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# MOTHER & DAUGHTER: DISCOVER COSTA RICA

8 days | San José | Arenal region | Sarapiquí | Guanacaste

Practice wellness for body and mind in the beautiful outdoors, as you discover why Costa Rica is one of the happiest countries in the world. Feel inspired by the endless geological drama and beauty of the Arenal Volcano and the thunderous La Fortuna Waterfall. Enjoy a chocolate tasting as you learn how cocoa is harvested at Tirimbina Biological Reserve, and experience the thrill of whitewater rafting on the Sarapiquí River. Over on the Pacific Coast, discover raw natural beauty in two National Parks and snorkel along the Pacific coast.

## EVERYTHING YOU GET:



**Full-time Tour Director**



**Activity level:** Average; moderate walking (about 2 hours daily), and may include light hiking and climbing up hills or stairs



**Entrances:** Coffee tour; Zip Lining Adventure; Whitewater rafting; Pineapple Plantation; Arenal Volcano National Park; Hot Springs; Tirimbina Biological Reserve Chocolate Tour; Kayaking; La Fortuna Waterfall; Rincón de la Vieja National Park; Palo Verde boat tour; Snorkeling



**All of the details are covered:** Round-trip flights on major carriers; comfortable motorcoach; 7 overnight stays in hotels; 3 meals daily (Days 2-7); dinner on arrival day;



breakfast on departure day







*These tours give girls the confidence to work toward a significant goal and the courage to try new things while traveling. They return with character and want to make their world a better place.*

Kim H., Group Leader

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#### **DAY 1: FLY TO COSTA RICA**

- Meet your Tour Director at the airport.

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#### **DAY 2: SAN JOSÉ | SARAPIQUÍ**

- Travel to Sarapiquí.
- Practice your Spanish while exploring a market and interacting with locals.
- Participate in a cooking class using locally sourced ingredients and enjoy your creation for lunch.
- Enjoy a zipline adventure throughout the trees.

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#### **DAY 3: SARAPIQUÍ**

- Enjoy a whitewater rafting excursion on the Sarapiquí River.
- Visit a family run pineapple plantation.
- Connect with yourself through a mindfulness session.

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#### **DAY 4: SARAPIQUÍ | ARENAL REGION**

- Travel to the Arenal region.
- Enjoy a hike through Arenal Volcano National Park.
- Relax in the hot springs!
- Take a tour at Tirimbina Biological Reserve where you'll learn about the cocoa tree and the history of chocolate ending with a chocolate tasting!

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#### **DAY 5: ARENAL REGION**

- Take a kayaking trip along Lake Arenal and behold the perfect conical shape that emerges from the green hills of Alajuela: this is the fascinating Arenal Volcano. Overlooking the San Carlos plain and the Pacific lowlands, this mile-high volcano has been active for the past 7,000 years. You'll see the volcano from a different angle on your kayaking excursion. Not only does the volcano serve as a watershed for the lake, but it also provides thermal energy for the nearby hot springs.
- Visit La Fortuna Waterfall.
- Unwind during yoga with a beautiful view.



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**DAY 6: GUANACASTE**

- Travel to Guanacaste, where you'll feel the sand between your toes as you become immersed in this natural wonderland. The emerald Pacific glimmers alongside miles of beaches—an ideal setting for divers, surfers, and boaters. Take in the craggy bluffs cloaked in forests stretching tall above you and encounter local cattle ranchers driving oxen carts farther inland. Learn about Guanacaste's remarkable array of plant and animal life when you explore Rincón de la Vieja National Park. Located high in the mountains, this rain/cloud forest boasts numerous geothermal hot springs.
  - Recharge with a wellness session led by your Tour Director.
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**DAY 7: GUANACASTE**

- Travel to Palo Verde National Park.
  - Take a boat tour of Palo Verde.
  - Relax and restore with yoga and a view of the ocean.
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**DAY 8: DEPART FOR HOME**

Itinerary subject to change. For complete financial and registration details, please refer to the Booking Conditions.

**TOP THREE THINGS I WILL SEE, DO, TRY OR EXPLORE**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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