



## *Educational Tours*



# ***Costa Rica: A Touch of the Tropics***

*9 or 10 days | Costa Rica*

# Costa Rica: A Touch of the Tropics

With well-protected national reserves and an unparalleled diversity of wildlife, Costa Rica is the jewel of Central America. The Arenal Region showcases an active volcano, hot springs, and a broad range of flora and fauna. In Monteverde, visit a local school, and in Manuel Antonio National Park, keep your eyes open for sloth, toucans and howler monkeys.

## DAY 1: FLY OVERNIGHT TO COSTA RICA

- Meet your Tour Director at the airport

## DAY 2: SAN JOSÉ | ARENAL REGION

- Visit INBioparque: Ecosystem exhibits and trails
- Travel to the Arenal Region
- Visit Poás Volcano
- Enjoy the hot springs

## DAY 3: ARENAL REGION

- Take a kayaking trip along Lake Arenal
- Visit La Fortuna Waterfall

## DAY 4: MONTEVERDE

- Travel to Monteverde
- Visit a local school
- **+** *Optional: Horseback Riding*

## DAY 5: MONTEVERDE

- Visit the Santa Elena Cloud Forest
- Plant a tree in the EF reserve in Monteverde with your group
- Participate in a canopy adventure

## DAY 6: CARARA | CENTRAL PACIFIC COAST

- Visit Carara Biological Reserve
- Travel to the Central Pacific Coast

## DAY 7: MANUEL ANTONIO NATIONAL PARK

- Take an excursion to Manuel Antonio National Park
- Return to the Central Pacific Coast

## DAY 8: SARCHI | SAN JOSÉ

- Travel via Sarchi to San José
- **+** *Optional: Folklore Evening*

## DAY 9: DEPART FOR HOME

## 1-Day Tour Extension

### DAY 9: SAN JOSÉ

- Take a whitewater rafting excursion on the Sarapiquí River

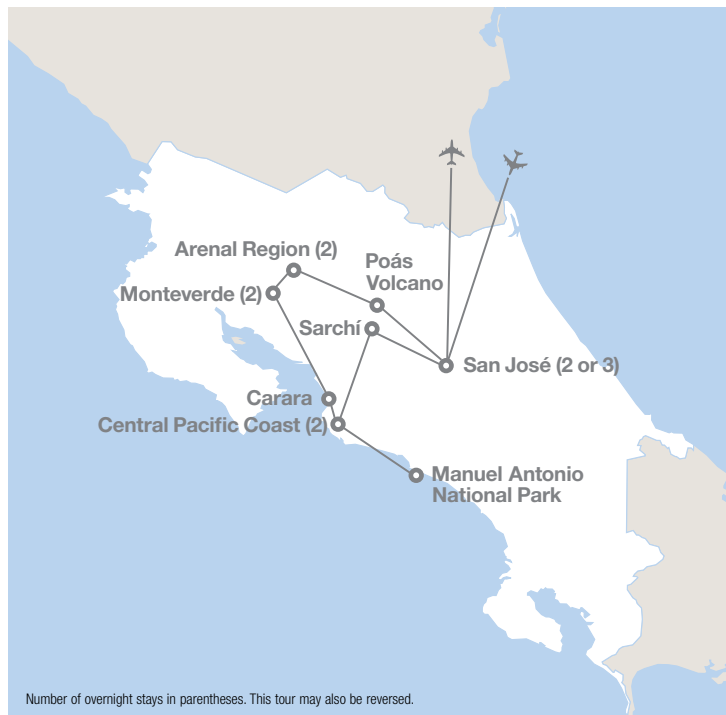
### DAY 10: DEPART FOR HOME

## EVERYTHING YOU GET

- Round-trip flights
- Full-time bilingual Tour Director
- Comfortable motor coach
- 8 overnight stays in hotels with private bathrooms (9 with extension)
- 3 meals daily (Days 2-8 and Day 9 on extension); Dinner on arrival day; Breakfast on departure day
- Comprehensive sightseeing of natural attractions

**Entrance to:** INBioparque; Poás Volcano; Hot springs; Lake Arenal kayaking; La Fortuna Waterfall; Santa Elena Cloud Forest; Canopy adventure; Carara Biological Reserve; Manuel Antonio National Park; With extension: Whitewater rafting

**+** *You can add optional activities to your tour. Additional costs apply.*



TOP THINGS TO SEE ON TOUR:



