

COSTA RICA: Eco-adventures SAMPLE ITINERARY

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
<p>Arrive in San José, Costa Rica and meet your WorldStrides representative.</p>	<p>Breakfast Hotel check-out</p> <p>Transfer to Sarapiquí Region <i>Costa Rican Economy</i> Learn about the history of Costa Rican environments, foodmile calculations, and food production as you transfer to one of the country's most lush forest regions.</p> <p>Introduction to Adaptations <i>Ecosystem Insight</i> Experience the sights and sounds of Costa Rica as you hike along interpretive trails through three different ecosystems and participate in a team challenge. This is a great introduction to the biodiversity of Costa Rica.</p> <p>Lunch</p> <p>Tirimbina Rainforest Center <i>Organisms Adapt to Ecological Changes</i> Get a glimpse of what it's like to be a field ecologist by going out into the field and constructing ecological hypotheses, collecting data, and analyzing the results and implications for the rainforest. Construct seed traps and mist nets for the bat study.</p> <p>Hotel check-in</p> <p>Dinner</p> <p>Tirimbina Rainforest Center <i>Night Bat Tour</i> Experience the creatures of the rainforest at night! Take a night tour through three field stations and have the once-in-a-lifetime opportunity to catch bats in nets, touch and study these interesting creatures, learn about bat anatomy, and discover their food habits through the seed traps.</p> <p>Overnight in Sarapiquí</p>	<p>Breakfast</p> <p>Bird Hike See and learn about Costa Rican bird species.</p> <p>Mist Nets Gather at mist nets to check seed traps and collect overnight material.</p> <p>Breakfast</p> <p>Tirimbina Rainforest Center : <i>Macroinvertebrate Activity</i> Enjoy extensive field time in the rainforest studying the world of macro-invertebrates. Learn to measure, count, and analyze biodiversity, and report your findings.</p> <p>Lunch</p> <p>Sarapiquí River <i>White Water Rafting Adventure</i> While paddling the rapids of one of the cleanest rivers in Costa Rica, keep an eye out for toucans, cormorants, kingfishers, and howler monkeys at the river's edge.</p> <p>Dinner</p> <p>Experience Costa Rican Culture <i>Living Local</i> Students gather with community members for some local Costa Rican fun! Learn the local dances or take cooking lessons.</p> <p>Overnight in Sarapiquí</p>	<p>Breakfast Hotel check-out</p> <p>Transfer to Arenal</p> <p>Arenal Volcanic Springs <i>Relax in the Natural Hot Springs</i> Relax in these natural hot springs at the base of the volcano. Analyze the quality of volcanic spring water in order to compare the results with the Sarapiquí River.</p> <p>Lunch</p> <p>Hotel check-in</p> <p>Arenal Volcano National Park <i>Hike the Lava Flows</i> Hike the lava fields of this 4,000-year-old volcano and learn how plants and animals have become reestablished after volcanic activity. Once back at the lodge, use professional equipment to study lava rock and sediment and learn about succession and plant reproduction.</p> <p>Dinner</p> <p>Enjoy a leisurely evening with some time to relax or work on your Discovery Journal.</p> <p>Overnight in Arenal</p>	<p>Breakfast Hotel check-out</p> <p>Boat Ride across Arenal Lake</p> <p>Transfer to Monteverde</p> <p>Hotel check-in</p> <p>Santa Elena Reserve <i>Hike through the Cloud Forest</i> Students learn about one of the most outstanding wildlife refuges in the New World Tropics and how the variable climate and large altitude changes helped produce an extremely high biodiversity. We will look at the most efficient nutrient cycle on our planet, test the role of the diversity of plants on the diversity of wildlife and look at the diminishment of sunlight on diversity of species.</p> <p>Lunch</p> <p>Monteverde Butterfly Garden <i>Discover Tropical Entomology</i> Learn all about the relationship between these beautiful insects and their environment as you walk amongst hundreds of butterflies in an enclosed tropical garden.</p> <p>Dinner</p> <p>Monteverde Frog Pond <i>Amphibian Adaptations</i> View several famous species of frogs (including poison dart frogs, glass frogs, and toads) up close and learn about the adaptations various species of frogs have made to their environment.</p> <p>Overnight in Monteverde</p>	<p>Breakfast Hotel check-out</p> <p>Monteverde Canopy Tour <i>Zip into Biodiversity</i> Hooked to a zip line, soar through the forest treetops and see jungle life in the Costa Rican rainforest from a bird's eye perspective. During this exhilarating adventure, experience the amazing diversity of birds in the company of expert guides.</p> <p>Lunch</p> <p>Shopping in Sarchí Stop along the way and pick up a souvenir in Sarchí, Costa Rica's most famous Artisan town.</p> <p>Return to San José</p> <p>Dinner</p> <p>Hotel check-in</p> <p>Wrap-up at the hotel</p> <p>Overnight in San José</p>
					DAY 7
					<p>Breakfast Hotel check-out</p> <p>Return to the U.S. (if time during the day, visit the museums and sites in San José)</p> <p><i>Note: Travel time from different parts of the country may modify this itinerary</i></p>