



COSTA RICA: THE ULTIMATE ADVENTURE

**From Cloud Forests to
Coastlines**

14-DAY PROGRAM



HIGHLIGHTS

- Zipline through the cloud forest and traverse hanging bridges through the rainforest
- Chase waterfalls and hike in famous national parks
- Experience authentic Costa Rican Culture through cooking, playing music, dancing and practicing Spanish with locals
- Get your blood pumping on an overnight whitewater rafting excursion on the Pacuare River
- Surf and snorkel in the Caribbean Ocean
- Chill out on a white sand beach and play soccer with locals



2024 PROGRAM DATES

- June 10 - June 23
- June 28 - July 11



GET IN TOUCH!

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ITINERARY

Actual schedule of activities will vary by program session. The information detailed here is typical for what you can expect to experience; however, site visits, activities and service work vary depending upon a number of factors, such as the weather, scheduling and constraints of the location.

Day 1: Arrival Day

Bienvenidos a San José!

Our TTN Trip Leaders will meet you in the San José airport arrivals terminal wearing their TTN t-shirts.

We will spend this first day settling into our accommodation and building connections with fellow travelers. Before we sleep off our jetlag, we will enjoy a local welcome dinner.

Days 2 - 4: Monteverde & the Cloud Forest

Our adventure begins as we journey north from San Jose to Costa Rica's biodiverse Monteverde Cloud Forest. Witness the landscape transform, from the coastal flora to dense mosses and lush vegetation, as we make our way into the central rainforest of Costa Rica.

Adrenaline awaits as we soar above the treetops on exhilarating ziplines and climb hanging bridges beside howler monkeys and scarlet macaws. Keep your eyes peeled as you glide over treetops – with some luck, we might even spot a rare quetzal, a brightly colored bird with magnificent tail feathers.

Delve into Costa Rica's coffee heritage as we tour a plantation, learning the art of coffee bean cultivation and preparation. Meet local teens during a cultural exchange with high school students from the region and learn about day-to-day life growing up in Costa Rica. As night falls, a nocturnal hike in a nearby national park unveils the forest's captivating wildlife, including red-eyed tree frogs, white-nosed coatimundis, and lots of exotic insects!

Days 5 - 9: Arenal & the Pacuare River

Welcome to Arenal, where adventure meets tranquility in a symphony of nature's wonders. Start the adventure with a scenic boat ride across Lake Arenal revealing the majestic Arenal Volcano, an iconic backdrop to this lush paradise. Delve into sustainable farming at an eco farm, basking in natural pools and connecting with native birds' harmonious melodies.

Hike to the awe-inspiring Fortuna Waterfall, a rewarding journey that culminates in an amazing view. Amidst this serene setting, we'll reflect, reset, and rejuvenate, fully immersing ourselves in nature. Prepare for an adrenaline surge as we navigate the Pacuare River's thrilling rapids. Class 2-3 rapids lead the way, as we bond with our team and spot native wildlife along the riverbanks. After a day on the water, a rustic river lodge offers a bonfire, games and reflections. As our river odyssey concludes, we journey to Costa Rica's vibrant Caribbean coast. Pass the time with games, books and good company as we wind our way eastward, ready to explore the next chapter of our tropical expedition.



Days 10 -12 Cahuita

The last leg of our journey is upon us - Costa Rica's stunning Caribbean coast. Welcome to paradise! With white sands and turquoise waters as our canvas, we'll revel in the company of newfound friends against a backdrop of endless ocean.

Take a guided hike through Cahuita National Park, where the lush landscape hides treasures like toucans and sloths. Dive into the mesmerizing underwater realm as we snorkel, immersing ourselves in the magic of the ocean. Unleash your inner surfer, catch waves, or simply bask on the beach. Meet the indigenous Bri Bri tribe and discover the secrets of cacao, the heart of chocolate.

Our journey concludes with a delicious note, as we explore the art of traditional local Costa Rican cuisine. A sunset dinner brings us together for a final celebration, marking the end of an unforgettable adventure.

Day 13: San Jose

And just like that, we're back where it all began. Wrap up our adventure with a full day exploring Costa Rica's colorful capital city. Embrace San Jose's many charms, from quaint coffee shops to historical gems and delicious eateries.

Make a stop in the iconic Central Park, a hub of life and culture that captures the essence of the city. Embark on a captivating city tour, where we'll trace the vibrant strokes of the street art that adorns the walls in every corner of the city.

A visit to a modern art museum unveils the fascinating history of Costa Rican art and music, a testament to the nation's creative spirit. In the evening, a special farewell dinner becomes a celebration of our remarkable journey. Amidst laughter and camaraderie, we'll bid goodbye to newfound friends and savor the memories of two weeks that have left an indelible mark on our souls. [BS note: maybe just cut "on our souls?"]

Day 14: Departure Day

Before we know it, our Pura Vida adventure has come to an end. Head to the airport with incredible memories, new friends, and confidence that will benefit you for life!

TTN Trip Leaders will accompany travelers to the San Jose airport and check them in for their flights home.

As you settle into your seat for the journey home, reflect on the things you saw, the people you met, and places you went. We'll see you on your next adventure! Welcome to the Network!

ABOUT TEEN TRAVEL NETWORK

Teen Travel Network was founded in 2022 by the leadership team of its 'sister company' Global Leadership Adventures. Global Leadership Adventures has been in operation for 15+ years and has sent tens of thousands of students on life changing international service related trips. Teen Travel Network was founded on the basis of discovery, insight and fun and operates trips for teens across Asia, Europe and Latin America. Our mission is to build confidence, curiosity, and connection in the next generation of global citizens through travel.

PROGRAM SPECIFICS

- Tuition: \$4,699
- Ages: 14 - 18
- Accommodations: Hotel Blocks, River Lodges
- Group size: 10-21 travelers
- Arrival Airport
 - Costa Rica: SJO (San Jose)
- Departure Airport
 - Costa Rica: SJO (San Jose)