

Below is the proposed itinerary for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

DAY 1

Pura Vida! Welcome to Costa Rica

Pura vida! It's time to shake off those winter blues and revel in the wonders of the tropics. Plan to arrive in San José, Costa Rica and be through customs by 4 PM local time. Upon arrival you will be welcomed by our team of friendly leaders; our AGC guide and local partner. From the airport, we'll drive 30 minutes to our hotel in the bustling Capital. During our group orientation at 5:30 PM we'll learn more about this incredible country that hosts more than 5% of the world's biodiversity and then we'll learn about the delicious cuisine over a shared group dinner.

Included Meals: Dinner

Accommodations: Radisson San Jose (or similar)

Daily Activities: Welcome Dinner

Travel Time: Driving (~30 minutes)

DAY 2

Travel to Tortuguero National Park, Visit the Sea Turtle Conservancy

Costa Rica's 801 miles of stunning coastline touch both the Pacific and the Caribbean. Today we'll drive to the Caribbean side to check out Tortuguero National Park - our home away from home for the next few days. On the way, we'll drive through Braulio Carrillo National Park and then on to Caño Blanco for a scenic boat ride to our hotel. Once we get settled in, we'll get to explore the area and visit the Sea Turtle Conservancy Visitor Center. Tortuguero National Park is one of the most important Green Sea Turtle nesting sites in the world. STC has been working with Green Turtles in Tortuguero since 1959, making it the world's oldest sea turtle research and conservation groups.

Included Meals: Breakfast, Lunch, Dinner

Accommodations: Pachira Lodge (or similar)

Daily Activities: Boat Ride (~2 hours)

Travel Time: Driving (2.5-3 hours)

DAY 3

Tortuguero National Park - Wildlife Boat Tour & Kayaking

This morning, we will board a small private boat with a local naturalist and venture deep into the canals of the park to explore the extensive network of freshwater creeks and lagoons. These lush areas are replete with seven species of river turtles, Spectacled Caiman, Southern River Otters, a number of crustaceans, and over 50 species of freshwater fish. If we are lucky, we might spot an endangered West Indian Manatee! After lunch, we'll learn some kayaking basics and then explore the serene waterways to spot wildlife. Here you can bask in the quiet river tributaries while on the lookout for monkeys, sloths, and an abundance of birds like red-lored parrots, hummingbirds, herons, yellow-billed caciques and more!

Included Meals: Breakfast, Lunch, Dinner

Accommodations: Pachira Lodge (or similar)

Daily Activities: Scenic Boat Ride, Kayaking

DAY 4

DAY 4

Travel to Sarapiquí Rainforest - Butterfly Garden Tour

Get one last stroll on the beach if you desire before we continue back inland by boat and private bus. Our landing spot today is the Sarapiquí Rainforest, which has been described as “an adventure seeker’s dream destination.” Sarapiquí is one of the few remaining areas in Costa Rica where the endangered Green Macaw lives. As one of the last areas of primary rainforest in Costa Rica, Sarapiquí houses over half of the country’s total species of birds. The species diversity is astounding, with more than 1,850 plants, 448 birds, 70 species of bat and five of Costa Rica’s six felines. This region is also a major agricultural producer because the land is very fertile due to the consistent flows of the Rio Sarapiquí and the mild year-round climate. On the drive we’ll see fields of coffee, cardamom, cacao, corn and banana with a stop at the Pierrella Ecological Butterfly Garden where we’ll take a tour and have a delicious lunch. Then we’ll continue on to our lodging for the night in Selva Verde.

Included Meals: Breakfast, Lunch, Dinner

Accommodations: Selva Verde Lodge (or similar)

Daily Activities: Butterfly Garden Tour

Travel Time: Boat Ride (~1.5 hours), Driving (~1 hour)

DAY 5

Sarapiquí River Whitewater Rafting

Buckle up your lifejacket and grab your paddle, we are going white water rafting on the Sarapiquí River! The Sarapiquí River is perfect for first time paddlers looking for a safe adventure with Class II and III rapids (depending on water levels and recent rainfall). We’ll float past dense trees and abundant wildlife, alternating paddling through calm waters and paddling through fun liquid “mini roller-coasters.” After lunch we will continue traveling northwest for approximately an hour to Arenal Volcano, one of the most notable land features of Costa Rica. This impressive volcano is located within the nearly 30,000 acre National Park that serves to protect it. Though the volcano is estimated to be 3,000 years old, it is considered “young” geologically. Arenal began its last and current period of activity in 1968 but has been “sleeping” since 2010 with decreased lava flow and seismic activity. Our hotel for the following 2 nights is located right in front of the volcano, with an unparalleled view of the mountain. Rejuvenate your paddling muscles with a nice long soak in the healing waters of our hotel’s natural hot springs.

