

## CLASSIC 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. This area boasts fantastic vistas and a perfect climate. You will spend your first night in a comfortable country setting and have a chance to get acquainted with your guides.

### SEA TURTLE PROJECT (3 nights)

The turtle projects are located on the Caribbean coast. On the way, visit a butterfly farm and an elementary school.

At the turtle project, the real work begins at night. Patrol the beach at night in search of nesting sea turtles and hatchlings. It's tough work, but worth the effort. You may also conduct population studies, tag turtles, transplant eggs to a protected area or release hatchlings into the ocean. Be aware that sea turtles are an endangered species and their nesting is not "scheduled". Therefore, there's no guarantee that you will see a turtle during your stay.

During the day, explore the local canals for wildlife, hike in the surrounding rainforest or engage in an impromptu game of volleyball or soccer. Have a chance to participate in volunteer activities such as building a hatchery or cleaning the beach of debris to make it easier for sea turtles to nest or return to the ocean.



### CAHUITA (2 nights)

Located on the southern Caribbean coast, Cahuita is home to beautiful beaches, rain forest, and a rich cultural heritage with Afro-Caribbean and indigenous influences. Relax on a picture perfect white sand beach, swim in the warm Caribbean ocean, and spend a day at an indigenous Bri Bri school located high in the Talamanca mountains.

### PITAL FARM VISITS & REFORESTATION PROJECT (1 night)

The drive to Pital takes you from the Caribbean coast to the northern lowlands. On the way, stop for lunch and white water rafting on the Class II and III rapids of the Sarapiquí River. Several small communities around the town of Pital are involved in a project to improve the environment through reforestation and education. During your time here, participate in this reforestation effort and learn firsthand about rural Costa Rican life as you spend the night with a local family.



### ARENAL VOLCANO (2 nights)

Stay in Fortuna at the base of the spectacular Arenal Volcano. Have the chance to hike on lava beds in the Volcano National Park, fly through the air on a canopy tour, and visit an organic farm full of surprises.

### ATENAS & THE CENTRAL VALLEY (1 night)

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



# CLASSIC COSTA RICA: Trip Outline

## The price includes:

Naturalist guide(s)  
 Private in-country transportation  
 Accommodations  
 Meals as outlined  
 Activities, Entrance fees, and related tips  
 Purified water available on the bus

## The price does NOT include:

Expenses of a personal nature  
 Tips for guide and driver

AREA	DAY	SAMPLE LODGING & MEALS	MAJOR ACTIVITIES
<b>Atenas</b>	Day 1	Francisco's Lodge Meals included: none	Arrive Costa Rica Transfer to lodge
<b>Turtle Project</b>	Day 2	Station Dorms Meals included: BLD	Transfer to turtle project School visit enroute Butterfly farm visit enroute Night turtle patrols
<b>Turtle Project</b>	Day 3	Station Dorms Meals included: BLD	Volunteer work Wildlife viewing boat ride Night turtle patrols
<b>Turtle Project</b>	Day 4	Station Dorms Meals included: BLD	Volunteer work Night turtle patrols
<b>Cahuita</b>	Day 5	Goddess Garden Hotel Meals included: BLD	Transfer to Cahuita Beach time and picnic
<b>Cahuita</b>	Day 6	Goddess Garden Hotel Meals included: BLD	Day trip to Bri Bri community
<b>Pital</b>	Day 7	Homestays Meals included: BLD	Transfer to Pital Rafting or float trip enroute Activities with families
<b>Arenal</b>	Day 8	Don Juan's Cabins Meals included: BLD	Reforestation Transfer to Arenal Hot Springs
<b>Arenal</b>	Day 9	Don Juan's Cabins Meals included: BLD	Volcano Nature Walk Don Juan's Organic Farm
<b>Atenas</b>	Day 10	Francisco's Lodge Meals included: BLD	EcoGlide Ziplines Transfer to Atenas
<b>Depart for home</b>	Day 11	Meals included: B	Travel home