



Costa Rica

Turtle Conservation & Action-Packed Adventure

12 days

This school trip showcases the highlights of Costa Rica including its diverse wildlife, imposing volcanoes and beautiful coastline. With white-water rafting, snorkelling in Cahuita on the Caribbean Coast, the impressive Arenal Volcano and ziplining at Monteverde cloud forest. No trip to Costa Rica would be complete without spending time viewing the prolific wildlife, so we include some time at the Pacuare Reserve conservation centre to experience first-hand the efforts being spent on turtle conservation.



[Learn more about our Carbon Labels](#)

Your Recommended Expedition Itinerary

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|---------------------|---|-----|
| Day 1 | Arrive San Jose On the first day of our Costa Rican adventure we fly from the UK to San Jose. On arrival we meet with our local leader and transfer to our accommodation. The rest of the day's plans will depend on the time of our arrival. | D |
| Day 2 | White water rafting in Pacuare After a good night's rest and a hearty breakfast, we board the buses and head to the Pacuare River. We begin our white water rafting experience through rainforest canyons and waterfalls. After lunch, we transfer to the Caribbean coast. | BLD |
| Day 3 | Snorkelling and beach time at Cahuita This morning we will be snorkelling over a vibrant coral reef, spotting tropical fish and sea turtles with the help of our experienced leader. Following our snorkelling activity, we have some free time to explore the beach or to explore Cahuita National Park. | BLD |
| Days 4 - 6 | Turtle Conservation Project Today we travel north to the Pacuare Sea Turtle Project. Here we will take part in conservation work such as beach patrols, hatchery activity and releasing hatchlings. This is a great opportunity for us to learn about endangered sea turtles and local wildlife. | BLD |
| Day 7 | Transfer to La Fortuna and Arenal Hanging Bridges We bid goodbye to the coast today and head inland to La Fortuna at the base of the Arenal Volcano. Here we will explore the Arenal hanging bridges to spot wildlife and enjoy being in the rainforest. There may also be the opportunity to visit some hot springs. | BLD |
| Day 8 | La Fortuna Waterfall and Monteverde This morning, we put on our walking shoes and hike to the La Fortuna Waterfall. Here we can go for a refreshing swim beneath the cascade. After lunch, we transfer to Monteverde Cloud Forest for the night. | BLD |
| Day 9 | Explore Santa Elena Cloud Forest/Monteverde Reserve by day and night We have the full day to explore the Santa Elena cloud forest and Monteverde reserve both during the day and for a night-time walk. This will give us a better chance of spotting a wide array of wildlife and species that venture out after dark. | BLD |
| Day 10 | Zip-line and transfer to San Jose On our penultimate day in Costa Rica we have a morning full of pure adrenaline. We will be flying through the forest canopy on various zip lines. There is also the option of a Tarzan swing at the end! After lunch, we drive back to San Jose for a final group dinner. | BLD |
| Days 11 - 12 | Return home On the final day of our adventure, we transfer to the airport for our return flight to the UK. Depending on flight schedules, there may be time to buy some last-minute souvenirs. | B |

Look what's included:

- International flights
- All accommodation, transportation and activities
- All food as described above
- Local, bi-lingual, first-aid qualified STC leader
- Parent and student trip launch presentation
- Pre-travel information sessions
- ATOL financial protection
- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Donations to two carbon & conservation charities
- Free Fairtrade t-shirt for every participant and teacher
- Free travel guide book to your destination on request

What's not included:

- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations
- Emergency Medical & Repatriation Insurance
- Personal spending money
- Tips for guides, drivers and porters (ask for guidance)
- Airport departure taxes paid locally
- Personal effects and cancellation insurance



A word about Responsible Tourism

On our expeditions and educational journeys, we strive to connect teachers and students with the people they meet, nurture the cultures they experience and protect the beautiful environments they are lucky enough to explore.

Many companies talk the talk, few truly walk the walk. We are far from perfect, but we are leading the way in sustainability in the school travel sector. In 2018 we were the first UK travel company to become **Travelife Certified** – a verified sustainability certificate formally recognised by the Global Sustainable Tourism Council.

This is our passion, and we'd love to tell you more about it in due course. In the meantime, for more information on some of the steps we take as a company to make our operations more sustainable, please visit:

<https://www.thestc.co.uk/travel/what-do-we-do/>

Trees for Life

Physical Rating for this trip: Grade 3



Moderate physical activities are included in Grade 3 trips. Good health and reasonable fitness are important to get the most out of the trip. Trips of this grading are likely to include multiple consecutive days activity either walking at moderate altitude (up to 2,500m) or paddling. With between five and seven hours of activity with occasional longer/harder days. The trip may contain other activities such as cycling, rafting, remote camping which also require physical effort and a reasonable level of fitness and resilience. Steady preparation and an increase in your underlying fitness levels will help you get the most from this grade trip.

Cultural Rating for this trip: Grade 3



Students should expect some culture shock. You'll be exposed to signs of poverty. The food will be quite different to home and English, whilst still spoken, will be less prevalent. Respecting the local culture will make it easier to fit in and get the most out of your trip. We're likely to visit remoter locations on this tour where access to western-style services may be sporadic. Often on trips of this grading there are parts of the itinerary which are more remote, interspersed with sections which are more 'comfortable'.



