



## COSTA RICA: SURF & SPORTS ADVENTURE

### Guanacaste Province

10-DAY PROGRAM

### HIGHLIGHTS

- Stay active by surfing warm friendly waves and playing pick-up sports
- Learn about sustainable farming techniques and local green initiatives
- Zip line, go tubing down a river through lush canyons, and relax in thermal hot springs
- Explore the coast by catamaran boat and snorkel amongst diverse marine life



### PROGRAM OVERVIEW

Discover Costa Rica's Guanacaste Province, where golden beaches and lush jungles set the stage for nonstop adventure. Learn to surf with skilled instructors, hike to hidden waterfalls, and soar above the treetops on a thrilling zipline. Paddle through mangrove forests by kayak and explore the region's incredible biodiversity up close. Stay active with daily yoga sessions and pick-up sports on the beach.

Along the way, join in local eco-activities like reforestation or a beach clean-up for a hands-on connection to the environment. Embrace the "Pura Vida" lifestyle as you spend two unforgettable weeks exploring one of the world's ultimate adventure destinations.





## **PROGRAM ITINERARY**

*Activities and the daily schedule may vary based on weather, local events, and group needs.*

### **DAY 1: WELCOME TO COSTA RICA!**

Fly into Liberia (LIR) in Guanacaste, where you'll meet GLA Groups staff and transfer to Home Base. Once settled in, participate in an orientation and group introductions before getting comfortable and enjoying your first Costa Rican dinner together.



### **DAY 2: GETTING ORIENTED AND SURF LESSON**

Begin the morning with an orientation and fun team-building games designed to help everyone get acquainted and settle into the experience. Then, learn about local ecological and sustainability initiatives and the community's efforts to protect the surrounding environment. In the afternoon, head to Playa Avellanas for your first surf lesson with certified instructors, where you'll learn the basics of surfing, practice proper technique, and build confidence in the water while enjoying the beautiful coastal surroundings.



### **DAY 3: MORNING SURF LESSON AND KAYAK ADVENTURE**

Start the morning with a surf session focused on building confidence and improving your skills in the water. In the afternoon, explore the surrounding mangrove forests by kayak, keeping an eye out for local birds, fish, and other marine life along the way. Take part in an eco-activity to learn about the importance of mangrove ecosystems and their role in protecting coastal environments, followed by planting native seedlings to contribute to local conservation efforts. End the day by relaxing in hammocks, enjoying the peaceful surroundings, and coming together for a group reflection on the day's experiences and what you've learned.



### **DAY 4: ORGANIC FARM VISIT AND COOKING CLASS**

Visit a family-run organic farm and experience a firsthand look at sustainable agriculture in Costa Rica. Learn about environmentally friendly farming practices and discover the traditional process of artisan cheese making using locally sourced ingredients. Later, take part in a hands-on Costa Rican cooking class led by a local chef, preparing traditional dishes while learning about the flavors, ingredients, and culinary traditions of the region. In the evening, come together with friends for a fun and energetic soccer match, enjoying some friendly competition and a relaxed way to end the day.



### **DAY 5: SURFING, SPORTS, AND BEACH TIME**

Start the morning with a surf session focused on ocean safety, understanding wave conditions, and developing your ability to read the water with greater confidence. In the afternoon, join local youth for friendly scrimmages of soccer, basketball, and volleyball, creating opportunities to connect, have fun, and experience the local community through sport. As the day winds down, gather on the beach for relaxed games and activities while watching the sunset, followed by a group reflection to share highlights, experiences, and lessons from the day.

### **DAY 6: CATAMARAN CRUISE**

Set out along the Pacific coast on a relaxing catamaran cruise, taking in the stunning views of the shoreline and surrounding waters. Spend time enjoying the warm ocean breeze and beautiful scenery before stopping at a tropical reef for a snorkeling adventure. Swim through clear waters while looking for rays, sea turtles, and colorful tropical fish, and take in the diverse marine life beneath the surface. It's a memorable day on the water that combines relaxation, exploration, and plenty of opportunities to experience Costa Rica's vibrant coastal environment.



