



*Educational
Tours*

Costa Rica: **A Touch of the Tropics**

9 or 10 Days



*Arenal Volcano
Costa Rica*

Top things to see on tour:



Lake Arenal



Arenal hot springs



La Fortuna Waterfall



Canopy tour



Manuel Antonio National Park



Number of overnight stays in parentheses. This tour may also be reversed.

Program Fee includes:

- Round-trip airfare
- Comfortable motorcoach
- 8 overnight stays in hotels with private bathrooms (9 with extension)
- 3 meals daily (Days 2-8 and Day 9 on extension); dinner on arrival day and breakfast on departure day

- Full-time EF Tour Director
- Comprehensive sightseeing of natural attractions

Optional:

- Horseback riding
- Folklore evening

DAY 1: Fly to Costa Rica

Arrive in San José

DAY 2: San José • Arenal region

Visit INBioparque:

– Ecosystem exhibits and trails

Travel to the Arenal region

Visit Poás Volcano

Visit hot springs

DAY 3: Arenal region

Take a kayaking trip along

Lake Arenal

Visit La Fortuna Waterfall

DAY 4: Monteverde

Travel to Monteverde Reserve

Visit a local school

Optional: Horseback riding

DAY 5: Monteverde

Visit the Santa Elena Cloud Forest

Plant a tree in the EF reserve in

Monteverde with your group

Participate in a canopy adventure

DAY 6: Carara • Central Pacific Coast

Visit Carara Biological Reserve

Travel to Central Pacific Coast

DAY 7: Manuel Antonio National Park

Take an excursion to Manuel Antonio National Park

Return to the Central Pacific Coast

DAY 8: Sarchí • San José

Travel via Sarchí to San José

Optional: Folklore evening

DAY 9: Depart for home

1-DAY TOUR EXTENSION

DAY 9: San José

Take a whitewater rafting expedition on the Sarapiquí River

DAY 10: Depart for home

Arenal

Get ready for an adventure to remember in Costa Rica's Arenal region! Behold the perfect conical shape that emerges from the green hills of Alajuela: this is the fascinating Arenal Volcano. Overlooking the San Carlos plain and the Pacific lowlands, this mile-high volcano has been active for the past 7,000 years. You'll see the volcano from a different angle on your kayaking excursion. Not only does the volcano serve as a watershed for the lake, but it also provides thermal energy for the nearby hot springs. Relax in these naturally heated pools; then, walk to the bottom of the spectacular La Fortuna waterfall.



Arenal Volcano
Arenal region, Costa Rica



INBioparque

Discover a world of biological diversity on your visit to this natural park and research station, created by the National Institute of Biodiversity. Get an up-close look into the lives of tarantulas, frogs and bees in the permanent exhibits. Then, stretch your legs and wander the park's three different ecosystem trails. Venture to the pond to check out the freshwater flora and fauna. Thousands of colorful paper-thin wings flutter around you in the butterfly garden—see if you can spot Costa Rica's native species. Stop by the Ecological Tourism Office before you leave INBioparque for further information on conservation practices and protected wildlife regions.

Exotic butterfly - INBioparque
San José, Costa Rica

Monteverde

Situated near the Continental Divide, the Monteverde (Green Mountain) region contains a spectacular range of flora and fauna in six distinct ecological zones. You'll tour the greenery of the Santa Elena Cloud Forest, where you can look for the rare orchids and elusive quetzal birds that thrive in the perpetual soft mist. At this altitude, you'll literally walk through clouds! Leave a positive mark on the earth when your group plants a tree together. Then, visit a local school, where students will welcome your group with traditional dances.



Canopy tour
Monteverde, Costa Rica

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