

Sample 3-Week Itinerary for Costa Rica

\$3985 for groups of 19 or more participants
(Prices for smaller groups are at the back)



XPLOREO
Programs in Spanish,
French and Italian
speaking countries

San Jose, the capital, commercial center and cultural hub of Costa Rica.

Saturday, Day 1

In-transit from home country. Pick-up on arrival in San Jose. Transfer to hotel.
If time permits, visit National Museum.

Sunday, Day 2

8:00 am: Meet for breakfast followed by orientation

10:30 am: Visit the Gold Museum, highlighting an exceptional gathering of 1600 unique pieces.

1:00 pm: Lunch break

3:00 pm: Visit the famous National Theater. The fancy Neo-Classical performance center is viewed as the finest building in San Jose.

5:00 pm: Take a cup of coffee in one of the "cafeteria" outside the theater and have a great view of the square. Take photos in the beautiful "plaza de la cultura" and enjoy the view.

7:00 pm: Dinner on your own, and retire for the night.

Monday to Thursday, Day 3 to 6

Each Day 10:00 am: Spanish classes.

Each Day 12:00 pm: Lunch break.

Each Day 2:00 pm: Volunteer service learning activities

5:00 pm: On Tuesday Visit Galeria Namu. Do some shopping at Galeria Namu, a fair-trade traditional arts and crafts shopping area showcasing the work of local artisans and craftspeople.

On Thursday Travel to Punta Arenas and check into a hotel in the Manuel Antonio area. Puntarenas is a province that covers a large part of Costa Rica's Pacific coast.

Friday, Day 7

10:00 am: Visit Manuel Antonio National Park. The famous National Park takes you through the rainforest and onto various perfect white sand beaches, only reachable through the park. The National Park is bursting at the seams with tropical butterflies, fowls, monkeys, snakes, iguanas, sloths, orchids and more. Have lunch during the day tour

5:00 pm: Head back to the hotel

7:00 pm: Have dinner on your own and rest

Saturday, Day 8

10:00 am: Enjoy a beach day at the Nahomi park, a small park on Quepos southern edge, which offers visitors incredible views of the sea and a tranquil environment to relax.

1:00 pm: Lunch time

2:00 pm: Head back to the hotel, get ready and prepare to check out

5:00 pm: Travel to San Gerardo de Dota

6:30 am: Check-in at the Hotel in San Gerardo de Dota

7:00 pm Have dinner on your own and retire for the night

Sunday, day 9

10:30 am: Canopy Tour - Trogon Lodge, which is located along primary and secondary Cloud Forest.

1:00 pm: Lunch break

2:30 pm: Visit the Batsú Gardens, a garden designed specifically for birdwatching and photography.

4:30 pm: Travel back to San Jose

7:00 pm: Arrive to the hotel in San Jose and check in

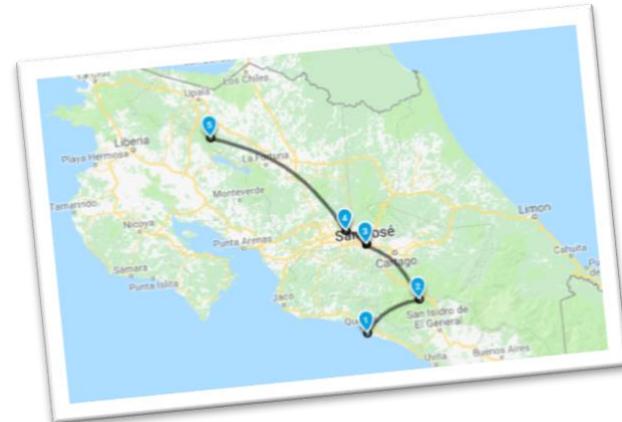
7:30 pm: have dinner and retire for the night

Monday to Thursday, Day 10 to 13

Each Day 8:00 am: Meet for breakfast.

Each Day 10:00 am: Spanish classes.

Each Day 12:00 pm: Lunch break.



Each Day 2:00 pm: Volunteer service learning activities

5:00 pm: On Tuesday visit Central Park (Parque Central), a popular meeting place among locals, located in the center of San Jose.

After, see the Metropolitan Cathedral, a cathedral built in 1871 blends Greek orthodox, neoclassical and baroque architecture.

On Thursday travel to La Fortuna, the nearest city of the Tenorio Volcano National Park.

Friday, Day 14

8:00 am: Travel to Parque Nacional Volcan Tenorio and have breakfast on the go.

10:00 am: After arrival on the National Park, hike for four hours to the breathtaking Rio Celeste, and learn where the bright-blue river changes color due to a reaction of volcanic minerals. Snap pictures from a lookout point, admire a tropical waterfall, and see the point where the river changes color.

3:00 pm: Enjoy a typical lunch

5:00 pm: Go back to the hotel in La Fortuna

7:00 pm: Have dinner and rest

Saturday, Day 15

10:00 am: Visit the Arenal Volcano. Arenal is considered one of the most active volcanoes in the Western Hemisphere. You will walk a short distance to get to the lookout point where you can admire this impressive volcano and take some pictures, from a safe distance.

