



## ***Costa Rica: Coast to Coast***

**A private tour designed by Scot Oschman, in conjunction with EF Customized Tours**

**Requested departure date: Monday, March 21, 2016**

*(Dates below are subject to change. Required date flexibility of 2 days on either side of requested departure date)*

**Day 1**

**Monday, March 21, 2016**

### **Arrive in San José**

Touch down in San José, the country's bustling capital and cultural center. Founded in 1737 as "Villa Nueva de la Boca Del Monte del Valle de Abra," the city's name was later abbreviated in honor of its patron saint: "San Jose." As you tour Costa Rica, keep in mind that the country, by establishing national parks and reserves, is one of the world's most progressive in its efforts to save the earth's endangered rain forests. Costa Rica is home to one tenth of the world's bird species and of the world's butterflies.

*Overnight in San Jose*

**Day 2**

**Tuesday, March 22, 2016**

### **Transfer to Tortuguero via INBioparque**

Learn about biological diversity as we visit this theme park and research station created by the National Institute of Biodiversity. Get up-close and personal with tarantulas, frogs, bees and butterflies in the permanent exhibits, or walk through the three different ecosystem trails. Explore the plant life in the lagoon before admiring the butterfly garden. Stop by the Ecological Tourism Office on your way out for further information on Costa Rica's protected land areas.

### **Boat Ride to Tortuguero via Siquirres**

Take a boat ride from Siquirres through the Tortuguero canals until you reach your hotel. Founded in the 1930s by Colombians exporting sea turtles and coconuts, Tortuguero Village today is accessible only by boat and home to just 700 residents. Begin your visit with free time in Tortuguero Village, gateway to the Tortuguero National Park.

*Overnight in Tortuguero*

**Day 3**

**Wednesday, March 23, 2016**

### **Hiking through Tortuguero National Park**

Join your guide for a hike into Tortuguero National Park - the place to be for turtle watching. Tortuguero is the most important Caribbean breeding ground for the green sea turtles, who have lived here for over 100 million years! In 1970, the Costa Rican government declared this stretch of land and sea a national park in order to protect the turtles from extinction.

### **Boat Ride through the Tortuguero Canals**

Howler monkeys, toucans and caimans are waiting to meet you around every twist of the Tortuguero canals. Keep your eyes open and your ears tuned.

*Overnight in Tortuguero*

**Transfer to Arenal via Whitewater Rafting Excursion in Sarapiquí**

Costa Rica offers some of the best whitewater rafting in the world. Travel to one of the many rivers today for a thrilling paddling adventure. Be prepared to get wet!

**Arrive in Arenal**

This afternoon you'll journey across the Central Valley to the magnificent Arenal Region. Dormant for centuries, Arenal Volcano exploded in a massive eruption of molten lava and ash in 1968. Since that time, it has continued to spew great clouds of ash and occasional lava. It is now one of the world's most active volcanoes and volcanologists from all over the world come here to study this tropical volcano.

**Visit the Hot Springs**

Experience the relaxation properties of one of the area's many natural hot springs, filled with water heated by nearby Arenal volcano and channeled into pools. It's an ideal way to soothe muscles after the day's activities!

*Overnight in the Arenal Region*

**Canopy Tour**

Make like the birds and the monkeys who call the cloud forest home. Special trails and zip lines unveil one of the planet's most fascinating ecological systems from a unique perspective-the tops of the trees. With local expert guides at your side, you can decide which view you prefer-from below or from above!

**Visit La Fortuna Waterfall**

Visit the Rio Fortuna waterfall, a picturesque cascade falling from rocky heights of 230-feet. One of Costa Rica's most spectacular waterfalls, La Fortuna is located within the thick rain forest near the town of La Fortuna. If you have time, you can make the breathtaking downhill climb to the waterfall's base.

**Visit a Local School**

Today you will stop at a local school where you'll meet Costa Rican students and observe their typical school day.

