



# Environmental Science in Costa Rica

Windsor Essex Catholic District School Board | 9 days | July 2025

The experience of a lifetime is waiting for you. Every detail from the cities you'll stay in to the cultural discoveries you'll make have been customized by your teacher for your group. Take a look at your personal itinerary for a sneak peek of what's in store.

### Included on tour



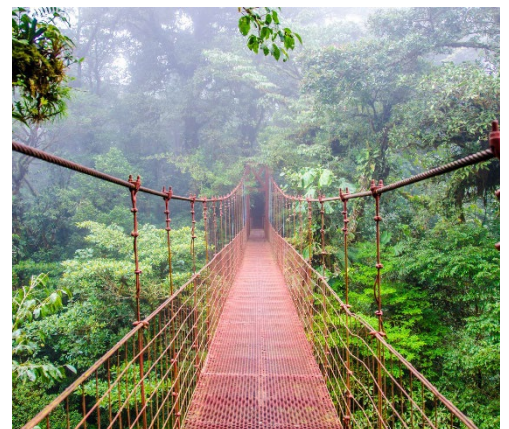
Round-trip flights on major carriers; full-time Tour Director; project-based learning program, EF's personalized learning experience; hotels with private bathrooms; breakfast, lunch, and dinner daily.

**Entrances:** Coffee Plantation Tour; La Paz Waterfall Gardens; Chocolate Tour and Hike at Tirimbina Biological Reserve; Pineapple Farm Tour; Don Juan Eco Farm Tour; Arenal Volcano National Park; Hanging Bridges; La Fortuna Waterfall; Arenal Hot Springs; Tree-Planting in Monteverde; Participate in a Local Exchange; Santa Elena Cloud Forest Reserve; Ziplining Adventure; Oxcart Factory.

**Overnights:** San José Region (2); Sarapiquí (2); Arenal Region (2); Monteverde (2).

### NOT INCLUDED ON TOUR:

Optional excursions; Insurance coverage; Beverages; Transportation to free-time activities; Customary gratuities (for your Tour Director, bus driver and local guide); Porterage; Adult supplement (if applicable); Weekend supplement; Any applicable baggage-handling fee imposed by the airlines; High-Season Surcharge; Single-Date Departure Supplement; Expenses caused by airline rescheduling, cancellations or delays caused by the airlines, bad weather or other events beyond EF's control; Passports, visa and reciprocity fees.



# Your Itinerary

## Day 1: San José

### Arrive in San José

Touch down in San José. 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 José.” 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.

### Overnight in the San José Region

## Day 2: San José | Sarapiquí

### Tour a Coffee Plantation

Visit the estate of a Costa Rican coffee plantation. Sip on samples and learn how these beverages are produced.

### Visit La Paz Waterfall Gardens

Take the time to enjoy some of the best hiking outside of San José, as you have the opportunity to explore this wildlife preserve with over 100 species of animals present within.

### Transfer to Sarapiquí

Head North through the lush forest to Sarapiquí, located where the Rio Sarapiquí and Rio Puerto Viejo converge. It is nestled in the Caribbean lowlands, making it a popular destination for ecotourists and birdwatchers.

### Overnight in Sarapiquí

## Day 3: Sarapiquí

### Chocolate Tour & Hike at Tirimbina Biological Reserve

Travel to the Tirimbina Biological Reserve this morning to get a better look at Costa Rica’s incredible biodiversity. This reserve, designed specifically as an educational, eco-tourism facility, contains dozens of acres of rainforest that allow for many outdoor activities. Today, you will enjoy the Chocolate Tour, which takes you through how cacao becomes edible chocolate! After your tour, take time to hike through the grounds of the Tirimbina Biological Reserve.

### Tour a Pineapple Plantation

Learn about one of Costa Rica’s most popular fruits. The pineapple has been a staple of Costa Rica’s economy and culture for many years. Visit the plantation where you’ll learn how the Costa Rican’s cultivate this delicious fruit. At the end of your tour, you will have the chance to sample some snacks and beverages made of pineapple!

### Overnight in Sarapiquí

## Day 4: Sarapiquí | Arenal

### Travel to the Arenal Region

This morning you’ll journey across the Central Valley to the magnificent Arenal Region. Dormant for centuries, Arenal Volcano exploded in a massive eruption of molten lava and ash in 1968. After continuously spewing great clouds of ash and occasional lava, this volcano has been seemingly dormant since 2010. Volcanologists from all over the world come here to study this tropical volcano.

