
GEEO ITINERARY

COSTA RICA ADVENTURE Group 1- Summer

Day 1: San José Arrive in San José at any time.

You may arrive in San José at any time today. There are no planned activities, so check into our hotel and enjoy the city. We will have a group meeting in the evening around 6:00 p.m. There will be a note at the front desk to let you know the precise time of the meeting. The note will also tell you what time to meet in the lobby in the morning, if you arrive too late for the meeting. If you miss this meeting, please don't worry, as your tour leader will go over everything with you the next morning. Amid the hustle and bustle of this busy capital, San José has beautiful parks, museums and an ornate National Theatre. Start your exploration of the city in the central plaza, a great place to people-watch. A mime, juggler, marimba band, magician, or storyteller may be performing for whatever is collected when the hat is passed. Artisan booths are common, creating a regular arts and crafts fair atmosphere.

Day 2: San José/Quepos Travel to Quepos and enjoy a couple days of relaxing and exploring Manuel Antonio National Park.

This morning we travel south to Quepos. The small town of Quepos is on the Pacific Coast and this region of Costa Rica is a great place to relax and enjoy the sun and nearby sea. A short distance away, Manuel Antonio National Park offers beautiful white-sand beaches and warm turquoise water, ideal for swimming, fishing, kayaking, boogie boarding, sailing, or surfing. Approximate travel time: 3 hrs by private vehicle

Day 3: Quepos Enjoy a free day in the Manuel Antonio region to explore and relax. Opt go kayaking through mangroves, take a surf lesson or cruise along the coast on a dolphin-spotting sunset sailing excursion.

Enjoy a free day in the Manuel Antonio region to explore and relax. Opt to go kayaking through mangroves, take a surf lesson or cruise along the coast on a dolphin-spotting sunset sailing excursion. The white-sand beaches and warm Pacific waters are great for a day of taking it easy. Manuel Antonio NP offers excellent hiking, spectacular views, and abundant wildlife viewing. Manuel Antonio is Costa Rica's smallest, yet most biodiverse national park. Head to the shade of the nearby tropical forest in search of sloths, monkeys, armadillos, and iguanas. Climb to the lookout to capture views of the pristine Pacific Ocean and the area's off-shore islands.

Day 4: Quepos/Monteverde Travel from Quepos to Monteverde and into the cool mountain air of the area. Take an included guided night walk to learn about nocturnal life in the cloud forest firsthand.

We leave the coast and ascend to the Monteverde cloud forest region. Spend a couple of days exploring the town and a cloud forest reserve, truly a bird lover's paradise. This unique community has several cooperatives worth visiting. Today we will join a naturalist guide for a 1.5-2 hour tour in the cloud forest after dark. Learn more about the habits of the area's nocturnal wildlife including mammals, birds, insects, reptiles, and amphibians, and keep your eyes and ears open on this slow-paced walk. You never know what you might see – it depends on the day and your luck! Approximate travel time: 6 hrs by private vehicle

Day 5: Monteverde Enjoy a free day in this lush cloud forest region. Opt to fly above the trees on a canopy zipline tour, go horseback riding in the hills, or visit the butterfly garden.

There's plenty to see and do in Monteverde, and we wanted to make sure that you had some time to take it all in. Feel free to relax or try optional activities like ziplining, visiting the hanging bridges, and

horseback riding. See our optional activities section further below for more information. Your tour leader has more ideas if you need them. Just ask!

Day 6: Monteverde/La Fortuna Travel from Monteverde to La Fortuna. Enjoy free time for optional activities such as whitewater rafting, waterfall rappelling, or relaxing in local hot springs.

Today we depart Monteverde to travel by van and boat to La Fortuna, near the base of the spectacular Arenal Volcano. La Fortuna is a great base for active adventures. From river rafting, to rappelling down waterfalls, to floating along the canals of the Caño Negro Wildlife Refuge in search of caiman, there is no excuse to be bored! Once we arrive, there's time to relax in the hot springs that are heated by the volcano's lava. Approximate travel time: 3.5-4 hrs by private vehicle, 1 hr by boat

Day 7: La Fortuna Enjoy a free day in La Fortuna. Optional activities abound.

There's plenty to see and do in La Fortuna, and we wanted to make sure that you had some time to take it all in so we have two full free days here. Feel free to relax or try optional activities like canyoneering, whitewater rafting, and paddleboarding. Your tour leader has more ideas if you need them. Just ask!

Day 8: La Fortuna Enjoy another free day in La Fortuna. Optional activities abound.

