



College Study  
Tours

*9 days*

# COSTA RICA: A TOUCH OF THE TROPICS



# FACULTY-LED INTERNATIONAL PROGRAMS

ABOUT THIS TOUR

*Venture deep into Costa Rica* and explore the country's famously stunning ecological terrain, which includes active volcanoes, forested mountains and palm-lined beaches. In Arenal, La Fortuna Waterfall, the Poás Volcano and natural hot springs welcome you. Time in Sarapiquí, a rainforest canopy tour and a number of experiential learning activities come together to complete one amazing trip.

Through it all, you'll return home prepared for whatever path lies ahead of you. Beyond photos and stories, new perspectives and glowing confidence, you'll have something to carry with you for the rest of your life. It could be an inscription you read on the walls of a famous monument, or perhaps a joke you shared with another student from around the world. The fact is, there's just something transformative about an EF College Study Tour, and it's different for every traveler. Once you've traveled with us, you'll know exactly what it is for you.



DAY 2: INBioparque



DAY 2: Poás Volcano



DAY 2: Hot springs



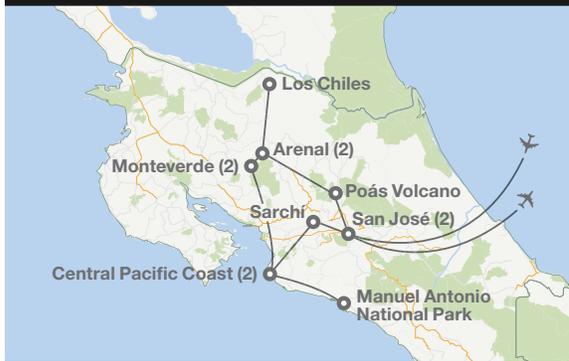
DAY 4: La Fortuna



DAY 5: Canopy tour

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## INCLUDED ON TOUR:

Round-trip airfare  
Land and water transportation  
Hotel accommodations  
Light breakfast daily and select meals  
Full-time Tour Director  
Sightseeing tours and visits to special attractions  
Free time to study and explore

## FOR MORE INFORMATION:

[efcollegestudytours.com/CORA](http://efcollegestudytours.com/CORA)



DAY 5: Santa Elena



DAY 7: Manuel Antonio



DAY 8: Sarchí painted cart



DAY 8: Coffee plantation

## DAY 1 FLY TO COSTA RICA

**Arrive in San José** • Touch down in San José, the Costa Rican capital. Depending on your arrival time, you may have **free time** to settle in and get to know your group.

## DAY 2 SAN JOSÉ • ARENAL

**INBioparque\*** • Discover a world of biological diversity on your visit to this natural park and research station, created by the National Institute of Biodiversity. Get an up-close look into the lives of tarantulas, frogs and bees in the permanent exhibits. Then, stretch your legs and wander the park's three different **ecosystem trails**. Venture to the pond to check out the freshwater flora and fauna. Thousands of colorful paper-thin wings flutter around you in the **butterfly garden**—see if you can spot Costa Rica's native species. Stop by the Ecological Tourism Office before you leave INBioparque for further information on conservation practices and protected wildlife regions.

**Poás Volcano** • Visit the Poás Volcano, one of the largest active volcanoes in Costa Rica.

**Travel to Arenal** • As you continue to the Arenal region, watch for the tremendous cone that emerges from the green hills of Alajuela—this is the mile-high Arenal Volcano.

**Hot springs** • Enjoy the nearby thermal hot springs. Relax as you dip your toes in these naturally heated pools.

## DAY 3 LOS CHILES • ARENAL

**Travel to Los Chiles** • Make your way to Los Chiles, a bustling community only a few miles from the Nicaraguan border and overflowing in Costa Rica's trademark biological splendor.

### Boat tour of Caño Negro Wildlife Refuge\*

• Hop on board a fully equipped boat and explore the wetlands of Caño Negro Wildlife Refuge with an expert guide. As you navigate Lake Caño Negro, you may have a chance to meet a long list of rare and endangered animals that have made the refuge their home—including waterfowl, cougars, jaguars, ocelots and several species of monkey.

**Return to Arenal** • After a full day, head south back to Arenal for the night.

## DAY 4 ARENAL • MONTEVERDE

**Hike to La Fortuna Waterfall** • This morning, lace up your walking shoes and hike through dense forest vegetation to the spectacular La Fortuna Waterfall. Surrounded by tall, green cliffs, this 200-foot cascade churns the aqua pool below.

**Travel to Monteverde** • Make your way to Monteverde. Situated near the Continental Divide, the Monteverde (Green Mountain) region contains a spectacular range of flora and fauna in six distinct ecological zones.

## DAY 5 MONTEVERDE

**Santa Elena Cloud Forest\*** • Explore the greenery of the community-run Santa Elena Cloud Forest on your **canopy tour**. You'll view rare orchids and the elusive quetzal birds that thrive in the perpetual soft mist. At this altitude, you'll literally walk through clouds! Leave a positive mark on the Earth when you **plant a tree** with your group in the EF reserve. Then, attend a **lecture** at the **Santa Elena Institute** and learn about their mission to promote environmentally-conscious development practices and help protect area wildlife.

## DAY 6 CENTRAL PACIFIC COAST

**Travel to the Central Pacific Coast** • Head to Costa Rica's Central Pacific Coast, where the beautiful scenery and exotic wildlife attract visitors from around the world. The area is especially popular with outdoor enthusiasts.

