

Itinerary & Optionals

DAY 1 ARRIVE SAN JOSÉ

Learn the secrets of Pura Vida - Costa Rica's inimitable zest for life that will linger throughout your effortlessly delivered encounter with a land that boasts no artificial ingredients. This evening, join your Travel Director and fellow expeditioners for a Welcome Reception.

MEAL(S)	HOTEL
Welcome Reception	Sheraton San Jose

DAY 2 SAN JOSÉ – BRAULIO CARRILLO NATIONAL PARK – TORTUGUERO NATIONAL PARK (2 NIGHTS)

Journey to San Isidro de Heredia, where we'll 'Dive into Culture' with master chocolatiers, Julio Fernandez and George Soriano, to learn about the history of chocolate and how it is produced at this small workshop. Then, it's on to Siquirres where we'll embark on a river journey through protected wetlands to secluded Tortuguero. Immerse yourself in its vibrant Afro-Caribbean atmosphere as you stroll through the village streets. We enjoy dinner at our hotel this evening accompanied by the enchanting sounds of resident cicadas and tree frogs.

MEAL(S)	HOTEL
Breakfast	
Lunch	Laguna Lodge Tortuguero
Dinner	

DAY 3 TORTUGUERO NATIONAL PARK SIGHTSEEING

Cruise the canals and streams of the park today with a Local Specialist as howler monkeys watch from the treetops, toucans and egrets fly through the air and crocodiles ply the cool waters. Visit the Village of Tortuguero. If you are here between July and September, take an optional tour to see the sea turtles laying eggs on the beach.

MEAL(S)
Breakfast
Lunch
Dinner

DAY 4 TORTUGUERO – SARAPIQUÍ

Bid adiós to Tortuguero and head back to the mainland where we'll enjoy lunch before meeting the Tico family for a 'Dive into Culture' experience at their palm plantation. There you'll learn about and sample the delicate heart of palm. Tonight you'll enjoy a 'Be My Guest' with the owners of your hotel, providing a 'Connect with Locals' experience, as they prepare a special BBQ meal just for you.

MEAL(S)	HOTEL
Breakfast	
Lunch	Hotel La Quinta Sarapiquí Lodge
Be My Guest	

OPTIONAL EXPERIENCES

White Water Rafting Level II and III*

This morning excursion on a class II and III river involves navigating nearly 8 miles (13 km) on the Sarapiquí River. It's a great introduction for first-time paddlers and families interested in a fun, wet roller coaster ride. Total duration approximately 4 hours. Gratuity included. (Minimum 2 Guests)

Adult Price: **USD64.0***

* The Optionals and pricing listed here are a guideline only and subject to change.

DAY 5 SARAPIQUÍ – ARENAL

Rise with the sun to get up close and personal with Costa Rica's exquisite nature during a leisurely hike. Keep a look out for the endangered great green macaw and connect with your beautiful natural surroundings. Embark on an optional rafting trip^ later this morning. We 'Connect with Locals' this afternoon, enjoying a 'Be My Guest' lunch at an eco-friendly hacienda built by the Quintana family as a retirement project. Today, it is home to an organic farm and related eco-adventures. 'Make a Difference' and learn how your visit contributes to the local community. Our journey continues to Arenal Volcano, on whose slopes we spend the afternoon relaxing in our resort's beautifully landscaped thermal pools.

MEAL(S)

Breakfast **HOTEL**
Be My Guest Arenal Paraiso Resort and Spa

OPTIONAL EXPERIENCES

Arenal Natura Ecological Park

At this wonderful park you will have the opportunity to experience Costa Rica's wildlife up close and personal where beautiful frogs, birds, reptiles, and their natural habitats will have the starring role. This package includes a frog sanctuary, bird watching, a serpentarium (home to different species of snakes found in Costa Rica), a reptile lagoon (to observe crocodiles) and a heliconia garden. Total duration is approximately 2 hours. Gratuity included. (Minimum 2 Guests)

Adult Price: **USD50.0***

* The Optionals and pricing listed here are a guideline only and subject to change.

