



On this 7-Day Costa Rica program, you will experience everything for which Costa Rica is famed: volcanos, fumaroles, mud baths, thermal springs, sky-blue waterfalls, crystal-clear swim holes, bird watching, whitewater rafting, horseback riding, rainforest zip-lining, a river cruise, surfing lessons, amazing beaches, great food, and the best chocolate and coffee in the world.

Day	City	Highlights
1	Rincón de la Vieja	Meet your Program Director at the airport for an early morning flight to Costa Rica! Upon arrival, students will be transferred to our resort hotel in the heart of Rincón de la Vieja Volcano National Park.
2	Arenal Volcano	Experience the sights, sounds, and smells of thermal activity on a guided hike along the Las Pailas Trail. Stop for a swim at the base of the Llanos de Cortez waterfall on the way to Arenal Volcano National Park.
3	Lake Arenal	Enjoy the views from high up in the cloud rainforest while walking an extensive network of hanging bridges then head out across the lava fields of Arenal Volcano on the 1968 Trail. Kayak and relax on the shores of Lake Arenal on the way to Monteverde Cloudforest. Dinner in Santa Elena.
4	Monteverde Cloudforest	Early morning guided birdwatching in the lower rainforest followed by late breakfast. Head back into the cloud forest and zipline from tree to tree hundreds of feet above the ground, crossing valleys with cable distances over 1km. Learn about coffee, chocolate, and sugarcane before dinner.
5	Rio Tempisque	Spend the morning on a wildlife sightseeing boat cruise down the Rio Tempisque before transferring to surfer's paradise, Tamarindo. Along the way, you'll stop in Guaitil - home to Chorotega-style pottery - where you can witness local artisans in action before trying to make or paint some yourself.
6	Tamarindo	Spend the morning learning to surf in the warm, crystal-clear, turquoise waters of Tamarindo Bay. Enjoy a relaxing afternoon exploring three of Tamarindo's most famous beaches. The day ends with some time to go souvenir shopping in Tamarindo before an evening of dinner and dancing in Tamarindo.
7	Tamarindo	Board your private shuttle for a ride to the airport. Flight home. ¡Adiós Costa Rica!

