

COSTA RICA

***PROPOSED ITINERARY**

Day One

- Depart on flight to San Jose, Costa Rica.
- Arrive in San Jose, upon arrival you are met by your Full Time Tour Director & a private bus for transfer to your accommodations.
- Orientation and a relaxing couple of hours to unpack.
- Optional practice session this evening.
- Free evening to explore the area and gain your bearings.
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Day Two

- Morning practice session.
- Play your first international friendly game vs. a local side this afternoon.
- Enjoy a welcome celebration in your honor – cultural presentation of traditional music and dance.

Day Three

- Depart San Jose for San Carlos, stop on the way for shopping in Sarchi – famous for traditional crafts and hand-painted art.
- Arrive at the hotel and check-in.
- Afternoon practice session.
- Optional evening visit to the hot water springs where you can soak and swim in 10 pools of different temperatures surrounded by tropical gardens.

Day Four

- Optional white water rafting (ride the rapids through stunning scenery with a local experienced guide) or take the less adventurous route and explore the jungle on foot. You can visit the Arenal Volcano, Costa Rica's most active volcano, at night it is particularly spectacular with bright red rocks tumbling down its sides. Visit La Catarata de la Fortuna, a breathtakingly beautiful waterfall. There are also options available to explore the area by hiking, canoeing, and horseback riding.
- Play your second international friendly game vs. a local side this evening.

Day Five

- Transfer south to Jaco Beach.
- Arrive at your hotel and check-in.
- Afternoon free to relax at the beach, perhaps play a pick up game on the beach.
- Evening free for social activities and to explore the area.

Day Six

- This morning enjoy a Rainforest canopy zip-line tour. Experience the exhilarating adventure of swinging through a tropical rainforest.
- Afternoon free to relax at the beach.
- Evening practice session.

Day Seven

- Transfer back to San Jose.
- Arrive at the hotel and check-in.
- This afternoon play your third international friendly game vs. a local side.
- Enjoy a farewell dinner.

Day Eight

- Depart San Jose for the US.

COSTA RICA

San Jose - Nestled high in the Central Valley, between green volcanic mountain ranges, the metropolitan city of about one million people is oriented east and west, surrounded by suburbs that cling to the gentle foothills. Unlike other Central American capitals, San José is not a very colonial city, although the heart of the historic center features several beautiful old buildings. Because of its economic success from coffee exports, San José became the second city in the Americas to install electricity (1884). At its heart are the National Theater, Plaza de la Cultura, Parque Central, the Cathedral and Gold Museum, which are centered in a four block area with a long pedestrian-only shopping walkway bisecting the middle of downtown.

San Carlos - A charming and quiet town, San Carlos is easily accessible from the capital city San Jose, and offers some panoramic views of the spectacular Arenal, Costa's Rica's most active volcano. Sitting around 10 kilometers away from town and regularly spewing smoke and ash for some time now, the Volcan Arenal is the country's top rated tourist attraction and is indeed a sight to behold. Over the last few years in particular, San Carlo has become quite a bustling town. On a clear day you can watch the volcano erupt and if you wait for nightfall, the Arenal puts on a brilliant show with bright red rocks tumbling down its sides. Beside the volcano, this town has other great tourist attractions like the La Catarata de la Fortuna, a breathtakingly beautiful waterfall that falls from a dizzying height of 70 meters. A stunning sight to see and a lovely short trek away, this beautiful waterfall makes for a picture perfect moment. Another key attraction nearby are the Tabacon Hot Springs in the area, where one can go to relax and unwind after a long tiring vacation. Set amidst stunning lush greenery, rare orchids and superb waterfalls, the Tabacon Hot Springs is among the many here that offer the ultimate indulgence for those who just want some peace and quiet.



Jaco Beach - Located on Costa Rica's central coast, it is one of Costa Rica's top ten beaches. This is a very popular spot for surfers but has plenty else to do! Relax on the gorgeous beach or visit the Carara Biological Reserve, which is a vital nesting ground for the Scarlet Macaw.