



Tour:

Dance Costa Rica!

Destination:

San Jose, Arenal & Pacific Coast, COSTA RICA

Itinerary:

8-days / 7-nights

Dance Costa Rica - Performance Tour				
Day	Morning	Afternoon	Evening	
1	Travel to Costa Rica; transfer to Hotel; Welcome & Safety Meeting		Welcome Dinner & Costa Rica Show	
2	Doka Estate Coffee Tour & Class	La Paz Waterfall Gardens & Costa Rica Environmental Program	<i>National Stadium Performance</i>	Dinner
3	Poás Volcano Tour	<i>University / School Performance</i>	Free Time	Dinner
4	Sarchi Artisans	Transfer to Arenal	Dinner & Baldi Hot Springs Excursion	
5	Sky-Trek Zipline Excursion		<i>La Fortuna Performance</i>	Dinner
6	Transfer to Pacific Coast Beach	Cooking & Culture Experience - Ranch	Jaco Beach Shopping, Beach & Free Time	Dinner
7	Manuel Antonio National Park - Beach & Shopping		<i>Puntarenas Amphitheatre Performance</i>	Farewell Dinner
8	Transfer to San Jose; travel Home			



As with all sample itineraries, please be aware that this is an “example” of a schedule and that the activities and hotels shown may be variable dependent upon dates, weather, special requests and other factors. Itineraries will be confirmed prior to travel.



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Mention Costa Rica and people think paradise. The country's Disney-like cast of creatures — ranging from howler monkeys to toucans — are prolific and relatively easy to spot. The waves are prime, the beauty is staggering and the sluggish pace seductive. The incredibly varied topography means you can cruise a cloud forest one day, climb a volcano the next, and finish passed out on a hot sandy beach. - Lonely Planet

Dance Costa Rica!

*This is the perfect tour for schools, universities, private dance studios and professional dance organizations that want to travel the world while showcasing their achievements. As always, our leaders travel free of charge. Groups may also add in **Latin Dance Master Classes** taught by local experts with options including Cumbia, Merengue & Salsa (shown on Page 8). Ask us about adding these options to your itinerary.*

Day 1

Dinner



Travel to Costa Rica via air, arriving at Juan Santamaría International Airport. After boarding your transportation, your group will be swiftly transferred to your hotel. After getting checked in, we will have our Welcome, Safety & Orientation meeting and then dependent upon your arrival time, your group will reconvene for dinner later in the evening. If you experience a late arrival, head for bed and we will start in the morning!

Sample Hotel: Best Western Irazú Hotel - This full-service San Jose hotel provides comfortable lodging and superb customer service. The hotel is centrally located in the capital city, near major attractions, commercial and banking districts and only 15 minutes away from San José International Airport. Hotel amenities include 3 hotel restaurants and room service options, buffet breakfast, free wireless Internet, outdoor swimming pool, fitness facilities, gift shop, business center, laundromat, 24-hour front desk with currency exchange, plus a casino (adults only). Room amenities include wireless internet telephone service, hairdryers, safe deposit boxes, 32-inch LCD TV, coffee makers with Costa Rican coffee, and air conditioning.



Day 2

Breakfast, lunch & dinner

Today we'll get a taste of stunning Costa Rica by visiting the world-renown Doka Estate & Coffee Plantation followed by a trip to La Paz Waterfall Gardens & Nature Park along with an environmental program to understand why Costa Rica is the top country in the world for incredible eco-tourism.

The Doka Estate Coffee Tour - Located in the coffee capital of Costa Rica, this coffee plantation belongs to the Costa Rican Vargas Ruiz family; pioneers and award winners of coffee production for more than 70 years. The



