



26 Days

Costa Rica

The Central Trio

Like the perfect espresso, this trip packs a punch and we will be visiting not 1 country but 3 of the most stunning countries in Central America! Whether peering into an active volcano or surfing down it, gazing into the azure blue sea or coming face to face with Leatherback Turtles, this adventure is a great insight into these wonderful destinations! Nicaragua is a beautiful country where the culture remains vibrantly authentic and not yet on the main stream tourist bucket lists. Costa Rica is one of the most vibrant and biologically diverse countries in the world and Panama is famous, of course, not just for the canal but for its beaches, lush jungle and its biodiversity.



Recommended expedition itinerary

Day
1-2

Arrive Managua, Nicaragua

Fly from the UK to Managua. After landing we are met by our local staff and vehicle. We transfer to our hotel in Granada, about an hour's drive. Here we can relax have refreshments and an early night in preparation for the next day.

Day
3-7

Granada - La Esperanza – Project

Today we will transfer by private bus to the project site which is based at La Esperanza (meaning 'Hope') in Granada. This is a children's educational project where the main focus is improving facilities and general renovation and decoration of classroom facilities. Our policy on this style of project means that we will not disturb the local children's learning, however, there are plenty of opportunities to interact, organise games and make a difference while making memories too! We will set up camp and while living on site, the group should be prepared to get stuck in with cooking, cleaning and washing up for each other. We also have a number of other project options in Granada City.

Day
8

San Cristóbal - Telica - Trek

After an early breakfast, we transfer to San Cristóbal Volcano, approx. 1.5 hours by bus. At 1,745 metres, this very active and symmetrical volcano is considered the most challenging in Nicaragua to climb, but you will be rewarded by the view when at the top. The peak is actually a massive 500m x 600m caldera. Not only will you see the gargantuan summits of other volcanoes you will also see the beauty of the breath-taking scenery of the Gulf of Fonseca, Honduras and El Salvador. After the ascent, we descend to our campsite at Telica for a well-earned rest after this long day.

Day
9

Telica - San Jacinto Village - Rota Volcano - Trek

After breakfast, we trek to the summit of Telica Volcano (1,061m). The caldera is 120m deep and over 700m across! From here we descend for a lunch stop at the village of San Jacinto, the descent is on volcanic sand and will have a strange feeling of remoteness. After lunch, we ascend Rota (Orota) Volcano (832m) where we camp for the night.

Day
10

Cerro Negro – El Hoyo Trek - Black Sand Sledding

Climbing Cerro Negro Volcano is an impressive experience. This active volcano (726 meters in altitude) is totally covered with black sand and rocks. Standing on top of this volcano you will have an unforgettable view over the volcanic chain of Central America. The ascent is not too challenging but the descent, surfing at top speed on penny sized grains of volcanic rock is an adrenalin filled rush! After this we make our way to the night at El Hoyo Volcano (altitude 1050m).

Day
11

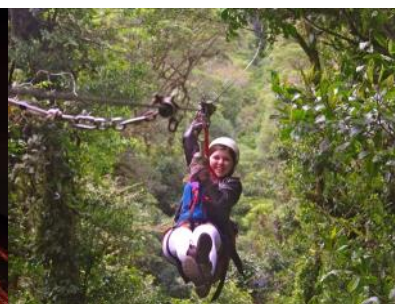
Momotombo - Las Pilas - Trek

After breaking camp, we take a private vehicle and transfer to base of Momotombo (1,297m). This is a classic shaped volcano and the heat it generates is used in the production of electric at the Geo Thermal Power Plant based nearby, which we will get an opportunity to visit! Of all the volcanoes we have tackled this is the hardest and we start the climb on day one by trekking to our camp at Las Pilas.

Day
12

Momotombo – Jinotega

After a good night's sleep (it can be quite windy!) we need an early start as we tackle the ascent and descent of Momotombo! Climbing Momotombo is a challenging task due to the fact that this is a classic cone-shaped volcano; the trails and paths that lead up to the summit are often very steep, volcanic sand and rocks coat most of the upper slopes. After descending you will be pleased to get in the bus for a transfer to Jinotega, where we camp for the night before we move to the Pacific coast of Costa Rica the following day.





Day
13-16

Transfer to Costa Rica - Turtle Project in Playa Grande

Today we cross over from Nicaragua to Costa Rica and transfer to Playa Grande Beach to start on the turtle project. Playa Grande is a vital part of the Marino Las Baulas National Park. The beach has been open to the public since 1990, but remains a highly protected region as it's a nesting site of the Leatherback Turtle. This is one of the most beautiful beaches in Guanacaste! We spend the next 2 days at the Playa Grande, helping to promote conservation, monitoring and checking nests of the Leatherbacks. With a final half day spent on the Turtle Project, we also squeeze in a snorkelling tour. It is a great chance to get up close to the area's amazing sea life.