Included Meals: Breakfast, Lunch, Dinner

Accommodations: Arenal Paraiso Resort (or similar)

Daily Activities: Whitewater Rafting (1.5-2 hours)

Travel Time: Driving (~1.5 hours)

DAY 6

Hanging Bridges Nature Walk and Hot Springs

Another beautiful day in the rainforest! Today we dive deeper into the flora and fauna of our surroundings on a guided nature walk over the famous Mistico Hanging Bridges. Extending nearly two miles in length when added together, the 14 hanging bridges offer a unique glimpse into the wildlife that inhabit the canopy of the rainforest. We’ll see birds like the White Hawk and the Great Curassow among others. Did you know that Costa Rica is considered a “hummingbird capital” because there are 52 unique species of hummingbirds here? This afternoon we can rest and relax in the hot springs.

Included Meals: Breakfast, Lunch, Dinner

Accommodations: Arenal Paraiso Resort (or similar)

Daily Activities: Hiking at Mistico Hanging Bridges (~2 miles)

Travel Time: Driving (~1 hour)

Travel Time: Driving (~1 hour)

DAY 7

Boat Across Lake Arenal, Night Walk to See Nocturnal Animals

We start the day by boating across Lake Arenal, the largest lake in Costa Rica. It was enlarged to its present size in 1979 as part of a hydroelectric project to bring electricity to rural areas. There are two primary species of fish in Lake Arenal, machaca and bass. The ecosystem that encompasses the lake includes over 120 mammals, including jaguar, tapir and quetzal. Get your cameras ready for absolutely picturesque views of the volcano as we cruise across the lake in an open air boat! We will be picked up by the bus on the other side of the lake and continue on to Monteverde.

The Cloud Forests of Monteverde Costa Rica are often described as Mother Nature's playground, and is home to a stunning diversity of plant life. The tropical science center of Monteverde's Cloud Forest Biological Reserve was the first private area for the conservation of wildlife in Costa Rica and hosts half of all the wildlife in the country and where we will continue to learn about the natural ecosystems. We'll venture out tonight for a nocturnal tour to meet the other half of Costa Ricans diverse animal populations.

Included Meals: Breakfast, Lunch, Dinner

Accommodations: Monteverde Country Lodge (or similar)

Daily Activities: Nocturnal Tour (~1.5 hours)

Travel Time: Boat Ride (~45 minutes), Driving (1.5-2 hours)

DAY 8

Cloud Forest Hike and Zip Line Tour

We kick off the day with another exciting guided hike through the cloud forest, soaking in the sights and sounds of nature. Then, it's time to crank up the excitement—brace yourself for some serious adrenaline in the afternoon! Strap into your harness and channel your inner Tarzan as you zip through the treetops, flying high above the forest floor. Soar like a bird alongside the amazing creatures we've been spotting all week. With 14 thrilling ziplings, a heart-pounding rappel, and an epic Tarzan swing, this is a day you won't forget!

Included Meals: Breakfast, Lunch, Dinner

Accommodations: Monteverde Country Lodge (or similar)

Daily Activities: Hiking (2-3 hours), Zipling (2-3 hours)

Travel Time: Driving (~1 hour)

DAY 9

Organic Farm Tour, Drive Back to San José

The best part of waking up? Discovering the story behind the coffee in your cup! Today, we're heading to an organic farm where you'll see how coffee, sugar cane, bananas, tubers, oranges, and so much more grow! We'll dive deep into the coffee-making magic—from pod to cup—and even check out a traditional 'trapiche' sugarcane press in action. After fueling up with a delicious local lunch, we'll hit the road back to San José. To wrap up this amazing journey, we'll raise a glass to our unforgettable experiences and the new friends we've made over a celebratory dinner!

Included Meals: Breakfast, Lunch, Dinner

Accommodations: Radisson San Jose (or similar)

Daily Activities: Farm Tour

Travel Time: Driving (~4 hours)

DAY 10

Adios Costa Rica!

Adios, tropical paradise! Today we say goodbye to the lush jungle and head back home. We'll gather as a group for a smooth transfer to the San Jose International Airport at 9 AM, and you're free to fly off anytime after 11 AM. Until next time, pura vida!

Included Meals: Breakfast

Travel Time: Driving (~30 minutes)