



Costa Rica

COSTA RICA NATURAL WONDERS FOR FAMILIES

Prepared for Leslie Science & Nature Center & Ann Arbor Hands on Museum



kid-friendly exploration of the richest environments in central america



We invite you to join an adventure for nature-loving families with Leslie Science & Nature Center, the Ann Arbor Hands on

Museum, and Journeys International. Share in the wonders of the rainforest, the pleasure of jungle rivers, and the drama of volcanic terrain. Costa Rica has a long history of nature tourism and a wide range of facilities and services. Our week-long itinerary introduces you to the best activities of the season, reaching deep into natural areas and showing you why Costa Rica is famous for beauty, hospitality, and friendliness. Experience unique lodges, exotic ecosystems, accessible wildlife, and exciting outdoor activities. You'll marvel at how comfortable you'll feel, how much you'll learn every day, and how much fun you will share as a family.

Karen Rendell from LSNC will join this group. Karen brings 13 years at LSNC and over 20 years experience as a naturalist working at nature centers and environmental education centers throughout the U.S. teaching environmental education and leading adventure courses. She is an avid traveler both personally and professionally, having led young adult travel groups in Panama, Sweden, and Russia. Karen is a graduate of Michigan State University with a degree in Parks, Recreation and Tourism. She plans to bring her own children ages 7 and 10 for this fun adventure.

Date	Jun 20-27, 2020
Duration	8 days
Land Cost	\$1,605 - \$4,240
Land Costs Based on a min. group size of 13 adults	
Adults: \$4240 based on groups size of 13-17 Adults	
Adults: \$3990 based on groups size of 18+ Adults	
Ages 12-17: \$3,305 when sharing with 2 adults	
Children under 12: \$1605 when sharing with 2 adults	
Single Supplement	\$1,050
The single supplement is applicable if a roommate is not available or if single accommodation is specifically requested.	
Comfort Level	●●●○○
Activity Level	●●○○○
Group Size	13-25
Best Time To Visit	J F M A M J J A S O N D

day 1 - sat jun 20 - arrive san jose

You'll be greeted on arrival at San Jose's international airport and transferred to your lovely and highly-reviewed hotel in the Santo Domingo suburb of San Jose. If you arrive early in the day, enjoy the hotel's pool, extensive gardens perfect for hide-and-seek, or even take a taxi to one of the city's museums. No need to leave for dinner, though – the hotel's restaurant will please all ages.

Lodging: Bougainvillea Hotel or similar



Welcome to Costa Rica

day 2 - sun jun 21 - arenal

Depart from San Jose this morning, then make your way to the Caribbean lowlands of Sarapiquí for some whitewater rafting! This river section is a gentle Class II-III, with sections of flat water and small whitewater rapids that are fun but safe for rafters with no previous experience. The rafts hold 4 to 6 passengers plus a guide, and are followed by safety kayakers. The tour will stop at a swimming spot en route where fresh fruit will be served. After the tour, you will be driven back to the starting point where you can take a shower and change clothes. This rafting is recommended for kids ages 6 and up.



See tree frogs along the Sardinal River

For those who opt not to raft, there will be an opportunity to learn how chocolate is made from the fruit of the cacao tree. Participants will see – and try – each step in the process, from harvesting to roasting to grinding, and of course tasting!

Later, the whole group will visit Pierella Ecological Garden, a local family business also in the Sarapiquí lowlands. The site was first established 20 years ago as a project to breed butterflies for export. Over time, it has been transformed from a simple butterfly nursery to an ecological garden that holds a great diversity of environments and attracts abundant wildlife that is often more accessible here than in the deep rainforest. Explore Pierella's great birding trails, take great photos, again an opportunity to learn about cocoa production, and enjoy some of the best traditional lunches in the area. All ages will delight in this encounter.

Then, drive to Arenal (approx 2 hrs). **Arenal Volcano** was active from 1968 to 2010, and the park now offers a geologic wonderland to learn about materials expelled from the volcano, rock formation from recent lava flows, and the natural regeneration of flora and fauna in the area. The volcano, with its perfect imposing cone, is surrounded by exuberant vegetation and sits at the side of the engineering masterpiece of Arenal Lake.

Meals: Breakfast, Lunch, Dinner

Lodging: Arenal Manoa or similar

day 3 - mon jun 22 - arenal adventures - ziplining and hot springs

Arenal Volcano National Park lies in the heart of one of Costa Rica's largest natural areas. Howler monkeys call from the forest and the rich volcanic soil supports primary and secondary rainforest teeming with butterflies, mammals, reptiles and 400 species of birds. The tour today begins by heading to the El Silencio Private Reserve to get as close to the base of the Arenal volcano as possible by vehicle. You will walk approx 1 km along a volcanic stone-path with a moderate degree of difficulty, until you reach the closest permitted viewpoint of the volcano. Here's your guide will teach give an overview of the history of the volcano's activity, including its significant in 1968. You will also enjoy excellent views of the Lake Arenal. You will begin the descent along the same trail, then enter the regenerating forest and follow the primary rainforest located along the outskirts of the park. This 1.5 km trail will provide you with the opportunity to see a wide variety of animals and rainforest and is appropriate for participants of all ages.



