



## SCIENCE TRAVEL ADVENTURES



### COSTA RICA: VOLCANO, MOUNTAINS, AND BEACH ADVENTURE



#### **Day 1:**

Flight to San Jose, Costa Rica. Meet guides at airport and transfer to the mountain town of La Fortuna, home of Arenal Volcano. After dinner, relax in the hot springs or slide on the water slides.

#### **Day 2:**

We'll spend the morning hiking on an old lava bed near Arenal Volcano and take in an amazing view. We visit a local chocolate farm where we have lunch and can make our own chocolate. In late afternoon we'll have more time at the hot springs and pools at the hotel.

#### **Days 3 and 4:**

Today we transfer to the cloud forest of Monteverde. Take a night hike near our lodge to see what creatures come out after dark. Visit a local coffee farm and learn how they grow and roast coffee in a sustainable way. We'll participate in a zipline adventure through the cloud forest canopy.

#### **Days 5 and 6:**

Transfer to the Guanacaste Province. Hike in the Rincon de la Vieja national park, often referred to as the "Yellowstone of Costa Rica." We'll see boiling mud pots and several volcanic steam vents. Coat yourself in mud before taking a dip in the natural hot springs. There are multiple waterfall hikes and swims as well as a chance to choose some optional activities such as horse riding, hiking, biking or relaxing by the pool.

#### **Days 7 and 8:**

Depart for two nights at a hotel on the Pacific coast and enjoy some relaxing time at the beach.

#### **Day 9:**

Enjoy a relaxing morning by the pool at the hotel or one last swim in the Pacific, and get ready for our afternoon flight back home.