

8-Day Work, Play, and Relax



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

Poás Volcano, Arenal Volcano & Monteverde - B, D

- Scenic drive through the country
- Poás Volcano sight-seeing tour
- Ecotermals Hot Springs
- Arenal Volcano guided tour
- Boat tour

Enjoy a scenic drive through to the Poás Volcano approximately 1.5 hours away from San José. Pass through beautiful villages, plantations, and landscapes. Once you arrive, take a tour to the volcano's site-seeing point, and also venture through a cloud forest towards the Botos Lagoon. Travel to the Arenal Volcano area by mid-afternoon, and relax at the Ecotermals 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 in the natural surroundings and exotic flora. Dine and stay overnight at the Arenal Hot Springs Hotel.

The next morning, visit Arenal Volcano with a guided tour of the attraction. After the excursion and exploration of the surrounding forest, travel to Monteverde by crossing over Arenal Lake, Costa Rica's largest enclosed water destination. Enjoy the fantastic views of the volcano and surrounding landscape while afloat. Continue driving up to Monteverde and stay overnight at the Cloud Forest Lodge.



DAY 4 *Monteverde – B, D*

- Volunteer for conservation and environmental projects
- Discover the Cloud Forest Reserve

On the fourth day, volunteer for a half-day in Monteverde on a number of conservation and environmental projects. Spend the afternoon at the Monteverde Cloud Forest Reserve, a 26,000-acre reserve said to contain the most outstanding wildlife refuges. Go hiking along the trails and observe a variety of plants and birds unique to Central America. Remember to take lots of pictures! Relax overnight at Monteverde Cloud Forest Lodge.



DAY 5 *Manuel Antonio, Carara National Park & Jaco Beach - L, D*

- Adventure into Manuel Antonio and Carara National Parks
- Lunch at Jaco Beach
- Go shopping and sightseeing

Out of breath yet? Gasp at another breathtaking drive, this time head south to Manuel Antonio National Park. During the ride, you will stop by Carara National Park, a prime location for birdwatchers and sightseers. Once you arrive at Manuel Antonio, you will walk around and take a guided tour of the park. Have a nice lunch at Jaco Beach. Make sure to take a stroll along the magnificent beaches and admire the dramatic coastal scenery. In the afternoon, you are free to continue touring or go shopping in Manuel Antonio. Spend some time out on the time and then relax overnight at the Playa Espadilla Hotel.



DAY 6 & 7 *Manuel Antonio National Park & San José - B, D*

- Explore Manuel Antonio National Park
- Take in the natural scenery and wildlife
- Night life in San José

On the sixth day, explore the Manuel Antonio National Park. Go for short walks through its evergreen forest trails toward one of its many secluded, white sand beaches. Spend the day enjoying the natural scenery and indigenous wildlife. There are over hundreds of species of mammals and even more kinds of birds. If you're lucky, you can also observe the dolphins and migrating whales. Stay overnight at the Playa Espadilla Hotel.

The next day, spend some free time exploring Manuel Antonio one last time. In the afternoon, travel back to San Jose, where you will feast on a farewell dinner at an upscale restaurant. Enjoy the Costa Rican nightlife one last time. Stay overnight at the Villa Tourmon.



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!

*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