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Alajuela Excursion Package

Cost: \$575 (includes the following detailed below)

NOTE: NO substitutions or changes allowed this pre-set package. 3 weeks or longer participants are eligible for this excursion package ONLY.

| Tour | Description |
|---|--|
| Tortuguero (3 days/2nights) | <p>Depart: 6:00am Return: 5:00pm Includes: 2 night stay at Jungle Lodge, all meals transportation from San Jose (via bus), boat transfers to hotel in the canals of Tortuguero, sight-seeing and naturalist-bilingual tour guide. What to bring: hiking shoes, pants, shorts, jacket or sweater, rain coat, swimsuit, towel, insect repellent and extra money for souvenirs/extra purchases.</p> |
| Carara & Jaco Beach-day excursion | <p>Depart: 6:40am Return: 7:00pm Includes: Breakfast, lunch, entrance fee to Carara Biological Reserve, use of Jaco Beach Hotel, transportation and tour guide. What to bring: hiking shoes, swimsuit, towel, sun block, insect repellent and extra money for souvenirs/extra purchases.</p> |
| Tortuga Island Pacific Cruise –day excursion | <p>Depart: 7:00am Return: 7:00pm Includes: Snacks, lunch, trip on boat, live music, transportation and tour guide. What to bring: Beach clothes, swimsuit, towel, sun block, insect repellent and extra money for souvenirs/extra purchases.</p> |
| Irazu Volcano, Lankester Garden-day excursion | <p>Depart: 7:30am Return: 5:00pm Includes: Lunch, entrance fee to Irazu Volcano National Park and Lankester Gardens, transportation and tour guide. What to bring: Warm clothes (just for the volcano)-jacket or sweater, t-shirt, hiking shoes, and extra money for souvenirs/extra purchases.</p> |
| Poas Volcano & Sarchi- day excursion | <p>Depart: 8:30am Return: 5:00pm Includes: Lunch, entrance fee transportation and tour guide. The tour includes a hike through the surrounding forest with typical plants and exotic birds. There will be time for shopping in Sarchi. What to bring: Warm clothes (just for the volcano)-jacket or sweater, t-shirt, hiking shoes, and extra money for souvenirs/extra purchases.</p> |

Sample Excursions

Arranged and Paid for On-site Only

Cost: Varies by excursion

Notes: Please note excursions are offered and can be purchased separately on-site. Cost of excursions vary, see descriptions below. One and two week teen program participants wishing to participate in excursions will need to sign-up and pay on-site. Only the pre-set weekend excursion package can be pre-booked. This is the only option for 1-2 week participants as the package can't be broken up.

ARENAL VOLCANO & HOT SPRINGS – ONE DAY

Departure: 10:30 a.m. **Return:** 11:00 p.m.

Includes: transportation, entrance fee to the Hot Springs, lunch, dinner and tour guide.

What to bring: Swimsuit, jacket or sweater, sport clothes, camera and extra money if you want to buy something else. Towels are given on the resort by giving a small deposit

ARENAL BY NIGHT & HOT SPRINGS (2 DAYS – 1 NIGHT)

Departure: 10:30 a.m. **Return:** 11:00 p.m.

Includes: two lunches, two dinners, entrance to the hot springs, breakfast, tour to Cano Negro, hotel, transportation, and tour guide.

What to bring: T-shirts, shorts, pants, jacket or sweater, rain coat, repellent, swimsuit, camera and sweater; towels are given on the resort by giving a small deposit. Bring extra money if you want to buy something else.

CARARA BIOLOGICAL RESERVE AND JACÓ BEACH – ONE DAY

Departure: 6:40 a.m. **Return:** 7:00 p.m.

Includes: breakfast, lunch, entrance fee to Carara Biological Reserve and entrance fee to Jaco Beach Hotel, transportation and tour guide.

What to bring: clothes for a Tropical Rain Forest, rubber boots or hiking shoes, repellent, sandals for the beach, swimsuit, towel, sun block, camera and extra money if you want to buy something else.

IRAZÚ VOLCANO, LANKESTER GARDENS & OROSI VALLEY – ONE DAY

Departure: 7:30 a.m. **Return:** 5:00 p.m.

Includes: lunch, entrance fee to Irazú Volcano National Park and Lankester Gardens, transportation and tour guide.

What to bring: Warm clothes, just for the volcano (It will be much better you bring a t-shirt in case the day is sunny up there), jacket or sweater, hiking shoes, camera and extra money if you want to buy something else. You should bring pills for headache because it is the highest volcano in Costa Rica.

POÁS VOLCANO, LA PAZ WATERFALL GARDENS & SARAPIQUÍ RIVER – ONE DAY

Departure: 7:00 a.m. **Return:** 6:00 p.m.

Includes: breakfast, lunch, transportation, boat ride, entrance fee to the volcano, and tour guide.

