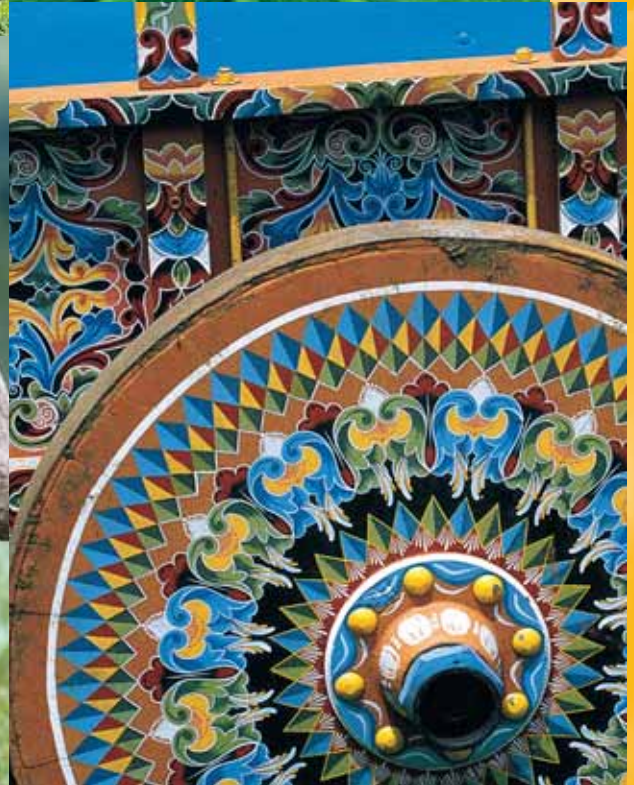




*Educational
Tours*



Discover Costa Rica



Discover Costa Rica

Costa Rica



Program Fee includes:

- Round-trip airfare
- 8 overnight stays (11 with extension) in hotels with private bathrooms
- 3 meals daily (Days 2–8, and Days 9–11 on extension) and dinner and breakfast on arrival and departure days
- Full-time bilingual guide
- In-depth sightseeing and entrance fees to special attractions

Highlights: INBioparque; boat excursion on Lake Arenal; La Fortuna waterfall; hot springs; whitewater rafting; La Selva Biological Station; Cahuita National Park

With extension: Manuel Antonio National Park

Optional: canopy tour; horseback riding



PBS

Learn before you go
www.eftours.com/pbscostarica



On a clear night, red lava spewing from the Arenal Volcano in Costa Rica can be seen lighting up the sky.

Day 1 San José

Flight to Costa Rica • Your adventure begins as you fly south to Costa Rica.

Arrival in San José • Arrive in San José, the country's bustling capital and cultural center. Founded in 1737 as “Villa Nueva de la Boca del Monte del Valle de Abra,” the city's name was later abbreviated in honor of its patron saint: “San José.” As you tour Costa Rica, keep in mind that the country—through establishing national parks and reserves—is one of the world's most progressive in its efforts to save the earth's endangered rain forests. Costa Rica is home to one-tenth of the world's bird species and one-tenth of the world's butterflies!

Hotel transfer • After clearing customs and immigration, meet your bilingual guide, who will remain with you throughout your stay. A private motorcoach then takes you to your hotel.

Day 2 San José • Arenal Region

Visit to INBioparque • Learn about the biological diversity in Costa Rica and around the world as we visit this recreational center created by the National Institute of Biodiversity. Get up close and personal with tarantulas, frogs, bees and butterflies in the permanent exhibits or walk through the three different ecosystem trails. Explore the plant and insect life in the lagoon before admiring the butterfly garden. Stop by the Ecological Tourism Office on your way out for further information on Costa Rica's protected land areas.

Poás Volcano • Continue along a scenic 22-mile drive overlooking the Central Valley as you make your way to the Poás Volcano. This

still-active volcano is part of Costa Rica's most developed national park. Here you can see one of the largest craters in the world (about a mile wide and 300 meters deep), whose hot sulfurous lake changes color with volcanic activity. From a lookout point, see geysers and active fumaroles; in addition, a 20-minute hike uphill rewards you with a view of the jewel-like Botos Lake, which occupies an extinct crater.

