



PERINS
SCHOOL

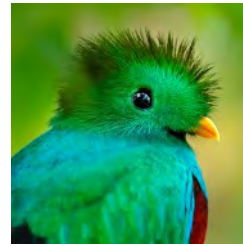
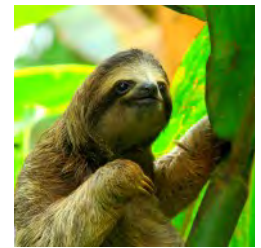
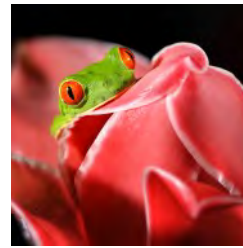
COSTA RICA - OCTOBER 2025



The School Tours Specialists

Perins School Costa Rica October 2025

A biology and adventure tour to the National Parks and Volcanoes



Outline Itinerary

DAY 1	FLIGHT TO COSTA RICA
DAY 2	SAN JOSE - TORTUGUERO
DAY 3	FULL DAY TORTUGUERO
DAY 4	TORTUGUERO - CHOCOLATE TOUR - TRANSFER TO ARENAL
DAY 5	MALEKUS COMMUNITY VISIT & BALDI HOT SPRINGS
DAY 6	ARENAL HANGING BRIDGES - MONTEVERDE
DAY 7	SKY TRAM/TREK & TIME FOR SHOPPING
DAY 8	DEPART COSTA RICA
DAY 9	ARRIVE HOME

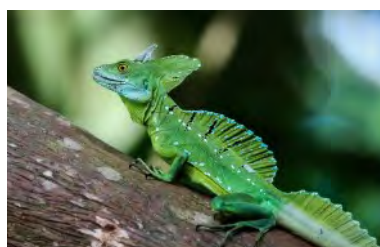
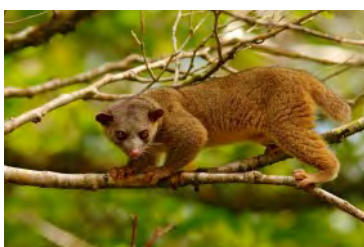
Passport & Visa Requirements

Costa Rica: For British citizens your passport should be valid for at least one day beyond your departure date from Costa Rica. Ensure there is at least one blank page clear for the entry stamp. Other requirements may be in place for holders of different passports. No visa is required for British passport holders.

Canada Transit: Based on the planned flights which transit Canada, all participants will need to obtain a Canadian ETA at a cost of Seven Canadian Dollars.

Travel Insurance

It is essential that all tour members are adequately insured and this is best done by way of a group policy which covers everyone on the tour. Often your school will have an existing policy which covers all school trips. You are advised to check whether this is available to you. Alternatively, we have negotiated a special school group policy with our insurers which provides comprehensive cover for the usual risks such as cancellation, baggage, emergency medical and repatriation. Please contact us for details



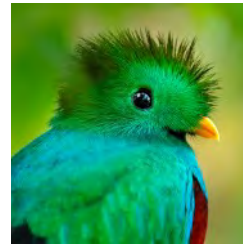
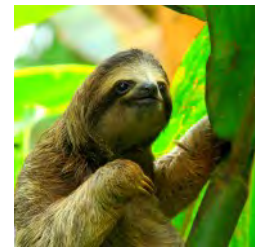
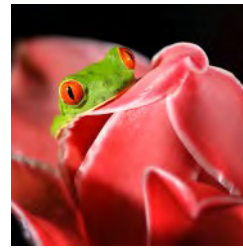
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Detailed Itinerary



DAY 1 Flight to Costa Rica

You fly from the UK to Costa Rica and the capital of San Jose. You depart in the morning and arrive later on the same day. On arrival you are met by your local guide and transfer to your hotel close to the city of San Jose. After the long flight you have time to relax before dinner and probably an early night.

DAY 2 San Jose to Tortuguero

This morning you depart from San Jose and drive east towards the vast **Tortuguero National Park**. (Tortuguero means 'turtle' in Spanish). You reach a road head where you must leave the vehicles behind and transfer to a boat for the remainder of the journey along the Tortuguero river to the town of the same name and your accommodation. Firstly this afternoon you go on a boat excursion on the canals to see the wildlife of the forests which comes down to the riverbank, including sloths, monkeys, great blue herons, iguanas and colourful lizards.

After your tour of the canals, with your guide you will have a guided walk to explore the local village of Tortuguero. You also visit the Caribbean Conservation Corporation's Visitors' Centre and Museum in Tortuguero which is filled with information on turtles, as well as on the flora and fauna in the area.

