



Costa Rica

**Traveler: Brian Glassel
Eco-Adventure in Costa Rica**

Date In: 02 Dec 21
Date Out: 10 Dec 21

Founded by two young professionals in 2008, **Green World Adventures** principal goal is to promote Costa Rica as an authentic destination, full of culture, traditions nature and lovely people. Travelers have repeatedly provided the following reason as to why Green World Adventures was their **best tour operator option in Costa Rica**: Sustainability, trust and transparency, prompt replies, care of the clientele from beginning to end of the and even beyond the trip and passion for Costa Rica.



DETAILS OF YOUR TRIP

Traveler Name	Brian Glassel, Eco-Adventure Trip in Costa Rica
Arrival date	02 Dec 21
Departure date	10 Dec 21
Number of participants	4 adults
Quotation reference	BKFI100699

DESTINATIONS

San Jose, The Capital
Arenal Volcano
Monteverde Cloud Forest
Manuel Antonio Beach



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DETAILED ITINERARY

Day 1, 02 Dec 21

- bus Private Transfer IN from Airport to Hotel / Private

Right after you go through immigration and customs one representative will meet you at **the Juan Santamaria International Airport (SJO) exit** to load the luggage into the vehicle and transfer you to the hotel. The hotel for tonight is close to **San Jose city**, located 25-15 minutes away from the airport. During the short drive, you will receive a **brief introduction to Costa Rica** and some recommendations for your trip. The guide will explain your itinerary in detail once you are in the hotel.

- hotel San Jose Autentico Hotel / Standard Room / Breakfast included / 3 Stars
In: 02 Dec 2021 Out: 03 Dec 2021 (1 Night)

- walk Late afternoon, enjoy a tour Taste of San Jose / Tapas (Small Portions) / Regular

Let's discover the wonders behind **the authentic flavors of local food** in San Jose. Our Journey will take us through **locally loved eateries**, unique **specialty food stores**, and **family-owned organic shops**, as well, with a stop at a place that's famous for its specialty, **coffee**, where you can pick from 20 different coffee varieties. We will learn about all the foods we are trying, straight from the charismatic entrepreneurs, chefs, and local artisans who prepare and preserve these cultural traditions.

But we will not just eat on this tour! Between all the tastings, we will learn about the country's political past, experience its bustling commercial hub, and explore the charming tree-lined streets of Old San Jose, not just a taste for the mouth, but also for knowledge.



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San Jose

Elevation	1,169 m / 3,835 f	Temperature	24 C / 75 F
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Costa Rica's capital and the **largest city in the country**, San Jose is considered to be among the most cosmopolitan cities in Latin America. Downtown San Jose is the busiest part of town. A maze of streets and avenues, here you can find most of the city's museums as well as several hotels and plazas.

In the center of the city, several attractions can be found, such as the **National Theater**, **the National Museum, and the Jade Museum**. Also, several parks like **Plaza de La Cultura** and **Parque Morazan** are interesting places to visit. In San Jose exist a wide variety for gastronomic, each corner of the city has great restaurants or the famous **Barrio Escalante**, a gastronomic center where high-quality food is offered. But for more local and typical food the central market offers tasty food.



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Day 2, 03 Dec 21

-  Shuttle Semi-private Transportation from San Jose to Siquirres / Regular
-  Whitewater Rafting at Pacuare River / Breakfast and lunch included / Regular

You will be picked up from your San Jose area hotel to the operations center, located in Siquirres, where you'll enjoy **the traditional Costa Rican breakfast**. After breakfast and changing into rafting gear, you will go to the private rafting put-in on the banks of the **Pacuare River**. Here, the professional rafting guides will outfit you with all necessary equipment, give you a comprehensive rafting safety talk, and instruct you on paddling basics. Then, you and your group will launch your raft and begin to paddle deep into the heart of one of **Costa Rica's most impressive primary rainforests**. It's an adrenaline-packed day running the Pacuare's renowned rapids.

You will raft through the incredible rainforest on **19 miles of Class III-IV whitewater**. Cascading waterfalls, lush forest, exotic plants, birds and other animals, and exciting rapids make this a tropical adventure packed with rich experiences that you'll remember forever.

At the end of your rafting trip, you'll return to the operations center for a delicious **lunch**, and time to shower and change clothes. Then, you will take transportation to your next destination.



