



**AWAKENING EXPEDITION**

*Costa Rica*

**CULTURAL &  
NATURE  
IMMERSION**



*My Way* ENCOUNTER

# AWAKENING EXPEDITION- COSTA RICA



Your journey through Costa Rica begins in bustling Heredia, where vibrant city streets welcome you into the heart of local culture. From there, you ascend to the misty cloud forests of Monteverde, where suspended bridges and thrilling zip lines unveil a lush, emerald world teeming with life.

Descending to San Gerardo de Rivas, you'll explore the serene Cloudbridge Nature Reserve, hiking among towering trees, cascading waterfalls, and vibrant wildlife. Next, the Caribbean coast beckons with Puerto Viejo's golden beaches, turquoise waters, and lively Afro-Caribbean vibes. The adventure deepens as you travel into the Talamanca Mountains to meet the Bribri Indigenous community. Immersed in traditions, you'll craft chocolate, weave baskets, and explore the untouched rainforest. From cloud-covered mountains to sunlit shores and ancient forests, this trip offers a breathtaking mosaic of landscapes and an unforgettable cultural connection.



Costa Rica



13 days/  
12 nights



No  
Spanish Needed

24

Max group  
size

# THE ITINERARY







Today you will arrive in San Jose, the capital of Costa Rica. Your tour leader will pick you up from the airport with a private transfer and bring you to Heredia. Your adventure in Costa Rica begins as you arrive in the charming city of Heredia, home to Tico Lingo, a boutique Spanish school dedicated to helping students achieve Spanish fluency through immersion and cultural education.

# DAY 1

Upon arrival, you'll be warmly welcomed, where you'll undergo a brief orientation and evaluation to assess your current Spanish level. After the orientation, dive into your first Spanish class, designed to provide you with practical language skills that you'll use throughout your stay.



## HEREDIA



You will meet your homestay family and walk with them to your home for the next few days. This homestay experience offers a unique opportunity to practice your Spanish in real-world settings while gaining deeper insights into Costa Rican culture. Enjoy a traditional dinner with your host family, and settle in for a cozy night in this welcoming community. During the welcome dinner where you will put some group and individual intentions for this Awakening Travel program you will experience in Costa Rica.



**Included:** Lunch, welcome dinner, intention ceremony, Spanish class, city tour Heredia, transportation airport San Jose- Heredia, overnight in homestay (shared rooms), tour leader.



# DAY 2

Start your day with another engaging Spanish class, where you'll continue to build on the language skills you developed on the first day. The morning session is designed to help you practice conversational Spanish in an interactive and supportive environment.

After lunch, the afternoon is all about fun and exploration with a scavenger hunt throughout Heredia. This activity encourages you to use your newly acquired language skills as you interact with locals and discover hidden gems around the city. The scavenger hunt ends with a celebration of the winning team, adding a lively and competitive spirit to the day.



## HEREDIA



To cap off the day, you'll participate in a traditional Costa Rican cooking class where you'll learn how to make empanadas, a staple of Costa Rican cuisine. This hands-on experience not only teaches you new culinary skills but also deepens your cultural immersion. Afterward, return to your homestay for dinner and a relaxed evening with your host family.

**Included:** Breakfast, lunch, dinner, Spanish class, scavenger hunt, cooking workshop, overnight in homestay (shared rooms), tour leader.

# DAY 3

On your final day at Tico Lingo, attend a morning Spanish class that will solidify everything you've learned during your stay. The session concludes with a short graduation ceremony where you'll receive a certificate of completion, marking your achievement in language learning.

After a farewell lunch, immerse yourself in Costa Rican rhythm with a Latin dance class. Learn the basic steps of salsa, a dance deeply rooted in Latin American culture, and enjoy the vibrant energy that comes with it.



