



Tour: Costa Rica Eco-Adventure
Specialization: Science, Geography, History & Culture
Itinerary: 8-days / 7-nights
Dates: Available year-round

COSTA RICA ECO-ADVENTURE						
Day	Meals	Morning	Afternoon	Evening		
1	D	Travel to Costa Rica; transfer to hotel; Welcome & Safety Meeting			Welcome Dinner	
2	B, L, D	Poás Volcano National Park	Doka Estate Coffee Plantation Tour		Dinner	Free Time
3	B, L, D	Transfer to Sarapiquí	Lowland Rainforest Exploration - Ziplining Expedition & Whitewater Rafting on the Sarapiquí River		Dinner	Bat Master Class
4	B, L, D	Chocolate Workshop	Transfer to Fortuna / Arenal	Costa Rica Cooking Class	Arenal Volcano Hike	Dinner
5	B, L, D	Eco-Centre Danaus Biology & Wildlife Walk	Don Juan's Farm & Costa Rica Culture Experience		Dinner & Hot Springs	
6	B, L, D	Transfer to the Pacific Coast	Jungle Crocodile & Tropical Mangrove Safari	Hotel Check-in	Dinner	Free Time
7	B, L, D	Manuel Antonio National Park Excursion & Beach Time				Dinner
8	B	Transfer to San Jose International Airport; depart Costa Rica for home				



Costa Rica is one of the most biologically diverse regions on the planet!

As with all sample itineraries, please be aware that this is an “example” of a schedule and that the activities and hotels shown may be variable dependent upon dates, weather, special requests and other factors. Itineraries will be confirmed prior to travel.

“Mention Costa Rica and people think paradise. The country's Disney-like cast of creatures — ranging from howler monkeys to toucans — are prolific and relatively easy to spot. The waves are prime, the beauty is staggering and the sluggish pace seductive. The incredibly varied topography means you can cruise a cloud forest one day, climb a volcano the next, and finish passed out on a hot sandy beach.” - Lonely Planet

Day 1

Dinner (dependent upon arrival time)

Travel to Costa Rica via international air, arriving at Juan Santamaría International Airport. After boarding your transportation, your group will be transferred to your hotel in the San Jose area. After getting checked in, we will have our Welcome, Safety & Orientation meeting and then dependent upon your arrival time, your group will reconvene for dinner later in the evening. If you experience a late arrival, head for bed and we will start in the morning!

Sample Hotel: Best Western Irazú Hotel - This full-service San Jose hotel provides comfortable lodging and superb customer service. The hotel is centrally located in the capital city, near major attractions, commercial and banking districts and only 15 minutes away from San José International Airport. Hotel amenities include 3 hotel restaurants and room service options, buffet breakfast, free wireless Internet, outdoor swimming pool, fitness facilities, gift shop, business center, laundromat and 24-hour front desk with currency exchange. Room amenities include wireless internet telephone service, hairdryers, safe deposit boxes, 32-inch LCD TV, coffee makers with Costa Rican coffee and air conditioning.



Day 2

Breakfast, lunch & dinner

Today's activities include:

Poás Volcano: Where Earth Comes Alive

A visit to **Poás Volcano** places students right at the edge of one of Costa Rica's most dynamic natural laboratories. Standing near its vast, steaming crater, groups witness firsthand how powerful geological forces shape our planet. Students explore the national park's unique high-altitude ecosystem, observe fumaroles and mineral-rich crater lakes, and learn how volcanic activity influences everything from soil fertility to biodiversity.



This experience matters because Poás is more than a scenic stop - it's a living case study in **earth science, climate impact, and environmental resilience**. Students see how Costa Rica monitors volcanic activity, protects surrounding communities, and



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preserves fragile ecosystems in an active volcanic zone. It's the kind of moment that transforms textbook concepts into something real, memorable, and deeply inspiring.