Arenal Volcano Hike

Ever since the 1500s, locals considered Arenal to be just a regular everyday mountain. However, everything changed on the morning of July 29, 1968 when the mountain erupted, spewing ash and lava over the region. Up until 2010, the volcano was still quite active but has settled down in recent years. Your guided hike will allow you to see the areas that were destroyed in the 1968 eruption up close. Hike through recent lava flows and see how Mother Nature has brought life back to the region. Total duration is approximately 4 hours. Gratuity included. (Minimum 2 Guests)

Adult Price: **USD67.0***

* The Optionals and pricing listed here are a guideline only and subject to change.

Kayak On Lake Arenal*

Arenal Lake is the largest in the country and home to a wide diversity of birds, both resident and migratory, such as flycatchers, kingfishers and great blue herons. Kayaking on Arenal Lake is a great way to take part in an outdoor activity while you enjoy the amazing, one-of-a-kind views of Arenal Volcano. Along the shoreline, watch for howler monkeys enjoying the good life high in the trees. Total duration is approximately 4 hours. Gratuity included. (Minimum 2 guests)

Adult Price: **USD65.0***

* The Optionals and pricing listed here are a guideline only and subject to change.

DAY 6 ARENAL – MONTEVERDE CLOUD FOREST (2 NIGHTS)

Our soul-stirring encounter with Costa Rica's natural wonders continues after a morning at leisure. Straddle the Continental Divide and touch the sky in Monteverde Cloud Forest, where you'll have an opportunity to explore this biodiverse sanctuary, renowned for its collection of orchid species - more than in any other single place. Tonight, we'll meet a native Quaker, and Local Specialist, who will share stories of Old Town Monteverde and delve into the history of the American Quakers who settled in the area in the 1950s. This evening, relish some of the best views as you enjoy dinner.

MEAL(S)

Breakfast **HOTEL**
Dinner El Establo Mountain Hotel

DAY 7 MONTEVERDE CLOUD FOREST SIGHTSEEING

This morning, join your guide for an excursion through the lush rainforests of Monteverde Cloud Forest Reserve. We ascend to the treetops high above the jungle floor below, treading lightly along the Sky Walk^ suspension bridges amongst the wildlife that find sanctuary in the boughs of the surrounding canopy. As our epic eco-adventure nears its end, we share stories with newfound friends at a Farewell Dinner.

MEAL(S)

Breakfast
Farewell Dinner

OPTIONAL EXPERIENCES

El Trapiche Tour

The tour begins with a walk through the farm where you'll view sugarcane, banana, orange and coffee plantations. Learn about the coffee making process and how liquor is made of out sugarcane. The farm provides an exciting education to visitors about the various crops and farm life in Costa Rica. Total duration is approximately 3 hours. Gratuity included. (Minimum 2 Guests)

Adult Price: **USD33.0***

* The Optionals and pricing listed here are a guideline only and subject to change.

Horseback Riding Tour*

On your horseback excursion, enjoy sweeping views of the Nicoya Gulf and its islands as you ride your way through coffee and sugarcane plantations, tropical forest and open fields. Be on the lookout for wildlife including toucans, green parrots and white-faced monkeys. Total duration is about 2 ½ hours. Gratuity included. (Minimum 2 Guests.)

Adult Price: **USD75.0***

* The Optionals and pricing listed here are a guideline only and subject to change.

Sky Tram And Sky Trek*

Board a comfortable gondola and fly among the trees on the lookout for local wildlife. As you glide among the forest, see how the vegetation changes with the elevation level. At the end of the Sky Tram you will be faced with a choice: return to the starting point in the same way you came or you can enjoy the ultimate adrenaline rush on the Sky Trek. With this option, you will fly across the forest in a series of ten zip lines with heights ranging from 100 – 650 feet (30 to 200 meters) and with lengths of over 650 feet (200 meters). All of these zip lines were built to give you a 360° perspective of the rainforest. Gratuity included. (Minimum 2 Guests)

Adult Price: **USD97.0***

* The Optionals and pricing listed here are a guideline only and subject to change.

DAY 8 MONTEVERDE – DEPART LIBERIA OR SAN JOSÉ

For now it's a fond hasta luego to Costa Rica, but not goodbye. Transfer to either Liberia or San José International Airports or travel on to Guanacaste Beach for those extending their stay.

MEAL(S)

Breakfast