Travel Safety & Other Expedition Training

Preparing students and teachers for their upcoming adventure is an opportunity to teach important life skills and a vital part of our overall approach to safety management. Please ask for your quote for the training schedule specific to your expedition. Topics covered will include:

Responsible Tourism workshop

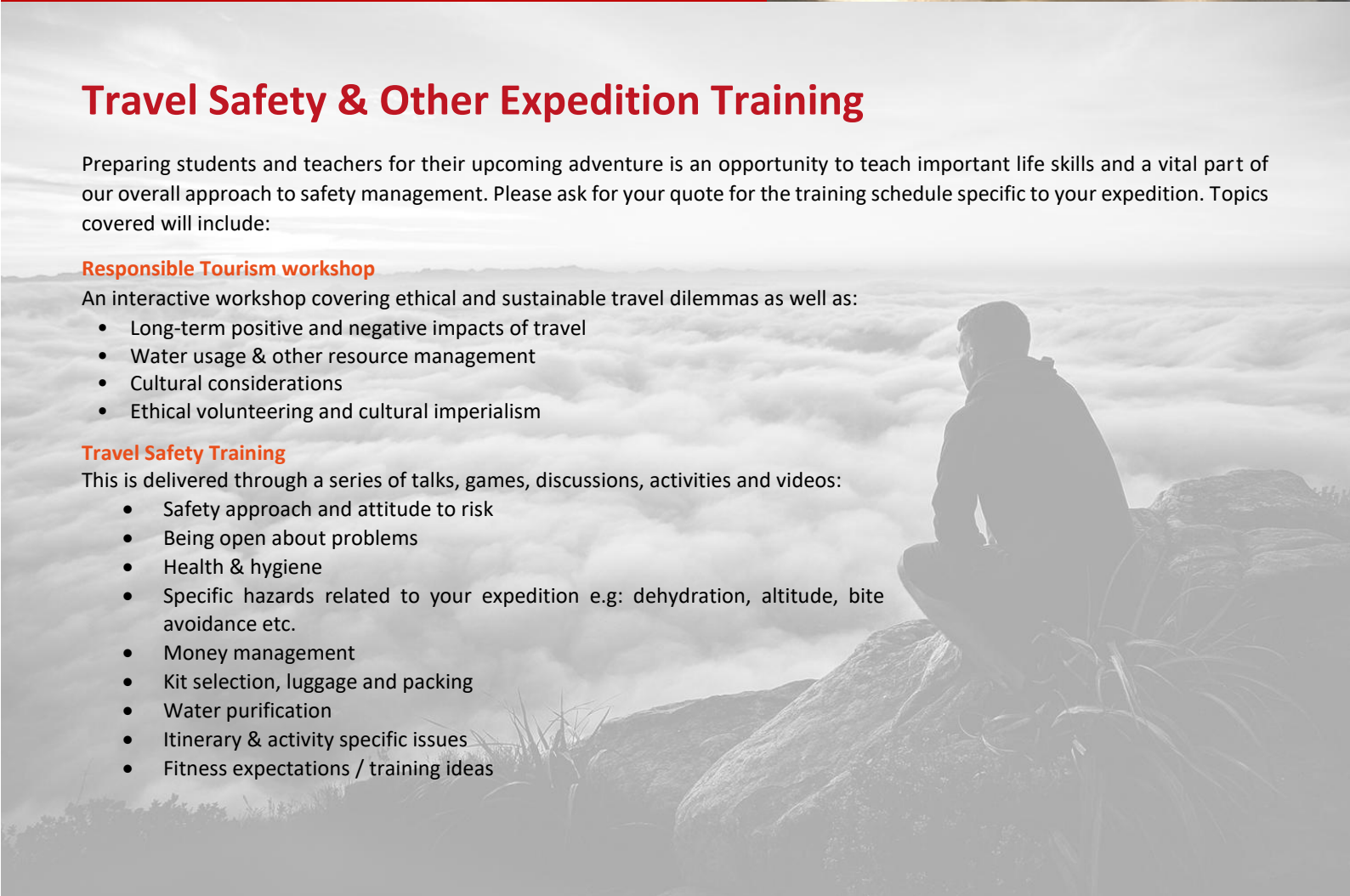
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- Long-term positive and negative impacts of travel
- Water usage & other resource management
- Cultural considerations
- Ethical volunteering and cultural imperialism

Travel Safety Training

This is delivered through a series of talks, games, discussions, activities and videos:

- Safety approach and attitude to risk
- Being open about problems
- Health & hygiene
- Specific hazards related to your expedition e.g: dehydration, altitude, bite avoidance etc.
- Money management
- Kit selection, luggage and packing
- Water purification
- Itinerary & activity specific issues
- Fitness expectations / training ideas





A journey of 1,000 miles...

Starts with a single step... Contact us now to start your expedition journey

1 Ask for your personalised quote & further information

If this itinerary doesn't quite scratch your expedition itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an adventure that's just right for you and your students. Contact us for more information and a detailed quote.

2 Ask for risk assessments and marketing materials

We can provide initial risk and threat assessments to help you with your expedition approval process. Ask for posters and your Pre-Booking Information Pack too.

3 Arrange an expedition launch evening

This is a chance for students and parents to hear more about the expedition with a comprehensive information evening covering the itinerary, safety management, the build-up to the trip and lots more. There is also plenty of opportunity for questions.



The home of the modern, innovative school expedition, where a sustainable, ethical approach guarantees unique experiences and a life-enhancing adventure.

"I am being completely serious when I say that I won't ever run a school trip without you guys. I trust you and your team completely - and the in-country staff that you carefully cultivate and train are a cut above the rest."

Teacher feedback, King's High Warwick

Contact Us:

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