



Costa Rica 2025 Itinerary

Travel Dates: July 14–27, 2025

Day 1: July 14, 2025: Fly to San Jose, Costa Rica

About San Jose

With rainforests and volcanic peaks in the background and a timeline dating back centuries, starting your adventure in the Costa Rican capital city is a fabulous introduction to the country before venturing to other towns and regions.

- San Jose is the capital of Costa Rica (since 1823). The city is centrally located in San Jose province.
- The population of San Jose is approximately 335,000.
- San Jose is the largest city in Costa Rica
- San Jose is considered to be one of the safest cities in Latin America
- The elevation of San Jose is 3840 feet above sea level.
- San Jose Costa Rica weather is tropical.

Meet your tour director at the airport.

Transportation to the hotel and check-in

Meals:

Lunch or dinner provided depending on the arrival time.

Day 2: July 15, 2025: City tour in San José and lecture

9:30 AM: City Tour The day kicks off with a comprehensive city tour of San Jose, led by a bilingual guide, offering insights into the rich cultural and historical heritage of the city.

Lunch in Downtown: Following the city tour, the group will be treated to lunch in downtown San Jose, providing a taste of local cuisine and a chance to rest.

Afternoon lecture National Parks in Costa Rica

Meals:

Breakfast and Lunch provided.

Day 3: July 16, 2025: Full day excursion to Doka Coffee plantation, Paos Volcano and La Paz Waterfall Gardens

7:30 AM Departure: The group sets off promptly from the hotel, accompanied by a bilingual guide, embarking on an exciting full-day adventure.

Explore Doka Coffee Plantation and Paos Volcano:

- Engage in an informative tour at Doka Coffee Plantation, witnessing the intricate process of coffee production.
- Proceed to the impressive Paos Volcano, where the group will be mesmerized by the active crater and lush cloud forest surroundings.

La Paz Waterfall Gardens and Zoo

- Enjoy a scenic 60-minute hike through La Paz Waterfall Gardens, reveling in the natural beauty of the cascading waterfalls.
- Visit the on-site zoo, providing an opportunity to connect with Costa Rica's diverse wildlife.
- Enjoy lunch amidst the picturesque surroundings (included)
- As the day concludes, the group returns to the hotel around 5 PM, enriched with unforgettable memories of Costa Rica's natural wonders.

Day 4: July 17, 2025: Volunteering Two- Day Experience at Refugio Animal

<https://www.refugioanimalcr.com/>

During a two-day experience, volunteers embark on a transformative journey of hands-on work with animals, immersing themselves in the sanctuary's mission of wildlife conservation and rehabilitation.

Volunteers engage in a variety of main activities focused on animal care and sanctuary maintenance. Each morning begins with feeding and enrichment activities, as volunteers assist with preparing specialized diets and providing stimulating enrichment for the animals. Under the guidance of experienced staff, volunteers learn about the individual needs and behaviors of each species, gaining valuable insights into wildlife care and rehabilitation.

Throughout the day, volunteers participate in habitat maintenance tasks, such as cleaning enclosures, repairing structures, and landscaping, ensuring a safe and enriching environment for the sanctuary's inhabitants.

Meals:

Breakfast, Lunch provided.

Day 5: July 18 ,2025 Volunteering at Refugio Animal

<https://www.refugioanimalcr.com/>

This day is the second day of the volunteer experience. Volunteers will engage in a variety of main activities focused on animal care and sanctuary maintenance. Each morning begins with feeding and enrichment activities, as volunteers assist with preparing specialized diets and providing stimulating enrichment for the animals. Under the guidance of experienced staff, volunteers learn about the individual needs and behaviors of each species, gaining valuable insights into wildlife care and rehabilitation.

Throughout the day, volunteers participate in habitat maintenance tasks, such as cleaning enclosures, repairing structures, and landscaping, ensuring a safe and enriching environment for the sanctuary's inhabitants.

Meals:

Breakfast and Lunch provided.

Day 6: July 19, 2025: Visit to Manuel Antonio National Park one day

Embark on an unforgettable adventure with a one-day visit to Manuel Antonio National Park, departing from San Jose. Departing early in the morning, you'll journey through picturesque landscapes, arriving at Manuel Antonio in time for an immersive experience in one of Costa Rica's most stunning natural wonders.

Upon arrival, you'll be greeted by the park's lush rainforest, pristine beaches, and abundant wildlife. Join a guided hike through the park's well-maintained trails, led by knowledgeable local guides who will unveil the secrets of this biodiverse paradise.

Following lunch, it's time to head to the KTSR Rescue Center, where you'll check in and prepare for your volunteer activities the next day. Settle into your accommodations and meet the passionate staff who dedicate their lives to the care and rehabilitation of Costa Rica's wildlife.

Meals:

Breakfast, Lunch and dinner provided.

