



EDUCATING STUDENTS THROUGH TRAVEL



Tour: Rhythms of the Rainforest
Destination: COSTA RICA
Itinerary: 8-days / 7-nights
Preferred Dates: January through November; excluding Easter Week

COSTA RICA - RHYTHMS OF THE RAINFOREST						
Day	Morning	Afternoon		Evening		
1	Travel to Costa Rica; transfer to Hotel; Boxed Meal					
2	Breakfast	Salsa Dance Lesson		Performance #1		Dinner
3	Breakfast	Transfer to Hacienda Pozo Azul	Activity: Ziplining or Rappelling	Activity: Whitewater Rafting or Horseback Riding		Dinner
4	Breakfast	Pineapple Tour	Merengue Dance Lesson	Chocolate Tour	Transfer to Arenal Volcano	Dinner
5	Breakfast	Cumbia Dance Lesson	Eco-Centre Danaus	The Cultour	Baldi Thermal Springs	Dinner
6	Breakfast	Transfer to Pacific		Performance #2		Dinner
7	Breakfast	Manuel Antonio National Park		Beach Time		Dinner
8	Breakfast	Transfer to San Jose, Souvenir Shopping Stop; Fly Home				

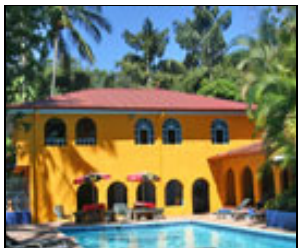


Mention Costa Rica and people think paradise. The country's Disney-like cast of creatures — ranging from howler monkeys to toucans — are prolific and relatively easy to spot. The waves are prime, the beauty is staggering and the sluggish pace seductive. Costa Rica, despite being such a tiny nation, draws well over a million visitors every year - and you can see why. The incredibly varied topography means you can cruise a cloud forest one day, climb a volcano the next, and finish passed out on a hot sandy beach.
 - Lonely Planet

As with all sample itineraries, please be aware that this is an “example” of a schedule and that the activities included may be variable dependent upon dates, weather, special requests and other factors. Itineraries will be confirmed prior to travel.

Day 1
Boxed Meal

Travel to Costa Rica via air, arriving at Juan Santamaría International Airport. After boarding your transportation, your school will be swiftly transferred to your hotel located a short 10-minute drive from the airport. Dependent upon arrival time, your school will reconvene for a boxed dinner later in the evening, or if a late arrival, head for bed!



Hotel Accommodation - Las Orquídeas Inn - Orquídeas Inn is a small, intimate friendly resort, conveniently located only 10 minutes away from the International Airport and nestled on over 10.5 acres of tropical gardens and nature trails. The hotel features 26 air conditioned rooms and suites, with fans, telephone, satellite TV, safe deposit boxes, coffee makers; some with volcano and mountain views; swimming pool, gift shop, massage & spa services, luggage storage and internet access. The restaurant serves great international and national dishes, in a tranquil atmosphere overlooking the mountains. www.orquideasinn.com

Day 2
Breakfast-Lunch-Dinner

Good morning Costa Rica! Today we start the week off with **our first Latin Dance lesson – Salsa!** A bilingual instructor, cold drinks and towels will be provided. Additionally, a certificate of accomplishment will be awarded.

Salsa Dance - Salsa is a syncretic dance form with origins from Cuba as the original American meeting point of European and African cultures. The current method of Salsa dancing contains movement elements from a variety of dance genres including traditional Mambo, Guaguanco, Swing and Hustle. Salsa is normally a partner dance although there are recognized solo forms such as line dancing suelta and Rueda de Casino where multiple couples exchange partners in a circle. Salsa can be improvised or performed with a set routine.



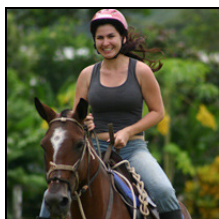
After our morning lesson, we'll enjoy lunch at Las Delicias Del Maíz Restaurant in Alajuela - a large, informal family restaurant specializing in corn dishes and grilled meats.

In the afternoon, we'll embark upon our first local performance! Get prepared! Cold drinks and towels will be provided.

This evening we'll have dinner in our hotel.

Day 3
Breakfast-Lunch-Dinner

Rise and shine Alajuela! After breakfast at the hotel, we'll transfer to the Sarapiquí area, approximately 2-hours, for a day of outdoor exploration at Hacienda Pozo Azul!



