GEEO ITINERARY

Costa Rica 3/15/2025

Day 1: San José Arrive in San José at any time. Meet your group for a welcome meeting around 6:00 or 7:00 p.m.

You may arrive in San José at any time today. The nearest airport is **Juan Santamaría International Airport (SJO)** in Alajuela. Due to the potential for flight delays or cancellations, we recommend that you consider arriving in Costa Rica at least a day in advance. This will also give you time to rest and adjust to any time difference. We can book extra hotel nights for you in Costa Rica before and/or after the trip. **Hotel Check-in and Welcome Meeting** Please note that check-in at the hotel is usually around 2:00-3:00 p.m. There are no planned activities until an intro meeting around 6:00 or 7:00 p.m., usually in the hotel lobby. Check for a sign or ask at the reception desk about the exact time and location of the group meeting. Please make every effort to arrive in time for this meeting. If you are delayed and will arrive late, please inform us. Your tour leader will then leave you a message at the front desk informing you of where and when to meet up tomorrow. After the meeting, you might choose to have dinner at a nearby restaurant with your traveling companions and your tour leader to get to know one another further. 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. **Joining Instructions** The quickest and easiest way to get from the airport to downtown San José is by taxi, which costs around $25-$30 USD and takes about 20-30 minutes. If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi. **Accommodation**: Hotel Urban Green (or similar) * *For the actual hotel your specific departure will be using, please check your voucher.*

Day 2: San José/La Fortuna 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 Sarapiqui. See shade-grown coffee plants and 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 foot of the spectacular Arenal Volcano. La Fortuna is an excellent base for adventure, from hiking the area's nature trails, swimming in chilly La Fortuna waterfall, or canyoning (rappelling) to catch a bird’s eye view of the forest greenery. Once we arrive, there's time to relax in the hot springs that are heated by the volcano's lava. **Approximate travel time**: 4 hrs by private vehicle **Accommodation**: Hotel Eco Arenal (or similar)Hotel **Meals included**: Lunch

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.

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's plenty to see and do in La Fortuna. Optional activities include full-day whitewater rafting on the Toro or Arenal Rivers, mountain biking, caving, horseback riding, or a tour of the Caño Negro Wildlife Refuge. Like much of Costa Rica, the area is a birders’ paradise, with over 600 species as permanent residents. Finally, after a long day of

exploring, you can choose to take a relaxing soak at Baldi Hot Springs. **Accommodation**: Hotel Eco Arenal (or similar)

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 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. This evening, 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**: 45 minutes by boat, 2.5 hrs by private vehicle **Accommodation**: Hotel Historias Lodge (or similar)

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! **Accommodation**: Hotel Historias Lodge (or similar)

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, arriving in the afternoon. 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**: 5 hrs by private vehicle **Accommodation**: Hotel Mimos (or similar)

Day 7: Quepos Enjoy a free day in the Manuel Antonio region to explore and relax. Opt go kayaking through mangroves, take a surfing 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. **Accommodation**: Hotel Mimos (or similar)

Day 8: Quepos/San José Enjoy free time in the morning before heading back to San Jose for the final night with the group.

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**: 3 hrs by private vehicle **Accommodation**: Hotel Urban Green (or similar)

Day 9: San José Depart San José at any time.

There are no planned activities today, so you may depart San José at any time. The nearest airport is **Juan Santamaría International Airport (SJO)** in Alajuela. If you wish to extend your stay in San José, consider booking post-tour accommodation with us. Please note that check-out time from the hotel is usually mid-morning, but luggage storage services are available at the reception desk. Want more adventure? Book two or more GEEO programs in the same school year and receive a discount! GEEO will give you 10% off the lesser-value program(s) (up to three programs per year). If you would like to extend your time abroad but don't see another GEEO program that interests you, let us know. We can help you find a trip from our partner tour's much larger catalog. Their tours are open to the general public and not designed specifically for educators, but we can still offer you and your travel companions a discounted educator price on any of their tours, and you would still receive GEEO's fast and attentive customer service.

*****Itinerary Disclaimer****: While it is our intention to adhere to the routes described on our website, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable, to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The information on our website is a general guide to the tour and region, and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.*