What to bring: Clothes for a Tropical Forest, pants, shorts, t-shirts and repellent, hiking shoes, camera, extra money if you want to buy something else. For the volcano bring a sweater and for the boat ride sun block, sun glasses.

POÁS VOLCANO - GRECIA & SARCHÍ (OXCART FACTORY) – ONE DAY

Departure: 8:30 a.m. **Return:** 5:00 p.m.

Includes: transportation, entrance fee to the national park, lunch and tour guide. The tour includes a hike through the surrounding forest with typical plant life and exotic birds. Time for shopping in Sarchi will be available.

What to bring: Warm clothes, just for the volcano (It will be much better if you bring a t-shirt in case the day is sunny up there), jacket or sweater, hiking shoes, camera and extra money if you want to buy souvenirs in Sarchi. For Grecia and Sarchi light clothes.

PUNTA CORAL ISLAND – ONE DAY

Departure: 7:00 a.m. **Return:** 7:00 p.m.

Includes: snacks, lunch, fruits, trip on the boat, live music, transportation and tour guide. You can use the kayaks, snorkeling equipment.

What to bring: Beach clothes, swimsuit, towel, sun block, camera and extra money if you want to buy something else.

SAN LORENZO CANOPY TOUR – ONE DAY

Departure: 10:00 a.m. **Return:** 5:00 p.m.

Includes: lunch, roundtrip transportation, San Lorenzo Canopy Tour and tour guide.

What to bring: Clothes for a Rain Forest (light clothing), pants, shorts, hat, swimsuit, towel, t-shirts and repellent, comfortable hiking shoes, camera and extra money if you want to buy something else.

SAN LORENZO CANOPY TOUR (2 DAYS – 1 NIGHT)

Departure: 10:00 a.m. **Return:** 5:00 p.m.

Includes: one night at the hotel Valle Escondido Lodge, 1 breakfast, 2 lunches, one dinner, roundtrip transportation, San Lorenzo Canopy Tour (first day), horseback riding tour (second day) and tour guide.

What to bring: Clothes for a Rain Forest (light clothing), pants, shorts, hat, swimsuit, towel, t-shirts and repellent, comfortable hiking shoes, camera and extra money if you want to buy something else.

TORTUGA ISLAND – ONE DAY

Departure: 7:00 a.m. **Return:** 7:00 p.m.

Includes: snacks, lunch, fruits, trip on the boat, live music, transportation and tour guide.

What to bring: Beach clothes, swimsuit, towel, sun block, camera and extra money if you want to buy something else.

TORTUGUERO CANALS (2 DAYS / 1 NIGHT)

Departure: 6:00 a.m. **Return:** 5:00 p.m.

Includes: 1 night stay at Jungle Lodge, all meals, round trip transportation from San José (via tour bus), boat transfers to the hotel in the canals of Tortuguero aboard a river boat, naturalist-bilingual tour guide.

What to bring: Clothes for a Tropical Rain Forest, hiking shoes, pants, shorts, jacket or sweater, rain coat, swimsuit, towel, t-shirts and repellent, camera, extra money if you want to buy something else.

From July to October you will have the fantastic experience to see the turtles laying their eggs. If you would like to participate you need to pay \$15 per night at the hotel.

TORTUGUERO (3 DAYS – 2 NIGHTS)

Departure: 6:00 a.m. **Return:** 5:00 p.m.

Includes: 2 nights stay at Jungle Lodge, all meals, round trip transportation from San José (via tour bus), boat transfers to the hotel in the canals of Tortuguero aboard a river boat, sightseeing in the area, naturalist-bilingual tour guide.

What to bring: Clothes for a Tropical Rain Forest, hiking shoes, pants, shorts, jacket or sweater, rain coat, swimsuit, towel, t-shirts and repellent, camera, extra money if you want to buy something else.

From July to October you will have the fantastic experience to see the turtles laying their eggs. If you would like to participate you need to pay \$15 per night at the hotel.

WHITEWATER RAFTING TO PACUARE – ONE DAY

Departure: 6:00 a.m. **Return:** 5:00 p.m.

Includes: breakfast, lunch, transportation, equipment and tour guide.

Clothes for the rapids: shorts, t-shirts, sandals or tennis shoes, towel, camera, extra money if you want to buy something else. After the rapids bring extra clothes.

WHITEWATER RAFTING TO PACUARE (2 DAYS – 1 NIGHT)

Departure: 6:00 a.m. **Return:** 5:00 p.m.

Includes: one night staying at the Pacuare Lodge, 2 breakfasts, 2 lunches, transportation, equipment and tour guide.

Clothes for the rapids: shorts, t-shirts, sandals or tennis shoes, towel, camera, extra money if you want to buy something else. After the rapids bring extra clothes.