

# Costa Rica

Academia Centroamericana  
de Español



## Requirements:

- We offer Spanish classes for any level from low beginner through high advanced so this program is for anyone who is interested in learning Spanish.
- We recommend attendees to be intermediate mountain bikers who are used to bike rides of approximately 45 miles in one day.
- The attendees should be men or women who are 18 years old or older. An adult should accompany those who would like to participate and are under 18.
- The attendees should bring their own equipment: gloves, helmet, shoes, pedals, water bottle, sunblock, cycling shorts, jerseys, cycling sleeves, etc.

**How to bring your own bike?** First you need a box to package your bike. You can buy one or you can get a used box at your nearest bike shop. It is important to check with the airline you chose if there is an extra cost for bringing your bike, sometimes they charge a flat fee, which is no too much. Make sure to ask that information before you book your flight in order to get the best price possible. Of course after the rides here we will package your bike back in the box, so you do not have to worry about that. The cost does not include any repair parts or accessories for your bike. We have available all different repair parts and accessories but that will incur in an extra cost for you.

**If you do not bring your own bike:** you have to let us know your size in advance in order to prepare a bike for you. The attendees should bring their own equipment: gloves, helmet, shoes, pedals, water bottle, sunblock, cycling shorts, jerseys, cycling sleeves, etc.

**Arrival day:** The attendees should arrive to Juan Santamaria International Airport (SJO) early on Friday, March the 2nd. If you bring your own bike we will prepare it for next day. Also, if the attendees want to arrive here on Thursday March the 1st there is no problem; the extra cost would be \$30. In fact, would be better in order to prepare the bikes for the ride on Saturday.

**Departure day:** The attendees should depart on Sunday March the 11th at any time. But if somebody needs to depart on Saturday the 10th there is no problem, in that case the cost would be \$ 50 less.

**Extending the Stay:** Register for additional weeks of language classes either before or after this program and receive a 10% discount on extra fees.

## ITINERARY

<b>Friday March 2nd</b>	1- Arrive to Juan Santamaria Int'l Airport, San Jose, Costa Rica 2- Transport to villas (this first night all attendees will stay in the villas)
<b>Saturday March 3rd</b>	1- 4:30 am. Depart to the Arenal Lake MTB ride. Breakfast on road on your own. Lodging one night at Los Lagos Hotel with hot springs, dinner at the hotel restaurant (included).
<b>Sunday, March 4th</b>	1- Morning: Breakfast (included) Enjoy the hot springs in the hotel 2- 12:00 pm. Return to Grecia, lunch in the hotel (included). 3- Shopping stop at the artisanal town of Sarchi 4- Transport to "Tico" host families' homes or villas 5- Night: free time
<b>Monday, March 5th</b>	1- Morning: 10:00 am. Walking tour of Grecia, visit the market and most important places around town. 2- 12:00 am. Initial orientation to the overall program. Spanish placement test in the School. 3- Afternoon: 1:00 pm.-5:00 pm. Spanish classes 4- Night: Homework and free time.
<b>Tuesday, March 6th</b>	1- Morning: 8:00 am. Excursion to La Paz Waterfall Gardens or zip line tour at Canopy Colinas del Poás, lunch on the road on your own. 2- Afternoon: 1:00 pm. – 5:00 pm. Spanish classes 3- Night: Homework and free time.
<b>Wednesday, March 7th</b>	1- Morning: Half - day mountain bike ride. 25 miles approximately. 2- Afternoon: 1:00 pm. – 5:00 pm. Spanish classes 3- Night: Homework and free time.
<b>Thursday, March 8th</b>	1- Morning: 8:00 am. Coffee tour 2- Afternoon: 1:00 pm. – 5:00 pm. Spanish classes 3- Night: Homework and free time.
<b>Friday, March 9th</b>	1- Morning: Free time. 2- Afternoon: 1:00 pm. – 5:00 pm. Spanish classes 3- 5:30 p.m. to 7:30 pm. Farewell party.
<b>Saturday, March 10th</b>	7:30 am. Full day excursion to the beach
<b>Sunday, March 11th</b>	Departures



## Spanish Class + Mountain Bike Tour, Grecia, Costa Rica.

### Description:

This program was designed specially for people who would love to visit a beautiful and safe country and enjoy a great combination of learning Spanish, adventure and Mountain Bike. Although this program lasts only 10 days, definitely offers all the necessary ingredients for a fabulous experience while exercising, learning the second most important language in the world and of course, the possibility to see incredible places like volcanoes, lakes, mountains, beaches and other natural wonders of Costa Rica. Definitely an event that you can't miss! Vamos a pedalear!

**Dates:** March 2nd (arrival day) – March 11th (departure day), 2012

**Cost:** \$1,095 per person including the bike for the rides. If you prefer to bring your own bike, which is recommended, the cost is \$ 945. This cost does not include plane tickets.

### The cost includes the following:

- 20 hours of Spanish class and study materials • Coffee break each day of class
- Airport transfers • Accommodation with a host family or in a villa (\*staying in a villa does not include dinner) • Breakfast and dinner\* • Laundry Service • Internet service at the school and at the villas • City walking tour of Grecia • Bike for the rides, transportation, mechanical assistance and guides. • Two days mountain bike tour around Arenal Lake, event t-shirt and assistance. This is the biggest mountain bike ride in Latin America! Last year more than 4,500 people participated. The first day we will pedal on beautiful gravel roads surrounding the Arenal Lake for approximately 44 miles and the second day we will go to the hot springs close to the Arenal Volcano. More details here <http://www.vueltaallago.net/> • One night at Hotel Los Lagos <http://www.hotelloslagos.com/> including hot springs, dinner, breakfast and lunch.
- Half - day mountain bike ride in the mountains of Grecia and surrounding coffee plantations. • Half - day excursion to a coffee tour (includes: guide, transportation and entrance fee) [http://www.dokaestate.com/coffee\\_tour/tour\\_coffee.html](http://www.dokaestate.com/coffee_tour/tour_coffee.html) • Half-day excursion to La Paz Waterfall Gardens <http://www.waterfallgardens.com/waterfalls.php> (includes: guide, transportation and entrance fee). Or zip line tour in <http://www.colinasdelpoas.com/index.php?lang=en> (includes: guide, transportation, equipment and entrance fee) • Shopping stop in the artisanal town of Sarchi (includes: guide and transportation) • Full day excursion to the beach (includes: guide and transportation) • As a gift the attendees will receive a cycling jersey designed for this great program!

Disfrute de su  
experiencia en  
**ACCE!**

