

2016 STUDENT TOUR IN COSTA RICA
7D/6N ITINERARY: TURRIALBA & LIMON PROVINCE

Costa Rica Tours, Ltd.
(704) 541- 8680

info@costaricatoursltd.com
www.costaricatoursltd.com



TOUR HIGHLIGHTS

- + Irazu Volcano
- + Guided Walk in Guayabo National Park (ruins and rainforest)
- + Folk Dances by local villagers

- + CATIE Bird Monitoring Project
- + Tortilla Lesson at lunch
- + Community Service Rainforest Restoration Project

- + Guided Walk on Trail of the Giants & Puma Waterfall
- + Nature Exhibits and set up screen
- + Night Owl Hike & Insect Screen

- + Service Project at El Peje School
- + Veragua Night Frog Hike & Insect Screen

- + Veragua Canopy Tour / Zipline
- + Crafts Shopping

2016 STUDENT TOUR IN COSTA RICA
7D/6N ITINERARY: TURRIALBA & LIMON PROVINCE

DAILY SCHEDULE

DAY	B	L	D	ACTIVITIES
Day 1 (D)			X	- Arrival at the Juan Santa Maria International Airport near San Jose, CR - Private transfer to Trapp Family Country Inn (Alajuela) + Orientation Session and Dinner - Overnight at Trapp Family Country Inn
Day 2 (B,L,D)	X	X	X	- Guided transfer to Santa Cruz de Turrialba with stops: + Irazu Volcano - Lunch at Guayabo Lodge + Guayabo National Park guided walk (archeological ruins and rainforest) - Dinner at Guayabo Lodge + Traditional folk dances and lesson - Overnight at Guayabo Lodge
Day 3 (B,L,D)	X	X	X	- Transfer to Turrialba to CATIE (Ctr. for Tropical Agriculture Research & Education) + Participate in CATIE Bird Monitoring Project + Tortilla Lesson and lunch at Sitios Angostura restaurant + Participate in service project at CATIE "Revive a Rainforest Project" - Dinner & overnight at Guayabo Lodge.
Day 4 (B,L,D)	X	X	X	- Transfer to Veragua Rainforest Center near Siquirres + Orientation to Veragua Rainforest Center + Tram Ride through the rainforest canopy - Lunch at cafeteria + Guided Walk on Trail of the Giants to Puma Waterfall + Set up Insect Screen - Dinner in cafeteria + Guided Night Owl Walk in Rainforest & viewing insect screen - Overnight Veragua dorm
Day 5 (B,L,D)	X	X	X	+ Service Project at El Peje School - Lunch at cafeteria + Veragua Exhibits: frog exhibit, butterfly garden, reptile vivarium, hummingbird garden and INBIO Research Station - Dinner in cafeteria + Guided Night Frog Walk in Rainforest - Overnight Veragua dorm
Day 6 (B,L,D)	X	X	X	+ Canopy / zipline Tour at Veragua + Transfer to San Jose area with stop at Sr y Sra Ese craft shop - Dinner and overnight at Trapp Family Country Inn
Day 7 (B)	X			- Private guided transfer to San Jose Airport for departure to U.S