-  Shuttle Semi-private Transportation from Siquirres to Arenal Volcano / Shuttle
-  Arenal Montechiari Hotel / Standard Room / Breakfast included / 3 Stars
In: 03 Dec 2021 Out: 05 Dec 2021 (2 Nights)



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Arenal Volcano

Elevation	258 m / 845 f	Temperature	28 C / 82 F
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La Fortuna is home to the greater Arenal recreation area, the entire region is paradise on Earth for **outdoor adventurers**. Volcanic views grace the landscape and heat several **geothermal hot springs**. A lake and rivers beckon you toward **aquatic adventure**. Refreshing **waterfalls** reward you after **hikes**, offering crisp pools and spectacular views.

Arenal Volcano is one of **Costa Rica's most notable natural features**. Standing at 5,437 feet (1,657 meters), this volcano has been resting (i.e. not active) since 2010. However, it is no less majestic to behold, as it's practically a behemoth against the region's perfect skies. **Rising above the rainforest** that surrounds its base, Arenal Volcano frames the skyline with near-perfect **symmetry**.



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Day 3, 04 Dec 21



This morning, you'll do the Canyoning in the Lost Canyon / Lunch included / Regular

You'll rappel down **huge waterfalls, jump into pools, zip down guided rappels, downclimb** the canyon walls and river boulders, and **hike up** through the **rainforest**.

Start the rappelling-leg of your canyoning journey with the first waterfall referred to as the "Baby", a small-sized 10 feet waterfall that allows you to ease your way into learning the ropes. You will soon reach what it's called the "Big Boy", the second largest waterfall. About half-way through your rappel, you'll hear the call to "LET GO!" a few moments later you'll experience your **first guided free fall!** Finally, you will get **the largest Lost Canyon challenge**: an exciting 200 feet waterfall rappel.

At the end of this tour, enjoy a **delicious typical lunch**.



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In the afternoon, get ready to visit the Arenal Volcano and have a Guided Walk and Entrance to Paradise Springs / Dinner included / Regular

The Arenal Volcano Rainforest and Natural History along with the **breath-taken lava** flow will take you through lush rainforest along the base of Costa Rica's most famous volcano. Your experienced, bilingual naturalist guide will point out interesting **plants and wildlife** in the vibrant primary and secondary rainforest of the nature reserve that skirts the **Arenal Volcano 1968 Park**. You'll then arrive at the observation point of the Arenal Volcano -- this is the closest you can get to the base of the Arenal Volcano -- and the perfect vantage point to take remarkable photos of the Arenal Volcano. This hike takes about 1.5 to 2 hours.

Then it's time to head to the **Paradise Hot Springs**, perfect for relax in natural thermal water **pools** and **jacuzzis** of different temperatures with focused hydromassage for back, legs, and feet. The Resort also respects a maximum capacity of visitors to provide a **peaceful atmosphere**. There are showers, massages and body treatments service, food and drink, as well as **reclinable beds**, sun umbrellas, and **relaxing music** along the pool areas. All of the necessary elements for a magnificent and relaxing experience. Here you will enjoy a delicious dinner.



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Day 4, 05 Dec 21

-  Shared Transfer from Arenal to Monteverde, Lake Crossing / / Shuttle Service

The trip combines comfortable **door to door** minivan transfers with a fun and **scenic cruise** across the tranquil **Lake Arenal**, where you will experience beautiful views of **the majestic volcano** and the forested **Tilaran Mountain Range**. You will also have the chance to see a variety of wetland birds such as kingfishers, flycatchers, waders and other exotic species that abound on the lakeshore.

You will be picked up from your hotel in **Arenal** and be driven to the Lake Arenal dam, where you will board a **covered boat**. This is where the scenic 45-minute cruise across the lake begins. Next, you will begin the impressive 1.5-hour journey up the mountainside on a steep road offering stunning views of the lush, green valley. You will be driven directly to your **Monteverde** area hotel.

IMPORTANT: Passengers should expect to carry their bags/luggage to and from the boat. Drivers will do their best to help if you have any problems with carrying heavy bags. Just let them know in advance.



