

AHS Travelers Project Costa Rica

15 day Adventure and Service trip to Costa Rica

The Pacific Sea Turtle Project is a conservation initiative undertaken to protect endangered sea turtles and their nests, and improve the chance for survival of hatchlings on Matapalo Beach. Using man-made shelters (called 'viveros') to protect turtle eggs and joining in vigilant beach patrols, volunteers provide vital resources for the program—otherwise there wouldn't be enough people to monitor beaches. This adventure combines patrolling for sea turtles laying their eggs, chilling out on the beach and watching the waves lap at the coast, searching for the elusive quetzal bird and opportunity to go whitewater rafting!

Join this AMAZING adventure through Costa Rica Jungles, Beaches, Volcanoes, and Amazing Wildlife

When: February Break (plus the following week) **2016**

Who: AHS Students and Friends

How:

- Cost is Approx. 2100 Dollars
 - This includes Flight, Accommodation, Tour (with guide 24/7), and some meals
 - extra 300 dollars is recommended for meals, souvenirs, etc

Enroll NOW!

1. Fill out the [permission form](#)
2. Write a check to THOMAS VACANTI for \$500
3. Hand form and check to Mr. Vacanti
4. Text @ahscr2016 to 81010 to get important updates about the tour

**Full payment will be due three months before the tour
departs**

You can pay with credit card for an extra 3.5% fee

****[Itinerary on the back](#)****

email mrvacanti@gmail.com with any questions

ITINERARY

For Travel in February 2016

Day 1: Arrive San José
Welcome to Costa Rica!!

Arrive in San José at any time. A group transfer from the airport to your hotel is included. There are no planned activities so check into our hotel and enjoy the city. Start your exploration of the city in the main plaza, a great place to people-watch. A mime, juggler, marimba band, magician, or storyteller may be performing for whatever is collected when the hat is passed. Artisan booths are common, creating a regular arts and crafts fair atmosphere.
Overnight Hotel Posada Del Museo or similar

Day 2-7: Sea Turtle Conservation Project (6B,5L,6D)

Following an early morning departure from San José you travel approximately 5 hours by bus to Playa Matapalo, a small village located on the central pacific coast. Spend the next 5 days working alongside local and international volunteers to help protect endangered sea turtles. While the best time to visit this project is from June - November there is always lots to do! Volunteer activities include long night beach patrols to protect the nests, data collection, area clean-ups, general cleaning and maintenance along with the construction of breeding grounds and other infrastructure.
Overnight multi-share lodge

Day 8-10: La Fortuna (3B)

Travel today to La Fortuna, a town located at base of the Arenal Volcano, an excellent base for area explorations. The Volcanos loud rumblings and frequent explosions of lava and ash are a sight not to be missed by any visitor to Costa Rica. Consider taking an unforgettable night hike around the base of the volcano to see the top glowing an eerie red, accompanied by a soundtrack of monkeys and the rumblings of the volcano in the distance. Hike the area's nature trails, swim in chilly La Fortuna waterfall or join a canopy tour and catch a bird's eye view of the forest greenery. Other optional activities include full-day white water rafting on the Toro or Arenal Rivers, mountain biking, caving, horseback riding, or a tour of the Caño Negro Wildlife Refuge. Like much of Costa Rica, the area is a birders' paradise, with over 600 species as permanent residents. Finally, after a long day of exploring, take a relaxing soak in lush cascading hot springs. Soak in one of the natural thermal baths and rivers under the shade of the surrounding canopy.
Overnight Hotel Carmela or similar

Day 11-13: Monteverde (3B)

Today travel to the misty mountain air of the Monteverde Cloud Forest by Jeep-boat-jeep over the stunning lake Arenal. Spend two full days exploring Monteverde and the Forest Reserve, truly a nature lover's paradise. Local guides are extremely knowledgeable about the area and passionate about conservation of this precious ecosystem. The unique community has several local co-operatives worth visiting including artist collectives and a cheese factory. Optional activities include traversing a series of suspension bridges through the jungle canopy, a butterfly garden and a thrilling canopy zip line.

Enjoy an included "El Trapiche Tour" on day 12 to learn more about Costa Rican culture, including sugar cane processing, coffee production and other aspects of local agriculture. This hands on included tour is not to be missed and will leave you with a better understanding of Costa Rica.

Get an early start on day 13 with a guided hike of Santa Elena cloud forest. The cloud forest is much like a rainforest, but much of the moisture comes not from falling rain but from the condensation left by the nearly constant cloud cover that blankets the tops of mountains in many parts of the tropics. Monteverde Reserve covers 1600 hectares of forest and is home to a great variety of wildlife. More than 2,000 species of plants, 320 bird species and 100 different species of mammals inhabit this small area. The Santa Elena Reserve, another park contiguous with Monteverde, is less well known and visited but also worth seeing. All proceeds from this park profit the local community.

Overnight Hotel Atardecer or similar

Day 14: San José (B)

Return to San José for some last minute shopping and a final night on the town.
Overnight Hotel Posada del Museo

Day 15: Depart San José (B)

Today, you have a group transfer to the airport for your departure flight.

Please note: When exiting Costa Rica you must pay \$26 USD airport exit tax per person. This must be paid inside the airport terminal BEFORE checking in with your airline.