Lake Arenal



Arenal hot springs



La Fortuna Waterfall



Canopy tour



Manuel Antonio National Park



**ARENAL VOLCANO**  
ARENAL REGION, COSTA RICA



**EXOTIC BUTTERFLY - INBIOPARQUE**  
SAN JOSÉ, COSTA RICA



**CANOPY TOUR**  
MONTEVERDE, COSTA RICA

**ARENAL** | Get ready for an adventure to remember in Costa Rica's Arenal Region! Behold the perfect conical shape that emerges from the green hills of Alajuela: this is the fascinating Arenal Volcano. Overlooking the San Carlos plain and the Pacific lowlands, this mile-high volcano has been active for the past 7,000 years. You'll see the volcano from a different angle on your kayaking excursion. Not only does the volcano serve as a watershed for the lake, but it also provides thermal energy for the nearby hot springs. Relax in these naturally heated pools; then, walk to the bottom of the spectacular La Fortuna Waterfall.

**INBIOPARQUE** | Discover a world of biological diversity on your visit to this natural park and research station, created by the National Institute of Biodiversity. Get an up-close look into the lives of tarantulas, frogs and bees in the permanent exhibits. Then, stretch your legs and wander the park's three different ecosystem trails. Venture to the pond to check out the freshwater flora and fauna. Thousands of colourful paper-thin wings flutter around you in the butterfly garden—see if you can spot Costa Rica's native species. Stop by the Ecological Tourism Office before you leave INBioparque for further information on conservation practices and protected wildlife regions.

**MONTEVERDE** | Situated near the Continental Divide, the Monteverde (Green Mountain) Region contains a spectacular range of flora and fauna in six distinct ecological zones. You'll tour the greenery of the Santa Elena Cloud Forest, where you can look for the rare orchids and elusive quetzal birds that thrive in the perpetual soft mist. At this altitude, you'll literally walk through clouds! Leave a positive mark on the earth when your group plants a tree together. Then, visit a local school, where students will welcome your group with traditional dances.

# Travel changes lives

An incredible journey lasts a lifetime in the many stories and pictures you bring home. Get ready for a trip that will change your life and teach you to experience the world around you with more independence, confidence and knowledge.

**ALL OF OUR ITINERARIES ARE FUN AND EDUCATIONAL.** Visit sites that amaze you and take part in activities that deepen your understanding of what you're learning in school. These pivotal moments only occur when you take your education out of the classroom and into the extraordinary places you're learning about.

**THE EF PRICE GUARANTEE** protects you from the possibility of price increases due to rises in fuel prices, airline costs or government and airline fees. As soon as you enrol and pay your \$99 deposit, your Program Price is locked in and will not change; any increases will be absorbed by EF.

**A 24-HOUR TOUR DIRECTOR** (or a facilitator on select tours) stays with each group around the clock on tour, providing insight about each destination as well as great tips on the local scene.

**WE OFFER THE LOWEST PRICES GUARANTEED.** Our unmatched global presence, our nearly 50 years of experience and our continued commitment to making education accessible to as many students as possible allows us to offer the best prices on transportation, accommodations and excursions.

**WE ARE COMMITTED TO YOUR SAFETY.** We have hundreds of offices around the world, with local staff that can assist groups anywhere they travel. Plus, parents can always reach us 24 hours a day at our headquarters.

**ONLINE REVIEWS FROM TRAVELLERS.** We ask every teacher, student and parent to review their EF tour experience. Reviews are online at [eftours.ca/reviews](https://eftours.ca/reviews).

**SIGN UP TODAY!**

*You are just moments away from the journey of a lifetime.*

Ask your teacher for your tour number and use one of the following methods today:

- Enrol online at [eftours.ca/enrol](https://eftours.ca/enrol)**  
It's the easiest and fastest way to sign up for your EF tour. Enter your tour number, click "enrol now" and fill out your application.

#### Additional ways to enrol:

**Fax :** Fill out your application form and fax it to 1-800-556-6046.

**Phone:** Call 1-800-263-2806.

**Mail:** Send in your application form to the following addresses:

EF Educational Tours  
60 Bloor Street West, Suite 501  
Toronto, ON M4W 3B8

EF Educational Tours  
407 McGill Street, Suite 400  
Montréal, QC H2Y 2G3  
(for Québec residents)



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