Hacienda Pozo Azul is a 2,000 acre ranch in Sarapiquí, located approximately a 2-hour transfer from San Jose. The Hacienda's many trails have plenty of natural fauna, beautiful rivers and waterfalls, giving our students the opportunity to explore on horseback, mountain bikes, or in a guided nature walk, or just enjoy bird watching as they drift down the Sarapiquí River. Adventurous students will feel their adrenaline rise as they discover the wonders of Hacienda Pozo Azul with a thrilling (and safe) Treetop Canopy Ride ending with a spectacular 900-foot zip line across the Sarapiquí River. Or, sample the exhilaration of white water rafting with the Sarapiquí's year round, class II and III rapids, all with top quality equipment and experienced certified guides. For even more 'hands-on' excitement, rappel down the Sarapiquí River canyon with special safety ropes. Hacienda Pozo Azul guides are not only certified in Health & Safety procedures, but also specialize in each of the activities they perform at the hacienda. www.pozoazul.com/costa_rica_adventure_tours.html

NOTE: Schools may choose one of the following activities for this morning's activity and then a second activity for the afternoon. Options include horseback riding, canopy/ziplining, rafting (Class II – III) or rappelling. Each student will have the opportunity to pick two independent activities. **Students electing to participate in whitewater rafting should be strong swimmers. A waiver/release is required for all activities and for all participants.**

After our thrilling day, we'll check-in to La Quinta de Sarapiquí Hotel for an outstanding rainforest evening!



Hotel Accommodation - La Quinta de Sarapiquí Hotel - La Quinta is a nationally certified eco-lodge where every effort is taken to co-exist harmoniously with beautiful surroundings. Ten acres are composed of regenerating agriculture, a reforested area with native trees, and an old-growth forest on the riverside and tropical gardens. Accommodations at the inn are meticulously maintained and include rooms with private bathrooms, hot water, air conditioning, ceiling fan, walking closet area, hairdryer, safety box, and a beautiful thatched roof porch facing to the gardens with hammocks and rocking chairs. Enjoy! www.hotellaquintasarapiqui.com

This evening we'll have dinner and then the night is ours for exploration of the rainforest!

Day 4

Breakfast-Lunch-Dinner

Good morning Sarapiquí! Following breakfast, we'll head out to taste the local fruit!

Corsicana Organic Pineapple Farm - Finca Corsicana (which simply means Corsicana Farm in Spanish) is Collin Street Bakery's ambitious pineapple project in central Costa Rica. It was founded in 1991, to guarantee only the highest quality pineapple and papaya. Finca Corsicana features state of the art equipment and is home to an organic pineapple operation - the largest of its kind on Earth! It is located near the foot of Mount Poas, a very active volcano with the second largest crater in the world. The volcanic activity has made the land abundantly rich with minerals. In fact, the land here in Costa Rica is so fertile that fence posts actually take root and sprout leaves!



Schools will have a wonderful tour visiting the Pineapple mill where guides will take us through the actively operating farm to give an interesting talk about the history, cultivation and all the phases of pineapple growth - from sowing and harvest to the packing plant, the ornamental pineapple project and organic pineapple review. We will learn how pineapples came to be the 'Fruit of Kings,' and how the growing and harvesting techniques evolved over time. The tour will take us out into the 3,000 acres of pineapple fields in specially designed tractors, and then back to the facility to see the processing and packing process that guarantees only the finest pineapple leaves the shipping dock. Afterwards, students and teachers alike will enjoy a snack of piñacolada in fresh fruit, fresh pineapple and freshly made pineapple juice!

www.collinstreet.com/pages/finca_corsicana_home

After our Agriculture experience, we'll get ready for **our next Latin Dance lesson – Merengue!** A bilingual instructor as well as cold drinks and towels will be provided. Additionally, a certificate of accomplishment will be awarded.

Merengue Dance - Merengue is a style of Latin American music and dance with a two-step beat.

Merengue was made the official music and dance of the Dominican Republic by Rafael Trujillo. Some say merengue derived from the 'paso de la empalizada' (pole-fence step). There are also legends about a limping war hero (or in some version, El Presidente of a banana republic himself) who had to step in this way while dancing because of wounds, and the polite public imitated him. Although the tempo of the music may be frantic, the upper body is kept majestic and turns are slow, typically four beats/steps per complete turn. In some regions, the 'empalizada' style is replaced by the exaggerated Cuban motion taught in ballroom studios.

Following our Master Class we'll have lunch at the hotel and then move on to discover the rainforest's fabulous chocolate!