## HEREDIA

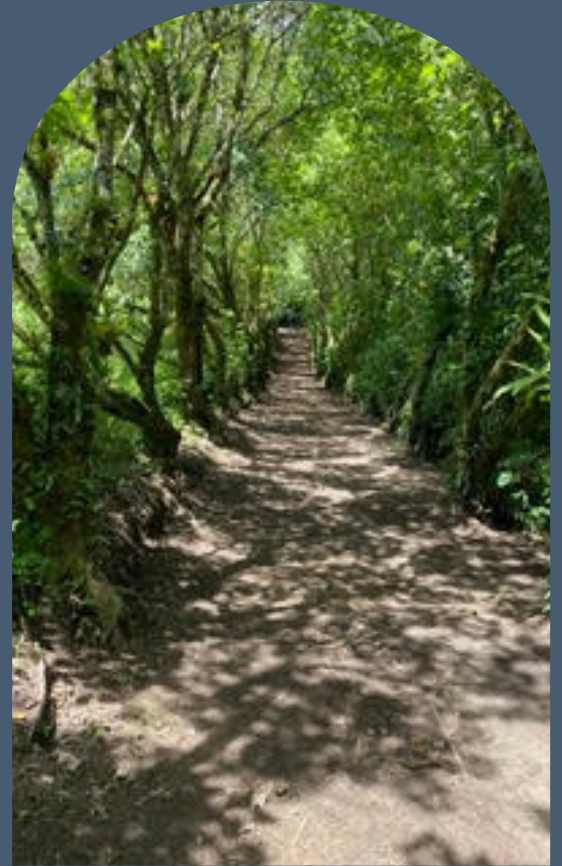
In the afternoon, it's time to pack up and say goodbye to your host family. As you leave Heredia, take with you not just improved Spanish skills, but also a deeper understanding of Costa Rican culture and new friendships that may last a lifetime.

You'll travel to the picturesque town of Monteverde, renowned for its exceptional biodiversity and lush landscapes. Monteverde is nestled in the highlands of Costa Rica and is famed for its cloud forests, which are shrouded in mist and home to a diverse range of flora and fauna. This unique ecosystem supports a variety of species, including numerous birds, butterflies, and plants found nowhere else in the world. As you make your way to Monteverde, you'll start to appreciate the dramatic changes in the landscape, with cooler temperatures and verdant scenery that create an enchanting backdrop for your upcoming adventures.

**Included:** Breakfast, lunch, Spanish class, salsa class, transportation from Heredia to Monteverde, overnight in hostel Selina or similar (dorm), tour leader.



Today, you'll immerse yourself in the wonders of the Monteverde Cloud Forest with a thrilling combination of activities. Your day begins with a pickup from your hotel and a transfer to the heart of the cloud forest. Here, you'll embark on the renowned Sky Walk and Sky Trek excursion, which offers a unique way to experience the beauty of the forest.



## DAY 4

First, you'll take a ride on the Sky Tram, an open-air gondola that ascends to the highest observation point in the area, known as the Continental Divide. From this vantage point, you'll enjoy breathtaking views of the Nicoya Gulf, the surrounding mountain ranges, and the lush canopy of the Cloud Forest.

### MONTEVERDE



**Included:** Breakfast, lunch, guided excursion including transportation, entrance fee to Sky Walk and Sky Trek, overnight in hostel Selina or similar (dorm), tour leader.

Following the gondola ride, you'll explore the treetops on the Sky Walk, a series of suspended bridges that allow you to walk above the forest floor and into the canopy. With five bridges spanning across canyons and through the forest, you'll have the opportunity to observe the upper levels of the forest and learn about its unique ecosystem from a bilingual nature guide.

The adventure continues with the Sky Trek, a heart-pounding zip-line experience that takes you whizzing between platforms high above the forest. With 1.7 miles of cable and numerous zip lines, this exhilarating ride offers a thrilling perspective of the Cloud Forest's stunning environment.





Today, you'll leave Monteverde and travel to San Gerardo de Rivas, the gateway to Cloudbridge Nature Reserve. The journey will take you through picturesque landscapes as you head towards the high-altitude cloud forest, renowned for its rich biodiversity and conservation efforts. Upon arrival, you'll check into your accommodations near Cloudbridge reserve and have some free time to acclimate to the area.

