



Travel for Credit: Biology in Costa Rica

8 DAYS

Included in the program fee:

- Round trip airfare
- Transfers to and from the airport and hotel and between destination cities (as per program itinerary)
- Overnight in hotels with private bathrooms
- Continental breakfast daily
- Lunch and Dinner daily
- Full-time services of an EF Tour Director

Not included in the program fee:

- Customary gratuities for your tour director, local guide and driver
- Porterage
- Personal Insurance
- Beverages
- Public transportation to free time activities

Overnight stays: San Jose (2); Veragua Rainforest (3); Caribbean Coast Region (2).

Entrances included: 3 days of programming at Veragua Rainforest; Cahuita National Park; Snorkeling at Cahuita National Park; Cooking Class in Puerto Viejo; Kayaking on the Caribbean Coast; Whitewater Rafting; 2 x Curated Learning Module Activities.

Sightseeing: Veragua Rainforest & Cahuita National Park.

Optional Excursions: Folklore Evening.

Please note that the following is a sample timed itinerary for this EF tour with approximate addresses, activity durations, and transfer times. Exact timing may vary based on available flights, hotel location, scheduled activity bookings, traffic, etc. Your EF Tour Director is available to the group 24/7 while on tour. EF works with Group Leaders to ensure that travellers have a safe and memorable experience while on tour.

Day 1: Fly to San Jose

Arrive in San Jose

Touch down in San Jose. Founded in 1737 as “Villa Nueva de la Boca Del Monte del Valle de Abra,” the city’s name was later abbreviated in honor of its patron saint: “San Jose.” As you tour Costa Rica, keep in mind that the country, by establishing national parks and reserves, is one of the world’s most progressive in its efforts to save the earth’s endangered rain forests. Costa Rica is home to one tenth of the world’s bird species and of the world’s butterflies.

Day 2: San Jose | Veragua Rainforest

Travel to the Veragua Rainforest

Welcome to beautiful Veragua Rainforest, a scientific research station and private reserve located in the Central Caribbean region of Costa Rica, and your home for the next few days. You will experience the rainforest and participate in research to learn about biodiversity and conservation.

Guided visit of live exhibits of snakes, amphibians, and butterflies

Students will be led through a collection of world-class live exhibits of reptiles, amphibians, and butterflies. With the help of our expert naturalist guides and the exhibit stations, students will learn relevant and interesting information (e.g., regions found, maximum size, eating habits, etc.) about many of the species they will soon discover in the rain forest.

Veragua Aerial Tram Ride and the Giants and Puma Waterfall Trails

Enjoy an exciting aerial tram ride through the rainforest canopy down to the river valley bottom. Gliding silently by mammoth 300-year-old trees, and uninterrupted rainforest views are some of the highlights of the tram ride. Upon reaching the bottom, students will disembark and enjoy a guided walk on the well-maintained Trail of the Giants alongside the Victoria River. This trail was named after the gigantic trees that have watched over the river for centuries. Students will learn about the fascinating plants and animals that reside here. Our expedition into the depths of the virgin rainforest is capped off with a visit to the magnificent two-tiered, 20-meter-high Puma Waterfall.

Evening Workshop: Species monitoring and natural history studies

A nocturnal transect through different habitats in Veraguas’s reserve to record amphibians, reptiles, mammals, night birds, and insects in the company of a specialist who will help interpret the data collected in terms of species richness and behaviors.

Day 3: Veragua Rainforest

Morning Workshop: Diurnal Monitoring for Mammals, Insects Amphibians, and Reptiles

An opportunity to evaluate different wildlife with an expert biologist in the forest. An introductory lecture on research techniques for collecting data, preserving, and studying biodiversity.

- Group 1 to work with a biologist on mammals and camera trap tool (max 20 per group).
- Group 2 to work with a biologist on amphibians and reptiles monitoring project (max 20 per group).

Afternoon Workshop:

- Group 2 to work with a biologist on mammals and camera trap tool (max 20 per group).
- Group 1 to work with a biologist on amphibians and reptiles monitoring project (max 20 per group).

Evening free time for Group Leader directed coursework

Day 4: Veragua Rainforest

Morning Workshop: Study and monitoring of fruit eating butterflies

An introduction to insect diversity in the area with a visit to Veraguas’s insectarium and butterfly garden. Includes a lecture on research techniques for collecting, preserving, and studying the biodiversity of butterflies and beetles, and a field activity to install butterfly traps (that keep them alive).

‘Learning Module’

Our flexible on-tour learning modules are included in every tour and are selected by partner school boards or districts from a collection curated by EF.

Evening Activity: Species monitoring and natural history studies

- Group 2 nocturnal reptile & amphibians search including acoustic id (max 20 per group).
- Group 1 Bat nets and other mammals, night birds, and insects’ identification exercise (max 20 per group).

Day 5: Veragua Rainforest | Caribbean Coastal Region

Ziplining Adventure

Fly through the rainforest canopy on a ziplining adventure! With 11 observation platforms and 12 horizontal “zip line” traverses, take in the breathtaking views and spot wildlife from a birds-eye view.

Travel to the Caribbean Coastal Region

Visit Cahuita National Park with an expert local guide

Take a guided sightseeing tour of Cahuita National Park, an area with 55,000 acres of protected waters. Bask in the beauty of the Caribbean Coast while you snorkel and peek underwater at 600 acres of living coral reefs.

Snorkel amongst colourful fish while observing 600 acres of living coral reefs

Day 6: Caribbean Coastal Region

Enjoy a Limonese cooking class

This unique region of Costa Rica is heavily influenced by AfroLatin and Caribbean flavours. You'll learn to cook a classic dish such as gallo pinto using ingredients that are common in Limonese cuisine, like large red beans, coconut milk, thyme, and Panamian peppers.

River Kayaking on the Caribbean Coast

Enjoy an outdoor adventure at Punta Uva beach, where you'll go river kayaking inland from the shore. (Note: Participants must weigh less than 250 lbs.)

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Day 7: Caribbean Coastal Region | San Jose

Travel to San Jose

Whitewater rafting excursion

Enjoy a fun and adventurous whitewater rafting excursion on the Sarapiquí River accompanied by expert rafting guides.

Optional Activity: Costa Rican Folklore Activity

Opt to spend the evening learning about the rich cultural traditions of the region over a traditional Costa Rican dinner. After dinner, marimba music and entertainment by a local dance troupe will make this a night to remember.

Day 8: Depart for home

Transfer to the airport for your return flight

Your tour director assists with your transfer to the airport, where you will check in for your return flight home.

Itinerary is subject to change.

For complete financial and registration details, please refer to the Booking Conditions at www.eftours.ca/bc



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