

Costa Rica Adventure, Eco Tourism and Philanthropy



Highlights: Enjoy the unique combination of adventure, nature and philanthropy. There are few places where the forces of nature play so interactively. Rainforests, cloud forests, coastline, volcanoes, mangroves, ragging rivers, exotic flora and fauna, incredible wildlife...it's a veritable haven for anyone who loves the earth – plain and simple. During your trip you will experience the thrills of world-renowned river-rafting, zip-lining, kayaking, rainforest hikes and explorations. Cultural activities including dance, language and cooking classes. Stay in variety of locally run hotels committed to sustainable practices and ensuring that tourism leaves a positive footprint – from comfortable cabins on a 500 acre rainforest reserve in the Sarapiquí to an eco-hotel overlooking Arenal Volcano to luxury tents in the jungle. There are options for home stays in the Sarapiquí should your group want a night or two of true authenticity and immersion.

Philanthropy: Work alongside the *Sarapiquí Conservation and Learning Center* whose focus is on educating the youth of Sarapiquí, the region's future landowners and leaders, and developing an educated and environmentally-aware population. The SCLC also aims to connect conservation with the well-being of the local community by facilitating interaction between tourists and local residents. The SCLC strongly believes that tourism can be an effective tool for sustainable development in the rural tropics, promoting not only economic growth but also social and environmental sustainability.

Service Work and Donation Project Options: please see attached for more information regarding each project idea and budget needed.

- ~ Assist with the construction of a classroom
- ~ Assist with the construction of a community center
- ~ Help with school sidewalk project (many children have been hit by cars and trucks due to increase in traffic)
- ~ Construction of a Biodigester on a local farm for sustainable farming.

Notes:

We support Sustainable Tourism and eco tours in Costa Rica. Every trip includes carbon offset - a contribution to offset the pollution created by your travel. Once your trip has been confirmed we will forward you purchased renewable energy credits. In addition, GoPhilanthropic donates 10% of its profit to efficiently run projects making a difference in the areas of Conservation, Environmental Protection, Health, and Education, each with goals of self-sustainability.

Representing innovative people doing great things in great places...



54 Seminole Way, Rochester
New York 14618
www.GoPhilanthropic.com
1-800-655-3403

Distinguished ~ Intelligent ~ Philanthropic

ITINERARY



Day 1 San Jose

Welcome to Costa Rica! As soon as you step off the aircraft you will be met by one of our representatives. From the airport you will be privately transported to your hotel.

Day 2-4 Transfer to Sarapiquí

Today you will venture to Sarapiquí in the province of Heredia. Head north over the Central Volcanic Mountain Range passing through Braulio Carrillo National Park. The lush vegetation and abundant wildlife in this lowland rainforest region make it the ideal destination for adventure seekers and conservationists alike. Here, you will have the opportunity to see first-hand how support for local projects contributes to the health of the community by visiting the Sarapiquí Conservation & Learning Center, a



non-profit organization working to link communities and conservation through education and ecotourism in the Sarapiquí region of Costa Rica's northern lowlands. It focuses its efforts in 4 areas: environmental education, community development, conservation and tourism. A visit to the center offers in depth private one-on-one meetings with the center's staff who will describe their social and environmental programs including field ecology, reforestation, and recycling projects. Travelers have the opportunity to help local schools, libraries, and conservation efforts.

The group will stay at Selva Verde Rainforest Reserve which works in conjunction with the Learning Center. <http://www.selvaverde.com/lang/en/activities.php>

- ~ Spend the following 3 days working with the staff and members of the local community on your selected project.
- ~ Enjoy in-depth hike into the Reserve's rainforest by a trained naturalist to explore the wonders of the jungle and to understand the environmental issues facing the region.
- ~ Weaved in are options for cooking classes, dancing and language classes.
- ~ Options for **zip-lining and white-water rafting**
- ~ Community *home stays* available.

