



Costa Rica

CUSHMAN SCHOOL 15 – 19 March 2020

Welcome to Costa Rica

Visitors to the Republic of Costa Rica will find that despite its small size, the country has an incredible number of attractions and activities to offer. Five per cent of the world's biodiversity can be found within Costa Rica's borders and great efforts have been made to preserve this rich resource; protected national parks make up almost 25% of the land – more than any other country in the world.

From fishing and surfing to white water rafting and exploring volcanic regions, Costa Rica is the perfect playground for nature lovers and

Day 1- Arrival Hotel Park Inn By Radisson San Jose

Park Inn by Radisson San Jose is located in the heart of the city near popular attractions namely La Sabana Park. The rooms are equipped with Wi-Fi, a TV, coffeemaker, hairdryer, mini bar and safe. For guests' enjoyment there is an on-site restaurant, outdoor swimming pool, gym and underground parking. For daily activities, guests can visit Costa Rican Art Museum, Cerro Cedral and Avenida Escazu.

<https://www.parkinn.com/sanjose>

Day 2: Tortuguero (Mon, 16 March)

Bordering the Tortuguero National Park along Costa Rica's beautiful Caribbean Coast, the village of Tortuguero is known for its ecotourism and its extensive network of canals. It is set amidst tropical lowland rainforests, magnificent rivers, and pristine beaches. A definite highlight of the area is taking the unique once in a lifetime opportunity to watch baby green turtles hatch along the shoreline. Visitors can look forward to a wide selection of exciting activities such as: visiting the Tortuguero National Park which is home to over 300 species of bird, a variety of flora and diverse fauna. Other popular activities include: hiking, sport fishing, canal tours, canopy tours, and kayaking. Don't miss the opportunity to visit and explore the nearby Barra del Colorado Wildlife Refuge, the Cariari National Wetlands, and the Turtle Museum at Sea Turtle Conservancy



Overnight: Rana Roja Lodge

Nestled amidst the lush vegetation in the heart of the jungle of Tortuguero in Costa Rica, Rana Roja Lodge allows guests to discover the wonders of the biodiversity of the rainforest and explore the Tortuguero National Park.

The lodge houses 21 spacious rooms, all of which feature a private bathroom with hot water, a fan, security box, Wi-Fi and two bed. Guests at the lodge can enjoy facilities which include a restaurant and bar, an outdoor swimming pool and laundry.



Day 3: La Fortuna (Tue, 17 March)

Located just 2-hours drive northwest of the capital of San Jose, the little Costa Rican town of La Fortuna rests at the foot of the majestic Arenal Volcano. La Fortuna provides an excellent base for visitors to explore the beautiful surrounding area and serves as the gateway to the scenic Arenal Volcano National Park. Visitors can enjoy a comfortable stay at a host of guesthouses offering magnificent views of the volcano towering over the town, soak up some spectacularly scenic sights from numerous well-situated viewpoints and along hiking trails through the rainforest, or enjoy a relaxing soak in the hot springs. Don't miss the beautiful La Fortuna waterfall and natural pool, the glistening Arenal Lake and the forest-covered slopes of the Chato Volcano. La Fortuna is known for its wonderful combination of adventure and nature and will no doubt keep visitors enthralled.

Tortuguero Canals

The canals of Tortuguero are a popular attraction in Costa Rica. With rainforests, wildlife, sea turtles, crocodiles and a labyrinth of natural waterways, the region offers an authentic rainforest experience. Visitors can explore the lush flora and abundant fauna of the Caribbean coastal waterways by boat.



Tirimbina Chocolate Tour

Visitors on the Tirimbina Chocolate Tour will be guided through Tirimbina's rainforest across the hanging bridge to a traditional cacao plantation where visitors can taste the cacao bean as it goes through each stage in the process of making chocolate. Visitors may participate in the different preparations involved in making chocolate.



Overnight: Hotel La Fortuna – 2 Nights

Centrally located in La Fortuna, Hotel La Fortuna is a short walk away from the surrounding tourist attractions, as well as the breathtaking view of the Arenal Volcano. The hotel boasts an array of rooms, ranging from a one-person standard to a four-person deluxe, all of which feature beautiful panoramic views of the volcano and modern amenities. While staying at the hotel, guests can partake in activities including rafting river balsa, lost canyon adventures, horseback riding and canopy tour.



Asis Wildlife Refuge Animal Rescue Center + Hanging Bridges OR Zipline Tour + Hot Springs

Today, a special day with different activities awaits you. For that, you will be split in 2 groups. The visit of the Asis Wildlife Refuge is planned for everyone. One group is visiting this place in the morning and the second group in the afternoon. Proyecto Asis Wild Animal Rescue Center is an organization that offers Volunteer and Cultural immersion programs in the Arenal Volcano area of Costa Rica as well as Spanish classes. They support local, environmental, social and conservation projects within the community. The tour starts with a brief introduction by a naturalistic guide about Proyecto Asis. Then you will follow the trails around the reserve, stopping in front of each animal enclosure to learn about them. You are allowed to take pictures. All animals can be seen up-close. This option allows you a unique opportunity to not only be near the wild animals, but also help in their rehabilitation. You will help with their diet by preparing their food and feeding them.

Day Itinerary

In addition, you can choose between a walk over hanging bridges and a zipline tour for adrenaline lovers:
If you chose the hanging bridges walk, you will go across impressive steel bridges over the forest. The bridges have different lengths and heights. They allow access to the flora and fauna from different perspectives as you go through the different levels of the rainforest. Or choose the activity zipline: The so-called zipline is a Costa Rican invention in which you slide along steel ropes which are stretched over the treetops. Don't worry, the guides will explain everything in detail. Over six different cables, of which one is stretched over the gorges of the La Fortuna waterfall, you will see the world once from the eyes of a monkey. The longest cable is almost one kilometre long.



Paradise Hot Springs

The Paradise Hot Springs is a tranquil hot spring resort set in the beautiful and lush area of Las Carlos, known for the La Fortuna Waterfall and Arenal Volcano. The thermal water resort offers guests relaxation and wellbeing through natural thermal water at different temperatures, hydromassage, instrumental music and tropical gardens.

The beautifully appointed rooms offer flat screen TV's, minibars and terraces. The resort offers amenities including complimentary parking and massage facilities. Guests can indulge in local or international cuisine at the on-site restaurant or grab a cocktail at the swim up bar.



Day 5 – Departure - (Thu, 19 March)
Transfer to Sao Jose airport and flight back