Ziplining adventure in Costa Rica

Continue to Arenal Vida Campesina and learn about Costa Rican culture by visiting a "Typical Troja" where you will experience milling of sugarcane and its derivatives (cane juice, costarican busse, fresh sugar cane sticks) in addition to fruits in harvest.

Next, visit the Rural School "El Bosque," a farm school with approximately 70 students. Through structured activities and traditional games, you will learn about the lives of Costa Rican children and also help the children practice their English. Also enjoy lunch here, a delicious and participatory experience.

End your day at Arenal Mundo Aventura for an exciting zipline tour through the rainforest canopy (for ages 7 and up). Enjoy a tractor ride into the jungle, then climb an 18-meter observation tower, and zip across 7 extreme zipline cables. The spectacular views over the Pino Blanco & Fortuna Waterfalls, Arenal Volcano, and the dormant Cerro Chato Volcano make it an unforgettable experience!

Anyone who won't be zipping can go on a 3.5 km tractor tour through the rainforest to the Pino Blanco lookout. Then, take a walk to La Fortuna Waterfall, enjoying the natural beauty from the ground.

When the group comes back together, everyone will have the chance to visit Maleku Indian Village, supported by Arenal Mundo Aventure, the company that operates the zipline and tractor tours. They make this opportunity open to everyone who desires to share with and learn from the Indian cultures and their legacy. The Maleku Indian community is one of the 24 different indigenous groups in Costa Rica. This area conserves the authenticity of the Indian Village, their beliefs, culture, and traditions. The Indigenous Cultural Rescue Center receives students, families, and tourists from Costa Rica and around the world, allowing them to get a small sense of the group's traditions, discover their unique language Maleku Jaica, taste their favorite dish la Mufuriseca, learn about medicinal plants like gavilana and cuculmeca, and see their burial dances, ceremonies, and other rituals.

Meals: Breakfast, Lunch, Dinner

Lodging: Arenal Manoa or similar

day 4 - tue jun 23 - arenal hanging bridge, hot springs

This morning visit the Arenal Hanging Bridges. This is a complex of suspension bridges and trails through beautiful rainforest. The terrain undulates and the trail crosses ravines with small waterfalls and travels over bridges with panoramic vistas over the treetops including views of Arenal Volcano. As you walk you may

encounter wildlife including toucans, poison dart frogs, and howling, spider and white-faced capuchin monkeys. The 1.5-mile trail is an easy walk for people in good condition, loops back to the starting point, and is appropriate for all ages.

Later, enjoy a visit to the Eco Termales Hot Springs. This is a family-run hot springs resort featuring volcanically heated pools ranging in temperature, with pools comfortable and fun for all ages. The facility offers separate changing rooms for women and men each equipped with hot showers, lockers, and toilets. The subtle landscaping includes regenerating forest and attractive tropical plants.

Meals: Breakfast, Lunch, Dinner

Lodging: Arenal Manoa (or similar)

day 5 - wed jun 24 - to the beach!

Today, depart the highlands of Arenal and head to the beaches at Manuel Antonio. Today's drive is about 5 hours but you will stop en route for lunch and a leisurely boat ride along the Tarcoles River and Guacalillo Estuary that is likely to include incredible crocodile and scarlet macaw sightings!

When you arrive at Manuel Antonio, enjoy the beautiful grounds and ocean views of this lovely hotel.

Meals: Breakfast, Lunch, Dinner

Lodging: Si Como No or similar



Amazing beach settings

day 6 - thu jun 25 - surfing and manuel antonio national park

Start your day exploring the lush forest of **Manuel Antonio National Park**. Your guide will take you along the easy forest trails in search of squirrel and capuchin monkeys, sloths, black iguanas, and agoutis. In 2011 Forbes Magazine compiled a list of the 12 most beautiful national parks from among nearly 7000 parks around the world. Manuel Antonio National Park was included in the list of 12 top parks for its gorgeous cream colored beach, lush forest growing to the beach edge, abundant wildlife, warm pacific waters, easy forest trails, and scenic ocean overlooks. Walking the park trails you will likely encounter a variety of wildlife – the animals are accustomed to visitors.



