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TOURS

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# EXPLORE COSTA RICA

7 days | San José | Arenal region | Sarapiquí

Experience a blend of ecology, cultural immersion, and tropical adventure in Costa Rica, one of the most biodiverse countries on the planet. From hiking and soaring across treetops on a ziplining tour to learning about local agriculture at coffee plantations, chocolate reserves, and fruit farms, every moment of your trip to Costa Rica will be infused with the spirit “Pura Vida”—a celebration of nature, warm hospitality, and life’s simple pleasures.

## EVERYTHING YOU GET:



**Full-time Tour Director**



**Entrances:** coffee tour; ziplining tour; Salsa class; Arenal Volcano National Park; pineapple tour; Tirimbina Biological Reserve chocolate tour; Braulio Carrillo National Park



**Personalized learning guide:** 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; 6 overnight stays in hotels with private bathrooms; 3 meals daily (Days 2–6); 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, 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



Learn from your Tour Director and expert local guides



Braulio Carrillo National Park



**CHECK OUT WHAT A TOUR IS ALL ABOUT**

Watch the videos at [eftours.com/](https://www.ef-tours.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 in San José.

### Day 2: San José | Arenal region

- Travel to the Arenal region, where you'll behold a perfect conical shape emerging 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.
- Start the day with a coffee tour and see how Costa Rica produces some of the world's best coffee beans. Learn about the entire supply chain of this famous Costa Rican crop—from the fields where it's grown to the cafes where it's brewed—and discover coffee's essential role in the country's economy.

### Day 3: Arenal region

- Soar through the canopy at exhilarating speeds and experience tropical flora and fauna from a new perspective. Costa Rica's rainforests provide the perfect natural setting for a ziplining adventure.
- Try your hand at creating local culinary specialties during a visit to a working mill.

### Day 4: Arenal region | Sarapiquí

- Spend the morning hiking in Arenal Volcano National Park, where you'll witness breathtaking vistas of the volcano and surrounding countryside. Keep an eye out for monkeys, toucans, and colorful butterflies.
- Learn how to dance salsa with a local teacher.
- Travel to Sarapiquí.

### Day 5: Sarapiquí

- Visit a local pineapple farm and meet the people who plant, harvest, and export the fruits. Learn about the vital role of peri-urban gardens and the interconnectedness of agriculture, ecology, conservation, and culture in rural Costa Rica.
- Take a chocolate tour at the Tirimbina Biological Reserve.

### Day 6: Sarapiquí | San José

- Visit Braulio Carrillo National Park, one of Costa Rica's most diverse and ecologically important areas. Enjoy a guided walk and an aerial tram.
- Travel to San José.
- Enjoy a free evening or [experience a folklore evening](#).

### Day 7: Depart for home

## 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 55 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** 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.

