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Enjoyable Languages Costa Rica Playa y Bosque

May 24, 2025 - May 31, 2025

\$2,570.00 SGL \$1,999.00 DBL \$1,825.00 TPL per person

Embark on a 7-Day Costa Rican Cultural Immersion

Get ready for an unforgettable journey into the heart of Costa Rica! This 7-day adventure is designed to immerse you in the rich culture and breathtaking landscapes of this tropical paradise.

Lace up your hiking boots and conquer the majestic Arenal Volcano, its slopes teeming with lush vegetation and incredible views. But this trip is about more than just sightseeing. You'll have the chance to make a meaningful contribution to the local community by participating in a school volunteering project. Connect with the warm-hearted locals and experience the true spirit of pura vida.

Delve deeper into Costa Rican life by joining a workshop on local tourism, conducted entirely in Spanish. This is a unique opportunity to enhance your language skills while gaining valuable insights into the country's sustainable tourism practices.

Experience the magic of the rainforest from a different perspective as you glide through its waterways on a scenic boat ride. Keep your eyes peeled for exotic wildlife and immerse yourself in the symphony of nature.

Of course, no trip to Costa Rica is complete without some relaxation time on its pristine beaches. Soak up the sun, swim in the crystal-clear waters, and let the worries of the world drift away.

This 7-day cultural experience is the perfect blend of adventure, learning, and relaxation. Join us and create memories that will last a lifetime!

COSTA RICA PURA VIDA!

Trip Summary

———— **May 24 - Arrive in San Jose**

———— **May 25 - Visit San Jose City and the Central Market, Travel to La Fortuna**

———— **May 26 - Arenal Volcano National Park & Cooking Lesson**

———— **May 27 - Visit the Caño Negro Wildlife Refuge & Volunteering Project**

———— **May 28 - Mistico Hanging Bridges & Visit to a Costa Rican Family**

———— **May 29 - Fortuna to Quepos**

———— **May 30 - Day at Leisure at Quepos**

———— **May 31 - Quepos to International airport in San Jose**

PDF of this Tour Itinerary - Enjoyable Languages Costa Rica Playa y Bosque.pdf

Information & Documents



Included in Tour Program

- **Land Transportation:** All ground transportation within Costa Rica for the duration of the tour.
- **Accommodations:**
 - 1 night in San Jose
 - 3 nights in La Fortuna
 - 2 nights in Manuel Antonio or Quepos
- **Meals:** As specifically outlined in the detailed tour itinerary.
- **Guide:** A dedicated bilingual Natural Expeditions representative throughout the trip.
- **Entrance Fees:** Access to all listed activities and National Parks. (not Manuel Antonio)
- **Tours & Activities:** All tours and activities as described in the tour itinerary.
- **Taxes:** Costa Rica IVA (Value Added Tax) on all included services.



Not Included in the Tour Program

- **Airfare:** International and/or domestic flights.
- **Airline Baggage Fees:** Any checked or carry-on baggage fees imposed by the airlines.
- **Travel Documents:** Costs associated with obtaining or renewing passports or other required travel documents.
- **Meals in Transit:** Meals consumed during international or domestic flights or layovers.
- **Unscheduled Meals:** Meals not specifically mentioned in the tour itinerary.
- **Snacks:** Personal snacks or beverages consumed during the tour.
- **Travel Insurance:** It is strongly recommended that you purchase comprehensive travel insurance.
- **Optional Activities:** Any activities or excursions not listed on the itinerary.
- **Personal Expenses:** Souvenirs, gifts, or other personal spending money.
- **Tips & Gratuities:** Tips for your driver and guide are customary and appreciated. We suggest a daily tip of \$5-\$10 per person for your guide and \$3-\$5 per person for your driver when groups are over 10. If a lower number it will be at your discretion.
- **Medical Related Costs:** Any additional charges or expenses incurred due to unforeseen circumstances.



Possible Hotels and Lodges

Hotel Category & Amenities: While the listed hotels might represent the intended standard and style, actual accommodations could vary within the same category. Some hotels may offer slightly different amenities, room sizes, or views depending on availability and specific room assignments.

