

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 Jos , 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.

Overnight: Radisson or similar, San Jos  (D)

DAY 2

Travel to Tortuguero National Park - Kayak

Costa Rica's 801 miles of stunning coastline touch both the Pacific and the Caribbean, and we'll drive approximately 2 hours 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 Ca o Blanco for a scenic boat ride to our hotel. Once we get settled in, 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 the red-lored parrots, hummingbirds, herons, yellow-billed cackles and more!

Overnight: Pachira Lodge or similar (B, L, D)

DAY 3

Tortuguero National Park - Wildlife Boat Tour & Nature Walk

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! In the afternoon we'll stretch our legs with an easy walk on a nature trail to look for more wildlife. The rest of the day is free; you can relax at the swimming pool or hang out at the beach.

Overnight: Pachira Lodge or similar (B, L, D)

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 flow of the Rio Sarapiquí and the mild year-round climate. On the drive we'll see fields of coffee, cardamom, cacao, corn and

very fertile due to the consistent flows of the Rio Sarapiquí and the mild year-round climate. On the drive weâ€™ll see fields of coffee, cardamom, cacao, corn and banana with a stop at the Pierrella Ecological Butterfly Garden where weâ€™ll take a tour and have a delicious lunch. Then weâ€™ll continue on to our lodging for the night in Selva Verde.

Overnight: Selva Verde (B, L, D)

DAY 5

Sarapiquí River Raft and See Arenal Volcano

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). Weâ€™ll float past dense trees and abundant wildlife, alternating paddling through calm waters and paddling through fun liquid â€œmini roller-coasters.â€ 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 â€œyoungâ€ geologically. Arenal began its last and current period of activity in 1968 but has been â€œsleepingâ€ 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 hotelâ€™s natural hot springs.

Overnight: Los Lagos hotel or similar (B, L, D)

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. Weâ€™ll see birds like the White Hawk and the Great Curassow among others. Did you know that Costa Rica is considered a â€œhummingbird capitalâ€ because there are 52 unique species of hummingbirds here? This afternoon we can rest and relax in the hot springs.

Overnight: Los Lagos hotel or similar (B, L, D)

DAY 7

Boat Across Lake Arenal - Cloud Forest Walk - 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 our afternoon hiking point. (1.5 hours drive) The Cloud Forests of Monteverde Costa Rica are often described as Mother Natureâ€™s playground, and is home to a stunning diversity of plant life. The tropical science center of Monteverdeâ€™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. After dinner weâ€™ll venture out again for a nocturnal tour to meet the other half of Costa Ricans diverse animal populations.

Overnight: Monteverde (B, L, D)

DAY 8

Cloud Forest Hike and Zip Line Tour

Today we take another guided walk through the cloud forest and then we will get ready for adrenaline in the afternoon as we fly between trees in harnesses! Unleash your inner Tarzan as we soar through the canopy, eye level with the birds we have been admiring all week. The tour has 14 ziplines, 1 rappel and 1 Tarzan swing.

Overnight: Monteverde (B, L, D)

DAY 9

Organic Coffee Farm Tour, Drive Back to San Jos 

The best part of waking up is learning about the coffee in your cup! Today we will take a tour of an organic farm. We will see where coffee, sugar cane, bananas, tubers, oranges and more are grown and learn about the entire coffee production process from pod to cup. We  ll even get to see how a   trapiche   or traditional sugarcane press works. After a delicious lunch in a local restaurant, we will drive back to San Jos . Tonight we will toast to our incredible adventure and the new friends we  ve made over a celebratory dinner.

Overnight: Radisson, San Jos  (B, L, D)

DAY 10

Adios Costa Rica!

Adios! Today we bid farewell to the tropics and head home. We will be transferred as a group to the international airport at 9 AM and you can plan to leave any time after 11 AM.

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