



# Costa Rica Trip 2010

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Teacher sponsored trip to Costa Rica in July 2010. This trip does not involve any classroom time, tests, or research. It is a fun and educational trip for high school students. We will be doing many varied activities. The trip is open to all CVHS students. We will be traveling with a company called EF tours, who has been doing educational tours for decades. I have traveled with them twice before to Costa Rica (2003, 2007)

**Dates:** Departure scheduled for July 2010 (trip is 9 days).

**Cost:** \$2071 Includes:

- registration fee (\$95)
- airfare to and from Costa Rica
- departure fees (\$376 - airport tax, etc)
- hotel accommodations (students room in triples and quads)
- 3 meals a day
- full time bilingual local guide (guide is with us 24 hours a day)
- bus transportation around Costa Rica
- entrance fees into exhibits, parks, and other planned activities
- Zip Line Rain Forest Canopy Adventure in Sarapiquí
- Visits to: La Fortuna Waterfall • Rincón de la Vieja National Park
  - Tortuguero Canals • Hot springs • Kayaking

The other costs related to this trip would be spending money for souvenirs and any extra food they may want. There is also a \$125 all inclusive insurance (baggage, accident, travel/cancellation, property); not "required" but HIGHLY recommended

**Schedule of payment:** \$95 registration fee is paid to lock in price, then you can pay monthly (or in lump amounts) until we leave.

The price will most likely go up in October. If you are interested, please sign up as soon as possible.

**\*\* How to sign up:** [www.eftours.com/Student](http://www.eftours.com/Student) or call 1-800-665-5364 **Tour # 604113**

**Adult/Parent Interested?** Adults are encouraged to join us. EF tours adds \$335 adult supplement to the cost of the trip, because adults are roomed in adult doubles, instead of triples or quads. Adults can pay extra to have a private room or to room with their child.

- ▶ please contact me with questions, concerns, or anything else

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## Costa Rica: Coast to Coast

### Day 1 San José

**Flight to Costa Rica** • Your adventure begins as you board your flight for Costa Rica.

**Arrival in San José** • Touch down in San José, the country's bustling capital and cultural center. Founded in 1737 as "Villa Nueva de la Boca del Monte del Valle de Abra," the city's name was later changed in honor of its patron saint, Saint Joseph.

### Day 2 San José • Tortuguero

**Transfer to Tortuguero via Braulio Carrillo**

**National Park** • En route to Tortuguero, make a photo stop at Braulio Carrillo National Park. The 109,000-acre park, named for Costa Rica's third president, boasts majestic forests and a spectacular array of flora and fauna, including giant oaks, the Poás magnolia, howler monkeys, hummingbirds and the revered quetzal. You will also stop at a banana plantation before continuing by boat to Tortuguero.

**Tour director - led sightseeing of Tortuguero Village** • Your tour director shows you the unspoiled beauty of Tortuguero Village, gateway to the Parque Nacional Tortuguero. Founded in the 1930s by Colombians exporting sea turtles and coconuts, Tortuguero Village today is accessible only by boat and home to just 700 residents. The village retains its charm and breathtaking scenery, despite the tourists from around the world who flock to it every year.

### Day 3 Tortuguero

**Boat ride through the Tortuguero canals** • Howler monkeys, toucans and caimans are waiting to meet you around every twist of the Tortuguero canals as you travel through the Tortuguero National Park.

### Day 4 Tortuguero • Sarapiquí Region

**Transfer to the Sarapiquí Region** • Delve into the Sarapiquí, situated between Braulio Carrillo and Tortuguero National Parks. Named for the Sarapiquí River, it lies at the foot of the Cordillera Central mountain range.

**Optional Sarapiquí Canopy tour** • On our canopy tour, you will make like the birds and the monkeys that call the cloud forest home. Zip lines unveil one of the planet's most fascinating ecological systems from a unique perspective — the tops of the trees. With local expert guides at your side, you can decide which view you prefer—from below or from above!

### Day 5 Arenal Region

**Transfer to Arenal Volcano** • Behold the

Arenal Volcano, whose perfect conical shape emerges from the green hills of Alajuela. Overlooking the San Carlos plain and the Pacific lowlands, this mile-high volcano has been active for the last 4,000 years.

**Visit to the hot springs** • Experience the relaxation properties of natural hot springs, filled with water heated by nearby volcanoes and channeled into pools. It's an ideal way to soothe muscles after the day's activities!

### Day 6 Arenal Region

**Kayak on Lake Arenal** • Located at the base of Arenal Volcano, this breathtaking body of water is home to howler monkeys, over 400 species of birds and 10 species of fish. Explore coves, lagoons, and river outlets on your kayaking tour, and view the volcano from the lake that produces about 60% of Costa Rica's hydro electrical power.

**La Fortuna Waterfall** • One of Costa Rica's most spectacular waterfalls, La Fortuna is located within the thick jungle of the Arenal Rainforest. You'll pass some impressive scenery (keep your camera ready for wildlife photos!) as you walk to the top of the waterfall. Later, enjoy a dip in the natural pool located under the falls.

### Day 7 Arenal Region • Guanacaste

**Transfer to Guanacaste** • Make your way to the coastal paradise of Guanacaste.

**Free time on Guanacaste Beach** • Spend a relaxing day in the coastal paradise of Guanacaste. Miles of idyllic sandy beaches wind along the coastline not far from large cattle ranches. In pre-Columbian times, superior quality ceramics were the order of the day— archaeologists have found several priceless pieces in regional excavations. Today, outdoor active pursuits draw visitors from near and far. There's diving, surfing, boating, fishing, hiking— all taking place amongst the semi-active volcanoes, marshes, tropical forests and rivers that make up this ecologically diverse region.

### Day 8 Rincón de la Vieja • Guanacaste

**Full-day excursion to Rincón de la Vieja National Park** • Enjoy a special excursion today to Rincón de la Vieja National Park, a rain/cloud forest located high in the mountains. Visit geothermal hot springs reminiscent of those at Yellowstone National Park, and view a wide variety of plant, bird and animal species.

**Day 9 Home Return home** • Your tour director assists with the transfer to Liberia, where you'll check in at the airport for your return flight home.