1:00 pm: Lunch break

02:00 pm: Thermal waters of Tabacon. Relax in the hot springs is an unforgettable experience, spend the afternoon soaking in natural thermal pools that range from 77 to 102°F (25 to 38°C).

5:00 pm: Head back to the hotel and have dinner on your own.

Sunday, Day 16

8:00 am: Meet for breakfast and check out the hotel

10:00 am: Travel to Alajuela. Known as Villa Hermosa and La Lajuela, Alajuela was even capital of Costa Rica for a brief period.

12:00 am: Lunch break

1:30 am: Explore Alajuela. In the center of the city there is a huge impressive red dome church that is a few minutes away from the Central Square.

4:00 pm: Travel back to San Jose

5:00 pm: Check-in at the hotel and have dinner on your own.

Monday to Thursday, Day 17 to 20

Each Day 8:00 am: Meet for breakfast.

Each Day 10:00 am: Spanish classes.

Each Day 12:00 pm: Lunch break.

Each Day 2:00 pm: Volunteer service learning activities

5:00 pm: On Tuesday visit the Music Temple, an open-air pavilion designed by an architect inspired by France's Versailles Palace.

On Thursday Visit Plaza de la Cultura. Embrace thriving local life with a visit to Plaza de la Cultura, a vibrant central square and social epicenter.

Friday, Day 21

10:00 am: Visit the Jade Museum. See the world's most extensive display of American jade at Jade Museum. Founded in 1977 by Fidel Tristan Castro, the museum hosts almost 7000 pieces of jade relics, as well as decorative pieces and artifacts made from other materials.

12:00 pm: Lunch break

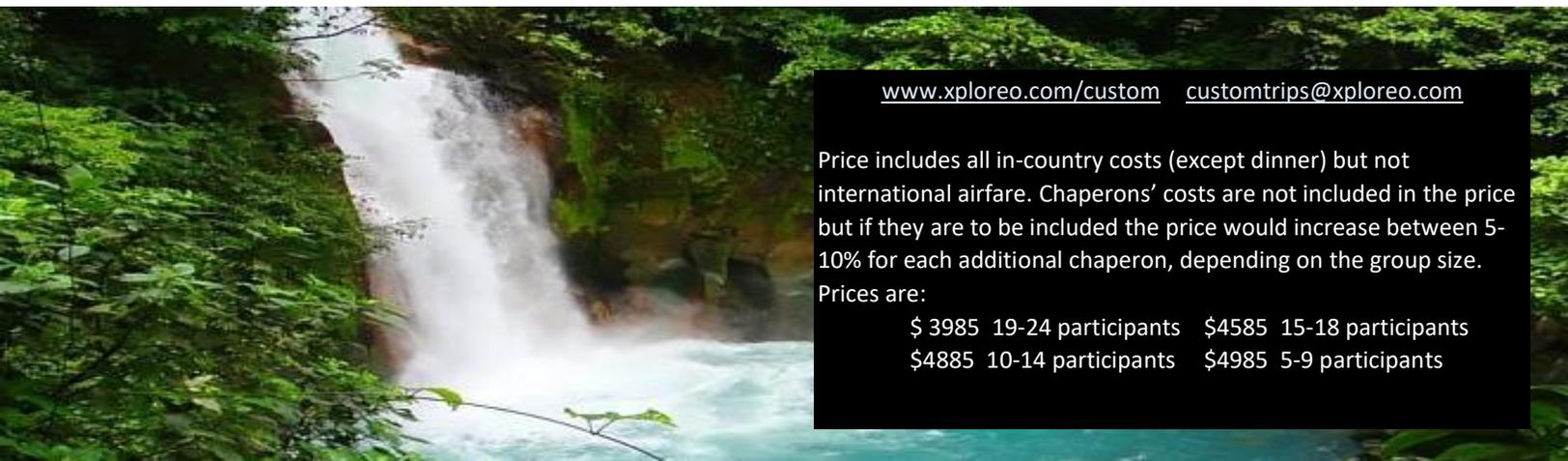
2:00 pm: El Toledo Coffee Tour, an organic coffee plantation in a tropical forest. Walk outside among the lush plant life and see how they harvest coffee beans while you pick some natural fruit on the way.

5:00 pm: Go back to the hotel and prepare for the trip back home.

Saturday, Day 22

If the time permits visit La Sabana Metropolitan Park

Travel to San Jose International Airport. Get ready to fly home.



www.xploreo.com/custom customtrips@xploreo.com

Price includes all in-country costs (except dinner) but not international airfare. Chaperons' costs are not included in the price but if they are to be included the price would increase between 5-10% for each additional chaperon, depending on the group size.

Prices are:

\$ 3985 19-24 participants \$4585 15-18 participants
\$4885 10-14 participants \$4985 5-9 participants