Visit to the hot springs • Experience the relaxation properties of natural hot springs, formed by water heated from nearby volcanoes and channeled into pools. It's an ideal way to soothe muscles from the day's busy activities!

Transfer to Arenal • Journey west across the Central Valley to Arenal. This area is one of the world's major coffee producers.

Day 3 Arenal Region

Boat excursion • Enjoy a breathtaking view of the Arenal Volcano during a boat excursion across the lake. The volcano, whose perfect conical shape emerges from the green hills of



Number of overnight stays in parentheses.

Alajuela, overlooks the San Carlos plain and the Pacific lowlands. This mile-high volcano has been active for the last 4,000 years and has been in a state of constant activity ever since its last eruption in 1968.

Visit to La Fortuna Waterfall • One of Costa Rica's most spectacular waterfalls, La Fortuna is located within the thick jungle of the Arenal Rainforest. You'll pass some impressive scenery (keep your camera ready for wildlife photos) until you reach the top of the waterfall. You may also have time to make the breathtaking downhill climb to the waterfall's base.

Day 4 Sarapiquí

Transfer to Sarapiquí • Transfer to Sarapiquí, in the heart of Costa Rica's banana-producing region, which is known to be one of the best places in the country for bird watching.

Whitewater rafting • Feel adventurous? You get to select your difficulty level for our white-water rafting trip! Level 1 is perfect for beginners who'd like to marvel at Costa Rica's lush landscapes from its waterways. The brave will chose Level 2 or 3, where the rapids provide a wet and wild ride through the tropical forest, teeming with exotic birds and wildlife.

Day 5 Sarapiquí

La Selva Biological Station • Averaging over 13 feet of rain per year, La Selva Biological Station is the world's most popular site for tropical rain forest research. Originally established in 1954 as a farm to improve natural resource management, La Selva became a biological reserve and research station in 1968, when it was purchased by the Organization for Tropical Studies. La Selva's 1,600 hectares are

home to over 400 bird species, as well as 114 species of animals and 44 types of frogs and toads. Be on the lookout for poison-dart frogs, green iguanas and giant tropical ants, among other interesting organisms.

Optional canopy tour • Join an optional canopy tour and make like the birds and the monkeys who call the cloud forest home. Special trails, suspension footbridges and zip lines unveil one of the planet's most fascinating ecological systems from a unique perspective—the tops of the trees. With local expert guides at your side, you can decide which view you prefer—from below or from above!

Day 6 Puerto Viejo

Visit to Cahuita National Park • See for yourself why this national park was created in 1970, guaranteeing the preservation of its beaches, marshes, mangroves and 240 hectares of coral reef. Explore the gorgeous scenery which plays home to tamanduas, pacas, coatis, raccoons, tree-dwelling sloths, armadillos, iguanas, howler and capuchin monkeys and keel-billed toucans. Catch a glimpse of red land crabs and bright blue fiddler crabs along the shores. Snorkelers are drawn to the some 500 fish species that swim in the waters here. You can also find something else lurking in the sea—the remains of two old shipwrecks with visible cannons.

Continue to Puerto Viejo de Limón • Continue to Puerto Viejo, in the province of Limón. Known for its sparkling beaches and outdoor activities, including hiking, snorkeling and surfing the renowned Salsa Brava wave, Puerto Viejo is the end of the line along Costa Rica's Caribbean coast.



Tropical birds are just some of the wildlife you'll observe in the Costa Rican rain forest.

Day 7 Puerto Viejo

Free time in Puerto Viejo • Spend time exploring on your own. Maybe you'll want to check out the Tropical Botanical Gardens or the Punta Uva Butterfly Garden. The Manzanillo-Gandoca Wildlife Refuge is allegedly the area's best snorkeling and diving spot—and home to exotic animals including manatees and crocodiles. Feel free to ask your tour director for other suggestions!

Optional horseback riding • Choose to get a scenic view of Puerto Viejo as you horseback ride along the picturesque landscapes of rain forests, white beaches and turquoise waters.

