



**FAMILY SCIENCE
ADVENTURES**

COSTA RICA ECO-TOURISM ADVENTURE ITINERARY OVERVIEW

Day 1:

Flight to San Jose, Costa Rica. Meet guides at airport and transfer to hotel. Visit downtown San Jose if time permits. Night hike in the rain forest near our lodge.

Day 2:

Ride an aerial tram through the rain forest canopy. 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.

Day 5:

Learn how to make chocolate at a local farm. Nature walk and volcanic lava bed hike. 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.



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 (optional):

Transfer to the beach hotel. Enjoy some time on the Pacific beach before heading home the next day.

Day 9:

Relaxing morning at the hotel, with one last chance to swim in the Pacific. Transfer to the airport and head home.