

VACATIONS THAT MATTER!

Costa Rica Voluntourism Program



Please note that this proposed itinerary is subject to availability.

Day 1: Arrival and transfer to Alajuela D

Welcome to beautiful Costa Rica! Your plane will land in the Juan Santamaría International Airport. Once everyone has collected their bags, your trip leaders will be waiting to greet you just outside the airport with the private bus that will be with you for the rest of your trip. Once we arrive at our private hotel in Alajuela, your guides will give you a brief introduction of Costa Rica and review your travel itinerary.

Meals	Dinner
Accommodation	Hotel Best Western San Jose (or equivalent) http://www.bestwesterncostarica.com/
Service Project	None

Day 2: Hiking the Volcano Arenal and Hot Springs

Today we will head across the continental divide to the north Caribbean slopes where the active Arenal Volcano nestles. Before settling in to our hotel in La Fortuna, we will grab some lunch at a typical “soda”. In the afternoon we will head to the Sky Trek and Tram, a zip line tour that will fill your system with adrenaline as we fly over canopy tree tops and across canyons with vistas of the volcano and lake. After our adrenaline rush, we will stop in to the EcoZoo and learn about some of the local creepy crawlies then soak in the soothing hot springs nearby.

Meals	Breakfast, Lunch, and Dinner
Accommodation	Kokoro in Arenal http://www.arenalkokoro.com/
Service Project	None

Day 3: Rainforest Hike and Sarapiquí Conservation Learning Center BD

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Today we will stretch out our legs with a great hike through the rainforest to the la Fortuna waterfalls for a cool dip. The town of La Fortuna is a great little area to explore; therefore, you are all on your own for lunch to seek out some tasty local treats on your own. Your guide will be delighted to show you some of the tastiest local spots. After lunch, our group will continue traveling east to the lush lowlands of Sarapiquí. Upon arrival at the Sarapiquí Conservation Learning Center, there will be a brief orientation to the center, some local ice breaker activities and a start on the service projects we will be doing. Following, we will check in to our hotel for the evening. *Lunch is on your own in the town of La Fortuna.



Meals	Breakfast and Dinner
Accommodation	La Quinta, Sarapiquí http://www.hotellaquintasarapiqui.com/
Service Project	4 Hours

Day 4 – 6 : Sarapiquí Conservation Learning Center

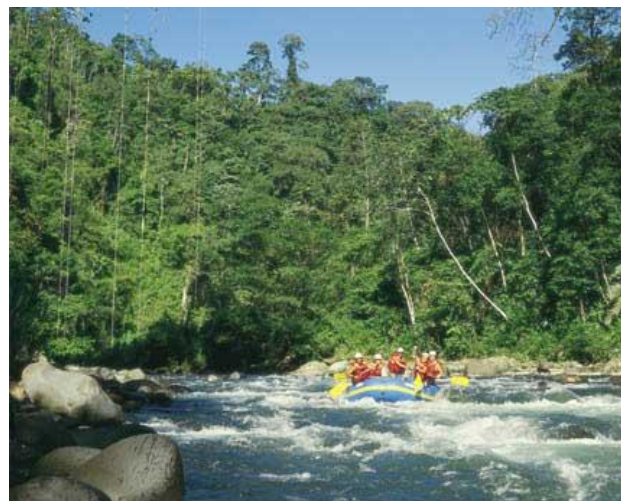
The “tico” way is the way today!! That means rise and shine bright and early and get to work. Your service project could include working with a local school on a building project; working with the local municipality on the infrastructure of the community; maintenance of an old folks home; teaching English to local children; or reforestation at the nearby reserve. In the early afternoon the local women that volunteer for the Learning Center will teach us how to concoct some of the local tasty treats in a hands on cooking class. Later, we may take up a soccer game with the local high school students or the local volunteers will give us a fun, interactive dance class to learn the local salsa, meringue and cumbia moves.



Meals	Breakfast, Lunch, and Dinner
Accommodation	La Quinta, Sarapiquí http://www.hotellaquintasarapiqui.com/
Service Project	7 Hours each day

Day 7: Pacuare River Rafting

We must awake early this morning for a shuttle to the town of Siquirres where we will have a hearty breakfast for a thrilling day of rafting through the rainforest! The Pacuare River, world re-known for its spectacular scenery and incomparable rapids, flows through a beautiful gorge lined by lush tropical forests and steep waterfalls. As we drop through the steep ravine, we will stop for a delicious river lunch prepared by our skillful guides. Towards the very end of our paddle, we will all get a chance to float through Dos Montañas, an astounding natural wonder in itself. Rafting the class III-IV rapids of this incomparable river will undoubtedly be one of the most memorable adventures of our trip. This evening we transfer to the Caribbean.



Meals	Breakfast, Lunch, Dinner
Accommodation	Casa Camarona, Carribean http://www.casacamarona.co.cr/
Service Project	None

Day 8: Playa Cocles Beach Activities

This morning we will visit the Gandoca-Manzanillo Wildlife Refuge just down the coast. Here we can rent a mask and snorkel and bring it along our hike along the coast to beautiful hidden coves and tidal pools filled with tropical fish. In the afternoon we can play a soccer match with the local kids at the nearby soccer field, and then soak in the refreshing waters and surf at Playa Cocles. Tonight we will have dinner in the town of Puerto Viejo.

Meals	Breakfast, Lunch, and Dinner
Accommodation	Casa Camarona, Carribean http://www.casacamarona.co.cr/
Service Project	None

Day 9: San Jose

This morning we will load up all our stuff bright and early and head back to San Jose via the Braulio Carrillo National Park, an exuberant region with some lovely panoramas. En route we will stop at some local souvenir stores for some last minute shopping. Tonight we will head out for a final typical Costa Rican dinner to celebrate all the new things we tried and learned on the trip. *Lunch is on your own in the town of Puerto Viejo.

Meals	Breakfast and Dinner
Accommodation	Hotel Best Western San Jose (or equivalent) http://www.bestwesterncostarica.com/
Service Project	None

Day 10: Home

Unfortunately all things come to an end and today you have to head home on a bright and early flight. We hope your trip was memorable and fulfilling. Have a safe trip home!

Meals	Breakfast
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TOUR COST

The tour cost is based on the above suggested hotel/room categories. Rates may fluctuate based on availability, holiday season and group size. **Minimum group size is 4 passengers.**

Tour Cost	4 persons
Price per person (no airfare)	FROM US\$ 2,895

What's Included	What is NOT included
<ul style="list-style-type: none">• All lodging as mentioned above or similar• Meals as mentioned (except for lunch on Day 3 in Arenal and Day 9 in Puerto Viejo)• in-country transportation in a private van• Hot springs entrance• Waterfalls hike• Zipline Canopy tour• EcoZoo• Service project• Dance lessons• Cooking class/or chocolate tour• Pacuare rafting• Caribbean hike• Local tour leader throughout the whole itinerary	<ul style="list-style-type: none">• International and internal flights• airport entrance and exit fees• meals and/or beverages not indicated in detailed itinerary• Alcoholic beverages• Personal expenses• Travel insurance• Tips and Gratuities• Other services not listed in inclusive column