DAY 3 Tortuguero

Today is a full day in Tortuguero. In the morning you go on a boat excursion on the canals to see the wildlife of the forests which comes down to the riverbank, including sloths, monkeys, great blue herons, iguanas and colourful lizards. In the afternoon you go on a walk with your guide in the forests. The trail, which is about a mile long, starts at one of the park's three stations and takes you on a walk through the forests before bringing you to the beach. You will likely hear the calls of parrots, kingfishers, toucans and other birds on your walk. You might also see spider monkeys playing in the trees or iguanas resting on toppled logs.

At the end of the trail, you will find yourself on the beach, where thousands of sea turtles come onto the beach between July and October to mate and lay their eggs before returning to the Caribbean. Returning to your hotel you will have free time to relax and enjoy the pool at the hotel before dinner.

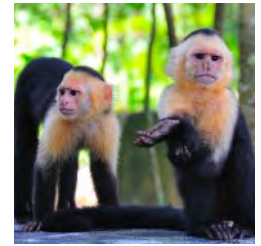
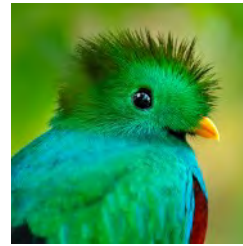
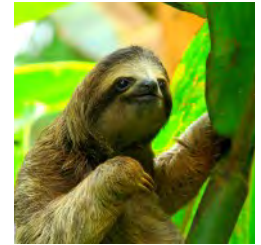


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DAY 4 Tortuguero - Chocolate Tour - Travel to Arenal

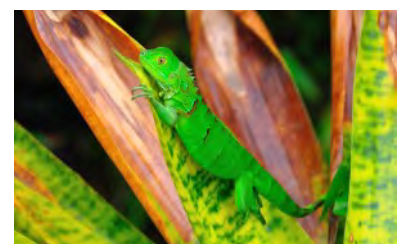
Today is a travel day. This morning you transfer out of Tortuguero by boat and are reunited with your vehicle at Cano Blanco. After lunch you then drive westwards to the Sarapiquí area where you visit a chocolate producer at the **Tirimina Rainforest Centre**. You can see the entire process unfold, from harvesting beans through to the final product. This is no sterile factory tour – you learn first hand how ancient Aztecs and Mayans invented chocolate from raw cacao. You go in search of chocolate beans and in the middle of the rain forest you reach a small outdoor classroom where your guide will show you how cacao fruits are broken open, exposing their beans. A fermentation process of the beans soon begins, and eventually the beans are dried and ground down before being turned into chocolate that you can eat. Tasting is optional but encouraged!

You then continue by road to the Arenal Volcano area and your hotel in La Fortuna. Dinner this evening will be at a local restaurant.

DAY 5 Malekus Community & Baldi Hot Springs

This morning you travel to the **Indian community of Palenque Tonjibe** where you will be greeted warmly. After a short presentation, you go on a hike through the village to learn about their customs including how they bury their dead, the way they build their houses, and their art and crafts which provide them with their main means of income. You also learn about the use of cocoa in their farming. You continue your hike through a trail in the forest where you learn about medicinal plants that their ancestors used, and how they are currently benefitting from them. At the end you will be treated to a dance presentation with native Maleku language and ceremonial dress, followed by a traditional Maleku meal for lunch.

In the afternoon you return to La Fortuna and to the nearby **Baldi Hot Springs**. Situated beneath the Arenal volcano, Baldi has a variety of different hot springs ascending in temperature and situated amidst green, verdant forests and is a wonderful place to take in the fabulous views of Arenal. There are also a number of waterslides to enjoy. Dinner this evening will be at Baldi before returning to your hotel.

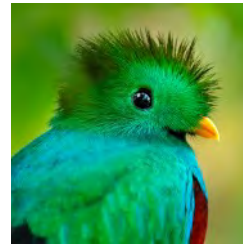
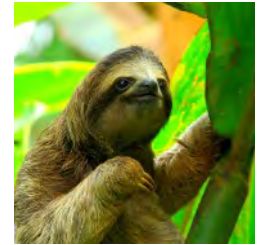


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DAY 6 Arenal Hanging Bridges - Monteverde

This morning you start the day with the **Arenal Hanging Bridges Tour**. This involves a series of suspension bridges and walkways which go through the canopy allowing you to get up close to the upper elevations of the forest. Your guide will point out lizards, frogs, birds, snakes and monkeys and give you a great history and biology lesson at the same time.

After lunch you depart from the Arenal area and drive south for 4 hours to the **Monteverde National Park** and your hotel accommodation. Depending on your arrival time there may be time to do the Santa Elena Cloud Forest hike. Otherwise it will be scheduled for the following day. Dinner this evening will be at your hotel.