The Sweetest Rainforest Experience - In this two-hour activity you will discover the marvels of one of the favorite foods of humankind – chocolate! The tour includes a guided hike across the Tirimbina suspension bridge to a cacao plantation, as well as to a forested section where you will observe species of cacao and how the product originally developed there. Onsite, you will learn about the process by which cacao is processed into chocolate (harvesting, fermentation, drying, milling). There also you may taste different types of chocolate, made from organic chocolate grown by the Association of Amazilla Women of the Caribbean, a group of rural women from Pueblo Nuevo de Guacimo dedicated to the production of organic chocolate.

www.tirimbina.org/eco-activities-chocolate-tour.html



Afterwards, we'll transfer to the Arenal Volcano area! We'll have the early evening for rest, relaxation and to enjoy the unbelievable scenery!

Hotel Accommodation - Montaña de Fuego Hotel – The hotel is immersed in 45 hectares of primary and secondary forest at the foot of the majestic Arenal Volcano which makes it a true oasis of peace, enriched by an exuberant vegetation and diverse fauna. Montaña de Fuego is one of the most beautiful hotels in the area, with one of the most privileged panoramic views of the Arenal Volcano.



Privacy and comfort are some of the many benefits at Montaña de Fuego. All rooms are equipped with air conditioning, telephone, private bath, hair dryer, cable television, private balcony, and mini-bar. A swimming pool, Jacuzzi and full spa are available for guest use. Meals are taken in the hotel's restaurant. www.montanadefuego.com

Tonight, after dinner at the hotel, students can either enjoy free time at the pool, spa or perhaps an evening volcano viewing!

Day 5

Breakfast-Lunch-Dinner

Rise and shine Arenal! After a leisurely breakfast in the hotel, we'll get ready for our next Latin Dance master class – Cumbia! A bilingual instructor as well as cold drinks and towels will be provided. Additionally, a certificate of accomplishment will be awarded.

CUMBIA Dance - Cumbia is a Latin American musical style that originated in Colombia's Caribbean region. Traditional Cumbia and its associated dance is considered to be representative of Columbia, along with Vallenato, Bambuco and Pasillo. Cumbia originated from the Caribbean coast of eastern Colombia, with folkloric variants in Panama from where it spread gaining particular popularity in Mexico, Argentina, and the Andean region. Cumbia began as a courtship dance practiced among the African slave population that was later mixed with European instruments and musical characteristics.

After our brilliant morning of dance, we're off to soak in some local culture!



Eco-Centre Danaus – Today we'll travel to the Eco-Centre Danaus, where we will learn about the natural history of the flora and fauna of Costa Rica. Students will see and study a great variety of tropical plants and traditional crops, organically farmed in the gardens. The Eco-Centre is home to various animals and a tree nursery. The nursery project propagates local species, who provide shelter for birds or mammals or whose fruit provides food, as well as useful timber species.

http://www.ecocentrodanaus.com/danaus_ingles/about_us.html

Later, we'll travel to La Casona Rio Fortuna for an afternoon of Culture!

The Cultour – Experience Costa Rican Hospitality! – This fantastic activity includes six experiences designed to introduce students to the culture of native Costa Ricans (Ticos). Along the way we will learn about the history of this 100-year old estate and its inhabitants. www.casonariofortuna.com

First, students will try their hand at making their own corn tortillas from fresh ingredients. As we gather in the kitchen we will make our own creation then move to the dining room to taste our presentation while being serenaded with local songs.

Next, we'll take a short walk to learn about sugar cane, a strong crop in Costa Rica. After learning about harvesting and processing, we'll have an opportunity to taste and drink this fascinating product!



Next, we'll have a fabulous traditional lunch - a hearty and healthy meal with vegetables, meat, and fruit produced by the farmers located around the casona as part of the project to promote a sustainable development of the surrounding rural area.

Next, students will visit a local elementary school where local children are waiting to present typical local folk dances. Experience how tourism interacts with education and promotes the interaction between local school children and visitors. **NOTE: Visiting schools may feel free to bring small gifts for the students if you desire. If so, they are greatly welcomed.**



Next, we'll visit a local tree farm. Students will break into small groups and plant different types of trees to support Costa Rica's ecology.

Finally, we'll enjoy a delicious treat of many of the tropical fruits Costa Rica is famous for!

In the early evening, we'll get some needed rest and relaxation at Baldi Hot Springs!