## DAY 5

### SAN GERARDO DE RIVAS

Nestled in the scenic Talamanca mountains adjacent to Chirripó National Park, Cloudbridge Nature Reserve is a stunning cloud forest teeming with biodiversity. This lush paradise, with its majestic waterfalls and challenging hiking trails, offers a unique opportunity for immersive environmental education. The reserve's diverse ecosystem, which includes towering old-growth forests and areas under restoration, provides an ideal setting for research, exploration, and learning.

Cloudbridge offers visitors the chance to delve into the wonders of the cloud forest through research opportunities, guided tours, and educational experiences tailored to groups. Visitors can engage with the vibrant biodiversity of the reserve, from the smallest lichens and fungi to the larger plant and animal species that call the forest home. The reserve also emphasizes the critical role of ecosystem services provided by such natural areas, particularly in the context of climate change.



In the evening, you'll gather for an orientation and an introduction to Cloudbridge. This will include a presentation about the reserve's research methods, and conservation projects, and an overview of your upcoming activities. Prepare for a hands-on conservation experience in one of the most unique ecosystems in Costa Rica.

**Included:** Breakfast, lunch, dinner, transportation from Monteverde to Cloudbridge Reserve, orientation to Cloudbridge, overnight in hotel Uran or similar (shared rooms), tour leader.



## DAY 6

SAN  
GERARDO  
DE RIVAS

Your first full day at Cloudbridge starts with an introductory hike through the reserve, allowing you to explore its diverse ecosystems and learn about ongoing conservation efforts. A picnic lunch will be provided during the hike. In the afternoon, you'll engage in conservation work, including setting up camera traps and participating in tree planting or maintenance activities.

In the evening, you'll have the opportunity to attend a natural history presentation, which will offer deeper insights into the reserve's biodiversity and research methods.

**Included:** Breakfast, lunch, dinner, activities at Cloudbridge, overnight in hotel Uran or similar (shared rooms), tour leader.



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## DAY 7

SAN  
GERARDO  
DE RIVAS



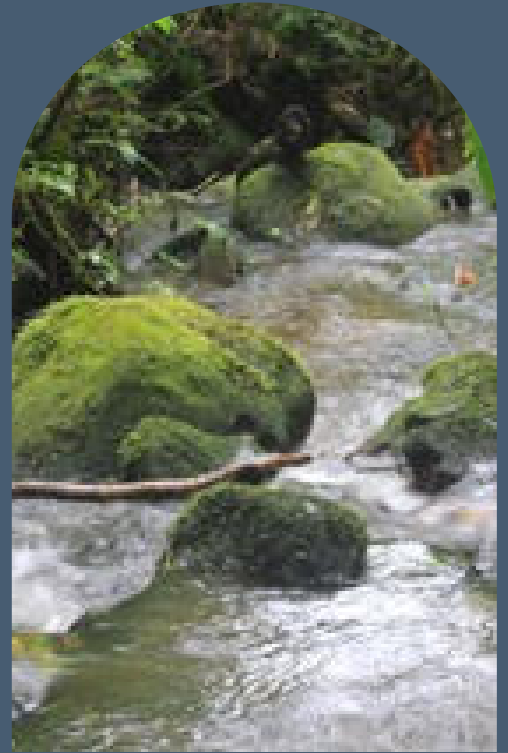
On your second full day at Cloudbridge, you'll start by checking the butterfly traps and retrieving the camera traps set up previously. The morning will be dedicated to reviewing the results and participating in a discussion on the reserve's biodiversity and resilience.

In the afternoon, enjoy a special cooking class with Doña Leila, where you'll learn to prepare traditional Costa Rican dishes using local ingredients. This cultural experience will provide insight into the region's culinary traditions.

**Included:** Breakfast, lunch, dinner, activities at Cloudbridge, cooking workshop, overnight in hotel Uran or similar (shared rooms), tour leader.

After breakfast, you'll depart from Cloudbridge and travel to Puerto Viejo de Talamanca, a vibrant coastal town on Costa Rica's Caribbean coast. Known for its laid-back atmosphere and rich cultural tapestry, Puerto Viejo offers a unique blend of experiences that reflect the diverse heritage of the region.