Day
17-18

Transfer to Turrialba – Mountain biking in Turrialba Area-Trek to Guayabo Monument

Considered to be one of the country's best areas for biking, we enjoy a full day biking in Turrialba. Known as Guayabo National Monument, we visit Costa Rica's most important archaeological site and its only named National Monument. The excavations at Guayabo have revealed a network of cobblestone causeways and streets, open and closed aqueducts, cisterns, stairways, mounds, petroglyphs, monoliths, tombs and sculptures that belong to a pre-Columbian city, which was inhabited 1000 B.C. to 1400 A.D.

Day
19

White Water Rafting to El Nido del Tigre

After breakfast, we depart for the white water rafting "put-in", which is the gateway to the raging Pacuare River. Upon arrival, we embark on our rafting journey through pristine rainforest spotted with waterfalls. Fully qualified white-water rafting guides will give all the necessary training to undertake this activity safely. By afternoon we arrive at our comfortable riverside camp, El Nido del Tigre. Nestled between the sounds of the rainforest and the hum of the river, we will take time to explore this lush environment first hand, looking out for toucans overhead or simply relaxing in a hammock to the sounds of the river.

Day
20

Waterfall trekking & White water Rafting Part II

Today we spend some quality time exploring the trails and waterfall at this unique location on the banks of the Pacuare River. Later on, we continue our rafting journey. The Pacuare River takes us through virgin rainforest, cascading waterfalls and river carved canyons. We manoeuvre through the exhilarating rapids and point out the intricacies of the rainforest at the river's edge. Along the way, we take time out to hike the spectacular waterfalls and have lunch on the shore. Upon arrival at Finca Pacuarito we are able to rest and prepare for transfer into our final country.

Day
21

Border crossing to Panama-La Fortuna Lake -Bike Ride to Gualaca -Transfer to Santiago

We proceed to La Fortuna Lake, which is actually a Dam! From here we bike up for a scenic ride through the Fortuna Forest Reserve. It's 30km to Gualaca where we are collected and transferred to Santiago.

Day
22

Santiago Bike Ride

Halfway between Panama City and the Costa Rican border, just north of the Peninsula de Azuero is Santiago. This city is a bustling hub of rural commercial activity. We spend the morning exploring on bikes before setting off (by private bus) towards the big smoke of Panama City, where we stop for 3 nights.

Day
23

Transfer to Panama City / Panama City Canal Visit

The Panama Canal connects two of the world's grandest oceans, The Atlantic and The Pacific. Here we will be able to watch canal operations as well as visit the museum and visitors centre.

Day
24-26

Amador Causeway Bike Ride

Today, we will jump on bikes for one last time for a ride along the famous Amador Causeway There will be a little time to shop for souvenirs, if you have any space, before our final meal. Day 25 we head to the airport for departure arriving UK day 26.

Further information

Look what's included!

- International flights
- All accommodation
- All food
- All transportation and activities
- Bi-lingual, first-aid qualified local expedition leader
- Parent and student expedition launch evening
- Comprehensive pre-expedition training programme
- 1-day offsite safety INSET day for staff
- ATOL financial protection
- Medical Emergency / Repatriation Travel Insurance
- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Carbon offsetting of all flights
- Free t-shirt for every participant and teacher

What's excluded?

- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations
- Personal spending money
- Tips for guides, drivers and porters
- Airport departure taxes paid locally
- Cancellation and personal effects insurance

Your expedition timeline



Physical expedition rating:

● ● ● ● ○ 4/5

Fitness is important at this grade, which compares to extended walking in mountainous terrain such as the Lakes or Snowdonia, for up to three to five days in a row. It is likely that significant sections of a trip will involve walking and trekking with some days up to eight hours. Some of the trip could be at altitudes of up to 4,500m, but the itinerary will be designed with appropriate acclimatisation in mind. Be prepared for significant possible variations in temperatures throughout the tour. There is not usually time to 'get fit' on these treks, so a two / four month fitness improvement programme would ensure you get the most out of the trip.

Culture shock rating:

● ● ● ○ ○ 3/5

Students should expect some culture shock. You'll be exposed to signs of poverty. The food will be quite different to home and English, whilst still spoken, will be less prevalent. Respecting the local culture will make it easier to fit in and get the most out of your trip. We're likely to visit remoter locations on this tour where access to western style services may be sporadic. Often on trips of this grading there are parts of the itinerary which are more remote, interspersed with sections which are more 'comfortable'.



A journey of 1,000 miles...

Starts with a single step... Contact us now to start your expedition journey



1 Get your tailor-made proposal and further information

If this itinerary doesn't quite scratch your expedition itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an itinerary just for you. Contact us for more information and a detailed quote.

2 Ask for risk assessments and marketing materials

We can provide initial risk assessments and destination threat assessments to help you with your expedition approval process. Ask for posters and your pre-booking information pack too.

3 Arrange an expedition launch evening at your school

This is a chance for students and parents to hear more about the expedition with a comprehensive information evening with opportunity for questions.



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