



**Educational
Tours**

Costa Rica ¡Pura Vida!

A private tour designed by Christie Dunkley & Militza Rivera, in conjunction with EF Customized Tours

Requested departure date: Monday, July 6, 2015

(Dates below are subject to change. Required date flexibility of 4 days on either side of requested departure date)

Day 1

Monday, July 6, 2015

Arrive in San José

Touch down 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 Jose." As you tour Costa Rica, keep in mind that the country, by 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 of the world's butterflies.

Overnight in San José

Day 2

Tuesday, July 7, 2015

Transfer to Tortuguero via INBioparque

Learn about biological diversity as we visit this theme park and research station 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 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.

Arrive in Tortuguero

Take a boat ride from Siquirres through the Tortuguero canals until you reach your hotel. Founded in the 1930s by Colombians exporting sea turtles and coconuts, Tortuguero Village today is accessible only by boat and home to just 700 residents. Begin your visit with free time in Tortuguero Village, gateway to the Tortuguero National Park.

Overnight in Tortuguero

Day 3

Wednesday, July 8, 2015

Boat Ride through the Tortuguero Canals

Howler monkeys, toucans and caimans are waiting to meet you around every twist of the Tortuguero canals. Keep your eyes open and your ears tuned.

Hiking through Tortuguero National Park

Join your guide for a hike into Tortuguero National Park - the place to be for turtle watching. In 1970, the Costa Rican government declared this stretch of land and sea a national park in order to protect the turtles from extinction.

Overnight in Tortuguero

Transfer to Sarapiquí via a Chocolate Tour at Tirimbina Biological Reserve

Travel to the Tirimbina Biological Reserve this morning to get a better look at Costa Rica's incredible biodiversity. This reserve, designed specifically as an educational, eco-tourism facility, contains dozens of acres of rainforest that allow for many outdoor activities. Today, you will enjoy the Chocolate Tour, which takes you through how cacao becomes edible chocolate!

Arrive in Sarapiquí

Head through the lush forest to Sarapiquí, a world class destination for white water rafting enthusiasts of all experience levels.

Overnight in Sarapiquí

Pineapple Tour

Learn about one of Costa Rica's most popular fruits. The pineapple has been a staple of Costa Rica's economy and culture for many years. Visit the 3,200 acre Finca Corsicana pineapple plantation where you'll learn how the Costa Rican's cultivate this delicious fruit.

Whitewater Rafting Excursion

Costa Rica offers some of the best whitewater rafting in the world. Travel to one of the many rivers today for a thrilling paddling adventure. Be prepared to get wet!

Transfer to the Arenal Region

This morning you'll journey across the Central Valley to the magnificent Arenal Region. Dormant for centuries, Arenal Volcano exploded in a massive eruption of molten lava and ash in 1968. After continuously spewing great clouds of ash and occasional lava, this volcano has been seemingly dormant since 2010. Volcanologists from all over the world come here to study this tropical volcano.

Overnight in the Arenal Region

Kayaking on Lake Arenal

Enjoy a breathtaking view of the Arenal Volcano during a kayaking excursion across the lake. The volcano, whose perfect conical shape emerges from the green hills of Alajuela, overlooks the San Carlos plain and the Pacific lowlands.

Visit to La Fortuna Waterfall

Visit the Rio Fortuna waterfall, a picturesque cascade falling from rocky heights of 230-feet. One of Costa Rica's most spectacular waterfalls, La Fortuna is located within the thick rain forest near the town of La Fortuna. If you have time, you can make the breathtaking downhill climb to the waterfall's base.

Visit to the Hot Springs

Experience the relaxation properties of one of the area's many natural hot springs, filled with water heated by nearby Arenal volcano and channeled into pools. It's an ideal way to soothe muscles after the day's activities!

Overnight in the Arenal Region

Transfer to Monteverde

Continue through the mountainous scenery to the Monteverde (Green Mountain) Reserve, one of the most beautiful of the mystical Costa Rican jungles. Monteverde was founded by a group of Alabama Quakers; attracted by the country's pacifist history, they began dairy farming here in 1951. Now a biological reserve - and still primarily an English-speaking community - this treasure land of natural phenomena stretches from the lush ferns and mosses that cover the ground to the dark canopy formed by the tallest trees.

Horse Back Riding

Discover the natural beauty of Monteverde by horseback. Your guide will instruct you on safety protocol before leading you into the uniquely lush cloud forest, where monkeys and tropical birds abound. *(Note: Pants and comfortable shoes are recommended. Travelers must be at least 12 years old and weigh less than 220 pounds to participate)*

Canopy Tour

Make like the birds and the monkeys who call the cloud forest home. Special trails 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!

Overnight in Monteverde

Visit a Local School

Students will visit a school in Monteverde and meet with the local children and teachers.

Monteverde Coffee, Chocolate, and Sugarcane Tour

Take a tour through one of the most popular coffee plantations in Costa Rica. You will learn about the process of growing high end coffee beans and turning it into world class coffee! On this tour you'll also learn about sugarcane and chocolate production.

