

OCEAN TO VOLCANO FAMILY TRIP



HEREDIA & THE CENTRAL VALLEY (1 night)

Arrive in the central valley of Costa Rica, home to 80% of the country's population and surrounded by mountains. This area boasts fantastic vistas and a perfect climate. You will spend your first night in a comfortable country setting and have a chance to get acquainted with your guides.

CERRO DE LA MUERTE CLOUD FOREST (1 night)

Cerro de la Muerte rises high above the valley. The highest points in the Costa Rican landscape are found in this mountain range. This lush cloud forest is home to an astonishing array of biological diversity and is teeming with life. Here, you will tour an organic coffee cooperative.



ATRAPADOR de SUENO TURTLE PROJECT in the OSA (3 nights)

Next, head to the turtle project at Rincon. Here you will work with biologists and staff on two major projects: turtle monitoring and mangrove clean up. Have the amazing experience of monitoring green turtles from boats and then assisting in the measuring and tagging of the turtles before releasing them back to the ocean. You will also participate in coastline and mangrove clean up and reforestation and habitat rehabilitation.



THE PACIFIC COAST (1 night)

Head back north up the Pacific Coast. Spend a relaxing afternoon around the pool and visit Manuel Antonio National Park.



ARENAL VOLCANO (2 nights)

Head to the town of La Fortuna at the base of the spectacular Arenal volcano which erupts continuously and is one of the most active in the world! Have the chance to walk on lava beds in the Volcano National Park, relax in hot springs, fly through the forest canopy on a zipline tour and visit an organic farm full of surprises.

ATENAS & THE CENTRAL VALLEY (1 night)

End the trip right back where you started--in the Central Valley. This is the night to celebrate your accomplishments and reflect on your experiences.

OCEAN TO VOLCANO FAMILY TRIP INFORMATION

The price includes:

Naturalist guide(s)
 Private in-country transportation
 Accommodations (price is based on triple and quads)
 Meals as outlined
 Activities, Entrance fees, and related tips
 Purified water available on the bus

The price does NOT include:

Tips to your EcoTeach guide and driver
 Travel medical insurance (required, we can help)
 Airport Exit Taxes (\$28)
 Expenses of a personal nature
 International airfare

AREA	DAY	LODGING & MEALS	MAJOR ACTIVITIES
Heredia	June 13	La Condesa Hotel Meals included: none	Arrive Costa Rica Transfer to lodge
Cerro de la Muerte	June 14	Las Vueltas Lodge Meals included: BLD	Transfer to Lodge Visit to Sol Colibri Coffee Coop enroute
Playa Blanca, Osa Peninsula	June 15	Project Cabins (bunkbeds) Meals included: BLD	Transfer to Dreamcatcher Turtle Project Introduction to Project
Playa Blanca, Osa Peninsula	June 16	Project Cabins (bunkbeds) Meals included: BLD	One day in boat capture (and release) of sea turtles with scientists
Playa Blanca, Osa Peninsula	June 17	Project Cabins (bunkbeds) Meals included: BLD	One day of mangrove cleanup and restoration with local community association
Playa Hermosa	June 18	Terraza del Pacifico Hotel Meals included: BLD	Transfer to Playa Hermosa, visit to Manuel Antonio National Park enroute
Arenal	June 19	Los Lagos Hotel or similar Meals included: BLD	Morning free time at hotel Transfer to Arenal after lunch Dinner at hotel
Arenal	June 20	Los Lagos Hotel or similar Meals included: BLD	Hike in Volcano National Park Organic farm adventure
Atenas	June 21	Francisco's Lodge Meals included: BLD	EcoGlide Ziplines Transfer to Atenas
Depart for home	June 22	Meals included: B	Transfer to airport