



CONTINENTAL TRAVEL GROUP'S

edventure tours

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COSTA RICA SCHOOL TRIP

March 30 Depart from Winnipeg, overnight in Toronto

March 31 Depart from Toronto

March 31 Arrival in San Jose, Costa Rica

Upon arrival at the airport, we will be welcomed and assisted through Migration and Customs. Our guide will meet the group outside of the airport terminal and will escort them to our motor coach. Once in the bus, our guide will hand over a Welcome Kit including different documentation on Costa Rica, a map, itinerary description, brochures etc. During the transfer time to the hotel, our guide will also brief on the planned activities and on some general aspects of the country. **Overnight at Casa Conde Hotel or similar**

April 01 Visit to a Banana plantation / Tortuguero

(B,L,D) Today we will head to the famous Tortuguero nat. Park, located in Costa Rica's northern Caribbean coast. The drive will take us through the Braulio Carrillo Nat. Park, where we will observe the Beauty of one of the most extensive tropical rainforest in the country. Once we descend to the Caribbean Lowlands, we will stop by a banana plantation and packing plant. Here our guide will explain about this Important fruit, its growing, care, harvest and packing processes. He will also point out about the labor involved and the life of the workers. The remaining part of the trip will be on a boat that will take us along the canals that run parallel to the coast providing an excellent chance to take a close look to wildlife and the impressive rainforest. Arrival and lunch at the lodge followed by an afternoon visit to the village of Tortuguero, located on a thin strip of land between the sea and the main canal. **Overnight at Pachira Lodge or similar**

April 02 Tortuguero Canals / Caribbean style lunch in a local restaurant / Lecture

(B,L,D) Tortuguero is considered one of the most important nesting sites in the Western half of the Caribbean for the green turtle (from June to

September). The Park is formed by a navigable network of lakes and canals. Early in the morning we will take a boat trip along the canals of the national park allowing us to observe (if we are lucky) a large variety of wildlife, including monkeys, crocodiles, iguanas, sloths and birds. Lunch will take place in a small family owned restaurant of the village, where we will try the local Caribbean gastronomy including patacones (fried green plantain), coconut rice & beans, Caribbean style chicken, etc. Afternoon will be at leisure to enjoy at the hotel's pool. In the early evening we will learn more about the importance of Tortuguero as a nesting site for the green turtle through a lecture offered by an expert from the Caribbean Conservation Corporation C.C.C. **Overnight at Pachira Lodge or similar**

April 03 Hot springs / La Fortuna

(B,D) Today we will head to La Fortuna and the Arenal Volcano area. Late in the afternoon we will visit Ecotermals hot springs where you will have time to relax and enjoy the facilities and the natural scenery. **Overnight at Arenal Springs Hotel or similar.**

April 04 Arenal Volcano / Typical Lunch / Sunday Easter Mass

(B,L) Today we will visit the Arenal Volcano, one of the most active volcanoes in the Western Hemisphere- Arenal constitutes the main attraction in this northern region. Its perfect-formed cone and constant eruptions of lava impress visitors from all over the world. We will take a walk at the base of the volcano and our guide will explain about its history and about its biggest eruption back in 1968. We will top our morning activity with a lunch at Arenal Oasis, a small family owned restaurant and lodge located in a beautifully forested area at the base of the volcano. Doña Rosa, will offer us a delicious lunch cooked in her wood stove while we admire the natural surroundings very frequented by great amount of birds. We will return to our hotel for a short rest and then by late afternoon we will attend the Sunday Resurrection Mass in the town of La Fortuna, where we will experience the catholic traditions and cultural expressions of the people during the Easter Festivities (Semana Santa). **Overnight at Arenal Springs Hotel or similar.**

April 05 Arenal Lake boat crossing / Monteverde / Sugar Cane Traditional Mill (Trapiche) and coffee plantation / Lecture

(B,D) Today we will head to Monteverde crossing the Arenal Lake, the country's biggest lake. This boat ride will take us to the north-west part of the lake and from there we will continue our drive by bus up to Monteverde. In the early afternoon we will visit a "trapiche" a traditional sugar cane mill where sugar cane is ground and its juice is collected to use it to prepare a special hard sweet named "tapa de dulce" In order to grind the sugar cane, two ox are used to pull the grinding system. We will of course try the tapa de dulce and learn more about the sugar and this traditional way to produce the Tapa de Dulce. Thi tour also involves a visit to a coffee plantation, where we will also learn about this important export product. In the early evening and before dinner, we will enjoy an interesting lecture about Monteverde and its history. We will learn how this mountain community was founded by American Quakers in the early 50's Our lecturer will be Mr Rockwell, member of one of the original settler families. **Overnight at El Establo Hotel or similar**