Upon arrival, you'll check into your accommodation and have the opportunity to immerse yourself in the town's dynamic atmosphere. Puerto Viejo is renowned for its Afro-Caribbean influence, which is evident in the lively music, colorful festivals, and delicious cuisine that define the area. The local Bribri community also contributes to the cultural richness of the region, offering a glimpse into traditional indigenous practices and lifestyles.



## DAY 8

### PUERTO VIEJO



The town's coastal landscape features stunning beaches with golden sands and clear turquoise waters, perfect for relaxation and exploration. The surrounding nature reserves, such as Cahuita National Park and the Gandoca-Manzanillo Wildlife Refuge, showcase lush rainforests, diverse wildlife, and beautiful coral reefs, providing ample opportunities for nature enthusiasts to enjoy.

Puerto Viejo's relaxed vibe is complemented by its fun atmosphere, with plenty of local bars, restaurants, and markets to explore. Whether you're interested in experiencing the local culture, enjoying the natural beauty of the area, or simply unwinding by the sea, Puerto Viejo offers a memorable and enjoyable experience.

**Included:** Breakfast, transportation from Cloudbridge Reserve to Puerto Viejo, overnight in hostel Selina (dorm), tour leader.



# DAY 9

Today, immerse yourself in the vibrant life of Puerto Viejo with a guided walking tour of the town. Start your exploration through the lively streets and discover the unique blend of Afro-Caribbean and Bribri cultures that shape this coastal gem.

As you walk, your guide will introduce you to the town's bustling local markets, where colorful crafts and traditional goods offer a glimpse into the local way of life. You'll pass by charming storefronts and street vendors, each showcasing the town's creative spirit and rich cultural heritage.



The tour will also include stops at key landmarks and hidden gems, providing insight into the town's history and development. Learn about Puerto Viejo's transition from a quaint fishing village to a lively destination, and hear stories of its cultural influences and community life.

In the afternoon, you'll head to the Jaguar Rescue Center for an engaging and educational experience. Upon arrival, you'll be greeted by dedicated guides who will provide an overview of the center's mission and operations. The tour includes a behind-the-scenes look at the rehabilitation facilities, including the veterinary clinic and rescue enclosures. You'll meet some of the center's residents, such as jaguars, monkeys, sloths, and exotic birds, and learn about their stories of rescue and rehabilitation. Highlights of the visit include observing feeding times and enrichment activities, which showcase the center's dedication to the animals' well-being.

## JAGUAR WILDLIFE CENTER



**Included:** Breakfast, walking tour Puerto Viejo, visit to Jaguar Wildlife Center, transportation to/from Puerto Viejo, overnight in hostel Selina or similar (dorm), tour leader.

# DAY 10

## BRIBRI COMMUNITY



Start your day with an exciting trip to the Bribri Indigenous communities in the lush Talamanca mountains. Departing from Puerto Viejo, you'll travel to Bambú where a traditional dugout canoe awaits you. As you float along the scenic Yorkín River, enjoy panoramic views of the rainforest and the distant Panamanian mountains.

Upon arrival in Yorkín, you'll stay at the Stibrawpa women's house lodge, a center for cultural exchange. Here, you'll meet a local guide from the Stibrawpa women's organization, known for its efforts in preserving Bribri traditions.

Explore a natural trail with your guide, discovering local crops, medicinal plants, and the region's vibrant flora. You'll have the chance to taste traditional Bribri cuisine, observe the process of chocolate making, and engage in indigenous arts and crafts.

Your night will be spent in the Bribri community, offering a unique opportunity to experience their way of life firsthand.

**Included:** Breakfast, lunch, dinner, activities in the Bribri community, transportation to Talamanca mountains, overnight in homestay (shared rooms), tour leader.



# DAY 11

## BRIBRI COMMUNITY

Wake up to the sounds of the rainforest and enjoy a traditional breakfast prepared by the Bribri community. Continue your cultural immersion with activities such as interpretive hikes, basket weaving, and learning about traditional meal preparation. You'll also have the opportunity to learn a few words in the Bribri language and hear stories about the community's history and folklore.