Doka Estate Coffee Plantation: From Bean to Brew

At **Doka Estate**, students step into the heart of Costa Rica's coffee tradition - one of the country's most important agricultural and cultural pillars. This hands-on experience takes groups through every stage of the coffee process, from seedling to roasting. Students explore the plantation's lush fields, learn how altitude and climate shape flavor, and see the century-old water-powered mill that still operates today.



What makes this visit meaningful is how it connects **science, sustainability, and global impact**. Students discover how coffee cultivation affects local ecosystems, how farmers balance tradition with modern environmental practices, and how Costa Rica's commitment to sustainable agriculture supports both communities and biodiversity. It's an immersive look at the chemistry, ecology, and economics behind one of the world's most beloved crops - and a chance to understand how everyday choices ripple across the planet.

Day 3

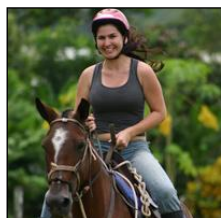
Breakfast, lunch & dinner

Today's activities include:

Hacienda Pozo Azul: Adventure With Purpose

At **Hacienda Pozo Azul**, students step into one of Costa Rica's most innovative eco-adventure centers - a place where conservation, community, and outdoor exploration come together. Set along the Sarapiquí River, this sprawling reserve gives groups the chance to experience Costa Rica's rainforest up close through activities that are both thrilling and deeply educational. Students might raft gentle rapids, cross canopy bridges, explore riverside trails, or participate in hands-on environmental workshops. Along the way, they learn how sustainable tourism supports local communities, protects fragile ecosystems, and provides real-world models for conservation in action.

What makes Pozo Azul important is how it transforms adventure into **applied learning**. Students see how land stewardship, biodiversity protection, and eco-friendly design shape the future of responsible travel. It's an unforgettable blend of adrenaline, teamwork, and environmental understanding — the kind of experience that stays with them long after they return home.



NOTE: Groups may choose one of the following activities for this morning's activity and then a second activity for the afternoon. Options include horseback riding, canopy/ziplining, rafting (Class II – III) or rappelling. Our favorites? Whitewater Rafting & Ziplining! A waiver/release is required for all activities and for all participants.



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Evening Bat Workshop at Tirimbina Biological Reserve: Science After Dark

As night falls over the rainforest, students step into the world of Costa Rica's most important - and often misunderstood - mammals: **bats**. At Tirimbina Biological Reserve, a leading center for tropical research, groups join trained biologists for an immersive, hands-on workshop that brings real field science to life. Students observe how researchers safely capture and study bats, learn how to identify different species, and discover the critical roles bats play in **pollination, seed dispersal, insect control, and overall ecosystem health**. They may even see scientists collect data on wing structure, feeding habits, and population health - the same methods used in global conservation efforts.



This workshop matters because it transforms the rainforest from something students *see* into something they truly **understand**. It challenges misconceptions, highlights the importance of biodiversity, and shows how scientific research directly supports conservation. It's an eye-opening, after-dark adventure that blends curiosity, courage, and real-world STEM learning.

Sample Accommodation - Hacienda Pozo Azul Tent Suites - Imagine sleeping to the harmonious lullaby of the jungle's night sounds, waking up to the Congo's greeting and the bird's song in an ambiance of comfort, privacy and immersed in nature. This is what you'll find at Hacienda Pozo Azul Tent Suites. It's a magical experience that combines nature with comfort, the rugged with the modern, relaxation with excitement.



Here you will be able to let nature and its forest absorb you while sleeping a canvas away from 4% of the world biodiversity. Your main door will be a zipper and your windows will be screens; your enjoyment will be complete. The Hacienda Pozo Azul has 30 Tent Suites equipped with 2 queen size beds or 1 king size bed, comfortable bathrooms with hot water and a furnished private deck, telephone and Wi-fi in all suites, and fans both in the rooms and on the decks. Additional amenities include full reception, dining area, reading room, convenience store and a social area for meetings.

