

## Essential Costa Rica Trip

### 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 guide.

### CHOOSE THREE OF THE FOLLOWING SEVEN OPTIONS:

#### \_\_\_ SEA TURTLE PROJECT (2 nights)

The turtle project is 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.

#### \_\_\_ COOPE SAN JUAN HOMESTAYS (2 nights)

This small rural community is located in the northern region of Costa Rica and is surrounded by pineapple plantations, forests under conservation and rivers and small lagoons. 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 Volcano National Park, experience Costa Rican wildlife up-close at Asis Wildlife Rescue Center and visit an organic farm full of surprises.

#### \_\_\_ FINCA SURA (2 nights)

Spend two nights on the small, family farm of Finca Sura. Take a tasty tour through the family's pineapple farm, explore the local flora and fauna, and learn how to make your own chocolate.

#### \_\_\_ PROVIDENCIA (2 nights)

The cloud forest is home to an astonishing array of biological diversity and is teeming with life. Stay in this small, rural community and choose from a variety of locally organized activities.

#### \_\_\_ VERAGUA RAINFOREST PARK (2 nights)

Veragua Rainforest Park is a 4,000 acre private reserve showcasing many aspects of life in the rainforest. During your stay, 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.

