

A Costa Rican Adventure!

TRIP LEVEL: Active

An ideal trip for those who want a little **adventure**, beautiful sights and some time to just plain kick back on the beach. Enjoy the excitement of **Whitewater Rafting** on the Pacuare River, **Hiking and Soothing Hot Springs** at Arenal Volcano. Choose from the palm-fringed beaches on the **Pacific Coast**, or the bio-diverse Monteverde Cloud Forest. From one side of Costa Rica to the other, an exciting and fun way to get a good taste of this diverse country and enjoy some **relaxing** holiday time.

Day 1 – Arrival You will be met at the airport and transferred to your hotel in San Jose.

Day 2 – Pacuare River - Whitewater Rafting (2+ hours rafting, 10km) The adventure begins with a scenic drive along the foothills of the Irazú and Turrialba volcanoes to the “put in” on the Pacuare River for our two-day whitewater rafting adventure. We will run a total of 27 kilometers of Class III-IV rapids exploring the magnificent river valley. This afternoon we arrive at our comfortable riverside camp, “El Nido del Tigre.” Nestled between the sounds of the rainforest and the hum of the river, take time to explore the lush environment first hand looking out for toucans overhead or simply relaxing in a hammock to the sounds of the river. (B,L,D).

Day 3 – Pacuare River - Whitewater Rafting (3-5 hours, 17km) Today the Pacuare takes us through virgin rainforest, cascading waterfalls and river carved canyons. We maneuver through the exhilarating rapids and point out the intricacies of the rainforest at the river’s edge. Along the way we take time out to do some hiking to spectacular waterfalls and have lunch on the shore. “Taking out” near the town of Siquirres we drive to the small town of La Fortuna, the closest town to Arenal Volcano. (B,L). There is a wide choice of restaurants to choose from in La Fortuna for dinner.

Day 4 – Arenal Volcano – Hiking (full day) and Hot Springs In the morning we enjoy a beautiful hike through the tropical rainforest, walking for 2 hours on the Arenal hanging bridges with wonderful panoramic views of Arenal Volcano and Lake Arenal. We will continue with a visit to the breathtaking Rio Fortuna waterfall. We are immersed in the spectacular flora and fauna as we descend through the undergrowth to the base of this 120ft waterfall we take time to enjoy a refreshing swim in the natural pool. After lunch we take a guided hike through rainforest trails to the main observation viewpoint for the volcano. If the weather is clear it is often possible to see fireworks, molten lava and gas eruptions from the volcano. Late afternoon we relax in the mineral hot springs of Tabacon before having dinner at the Spa. (B,L,D). Dinner is at Tabacon Hot Springs.

From here you can choose from two options; **A) Manuel Antonio Beach** or **B) Monteverde Cloud Forest**.

A) Manuel Antonio Beach (see below for optional activities available)

Day 5&6 – Manuel Antonio Beach The Pacific Coast of Costa Rica is a treasure chest of natural beauty. Rainforest dramatically meets beach and the sea and Manuel Antonio is a great place to relax and enjoy the beach or the National Park. You will often be awakened by the local monkeys – howler, white-faced and squirrel are the most common in the area, as well as iguanas and land crabs. (B). You will find many options for lunch, either on the beach itself or in the town and there are some unique restaurants to explore for dinner.

Day 7 – Manuel Antonio/Return to San Jose The morning is free to spend a few more hours enjoying the beach. After lunch, you will be transferred back to San Jose (25 minute local flight is also an option at an additional charge). The evening may be spent taking in the sights and sounds of San Jose. (B)

Day 8 – Departure You will be picked up at your hotel in time for your departure from the airport. (B)

B) Monteverde Cloud Forest Option

Substitute days 5,6 & 7 for this option.

Day 5 – Monteverde Cloud Forest - Horseback riding or motorboat

You have a choice of transportation for your journey to Monteverde:

a) Horseback riding between the Arenal Volcano and Monteverde offers the best views of the volcano and lush mountains. Your luggage will either accompany you by packhorse or be transported by boat (weather dependent). If you are looking for a little adventure and a chance to get around in Costa Rica without having to take a bus or taxi then this is the way to go! The journey takes approximately 4 hours. Or

b) For those not comfortable with a horseback ride, take a 30 minute boat ride across the picturesque Lake Arenal to the town of Río Chiquito on the south side of the Lake from where you will be transported by car to your hotel in Monteverde. The journey takes approximately 4 hours.

