

COSTA RICA

COMMENTS

1 - 2	Welcome to the tiny Latin American Country of Costa Rica, known for its biodiversity and unspoilt wonders. The team flies into San Jose to adjust to the tropical climate and get a good night's rest in a hostel in the city. The day is spent in the city preparing for the trek and adjusting to the new climate. This is a great opportunity to explore the city, admiring its rich architecture and fascinating museums and interacting with the locals whilst practicing Spanish!
3 - 4	The team could choose to complete a three- or four-day trek around Santa Maria de Dota, in the south-central highlands. This gorgeous valley is flanked by the thundering Talamanca Mountain Range. The terrain is varied between established tracks and more dense jungle trails leading to breathtaking waterfalls not to be missed!
5 - 7	There are choices here between overnight treks and day walks, giving a great mixture of challenges whilst observing the stunning scenery of this rainforest location.
8	The team will need to catch their first ferry across to the Nicoya Peninsula. The journey is a great way to see the varied Costa Rican countryside! The Nicoya Peninsula boasts miles of sandy beaches and nesting sea turtles.
9 - 13	On the Nicoya Peninsula the team will take part in a conservation project. There are a variety of community and local government supported initiatives in this beautiful part of Costa Rica which teams can get involved with, from helping create trails through primary rainforests, to working with marine biologists on coastal conservation efforts to help protect sea turtles.
14 – 15	The last day of the adventure will be spent in travelling back to San Jose, where the team will have a chance to explore the city and its bustling markets for a final time. Finish off the expedition with a traditional meal at a local restaurant before flying back home.