

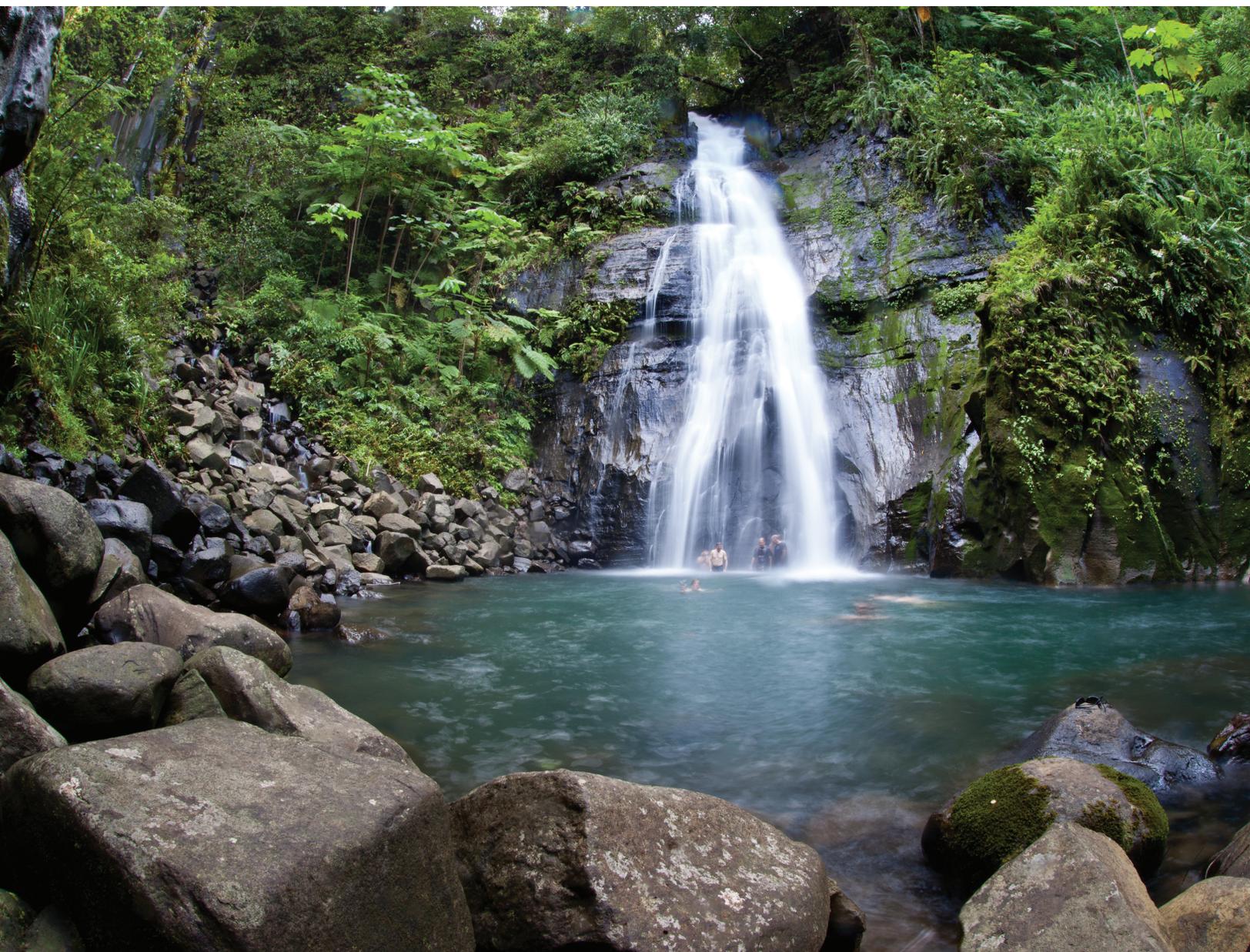


Education First

Educational Tours

Adventure through Costa Rica

9 days | Spring 2018





Educational Tours

Adventure through Costa Rica

INCLUDED ON TOUR



Round-trip flights on major carriers; Full-time Tour Director; Comfortable motorcoaches and local transportation for included activities; Hotels with private bathrooms; Select meals with a mix of local cuisine; Connect to your travel experiences with weShare, our project-based online educational tool.

Entrances: Volcano Poas; Hot Springs, Arenal; Don Juan eco farm tour; Canopy tour; Palo Verde National Park; Carara National Park; Mangrove project; Folklore evening; Whitewater rafting, Rio Sarapiquí

Guided Sightseeings: Carara National park

Overnight Stays:

- San José (1)
- Arenal region (2)
- Guanacaste (1)
- Pacific Coast (2)
- San José (2)



NOT INCLUDED IN PROGRAM PRICE

Optional excursions; Global travel protection; Beverages at meals; 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-handing fee 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; Passports, visa and reciprocity fees

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Your itinerary

Day 1: San José

Fly to San José

Touch down in San José. 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, 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.

Day 2: San José | Arenal

Transfer to Arenal via 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.

Arrive in 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.

Visit 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!

Day 3: Arenal

Don Juan Eco Farm tour

Meet the "other" famous Don Juan on this tour of one of the many eco-friendly Costa Rican farms. Located just outside the town of Fortuna, Don Juan's farm is the epitome of sustainability. As you take the tour, you will see fruits you've never heard of and animals you've never seen. At the end of tour, Don Juan's wife will provide the group with a locally produced, organic lunch that is sure to satisfy everyone's appetite!

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!

Day 4: Arenal | Guanacaste

Transfer to Guanacaste via Palo Verde National Park

Today you will travel to this beautiful park, where the landscape ranges from mangrove swamps, marshes, and lagoons to seasonal grasslands and forests. Renowned for its bird-watching sites, you may spot black-crowned night herons in this bird's largest Costa Rican nesting colony, locally endangered jabiru storks, and egrets. In the forest, keep an eye out for scarlet macaws, keel-billed toucans, and parrots. Hike the trails, or sit quietly near a water hole, where you might see iguanas, deer, coatis, monkeys, and peccaries!

Arrive in Guanacaste

As you arrive in Guanacaste, take in the craggy bluffs cloaked in forests that stretch tall above you. Along these roads you're bound to encounter local cattle ranchers driving oxen carts farther inland.

Day 5: Guanacaste | Central Pacific Coast

Guided visit of the Carara Reserve

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.

Transfer to 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.

Day 6: Central Pacific Coast

Mangrove Project

Isla Palo Seco is a natural barrier that protects thousands of acres of mangroves and an amazing diversity of marine and terrestrial life. This island is also an important area for nesting sea turtles. However, the stability of the island is threatened by ocean currents and tides as well as the increased flooding from upland rivers. Today you will participate in a reforestation project.

Day 7: Central Pacific Coast | San José

Return to San José via Sarchí

On your drive back to San José, 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 ox carts and amazing carvings made from the wood of the nation's many forests.

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.

Day 8: San José

Whitewater Rafting Excursion

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

Day 9: Depart for home

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

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- **Your full-time Tour Director** is with your group every step of the way on tour, providing insight about your destinations as well as great local tips.

“My daughter has gained such an amazing view of the world and history from this experience. She has not stopped talking since I picked her up at the airport. Thank you for all the organization, helpful hints, flexible payment plan, and knowledgeable tour guides.”

–**CHARLOTTE, PARENT**

