
GEEO ITINERARY

X-Costa Rica 3/9/2024

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 exact time and location 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; your tour leader will go over everything with you in the 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. 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

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.

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

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, 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

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.

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

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

Feel free to depart at any time. Want more adventure? Book two or more GEE0 trips in the same year and receive a discount! GEE0 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!