Day 4

Breakfast, lunch & dinner

Today's activities include:

The Sweetest Rainforest Experience: Chocolate From Tree to Treat

In the heart of the rainforest, students discover the surprising journey behind one of the world's favorite foods: chocolate. During this immersive, hands-on workshop, groups learn how cacao is grown, harvested, fermented, and transformed - all while surrounded by the lush ecosystem where it naturally thrives. Guides walk students through the entire bean-to-bar process, from cracking open fresh cacao pods to grinding roasted beans and creating their own traditional chocolate. Along the way, they explore the cultural history of cacao in Costa Rica,



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its importance to Indigenous communities, and the role sustainable farming plays in protecting rainforest biodiversity.

What makes this experience meaningful is how it blends science, culture, and sensory learning. Students see how climate and soil shape flavor, how fermentation and roasting change chemical properties, and how ethical agriculture supports both local families and fragile ecosystems. It's delicious, hands-on learning that connects the rainforest to the real world in the sweetest way possible.

Pura Vida Cooking Class: Farm-to-Table Flavors of Costa Rica

At the **Pura Vida Cooking Class in La Fortuna**, students step into a true farm-to-table experience where Costa Rican culture, sustainability, and culinary creativity come together. The workshop begins with a guided walk through a local organic farm, where students harvest fresh ingredients straight from the fields — tropical fruits, fragrant herbs, root vegetables, and seasonal produce grown using eco-friendly practices. Back in the open-air kitchen, students learn to prepare traditional Costa Rican dishes such as homemade tortillas, gallo pinto, picadillos, and plantain favorites. Guided by local chefs, they explore how flavor, culture, and community are woven into every recipe. The hands-on cooking process highlights the chemistry of food, the importance of regenerative agriculture, and the role cuisine plays in Costa Rican identity.



What makes this experience meaningful is how it blends **culture, sustainability, and STEM learning**. Students see how farming practices impact ecosystems, how ingredients change through heat and preparation, and how food connects people across generations. The class ends with a shared meal — a delicious celebration of teamwork, creativity, and pura vida hospitality.

Arenal Volcano Hike: Exploring Costa Rica's Living Landscape

The **Arenal Volcano Hike** takes students through one of Costa Rica's most dramatic and scientifically significant environments. As they walk along the base of this perfectly conical stratovolcano, students explore trails shaped by past lava flows, observe hardened volcanic rock formations, and learn how eruptions have transformed the surrounding ecosystem over time. Guides introduce students to the region's unique biodiversity - from regenerating forests to species that thrive in nutrient-rich volcanic soils. Along the way, students discover how Costa Rica monitors volcanic activity, manages natural hazards, and protects communities living in the shadow of an active volcano.



What makes this experience important is how it turns the landscape into a **real-world earth science classroom**. Students see firsthand how tectonic forces shape the planet, how ecosystems recover after eruptions, and how humans and nature coexist in a dynamic environment. It's an unforgettable blend of geology, ecology, and adventure that brings textbook concepts to life.

Day 5

Breakfast, lunch & dinner

Today's activities include:



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Eco-Centre Danaus: Biology & Wildlife Walk

At **Eco-Centre Danaus**, students step into a protected biological reserve known for its incredible biodiversity and successful conservation initiatives. This guided wildlife walk takes groups along shaded rainforest trails where they observe species in their natural habitats - from sloths and poison dart frogs to iguanas, butterflies, and a stunning variety of tropical birds. Along the way, naturalists introduce students to the reserve's reforestation projects, wetland restoration efforts, and sustainable land-management practices. Students learn how protected areas like Danaus serve as vital refuges for threatened species and how community-driven conservation can restore ecosystems over time.



What makes this experience meaningful is how it turns the rainforest into a **living biology classroom**. Students practice field observation skills, identify species using real scientific methods, and see firsthand how biodiversity, habitat protection, and human impact are

interconnected. It's an eye-opening, peaceful, and deeply educational walk that helps students understand why Costa Rica is a global leader in conservation.

