Costa Rican Coastlines Itinerary
University High School Spring Break – March 5-13, 2010

Total tour package price: $1,590

Activities:
- Boat trip and hike at Tortuguero National Park
- White-water rafting
- La Fortuna Waterfall
- Natural Hot Springs
- Arenal Volcano Lava Hike
- Canopy Adventure (zip-lining)
- Tarcoles River crocodile adventure
- Carara Biological Station
- Markets of Sarchí

Meals:
- 8 Breakfasts
- 7 Lunches
- 8 Dinners

Transportation:
- Flight to/from Chicago O’Hare International Airport
- Air-conditioned private ground transportation
- Boat transportation to and from Tortuguero

MAIN ITINERARY

Day 1 - Arrive to San Jose, Costa Rica
The group will be received at the international airport by the Natural Expeditions Tour Director, who will be with your group at all times. Your guide will conduct the group to Hotel Centro Colon and will provide information about the upcoming activities awaiting you on the tour. The rest of the afternoon is on your own to enjoy Costa Rica’s capital city.

Dinner is included.

Day 2 – San José to Tortuguero
The day will begin with an early start toward the Caribbean region of the country. Breakfast will be provided before departure and your private ground transportation will take you smoothly across the most exciting landscape presented by Braulio Carrillo National Park. The concept of city will remain behind to initiate the most unforgettable tropical adventure.

While passing the National Park, the scenery will be influenced by farming land and ornamental plantations. By midday, the ground transportation will be exchanged for water transportation, which will lead you through the canals for over two hours until you reach the remote location of Tortuguero.

Breakfast, lunch, and dinner are included.
Day 3 – Tortuguero National Park
Explore the beauty of the Tortuguero National Park by boating through the canals and hiking amongst the flora and fauna of the region. Keep an eye out for monkeys, iguanas, and caymans, which are plentiful in this area of the country. Experience a breath-taking natural wetland established all around the location of the hotel.

Breakfast, lunch, and dinner are included.

Day 4 – Tortuguero, Sarapiquí, Arenal Volcano Region
Depart from the lodge in the morning by boat and travel to the Caño Blanco port. At this port, you will be transferred to your private ground transportation and continue your journey to Sarapiquí. In the town of Chilamate, the tour will stop for lunch and to enjoy the excitement of white water rafting down the Class III Sarapiquí River. After a tremendous experience, the ride will continue to the town of Fortuna, located just beside the active Arenal Volcano. Feel the rumble of the volcano as you relax in your accommodations.

Breakfast, lunch, and dinner are included.

Day 5 – La Fortuna Waterfall, Natural Hot Springs, Arenal Lake Boat Tour
In the morning, your group will visit La Fortuna waterfall, a good opportunity to see why the Arenal area continues to be one of the favorite places around the country. After lunch, enjoy a walk in the Arenal Volcano National Park, where you will hike to the lava rock that is left from the 1968 eruption. In the afternoon, relax at the base of the Arenal Volcano while you enjoy the warmth of the natural hot springs. Be sure to watch the volcano while bathing, since it’s a great place to observe some of the constant activity from the main active crater of this smoking giant.

Breakfast, lunch, and dinner are included.

Day 6 – Canopy Adventure and the Central Pacific Region
Before departing to the Central Pacific, try one of the most exciting experiences we have in Costa Rica – the canopy tour. In order to explore the treetops and enjoy the rain forest from a different perspective, the canopy ride has become an interesting way of getting to know that specific area of the forest which was limited to scientists for a long time. “Swinging” through the forest by way of platforms and transversals is part of what most students consider the most memorable times while being in Costa Rica. After lunch, enjoy your time at the beach or simply lay by the pool and take in the tropical sunlight.

Breakfast, lunch, and dinner are included.

Day 7 – Crocodile Adventure and Carara Biological Station
Take a morning trip to the Tarcoles River where you will discover the largest population of crocodiles on the Pacific Coast. Have your cameras ready as you encounter the giants in and out of the water. After the two-hour boat trip, hike through Carara Biological Station to learn about the different conservation programs and to have a chance to view the wildlife of the region. Return to the hotel and enjoy the rest of the evening at the beach.

Breakfast, lunch, and dinner are included.

Day 8 – Sarchí and Transfer to San José
Enjoy your free morning around the hotel and then begin your journey back to San Jose by driving through the town of Sarchi. Here, you will have a chance to shop at one of the many markets and your group will also enjoy lunch in this peaceful village.

After arriving to San Jose, check in at your hotel and enjoy your last evening in San José.

Breakfast, lunch, and dinner are included.

Day 9 – Depart from San José, Costa Rica
After a morning breakfast, your guide and driver will transport your group to the airport where you will await your flight back home. (The Costa Rican departure tax is included in tour price.)

Breakfast is included.

Customized tour package and quote made for University High School by Natural Expeditions, LLC.