

Classic Costa Rica Trip

ATENAS & THE CENTRAL VALLEY (1 night)

Arrive in the Central Valley, surrounded by mountains, and home to 80% of Cost Rica's population. This area boasts fantastic vistas and a perfect climate. Spend your first night in a comfortable country setting and have a chance to get acquainted with your guide.

SEA TURTLE PROJECT (2 nights)

Head to the turtle project 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. Walk the beach in search of nesting sea turtles and hatchlings. It's tough work, but worth the effort. You may conduct population studies, tag turtles, transplant eggs to a protected area, or release hatchlings into the ocean.

Sea turtles are an endangered species and their nesting is not "scheduled" so there's no guarantee you will see one!

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



CAHUITA (2 nights)

Head south along the Caribbean coast to Cahuita, home to beautiful beaches, rainforest, 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 with an Indigenous Bri Bri community in the mountains.



COOPE SAN JUAN HOMESTAY (2 nights)

Travel from the Caribbean Coast to the northern lowlands. Enroute, stop for lunch and white water rafting on the Class II & III rapids of the Sarapiquí River. Arrive in Coope San Juan, a small rural community surrounded by pineapple plantations, forests under conservation and rivers and small lagoons. During your visit, 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 Arenal Volcano. Have the chance to hike on lava beds in Volcano National Park, fly through the air on a canopy tour, and visit an organic farm full of surprises. Make some new friends at the Asis Wildlife Rescue Center!

ATENAS & THE CENTRAL VALLEY (1 night)

End the trip right back where you started, in the Central Valley. Tonight, celebrate your accomplishments and reflect on your experiences!



The CLASSIC COSTA RICA price includes:

- ~ Naturalist guide(s)
- ~ Private in-country transportation
- ~ Accommodations (price based on triple, quads & dorms)
- ~ Meals as outlined & purified water provided on the bus
- ~ Activities, entrance fees and related tips
- ~ Happy travelers!



AREA	DAY	LODGING & MEALS	MAJOR ACTIVITIES
Atenas	Day 1	Local Hotel Meals included: None	Arrive Costa Rica
Turtle Project	Day 2-3	Station Dorms Meals included: BLD	Travel to turtle station School and butterfly farm visits Canal boat ride to spot wildlife Volunteer work Night turtle patrols
Cahuita	Day 4-5	Local Hotel Meals included: BLD	Beach time at Cahuita National Park Day trip to Bri Bri community
Coope San Juan	Day 6-7	Homestays Meals included: BLD	Rafting or float trip Community welcome Nature walk Pick-up soccer or volleyball game Cooking class Volunteer activity
Arenal	Day 8-9	Local Hotel Meals included: BLD	Visit Asis Wildlife Rescue Center Volcano Nature Walk Organic farm tour Hot springs!
Atenas	Day 10	Local Hotel Meals included: BLD	Zip lines
Depart	Day 11	Meals included: B	Arrive home

The price does NOT include: International airfare, expenses of a personal nature, tips for guide and driver