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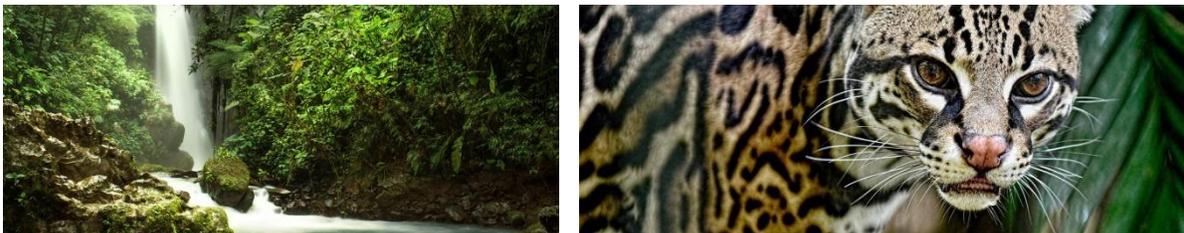


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tour takes place on the Doka Estate, where students learn about production, harvesting, the processing plant and the roasting of the coffee grain. Costa Rica has a large variety of microclimates and altitudes within short distances. The route taken explains how the different climatic factors flavor the taste of the coffee. Guided by an expert, students will receive extensive information making this activity an incomparable experience. And best yet, we'll 'taste' the process along the way!



La Paz Waterfall Gardens & Nature Park - La Paz Waterfall Gardens Nature Park is an ecological attraction featuring stunning waterfalls, an animal sanctuary with over 100 species, and cloud and rainforest hiking trails. See the waterfalls, jaguars, pumas, sloths, monkeys, hummingbirds, snakes, frogs and a lot more!



In the late afternoon, we'll get ready for our first performance, and this is a big one!

National Stadium Performance - Your group will have a performance for the game opening, a half-time presentation show, plus an extra presentation at the end of the game, upon request. The audience is expected to be very, very large. Dependent upon dates booked, this opportunity will most likely fall on a Thursday as these are when the soccer games are played in Costa Rica. Soccer is the top sport in the country.



Costa Rica's National Stadium, Sam Jose, Costa Rica

Dinner will be served at our hotel this evening.



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Day 3

Breakfast, lunch & dinner

Put on your hiking boots this morning because we're off on a Volcano Tour!

Poás Volcano - Poás volcano is a powerful symbol of the geothermal forces that formed Costa Rica. When the mist and clouds part you'll see the sulfuric, bubbling, green rain-fed lake at the bottom, surrounded by smoke and steam rising from fumaroles. Water from the lake is constantly seeping through cracks in the hot rock, evaporating and building pockets of steam. When the pressure in these pockets exceeds the weight of the water above, the steam breaks through in geysers that rocket up to 820 feet (250 meters) high. Don't worry about getting a shower though, the crater is 1,050 feet (320 meters) deep. At almost a mile across it's also the largest active crater in the world. A modern visitors' center and small museum explains and interprets the geothermal and ecological attractions in the park.



In the afternoon, we'll visit and perform for a local school or university.

University or School Performance - The performance opportunities include San Luis Gonzaga High School (the first high school in Costa Rica), Methodista High School (one of largest private schools in the country) or Costa Rica University which will be showcased as a coordinated presentation with their Arts School (which houses the official dance group from the University). Visiting groups may select which opportunities they prefer for first chance at scheduling.

Day 4

Breakfast, lunch & dinner

Today is a day for rest, relaxation and fun! We'll start by visiting the Sarchi Artisans, home to Costa Rica's most famous craft center.

Sarchi - Surrounded by rolling green hills lined with coffee plantations, Sarchi is the premiere destination in Costa Rica for souvenirs. This area is home to the highest population of artisans, crafters and wood workers in the country. There are over 200 such shops in this small pueblo!



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In the afternoon, sit back and relax as you watch the stunning scenery glide by, taking you to the area of Arenal and La Fortuna. Once one of the top ten most active volcanoes in the world, the Arenal Volcano fell into dormancy in 2010 giving us a beautiful, worry-free spot to rest our souls. After checking into our hotel, we'll have a brilliant evening soaking in the amazing hot springs at Baldi with an onsite dinner.

Sample Hotel: Magic Mountain Hotel – The Magic Mountain Hotel is located at the base of the Arenal Volcano and consists of 36 standard-sized rooms, all with a balcony or terrace view of Arenal Volcano. The rooms are tastefully decorated, close to the swimming pool area, and include two queen-sized beds, private baths, air conditioning, ceramic tile floors, telephone, refrigerator, cable television, safety box, coffee maker, hair dryer and wireless internet service. Resort amenities include a spa, swimming pool, restaurant and sports bar.