Don Juan's Farm & Costa Rica Culture Experience

At **Don Juan's Farm**, students step into a living classroom where Costa Rican culture and sustainable agriculture come together. This family-run farm introduces groups to traditional crops like sugarcane, coffee, tropical fruits, and medicinal plants, while showcasing organic farming practices that protect soil health, biodiversity, and surrounding ecosystems. Students get hands-on with cultural demonstrations - pressing sugarcane, grinding coffee, tasting fresh produce, and learning how generations of Costa Rican families have cared for the land.



What makes this experience meaningful is how it connects **culture, ecology, and real-world sustainability**. Students see firsthand how responsible farming supports both people and the planet, how traditional knowledge shapes modern environmental practices, and how food systems impact communities. It's an engaging, sensory experience that deepens their understanding of Costa Rica's heritage while reinforcing the importance of environmental stewardship.

Baldi Hot Springs: Geothermal Pools & Dinner in the Rainforest

At Baldi Hot Springs, students unwind in a series of naturally heated thermal pools fed by the geothermal energy of Arenal Volcano. Surrounded by lush rainforest and dramatic volcanic views, they move through mineral-rich pools of varying temperatures, explore waterfalls and landscaped gardens, and enjoy a relaxing evening capped with a delicious dinner on-site - a perfect way to recharge after a day of exploration.



What makes this experience meaningful is how it connects **geology, wellness, and environmental appreciation**. Students see how geothermal activity creates natural hot springs, learn how Costa Rica manages and protects its geothermal resources, and experience firsthand how volcanic

landscapes shape both ecosystems and daily life. It's a restorative, memorable moment that blends science with relaxation in a way students never forget.

Day 6

Breakfast, lunch & dinner

Today's activities include:

Jungle Crocodile Safari & Tropical Mangrove Adventure

On the Jungle Crocodile Safari, students travel by boat along the Tarcoles River and into the surrounding mangrove ecosystem - one of the most biologically rich habitats in Costa Rica. Guided by naturalists, they observe American crocodiles, waterbirds, iguanas, and other wildlife up close while learning how mangroves protect coastlines, support biodiversity, and serve as vital nurseries for countless species.



What makes this experience meaningful is how it connects **wildlife conservation, ecosystem science, and real-world environmental challenges**. Students see firsthand how human activity impacts river and mangrove health, how predators like crocodiles shape the food web, and why protecting coastal ecosystems is essential for climate resilience. It's an exciting, eye-opening adventure that deepens their understanding of Costa Rica's wildlife and the delicate balance that sustains it.

Day 7

Breakfast, lunch & dinner

Manuel Antonio National Park & Beach Time

At **Manuel Antonio National Park**, students explore one of Costa Rica's most iconic protected areas - a lush coastal rainforest filled with monkeys, sloths, iguanas, tropical birds, and vibrant plant life. Guided along shaded trails and scenic overlooks, they learn how land and sea ecosystems connect, observe wildlife in its natural habitat, and experience the park's stunning blend of rainforest, white-sand beaches, and turquoise water. After



the hike, students enjoy well-deserved beach time, relaxing, swimming, and soaking in the beauty of Costa Rica's Pacific coast.

What makes this experience meaningful is how it highlights **biodiversity, conservation, and the importance of protected areas**. Students see firsthand how national parks safeguard endangered species, how coastal ecosystems support both marine and terrestrial life, and how responsible tourism helps preserve fragile habitats. It's a joyful, memorable finale that deepens their appreciation for Costa Rica's natural treasures while giving them space to celebrate the journey together.

Day 8

Breakfast (dependent upon departure time)

It's time to pack up and head home! Following breakfast and dependent upon our flight departures, we'll start to say goodbye to Costa Rica as we head off to San Jose and our flight home; taking memories with us that will last forever!



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Hasta luego!



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PANAMA CITY ADD-ON

Are you ready to explore Panama while you're visiting Central America? If so, we have an outstanding opportunity to dip down and experience Costa Rica's southern neighbor – Panama!