Location: Although the hotels will be in the same general areas mentioned, their precise locations could differ. For instance, one hotel might be closer to the town center, while another might be slightly more secluded, offering a different ambiance.

Seasonal Variations: Depending on the time of year you travel, the hotel's facilities and services might be adjusted. For example, outdoor pools might be closed during the off-season, or certain restaurants may have limited hours.

Final Booking for Hotels and Lodges: Below is a list of possible hotels and lodges for your tour program. However, final hotel selection may vary based on availability when registering for the tour program.

San Jose:

Country Inn & Suites (or similar)

<https://countryinnsuitesradissonsanjose.com-website.com/en/>

La Fortuna:

Magic Mountain Hotel (or similar)

<https://www.hotelmagicmountain.com/en/>

Quepos:

La Foresta (or similar)

<https://www.laforestahotel.com/>

Travel Insurance Information



When the possibility of traveling arises, securing the investment in such a purchase is one of the essential decisions anyone can make. Therefore, **purchasing travel insurance is highly recommended**, especially when traveling abroad. Ensure to include coverage for cancellation for any reason and medical coverage. Insurance companies only offer **coverage for cancellation for any reason** if you acquire the policy within the next two weeks after the deposit payment.

The two links below are from the companies we recommend. However, feel free to use your preferred insurance travel company.

[TravelSafe Insurance Company](#)

[Seven Corners Insurance Company](#)



Passport Information

If you already have your passport, please ensure it does not expire **on November 20, 2025**, or earlier. (it has to be suitable for the next six months after your departure date), it is a rule applied to many countries, including Costa Rica.



Registration and Payment Information

We are pleased that you are considering Natural Expeditions for your upcoming travel adventure. To ensure a smooth booking process, please review the following registration and payment guidelines:

REGISTRATION

All travelers are required to complete a registration form:

[Registration form adult](#)

[Registration form minor](#)

A non-refundable deposit of \$200 per person is due at the time of registration to secure your spot. This deposit will be applied towards your total trip cost.

Payment Methods:

We offer a variety of convenient payment options to suit your needs:

[Venmo](#), Major credit cards ([Visa](#), [Mastercard](#), [American Express](#), [Discover](#))

[Debit cards](#), [PayPal](#)

Payment Schedule:

The remaining balance of your trip cost is due two months prior to your departure date, March 23, 2025.





May 24 - Arrive in San Jose



The tour starts in San Jose by being picked up at the airport by the Natural Expeditions Costa Rican English-speaking representative, who will transfer you to your hotel and will provide all travelers with information about the upcoming events.

Included:

- Transportation from the International airport upon arrival to the hotel
- Lodging in San Jose
- Certified bilingual tour guide

Not Included:

- Airline tickets
- Airline baggage fees
- Meals while on flight or upon arrival
- Gratuities for driver and guide



May 25 - Visit San Jose City and the Central Market, Travel to La Fortuna



After having breakfast, you can visit San José's Central Market, where you can explore the colorful stalls filled with fresh produce, local handicrafts, and traditional Costa Rican delicacies. You can engage with friendly vendors and learn about the region's rich culinary heritage. Then, continue your travels to La Fortuna, a picturesque region known for its lush rainforests and abundant wildlife. Before reaching La Fortuna, enjoy a delicious lunch featuring local cuisine.

Upon arrival, the group will participate in an interactive Spanish-language workshop focusing on the pros and cons of the tourism industry in La Fortuna. The group will engage in insightful discussions about the impact of tourism on the local environment, economy, and culture. Please note that the vocabulary used in this workshop will be according to the level of knowledge of the student visitor.

After the workshop, you can enjoy the lodge's amenities.

Included:

- Breakfast
- Lunch
- Private Ground Transportation
- Central Market Visit
- Certified English Speaking Representative
- Lodging at La Fortuna

Not Included:

- Dinner
- Gratuities



May 26 - Arenal Volcano National Park & Cooking Lesson



After breakfast, put on your hiking shoes and explore the nearby Arenal Volcano National Park. The park offers a variety of trails that cater to different skill levels, allowing you to immerse yourself in the lush rainforest and witness the stunning biodiversity. As you hike, you'll have the opportunity to learn about the unique characteristics of a pyroclastic volcano and the impact it has on the surrounding environment.

