

COSTA RICA TOURS, LTD

Specialists in Costa Rica & Panama



GROUP TOURS

COSTA RICA VARIETY TOUR

COSTA RICA GARDEN TOUR

COSTA RICA NATURE TOUR

COSTA RICA STUDENT ADVENTURE

COSTA RICA TROPICAL COOKING SCHOOL & TOUR

PANAMA WITH CANAL TRANSIT

COSTA RICA TOURS LTD.

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Costa Rica Tours, Ltd of Charlotte, North Carolina (USA) specializes in educational adventures in Costa Rica and Panama. Our tours are enjoyed by passengers of all ages and offer unique experiences that only we can provide.

COSTA RICA VARIETY TOUR (Alajuela Highlands, Arenal, Tamarindo)

Experience the best of Costa Rica's rain forests, volcanoes and beautiful ocean beaches.



Tour Highlights

Explore the natural beauty of Costa Rica

- ❖ Tour of Espiritu Santo Coffee Farm
- ❖ Nature walk in El Silencio Cloud Forest
- ❖ Rainforest hike at Arenal Hanging Bridges
- ❖ View Arenal Volcano and its lava flow
- ❖ Gardens at Tabacon Hot Springs
- ❖ Las Pumas Wildlife Refuge
- ❖ Turtle Nesting Tour (if operating)
- ❖ Tamarindo Wildlife Refuge tour (optional)

Relax

- ❖ Tabacon Hot Springs & Spa
- ❖ Canopy / zipline Tour (optional)
- ❖ Beautiful Pacific Ocean front resort
- ❖ Optional fishing, surfing lessons, golf
- ❖ Pottery demonstration and market
- ❖ Crafts Shopping in Guaitil and Sarchi

COSTA RICA GARDEN TOUR (San Jose, Turrialba, Alajuela, Arenal)



See many of the 10,000 plants which have helped make Costa Rica the #1 destination worldwide for nature travel.

Tour Highlights

- ❖ Attend the annual National Orchid Show
- ❖ Tour the National Museum and Jade Museum
- ❖ Visit Lankester Gardens in peak orchid blooming season
- ❖ Tour CATIE's renowned fruit tree collection
- ❖ Visit Tayutic Hacienda to see the processing of coffee, sugar cane and macadamia nuts
- ❖ Visit The Ark Herb Farm, Zoo Ave and the world's largest Butterfly Farm
- ❖ Guided walk at El Silencio Cloud Forest
- ❖ Relax at Tabacon Hot Springs & Spa
- ❖ Visit Kientzler Garden & Sarchi craft shopping

COSTA RICA NATURE TOUR (Turrialba & Southern Caribbean)



Your group will be introduced to the flora and fauna by skilled naturalist guides.

Tour Highlights

In Turrialba

- ❖ Visit the 3000 year old ruins at Guayabo National Monument
- ❖ Tour Tayutic Hacienda
- ❖ Visit CATIE's world-famous fruit trees and Bird Monitoring Program

On the Southern Caribbean coast

- ❖ Visit the only sloth refuge in the world
- ❖ Wildlife boat trip on the Estrella River
- ❖ Stay at Selva Bananito, one of the 10 best eco-lodges worldwide; included tours and optional horseback riding or tree climbing
- ❖ Beach and hike at Cahuita National Park
- ❖ Turtle Nesting Tour at Gandoca National Pk
- ❖ Veragua Rainforest Research & Adventure Center: nature exhibits, aerial tram, guided rainforest walk, optional canopy/ zipline.

COSTA RICA STUDENT ADVENTURE (Turrialba / Limon)



The tour includes visits to nature parks, farms and cultural sites plus recreational, authentic cross-cultural activities and opportunities for community service.

Tour Highlights

Cultural Exploration

- ❖ Basilica de Los Angeles in Cartago
- ❖ Guayabo National Monument
- ❖ Lessons in making tortillas, chocolate, cheese, and a typical Costa Rican meal
- ❖ Tour a Traditional Farm where they cultivate macadamia nuts, sugar cane and coffee
- ❖ Folk Dances performed by school children

Nature Education

- ❖ Tour CATIE (Center for Tropical Agriculture Research and Higher Education)
- ❖ Participate in Bird Monitoring Program
- ❖ Visit the world's only Sloth Refuge
- ❖ Wildlife Tour by canoe on the Estrella River
- ❖ Guided hike at Cahuita National Park
- ❖ Veragua Rainforest Research and Adventure Park: nature exhibits, Puma Waterfall, aerial tram; night hike with researcher
- ❖ EARTH University's organic Banana Farm
- ❖ Heliconias del Caribe tropical flower farm



Recreational Activities

- ❖ Enjoy the beach on the Caribbean
- ❖ Canopy Tour/ zipline
- ❖ Craft shopping



COSTA RICA TROPICAL COOKING SCHOOL AND TOUR (Turrialba)

Interest in cuisines from Latin America is growing as exotic tropical fruits and vegetables unique to this region are more available. Our program will provide you with the knowledge of traditional recipes and cooking techniques needed for adding authentic Latin American cuisine to your repertoire.

Tour Highlights

Culinary Classes

- ❖ Costa Rica (Tico) Highlands Cooking
- ❖ Afro-Caribbean Cooking
- ❖ Chocolate Lesson
- ❖ Cheese lesson at a local dairy farm
- ❖ Tortilla lesson at a local restaurant

Cultural Enrichment

- ❖ Lecture overview of CR culture and history
- ❖ Tour of Basilica de Los Angeles in Cartago
- ❖ Tour of Guayabo National Monument archaeological site
- ❖ Folk Dances by local school children
- ❖ Presentation on Sustainability

Tours and Recreational Activities

- ❖ Guided Rainforest Hike
- ❖ CATIE (Center for Tropical Agriculture Research and Education)
- ❖ Coffee Plantation
- ❖ Veragua Rainforest Research & Adventure Park: nature exhibits and canopy/zipline tour



PANAMA WITH CANAL TRANSIT

Panama is a favorite destination for tourists, retirees and investors. Once a month, you can take an ocean-to-

ocean transit of the Panama Canal as a day trip, instead of having to take a ten-day cruise to transit it. On other Saturdays, there is a partial transit. In addition, you will experience the diverse culture and history of Panama itself.

Tour Highlights

Transit of the Panama Canal

- ❖ Full ocean-to-ocean (8 hours) or half-day transit. Guaranteed day transit (unlike cruise ships that may transit the canal at night)

Panama History Tour:

- ❖ Trans-Isthmus Train Ride & Portobelo Tour
- ❖ Old Panama (Panama La Vieja ruins)
- ❖ Casco Viejo (second settlement): Gold altar of the San Jose Church; Plaza Francia
- ❖ Miraflores Locks and Visitors Center in the former U.S. Canal Zone
- ❖ Typical Panamanian folk dance show



Embera Village in rainforest:

The villagers will show you their medicines from local plants, traditional dances, and hand-made crafts; or visit [El Valle de Anton](#) to see Ngobe Bugle and Kuna crafts at the Sunday Market.

Stay longer to relax at a five-star beach or rainforest resort, or visit the Kuna communities on the islands of San Blas.