-  Cala Lodge / Standard Room / Breakfast included / 3 Stars
In: 05 Dec 2021 Out: 07 Dec 2021 (2 Nights)



This afternoon, you have a Horseback Riding Tour in Monteverde / Regular

The **horseback riding** tour in Monteverde allows you to observe the activities of a traditional farm in Costa Rica, crossing **plantations of coffee, banana, sugar cane**, areas for livestock and forest; everything riding. Also, enjoy **the best panoramic views** of the Gulf of Nicoya and the magical mountains of the cloud forest. This tour is with excellent horses suitable for all ages.



This evening, enjoy a guided Night Walk Tour / Regular

Experience Costa Rica's spectacular nature on this **night-time excursion** to the Monteverde Cloud Forest. After a convenient hotel pickup, learn about the region's wildlife from an informative local guide and watch the forest come alive at night. Spot **bats, frogs, and rare creatures like kinkajous, ocelots, porcupines, and olingos.**



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Monteverde

Elevation	1,543 m / 5,060 f	Temperature	22 C / 71 F
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Home to cool, **misty cloud forests**, and deep **green foliage almost everywhere** you look, there's no mistaking that you've stepped away from everyday life. If **spending time in nature** is at the top of your travel to-do list, then you'll get your **fill of adventure** in this part of Costa Rica's Central Highlands. From **zip-lining** across a canopy to tours of **coffee plantations**, there are **plenty of activities** to keep you moving in the fresh air.

Monteverde is translated as "green mountain", and once you've reached the mountaintop, you'll first come upon the quaint town of **Santa Elena**. Here you'll find gift stores, accommodations, a bus stop, restaurants, cafes, a supermarket, banks and much more. Though Monteverde proper does not have a town center, it is comprised of a dirt road that leads to the **Cloud Forest Reserve**. Spread out along this walkable road are hotels, cafes, restaurants, galleries, and **excellent views**



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Day 5, 06 Dec 21



In the morning, you will have a Canopy Tour (Zip Line) / Regular

The tour is located in a private reserve created in 1994. It starts with a short guided walk through the private 70-acre reserve of the **cloud forest**. The first part of the tour will take you through primary (old growth), and secondary (new growth) forest. You will **fly through the treetops** listening closely to the vast variety of birds that can be seen throughout the reserve. Then, just when you think you have become one with the canopy the tour ends with an exhilarating **rappel down** from the "Scary Tree". The tour has **14 cables, 17 platforms, 1 rappel, and 1 Tarzan swing**.



In the afternoon, you have a Coffee & Chocolate Tour (Monteverde) / Regular

The coffee tour takes participants on a journey through history. You will learn **the importance of coffee** in Costa Rica's past and current economy. You will walk through **the farm and factory** to see how the bean becomes the rich dark liquid that Costa Ricans love. The famous **chocolate tour** is next. You will smell and taste different types of chocolate as your guide explains the cultural history behind the treat. The guide will also walk you through how the plant goes from seed to **pure ground cocoa**.



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Day 6, 07 Dec 21

🚌 Private Transportation from Monteverde to Manuel Antonio / Travel time: 3 hours and 15 minutes / Private

🏨 Karahe Hotel / Beachfront Room / Breakfast included / 3 Stars
In: 07 Dec 2021 Out: 09 Dec 2021 (2 Nights)

🚶 In the afternoon, enjoy a Sea Kayak & Snorkel Tour / Lunch included / Regular

Whether you are an individual, a group, or an adventurous family, this challenging yet gratifying **ocean paddling** adventure is just what you are looking for. Indulge yourselves at a rare jewel of a beach for a **refreshing swim** and delicious local snacks. Allow your bilingual naturalist guide to direct you to **the best snorkeling** spots as you experience three actively astounding **coral reef systems** nestled very close to the shore of **Biezans Bay**. After an unforgettable experience at Biezans, continue paddling, if you choose to do so, towards Manuel Antonio National Park and admire the nearby nesting islands. And finally, end your adventure with **lunch** near the beach at a local restaurant.



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Manuel Antonio

Elevation	20 m / 65 f	Temperature	28 C / 82 F
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Manuel Antonio is home to a namesake national park **full of unspoiled beaches** and **world-class views**. Enjoy adventures as diverse as **snorkeling** and **jungle hikes**. A great destination for families, **there's something for everyone** whether you have young children or college-bound teens. See a **variety of Costa Rica's animals** when you peek into tide pools and hike through forests; experience the subtle thrill of birding when you cross a variety of species off of your 'seen' list.