DAY	ACTIVITIES
<p>Day 1 (D)</p>	<p>Your travel adventure begins with your arrival at the Juan SantaMaria International Airport near the San Jose capital in the center of Costa Rica. You will be met by your bilingual naturalist guide and driver, and will transfer to Trapp Family Country Inn (only 10 minutes from the airport). You will have time to relax from your travels on the grounds or hotel pool. Afterward, there will be an Orientation Session and group dinner. Overnight at Trapp Family Country Inn (Alajuela) or comparable alternative depending on the size of your group.</p>
<p>Day 2 (B,L,D)</p>	<div data-bbox="1182 468 1500 695" data-label="Image"> </div> <p>You will transfer on your air conditioned private motor coach to Guayabo Lodge in Santa Cruz de Turrialba, about 90 minutes east of San Jose. On your transfer, you will have a chance to view some of the urban areas of San Jose before you arrive in the more rural regions. Your guide will give an overview of volcanoes before you stop at <u>Irazu Volcano</u>.</p> <p>Irazu Volcano is the highest volcano of Costa Rica with a height of 3432 meters (11,260 feet). The name Aztar (Irazu) derives from the language of local Indians who used to live upon its slopes. It means "the place that shakes" or the "mountain of rumbling and trembling." It offers an assortment of craters, boiling mud pots, green and blue lakes, fumaroles, pyroclastic cones, and cloud forests. On clear days from its summit it is possible to see both the Caribbean Sea and the Pacific Ocean.</p> <p>NOTE: If weather affects visibility, you will instead tour the Basilica de Los Angeles in Cartago, Costa Rica's first capital.</p> <p>You will continue along the back roads through picturesque villages to Guayabo Lodge in Santa Cruz de Turrialba. You will settle into your rooms and have lunch.</p> <div data-bbox="295 1142 652 1419" data-label="Image"> </div> <p>After lunch you have a guided walk in the rainforest at <u>Guayabo National Park</u>, the most important archaeological site of Costa Rica, dating back over 3,000 years. You will feel like "Indiana Jones" discovering the ancient ruins of this lost civilization in the rainforest.</p> <p>Guayabo National Park hides many mysteries that are being discovered little by little. Some of the structures you can see include entryways (stone roads), mounds and dwelling foundations, tombs, aqueducts and petroglyphs. Your naturalist guide will also explain various features of the rainforest.</p> <p>Once back at Guayabo Lodge, you can relax and enjoy the beautiful view of the Turrialba Valley and the mountains. After dinner, you will see a performance of <u>traditional folk dances</u> by local villagers. They will also teach you some of the moves.</p> <div data-bbox="1102 1608 1466 1879" data-label="Image"> </div> <p>Overnight at Guayabo Lodge</p>

**Day 3
(B,L,D)**

After breakfast, you will begin your activities at **CATIE** (Center for Tropical Agricultural Research, Education and Education). With its headquarters in Turrialba, Costa Rica, CATIE has projects throughout 18 tropical countries of Latin America and the Caribbean. CATIE was founded in the 1940s with financial and technical assistance of the U.S. government during the Roosevelt Administration. It continued to receive financial assistance over the next 60 years. Its mission has been to improve the economic and health conditions of its member countries through improved agriculture. The organization has a strong track record of corporate social responsibility and a clear commitment to rural families.

CATIE is considered the leading hemispheric research and higher education institution in the fields of agriculture, agro forestry and natural resource management. At its headquarters in Turrialba, they offer joint doctoral degrees and have cooperative agreements with some of the best universities in the world. CATIE graduates are in leadership positions in national and international research institutions.

In the early morning, you will participate in CATIE's **Bird Monitoring Project** in this best birding venue in the region.

In this hands-on activity, you will use Mist nets to capture birds. You will examine the birds to record data on their weight, fat content, wing length, molt patterns, age, and sex. The data collected contributes to critical understanding of changes in bird populations over the long-term. Similarly, it data will also be useful in understanding differences in bird communities with respect to different land uses and in assessing their importance in the conservation of species associated with different kinds of tree cover.



In the late morning, you will transfer to Sitios Angustura, a rustic restaurant in Turrialba. There you will work alongside the rural women in the restaurant's kitchen as they give a hands-on **demonstration in making tortillas** for your typical lunch.

In the afternoon, you return to CATIE to participate in the **“Revive a Rainforest Project”** in partnership with the National Resources Defense Council of the U.S. You will plant trees to create a bio-corridor that will connect two large biosphere reserves. The corridor will allow wildlife to roam freely amidst the rivers and streams. The new forest should attract some of the country's most endearing and endangered species, including spider monkeys and blue and gold macaws. The forest will also serve as a demonstration project for farmers to learn the basics of tree planting, so they can plant even more trees on their own land to conserve soil from erosion. And, as the forest grows, the trees will serve another important purpose -- "vacuuming" harmful carbon dioxide from the atmosphere and storing it away.