Breakfast is included before you depart. You can choose your own spot for lunch and dinner in Monteverde.

Please make your mode of travel preference clear (Options a or b) at the time of reserving your trip.

Day 6 – Monteverde Cloud Forest There are a variety of optional activities in Monteverde: guided or solo hike through Monteverde or Santa Elena Cloud Forest Reserve, Canopy Tour, a walk around the galleries and coffee houses of Santa Elena, Don Juan Coffee Tour, horseback riding. (B)

Day 7 – Monteverde/Return to San Jose You have some time this morning to continue to enjoy the Cloud Forest and have lunch before your pick up for the return journey to San Jose. The evening is free to enjoy the nightlife and restaurants of San Jose. (B)

PRICE:	\$1,100 USD per person (based on double occupancy), s/s available.
PEAK SEASON PRICE:	\$1,220 USD per person (based on double occupancy, s/s available)
PRICE INCLUDES:	Accommodation, transportation including airport transfers, meals where indicated and experienced, bilingual & fun guides during the activities.
Note:	All dates are guaranteed departures. We will open a new date with a minimum of 4 people.

DO YOU FIT THE CLIENT PROFILE FOR THIS TRIP?

A Costa Rican Adventure is designed for everyone! We ask that you have a healthy spirit of adventure and good general fitness. There are no specific requirements for whitewater rafting but you will fully participate in paddling.

NOTE: Please ask for our Costa Rican Adventure **What to Bring List**

OPTIONAL ACTIVITIES AVAILABLE AT MANUEL ANTONIO

For those who want to make the most their time at the beach and be active, choose from the following optional activities. **Simply add the price of your choice to the total price of the Costa Rican Adventure and all the bookings will be made in advance.**

Canopy Tour (3 hours) (\$65, breakfast or lunch included)

The excitement of exploring the tropical canopy through a series of 14 suspension platforms situated high above the forest floor. The platforms are connected by steel cables specifically designed to slide across using a pulley system to give you a birdseye view of the rainforest below. Breakfast or lunch (depending on timing of the trip) included.

Islas Damas Mangrove Kayak Trip (approx. 4 hours) (\$65, lunch included)

Paddle by sea kayak on protected inland waterways, which is the perfect place to learn this magical way of exploring coastal mangroves in search of wildlife such as Caimans, Sloths, Crocodiles, Boas, White-faced monkeys, egrets, and much more. Lunch at a local seafood restaurant.

Isla Damas Mangrove Boat Trip(4 hours) (\$60, lunch or dinner included)

Don't miss Isla Damas and its wonderful wildlife just because you don't want to kayak. Treat yourself to a tour by boating the estuary with a guide. There is great birding and wonderful vistas on these mangrove canals. We make a stop on the island to walk along the beach. The trip is an excellent chance to see animals and birds, Caimans, Sloths, Crocodiles, Boas, White-face monkeys, egrets, and much more. Lunch or dinner (depending on timing of the trip) included.

Manuel Antonio National Park (2 1/2 hours) (\$44)

Get the most out of your visit to Manuel Antonio National Park with an experienced naturalist guide. Learn about the history of the park, flora, fauna, bugs and wildlife. Includes snacks and refreshments and guests may remain in the park for as long as you wish after the tour has finished.

Dolphin Watch (Half Day) (\$70)

Marvel at the mysterious islands with their jagged rock formation, towering cliffs and nesting grounds with numerous species of marine birds and their young. Listen to the blowholes whistle with each surge of the waves. Help us count the various types of dolphins and whales that frolic just beyond the islands. Learn about the National Park and the history of Quepoa Indians. For the afternoon trip, witness those unforgettable offshore sunsets, taking a moment to relax and enjoy another beautiful afternoon in paradise.