
GEEO ITINERARY

COSTA RICA EXPRESS- 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/La Fortuna (L) Drive to Sarapiquí to visit the Mi Cafecito Community Coffee Plantation. Continue on to the Arenal region and have a free afternoon. Enjoy an included relaxing soak in the local hot springs.

This morning we set off from the capital and enjoy the countryside of the Central Valley. Along the way, we'll stop for a visit at the Mi Cafecito coffee cooperative in San Miguel de Sarapiquí to find out where your cup of java comes from. 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. A three-hour van trip brings us to La Fortuna, near the base of the spectacular Arenal Volcano. La Fortuna is a great base for active adventures. Once we arrive, we'll head on to the local hot springs. Relax in the shadow of the Arenal Volcano immersed in therapeutic waters heated by the earth's magma and infused with healing minerals and salts. Rejuvenate your muscles, detox your cells, and stimulate all your senses in nature's thermal spa. Breathe in the pure rainforest air and marvel at the mystic surroundings of these outdoor pools of paradise. Approximate travel time: 3 hrs by private vehicle

Day 3: La Fortuna Free day in La Fortuna. Experience the outdoor adventures, amazing wildlife and natural wonders in this area. There are enough activities here to keep you busy all day long.

Enjoy a free day in La Fortuna. Spend the day getting your adrenaline pumping, viewing local wildlife, marveling at the Arenal Volcano, and getting to know more about Costa Rica in La Fortuna. There are enough activities here to keep you busy all day long. See our optional activities section further below for more information.

Day 4: La Fortuna/Monteverde Travel by boat and van through the stunning Costa Rican scenery up into the cloud forest. Take an included guided night walk to learn about nocturnal life in the jungle firsthand.

From La Fortuna, we make our way by boat across Lake Arenal and then van up the rough mountain roads to reach the fresh misty air of the Monteverde Cloud Forest. Spend two days exploring the community and nearby forest, truly a bird lover's paradise. This evening, 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: 45 minutes by boat, 3.5 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/Quepos Travel to Quepos, just outside Manuel Antonio National Park. Opt to visit the park or relax on the beach in this fun surf town. Enjoy a night out and perhaps learn how to salsa.

This morning we drive to Quepos, just outside of Manuel Antonio National Park, arriving in the afternoon. The park boasts beautiful white-sand beaches and warm turquoise water. Opt to swim, fish, kayak, surf or take a sailing trip. The white-sand beaches and warm Pacific waters are the ideal atmospheres to relax at the end of your adventure. Manuel Antonio NP offers excellent hiking, spectacular views, and abundant wildlife viewing. Approximate travel time: 6 hrs by private vehicle

Day 7: Quepos Enjoy a free day to visit Manuel Antonio National Park, sail, snorkel or surf in the Pacific. Opt to kayak through mangroves or relax on the beach.

Enjoy a free day to visit Manuel Antonio National Park, sail, snorkel, or surf in the Pacific. Opt to kayak through mangroves or relax on the beach. Pre-book the Manuel Antonio Catamaran Tour on the checkout page to include this optional activity on your tour.

Day 8: Quepos/San José Opt to chill at the beach in the morning before the journey back to the capital.

After one final morning to soak up the sun on the beach in Quepos, we return to San José, and have time to enjoy one final evening together with our group. Approximate travel time: 5 hrs by private vehicle

Day 9: San José Depart San José 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!