

Optional SUPERVISED WEEKEND TRIPS for teenage participants

Limited spaces available

Spaces can be reserved in advance at: turismo@iclc.cr

SATURDAY JULY 17, 2010

- **TURUBARI TROPICAL PARK (two options to choose between: canopy, sensational cable, Tarzan swing or horseback ride) \$110 per person**

Departure time: [to be confirmed](#). Length: around 10 hours

Participants will be able to choose two activities. All equipment will be supplied and a specialized guide will instruct participants. The scenery and vegetation are spectacular: aerial tramway, mountain trails, butterfly garden, bromelias and orchids garden, cactus garden, heliconias collection, bird watching trails, crocodiles pond, iguanas pond. Lunch included.

Do not forget to pack hat, light jacket, walking shoes, insect repellent, binoculars and camera. Bring pants if you are planning to horse back ride.

SUNDAY JULY 18, 2010

- **Tortuga Island Pacific cruise: \$110 per person**

Departure time: [to be confirmed](#). approx. Length: 10 – 12 hours

Includes: Air-conditioned bus transportation to and from Alajuela. Small breakfast, lunch, soft drinks, snacks, snorkeling tour, banana boat tour, live music and bilingual guide.

The Pacific Island Cruise is a one-day boat tour full of adventure that leaves daily from Puntarenas, Costa Rica's major Pacific Port. Once on board the cruise will pass some of the 23 islands in the calm waters of the Gulf of Nicoya, where you might see porpoise, dolphins, sea turtles and aquatic birds. Once at your destination, enjoy the activities that include: sunbathing, volleyball, snorkeling, banana, bird watching or relax in a hammock. A wonderful gourmet meal will be served accompanied with live music.

What to bring: Casual clothes, bathing suit or shorts, suntan lotion, camera, sun glasses, tight fitting hat, light weight long sleeved shirt, rubber sandals, and tennis or boat shoes. Don't forget your towels!

SATURDAY JULY 24, 2010

[To participate on this activity participants must have ADDITIONAL parents consent signed, due to the risks when participating on the river rafting adventure.](#)

- **Rafting Pacuare: \$120 per person (one day trip)**

Departure time: [to be confirmed](#). approx. length for 1 day trip: 10 – 12 hours

Participants will experience the emotion and adventure of the rapids. The scenery and vegetation are wonderful. All equipment will be supplied and a specialized guide will instruct participants in how to handle the river's strong currents.

(Breakfast and lunch included.)

Suggested gear: water sandals or tennis shoes, suntan lotion, towel and a change of clothes.

SUNDAY JULY 25, 2010

- **Arenal Volcano and The Springs Hot Springs: \$110 per person**

Departure time: [to be confirmed](#). Length of tour: 12 hours

Located north of Costa Rica, the Arenal Volcano is a natural phenomenon that attracts thousands of tourists due to its permanent volcanic activity, which on clear nights can seem like fireworks with intermittent explosions of ash and lava. The trip initiates going to the north of the country. There is a stop in the town of Sarchí and continues until arrival to La Fortuna, for lunch in a restaurant right in front of the volcano. Before entering the gardens where the thermal springs are located, there will be a visit to Arenal Lake to walk on a road next to the Park, where the group will look for toucans, monkeys, coatimundis and other animals. The group will not enter this park. Dinner will be served in a restaurant of the area and after dinner the group will begin the trip to return to Alajuela. Do not forget to pack: swim suit, mosquito repellent, sweater and towel.

SATURDAY JULY 31, 2010

- **The best of the Pacific (Punta Leona Resort / day at the beach): \$110 per person**

Departure time: [to be confirmed](#). Length: 10 hours

You will depart from Alajuela towards the Pacific coast via the Old Spanish Road of 1606, briefly stopping along the way for breakfast. Once you arrive to your destination, you will visit one of the most beautiful protected areas, Punta Leona Resort, an exotic paradise surrounded by 750 hectares of transitional tropical wet forest to tropical dry forest, which is characteristic of this region. You will have all day free to enjoy the beauty of its white sands or to enjoy the optional activities such as water sports, bathing in the ocean or using the hotel pools. The tour includes lunch. In the afternoon you may wish to enjoy an optional guided walk through the jungle. Taking only one and a half hours it is a good opportunity to observe wild life such as reptiles, amphibians and scorpions. Sunset in Punta Leona is an extraordinary experience, which we will enjoy, and after this spectacular view you will return to Alajuela

What to bring: hat, sun block, insect repellent, binoculars, camera, shorts, sandals, towel and swimsuit.

SUNDAY AUGUST 1, 2010

- **Doka coffee plantation, Poás Volcano and La Paz Waterfalls: \$100 per person (one day trip)**

Departure time: [to be confirmed](#). Approx. length for 1 day trip: 8 hours

Includes: Air-conditioned bus transportation to and from Alajuela, breakfast, lunch, entrance fee to the Volcano, entrance fee to the Waterfalls and bilingual guide.

As the group ascends towards the volcano there will be a stop for a brief explanation on the golden bean, coffee, and then continue the trip through fern, flower and strawberry farms. At the Volcano, if weather conditions permits, participants will have time to observe the main crater with its sulfur fumaroles. Then there will be a hike on a trail to the Botos Lagoon that will allow visitors to learn about the different ecosystems in the park. The trip will continue towards the Caribbean, stopping at La Paz Waterfall Gardens, a natural park where it is possible to walk through trails to the White Magic Waterfall. Inside the park you will also visit the largest butterfly observatory in the country that houses a collection of tropical jewels and the impressive hummingbird gallery, serpentarium, old house, bird house & frogs exhibit.

Once the walk is finish the group will partake of a delicious lunch buffet and then begin return to Alajuela.