



COSTA RICA: THE ULTIMATE ADVENTURE

From Cloud Forests to
Coastlines

14-DAY PROGRAM

HIGHLIGHTS

- Get to know Costa Rica from the Pacific to the Caribbean and coast to mountains
- Zipline through the cloud forest & traverse hanging bridges through the canopy
- Visit multiple breathtaking waterfalls & famous national parks
- Experience life on a sustainable farm and ecolodge
- Get your blood pumping on an overnight white water rafting excursion on the pristine Pacuare River
- Chill out on a white sand beach and play soccer and beach volleyball at sunset

2023 PROGRAM DATES

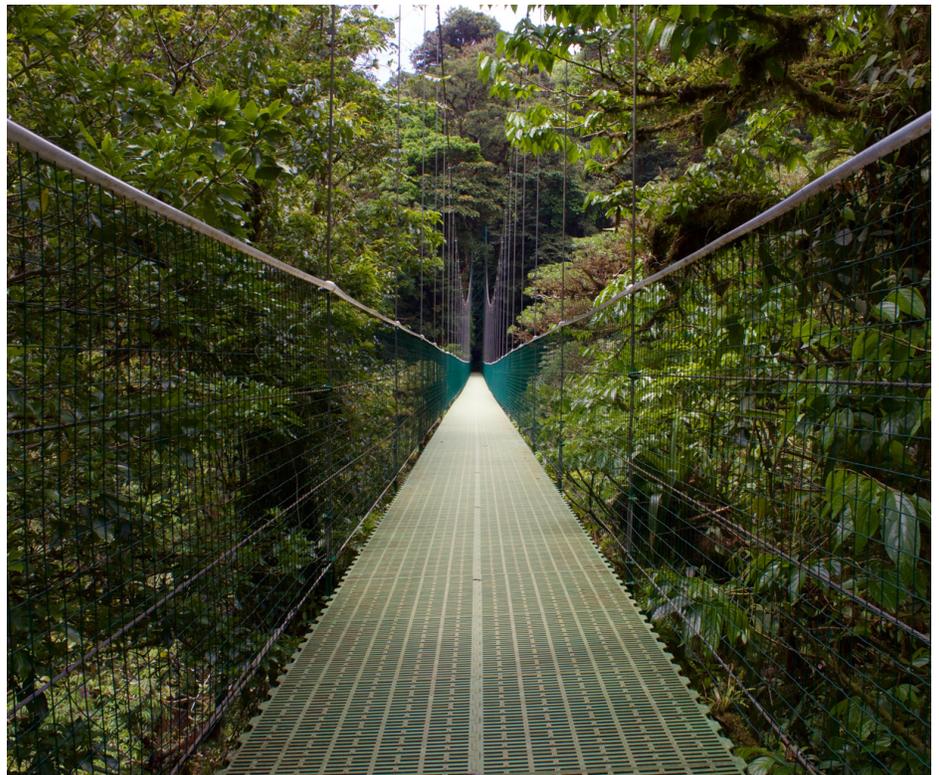
- July 6 - July 19

GET IN TOUCH!

teentravelnetwork.com

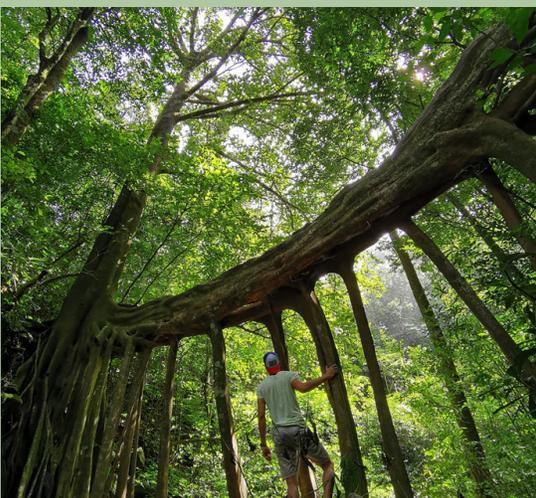
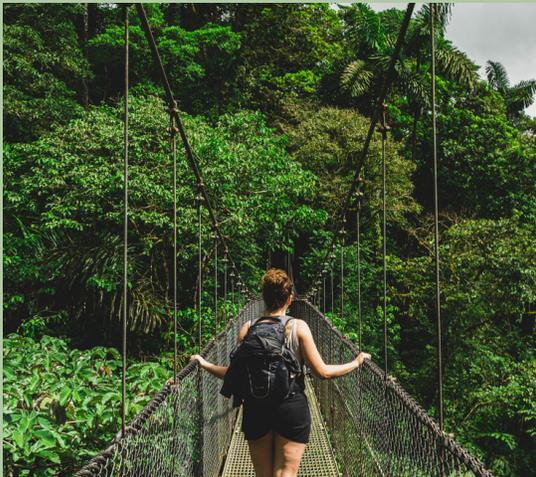
+1 858-771-4886

