

Ronald Reagan High School International Travel Program

Updated Summer 2018 Itinerary

Day 1: Fly to Panama City

– Meet your Tour Director at the airport in Panama City .

Day 2: Panama City

– Take a tour of Panama City. With your tour director you will see, Casco Viejo, Indigenous arts & crafts market
– Visit the Panamá Viejo ruins and museum
– Visit the Miraflores Visitor Center at the Panama Canal

Day 3: Panama City • San Jose • Central Pacific Coast

– Fly from Panama City to San Jose
– Transfer to the Central Pacific Coast

Day 4: Central Pacific Coast • Guanacaste

– 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. Located high in the mountains, this rain/cloud forest boasts numerous geothermal hot springs.
– Take a Sustainability tour, where you will get the opportunity to learn about urban farming and sustainable gardening.
– Participate in a cooking class to make dinner with some of the ingredients you learned about on the tour.
– Visit Manuel Antonio National Park

Day 5: Guanacaste

– Visit Rincón de la Vieja National Park.
– Explore life under the sea on a snorkeling excursion.



Day 6: Arenal region

– Continue 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.
– Visit the hot springs.
– Enjoy a canopy tour.

Day 7: Arenal region

– Take a kayaking trip on Lake Arenal.
– Hike to La Fortuna Waterfall.

Day 8: San Jose

– Visit an International Baccalaureate school to gain an intercultural understanding of Costa Rican education and student life.
– Travel to San Jose.
– Experience a folklore evening where you will learn about the rich cultural traditions of the region over a traditional meal. After dinner, enjoy marimba music and local entertainment.

Day 9: San Jose

– Enjoy a whitewater rafting excursion on the Sarapiquí River.

Day 10: Depart for home