Overnight in Monteverde

Transfer to Jaco Beach via a Rainforest Aerial Tram

This sky tram was built as an environmental project in Costa Rica. The tram is designed to show the world the beauty of the Costa Rica's rainforests while talking about the dangers that they face today. You will get stunning views of the 222 acres of rainforest, including waterfalls and a glimpse of Costa Rica's Central Pacific Coast. Also included is an introductory multimedia presentation and a guided walking tour around the complex.

Arrive in the Central Pacific Coast

Transfer to the breathtaking Central Pacific Coast, where sandy beaches, a rocky coastline and lush rainforests act as a magnet for travelers.

Overnight in Jaco Beach (pending availability)

Visit Manuel Antonio National Park

Experience the spectacular beauty of Costa Rica's coastline during a full-day excursion to exotic Manuel Antonio National Park. Venture deep into the heart of this renowned natural wonder, a coastal paradise famous for its lush

jungle and dazzling beaches. Spend the day relaxing on the brilliant white sand of Espadilla Sur and cooling off in the crystal-clear Pacific waters. Notice that the jungle reaches the high-tide line! Wander along the park's many trails for a closer look at its diverse inhabitants-to date, 350 types of plants, 100 species of animals, and 150 varieties of birds are known to be in residence! Look for howler monkeys and two-toed sloths as you make your way through mangrove swamps and coastal woodland with your expert local guide. Savor a delicious lunch (included) while you absorb the sights and sounds of Costa Rica's best-loved national park.

Overnight in Jaco Beach (pending availability)

Day 11

Thursday, July 16, 2015

Free Time to Visit Carara National Park

Follow the coastline south to the Carara Reserve, a national park that boasts a dazzling population of rare wildlife. Be on the lookout for scarlet macaws, boat-billed herons, motmots, and roseate spoonbills among the lush vines and ancient trees that make up the park's dense jungle. *(Please note that the entrance fee for the Reserve is not included in your EF Program Price)*

Free Time at Jaco Beach

Alternatively, enjoy the day exploring Jaco Beach in your free time.

Overnight in Jaco Beach (pending availability)

Day 12

Friday, July 17, 2015

Transfer to San José via Sarchi

On your drive back to San Jose, you will stop by the artisan town of Sarchí. Sarchí is a great place to buy some of the local crafts that Costa Rica is known for - brightly colored miniature oxcarts and amazing carvings made from the wood of the nation's many forests. Continue on to the San José where you will spend the final two nights of your trip.

Overnight in San Jose

Day 13

Saturday, July 18, 2015

Excursion to Poás Volcano

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

La Paz Waterfall Gardens is the most visited privately owned ecological attraction in Costa Rica featuring the best hiking near San José, the most famous waterfalls in Costa Rica, a rescued wildlife preserve with over 100 species of animals and an environmental education program.

Costa Rican Folklore Evening

Participate in a Costa Rican Folklore Evening. You'll learn about the rich cultural traditions of the region as you enjoy an included dinner with Costa Rican specialties, marimba music, entertainment by a local dance troupe, and spectacular city views from the restaurant.

Overnight in San José

Transfer to the Airport for Your Return Flight

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

Itinerary is subject to change

For complete financial and registration details, please refer to the Booking Conditions at www.eftours.com/bc.

Tour Highlights and Details

Overnight stays:

San José	(1)	Monteverde	(2)
Tortuguero	(2)	Jaco Beach (<i>pending availability</i>)	(3)
Sarapiquí	(1)	San José	(2)
Arenal Region	(2)		

Sightseeing tours led by an expert, licensed local guide of the following:

Tortuguero

Entrances included to the following sites:

INBioparque	Horseback Riding, Monteverde
Boat Excursion Tortuguero Canals	Canopy Adventure Tour
Tortuguero National Park	Local School Visit, Monteverde
Chocolate Tour, Sarapiquí	Coffee, Chocolate and Sugarcane Tour
Pineapple Plantation, Sarapiquí	Rainforest Aerial Tram, Jaco
Whitewater Rafting Excursion	Manuel Antonio National Park
Kayaking on Lake Arenal	Volcano Poas
La Fortuna Waterfall	La Paz Waterfall Gardens
Hot Springs, Arenal	Folklore Evening

Included in the Program Price:

- Non-refundable \$95 deposit
- Round-trip airfare
- Accommodations in clean, safe hotels with private bathrooms
- A Tour Director available 24 hours-a-day from when you arrive until you depart (unless otherwise noted)
- Breakfast, lunch and dinner daily
- Sightseeing tours and excursions led by licensed local guides as specified
- Airport transfers and transportation between destination cities
- Transportation to all included activities
- Entrances fees and tickets as specified
- EF walking tours and Tour Director-led sightseeing as specified
- Cruises, trains or ferries as specified
- Support from EF representatives abroad
- 24-hour worldwide emergency service

Not included in the Program Price:

- Optional excursions
- Insurance coverage
- Beverages
- Transportation to free-time activities
- Customary gratuities (for your Tour Director, bus driver and local guide)
- Porterage
- Adult supplement (if applicable)
- Weekend supplement
- Shore excursions on cruises
- Any applicable baggage-handling fees imposed by the airlines (see eftours.com/baggage for details)
- Expenses caused by airline rescheduling, cancellations or delays caused by the airlines, bad weather or events beyond EF's control
- Passport, visa and reciprocity fees