Baldi Hot Springs Resort – Get ready for a great evening! Baldi Hot Springs provides 25 of the most thermal mineral water pools in the world flowing naturally from the volcano. Their medicinal waters, certified by L.N.A (Laboratorio Nacional de Aguas), have delightful settings for each individual taste of heat with temperatures ranging from 32 – 67o C. These unique pools are surrounded by lush vegetation where delicious waterfalls massage your back. Changing rooms, water slides, swim-up bars and Roman bath pools are sure to whet your appetite. www.baldihotsprings.cr



Afterwards, we'll have dinner and watch the fiery volcano!

Day 6

Breakfast-Lunch-Dinner

Rise and shine Arenal! After a leisurely breakfast in the hotel, we'll board our transportation and travel to the Pacific Central Coast area with lunch in Jaco Beach!

Jaco Area Exploration & Shopping - Jaco is the most popular beach town in Costa Rica and its lively town center offers unique shops and galleries giving Jaco its fantastic character. A surfing town, Jaco is quickly becoming the largest seaside community in Central America. The Jaco scene is very diverse with some excellent international restaurants. There is an abundance of pubs that host live music including Latin music, rock and roll, blues and Jazz.



After time in Jaco, we'll check into our hotel on the Central Coast:

Sample Hotel: Hotel Villas Playa Samara – When you stay at Hotel Villas Playa Samara you will find yourself enjoying not only the beautiful Samara Beach but also discover that the hotel provides a wonderful range of activities that offer your group everything from bicycle rentals to snorkeling tours. Surrounded by natural exuberance and wildlife, the hotel is located in Guanacaste and is the ideal place for nature lovers. The accommodation is based in 1, 2 and 3-bedroom villas complete with kitchens, living areas and terraces with views and access to gardens or the beach. www.villasplayasamara.com/villas.html



After check-in, we'll be free to settle into our hotel, go beachcombing, swim at the pool, or take a dip in the magnificent Pacific Coast water.

In the early evening, we'll embark upon our second local performance! Get prepared! This evening we'll have dinner in our hotel.

Day 7

Breakfast-Dinner (Lunch On Own)

Good morning Pacific Coast! This morning we'll discover Manuel Antonio National Park!

Manuel Antonio National Park - With the establishment of Manuel Antonio National Park in 1972, the people of Costa Rica decided to preserve, for future generations, one of the most beautiful and bio-diverse areas in the world. Although it is the country's smallest national park, the stunning beauty and diversity of wildlife in its 683 hectares is unequalled. Manuel Antonio contains a charming combination of rain forest, beaches and coral reefs. These beaches are the most beautiful in the country, lined with lush forest, and the snorkeling is excellent too. The forest is home for sloths, iguanas, monkeys and millions of colorful crabs. www.manuelantoniopark.com/mapk/english/park.html



This afternoon we'll have free time at the beach and pool. Later, we'll enjoy dinner at our hotel restaurant.

Day 8

Breakfast

Rise and shine Pacific Coast! It's time to pack up and head home! Following breakfast and dependent upon our flight departures, we'll have the morning free to comb the beach and then we will start to say goodbye to Costa Rica as we head off for our flight home; taking memories with us that will last forever!

While en route, we'll stop for last minute souvenirs!

NOTE: If groups depart Costa Rica in the afternoon, a restaurant stop will be made for lunch purchases by individual group members.



As always, our staff is available to you to answer any questions you may have regarding programming.
If we may serve you in any way, please do not hesitate to contact us.

Kaleidoscope Adventures | 800-774-7337
www.kaleidoscopeadventures.com | info@kaleidoscopeadventures.com

COSTA RICA RHYTHMS OF THE RAINFOREST – DANCE!

Minimum Booking Numbers: 20 students

What's Included: Round-trip flights with a scheduled carrier
7-nights' accommodation
Breakfasts, lunches & dinners in destination
(Lunches not included on Days 7 & 8)
Transportation for programmed activities & airport transfers
3 Latin Dance Master Class Workshops
2 Public Dance Performances
Admission to Hacienda Pozo Azul with 2 adventure activities included
Admission to Corsican Organic Pineapple Farm
Admission to The Sweetest Rainforest Experience
Admission to Baldi Hot Springs
Admission to Eco-Centre Danaus
Admission to the Cultour
Admission to Manuel Antonio National Park
Visit to Jaco Beach area
Full Tour Ambassador Service
24-hour emergency cover

What's Not Included: Departure airport taxes of approximately \$28.00 per person (as of July 2013).
This amount must be paid directly at the International Airport prior to departure.
Fully comprehensive insurance (mandatory)
Transfers to/from home airport
Transportation for activities not shown in the itinerary
Lunches on Days 7 & 8
Cost of visas, full or collective passports
Cost of inoculations or medication required for travel
Sightseeing / Entertainment Options not shown in Itinerary
Hotel incidental deposits & bills – meals, mini-bar items, recreation charges, purchases billed to room, etc
Any gratuities – coach drivers, maid service, bellman service, area guides, tour ambassador