As the day winds down, you'll gather for a hands-on cooking class where you'll learn to prepare a traditional Costa Rican meal. Using fresh, local ingredients, you'll create a delicious meal that you'll savor and enjoy as the perfect ending to your La Fortuna adventure.

Included:

- Breakfast
- Arenal Volcano National Park Hike
- Arenal Volcano National Park Entrance Fee
- Private Ground Transportation
- Certified English Speaking Representative
- Cooking class (the meal prepared by students will be served as an early dinner)
- Lodging at La Fortuna

Not Included:

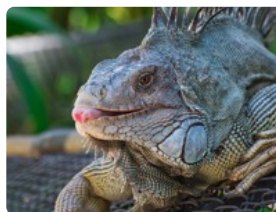
- Lunch
- Gratuities

Hiking Information:

- Trail difficulty: Moderate
- Elevation: 400 mts (approximately)
- Trail type: Loop

What to bring:

- Skin protection
- Water
- Rain gear
- Hiking shoes



May 27 - Visit the Caño Negro Wildlife Refuge & Volunteering Project



Today is a true delight for wildlife enthusiasts! Start your day early with a scenic drive to Los Chiles, in the northern part of San Carlos County. From here, embark on a nature adventure that promises unforgettable experiences. Your journey begins with a captivating boat tour along the Rio Frio and into the heart of the Caño Negro Wildlife Refuge, one of Costa Rica's most biologically diverse regions.

Following the trip, immerse yourselves further in the local community by visiting a nearby elementary school. Here, you'll have the opportunity to connect with young students through a fun and engaging volunteer activity: painting a classroom! As you roll up your sleeves and get creative with colors, you'll also practice your Spanish skills and engage in meaningful conversations with the children. This experience will not only brighten the school environment but also create lasting bonds and cultural exchange between the English-speaking volunteers and the young Spanish-speaking students.

Included:

- Breakfast
- Lunch in a Traditional Restaurant
- Private Ground Transportation
- Volunteering Project
- Paint Containers, Brushes and Rollers
- Certified English Speaking Guide
- Boat trip on the "Rio Frio" river
- Entrance fee to the Reserve
- Lodging at La Fortuna

Not Included:

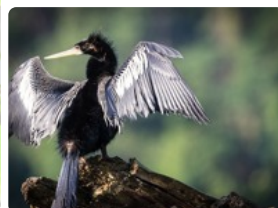
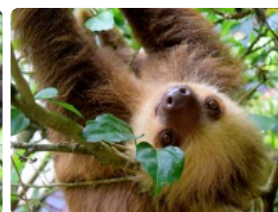
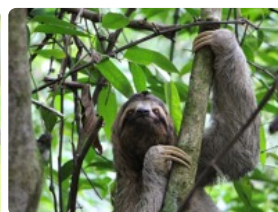
- Dinner
- Gratuities

Tour Information:

- Elevation: 300 mts (approximately)
- Enjoy a two-hour boat ride on a flat-bottom boat with a canopy. The boat has no windows, allowing you to spot wildlife and scenery from your seat. Perfect for nature enthusiasts!

What to bring:

- Skin protection
- Water
- Rain gear
- Mosquito repellent
- Old T-Shirt to use while painting



May 28 - Mistico Hanging Bridges & Visit to a Costa Rican Family



It's time to lace up your hiking shoes again and embark on an unforgettable adventure through the rainforest canopy. As you step onto the hanging bridges, you'll find yourself immersed in the vibrant upper layers of the forest, offering a unique perspective on this lush ecosystem.

As you traverse the bridges, you'll be surrounded by the sights and sounds of the rainforest. Look up to see various birds flitting through the treetops, from colorful toucans to elusive hummingbirds.

The student visitor will embark on a unique cultural and linguistic adventure **in the afternoon** by visiting a warm and welcoming Costa Rican family. Immersed in their hosts' daily lives, they will practice their Spanish skills while sharing coffee and pastries. In this way, the visitor will participate in local traditions and explore the surroundings. This hands-on experience enhances their language proficiency and fosters deep connections and a profound appreciation for Costa Rican culture, creating lasting memories and friendships.

