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## GEEO ITINERARY

Costa Rica with LaVoulle Group

### **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 San José's **Juan Santamaría International Airport (SJO)**. Due to the potential for flight delays or cancellations, we recommend that you consider arriving in Costa Rica at least a day in advance if your schedule allows. 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** 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 Radisson San Jose (or similar) *\*For the actual hotel your specific departure will be using, please check your voucher*

### **Day 2: San José/Monteverde Drive along winding roads to the quaint town of Monteverde, surrounded by cloud forests. Enjoy free time in the afternoon to explore, and opt to fly across canopy on ziplines. Enjoy a G for Good farm experience and coffee tour.**

Travel to Monteverde, high in the cloud forests of Costa Rica. Explore the area during free time in the afternoon. Get your adrenaline pumping and pre-book the Costa Rica Adrenaline Bundle with us: Canyoning down huge waterfalls in the rugged mountains and lush rainforests around Arenal Volcano, and soaring over the rainforest canopy on a Tarzan swing, a giant rappel, and a 450-foot zipline. Later, Enjoy a visit to Life Monteverde, a coffee cooperative made up of twelve local families, dedicated to educating Costa Ricans and the world about sustainable farming and conservation. Your visit here directly benefits Life Monteverde's educational programs, which provide free access to local school groups, and training for Costa Ricans. Walk through the plantations of various tropical plants including bananas and pineapples, and learn about coffee growing and production, as well as various sustainable agriculture techniques like converting animal waste to fuel. Make sure to taste the delicious coffee before you go! **Approximate travel time:** 3-4 hrs by private vehicle **Accommodation:** El Establo Hotel (or similar) **Meals included:** Breakfast

### **Day 3: Monteverde Enjoy a free day to explore the cloud forest region of Costa Rica. Opt to take a guided walk in the cloud forest reserve, fly across canopy ziplines, or walk atop the tree tops on the Hanging Bridges.**

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:** El Establo Hotel (or similar) **Meals included:** Breakfast

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**Day 4: Monteverde/La Fortuna Travel by bus and boat through the stunning scenery to Costa Rica's adrenaline capital, La Fortuna, which boasts the stunning backdrop of Arenal Volcano. Enjoy free time on arrival and opt to visit the local hot springs in the evening.**

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. Travel to La Fortuna, known as Costa Rica's adrenaline capital, at the base of Arenal Volcano. During your free time in the evening, opt to take a relaxing soak in the natural hot springs. **Approximate travel time:** 45 minutes by boat, 3.5 hrs by private vehicle, 30 minutes by shared van **Accommodation:** Magic Mountain (or similar) **Meals included:** Breakfast

**Day 5: La Fortuna Enjoy a free day for optional activities such as whitewater rafting, waterfall rappelling, mountain biking, or paddleboarding and kayaking with Arenal Volcano as the backdrop.**

There's plenty to see and do in La Fortuna. Spend the day getting your adrenaline pumping, viewing local wildlife, and marveling at the Arenal Volcano. 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 in the hot springs. **Accommodation:** Magic Mountain (or similar) **Meals included:** Breakfast

**Day 6: La Fortuna/San José Soak up your last hours in La Fortuna before taking an late afternoon transfer back to the capital.**

Enjoy the first half of the day in La Fortuna before returning to San José in the late afternoon. Opt for a final night out in San Jose with your group. **Approximate travel time:** 3-3.5 hrs by private vehicle **Accommodation:** Hotel Radisson San Jose (or similar) **Meals included:** Breakfast

**Day 7: 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 San José's **Juan Santamaría International Airport (SJO)**. 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. **Meals included:** Breakfast

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*\*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.*