Currency Notes: If you plan to travel to Costa Rica, you will most likely need to carry the local Costa Rica currency in order to purchase goods and services. The Costa Rica currency is called the colon, and its value is about 1/500th of a U.S. dollar. The colon is named after the Spanish explorer Christopher Columbus (Colon is Spanish for Columbus). The colon is primarily carried in bill form as 50, 100, 500, 1,000, 2,000, 5,000 (referred to as toucans), and 10,000 denominations. In coin form, the colon is carried as 1, 2, 5, 10, 20, and 100 denominations.

Most every business / vendor in Costa Rica will accept USD (United States Dollar) for payment. Many items in local stores and hotels are priced in USD and not in Colons. Please make sure to enquire about currency markings prior to purchase.

For the most up-to-date currency exchange rates, please visit:
<http://www.xe.com>

As always, our staff is available to you to answer any questions you may have regarding programming.
If we may serve you in any way, please do not hesitate to contact us.

Kaleidoscope Adventures | 800-774-7337

www.kaleidoscopeadventures.com | info@kaleidoscopeadventures.com



Kaleidoscope Adventures | 800-774-7337

www.kaleidoscopeadventures.com | info@kaleidoscopeadventures.com

SAMPLE PACKING LIST – COSTA RICA!

- Raincoat / Umbrella
- 1 Long-sleeved Shirt
- Mosquito Repellent & Anti-Itch Cream
- Sun Cream
- Flashlight / Head Lamp
- Hiking Boots, Trainers; Water Shoes; Beach Sandals
- Camera & Binoculars if desired
- Bathing Costume
- Water Bottle
- 4 – 6 pairs of Shorts
- Short-sleeve or Non-sleeved T-shirts
- 1 Fleece or Sweatshirt
- Females may desire to bring dresses for dinner although not required
- Cash for Departure Tax (payable to Costa Rican officials prior to departing the country)
- Cash for Lunches on Days 7 & 8
- Cash for any Gratuities / Tips

PASSPORT COPY - Please bring at least one copy of your passport's information page. In case of the loss of a passport, the passport owner can use this copy to get a new passport reissued relatively quickly. Additionally, participants may be asked to show proof of nationality to authorities so this should be carried on your person at all times.

Please know that gratuities (tips) are totally discretionary however they are customary and assist in making up the general basic wages for service personnel. Gratuities are usually paid per person and suggested minimums are \$1 per day of service, per person on tour, for each of the following positions - bus driver, Costa Rica National Guide, & Tour Ambassador. Housekeepers are generally given a gratuity of approximately \$1 per day, per room. Gratuities are generally paid in local currency or USD.

** Gifts for local school children (The Cultour) if desired

** Staff: Credit card for emergency medical needs (Note: Typical medical facilities will require payment at the time service is rendered and then the school should request reimbursement upon return)

PACKING TIPS

Don't pack too much! An old traveler's trick is to lay out everything you think you need for the trip, then pack half and return the rest to your closet.

Organize with zip-lock plastic food bags. Zip-lock food bags can be used to pack certain clothing items you want to protect, to organize smaller items or to keep wet bathing suits separate from other clothes.

Pack sample sizes of toiletry articles. Liquids travel best in plastic containers. Squeeze the air out of the bottles before you fill them up and don't fill them to the top. Place the containers in plastic bags.

Be sure your baggage is clearly labelled. Remove old airline tags. Make sure your name and address is in a prominent place on the outside and inside of each luggage piece.

Make a list of the contents of your suitcase as you pack. Bring this list with you in case your luggage is lost and you need to make a claim.

Carry fragile, valuable, perishable and basic personal items with you. Money, jewelry and prescription drugs should be carried with you. Make sure you have at least a toothbrush and other essential toiletries in your carry-on bag.

Articles that cannot be transported as checked baggage. The following items should not be packed in checked baggage. If a loss of these items should occur, the airlines will not be held liable and will only compensate lost baggage according to their lost baggage policies.

- | | |
|----------------------------------|---------------------------------|
| * Passport & Important Documents | * Fragile & Perishable Articles |
| * Currency | * Jewelry |

Others things to remember:

- Refill your prescriptions before the departure
- Bring some OTC medicines such as pain reliever, allergy tablets and Imodium to deal with illness