

**A Seat-in Group Tour Of Costa Rica
In Air-Conditioned Vehicles With English-Speaking Guides**

ULTIMATE COSTA RICA ADVENTURE

| Day | Location | 3 Star Hotels | 4 Star Hotels | Daily Schedule |
|-----|------------------------------|------------------------------------|---------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 01 | Depart UK Arrive San José | Barceló Palma Real | Hotel Grano de Oro | > Pick Up From San José International Airport |
| 02 | Puerto Viejo de Sarapiquí | La Quinta de Sarapiquí Lodge | Sueño Azul Hacienda & Spa | > Visit The Poás Volcano For A Breathtaking View Of Its Crater > Afternoon Transfer To Puerto Viejo de Sarapiquí |
| 03 | Puerto Viejo de Sarapiquí | La Quinta de Sarapiquí Lodge | Sueño Azul Hacienda & Spa | > White Water Rafting On The Sarapiquí River (Class II & III Rapids) > Chocolate Tour At Tirimbina Nature Reserve |
| 04 | La Fortuna | Hotel Arenal Volcano Inn | Hotel Arenal Nayara | > Guided Trek To View The Arenal Volcano And Its Amazing Lava Fields > Visit The Lush Tropical Baldí Hot Springs At La Fortuna |
| 05 | Monteverde | Cloud Forest Lodge | Monteverde Lodge | > Morning Transfer To Monteverde > Guided Night Hike In The Rainforest To See Nocturnal Wildlife |
| 06 | Monteverde | Cloud Forest Lodge | Monteverde Lodge | > Walk Along The Famous Selvatura Hanging Bridges Of Monteverde With A Naturalist Guide > Enjoy An Exciting Zip-lining Experience Through The Rainforest Canopy |
| 07 | Beach | 1 | 1 | > Transfer To Beach Hotel |
| 08 | Beach | 2 | 2 | |
| 09 | Beach | 3 | 3 | |
| 10 | Beach | 4 | 4 | |
| 11 | Beach | 5 | 5 | |
| 12 | Beach | 6 | 6 | |
| 13 | Beach | 7 | 7 | |
| 14 | San José | Barceló Palma Real | Hotel Grano de Oro | > Afternoon Transfer To San Jose |
| 15 | Depart Costa Rica | | | > Drop Off At San José International Airport |

Yellow=Beach

COSTA RICA
No Artificial Ingredients



Spectacular Vista Over Arenal Volcano

Day 01 – San José



National Theatre At San Jose

San José

San José is nestled in a valley between beautiful mountains. The **San José** and **Central Valley** region have a number of interesting places to explore. A day tour of the capital city offers up museums, a grand theatre and the lively **Central Market**. Other possibilities include waterfalls, coffee plantations and the artisan village of **Sarchi**. **San José** boasts some incredible restaurants and outstanding boutique hotels.



Sabana Park In San José



Day 02 – Sarapiquí



Crater Of The Poas Volcano

Visit The Poás Volcano For A Breathtaking View Of Its Crater

Only 30 miles away from **San Jose**, the **Poás Volcano** (8,200 feet) is considered the largest active crater in the world, about 1 mile wide and 980 feet deep, with frequent geyser-like eruptions. Near the volcano's crater are lakes of molten sulphur, thought to be the only examples of their kind in the world. **Poas** has erupted 39 times since 1828.

Nearby **Botos Lagoon** is an extinct crater with a lake of deep blue water and surrounding dense tropical forests that contain many species of birds.

Puerto Viejo de Sarapiquí

Located in the northern lowlands of **Costa Rica**, on the banks of **Sarapiquí River**, **Puerto Viejo de Sarapiquí** is a typical village, where people's main income is agriculture. Several international research projects such as **La Selva Biological Station** and the **Tirimbina Nature Reserve** are located close to the village, which attract a lot of nature lovers to this area. It is also famous as an excellent area for bird-watching in **Costa Rica**.

The **Sarapiquí River** is one of the major **White Water Rafting** destinations in **Costa Rica**. With **Class II** and **Class III** rapids, it is ideal for beginners as well as intermediate level rafters.



The Sarapiquí River

Day 03 – Sarapiquí



White Water Rafting On The Sarapiquí River

White Water Rafting On The Sarapiquí River

A delightful full day, with more than 20 rapids in a spectacular setting in the tropical rain forest. The **Rio Sarapiquí** is a rafters dream with natural whitewater, challenging rapids and crystal clear pools.

The calm, quiet section of the **Sarapiquí** winds through tropical wet forest and is perfect for nature lovers and birdwatchers. Along the border of the beautiful, protected **La Selva Biological Reserve**, the river is thick with lush vegetation, towering trees, vines and flowers.

The Chocolate Tour

The **Chocolate Tour** begins with a visit to a former cacao-tree plantation where a guide will reveal the secrets of transforming cacao fruit into chocolate.