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Day 9: La Fortuna/Sarapiquí Rainforest (L,D) Enjoy an included visit to a G Adventures-supported coffee cooperative with a local lunch before heading to a jungle oasis in the Sarapiquí Rainforest.

This morning we drive further west to the Sarapiquí Rainforest. Along the way we'll visit the Mi Cafecito coffee cooperative in San Miguel de Sarapiquí. See shade-grown coffee plants, learn about everything from harvesting, to husking, drying, and roasting the beans before enjoying the best part - a fresh cup! Enjoy a typical lunch of plantains, beans, and freshly caught tilapia fish. Feel good about all this eating and drinking knowing that you are supporting a G Adventures for Good project that helps 200 farmers and their families. Next, board a tractor-drawn cart excellent for navigating the jungle along rugged uphill terrain on the way to our jungle lodge. Spend the next two nights immersed in the rainforest at a unique jungle oasis. The Sarapiquí Valley is home to hundreds of species of animals, birds, and butterflies, and our jungle lodge brings us into the heart of it all. With a variety of included activities offered by the lodge, spend time hiking, swimming in the river, learning to make empanadas, or just lounging in a hammock surrounded by the stunning Costa Rican countryside. Approximate travel time: 4 hrs by private vehicle, 2 hrs by tractor

Day 10: Sarapiquí Rainforest (B,L,D) Enjoy a day in the beautiful Sarapiquí Valley. Optional activities (all included in our overnight package, weather-dependent) include swimming in the river, night walks, an empanada-making lesson or relax and listen to the sounds of the surrounding rainforest.

Wake up and head into the Sarapiquí Rainforest on the search for some of the 400 plus birds that call this region home. Led by a local guide, keep your eyes peeled for rare species and learn tricks to spot birds that are hiding in plain sight. After a busy day taking part in whatever activities you would like we'll get together in the evening for a cooking demonstration. Get your hands covered in cornflour and learn to make tasty tortillas, tamales or empanadas, staples of most Latin American cuisine.

Day 11: Sarapiquí Rainforest/Tortuguero (B,L,D) Head to Tortuguero. Opt to

visit the nesting grounds of the green and leatherback turtles at night (seasonal).

We'll leave the jungle and head to Tortuguero. The journey to Tortuguero is half the adventure. Begin by taking a tractor-drawn cart, board a private van, and finish it off with a journey by boat. This unique village has walking paths that extend into the national park, a fantastic place to see wildlife even when turtles aren't in season. Approximate travel time: 2 hrs by tractor, 4-5 hrs by private vehicle, 1.5 hrs by boat

Day 12: Tortuguero (B,L,D) Enjoy free time to explore Tortuguero. Opt to kayak through the canals and view the wildlife, wake up early and head to the beach to watch turtle eggs hatch (seasonal), or just wander through the town.

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Day 13: Tortuguero/Puerto Viejo de Talamanca (B) Head to Puerto Viejo de Talamanca. Hop on a bike and ride to the beach with your tour leader. Opt to snorkel in the Caribbean, hike in Manzanillo National Wildlife Refuge, or hit the beach.

A morning boat ride and drive ends in Puerto Viejo de Talamanca, with spectacular scenery en route. This seaside town is perfect for relaxing or exploring the Manzanillo National Wildlife Refuge. Opt to go for a hike, take a bike ride, snorkel in the Caribbean, or hit the beach. Approximate travel time: 1.5 hrs by boat, 5-6 hrs by private vehicle

Day 14: Puerto Viejo de Talamanca With free time here, head out and explore. Don't forget to try some fantastic Afro-Caribbean cuisine.

The picturesque village of Puerto Viejo de Talamanca's over 8 miles of incomparable white- and black-sand beaches are surrounded by exotic tropical vegetation. Opt to rent a bike, hike to Monkey Point, go snorkeling or take it easy and explore La Isla Botanical Gardens. Don't forget to try some fantastic Afro-Caribbean cuisine.

Day 15: Puerto Viejo de Talamanca/San José Enjoy free time in the morning before heading back to San Jose for the final night with the group.

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Day 16: San José Depart San Jose at any time.

Feel free to depart at any time. Want more adventure? Book two or more GEEO trips in the same year and receive a discount! GEEO will give you 10% off of the lesser value program(s) (up to 3 programs). If you don't see a program that interests you that pairs with this trip, but still would like to extend your time abroad, let us know. We will work with you to find a non-teacher trip from our tour operator's much larger catalog. Even better, if you are an educator, we can still offer you a discounted price on the trip you choose!