

ESSENTIALS OF COSTA RICA

ATENAS & THE CENTRAL VALLEY (1 night)

Arrive in the central valley of Costa Rica, home to 80% of the country's population and surrounded by mountains. Spend your first night in a comfortable country setting.

CHOOSE THREE OF THE FOLLOWING SEVEN OPTIONS:

___SEA TURTLE PROJECT (2 nights)

The turtle projects are located on the Caribbean coast. On the way, visit a butterfly farm and an elementary school. Walk the beach at night in search of nesting sea turtles and hatchlings. You may also conduct population studies, tag turtles, transplant eggs to a protected area or release hatchlings into the ocean.

___CAHUITA (2 nights)

Relax on a picture perfect white sand beach, swim in the warm Caribbean ocean, and spend a day at an indigenous Bri Bri school high in the Talamanca mountains.

___PITAL FARM VISITS & REFORESTATION PROJECT (2 nights)

Several communities around the town of Pital are involved in a project to improve the environment through reforestation and education. Participate in this reforestation effort and learn firsthand about rural Costa Rican life as you spend two nights with a local family.

___ARENAL VOLCANO (2 nights)

Stay in Fortuna at the base of the spectacular Arenal Volcano. Here, have the chance to hike on lava beds in the Volcano National Park and visit an organic farm full of surprises.

___FINCA SURA (2 nights)

Spend two nights on the small family farm of Finca Sura. Experience rural Costa Rica firsthand as you participate in farm and reforestation work. Work on the farm may include planting pineapples, coffee or plants. You may also work in the butterfly garden, the medicinal garden, go birding, or learn how chocolate is made.

___PROVIDENCIA/SAN CARLOS CLOUD FOREST COMMUNITIES (2 nights)

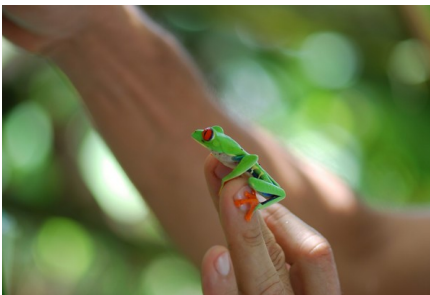
The cloud forest is home to an astonishing array of biological diversity and is teeming with life. Stay in either of these communities and choose from a variety of different locally organized activities.

___VERAGUA RAINFOREST PARK (2 nights)

Veragua Park is a private reserve set on 4000 acres showcasing many aspects of life in the rainforest. During your time here you will explore the park and work with researchers on a frog habitat restoration project.

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End the trip right back where you started-in the Central Valley. This is the night to celebrate and reflect on your experiences.



ESSENTIAL COSTA RICA: Trip Information

AVAILABLE DATES: This trip is available year round, however, turtle work can only be included on trips scheduled March through July.

GROUP SIZE:

Minimum group size is 10 participants (including group leaders)

Maximum group size is 24 participants (including group leaders)

We may be able to accommodate larger or smaller groups— please contact us for more information.

PROGRAM FEE:

The price includes:

- Bilingual Naturalist Guide
- Accommodations (based on triples and quads)
- Private in-country transportation
- Meals as stated in the itinerary
- Purified water available on the bus
- Activity & entrance fees, and associated tips
- Post departure travel insurance

The price does NOT include:

- Tips for EcoTeach guides and driver (recommended \$10/day for guide and driver to split)
- Cancellation insurance
- Expenses of a personal nature both prior to departure as well as during the trip

TRIP LEADER COSTS:

One trip leader travels free (including air) with 7 full paying participants.

Trip leader cost (including air) will be pro-rated if the total number of full paying participants is not a multiple of 7.

ADDITIONAL ACTIVITIES:

Ziplines and/or white water rafting can be added to your trip for an additional \$55/activity per paying participant. This covers the activity, tip, and chaperone costs.

Additional nights at the turtle project can also be added at a cost of \$85/night/per paying participant.

FLIGHTS:

EcoTeach will automatically arrange flights for your group. However, you are welcome to work with your own travel agent or directly with the airline group desk. Just let us know if you would like to make your own group travel arrangements.

For groups booking flights through EcoTeach a \$25 per ticket service fee will be assessed. Occasionally, EcoTeach will purchase several blocks of tickets for a group at different prices and charge the averaged amount to the participants. Also, please be aware that taxes and fees (fuels surcharges, security costs, etc.) imposed by the airlines and/or the US Government are subject to change until the tickets are purchased approximately two months prior to your departure date. Such changes are outside of EcoTeach's control.