

COSTA RICA COAST TO COAST



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'll spend your first night in a comfortable country setting and have a chance to get acquainted with your guides.

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.

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 rain forest 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.



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. Fly through the air on a canopy tour and visit an organic farm full of surprises.

GUANACASTE (2 nights)

The Rincon de la Vieja area, "Costa Rica's Yellowstone Park," is located in the northeastern part of Costa Rica and is one of the largest and last remaining tropical dry forests. It's surrounded by dense forest and is home to a plethora of wildlife and insect species—a fascinating place to explore. Hike the trails in the national park, see local wildlife and relax on a nearby beach.

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.



COSTA RICA COAST TO COAST: 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
 Tip for guide and driver

AREA	DAY	SAMPLE LODGING & MEALS	MAJOR ACTIVITIES
Atenas	Day 1	Francisco's Lodge Meals included: none	Arrive Costa Rica Transfer to lodge
Turtle Project	Day 2	Station Dorms Meals included: BLD	Transfer to turtle project School visit enroute Butterfly farm visit enroute Night turtle patrols
Turtle Project	Day 3	Station Dorms Meals included: BLD	Volunteer work Wildlife Viewing Boat Ride Night turtle patrols
Pital	Day 4	Homestays Meals included: BLD	Transfer to Pital Rafting or Float Trip enroute Activities with Families
Arenal	Day 5	Don Juan's Cabins Meals included: BLD	Reforestation Transfer to Arenal
Arenal	Day 6	Don Juan's Cabins Meals included: BLD	EcoGlide Ziplines Don Juan's Organic Farm
Guanacaste	Day 7	Hacienda Guachipelin Meals included: BLD	Transfer to Guanacaste Kayaking enroute
Guanacaste	Day 8	Hacienda Guachipelin Meals included: BLD	Hike in the National Park Natural Hotsprings
Atenas	Day 9	Francisco's Lodge Meals included: BLD	Morning on the beach/picnic Transfer to Atenas
Depart for home	Day 10	Meals included: B	Travel home

EcoTeach purchases a travel protection plan for every traveler. This helps provide coverage for things such as travel delay, emergency medical, emergency evacuation, delayed/damaged baggage. Cancellation and Trip Interruption coverage are NOT included but are available at an additional cost.