

## *8-Day Educate and Be Educated*



### **DAY 1**

#### *San José – D*

- Welcome to Costa Rica
- Shuttle bus will take you to hotel
- Explore San José and join the group for dinner

Land at the Juan Santamaría International Airport and soak in the air of the Costa Rican capital city. Our shuttle bus will pick you up straight from the airport and take you to the Villa Tournon Hotel for check-in. Enjoy some city sightseeing and relaxation and make sure to join us for dinner.



### **DAY 2 & 3**

#### *Sarapiquí & Volunteer Projects - B, D*

- Volunteering on environmental projects
- Volunteering at a local rural school
- Canopy tour (zip-lining)

Enjoy a scenic drive through one of Costa Rica's dense rainforests on the way to Sarapiquí. Admire the sandy river banks and discover the variety of agricultural crops coffee, corn, cocoa and bananas. Make sure to bring your camera. There are many species of monkeys and exotic birds around this popular destination. After exploring the surrounds, participate in volunteering for a variety of environmental projects. Afterwards, stay overnight at La Quinta Lodge.

The next day, spend half of the day volunteering at a local rural school in Sarapiquí. In the afternoon, enjoy a canopy tour via zip-line in the Sarapiquí rainforests. Fly across the rainforest and observe its natural diversity. Return and stay overnight at La Quinta Lodge.



### **DAY 4**

#### *Ecotermales Hot Springs & Arenal Volcano - L, D*

- Volunteer at a children's shelter
- Enjoy hot spring pools

On the fourth day, continue your streak of good deeds by volunteering at a children's shelter. Spend time with the kids and have lunch with them. Afterwards, visit the Ecotermales Hot Springs, a secluded family-owned

complex near the foot of the Arenal Volcano. Complete with nature and beauty, these hot spring pools are the perfect places to relax. Unwind and enjoy the natural surroundings and exotic flora. Stay overnight at the Arenal Springs Resort.



## DAY 5

### *Penas Blancas River & Arenal Volcano - B, D*

- Safari floating tour
- Arenal Volcano guided tour

In the morning, embark on a safari floating tour of the rainforest by paddling down the Penas Blancas River. Ride through the hot springs and waterfalls and observe a number of unique wildlife species in the lush rainforest. This is an undeniable scenic adventure. Return to the Arenal Volcano in the afternoon to enjoy a guided tour of this active geological attraction. Hike through the forest and observe the wildlife. Stay overnight at the Arenal Springs Resort.



## DAY 6 & 7

### *Monteverde & San José - B, D*

- Boat tour
- Visit the Monteverde Cloud Forest
- Nature walk
- Volunteer on conservation and environmental projects

Travel to Monteverde by boat across Arenal lake. This lake is the largest enclosed body of water in Costa Rica. Gasp at the views of Arenal Volcano and the surrounding landscape while afloat. Continue by bus to Monteverde. In the afternoon, visit the Monteverde Cloud Forest, a 26,000-acre reserve said to contain the most outstanding wildlife refuges. Take a nature walk through the area and stay overnight at the Monteverde Cloud Forest Lodge.

The next day, volunteer for a half-day in Monteverde for a number of conservation and environmental projects. Return back to San José in the early afternoon. Feast on a farewell dinner in San Jose and enjoy the night life. Retire at the Villa Tournon Hotel overnight.



## DAY 8

### *San José - B*

- Touring San José
- Shuttle bus to the airport

Spend the last day exploring the urban secrets of this beautiful country while you reflect on all your new memories. Ask the tour guide to show you the famous landmarks of this tropical city. Enjoy a final glass of sangria at a local café, just



don't get carried away in the bliss and miss your flight. You will be dropped off at Santamaría International Airport and depart Costa Rica. See you back next year!

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*Legend: B – Breakfast, L – Lunch, D – Dinner; type of meals specified in itinerary are subject to change  
\*Price does not include the following: Airfare and related charges, Costa Rican exit tax, some meals, and gratuities for bus driver and tour guide*