DAY 7 Zip Line & Shopping - Return to San Jose

In the morning you do the famous **Monteverde Zip Line** canopy tour. This involves a series of high wires which you zoom along through the forests whilst clipped into a harness. The activity is supervised by experienced guides and all safety equipment is provided. The zip line tour is undoubtedly one of the highlights of any trip to Costa Rica.

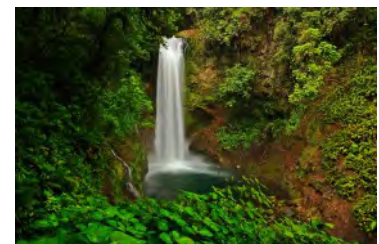
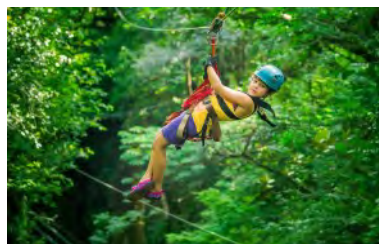
After lunch you have time for **souvenir shopping** before you make your way back to San Jose and your final night in Costa Rica.

DAY 8 Depart Costa Rica

This morning you transfer to the airport in San Jose for your flight back home.

DAY 9 Arrive Home

Your flight will arrive back in the UK today.

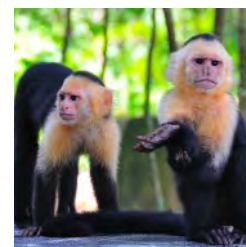
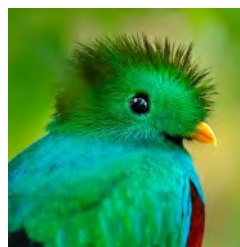
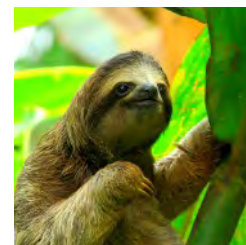
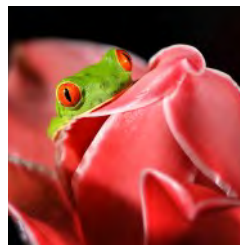


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Your Quote

Quote Date	8 January 2024		
Proposed Departure Date	October 2025		
Accommodation Basis	3 Star Hotels and Lodges		
Meal Plan	Breakfasts, Lunches & Dinners		
Group Size	45 students		
Tour Pricing	Group Size	Price Per Student 16 Years and Over	Price Per Student Under 16 Years
The exchange rate used for this quote is £1 = USD \$1.27 This quote is valid until 31 March 2024	45 + 5	£2548	£2460

What's Included

- Return flights from London to Costa Rica with Air Canada or Similar
- Air Passenger Duty at current rates
- One cabin bag and one check in bag per person up to 23kg
- Professional English Speaking tour guide throughout
- National Park and specialist guides where required for specific visits
- Transportation by private coach throughout your stay in Costa Rica
- Accommodation in 3 star hotels and tourist lodges with en-suite bathrooms (twin or triple share for students)
- Breakfasts, lunches and dinners throughout, including drinks with meals (water & fresh fruit juice)
- All entry fees and excursions as mentioned on your itinerary
- 100% Financial Protection through our Travel Trust Association Licence & ATOL Licence

What's Not Included

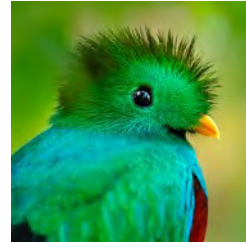
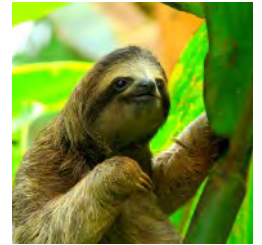
- Return UK airport transfers – we can quote for this service if required
- Travel Insurance – please ask for further details
- Lunch on your departure day
- Tips for guides and drivers

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Our Pricing

Where we are providing a quote more than 12 months ahead of your travel date, the rates we use are our best estimates based on our experience of the previous year. In particular, airlines do not confirm flight costs more than 12 months in advance and so for this reason, we recommend for tours being planned more than a year ahead that you add a modest buffer to the price quoted to students and parents to allow for any possible increase.

Our quote also states the relevant currency rate that your tour has been priced on. Most of our overseas tours will require us to pay significant costs in foreign currency, typically US Dollars or Euros. When Sterling falls, this increases our costs, and if significant increases occur, our booking terms permit us to surcharge if the rate falls below what we have costed on. In any event, any price increase would be limited to no more than 8% of the tour price and we always absorb the first 2% of any increase. We endeavour to avoid any surcharges and in any event will not apply any surcharge once you have paid the final balance for your tour.

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