Just hanging out

After lunch, enjoy a surfing adventure for a couple of hours as you learn to navigate a surfboard. You will learn from the best teachers at Manuel Antonio Beach for anyone seeking a short but intense lesson and introduction into the world of surfing. After picking you up at your hotel, they bring you down to the beach to learn key safety precautions before hitting the waves for your surfing lesson. Their special teaching techniques will have you up in no time, and the patient and experienced instructors give you lots of tips along the way to help you find perfect, balanced form on the board. Take a break to relax in the chairs under the shade of umbrellas, and refuel with fresh, juicy tropical fruit before you continue conquering the waves. Minimum age is 4 years old. Those not wanting to surf can relax at the beach. Chairs and umbrellas are available, and fellow group members will provide the entertainment!

Evening relaxing at the hotel grounds.

Meals: Breakfast, Lunch, Dinner

Lodging: Si Como No or similar

day 7 - fri jun 26 - santa juana cultural tour

Depart this morning for the Santa Juana Mountains where a full-day guided nature trek takes you through tropical palm plantations and jungle-shrouded slopes within the Talamanca Mountain Range, ending up at the tiny farm village of Santa Juana overlooking the panoramic coastline of Manuel Antonio. Enjoy exploring user-friendly trails of this mountain sanctuary. Swim beneath pristine and mesmerizing waterfalls, choose to take a comfortable horseback ride, fish for organic Tilapia, or just kick back and relax in a lush botanical oasis beside the River Rodeo. Enjoy an authentic Campesino lunch in a typical farmhouse prepared by members of the community, and take home a Tree Adoption Certificate for participating with a project that supports conservation.

Meals: Breakfast, Lunch, Dinner

Lodging: Si Como No or similar

day 8 - sat jun 27 - departure

This morning you'll be transferred to the international airport for your departure flight home. The drive from Manuel Antonio to the San Jose International Airport (SJO) takes approximately 4 hours, and flights should be booked home departing in the afternoon.

Meals: Breakfast



Cherish your Costa Rica memories

Anticipated itinerary; actual route may vary.

Below is a summary of our complete **Trip Terms & Conditions**, which explains each of the items below in more detail.

Expenses covered

Normally, our stated land costs include the cost of all guides, leaders, permits obtained after arrival, lodging accommodations, food and entry fees as specified, and all surface transportation associated with the planned itinerary. We do our best to avoid increasing prices after receipt of your deposit, but, rarely, factors beyond our control might require us to change our prices without prior notice, even after you have signed up.

Expenses not covered

Costs not included in the price may include: meals not indicated as included in itineraries; meals prior to arrival in starting cities; transfers, if not arriving or departing on the scheduled group flights; soft drinks, bottled water, and alcoholic beverages; medical expenses, costs of hospitalization, or evacuation from remote areas; laundry; airport departure taxes not included on your airline ticket; accommodations en route to starting cities; visas; airfares; gratuities; and insurance.

Pricing and Payment

For most group departures, the booking deposit is \$500 per person per trip, though for some trips it may be more, as noted in the trip description. The minimum booking deposit requirement for custom trips is \$800 per person, and this deposit is non-refundable. A trip-planning fee of \$250 per itinerary is also charged to cover costs of preparing itinerary proposals for custom trips. This fee is credited to the cost of the trip, but is nonrefundable if you do not take the trip. Custom travel during holiday seasons may require a deposit prior to trip confirmation.

For both group departures and custom trips, a second deposit of \$1,000 per person is due 120 days prior to departure or at the time of booking for reservations made fewer than 120 days before departure. The balance as shown on your invoice is due 60 days prior to departure regardless of whether extensions or other arrangements are pending. Late payments may jeopardize confirmation of your itinerary and in some cases may result in additional fees. If we have not received final payment 30 days prior to departure your reservation may be canceled and subject to our Cancellation & Refund Policy stated in the complete **Terms & Conditions**.

We accept payments by Visa, MasterCard, American Express, or check drawn on a U.S. bank account. Payment for airfare is required at the time of ticketing. Discounts that may be available for some trips are not available toward bookings made through travel agencies.

Airfare

We can help you secure air travel arrangements to correspond with land travel booked through Journeys International. We work with an airfare consolidator to assist in booking the flights that suit your needs. If you decide to make your own flight arrangements, you must provide Journeys International with a complete copy of your itinerary showing departure and arrival flights and times. You should plan to arrange your own air travel if you are using mileage credit or originating outside North America, but please be in touch with our office before you finalize ticketing so that we can help you to coordinate the correct arrival and departure dates and times.

Insurance

When you make your application, we strongly recommend the purchase of comprehensive **travel insurance** in



case of emergency situations. Please contact us for a recommended policy.

Itinerary Change Fee

There will be a \$40 fee for changes once an itinerary has been confirmed and approved. Additional cancellation penalties or change fees may apply as per our terms and conditions. The passenger is responsible for such fees.

