



EDUCATIONAL  
TOURS

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This is also your tour number

# COSTA RICA & PANAMA

9 or 12 days | Guanacaste, Arenal region, San José, Panama City | Extension to Cartagena, Colombia

Journey into the heart of Central America as you experience Costa Rica and Panama. Begin in Costa Rica, where you'll discover the volcanic Arenal region and the rich wildlife of Rincón de la Vieja National Park in Guanacaste. During your time in Panama, explore the area's abundant flora and fauna at the Biomuseo and see one of the seven wonders of the modern world, the Panama Canal.

## EVERYTHING YOU GET:



**Full-time Tour Director**



**Sightseeing:** 2 sightseeing tours led by a licensed local guide (3 with extension); 1 sightseeing tour led by your Tour Director (2 with extension)



**Entrances:** Rincón de la Vieja National Park; snorkeling; kayaking on Lake Arenal; La Fortuna Waterfall; Arenal hot springs; whitewater rafting; Biomuseo; Miraflores Visitor Center; Gatun Lake boat ride; with extension: Convento de la Popa; San Felipe de Barajas Castle; Barú Island; dinner experience



**weShare:** Our personalized learning experience engages students before, during, and after tour, with the option to create a final, reflective project for academic credit.



**All of the details are covered:** Round-trip flights on major carriers; comfortable motorcoach; 8 overnight stays in hotels with private bathrooms (11 with extension); dinner on arrival day; 3 meals daily on days 2-8 (breakfast and dinner on days 9-10 and 3 meals on day 11 with extension); breakfast on departure day



Panama City





*Anyone can see the world.*

# YOU'RE GOING TO EXPERIENCE IT.

As you can see, your EF tour includes visits to the places you've learned about in school. That's a given. But it's so much more than that. Immersing yourself in new cultures—surrounded by the people, the language, the food, the way of life—creates inspirational moments that can't be listed in an itinerary. They can only be experienced.

And the experience begins long before you get your passport stamped and meet your **Tour Director** in your arrival city. It begins the moment you decide to go. Whether it's connecting with other travelers on Facebook, Twitter, or Instagram, or delving deeper into your destinations with our personalized learning experience, **weShare**, the excitement will hit you long before you pack your suitcase.

When your group arrives abroad, everything is taken care of so you can relax and enjoy the experience. Your full-time Tour Director is with your group around the clock, handling local transportation, hotels, and meals while also providing their own insight into the local history and culture. **Expert local guides** will lead your group on sightseeing tours, providing detailed views on history, art, architecture, or anything you may have a question about.

When your journey is over and you're unpacking your suitcase at home, you'll realize the benefits of your life-changing experience do not end. They have just begun.

*@Eftours I attribute my college semester abroad to the love for travel I discovered on an EF Tour in high school #traveltuesday*

— MELISSA, TRAVELER



Via Twitter



## CHECK OUT WHAT A TOUR IS ALL ABOUT

Watch the videos at  
[eftours.com/](http://eftours.com/)

Your teacher's Tour Website

## What you'll experience on your tour

### Day 1: Fly to Costa Rica

- Meet your Tour Director at the airport.
- Travel to Guanacaste, where you'll feel the sand between your toes as you become immersed in this natural wonderland. The emerald Pacific glimmers alongside miles of beaches—an ideal setting for divers, surfers, and boaters. Take in the craggy bluffs cloaked in forests stretching tall above you and encounter local cattle ranchers driving oxen carts farther inland. Learn about Guanacaste's remarkable array of plant and animal life when you explore Rincón de la Vieja National Park.

### Day 2: Guanacaste

- Visit Rincón de la Vieja National Park. Located high in the mountains, this rain/cloud forest boasts numerous geothermal hot springs.
- Explore life under the sea on a snorkeling excursion.

### Day 3: Guanacaste | Arenal region

- Travel to the Arenal region and get ready for an adventure to remember. Behold the perfect conical shape that emerges from the green hills of Alajuela: this is the fascinating Arenal Volcano. Overlooking the San Carlos plain and the Pacific lowlands, this mile-high volcano has been active for the past 7,000 years. Not only does the volcano serve as a watershed for the lake, but it also provides thermal energy for the nearby hot springs. Relax in these naturally heated pools; then, walk to the bottom of the spectacular La Fortuna Waterfall.
- Enjoy free time in Arenal or
  - enjoy a ziplining tour.