You will see the chocolate-making process first-hand and even have the opportunity to treat your taste buds to organic rainforest chocolate! After the tour, you can visit a gift shop to purchase authentic organic cacao chocolate bars.



Cocoa Plants



Day 04 – La Fortuna



Arenal Volcano

Guided Trek To View The Arenal Volcano

You will be accompanied by a knowledgeable guide who will explain everything about the **Arenal Volcano's** formation, eruption and the area's eco-system. After the hike you'll be taken to an observation point where you will have the best possible views of the volcano and the lava flows. The **Arenal Volcano** is one of the most active volcanoes in the world, constantly rumbling and erupting.

With a little luck, you can expect to see a dazzling firework display as the lava rolls down the side of the volcano.

Visit The Tropical Hot Springs At Baldí

Lush **Baldi Hot Springs** at **Arenal** consist of 16 springs of various temperatures surrounded by beautiful tropical gardens. The different pools are fed by individual hot springs that come from the **Poás Volcano** and differ in temperature from 35°C to 65°C. While enjoying a mineral bath guests can also enjoy a great view to the majestic **Arenal Volcano**. On a clear night sometimes it is possible to witness the impressive **Lava Flows** of the volcano.



Baldi Hot Springs



Day 05 – Monteverde



The Monteverde Cloud Forests

Monteverde

The bulk of **Monteverde's** rain forest and cloud forest can be found in the **Reserva Biológica Bosque Nuboso Monteverde**. It is known as the site with the largest number of **Orchids** in the world, with 34 of its 500 species newly discovered. In terms of nature-related attractions, there are several serpentariums, insect museums, butterfly gardens, zip lines and suspension bridges through surrounding forest.

A Night Walk In The Monteverde Rainforest To See Nocturnal Wildlife

An excursion that begins just before sunset and finishes at night by flashlight is an informative walk with an experienced naturalist guide through a series of trails to observe the nightlife of a premontane forest. The trails are well marked and easy to walk in the dusk's failing light, yet rustic enough to remind you that you're in a wilderness environment.

Some of the wildlife you might see as day turns to night include porcupines, toucans and other sleeping birds, owls, agoutis, coatimundis, snakes, tarantulas and an array of other nocturnal insects.



Iguana At Monteverde

Day 06 – Monteverde



The Famous Hanging Bridges At Monteverde

A Walk On The Famous Hanging Bridges Of Monteverde

The **Selvatura Treetop Walkways** are a system of hanging bridges and trails built in to the cloud forest, that allow visitors to explore the canopies and tops of the trees with their beautiful hanging gardens.

The 1.9 mile trail crosses through the cloud forest, in which visitors walk through eight different bridges from various lengths ranging between 150 feet up to 510 feet and altitudes up to 180 feet. The bridges are the longest and strongest bridge system in **Costa Rica** and run through the cloud forest near **Santa Elena Reserve**.

Zip-Lining Adventure Through The Monteverde Rainforest Canopy

Canopy zip lining is an amazing experience and very popular in **Costa Rica**. The **Selvatura Zipline** adventure features many kilometres of ziplines, where the above-ground cables enable participants to slide from platform to platform, sometimes through the canopy at tree height, where thrill-seekers sometimes reach speeds of more than 50 kph at one point.



Zip Lining At Monteverde

Day 07 To Day 13 – Pacific Beaches Of Costa Rica



Enjoying The Sun And Sand On A Costa Rican Beach

The Pacific Beaches Of Costa Rica

The **North Pacific** region of **Guanacaste** is the driest area of **Costa Rica** with beautiful beaches that stretch for miles. **Tamarindo**, **Playa Hermosa**, **Playa Flamingo** and **Conchal Beach** on this so-called 'Gold Coast' are prime areas for sun and relaxation. Little rain and consistent warm temperatures offer visitors an enviable climate, breathtaking beaches and lovely **Pacific** sunsets.

The beaches of the **Central Pacific** are easily accessed from **San José**, so the major towns of **Jacó**, **Quepos** and **Manuel Antonio** contain some of **Costa Rica's** most popular resorts. Those seeking a leisurely holiday will be delighted by the region's luxury accommodation, pampering spas and fine cuisine.

Manuel Antonio National Park is one of **Costa Rica's** most visited parks, due to its expansive white sand beaches backed by rainforests that grow right up to the high tide line. The park includes 12 little islets just off the coast, where **Dolphins** and, at times, migrating **Whales** can be sighted.



Squirrel Monkey In Manuel Antonio National Park



Day 14 – San José



Costa Rican Landscapes

Journey Back To San José

Travel back through beautiful landscapes to the **Central Valley**, the heart and heartbeat of the nation. This rich agricultural valley is cradled by the flanks of fickle volcanoes and coffee plantations on the fertile soil. Vegetables and fruits are displayed in a riot of colour at roadside markets on the way back to **San Jose**.



Keel-billed Toucan

Day 15 – Depart Costa Rica

Experience Costa Rica - Holidays In Costa Rica - (ATOL 9128)