*Overnight in the Arenal Region*

**Transfer to the Central Pacific Coast via Crocodile Safari Tour**

Discover firsthand the wonders of nature in the Rain Forest. This adventure takes place on the Pacific Coast of Costa Rica, along the Tarcoles River, near the Carara National Park. The area is surrounded by mangroves and located in a transitional forest, where literally hundreds of different kinds of mammals, birds and reptiles flourish. This is nesting sites of the Scarlet Macaw and large colonies of crocodiles, some measuring up to 23 feet in length! The area is also home to 250 species of birds, such as the tanagers, flycatchers, trogons, orioles and hummingbirds. During the migration period from October to April some of the many birds frequently seen are ospreys, gulls, terns cormorants, pelicans and frigates.

**Arrive in the Central Pacific Coast**

Transfer to the breathtaking Central Pacific Coast, where sandy beaches, a rocky coastline and lush rainforests act as a magnet for travelers.

*Overnight on the Central Pacific Coast*

**Day 7**

**Sunday, March 27, 2016**

**Excursion to Manuel Antonio National Park**

Embark on a full-day trip to the 716-acre Manuel Antonio National Park, known for its white, sandy beaches and abundant wildlife-sea turtles, two-toed sloths, iguanas, and more.

*Overnight on the Central Pacific Coast*

**Day 8**

**Monday, March 28, 2016**

**Return to San Jose via the Café Britt Coffee Plantation**

The Coffee Tour that started it all! Laugh and learn for the duration of this award-winning half day experience. Information packed, laced with humor as we trace a single Arabica Costa Rican coffee bean all the way from the plantation to savoring the first sip of this rich, dark fabulous brew.

**Costa Rican Folklore Evening**

Participate in a Costa Rican Folklore Evening. You'll learn about the rich cultural traditions of the region as you enjoy an included dinner with Costa Rican specialties, marimba music, entertainment by a local dance troupe, and spectacular city views from the restaurant.

*Overnight in San Jose*

**Day 9**

**Tuesday, March 29, 2016**

**Transfer to the Airport for Your Return Flight**

Your tour director assists with your transfer to the airport, where you'll check in for your return flight home.

*Itinerary is subject to change*

For complete financial and registration details, please refer to the Booking Conditions at [www.eftours.com/bc](http://www.eftours.com/bc).



## **Tour Highlights and Details**

### **Overnight stays:**

San Jose	(1)
Tortuguero	(2)
Arenal Region	(2)
Central Pacific Coast	(2)
San Jose	(1)

### **Sightseeing tours led by an expert, licensed local guide of the following:**

Tortuguero

### **Entrances included to the following sites:**

INBioparque  
Tortuguero National Park  
Boat Excursion Tortuguero Canals  
Whitewater Rafting Excursion  
Hot Springs, Arenal  
Canopy Tour, Arenal  
La Fortuna Waterfall  
School Visit, Arenal  
Jungle Crocodile Safari  
Manuel Antonio National Park  
Cafe Britt Coffee Plantation, San Jose  
Folklore Evening

### **Included in the Program Price:**

- Non-refundable \$95 deposit
- Round-trip airfare
- Accommodations in clean, safe hotels with private bathrooms
- A Tour Director available 24 hours-a-day from when you arrive until you depart (unless otherwise noted)
- Breakfast and dinner daily
- Sightseeing tours and excursions led by licensed local guides as specified
- Airport transfers and transportation between destination cities
- Transportation to all included activities
- Entrances fees and tickets as specified
- EF walking tours and Tour Director-led sightseeing as specified
- Cruises, trains or ferries as specified
- Support from EF representatives abroad
- 24-hour worldwide emergency service

### **Not included in the Program Price:**

- Optional excursions
- Insurance coverage
- Beverages and lunches
- Transportation to free-time activities
- Customary gratuities (for your Tour Director, bus driver and local guide)
- Porterage
- Adult supplement (if applicable)
- Weekend supplement
- Shore excursions on cruises
- Any applicable baggage-handling fees imposed by the airlines (see [eftours.com/baggage](http://eftours.com/baggage) for details)
- Expenses caused by airline rescheduling, cancellations or delays caused by the airlines, bad weather or events beyond EF's control
- Passport, visa and reciprocity fees