@teentravelnetwork



On this action-packed adventure in Costa Rica, experience all the essential activities this ecotourism paradise has to offer. Immerse yourself in the friendly "Pura Vida" lifestyle as you explore everything from the biodiversity of the cloud forest to the wildlife-rich waters and national parks to pure relaxation on tropical white sand beaches.





ITINERARY

Actual schedule of activities will vary by program session. The information detailed here is typical for what you can expect to experience; however, site visits, activities and service work vary depending upon a number of factors, such as the weather, scheduling and constraints of the location.

Day 1: Arrival Day

Arrive into the San Jose airport, where staff will be waiting to greet you. Unpack, get settled in to your lodgings, and get to know your fellow students before a program orientation. We'll go over our itinerary, expectations, and do some fun activities to get to know each other better. We'll hit the hay early tonight, as we have a big day ahead!

Day 2: San Jose → Monteverde

Rise early to embark on the first leg of our journey! We'll head to the Pacific Coast, stopping in Caldera to enjoy lunch with a view of the cargo ships around the bay. This is the first of two oceans we'll see during our time in Costa Rica.

Next, we'll make our way into the mountains; watch as the vegetation turns dark and the heavy mosses signal our arrival to the majestic Monteverde. Get to know our new home away from home and wrap up the day with a hearty meal.

Day 3: Monteverde: Zipline & Night Hike

Adventure time! Enjoy a day of adrenaline as you zipline above the tree canopy and walk across hanging bridges that stretch across the lush forest. Spot wildlife as you enjoy the fun and breathe in the cool air of the cloud forest that surrounds you. With some luck, you may even spot a rare quetzal, a brightly colored bird with magnificent tailfeathers.

After dinner, wrap up the day with a night hike to a local national park that offers a great insight to the amazing nocturnal life of the forest.

Day 4: Monteverde: Coffee Farm & Cultural Exchange

Monteverde is famous for its coffee, and today we will visit a local coffee farm to learn about (and taste) the goods. Learn how the beans are grown, prepared, and shipped. Coffee is a major export for Costa Rica, and some of its best beans hail from this mountainous region.

Later, we'll have a chance to meet up with some Costa Rican teens for the afternoon. Learn about life in a small Costa Rican town and how that compares to your life back home--you may find more similarities than you'd think!

Day 5: Monteverde → Arenal

Adios, Monteverde! This morning, travel by boat taxi to our next destination. Cross Lake Arenal, the largest man made lake in Central America. Take in the breathtaking views from the water as we slowly make our way to our new home nestled in the shadow of Arenal Volcano.

Rancho Margot is a true gem of sustainable tourism, and is an almost completely self-sustaining ecofarm. Once we are settled in, we'll learn about this unique ecolodge in detail and have the opportunity to discuss traveling responsibly and lowering our footprint with true visionaries and experts in the field.



Day 6: Arenal: Rancho Margot

Rancho Margot is an experience in itself--today, we'll make the most of our unique accommodations and explore all that the property has to offer. Start with an early morning yoga session, participate in some farming or food prep activities, and fully immerse yourself in the Rancho Margot vibe. Soak in the natural pools, meditate to the soundtrack of the native birds that surround the compound, and otherwise fully take advantage of the opportunity to relax, reset, and reflect.

Day 7: La Fortuna

We'll leave our peaceful oasis for the day to explore La Fortuna, a small town nestled at the base of the volcano that is absolutely bursting with life. Hike down to the Fortuna Waterfall, an impressive 230 foot stream. Next, try your hand at cooking local cuisine and enjoy the fruits of your labor for lunch.

In the evening we'll eat our final meal at Rancho Margot and get prepared to hit the road once again.

