

# ***Spring Break in Costa Rica***

## ***Experience the Culture of “Pura Vida”***

### ***February 28– March 10, 2013***



**2/28 Departure from Wilmington or Raleigh.**

#### **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.



#### **3/1– 3/2 TORTUGUERO (2 nights)**

Tortuguero National Park is located on the Caribbean coast. On the way, visit a butterfly farm and school.

At Tortuguero you will go on an evening beach walk in the National Park with the hopes of catching a glimpse of a nesting sea turtle. 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 and visit the Turtle Museum in the town of Tortuguero.



#### **3/3-3/4 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 of Cahuita National Park, swim in the warm Caribbean ocean, spend a day in an indigenous BriBri community high in the Talamanca mountains, and enjoy the local flavor on the streets of this small town.

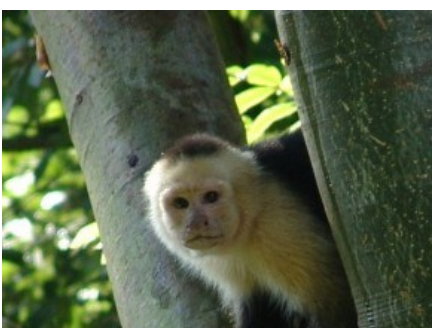
You will see monkeys too.

#### **3/5 PITAL FARM VISITS & REFORESTATION PROJECT (1 night)**

Next, enjoy whitewater rafting on the Sarapiquí River enroute to Pital, where several communities are involved in a project to improve the environment through reforestation and education. During your time here, you will participate in this reforestation effort and learn firsthand about rural Costa Rican life as you spend the night with a local family.

#### **3/7 ARENAL VOLCANO (2 nights)**

Head to the town of La Fortuna at the base of the spectacular Arenal volcano. Relax in hot springs, fly through the forest canopy on a zipline tour, take a horse ride to Fortuna Falls and visit an organic farm full of surprises.



#### **3/8– 3/9 HEREDIA & THE CENTRAL VALLEY (2 nights)**

End the trip right back where you started--in the Central Valley. Spend your final two nights here and take the Café Britt coffee tour and visit the capitol San Jose, shop for souvenirs, enjoy an afternoon of typical dance and music, learn about how Costa Rica used to be in the 30's, 40's and 50's and visit some of the most well known buildings and monuments in the city.

**3/10** Return to the USA.

# Detailed Itinerary

## The price includes:

Naturalist guide(s)  
 Private in-country transportation  
 Accommodations (price is based on triple and quads)  
 Meals as outlined  
 Activities, Entrance fees, and related tips  
 Purified water available on the bus  
 Post-departure travel insurance  
 Exit Taxes

## The price does NOT include:

Tips to your EcoTeach guide and driver (approx \$100/pp)  
 Optional cancellation insurance coverage  
 Expenses of a personal nature

AREA	DAY	LODGING & MEALS	MAJOR ACTIVITIES
Atenas	Feb 28	Francisco's Lodge Meals included: snack	Arrive Costa Rica Transfer to lodge
Tortuguero	March 1	Rana Roja Lodge Meals included: BLD	Transfer to Tortuguero Butterfly farm visit enroute School visit enroute Night turtle patrols
Tortuguero	March 2	Rana Roja Lodge Meals included: BLD	Canal boat ride to view wildlife Lecture/Intro to sea turtles Volunteer work Night turtle patrols
Cahuita	March 3	Goddess Garden (or similar) Meals included: BL	Transfer to Cahuita Afternoon beach time in the national park Dinner on your own in town
Cahuita	March 4	Goddess Garden (or similar) Meals included: BLD	Day trip to BriBri Laundry day
Pital	March 5	Family Stays Meals included: BLD	Transfer to Pital area White water rafting enroute
Arenal	March 6	Don Juan's Cabins Meals included: BLD	Reforestation with community members Lunch with host families Transfer to Arenal Hot Springs at Los Lagos Hotel or similar
Arenal	March 7	Don Juan's Cabins Meals included: BLD	Horseshoe to Visit Fortuna Falls Lunch and shopping in town Don Juan's Organic farm
Heredia	March 8	La Condesa Hotel Meals included: BL	Ecoglide Ziplines Arenal Hanging Bridges Transfer to Heredia
Heredia	March 9	La Condesa Hotel Meals included: BD	Café Britt Coffee Tour Lunch at Bouganvillea (arrange by profe) Visit to San Jose Centro, Moravia Dinner show at Pueblo Antiguo
Depart	March 10	Meals included: B	Transfer to Airport