

COSTA RICA

ITINERARY

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COSTA RICA - FRIENDLY TOUR

DAY 1



FLIGHT TO SAN JOSE

Check in to Hotel and relax



TRAINING SESSION #1 AT LOCAL FACILITY

Session with your own coach, a GTT professional coach, or a professional licensed Costa Rican Coach.

DAY 2



TRAINING SESSION #2



COMMUNITY SERVICE PROJECT - VISIT CHILDREN'S DAY SHELTER

Learn about life in Costa Rica and the challenges facing many local children. Embrace the benefits of giving back, spending time with the children and playing some soccer - the world's game!

FRIENDLY GAME #1 AGAINST SAN JOSE OPPOSITION

DAY 3



WALKING TOUR OF SAN JOSE:

Founded in 1738 and named in 1823, San Jose is the capital and largest city in Costa Rica. Tour includes the National Museum, Legislative Center, Central Park, Supreme Court, National Theater



FRIENDLY GAME #2 AGAINST SAN JOSE OPPOSITION

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DAY 4



TRANSFER TO SAN CARLOS VIA SARCHI

Take in the magnificent views of the Arenal Volcano, one of the most active volcanoes in the world! Stop in Sarchi en-route, famous for it's intricate arts and crafts.



**TRAINING SESSION #3 AT LOCAL FACILITY
VISIT TO HOT SPRING TO RELAX AND SOAK TIRED MUSCLES!**

DAY 5



FULL DAY TRIP - WHITE WATER RAFTING.

Ride the rapids through stunning scenery – a safe but thrilling experience!



FRIENDLY GAME #3 AGAINST SAN CARLOS OPPOSITION

DAY 6

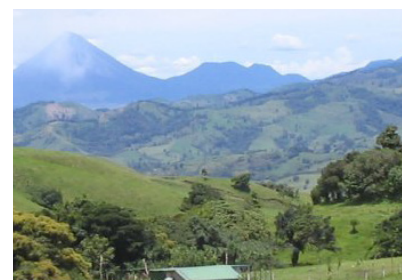


TRANSFER TO GUANACASTE BEACH

Relax and enjoy the scenery on the ride to the beautiful beaches of Guanacaste. Renowned for its stunning shoreline, amazing surfing and superb snorkeling.

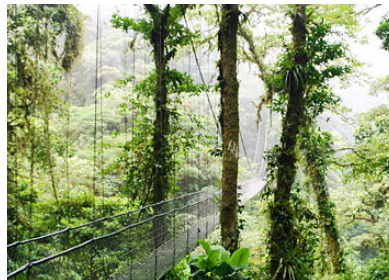


AFTERNOON AT LEISURE ON THE BEACH



DAY 7**DEPART FOR RAINFOREST AND ZIP LINE TOUR**

Enjoy the stunning scenery from on high in the rainforest. Then hold your breath for the ride down! The rainforest canopy zip-line tour is an incredible exhilarating adventure!

**AFTERNOON FREE TO ENJOY THE BEACH****DAY 8****DEPART TO SAN JOSE AND CHECK IN TO HOTEL FOR FINAL NIGHT****FRIENDLY GAME #4 AGAINST SAN JOSE OPPOSITION**

After a couple of days of fun and adventure, finish the tour with your focus back on soccer with a final friendly game. The perfect finish to your tour.

**DAY 9****DEPART SAN JOSE FOR FLIGHT BACK TO US**