After a morning full of cultural experiences, you'll say farewell to the Bribri community and return to Puerto Viejo via a traditional dugout canoe. Check-in at your accommodation and spend the rest of the day at your leisure.

**Included:** Breakfast, cultural exchange activities in Bribri community, transportation back to Puerto Viejo, overnight in hostel Selina or similar (dorm), tour leader.



# DAY 12

## SAN JOSE



After a morning on the beach you will travel back to San José. After checking out of your accommodation, you will journey towards the capital city in public transport with the whole group.

Once in San José, you have some time to get cozy before you have a farewell dinner with the group.

**Included:** Breakfast, dinner, bus ticket to San Jose, overnight in hostel Selina or similar (dorm), tour leader.

# DAY 13

## SAN JOSE

This morning it is time to say goodbye. You will have a transfer to the airport of San Jose for your flight back home.

**Included:** Breakfast, transportation to the airport.





Awakening travel expeditions are more than just sightseeing, it's an opportunity to connect with the world around us and cultivate a deeper sense of purpose and well-being. We have researched the region, its challenges, and the way in which responsible mindful travel can contribute effectively. All of the activities have been carefully selected and they represent the values we believe in.

The experiences aim to spiritually awaken our participants by cultivating the following core values

- **Meaningful connections.** Allow you to connect with locals on a deeper level, fostering meaningful relationships and gaining a deeper understanding of different cultures.
- **Personal growth.** By stepping out of your comfort zone and immersing yourself in a new environment, you have the opportunity to learn and grow as an individual.
- **Cultural understanding.** Awakening travel expeditions encourages you to respect and appreciate the customs, traditions, and values of the communities you visit, fostering cultural understanding and empathy.
- **Positive impact.** We have lived and breathed Latin America over the past 2 decades and all of our projects have been carefully selected because they carry out what we believe in. We have researched the region, its challenges, and the ways in which volunteers can contribute effectively. With us, you'll volunteer where your help is needed the most whilst living a life-changing experience at the same time.
- **Self- reflection.** Throughout the journey, we incorporate mindfulness sessions during special moments to help participants fully appreciate their unique experience. We encourage them to approach everything with an open mind, free from preconceptions, and to embrace differences with a spirit of acceptance and active engagement





- **Empowering local communities.** One of the most impactful ways to give back it's to support local businesses and social enterprises that empower individuals and create jobs. . We work closely with local people to develop activities that align with their goals and contribute to their ongoing progress
- **Fun.** Of course we included moments that are designed to create enjoyment, excitement, and memorable experiences. Incorporating fun into an itinerary is one of our key values.

All itineraries have fixed elements in the programs which make the Awakening travel expedition transformative journeys that will wake you up from life. Hereby some of the examples:

- Welcome dinner with an **intention ceremony**, both on a group and individual basis to set a goal for your expedition.
- **Cultural landing**, which will prepare you with the basics of the country's history and customs.
- **Experiences with local heroes.** In our destinations you will be in contact with unique persons. **Our local heroes are game changes**, people that are passionate about something and can share their journey and knowledge with our guests through a talk or activity together.
- **Participation in a triple impact local project** , a gathering of people that comes voluntarily together to achieve a shared goal that will benefit the community.
- Time off to process. For everybody there will be **time to reflect** after an activity in their own way.
- Good guidance. We believe that **the role of the guide/ tour leader is crucial** in these types of programs. Our tour leaders are expertly trained to guide you through transformative experiences. With their deep knowledge of the region, they create a supportive atmosphere that fosters personal growth and meaningful connections with the destination
- New destinations, we want to avoid the crowds and **offer a more peaceful and authentic travel experience**

# WHAT IS INCLUDED

A large, abstract graphic in shades of blue, composed of overlapping, curved, leaf-like or petal-like shapes, centered behind the main text.

Cultural & nature immersion  
*Costa Rica*

CONTACT US

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