Day 8 San José

Transfer to San José • It's time to say goodbye to the Caribbean coast and head west to San José, unless you're continuing on our Central Pacific Coast extension.

Day 9 Home

Return home • Your tour director assists with the transfer to the airport, where you'll check in for your return flight home.

EXTENSION

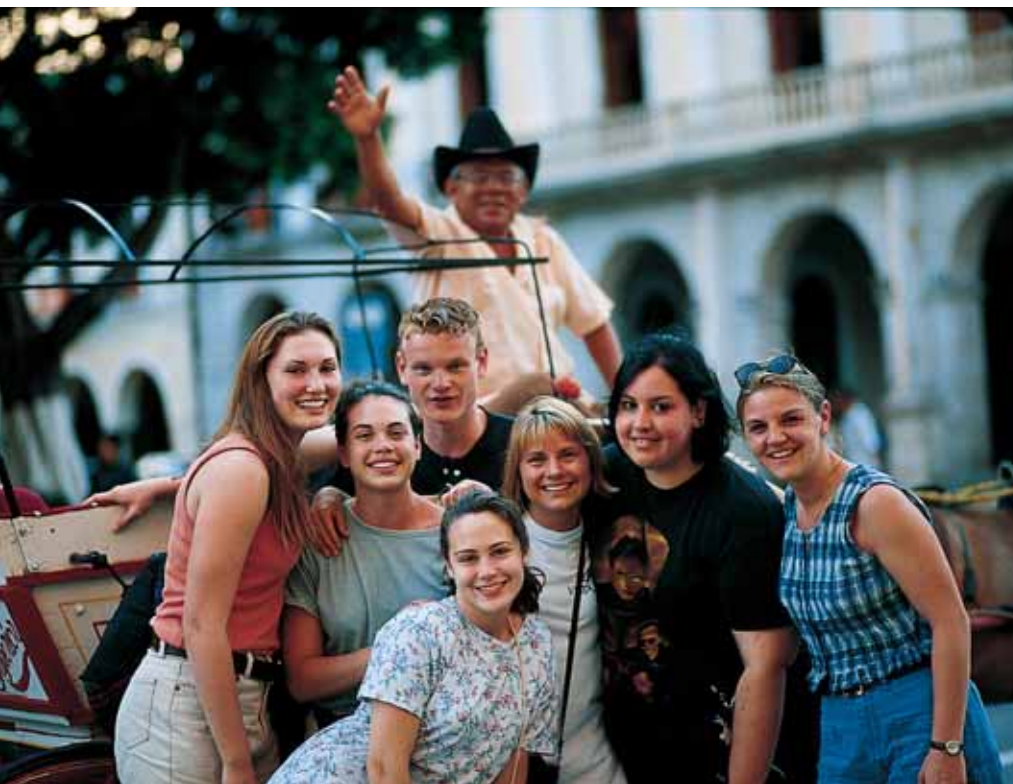
Day 9 Central Pacific Coast

Transfer to the Central Pacific Coast Alternatively, your group can extend its stay for two days. Transfer to the breathtaking Central Pacific Coast, where sandy beaches, a rocky coastline and lush rain forests act as a magnet for travelers.

Day 10 Central Pacific Coast

Manuel Antonio National Park • Embark on a full-day trip to the 716-acre Manuel Antonio National Park, known for its white, sandy beaches and abundant wildlife—sea turtles, two-toed sloths and iguanas comprise some of

Take the opportunity to have a group photo with some of the friendly locals!



the 109 mammal species. Another 184 bird species call it home, and occasionally you can also see the migrating whales off the coast of the 12 little isles that are also part of the park.

Day 11 San José

Transfer to San José via Sarchí • Your full-day transfer begins via picturesque Sarchí, a town known for the brightly painted designs and colorful wheels that adorn local oxcarts. The complex patterns continue to be passed down from one generation to the next. Continue to San José to spend your final night.

Day 12 Home

Return home • Your tour director assists with the transfer to the airport, where you'll check in for your return flight home.

For complete financial and registration details, please refer to the Booking Conditions.

Discover the Global Classroom