## DAY 7 CENTRAL PACIFIC COAST

**Manuel Antonio National Park** • Get ready for an adventure as you journey to Manuel Antonio National Park, one of the most popular national parks in Costa Rica. Founded in 1972, the park offers visitors plenty to see and do. Kick off your shoes and stand on white sand beaches, where you can sometimes spot dolphins and migrating whales just off the coast. Dwelling within the coral reefs is an abundant and diverse array of marine life. Take some time to check out the lush jungle greenery, which includes lagoons and mangrove swamps.

## DAY 8 SARCHÍ • SAN JOSÉ

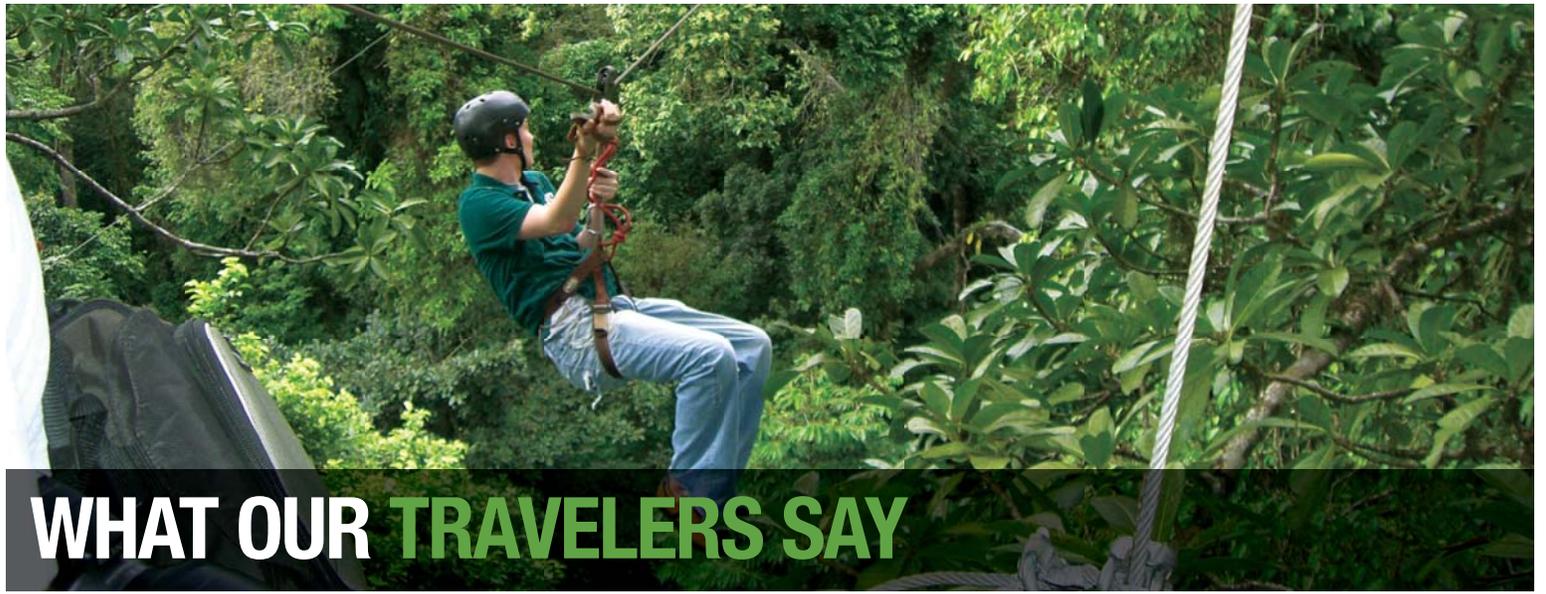
**Sarchí** • Browse colorful local markets today in Sarchí. The city is a major crafts center, and famous for its brightly painted ox carts, or *carretas*, typically covered in elaborate designs.

**Coffee plantation** • Visit the estate of a Costa Rican coffee plantation. Sip on samples and learn how these beverages are produced before continuing to San José for the night.

## DAY 9 DEPART FOR HOME

Transfer to the airport and check in for your return flight home.

\*Subject to availability



# WHAT OUR TRAVELERS SAY

## BARBARA L.

*Concordia University  
Portland, OR*

"The overall experience of the trip was amazing, unforgettable. I went on the tour not knowing many of the students in my group, and came back with really good friends and amazing memories. With the guidance of the Tour Director, I got to experience new culture without feeling completely lost. I now know that I can succeed and survive in a foreign country."

## ERIN H.

*Itasca Community College  
Grand Rapids, MN*

"I had such an amazing time, and I learned so much. We saw so many different sights. My experiences enriched my understanding of another culture, and created a realistic concept of an entirely foreign culture I would never have been exposed to otherwise."

## CHELSEA S.

*Northern Oklahoma College  
Stillwater, OK*

"I can't believe we had the opportunity to see and do so many things for what we paid. I traveled on my own soon after my trip, and the flight alone cost more than the entire tour—which included meals, shows, tourist sites. I will never ever forget this experience. You'd be crazy not to take a tour with EF—they take great care of you."

## VIRGINA M.

*Palo Alto College  
San Antonio, TX*

"Every student should go. I enjoyed flying to a foreign country, getting completely out of my comfort zone and truly seeing what this world has to offer. We tried new food, spoke different languages, and saw so many of the best sights on our walking tours. I love history, and being able to experience what I've studied for years was so moving it left me speechless. If there is ever an opportunity to go, take it!"



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Become a fan of EF College Study Tours on Facebook and you can:

- Recruit friends to enroll on tour
- Connect with other travelers before and after your tour
- View photos and videos of your destination
- Share your own tour photos and videos
- See other students who have traveled on your tour and ask questions

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