



Costa Rica:

Senior Sendoff - Bienvenido Alumni!



Costa Rica offers one of the world's best tourism experiences – incredible biodiversity, lots of activities for all ages and abilities, a different culture and the friendliest people around. Join us on a seven day adventure to reconnect with nature, raft the Pacuare River, bike through an important agricultural region and relax near the beach. Get to know the friendly "Ticos" and appreciate why they believe life in Costa Rica is "Pura Vida".

TRIP HIGHLIGHTS

- Guided Hikes, River Rafting and Biking
- Explore a rainforest, tropical dry forest and a cloud forest
- Enjoy the Costa Rican beach!



Elevation: 5,000 FT

Temperature: FEB–MAR 67–80°F • AUG 77–86° F

8 DAYS, 7 NIGHTS

2008

May 18th-25th

DOUBLE	SINGLE	TRIPLE	QUAD
\$1,299	\$1,549	\$1,239	\$1,199

Room configurations includes two double beds and one private bath. Prices are per person. Note: Prices do not include RT international airfare.

B,L,D = Breakfast, Lunch, Dinner

Call 1-888-415-9100 for reservations

DAY 1 — ARRIVE AT SAN JOSE. Overnight at San Jose Hotel

DAY 2 — PACUARE RIVER RAFTING. Overnight at Guayabo Lodge
After a morning cup of coffee, you will be picked up at your hotel and head east towards the Caribbean for some Class III-IV white-water rafting on the Pacuare River*. Breakfast will be served en route. Once at the river take-in, rafting guides will load the gear into dry bags, prepare the equipment and give a complete safety and paddle instruction. One of Costa Rica's most exciting white-water trips, the Pacuare* plunges through spectacular mountain gorges and passes through virgin rainforest filled with monkeys, birds and more. After the river trip, the adventure isn't over. At river's end, you're picked up and transferred to Turrialba region for a few days of countryside/farmland discovery and adventure. B, L, D

Additional info: Turrialba Valley, named after the Turrialba Volcano (10,910 ft.) which last eruption was in 1866. There are two theories in respect of where the origin of volcano comes from, one says that it is probably of Indian origin derived from the indigenous word "Torriulka" which means white columns of smoke and water; the other theory says the word is connected with the Latin "Turns Alba", White Tower. The valley of Turrialba presents a great diversity of habitats, and is one of the most important regions in the country for supplying drinking water and the production of hydroelectric power. When it comes to wildlife, incredible is the word that best describes the fauna of the area.

DAY 3 — BIKING TOUR OF CATIE & TURRIALBA REGION. Overnight at Guayabo Lodge

Wake up to the sounds and smell of rural Costa Rica. After a hearty Costa Rican breakfast, you will be met by your biking guide and after a short drive you will start your adventure pedalling through CATIE, the 1000-hectare Tropical Agricultural Research and Education Centre. Your biking trip develops over easy trails on gravel, country roads and farm trails. During the biking you will have the chance to pick up seasonal fruits and crops right from the plantation and taste sugar cane in the field, learn about planting techniques, learn about shade grown coffee and then try all sorts of fruits that you may never have heard of! This biking trip will also provide a good opportunity to see some of the local wildlife and birds native to this Caribbean slope region. This afternoon is yours to relax or take any of the extra activities available in the area including visit to Guayabo Archaeological Site, Turrialba Volcano, Canopy Tour, Horse riding, etc. B, L, D



Additional info: CATIE (Centro Agronómico Tropical de Investigación y Enseñanza), in English (Tropical Agricultural Research and Education Centre). This is Central America's oldest and most respected research facility with over 450 acres of agriculture, administrative centres, housing, schools, laboratory, pool, library, club and lake. This world-renowned educational institute offers Masters and Ph.D. programs for students in environmental and tropical studies and is a city unto itself.

DAY 4 — TURRIALBA TO SAN GERARDO DE DOTA DRIVE. Overnight at Savegre Mountain Lodge.

This morning you will head south to San Gerardo de Dota, following a road through Cartago and then through the Paramo forest at Cerro de la Muerte, or as translation will have it the Mountain of Death! After reaching kilometre 80, you will take a detour to the right for 9 kilometres downhill on a country road, finally reaching your lodge located on the slopes of the Savegre River - in the tranquil destination of San Gerardo de Dota. San Gerardo de Dota (Savegre area) consists of Cloud Forest with elevations varying between 1,220 and 2,560 metres above sea level. The annual rainfall is 2550 millimetres and the temperature varies between -2.2 and 26 degrees centigrade (28 to 82 degrees Fahrenheit). The relative humidity is 70% year-round. B, L, D



DAY 5 — HIKE AT SAVEGRE RESERVE & DRIVE TO BAHIA BALLENA. Overnight at Whales & Dolphins Hotel.

This morning you will take a morning hike visiting the Savegre Reserve and Valley (7200 ft) with its famous oak forest and epiphyte vegetation. This will be a good opportunity to try and spot the famed Resplendent Quetzal, along with other rare species exclusive to this region. The Parámo has a very limited and fragmented distribution in Costa Rica. There are a number of bird species inhabiting the Parámo of Costa Rica and neighbouring Panama that are endemic to this part of the world. After lunch, we will drive southeast to the Pacific coast, visiting Hacienda Baru where you will enjoy a great adventures discovering the forest canopy going from tree-top to tree-top on a zip-line. The temperature and humidity at Bahia Ballena will be much higher than you will have experienced in the mountains yesterday, and therefore you may choose to take things easy this afternoon. B, L, D

DAY 6 — MARINO BALLENA NATIONAL PARK & COASTAL EXPLORATIONS. Overnight at Whales & Dolphins Hotel.

Awake in Costa Rica's idyllic South Pacific; enjoy a cup of coffee witnessing one of the most spectacular Ocean views. Discover the secluded rainforest-surrounded beach at "Playa de Arco" within Ballena Marine National Park - this park was created to protect its various coastal marine habitats, also endangered species like the Pacific hawksbill turtles that live and nest here, and the humpback whales that visit the park every year from both Northern and Southern hemispheres – providing not only great coastal discovery but also an opportunity to have a dip on a pristine and secluded Pacific Beach. B, L, D



DAY 7 — BAHIA BALLENA – SAN JOSE. Overnight at San Jose Hotel.

This morning is off for you to enjoy, take a final walk on the nature trails, visit the the nearby beach or simply admire the Ocean view. In the afternoon, you return to San Jose passing through cloud forest and crossing Cerro de la Muerte en route. B, L

DAY 8 — RETURN HOME.

Enjoy a breakfast and prepare to depart for home or choose to extend your stay and enjoy great Costa Rican hospitality. B

Click [here](#) to download a PDF of this itinerary.