OPTIONAL PANAMA CITY ADD-ON				
8	B, L, D	Transfer to San Jose International Airport; depart Costa Rica for Panama City	Hotel Check-In	Dinner
9	B, L, D	Full-day Panama City Tour - La Vieja, Casco Viejo, Miraflores Locks Visitors Center	Free Time	Dinner
10	B, L, D	Culture Day: Indigenous Village & Gatun Expedition	Folklore Dinner Show	
11	B	Transfer to Panama City Airport; depart Panama for home		

Day 8

Breakfast, lunch & dinner included

This morning we'll head for the airport, taking an international flight to Panamá City. Today will be one spent leisurely with no specific activities on the agenda so we can rest and refresh. On arrival, we'll transfer to our hotel, get settled and start to learn a bit about Panama. Dinner will be served in our hotel.

Day 9

Breakfast, lunch & dinner included

Today's activities include:

Panama City Tour: Where History, Innovation & Culture Meet



On the **Panama City Tour**, students explore one of Central America's most dynamic capitals - a place where ancient history and modern engineering sit side by side. They'll walk through the cobblestone streets of **Casco Viejo**, a UNESCO World Heritage Site filled with plazas, cathedrals, and colonial architecture, before heading into the sleek, contemporary districts that showcase Panama's role as a global crossroads. Along the way, students learn how geography, trade, and culture have shaped the city into a vibrant hub of innovation and diversity.

What makes this experience meaningful is how it connects **global systems, cultural identity, and real-world relevance**. Students see firsthand how Panama's location influences world trade, how historic preservation and modern development coexist, and how multicultural communities shape the city's character. It's an engaging introduction to Panama's past and present — and a powerful foundation for the deeper learning that unfolds throughout the rest of the extension.



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Panama Canal & Miraflores Locks: Engineering That Changed the World

At the Panama Canal and Miraflores Locks, students witness one of the greatest engineering achievements in human history. From the viewing platforms and interactive museum, they watch massive ships rise and fall through the lock system, learn how freshwater lakes power the entire operation, and explore the century-long story of how the canal reshaped global trade. The visit blends real-time observation with hands-on exhibits that explain the mechanics, innovation, and international collaboration behind this world-changing waterway.



What makes this experience meaningful is how it connects **engineering, geography, economics, and environmental science** in a single moment. Students see how human ingenuity can transform landscapes, how global supply chains depend on infrastructure like the canal, and how Panama balances economic impact with ecological responsibility. It's a powerful, eye-opening experience that helps students understand their world on a global scale.

Day 10

Breakfast, lunch & dinner included

Emberá Indigenous Village & Gatun Expedition

During the **Emberá Indigenous Village & Gatun Expedition**, students travel by boat through the rainforest to spend the day with one of Panama's Emberá communities. They learn about traditional craftsmanship, music, dance, storytelling, and the deep relationship the Emberá people maintain with the land. Students explore medicinal plants, observe artisanal techniques passed down through generations, and gain insight into how the Emberá preserve their cultural identity while living in harmony with the surrounding rainforest. The journey continues onto Gatun Lake, where students explore the ecosystem and observe wildlife that thrives in this biodiverse region.



What makes this experience meaningful is how it connects **cultural respect, environmental stewardship, and global citizenship**. Students witness the importance of preserving Indigenous knowledge, see how sustainable living protects both people and ecosystems, and gain a deeper appreciation for cultural diversity. It's an eye-opening, relationship-building day that helps students understand the value of community, tradition, and the natural world in a way no classroom ever could.

Panama City Folklore Dinner Show

At the Panama City Folklore Dinner Show, students enjoy an evening filled with traditional music, dance, and storytelling that celebrates Panama's diverse cultural heritage. While sharing a delicious Panamanian dinner, they watch performers in beautifully crafted pollera dresses and traditional attire bring regional dances and rhythms to life. The show highlights influences from Indigenous, Afro-Panamanian, and Spanish traditions, creating a colorful, high-energy experience that immerses students in the heart of Panamanian culture.