Day 8: Pacuare River Rafting Overnight

Adventure day! After an early breakfast and departure, we'll head east to the mountains and embark on a two-day rafting excursion on the Pacuare River. We'll ease in with a milder section of river (class 2-3 rapids). Watch the gorgeous scenery fly by as we pass through dense forests and rocky canyons. The pristine rainforest that surrounds us is home to a variety of native wildlife, including ocelots, monkeys, and more birds than one can count.

After a few hours of paddling, pull the rafts on the bank of the river and settle into our jungle lodge with wooden cabins, bunk beds and all the necessary basic commodities. Once everybody has found their cabin and bed, we will explore our surroundings, hike to waterfalls, or enjoy an afternoon hammock nap and wait for the delicious home cooked dinner provided by our very own raft guides.

Day 9: Pacuare → Cahuita

The Pacuare River saves the best for last--today the rapids will amp it up a notch for a true adrenaline rush. (Our experienced rafting guides will take us safely through the journey of Class 3-4 rapids.)

Once we're off the river, it's time to hit the road again, this time traveling all the way to Costa Rica's Caribbean coast. Pass the time playing games, reading, or dozing in the afternoon sun as we wind our way eastward. Dinner will be waiting for us when we arrive, as will our beachfront rooms. Check in, shower up, and catch some zees.

Day 10: Cahuita: Snorkeling & Surfing

Today will be packed! First on the agenda: snorkeling! The Caribbean is the perfect place to observe undersea life, with its clear water and vibrant ecosystems. Cahuita National Park boasts some of the country's most gorgeous white sand beaches and plentiful wildlife, both in the water and out. As we walk, keep an eye out for toucans, mantled howler monkeys and sloths. Take a surf lesson, where we'll learn to ride the waves from the pros. In the evening, we'll further our knowledge of Costa Rican cuisine with a cooking class and group activities back at our lodging.





Day 11: Cahuita: Chocolate Farm & Traditional Culture

Pay a visit to the nearby Bribri tribe, a group of Indigenous people in eastern Costa Rica and northern Panama. Learn more about their traditional way of life. Cacao, the plant from which chocolate is made, is an important plant in Bribri culture--we'll learn more about this as well as the process of turning plant into such a delicious treat.

Back at home, take quick dip in the ocean or play some beach volleyball in the sunset before dinner.

Day 12: Cahuita → Punta Uva

Adios, Cahuita! Staying true to our adventures we will push on to a new area today. Manzanillo and Punta Uva are some of the southernmost points in Costa Rica, and their gorgeous beaches are our final destination. But first, we'll stop at a Green Macaw rescue center, which educates visitors about this very special native species. The Green Macaw was once bountiful in this area; however, due to deforestation and other human intervention, they are now rare here.

When we hit the beaches in the afternoon, there will be plenty of time for fun at the postcard perfect Punta Uva and some great fun with locals on Manzanillo Beach.

Day 13: Punta Uva → San Jose

Our final travel day together takes us inland from the white sand beaches and warm Caribbean weather back to San Jose, where our journey began. We'll make the most of our final day and spend some time in the city's Central Park, then embark on a city tour featuring San Jose's incredible street art.

In the evening, enjoy a special farewell dinner, where we'll say our final goodbyes and celebrate an incredible two weeks of adventure.

Day 14: Departure Day

Sadly, our time in the land of Pura Vida has come to an end. Staff will accompany students to the airport and help them check in for their flights home. As you settle into your seat, reflect on the places you have seen and the people you have met during your journey. We hope that your time in Costa Rica has been eye-opening and fueled a life-long passion for travel and exploration!



ABOUT TEEN TRAVEL NETWORK

Teen Travel Network was founded in 2022 by the leadership team of its 'sister company' Global Leadership Adventures. Global Leadership Adventures has been in operation for 15+ years and has sent tens of thousands of students on life changing international service related trips. Teen Travel Network was founded on the basis of discovery, insight and fun and operates trips for teens across Asia, Europe and Latin America. Our mission is to build confidence, curiosity, and connection in the next generation of global citizens through travel.

PROGRAM SPECIFICS

- Tuition: \$4,999
- Ages: 14 - 18
- Lodging Type: Ecolodges/Hotels
- Group size: 24 students
- Arrival Airport
 - Costa Rica: SJO (San Jose)
- Departure Airport
 - Costa Rica: SJO (San Jose)