Baldi Hot Springs – Get ready for a great evening! Baldi Hot Springs provides 25 of the most thermal mineral water pools in the world flowing naturally from the volcano. Their medicinal waters have delightful settings for each individual taste of heat with temperatures ranging from 32 – 67oC. The unique pools are surrounded by lush vegetation where delicious waterfalls massage your back. Changing rooms, water slides, swim-up bars and Roman bath pools are sure to whet your appetite.



Day 5

Breakfast, lunch & dinner

This morning we'll set off for adventure!

Sky-Trek Ziplines - Get your heart pounding by taking a zipline ride through the rainforest canopy; whizz along cables slung between canyons, admire incredible views, fly over and in between trees to feel an adrenaline rush like no other. You'll soar through the rainforest with an unbelievable view!



In the afternoon, we'll embark on our next performance in Fortuna.



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La Fortuna / Arenal Performance - This presentation will most likely be held as an open presentation at La Fortuna Park; coordinated with a local dance group from San Carlos as an afternoon **shared** performance opportunity.

Day 6

Breakfast, lunch & dinner

Today is another awesome Costa Rica day! This morning we'll transfer to the Pacific Central Coast for some beach time! En route, we'll get to stop for a special class though – **Cooking Class at a Costa Rican Ranch!**

Jaco - We'll arrive in Jaco in the afternoon with plenty of time for beach fun. Jaco is the most popular beach town in Costa Rica and its lively town center offers unique shops and galleries giving Jaco its fantastic character. Did you know that Jaco is one of the **top surfing destinations** in the Americas? You'll definitely want to take time to hit the beach surf shops! Want to add in a surfing class? Just shout!



This afternoon, enjoy time checking out Jaco! Dinner will be served at our hotel.

Day 7

Breakfast, lunch & dinner

Good morning Pacific Coast! After breakfast, we'll travel to the beautiful Manuel Antonio State Park for a morning of exploration!

Manuel Antonio National Park - With the establishment of Manuel Antonio National Park in 1972, the people of Costa Rica decided to preserve one of the most beautiful and bio-diverse areas in the world. Although it is the country's smallest national park, the stunning beauty and diversity of wildlife in its 683 hectares is unequalled. Manuel Antonio contains a charming combination of rainforest, beach and coral reefs. These beaches are the most beautiful in the country, lined with lush forest, and the snorkeling is excellent too. **The forest is home for sloths, iguanas, monkeys and millions of colorful crabs.**



After our guided park visit, we'll head out for a quick change and our fourth and final performance!

Central Pacific Performance - This presentation will be coordinated with the Puntarenas Municipality for a presentation at Puntarenas Amphitheatre. For this presentation, we always coordinate **sunset performances** because the location is seafont and the photography images are spectacular.





Day 8

Breakfast (dependent upon departure time)

Today, we'll head back to San Jose in the morning and if time permits, stop for last minute souvenirs. If groups depart Costa Rica in the morning, please understand that an early departure from the beach is generally necessary for the 3-hour flight check-in required for groups. If departing in the afternoon, a restaurant stop will be made for lunches with purchases made by individual group members.

Pura Vida!



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Optional Dance Master Classes

Please let us know if you would like any of these options added into your itinerary while visiting Costa Rica. We will be happy to determine additional costs and itinerary placement for your approval.

Salsa Dance - Salsa is a syncretic dance form with origins from Cuba as the original American meeting point of European and African cultures. The current method of Salsa dancing contains movement elements from a variety of dance genres including traditional Mambo, Guaguanco, Swing and Hustle. Salsa is normally a partner dance although there are recognized solo forms such as line dancing suelta and Rueda de Casino where multiple couples exchange partners in a circle. Salsa can be improvised or performed with a set routine.

Merengue Dance - Merengue is a style of Latin American music and dance with a two-step beat. Merengue was made the official music and dance of the Dominican Republic by Rafael Trujillo. Some say merengue derived from the 'paso de la empalizada' (pole-fence step). There are also legends about a limping war hero (or in some version, El Presidente of a banana republic himself) who had to step in this way while dancing because of wounds, and the polite public imitated him. Although the tempo of the music may be frantic, the upper body is kept majestic and turns are slow, typically four beats/steps per complete turn. In some regions, the 'empalizada' style is replaced by the exaggerated Cuban motion taught in ballroom studios.

