



EDUCATIONAL  
TOURS

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This is also your tour number

# COSTA RICA: A TOUCH OF THE TROPICS

9 or 10 days | San José | Arenal region | Monteverde | Central Pacific Coast

With well-protected national reserves and an unparalleled diversity of wildlife, Costa Rica is the jewel of Central America. The Arenal region showcases a volcano, hot springs, and a broad range of flora and fauna. In Monteverde, tour the greenery of the Santa Elena Cloud Forest, then in Manuel Antonio National Park, keep your eyes open for sloths, toucans, and howler monkeys.

## EVERYTHING YOU GET:

-  **Full-time Tour Director**
-  **Sightseeing:** Comprehensive sightseeing of natural attractions
-  **Entrances:** Coffee tour; Arenal Volcano National Park; hot springs; Lake Arenal kayaking; La Fortuna Waterfall; local exchange; Santa Elena Cloud Forest; ziplining adventure; aerial tram; Crocodile River tour; Manuel Antonio National Park; *with extension: whitewater rafting*
-  **weShare:** Our personalized learning experience engages students before, during, and after tour, with the option to create a final, reflective project for academic credit.
-   **All of the details are covered:** Round-trip flights on major carriers; comfortable motorcoach; 8 overnight stays in hotels with private bathrooms (9 with extension); 3 meals daily (days 2–8 and day 9 with extension); dinner on arrival day; breakfast on departure day



Anyone can see the world.

# YOU'RE GOING TO EXPERIENCE IT.

As you can see, your EF tour includes visits to the places you've learned about in school. That's a given. But it's so much more than that. Immersing yourself in new cultures—surrounded by the people, the language, the food, the way of life—creates inspirational moments that can't be listed in an itinerary. They can only be experienced.

And the experience begins long before you get your passport stamped and meet your **Tour Director** in your arrival city. It begins the moment you decide to go. Whether it's connecting with other travelers on Facebook, Twitter, or Instagram, or delving deeper into your destinations with our personalized learning experience, **weShare**, the excitement will hit you long before you pack your suitcase.

When your group arrives abroad, everything is taken care of so you can relax and enjoy the experience. Your full-time Tour Director is with your group around the clock, handling local transportation, hotels, and meals while also providing their own insight into the local history and culture. **Expert local guides** will lead your group on sightseeing tours, providing detailed views on history, art, architecture, or anything you may have a question about.

When your journey is over and you're unpacking your suitcase at home, you'll realize the benefits of your life-changing experience do not end. They have just begun.

*@EFtours I attribute my college semester abroad to the love for travel I discovered on an EF Tour in high school #traveltuesday*

– MELISSA, TRAVELER



## CHECK OUT WHAT A TOUR IS ALL ABOUT

Watch the videos at [eftours.com/](http://eftours.com/)

Your teacher's Tour Website



## What you'll experience on your tour

### Day 1: Fly to Costa Rica

- Meet your Tour Director at the airport.

### Day 2: San José | Arenal region

- Start the day with a coffee tour and learn how Costa Rica's plantations produce some of the world's best beans. Explore the entire supply chain of the famous Costa Rican coffee bean, from the fields where it's grown to the cafes where it's brewed, and discover the essential role coffee plays in the country's agriculture and economy.
- Enjoy a hike through Arenal Volcano National Park.
- Travel to the Arenal region and get ready for an adventure to remember. Behold the perfect conical shape that emerges from the green hills of Alajuela: this is the fascinating Arenal Volcano. Overlooking the San Carlos Plain and the Pacific lowlands, this mile-high volcano has been active for the past 7,000 years. Not only does the volcano serve as a watershed for the lake, but it also provides thermal energy for the nearby hot springs.

### Day 3: Arenal region

- Take a kayaking trip along Lake Arenal.
- Hike to La Fortuna Waterfall.
- Relax in the hot springs.
- Participate in a local exchange.

### Day 4: Monteverde

- Travel to Monteverde, the Green Mountain region situated near the Continental Divide that contains a spectacular range of flora and fauna in six distinct ecological zones.
- Take time to relax in Monteverde or [+](#) enjoy a local food workshop.

### Day 5: Monteverde

- Tour the greenery of the Santa Elena Cloud Forest, where you can look for the rare orchids and elusive quetzal birds that thrive in the perpetual soft mist. At this altitude, you'll literally walk through clouds!
- Plant a tree in the EF reserve in Monteverde with your group.
- Experience the thrill of a ziplining adventure through the Costa Rican canopy. *(Participants must weigh less than 200 lbs.)*

### Day 6: Central Pacific coast

- Travel to the Central Pacific coast.
- Visit Rainforest Adventures Park where you'll ride the aerial tram above the canopies, hike a nature trail, and visit a butterfly sanctuary.
- Enjoy a crocodile boat cruise for an up-close look at life in the river habitat.

### Day 7: Manuel Antonio National Park

- Take an excursion to Manuel Antonio National Park.
- Return to the Central Pacific coast.

### Day 8: Sarchí | San José

- Travel via Sarchí to San José.
- Enjoy a free evening or [+](#) attend a folklore evening.

### Day 9: Depart for home

### [+](#) 1-DAY TOUR EXTENSION

#### Day 9: San José

- Enjoy a whitewater rafting excursion on the Sarapiquí River.

#### Day 10: Depart for home



*One of today's many adventures!! Hiking down and up 800 steps total to this waterfall!! It was huge!! #costarica #waterfall #eftours #vacation #beautiful*

– FRANKIE, TRAVELER



Via Instagram

## TOP THREE THINGS I WILL SEE, DO, TRY, OR EXPLORE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

— The easiest ways to —  
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EF Educational Tours  
Two Education Circle  
Cambridge, MA 02141

*My daughter has gained such an amazing view of the world and history from this experience. She has not stopped talking since I picked her up at the airport. Thank you for all the organization, helpful hints, flexible payment plan, and knowledgeable tour guides.*

—CHARLOTTE, PARENT OF TRAVELER

“ Tour review

## THE WORLD LEADER IN INTERNATIONAL EDUCATION

For over 50 years EF has been working toward one global mission: *Opening the World Through Education*. Your teacher has partnered with EF because of our unmatched worldwide presence, our focus on affordability, and our commitment to providing experiences that teach critical thinking, problem solving, collaboration, and global competence. What's more:

- **We always offer the lowest prices, guaranteed** so more students can travel.
- **We're fully accredited, just like your school**, so you can earn credit while on tour.
- **All of our educational tours feature experiential learning activities** and visits to the best sites.
- **We're completely committed to your safety.** We have more than 600 schools and offices in over 50 countries around the world, so local EF staff members can react quickly and in person wherever you travel.
- **Your full-time Tour Director is with your group** every step of the way on tour, providing insight about your destinations as well as great local tips.

