



**Instituto de Cultura
y Lengua Costarricense**

OPTIONAL SUPERVISED WEEKEND TRIPS

Limited spaces available
Reservations can be made in advance at tourism@iclc.cr

Date: Saturday July 7, 2012
Tour: Canopy San Luis in the cloud forest of Alajuela
Price: US\$85 per person (one day trip)
Departure time: to be confirmed.
Length: Approximately 7 hours
Includes: canopy tour, Tarzan swing, superman cable, lunch and transportation. All equipment will be provided and specialized guides will instruct the participant.
Location: Set into the cloud forests of Costa Rica's Central Valley region, the San Luis canopy tour will take you through a green canopy and across the Río Cataratitas. Carried securely by a system of zip lines, you will soar weightlessly through the expanse of virgin forest that grounds the tour. The San Luis canopy tour also presents the "Elevator," a thrilling feature that securely lifts visitors high above the forest canopy, granting a paramount view of the area.
What to bring: hat, light jacket, long pants, walking shoes, insect repellent and camera.

Date: Sunday July 8, 2012
Tour: Tortuga Island Pacific cruise
Price: US\$114 per person (one day trip)
Departure time: to be confirmed.
Length: Approximately 10 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.
Location: The Pacific Island Cruise is a one-day boat tour full of adventure that leaves 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 boat, bird watching or relax in a hammock. Lunch 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 towel!

Date: Saturday July 14, 2012
Tour: The best of the Pacific (Punta Leona Resort / 1 day at the beach):
Price: US\$110 per person
Departure time: to be confirmed.
Length: Approximately 10 hours
Includes: Air-conditioned bus transportation to and from Alajuela, breakfast, lunch and bilingual guide.
Location: 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. In the afternoon you may wish to enjoy an optional guided walk through the jungle or you can just relax at the beach. Around 3 p.m. you will begin the trip to return to Alajuela.
What to bring: hat, sun block, insect repellent, binoculars, camera, shorts, sandals, towel and swimsuit.

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Date: Sunday July 15, 2012
Tour: Arenal Volcano and the hot springs
Price: US\$110 per person (one day trip)
Departure time: to be confirmed.
Length: Approximately 10 hours
Includes: Air-conditioned bus transportation to and from Alajuela, breakfast, lunch, entrance fee to the hot springs and bilingual guide.
Location: North of Costa Rica, the Arenal Volcano is a natural phenomenon that attracts thousands of tourists due to its permanent volcanic activity. 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. After lunch you will have free time enjoy the thermal springs and around 3 p.m. you will begin the trip to return to Alajuela.
What to bring: Do not forget to pack: swim suit, mosquito repellent, sweater and towel.

Date: Saturday July 21, 2012
Tour: San Lucas Island Pacific cruise
Price: US\$89 per person (one day trip)
Departure time: to be confirmed.
Length: Approximately 10 hours
Includes: Air-conditioned bus transportation to and from Alajuela. Small breakfast, lunch, soft drinks, snacks, live music and bilingual guide.
Location: The Pacific Island Cruise is a one-day boat tour that leaves from Puntarenas, Costa Rica's major Pacific Port. Browse the Gulf of Nicoya to get to San Lucas Island, a Historic Cultural Penal. Once at your destination, you will have a guided tour through the old and at the Island dry forest. You will also have time to enjoy the beach and lunch 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, insect repellent, rubber sandals and tennis or boat shoes. Don't forget your towels.

Date: Sunday July 22, 2012
Tour: Doka coffee plantation, Poás Volcano and La Paz Waterfalls
Price: US\$89 per person (one day trip)
Departure time: to be confirmed.
Length: Approximately 10 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.
Location: 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.
What to bring: tennis or hiking boots, light jacket, sunblock, insect repellent, hat and umbrella.

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