

Costa Rica Tour Sample Itinerary

San Jose and Punta Leona

THE BEST PREPARATION YOU WILL NEVER SEE

Costa Rica Tour



SAT
DAY

1

Location: San Jose Hotel

Morning: Depart your international airport.

Afternoon: Arrive in San Jose Costa Rica where your XL Sports Tour guide will greet you. From the airport you will travel to your San Jose hotel to check in and relax

Evening: Dinner will be at your hotel, followed by an induction to the tour.

SUN
DAY

2

Location: San Jose Hotel

Morning: Play your first game of the tour against a local San Jose Academy Team

Afternoon: Watch a professional game from the Costa Rican Primera Division (schedule dependent)

Evening: Enjoy a meal at a local restaurant then return to your San Jose hotel to relax

MON
DAY

3

Location: San Jose Hotel

Morning: Start your morning with a training session at a local professional clubs facilities with your coaching staff

Afternoon: Depart for a tour of the famous Volcano of Arenal and zip lining through the canopy of the rain forest (optional) then soak in the hotel pools heated by the volcano

Evening: Team meal back at your hotel

TUES
DAY

4

Location: Punta Leona Resort Hotel

Morning: Depart for the beach front resort at Punta Leona. Stop along the way to sample the local fresh fruit at a roadside market.

Afternoon: Relax on the beach or by the pool or even play tennis and mini golf!

Evening: Evening beach soccer and Futsal tournament

WED
DAY

5

Location: Punta Leona Resort Hotel

Morning: Start the morning with a light practice session on the beach or a steady jog through the rain forest on one of the many hotel trails

Afternoon: Optional tour on the Rio Tarcoles River and see the famous Costa Rican crocodiles up close and personal! Or just relax on the beach or by the pool

Evening: Evening beach soccer tournament or play your second game of the tour

Costa Rica Tour



THURS
DAY

6

Location: San Jose Hotel
Morning: Light training session on the beach then check out of your hotel to return to San Jose
Afternoon: Lunch at the hotel resort then travel back to the capital city and check into your San Jose Hotel
Evening: **Play your second game of the tour against a San Jose academy team**

FRI
DAY

7

Location: San Jose Hotel
Morning: Training Session at a local Academy Club
Afternoon: Travel to see the famous La Paz waterfalls then head on to Poas Volcano National Park and see the incredible scenery from above the clouds
Evening: Head back to San Jose and have a meal at an authentic Costa Rica restaurant

SAT
DAY

8

Location: San Jose Hotel
Morning: Take a tour of the capital city; see the national theater, gold and jade museum and marketplace for some last minute souvenir shopping
Afternoon: **Your third game of the tour against a local San Jose academy team**
Evening: Evening meal and take part in the infamous XL Soccer Tours closing ceremony!

SUN
DAY

9

Morning: Depart from San Jose, Costa Rica and return home to the United States with memories to last a lifetime.



Costa Rica Tour

Included...

- Free place and flight for coach
- 3 friendly matches against hand selected opposition.
- Games played at top club facilities
- All accommodation in top class hotels and resorts.
- Training sessions at top class academy locations with professional coaches
- All scheduled sightseeing and tours included
- Swim in hot springs at the base of Arenal Volcano
- All inclusive - 3 Meals per day, breakfast, lunch, dinner and snacks
- All training equipment provided including hydration and laundry facilities
- Escorted 24 hours a day by Bilingual tour guide and XL Travel Staff
- LIVE Customer service 6am-11pm.
- Additional separate sightseeing trips for parents
- XL Travel Fundraising program.
- All internal transportation via luxury motor coach.
- XL account executive to take care of planning and maintenance.

Price: \$1,399**

****Price is based on 25 paying travelers and does not include flights****

****Based on 3-4 per room, upgrades are available****

Book now online at www.xlsportstours.com or by calling 877-286-3809.

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