Included:

- Breakfast
- Coffee with Pastries
- Private Ground Transportation
- Certified English Speaking Guide
- Hiking tour to Mistico Hanging Bridges
- Visit a Costa Rican family for language practice
- Entrance fee to activities
- Lodging at La Fortuna

Not Included:

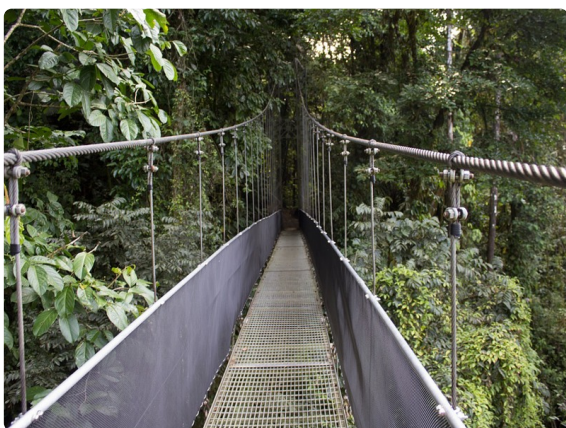
- Lunch
- Dinner
- Gratuities

Hiking Information at Mistico Hanging Bridges:

- Trail difficulty: Moderate
- Elevation at Mistico: 600 mts (approximately)
- Trail type: Loop, cemented trail with bridges

What to bring:

- Skin protection
- Water
- Rain gear
- Hiking shoes
- Mosquito repellent



May 29 - Fortuna to Quepos



Embark on a scenic drive from the volcanic landscapes of La Fortuna to the coastal paradise of Manuel Antonio. As you journey south, there will be a stop at the Tarcoles Bridge, where you can witness massive crocodiles basking in the sun below. This unforgettable encounter with Costa Rica's wildlife will leave you in awe, setting the stage for your continued adventure to the pristine beaches and lush rainforests of Quepos.

Included:

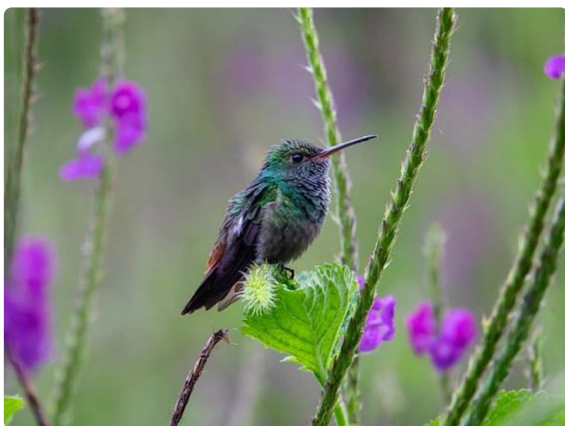
- Breakfast
- Lunch on the way to the Beach
- Private Ground Transportation
- Certified English Speaking Guide (until dropped off at the beach)
- Lodging at Quepos

Not Included:

- Dinner
- Gratuities

What to bring:

- Skin protection
- Water
- Rain gear
- Mosquito Repellent



May 30 - Day at Leisure at Quepos



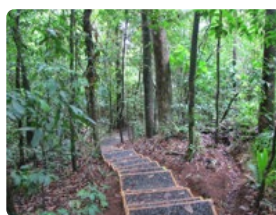
Spend your day soaking up the beauty of Quepos, where you can indulge in bird watching, deep-sea fishing, horseback riding, snorkeling, or even diving. Whether you prefer to explore the vibrant wildlife, ride the waves, or simply relax, there are plenty of options to make your days in Costa Rica unforgettable. **Please note, these activities are not included in the tour package, but they are well worth the adventure!**

Included:

- Lodging at Quepos

Not Included:

- Transportation
- Certified English Speaking Guide
- Breakfast
- Lunch
- Dinner
- Gratuities



May 31 - Quepos to International airport in San Jose



Your private ride will take you from the Quepos stay to the international airport area in San Jose. The scenic drive, which takes approximately two hours and thirty minutes, will give you one last chance to soak in the stunning landscapes of Costa Rica.

Included:

- Private Ground Transportation to International Airport
- English Speaking Driver

Not Included:

- Meals
- Gratuities

**PDF of this Tour Itinerary**