Cumbia Dance - Cumbia is a Latin American musical style that originated in Colombia's Caribbean region. Traditional Cumbia and its associated dance is considered to be representative of Columbia, along with Vallenato, Bambuco and Pasillo. Cumbia originated from the Caribbean coast of eastern Colombia, with folkloric variants in Panama from where it spread gaining particular popularity in Mexico, Argentina, and the Andean region. Cumbia began as a courtship dance practiced among the African slave population that was later mixed with European instruments and musical characteristics.



DANCE IN COSTA RICA

Minimum Booking Numbers: 20 participants

What's Included: Round-trip international flights with a scheduled carrier
7-nights' accommodation
Breakfasts, lunches & dinners in destination, starting with dinner on Day 1 and ending with breakfast on Day 8
Transportation for programmed activities & airport transfers
4 Dance Performances:
♥ Day 2 / National Stadium Performance
♥ Day 3 / University/School Performance
♥ Day 5 / Fortuna Performance
♥ Day 7 / Puntarenas Amphitheatre Performance
Doka Estate Coffee Plantation Tour
La Paz Waterfall Gardens & Environmental Tour
Poás Volcano Tour
Sarchi Artisans visit
Baldi Hot Springs excursion
Sky-Trek Zipline excursion
Cooking Class at Costa Rica Ranch
Jaco Beach visit
Manuel Antonio National Park
Personal Ambassador
24-hour emergency cover

What's Not Included: Fully comprehensive group insurance (mandatory)
Transfers to/from home airport
Transportation for activities not shown in the itinerary
Travel day meals other than arrival dinner and departure breakfast
Cost of visas, full or collective passports
Cost of inoculations or medication required for travel
Sightseeing / Entertainment Options not shown in Itinerary
Hotel incidental bills – meals, mini-bar items, purchases billed to room, etc
Any gratuities – coach drivers, maid services, area guides, tour ambassador

Currency Notes: If you plan to travel to Costa Rica, you will most likely want to carry the local Costa Rica currency to purchase goods and services. The Costa Rica currency is called the colon. The colon is named after the Spanish explorer Christopher Columbus (Colon is Spanish for Columbus).

Most every business / vendor in Costa Rica will accept USD for payment. Many items in local stores and hotels are priced in USD and not in Colons. **Please make sure to enquire about currency markings prior to purchase.**

As always, our staff are always available to you to answer any questions you may have regarding programming. If we may serve you in any way, please do not hesitate to contact us.



SAMPLE PACKING LIST – COSTA RICA!

- Raincoat / Umbrella
- 1 Long-sleeved Shirt
- Mosquito Repellent & Anti-Itch Cream
- Sunscreen / Sun Cream
- Flashlight / Head Lamp
- Hiking Boots, Athletic Shoes; Water Shoes; Beach Sandals
- Camera & Binoculars if desired
- Bathing Suit
- Water Bottle
- 4 – 6 pairs of Shorts
- Short-sleeve or non-sleeved T-shirts
- 1 Fleece or Sweatshirt
- Females may desire to bring dresses for dinner although not required
- Cash for meals on travel days
- Cash for any Gratuities
- Gifts for local school children if desired (for joint dance performances)

PASSPORT COPY - Please bring at least one photocopy of your passport's information page. In case of the loss of a passport, the passport owner can use this copy to get a new passport reissued relatively quickly. Additionally, participants may be asked to show proof of nationality to authorities so this should be carried on your person always.

GRATUITY SUGGESTION:

Please know that gratuities are totally discretionary however they are customary and assist in making up the general basic wages for service personnel. Gratuities are usually paid in USD, per person and suggested minimums shown are per day of service, per person on tour, for each of the following positions - bus driver (\$1), Costa Rica National Guide (\$2) & Tour Ambassador (\$2). Please budget \$5 a day x 8 days = \$40 per person for an average tip with “good” service.



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