



Arenal Volcano

Costa Rica Environmental Sciences Tour

11 Days / 10 Nights

\$2,950 - \$3,350 PP

*Price Varies with Group Size
and Travel Dates*



Tortuguero National Park

Day 1 **Arrival & Zarcero**

Depart on a **flight to San Jose, Costa Rica**. Arrive and **depart to visit the town of Zarcero** where you will see its unique and impressive **Topiary Gardens!** **Welcome dinner and overnight in the Herida area.**

Days 2 -4 **Pacuare Reserve**

After **breakfast**, depart for the eastern coast. Spend the next days at the **Pacuare Nature Reserve**, home of the Ecology Project International in Costa Rica, and a 200-acre protected haven for thousands of species, including the vulnerable nesting leatherback sea turtle, threatened jaguars, and the rare Agami heron. Here you participate in the very interactive and hands-on **marine turtle conservation program** – monitoring turtles and collecting data to help protect the species. **Meals and overnights on the Pacuare Reserve.**

Day 5 **Tirimbina Rainforest Center**

After **breakfast**, transfer to **Tirimbina Biological Reserve**, a national wildlife refuge operated as an education, research, and eco-tourism center. Here you will participate in the **bat program**, featuring a multi-media presentation on the history of bats, and their classification, diversity, adaptations, and reproduction. Also enjoy the **chocolate tour**, which includes a hike over the longest hanging suspension bridge in the region to a traditional cacao plantation where you will have the opportunity to taste the cacao bean at its different stages in the process of making chocolate and also be involved with different preparations of chocolate. **Dinner and overnight at Tirimbina.**

Day 6 **White Water Rafting**

After **breakfast**, experience an exciting **whitewater rafting experience (including lunch)!** Part of your rafting trip will include a lesson regarding water management programs in Costa Rica, and its impact on tourist activities, such as rafting, but also everyday life for locals. Later today, continue on to the Arenal region for **dinner & the overnight.**

Day 7 **Canyoning, Park Hike & Hot Springs**

After **breakfast**, enjoy an exhilarating **canyoning experience - rappelling down waterfalls (lunch included)!** Later, enjoy a **guided hike in Arenal National Park**, where you will see the amazing terrain of

Day 7 **Continued**

volcanic rock and learn about its unique ecosystem. Tonight, enjoy **dinner** and soaking in the soothing pools of water warmed by the volcano's magma at **Baldi Hot Springs!** **Overnight in the Arenal region.**

Day 8 **Organic Farm Tour & Monteverde Night Hike**

This morning **visit to Don Juan's Eco Farm, Finca Burio**, where you will tour the self-sustaining organic farm and learn about planting and harvesting of native produce using environmentally-friendly methods, and their various medicinal and cooking uses. Enjoy making your own "trapiche" (sugar cane juice) and other local specialties for **lunch on the farm**. Later, transfer to Monteverde by **water taxi** for a **guided night hike in the Monteverde Cloud Forest Reserve**, a rainforest known for its biodiversity, and as home to thousands of plant, bird, amphibian and mammal species such as Ocelots, Tapir, the Long Tailed Manikin and Bare-necked Umbrella Birds. **Dinner and overnight in Monteverde.**

Day 9 **Zip-Lining & 'Energy Tour'**

After **breakfast**, participate in an exhilarating **canopy zip-lining tour through the tree-tops of the Monteverde forest**, where you will gain a truly unique perspective of the cloud preserve! Afterwards, travel to Guanacaste and **guided tour of some of Costa Rica's vital alternative energy sites**. Due to its immense plains, powerful volcanos, and dry, sunny climate, Guanacaste has become pivotal for the production of renewable energy, including hydroelectric power, geothermal plants, and wind turbine farms. **Dinner and overnight in Guanacaste.**

Day 10 **Beach & Farewell Dinner**

Today is a free day to enjoy the beautiful beaches and resort amenities. Optional snorkeling and/or kayaking tours (additional cost). Tonight is reserved for a **special farewell dinner**. **Final overnight in Guanacaste.**

Day 11 **Return**

After **breakfast**, transfer to the Liberia airport for your **return flight to the U.S.**

Sample Tour Itinerary

Customize for your group, your preferences,
your budget, your timeline!