April 06 Monteverde Cloud Forest Reserve / Sky Trek Tour (zip line)

(B,D) Today in the morning we will visit the Monteverde Cloud Forest, a 26,000-acre reserve, that protects one of the biggest cloud forest in Costa Rica. This reserve is home to a myriad variety of plants, insects and over

400 species of birds. It is one of the only few areas in Central America where the legendary resplendent quetzal finds protection. After a walk through the trails the group will return to the hotel. In the afternoon we will take the famous Sky Trek tour, where we will practically fly over the forest along zip lines connected in platforms at the top of the trees. Pure adrenaline and a good dose of adventure. **Overnight at El Establo Hotel or similar**

April 7 Visit to a local school

(B, D) Today we will head down to the Panamerican Highway to drive to our final destination: Manuel Antonio and Quepos. Our activity today involves a visit to a local rural school near Quepos. This activity has different objectives:

- Learn and understand the reality of a rural school in a developing country.
- Generate interaction with local kids by trying to break the language barriers and sharing their day to day school life
- Provide a helping hand to cover some of their needs: painting, repairing, gardening, cleaning, etc

For that purpose we previously analyze together with the Principal the needs of the school, the type of activities we can develop and how they will be implemented. We normally form teams and we assign a specific task to each it. We also ask the school kids to prepare a play or some dances to welcome and thank the group for its contribution. We also advise the visiting group to bring some donations for the school: books, pens, pencils, dictionaries, etc. This is a half day activity.

Once we say good bye to all our new friends we head back to the hotel and then we will have time to spend the remaining part of the afternoon in the beach. **Overnight at the Hotel Rancho Casa Grande near Quepos or similar.**

April 8 Manuel Antonio National Park / Beach time

(B, D) Today we will Manuel Antonio National Park, where we will take a short walk through its trails until reaching to one of its beautiful secluded beaches. Here we will spend the day enjoying the sea and the pretty natural surroundings. It is also possible to observe a great amount of wildlife while we are in the beach. Return to the hotel in the afternoon. **Overnight at the Hotel Rancho Casa Grande near Quepos or similar.**

April 9 Morning in the beach / San Jose

(B, D) We will take our last day in Manuel Antonio to go to the beach or to enjoy the pool of the hotel. We will return back to San Jose by mid afternoon. Dinner will take place in a local restaurant in San Jose.

Overnight at Casa Conde Hotel or similar

April 10

(B) Transfer to the international airport for flight to Toronto

April 11 Depart from Toronto - home

Includes

- Air from Winnipeg - San Jose, Costa Rica return
- All taxes
- 2 overnight hotel stay in Toronto - Comfort Inn and Suites (this is the same hotel we used last year, the Econo lodge - they are changing names). Same service - baggage breakfast, donut and juice welcome reception.
- 2 Shuttle buses from Toronto airport - hotel return
- Accommodation in 3 and 4 star hotels as described
- Two bilingual tour guides
- Meals as specified each day: B,L,D
- VIP airport service (assistance at Migration and Customs)
- Tortuguero Nat. Park, Ecotermales hot springs, Arenal Volcano Nat. Park, Monteverde Reserve, and Manuel Antonio National park (on April 8 only)
- Visit to the Banana plantation.
- Trapiche tour, Sky Trek tour, lectures in Tortuguero and in Monteverde
- School activity in Quepos including some necessary materials and tools to work in the specific needs of the school.
- Airport departure tax: \$ 26USD p.p. (**I am trying to see if we can have this pre-arranged by our guides in Costa Rica, the amount has been added on the base price**) if they cannot pre-arrange this, you will simply do it at departure time at the airport.
- 4 chaperons free of charge (distributed in 2 DBL rooms)
- Comprehensive Travel Insurance
- Edventure Tours back pack
- PEdventure Tours representative school meeting

Transportation

- Transportation in deluxe motor

Not included

- Any meals not specified in the itinerary
- Personal expenses