



**SCIENCE TRAVEL  
ADVENTURES**

## **COSTA RICA ECO-TOURISM ADVENTURE**

### **Day 1:**

Flight to San Jose, Costa Rica. Meet guides at airport and transfer to lodge. Visit downtown San Jose if time permits.

### **Day 2:**

Visit a butterfly garden in the Caribbean lowlands on the way to the turtle station. Drive through banana plantations and take a boat through the canals to the turtle station on the Caribbean coast. Search for nesting turtles at night and assist with conservation efforts

### **Day 3:**

Take a boat ride through the canals to look for rain forest wildlife. Help biologists with turtle station tasks. A second night of turtle patrols on the beach.

### **Day 4:**

Transfer from the Caribbean lowlands to the central mountains. Stop for an exciting whitewater rafting experience along the way. Check in the hotel near Arenal Volcano and swim in the volcanic hot springs and enjoy the waterslides.

### **Day 5:**

Learn how to make chocolate at a local farm. Nature walk and volcanic lava bed hike at a national park. Spend time exploring the town of La Fortuna or relaxing at the pools and hot springs.

### **Day 6:**

Transfer to the Guanacaste Province. On the way to Rincon de la Vieja, take a river boat tour to search for wildlife. Hike the trails near the hotel or spend some time at the pool.



### **Day 7:**

Hike in the Rincon de la Vieja national park, often referred to as the “Yellowstone of Costa Rica.” Go tubing in a canyon river or experience a zip line adventure. Visit the natural hot springs.

### **Day 8:**

Transfer to the hotel near the beach at Playa Hermosa in the Guanacaste province. Enjoy the beautiful Pacific beach or relax at the hotel pool. Explore the nearby towns.

### **Day 9:**

Depending on your flights, spend a relaxing morning at the hotel, with one last chance to swim in the Pacific or in the pool. Transfer to the airport and head home.