### Day 4: Arenal region

- Take a kayaking trip on Lake Arenal.
- Hike to La Fortuna Waterfall.
- Visit the hot springs.

### Day 5: Arenal region | Sarapiquí | San José

- Travel to Sarapiquí.
- Enjoy a whitewater rafting excursion on the Sarapiquí River.

### Day 6: San José | Panama City

- Fly to Panama City, where you'll explore Panama's cultural, financial, and political capital; a bustling metropolis nestled between the Pacific Ocean and a tropical rainforest.
- Enjoy a walking tour of the Cinta Costera waterfront park.

### Day 7: Panama City

- Visit the Biomuseo, where eight “devices of wonder” help tell the origin of the Panamanian isthmus and its gigantic impact on the planet's biodiversity.
- Visit the Miraflores Visitor Center and take an in-depth look at the Panama Canal, one of the most influential engineering projects ever undertaken and one of the seven wonders of the modern world. Completed by the United States in 1914, the 51-mile canal not only revolutionized international trade by bridging the Atlantic and Pacific Oceans, it also signaled America's emergence as a global superpower. Learn about this modern marvel—including how 22,000 workers lost their lives during its 34-year construction—and see it in action at its Pacific entrance.

### Day 8: Panama City | Gatun Lake

- Take a boat tour of Gatun Lake and see Monkey Island.
- Take a guided tour of Casco Viejo, Panama City's colorful historic quarter and a UNESCO World Heritage Site.
- Enjoy free time in Panama City or
  - attend a folklore evening.

### Day 9: Depart for home

## • 3-DAY TOUR EXTENSION

### Day 9: Panama City | Cartagena

- Fly to Cartagena, Colombia.
- Take a walking tour of Cartagena.

### Day 10: Cartagena

- Take a guided tour of historic Cartagena. Visit the Convento de la Popa and San Felipe de Barajas Castle with an expert local guide.
- Spend the afternoon exploring the more modern Bocagrande neighborhood.

### Day 11: Cartagena | Barú Island

- Take a day trip to the beach at Barú Island.
- Relax and reflect with your fellow travelers, and enjoy lunch on the beach.
- Enjoy a dinner experience that includes traditional music or dancing.

### Day 12: Depart for home

*Words cannot express how wonderful our tour was! Total professionalism, complete consideration of safety, immersion in all aspects of culture and language, students' best interests taken into account at every turn.*

– CHRISTY, GROUP LEADER

“ Tour review

*This tour was amazing, everything we saw was beautiful, it was a very good learning experience as well and definitely worth it.*

– ELENA, TRAVELER

“ Tour review

## TOP THREE THINGS I WILL SEE, DO, TRY, OR EXPLORE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

— The easiest ways to —

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EF Educational Tours  
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Cambridge, MA 02141

*My daughter has gained such an amazing view of the world and history from this experience. She has not stopped talking since I picked her up at the airport. Thank you for all the organization, helpful hints, flexible payment plan, and knowledgeable tour guides.*

—CHARLOTTE, PARENT OF TRAVELER

“ Tour review

## THE WORLD LEADER IN INTERNATIONAL EDUCATION

For over 50 years EF has been working toward one global mission: *Opening the World Through Education*. Your teacher has partnered with EF because of our unmatched worldwide presence, our focus on affordability, and our commitment to providing experiences that teach critical thinking, problem solving, collaboration, and global competence. What's more:

- **We always offer the lowest prices**  
so more students can travel.
- **We're fully accredited, just like your school**,  
so you can earn credit while on tour.
- **All of our educational tours feature experiential learning activities** and visits to the best sites.
- **We're completely committed to your safety.**  
We have more than 600 schools and offices in over 50 countries around the world, so local EF staff members can react quickly and in person wherever you travel.
- **Your full-time Tour Director is with your group**  
every step of the way on tour, providing insight about your destinations as well as great local tips.