Day 7-9 July 20 - 22, 2025: Hands on experience at KSTR Rescue Center

<https://www.kidssavingtherainforest.org/volunteer>

During a three-day volunteer experience at Kids Saving the Rainforest (KTSR), participants will engage in a variety of hands-on activities focused on wildlife rehabilitation, conservation, and habitat restoration. Here are some general activities volunteers might perform:

1. **Animal Care and Feeding:** Volunteers assist with the care and feeding of rescued wildlife, including orphaned or injured animals such as sloths, monkeys, birds, and reptiles. This may involve preparing specialized diets, bottle-feeding baby animals, and cleaning enclosures to maintain a healthy environment.
2. **Habitat Maintenance:** Participants help maintain and restore natural habitats within the KTSR sanctuary and surrounding areas. This can include planting native trees and vegetation, removing invasive species, and creating enrichment opportunities for resident animals.
3. **Construction and Infrastructure Projects:** Volunteers may contribute to the construction or maintenance of facilities within the sanctuary, such as enclosures, wildlife rehabilitation centers, or educational facilities. This hands-on work helps improve the living conditions for rescued animals and enhances the visitor experience.
4. **Education and Outreach:** Volunteers have the opportunity to engage in educational programs and outreach initiatives aimed at raising awareness about wildlife conservation and environmental stewardship. This may involve assisting with guided

tours, educational presentations, or community outreach events.

5. **Wildlife Monitoring and Research:** Participants may assist KTSR staff with wildlife monitoring and research projects, such as tracking animal behavior, collecting data on species populations, or conducting ecological surveys. This hands-on involvement helps support ongoing conservation efforts and contributes to scientific understanding of local ecosystems.

Overall, the hands-on activities at KTSR provide volunteers with a unique opportunity to make a tangible impact on wildlife conservation while gaining valuable experience in animal care, habitat restoration, and environmental education. Through their dedication and hard work, volunteers play a vital role in helping to protect and preserve Costa Rica's rich biodiversity for future generations.

Meals:

Breakfast, Lunch and Dinner provided.

Day 10: July 23, 2025: La Fortuna Area

En route to La Fortuna, the group pauses midday at a quaint roadside eatery. Fueled by delicious flavors, volunteers resume their journey, the anticipation of reaching their destination heightening with each passing mile. Upon arrival in La Fortuna, the group is greeted with a warm welcome at their chosen accommodation, where check-in is swift and seamless. After settling into their accommodations, volunteers embark on an afternoon of relaxation and rejuvenation at Baldi Hot Springs. Nestled amidst lush tropical gardens, the thermal pools provide a tranquil oasis for soaking away the day's stresses, allowing volunteers to unwind and reflect on their journey as they immerse themselves in the therapeutic waters. As the sun sets over the horizon, casting a golden hue upon the landscape, volunteers bask in the glow of gratitude, cherishing the memories created amidst the natural wonders of Costa Rica.

Meals:

Breakfast and Lunch provided.

Day 11: July 24, 2025: Volunteering at Proyecto Asis

<https://institutoasis.com/>

One day of hands-on activities working with wild animals at Instituto Asis offers volunteers a unique and rewarding experience immersed in wildlife conservation efforts. The day begins with an early morning briefing led by experienced staff members, providing volunteers with important information about safety protocols, animal care procedures, and the day's tasks. Equipped with knowledge and enthusiasm, the group sets out to engage in a variety of activities aimed at supporting the rehabilitation and well-being of local wildlife.

Volunteers may start the day by assisting with the feeding and care of rescued animals at the sanctuary, which could include orphaned sloths, injured birds, or displaced reptiles. Under the guidance of trained professionals, volunteers learn about the dietary needs, behavioral traits, and medical requirements of each species, gaining hands-on experience in animal husbandry and rehabilitation techniques. Whether preparing specialized diets, cleaning enclosures, or providing enrichment activities, volunteers play a crucial role in ensuring the health and happiness of the sanctuary's residents.

Meals:

Breakfast and Lunch provided.

Day 12: July 25, 2025 Transportation to Lands in Love and volunteering

After breakfast in the La Fortuna area, volunteers embark on a scenic one-hour journey to Lands in Love, where they'll be working with street dogs and cats. The transportation, arranged by the program, ensures a comfortable ride through Costa Rica's picturesque landscapes. Volunteers eagerly anticipate their role in nurturing these animals, knowing their efforts contribute to their wellbeing and rehabilitation. Upon arrival at Lands in Love, volunteers settle in for an impactful experience, spending the night and enjoying nourishing vegan meals provided with care, fostering a sense of compassion and camaraderie among the group.

Meals:

Breakfast and Lunch provided.

Day 13: July 26, 2025: Return to San Jose and chocolate workshop.

Upon departing from the serene haven of Lands in Love, volunteers embark on their journey back to San Jose. Arriving in San Jose, the group indulges in a delightful lunch at a local eatery, savoring the flavors of Costa Rican cuisine.

Following lunch, volunteers partake in an engaging chocolate workshop, immersing themselves in the art of chocolate-making and delving into the rich history of this beloved treat. Guided by skilled instructors from **La Casa del Cacao**, volunteers learn the intricate process of transforming cocoa beans into delectable chocolate creations, from bean selection to molding and decorating. The workshop not only offers a fun and educational experience but also serves as a celebration of Costa Rica's vibrant culinary culture. With newfound knowledge and chocolate in hand, volunteers have the remainder of the afternoon to explore the vibrant streets of San Jose at their leisure, soaking in the sights, sounds, and flavors of the bustling city before bidding farewell to their unforgettable journey.

Meals:

Breakfast and Lunch provided.

Day 14: July 27, 2025

One shuttle will be scheduled from the hotel to the airport.