Day 5 *Transfer to Arenal Volcano*



After breakfast, the group will be transferred to the Arenal Region. After an early breakfast, private transfer up into the mountains and through the rainforest until the famous cone shape of one of the world's most active volcanoes appears in front of you - the majestic Arenal volcano. The Arenal area, surrounded by farmlands and forests, is one of the most visited areas in Costa Rica. In the afternoon, you will enjoy a ***Kayaking tour at the Arenal Lake***, the largest lake in Costa Rica. This tour is a perfect for sport enthusiasts and for those who love outdoor adventures. On your trip you may

observe many different species of birds like the Flycatcher, Kingfisher, Great Blue Heron and Aninga plus many more. Option for ***Night River Kayaking or Night Volcano Hike***
 Overnight in Arenal. <http://www.hotelarenalkioro.com/>

Day 6 *Arenal*

This morning you will be doing a private guided tour to the ***Arenal Hanging Bridges Project***, known as one of the greatest eco-touristic projects of Costa Rica. The trail itself is 1.9 miles in length, crossing nine fixed bridges and 6 suspension bridges and is laid out at a maximum grade of 7 degrees so that anyone can walk it. Here you will immerse yourself within the canopy of the rainforest in a responsible and sustainable way, and the experience is incomparable. After the tour, return to the hotel to relax and/or enjoy the hotel facilities. Later in the afternoon, private transfer from the hotel to the beautifully landscaped hot springs on the Ecotermals private reserve; five free-flowing thermal pools set in a natural river gorge. Take a dip in the hot springs followed by a delicious home-style dinner.



Overnight in Arenal. <http://www.hotelarenalkioro.com/>

Day 7 *Pacific Coast*



Transfer (by air or bus) to Rafiki Lodge <http://www.rafikisafari.com/> . Rafiki is a wilderness luxury tent camp and conservation project focusing on adventurous sustainable tourism. The lodge is nestled on 842 acres of pristine jungle along the Savegre River, 30 km south of Quepos and Manuel Antonio in Costa Rica. Their luxury Safari tents are set atop hardwood decks, each with rocking chairs, so you can sit back and admire the view in privacy. Imported from South Africa, the tent's design lets you experience nature up close while keeping the insects at bay. Spend the afternoon hiking to hidden waterfalls

on the reserve. You can also enjoy a wide variety of activities such as whitewater rafting, horseback riding to waterfalls, hiking, and world-class birding. Overnight in the luxury eco-tents.

Distinguished ~ Intelligent ~ Philanthropic

Day 8 Savegre River

Today you will embark on a world class whitewater rafting adventure on the Savegre River. You can begin this adventure by 4-wheel drive, horseback or 3-hour nature hike, all of which take you to the very remote back country of the Savegre River, for a 4 hour guided rafting trip with class II, III, IV rapids in rafts for 6 people or in 2 man inflatable kayaks. There are great swimming holes and a large variety of birds and primary jungles (Egrets, Toucans, Osprey, Parrots, Kingfishers and Cormorants). For lunch, you will stop in a little village called Río Blanco for a Tico-style lunch in a thatched roof restaurant with great views and a nature path. You will also stop at some of the most beautiful waterfalls in the area with many blooming heliconias in this shady Garden of Eden. Overnight in luxury eco-tents.



Day 9 San Jose - Home

Transfer back to San Jose for your connecting flight home. Depending on your flight time we might suggest an overnight in San Jose.

End of Adventure!

Tour Price	Based on 8-10 persons travelling
Price per person in double room	\$3450

Inclusive of:	Non-inclusive of:
<p>Lodging:</p> <ul style="list-style-type: none"> - 2 Nights at Bougainvillea in standard room. - 3 Nights at Selva Verde Lodge in standard room. - 2 Nights at Arenal Kioro hotel in suite. - 2 Nights at Rafiki Lodge in luxury tents. <p>Transportation:</p> <ul style="list-style-type: none"> - Private ground transportation during the whole trip, coaster. - <p>Activities:</p> <ul style="list-style-type: none"> - Canopy tour La Linda in Sarapiquí. - Kayak in Arenal Lake. - Arenal Hanging Bridges. - Don Juan farm. - Ecotermals. - Savegre river rafting. <p>Guides:</p> <ul style="list-style-type: none"> - Private guide during the whole trip <p>Meals: all meals included</p>	<ul style="list-style-type: none"> - All visas. - Early check-in or late check-out. - International airfares and airport taxes. - Other meals and drinks not mentioned in the itinerary. - Entrance fees and activities not specified. - Travel insurance. - Tipping & Gratuity. - Personal expenses. - Other services not specified.



54 Seminole Way, Rochester
New York 14618
www.GoPhilanthropic.com
1-800-655-3403

Distinguished ~ Intelligent ~ Philanthropic