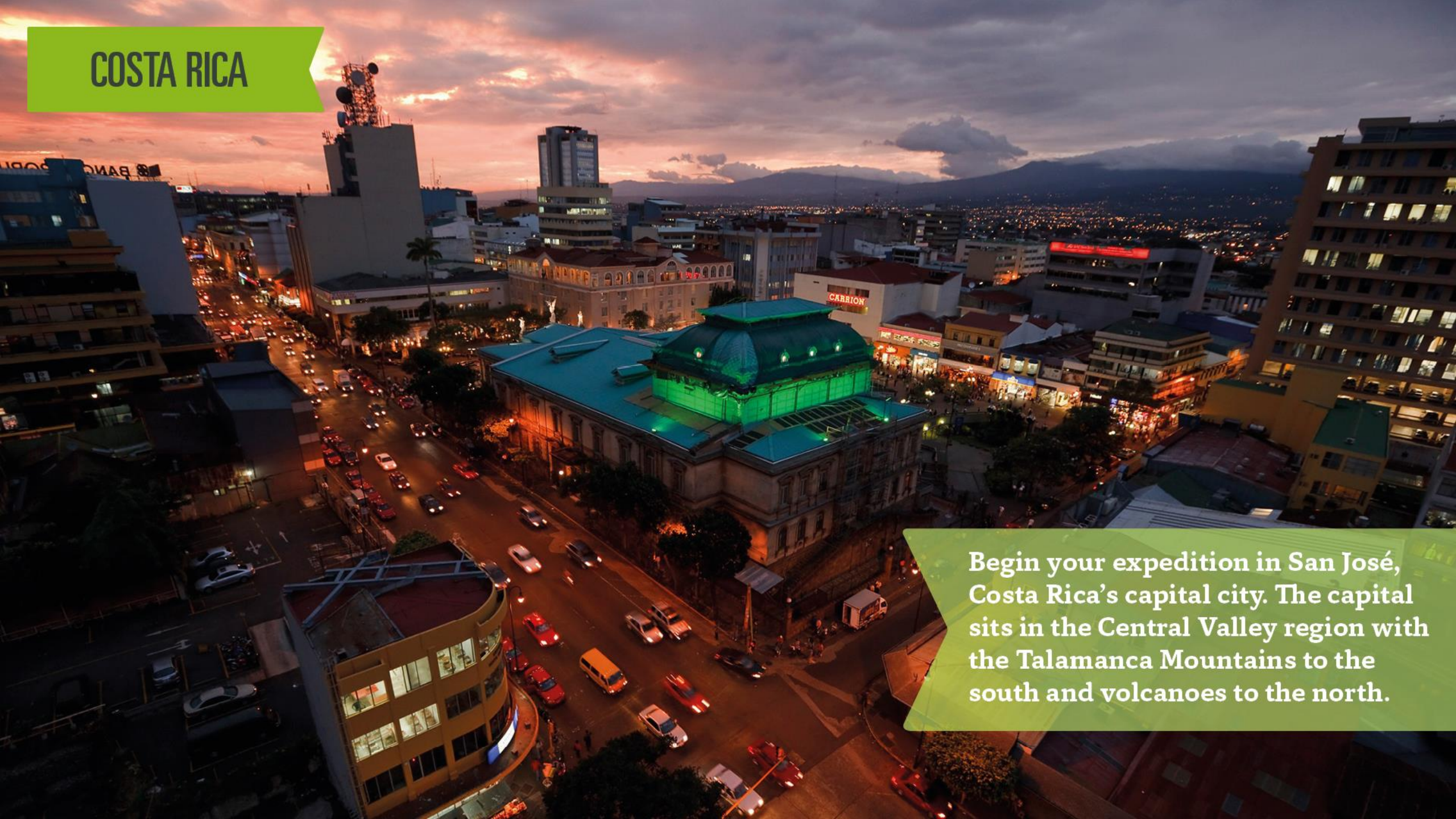




**COSTA RICA**

# COSTA RICA

An aerial night photograph of San José, Costa Rica. The central focus is the National Museum, a large neoclassical building with a prominent dome illuminated in bright green. The museum is situated at a busy intersection with multiple lanes of traffic, where cars with their headlights on are visible. Surrounding the museum are various other buildings, including modern high-rises and older structures. In the background, the city lights of San José spread out towards the base of the Talamancas mountain range under a twilight sky with soft orange and pink hues. A green banner in the top left corner contains the text 'COSTA RICA', and another green banner in the bottom right corner contains descriptive text about the city's location.

Begin your expedition in San José, Costa Rica's capital city. The capital sits in the Central Valley region with the Talamancas Mountains to the south and volcanoes to the north.

# COSTA RICA

The city is distinguished by its Spanish colonial buildings.



# TREK



Climb to the summit of Mount Chirripó; standing at 3820m it's the highest peak in Costa Rica. Clear skies permitting, you may get spectacular views of both the Caribbean and Pacific coast lines!



# TREK

Spend a few days trekking through the various landscapes of la Rincon de la Vieja National Park. The land varies from green pastureland to dense jungle to dry, open volcanic landscapes.

A toucan bird with a large, multi-colored beak (yellow, orange, blue, and red) and a yellow chest is perched on a brown branch. The bird has black feathers on its head and back. The background is a blurred green.

TREK

The park is home to a whole host of wildlife including big blue morpho butterflies, parquets, toucans and larger creatures such as monkeys, tapirs and peccaries.

# TREK

The Children's Eternal Rainforest Trek starts near the beautiful region of Santa Elena and passes through pristine cloud forest - it is one of the most biologically diverse areas spanning 23,000 hectares of the planet.

TREK



Home to nearly 5% of the world's  
bird species.

# PROJECT



La Flor Project - a community economic development project run by the local people of Casas Rio Chiquito.

## PROJECT



**Turtle Project - help to monitor and protect the sea turtles around the coastline of the southern part of the Nicoya Peninsula.**



## PROJECT

**Cloudbridge Nature Reserve Project**  
- help preserve a beautiful part of the world, reforest areas converted to cattle pasture and learn about the biodiversity of Costa Rica's forests.

## PROJECT



**The Asis Project - volunteer at an animal sanctuary that has been set up to provide a home for injured, sick or orphaned wild animals.**

## ACTIVITY



Tortuguero National Park, only accessible by boat, is one of Costa Rica's top wildlife destinations. Famous for its nesting green sea turtles and healthy wild jaguar population. Explore the ins and outs of this remote jungle paradise!

## ACTIVITY



White Water Rafting - spend a day rafting 10 miles down the Rio Reventazon. It is rated one of the top rafting rivers in the world.

## ACTIVITY



Take some time to kick back and relax in the stunning Manuel Antonio National Park. It is home to a whole host of wildlife, golden beaches and giant palm trees.

## ACTIVITY



Visit the Corcovado National Park - one of the most biologically diverse areas in the world. Widely considered the crown jewel in Costa Rica's extensive system of national parks, home to animals such as jaguar, puma, tapier and turtles.

## ACTIVITY



Uvita - a pristine marine reserve with spectacular beaches and coral reefs. You might even catch a glimpse of a humpback whale, some dolphins or even a sea turtle.

## ACTIVITY



**Relax in the coastal village of Cahuita - put your feet up whilst drinking coconut water on the white sand beaches of the Caribbean.**