

# Discover COSTA RICA

(Note: This is only a sample tour)

**Day 1:** Depart to **San Jose Costa Rica**. Upon arrival transfer to hotel for overnight.

**Day 2:** Head to the **Sarapiqui River for a half day rafting adventure**. The river offers more than 20 class 2 and 3 rapids. Winding through a region known as the land of "Eternal Spring" the Sarapiqui River offers some of Costa Rica's most vibrant and lush tropical scenery. See hummingbirds, toucans, woodpeckers and other bird life. Continue to Puerto Viejo on the Caribbean Coast for your overnight. Drive past miles of different types of agriculture and banana plantations, an important but controversial industry.



**Day 3:** Depart for **Cahuita National Park**, a 1067 hectare park that hugs the Caribbean coast. Meet your guide and learn about the coastal ecology. Search for Howler Monkeys and reptiles and birds. Later enjoy the beach. Spend the rest of your day **kayaking** and **surfing** in the clear waters and calm surf.

**Day 4:** Travel to **Parque Nacional Tortuguero**, a park that was created to protect the most important nesting site in the Western Hemisphere for the green turtle. With 11 distinct life zones ranging from raffia palm forest to herbaceous swamps, the park offers some of the most rewarding nature experiences in the country. Visit Tortuguero Village with its typical Caribbean architecture and artwork as well as get a glimpse into the lives of the people who live there.

**Day 5:** Tortuguero Park is best seen by boat. Meet your boat and guide for your journey to the waterways. **River Otters, Caimans, Howler, Spider and White Faced monkeys** are easily sighted as are birds such as Toucans and Jacamars. Later depart for La Fortuna.



**Day 6:** **Arenal Volcano** towers over the agricultural and tourist hub of La Fortuna. Today hike some of the trails that meander Costa Rica's most active volcano. The volcano smolders incessantly and minor eruptions occur almost daily. At night you may witness what looks like a firecracker as the volcano spews out red hot lava that then pours down its northwestern flank. Later today you will enjoy the **hot springs**.

**Day 7:** Take a 15 minute **hike to an amazing waterfall** emerging from dense jungle greenery before plummeting into an emerald pool below. Swim in the refreshing pools at its base. Drive up over the Continental Divide around Lake Arenal into the misty cloud forests of Monteverde. Experience the nocturnal world with a night hike through the Ecological Farm.

**Day 8:** The **Monteverde Cloud Forest Biological Reserve** is the jewel in the crown of the Arenal Monteverde Protection Zone. Wildlife abounds here with more than: 150 species of amphibians and reptiles, 500 species of butterflies, 130 species of mammals (including 5 wild cats), 3000 species of plants (of which 500 are orchids) and thousands of insects. Today you will visit the reserve.



**Day 9:** After breakfast, experience the **Sky Trek ziplining**, a unique way to experience the canopy. Sail through the treetops of the canopy and over the trails far below. Expert guides assist you in this exciting journey through the different layers of the virgin cloud forests and explain what's going on around you from the time you leave the ground until you rappel back down to the forest floor. Orchids, bromeliads and ferns share this aerial existence with an abundance of wildlife. If you are lucky you will catch a glimpse of the resplendent Quetzal.

**Day 10:** Transfer you to the airport for your flight home.

## **TOUR INCLUSIONS**

- Return air San Jose, Costa Rica
- Coach from arrival in airport until departure
- Fully guided tour with qualified Costa Rican nature guide
- 9 nights hotel accommodation with private facilities
- 9 breakfast
- 8 lunches
- 8 dinners
- Guided walking tours
  - o Cahuita National Park
  - o Arenal Volcano
  - o Monteverde Biological Reserve
  - o Night hike in Monteverde Biological Reserve
- Entrances/ Activities/ Tours
  - o Snorkeling and kayaking in the Caribbean
  - o Visit to Tortuguero Village in Tortuguero National Park
  - o Guided boat cruise through Tortuguero National Park
  - o Visit to La Fortuna Waterfall
  - o Time in local Hot Springs
  - o Skytrek ziplining
  - o White Water Rafting at Sarapiquí River
- Entrances to all National Parks