Dinner & overnight at Guayabo Lodge.

**Day 4
(B,L,D)**

After breakfast at Guayabo Lodge, you will transfer (1.5 hours) to Veragua Rainforest Center. You will have settle into your dorm rooms, and return to the entrance for an orientation to the center and to have lunch in the cafeteria. Afterward, you will take an aerial tram ride through the canopy of the rainforest and have a guided walk on The Trail of Giants to Las Pumas Waterfall. Next, you will visit some of the science exhibits and set up your insect screen. After dinner, you will have a guided evening walk through the rainforest and will return to view your insect screen.

Veragua Rainforest Research and Adventure Park
www.veraguarainforest.com

With world-class facilities, astonishing natural beauty, and a commitment to conservation and scientific research, Veragua Rainforest Park is the place to visit if you want to get the most complete, exciting and educational Costa Rican rainforest experience. Located on a 1300-hectar (approximately 4000 acre) private reserve surrounded by 100% rainforest.

At Veraguas Rainforest Park, you will visit:

- + the largest indoor nocturnal frog exhibit in the world
- + butterfly garden
- + reptile vivarium
- + hummingbird garden
- + a tram ride through the rainforest canopy
- + Trail of the Giants through the primary rainforest to Puma Waterfall
- + INBio's Rainforest Research Station



**Day 5
(B,L,D)**

Service Project at El Peje School (morning)

You will long remember your visit to the El Peje School. The students on our last Student Tour (April 2015) evaluated the experience at El Peje School as the highlight of their tour.

The school has only a one-room classroom. The principal is the only teacher for all grades. Many of the students are from a local indigenous population that lives in remote villages in the Talamanca Mountains. Many need to walk two hours each way to attend school.

The principal is open to suggestions you might have for service projects. Students on past tours have painted sections of the school or the Community Hall on the school property. The school and community are very poor and in need of much assistance. You will work alongside the school children, and afterward you will participate in games with them. You will have an opportunity to practice your

Spanish, and you can ask your bilingual guide or the bilingual coordinator from Veragua to help in the translations.



Lunch at Veragua cafeteria
 Visit more science exhibits
 Dinner in cafeteria
 Night Frog Hike in Rainforest

**Day 6
 (B,L,D)**



After breakfast in the cafeteria, you will enjoy
The Original Canopy Tour
 (a unique Costa Rican invention)

Veragua Rainforest, in alliance with [The Original Canopy Tour®](#), offers visitors the opportunity to take this journey and appreciate the views of La Amistad International Park and Chirripó Reserve, in a unique and unforgettable fashion. You will cross the canopy of the rainforest on steel cables to 9 platforms at 150 feet above the forest floor. The world's first Canopy Tour was created in Costa Rica several decades ago by scientists who were studying the effect of climate changes on the canopy of the rainforest. They thought of the idea that it would be easier to cross from treetop to treetop if they would use a cable, rather than having to climb down from one tree and then climb up to the next tree.

Lunch at Veragua Rainforest Center
 Transfer to San Jose area with stop at **Sr y Sra Ese craft shop**
 Dinner and overnight at Trapp Family Country Inn

**Day 7
 (B)**

After breakfast, you will have a group transfer by motor coach to the San Jose Airport for your departure to the U.S.

COST 7D/6N LAND TOUR : \$2,195 per person

(NOTE: Cost does NOT include international airfare)

INCLUDED:

- Pre-departure customized newsletter & resource materials to assist in trip preparations
- Full-time naturalist guide and driver with motor coach throughout the tour.
- All meals (17)
- All Accommodations for 6 nights
- Group travel insurance
- Tips for full-time guide and driver, local guides on tours, hotel housekeeping & porters
- Fees for supplies for community service projects
- 24/7 Emergency assistance by our ground operator
- Airport exit tax (\$29 per person)

Non-included Expenses:

+ International Airfare

+ Your school / passengers are asked to donate school supplies for El Peje School.