### **DAY 7: YOGA, SURFING, AND LEADERSHIP WORKSHOPS**

Begin the morning with a refreshing yoga session designed to stretch, recharge, and prepare for the day ahead. Then, head to the beach for your final surf lesson, where certified instructors will help you build on the skills you've developed throughout the week, refine your technique, and gain confidence in the water. In the afternoon, take part in interactive leadership workshops focused on communication, teamwork, and personal growth. End the day with a meaningful group reflection, taking time to celebrate accomplishments, share experiences, and consider the lessons and connections you'll carry with you beyond the program.



### **DAY 8: NATIONAL PARK EXPERIENCE**

Travel to Rincon de la Vieja National Park for a day of exploration and adventure in one of Costa Rica's most diverse natural landscapes. Hike through the park's tropical dry forest, taking in the scenery and keeping an eye out for local wildlife, birds, and other native species along the trail. Along the way, learn more about the unique ecosystems and natural features of the region. Experience the rich culture of Guanacaste through traditional food and lively marimba music. It's a chance to connect with both the natural beauty and cultural traditions that make the region so special.





### **DAY 9: ZIPLINING & TUBING ADVENTURE**

Get ready for an action-packed day of adventure, beginning with a thrilling zipline experience through the jungle canopy. Soar above the treetops while taking in the lush surroundings and enjoying a unique perspective of the tropical landscape. Next, embark on a river tubing adventure, weather permitting, as professional guides lead you safely along the river and through the surrounding scenery. After an exciting day outdoors, slow things down with a relaxing volcanic mud bath before soaking in the warm, mineral-rich waters of nearby thermal hot springs. It's the perfect combination of adventure, nature, and relaxation.



### **DAY 10: DEPARTURE**

Begin the final morning with a relaxed breakfast at Home Base, taking time to enjoy one last meal together and reflect on the experiences shared throughout the trip. Gather as a group for a final reflection, celebrating favorite memories, meaningful connections, and the lessons learned along the way. After saying goodbye to the people and places that made the experience special, pack up and transfer to the airport for your departure flight, bringing home new skills, friendships, and unforgettable memories.





## **PROGRAM SAFETY**



**SAFE  
TRANSPORTATION**



**CARING SUPERVISION  
& EXPERT LOCAL  
KNOWLEDGE**



**24/7 SUPPORT &  
EMERGENCY RESPONSE**



**GLA HOME BASE:  
SAFE & SECURE  
LODGING**



**HEALTHY MEALS &  
PURE WATER**

**GLA'S  
5 POINT  
SAFETY  
SYSTEM**



## **GLA HOME BASE**

Home Base is a rustic ecolodge on Costa Rica's coast, steps from beaches and protected natural areas. Students stay in shared, gender-segregated cabins with fans and have access to a pool, outdoor spaces, and covered seating areas. Comfortable and communal, it's the perfect hub for adventure and relaxation.



## **CLIMATE**

Costa Rica enjoys a warm, tropical climate year-round, with temperatures typically ranging from the mid-70s to mid-90s °F (24–35°C). Coastal regions are sunny and breezy, perfect for surfing, hiking, and outdoor adventures, while brief rain showers may occur any time of year.



## **FOOD**

Costa Rica is known for its simple diet of rice, beans and a side of meat. The food at Home Base will reflect the traditional dietary staples of the people in Costa Rica. It will be simple, but fresh and healthy and include delicious, locally grown fruits.



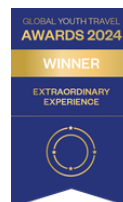
## **PROGRAM INCLUSIONS**

Inclusions:

- Healthy Meals and Drinking Water
- Accommodations in a trusted GLA Home Base
- Safe Transportation - private and public
- Activities and entry fees
- Expert Staff to guide the group
- Secondary medical insurance & emergency evacuation insurance for every traveler

Exclusions:

- Airfare to and from the program
- Additional snacks or drinks outside of mealtimes
- Travel Insurance (lost luggage, etc)



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