What makes this experience meaningful is how it connects history, identity, and cultural expression. Students see how music and dance preserve stories across generations, how different communities have shaped Panama's national identity, and how art can reflect the spirit of a country. It's a lively, memorable evening that deepens their appreciation for Panama's cultural richness while giving them space to celebrate together.



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Day 11

Breakfast (dependent upon departure time)

After breakfast, we'll transfer to the airport for our international flight home, saying goodbye to our new friends and taking away memories that will last a lifetime!



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COSTA RICA ECO-ADVENTURE

Minimum Booking Numbers: 20 students

What's Included:

- Roundtrip flights with a scheduled carrier
- 7-nights' accommodation in Costa Rica
- Breakfasts, lunches & dinners daily (except travel days)
- Transportation for programmed activities & airport transfers
- Poás Volcano Excursion
- The Doka Estate & Coffee Plantation Tour
- Whitewater Rafting on the Sarapiquí River
- Rainforest Ziplining at Hacienda Pozo Azul
- Bat Master Class
- The Sweetest Rainforest Experience – Chocolate Master Class
- Eco-Centre Danaus Master Class
- Don Juan Farming & Culture Master Class
- Guided Hike at Arenal Volcano
- Baldi Hot Springs Excursion
- Pura Vida Cooking Class
- Manuel Antonio National Park Excursion
- Jungle Crocodile & Tropical Mangrove Safari Master Class
- Personal Tour Director
- 24-hour emergency cover

What's Not Included:

- Panama City add-on, extra costs apply
- Fully comprehensive insurance (mandatory)
- Transfers to/from home airport
- Baggage costs, pay directly to airline if required
- Baggage handling - each student should be able to pull/load their suitcase
- Lunches on travel days and meals not shown in itinerary
- Snacks and beverages other than at mealtimes
- Cost of passports nor any required visas
- Cost of inoculations or medication required for travel
- Sightseeing / Entertainment options not shown as included
- Hotel incidental deposits & bills – mini-bar, convenience mart, etc.
- Any gratuities** – Drivers, Housekeepers, Ambassador, National Guide
- Credit card fees if individuals wish to pay via credit card instead of ACH (online check)

Currency Notes: Most every business / vendor in Costa Rica will accept **USD** (United States Dollar) for payment. Many items in local stores and hotels are priced in USD and not in Colons. **Please make sure to enquire about currency markings prior to purchase.**

As always, our staff are always available to you to answer any questions you may have regarding programming. If we may serve you in any way, please do not hesitate to contact us.



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SAMPLE PACKING LIST – COSTA RICA!

- Raincoat / Umbrella
- 1 Long-sleeved Shirt
- Mosquito Repellent & Anti-Itch Cream
- Sunscreen / Sun Cream
- Flashlight / Head Lamp
- Hiking Boots, Athletic Shoes; Water Shoes; Beach Sandals
- Camera & Binoculars if desired
- Bathing Suit
- Water Bottle
- 4 – 6 pairs of Shorts
- Short-sleeve or non-sleeved T-shirts
- 1 Fleece or Sweatshirt
- Females may desire to bring dresses for dinner although not required
- Cash for Lunches on Days 1 & 8
- Cash for any Gratuities / Tips

Please know that gratuities (tips) are totally discretionary however they are customary and assist in making up the general basic wages for service personnel. Gratuities are generally paid in local currency or USD, paid per person and suggested minimums are:

- ❖ Bus Driver = \$10-15 per person on tour, dependent upon service levels
- ❖ Costa Rica National Guide = \$25+ per person on tour, dependent upon service levels
- ❖ Ambassador = \$25+ per person on tour, dependent upon service levels

PASSPORT COPY - Please bring at least one photocopy of your passport's information page. In case of the loss of a passport, the passport owner can use this copy to get a new passport reissued relatively quickly. Additionally, participants may be asked to show proof of nationality to authorities, so this should be carried on your person always.



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