



WELLESLEY HIGH SCHOOL FITNESS AND HEALTH DEPARTMENT COSTA RICA ADVENTURE

Dear Parent,

Your student has the opportunity to take a fun and educational trip to the Costa Rica with his/her classmates next year. This trip highlights the high activity, fitness and outdoor education experiences of our Physical Education curriculum along with the health and mindfulness practices that are so important to high schoolers at this point in the school year. We will be leading the group along with other adults as needed on this Costa Rican wellness retreat.

The trip is scheduled from **March 4th – March 8th, 2020**. We are using the professional travel company Grand Classroom to plan every aspect of the trip. Visit the school trip webpage at www.grandclassroom.com, click “Find My Trip / Register” and search “Wellesley.” From there you can select “Costa Rica Adventure.”

For the price of \$2,985 everything on the trip will be covered – all transportation, hotel accommodations, meals, sightseeing and evening activities as well as medical insurance. Price is based on 15 full paying travelers.

The best way to register is online at www.grandclassroom.com. We will need to limit the numbers, so register as soon as you can.

If you have any questions, you can call the professionals at Grand Classroom at 434-975-2629, email us at griffithj@wellesleyps.org or wasselm@wellesleyps.org call us at school at 781-446-6290. I look forward to providing a fun and educational adventure that your child will remember for a lifetime!

John Griffith and Matt Wassel
Trip Leaders



Just the Facts

Who: Wellesley High School

What: Costa Rica Adventure

When: March 4th - 8th, 2020

All-Inclusive Price: \$2,985

Deposit Deadline: 10/31/19

\$99 registration fee secures your spot



Day One

- Fly to San Jose, Costa Rica
- Meet local, bilingual Grand Classroom guides at Baggage Claim
- Travel to Braulio Carrillo National Park
- Explore Tapirus Lodge
- Welcome dinner as a group
- Welcome meeting and orientation
- Guided night hike in the rainforest
- Overnight in Lodge

Day Two

- Morning breakfast at Lodge
- Full day of outdoor adventures in the jungle
- Aerial Tram to trailhead and canopy tour
- Hiking, lunch and swimming in the river
- Hike back to lodge for dinner
- Evening reflections and mindfulness activities
- Overnight in Lodge

Day Three

- Lodge breakfast
- Depart San Jose for Turriabla – the whitewater base camp of Costa Rica
- Whitewater rafting journey to the Pacuare Outdoor Center (Class II and III rapids)
- Lunch as a group
- Afternoon of hiking, climbing, and famous “Tarzan swing” over the river
- Dinner as a group
- Evening yoga session
- Overnight in rainforest eco-lodge

Day Four

- Morning breakfast at Lodge
- Morning Zipline excursion
- Lunch as a group
- Rainforest 4x4 ride to meet bus
- Transfer to San Jose
- Guided historic city sightseeing tour
- Farewell dinner as a group
- Overnight at hotel

Day Five

- Morning breakfast at hotel
- Transfer to airport
- Say adios to Grand Classroom guides
- Flight back to Boston for early evening arrival

Sample Itinerary