### Don Juan Eco Farm Tour

Meet the “other” famous Don Juan on this tour of one of the many eco-friendly Costa Rican farms. Located just outside the town of Fortuna, Don Juan’s farm is the epitome of sustainability. As you take the tour, you will see fruits you’ve never heard of and animals you’ve never seen. At the end of tour, Don Juan’s wife will provide the group with a locally produced, organic lunch that is sure to satisfy everyone’s appetite!

### Visit Arenal Volcano National Park

Get up close with Costa Rica’s most active volcano. Explore the beautiful surrounding terrain where you will find lots of unique plant life.

### Overnight in the Arenal Region

## Day 5: Arenal Region

### Visit the Hanging Bridges

The Arenal Hanging Bridges are one the most beautiful and environmentally friendly projects in Costa Rica. Located in front of the Arenal Volcano and within the corridor, the project’s trails and bridges bring you close to the birds, flowers, and lush vegetation of the primary rainforest. With safe and easy access, the trails allow you to walk right into a beautiful forest. The imposing hanging bridges overlook a dense canopy with volcano views looming in the background.

### Visit La Fortuna Waterfall

Visit the Rio Fortuna waterfall, a picturesque cascade falling from rocky heights of 230-feet. One of Costa Rica’s most spectacular waterfalls, La Fortuna is located within the thick rain forest near the town of La Fortuna. If you have time, you can make the breathtaking downhill climb to the waterfall’s base. *(This activity requires a certain level of physical stamina; if travelers are not interested in participating they may choose to sit out and wait for their group.)*

### Exploration Time in Arenal

### Visit the Arenal Hot Springs

Experience the relaxation properties of one of the area’s many natural hot springs, filled with water heated by nearby Arenal volcano and channeled into pools. It is an ideal way to soothe muscles after the day’s activities!

### Overnight in the Arenal Region

## Day 6: Arenal Region | Monteverde Region

### Participate in a Local Exchange

Immerse yourself in Costa Rican culture as you participate in an activity with locals today

### Exploration Time in Downtown Santa Elena

### Transfer to the Monteverde Region

Continue through the mountainous scenery to the Monteverde (Green Mountain) Reserve, one of the most beautiful of the mystical Costa Rican jungles. Monteverde was founded by a group of Alabama Quakers; attracted by the country’s pacifist history, they began dairy farming here in 1951. This treasure land of natural phenomena stretches from the lush ferns and mosses that cover the ground to the dark canopy formed by the tallest trees.

# Your Itinerary

## **Plant a Tree at a Monteverde Reserve**

Did you know trees renew our air supply by absorbing carbon dioxide and producing oxygen? Today you will help make the world a better place as you plant a tree with your group in a nature reserve.

## **Overnight in the Monteverde Region**

### **Day 7: Monteverde Region**

#### **Ziplining Adventure**

Make like the birds and the monkeys who call the cloud forest home. Special trails and zip lines unveil one of the planet's most fascinating ecological systems from a unique perspective-the tops of the trees. With local expert guides at your side, you can decide which view you prefer-from below or from above!

#### **Visit the Santa Elena Cloud Forest Reserve**

Explore the spectacular Santa Elena Cloud Forest, a paradise rich in diverse plant and animal life and situated near the Continental Divide. Warm northeasterly trade winds, filled with moisture, blow in over the Atlantic. As the winds sweep up to the Continental Divide, they cool and condense to form clouds, bathing the forest in a constant soft mist. The cloud forest averages twelve feet of rain annually! Look for bromeliads and orchids as well as brightly colored quetzals among the lush flora. Until recently, the reserve was one of only two places in the world that was home to the now extinct golden toad (sapo dorado).

## **Overnight in the Monteverde Region**

### **Day 8: Monteverde Region | Sarchí | San José**

#### **Transfer to Sarchí**

#### **Visit an Oxcart Factory**

Visit an Oxcart Factory, where your group will have the opportunity to see how the crafts are made and all the diversity that they can offer. After this you will be able to paint your own craft and then enjoy a delicious lunch.

#### **Return to San José**

## **Overnight in the San José Region**

### **Day 9: 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](http://www.eftours.ca/bc).

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*The first milestone on any trip is watching students and adults who have never flown during their first take off. I usually film the new flyer's. By the time we get to the first stop they're strutting through the airport like seasoned travellers. It's fun watching that confidence being built as they learn to navigate through new experiences*

—Rachel K, Group Leader



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