



TAMARACK CAMPS + BBYO PASSPORT

# TLV COSTA RICA ADVENTURE

## SAMPLE ITINERARY: JUNE 17–JULY 9

We have provided the following sample itinerary to give you a better sense of this experience. The actual program may vary, and a finalized plan will be distributed no later than two weeks before the program begins. Please note that adjustments may still occur in coordination with tour guides and the tour operator — both leading up to and during the program — based on local conditions.

### **Day 1: Arrival**

Icebreakers throughout the day before a late arrival in San José for dinner and rest to gear up for the adventure ahead.

### **Days 2–3: San José and Puerto Viejo**

Start with hands-on service at Fundación Humanitarian and an afternoon with the abuelas of La Carpio. Then, explore Cahuita National Park with beach hikes and snorkeling along vibrant coral reefs.

### **Day 4: Bri Bri Indigenous Community**

Immerse yourself in Bribri culture with a tour of medicinal gardens, traditional chocolate-making and community service. Hike to Volio Waterfall and enjoy a group dinner.

### **Day 5: Shabbat in Puerto Viejo**

Relax and recharge with a free day, ending with Afro-Caribbean dance and dinner.

### **Days 6–8: Sarapiquí**

Experience white-water rafting, community service projects, a night rainforest hike and a chocolate tour. Work alongside locals on a family farm and enjoy traditional meals.

### **Days 9–10: La Fortuna**

Visit La Fortuna Waterfall by horseback, zipline through the rainforest and unwind in the Baldi Hot Springs.

### **Days 11–12: San José**

Explore Doka Coffee Farm, celebrate Shabbat at a local synagogue, and enjoy Havdalah and a group dinner.

### **Days 13–16: Uvita**

Discover Antonio Manuel Park, kayak through mangroves, snorkel at Caño Island and connect with the Boruca people through art and history.

### **Day 17: Farewell**

Fly home with magical memories and lifelong friendships.