

# LEAVING MY FOOTPRINT

8 Days/7 Nights FROM \$1,529 DAILY ARRIVALS

**NEW!**



Capital of Costa Rica, San José

(2) San José • (4) Arenal Volcano • (1) San José

## PROGRAM HIGHLIGHTS

- Explore the capital of Costa Rica, San José, by day and night at your own pace
- Become part of amazing social efforts with Obras del Espíritu Santo not-for-profit
- Discover the exotic nature of Arenal Volcano and its breathtaking surroundings
- Try your hand at milking a cow, making tortillas, and milling sugar cane on the Arenal Vida Campesina (Farming) Tour
- Enjoy personal interactions with the native sMaleku Tribe and learn their art of arrow-making
- Create cherished memories helping rehabilitate and feed regional animal species as part of the Proyecto Asis

**DAY 1 | SAN JOSE** Welcome to your Leaving My footprint travel program in Costa Rica! Upon arrival in San José, transfer to your hotel. Vibrant San Jose awaits your exploration at your leisure today with abundant options to suit all interests. Stop at the Central Market for handmade crafts and souvenirs, visit local museums and attractions, or take time to delve into the culinary options at the city's diverse bars and eateries.

**DAY 2 | SAN JOSE** After breakfast, visit "Obras Del Espiritu Santo," a non-profit organization focused on diverse social aspects including public health, education, and at-risk children and teens. Share time

NICARAGUA

COSTA RICA

④ Arenal

③ San José

PANAMA

# - No. of Overnight Stays

with children who benefit from the organization's efforts and visit a zoo established by the organization's founding priest. Accompanied by an expert guide on-hand to help make this a treasured experience for all, enjoy an open exchange and share your culture and language. (B,L)

**DAY 3 | SAN JOSE | ARENAL VOLCANO** At mid-morning, the journey starts to the northern lowlands of Costa Rica, where the major attraction is Arenal Volcano. The tour begins with a climb up to the central volcanic mountain range. On the way, you will see diverse agricultural plantations, ornamental plants, and cattle ranches before arriving at "La Fortuna" where the mighty Arenal Volcano greets you. Check in to your selected hotel in Arenal and enjoy the afternoon at leisure. (B)

**DAY 4 | ARENAL VOLCANO** Today you will enjoy a guided journey through the "Arenal Vida Campesina" property where you can appreciate traditional and non-traditional cultivations and take part in activities such as: milking a cow, making tortillas, gathering of vegetables, milling sugar cane, learning typical dances, and more! Consider helping the environment by sponsoring and planting an endangered tree before sampling a typical lunch made with fresh farm to table ingredients. (B,L)

**DAY 5 | ARENAL VOLCANO** Today you will be part of the history, culture, and traditions of "The Maleku" Tribe. Hear their native "Maleku Jaica" language, taste a fresh glass of "chichi," take part in a lesson on Maleku history, tour a medicinal plant garden to learn about the close interaction between the tribe and their surrounding ecosystem, and participate in an arrow-making lesson. A theatrical representation showcasing Malekus' ancient customs concludes this exciting visit. (B,L)

**DAY 6 | ARENAL VOLCANO** After breakfast, visit "Proyecto Asis" Wild Animal Rescue Center, Volunteer Program, and Spanish School for a unique opportunity to be near the area's wild animals and help in their rehabilitation. Tour the property accompanied by a proficient guide, visiting each of the habitats and learning about where they live, what they eat, social behavior, and if each is endangered and why. Then, share time preparing food for the animals and feeding them. (B)

**DAY 7 | ARENAL VOLCANO | SAN JOSE** After unforgettable experiences in Arenal area you will be transferred back to San Jose. Along the way, take time to admire the amazing natural landscapes and animals. Bustling San Jose beckons with unending nightlife and opportunities to taste authentic Costa Rican recipes at every turn. Enjoy the evening on your own to savor all that the capital has to offer as the ideal end to your Costa Rican travel adventure. (B)

**DAY 8 | SAN JOSE TO USA** After this splendid travel program enjoying many unique social, cultural, and natural experiences throughout Costa Rica, transfer from your selected hotel in San José, to SJO International Airport for your flight home. (B)

(B) Breakfast - (L) Lunch - (D) Dinner



Arenal Volcano, La Fortuna, Costa Rica



Native Maleku Tribe

## INCLUDED FEATURES

- Hotel accommodation for 7 nights
- Daily buffet breakfast & 3 lunches
- All transfers are based on regular services with Spanish speaking guide
- All tours are based on shared services with Bilingual guide
- Visit to "Obras del Espíritu Santo"
- Tour of Arenal Vida Campesina
- Private Full Day Malekus Reserve Tour
- Volunteer Program Tour at Proyecto Asis
- Document holder and luggage tags
- Hotel taxes and service charges

## HOTELS/STARTING FROM PRICES VALID THRU APRIL 2019

Travel in Comfort	Double	Single		
	\$ 1,529	\$2,059		
<b>City</b>	<b>Nights</b>	<b>Hotels or similar (Type of room)</b>	<b>CST</b>	
San José	3	Sleep Inn San José (Standard)	★★★★	
Arenal Volcano	4	Arenal Paraiso (Standard)	★★★★	
<b>Travel in Style</b>	<b>Double</b>	<b>Single</b>		
	\$1,729	\$2,449		
<b>City</b>	<b>Nights</b>	<b>Hotels or similar (Type of room)</b>	<b>CST</b>	
San José	3	Radisson Europa (Standard)	★★★★★	
Arenal Volcano	4	Arenal Springs Resort (Junior Suite)	★★★★★	

All rates are per person, based on double occupancy. Extra nights and triple occupancy available upon request. Rates are not valid during certain holidays and blackout periods. Please call for special international airfares and domestic flights in Economy or Business Class.

Local airport taxes, beverages, personal expenses, tips for guides, drivers and waitresses as well as all items not mentioned above are not included.