Accommodation choices are plentiful, with **some of the country's most inspired** lodging options to choose from. Imagine the glittering, warm sand of a **pristine beach**; shimmering blue water laps along the shoreline, as the fresh ocean breeze dances across your skin. Rediscover what it means to have free time, and then spend it with your favorite people.



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Day 7, 08 Dec 21



Manuel Antonio National Park Guided Walk / Regular

The pace of this adventure is determined by the consensus of your group's abilities and interests. There is an **abundance of wildlife** you will want to stop and observe, all in its natural and **breathtaking habitat**. Watch **sloths** and numerous species of **monkeys** travel through the tree canopy as they hunt for nocturnal **silky anteaters** and several types of **non-poisonous snakes** resting in the **tropical rainforest**. Listen to the songs of the various **birds** as they glide above your group, curiously looking for adventure. At your convenience and leisure, you can stop and enjoy some local fresh fruits and refreshments as you pause to soak in the beautiful aesthetics. Enjoy some leisure time to **swim** at the pristine water of **the virgin beaches** inside of the national park, consider **the most beautiful beaches** of Costa Rica.



Day 8, 09 Dec 21

Enjoy a leisure morning at the hotel.



In the afternoon, Private Transportation from Manuel Antonio to San Jose / Travel time: 2 hours and 40 minutes. / Private



San Jose Autentico Hotel / Standard Room / Breakfast included / 3 Stars
In: 09 Dec 2021 Out: 10 Dec 2021 (1 Night)

Day 9, 10 Dec 21



Private Transfer OUT from Hotel to Airport / Private

All the good things come to an end. Say good-bye to beautiful **Costa Rica** and its people! One driver will pick you up at the hotel and take you straight to the **Juan Santamaria International Airport (SJO)**. In Costa Rica, you must be at the airport **3 hours** before the departure time.



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PRICE

Price per adult in double occupancy	\$ 1,445
Total Price	\$ 5,780

General Details of the Price

Prices are per person and in U.S. dollars.

These rates apply for traveling from 02 Dec 21 to 10 Dec 21.

Valid quotation for 4 adults. If the final number of participants change, a new price will be provided.

Rates are subject to change without notice.

INCLUSIONS

LODGING:

2 nights lodging in San Jose, The Capital. San Jose Autentico Hotel.(Breakfast included)

2 nights lodging in Arenal Volcano. Arenal Montechiari Hotel.(Breakfast included)

2 nights lodging in Monteverde Cloud Forest. Cala Lodge.(Breakfast included)

2 nights lodging in Manuel Antonio Beach. Karahe Hotel.(Breakfast included)

TRANSPORTATION & GUIDE SERVICES:

Private Transfer IN from Airport to Hotel.

Shuttle Transfer from San José to Arenal Volcano (whitewater rafting on the way).

Shared Transfer from Arenal to Monteverde, Lake Crossing.

Private Transportation from Monteverde to Manuel Antonio.

Private Transportation from Manuel Antonio to San Jose.

Private Transfer OUT from Hotel to Airport.

ACTIVITIES & MEALS:

Taste of San Jose (Tapas (Small Portions) in San Jose.

Whitewater Rafting at Pacuare River.

Canyoning in the Lost Canyon (Lunch included) in Arenal Volcano

Arenal Volcano Guided Walk and Entrance to Paradise Springs (Dinner included) in Arenal Volcano

Horseback Riding Tour in Monteverde Cloud Forest

Night Walk Tour in Monteverde Cloud Forest

Canopy Tour in Monteverde Cloud Forest

Coffee & Chocolate Tour in Monteverde Cloud Forest

Sea Kayak & Snorkel (Lunch included)

Manuel Antonio National Park Guided Walk

OTHER:

VAT

24/7 professional logistics support during your trip in Costa Rica.



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LODGING DETAILS

Date In: 02 Dec 21

Date Out: 03 Dec 21

San Jose Autentico Hotel

Standard Room with Breakfast included

Autentico Hotel is located in **San Jose downtown**, 25 minutes away from the Juan Santamaria International Airport. It has a beautiful **outdoor pool** and a **restaurant**. The elegant and simple rooms here will provide you with air conditioning and cable TV. A coffee machine is also available. Featuring a shower, the private bathroom also comes with a hairdryer and free toiletries. Other facilities offered at the property include meeting facilities, luggage storage, and laundry facilities. The property offers **free parking**.



Date In: 03 Dec 21

Date Out: 05 Dec 21

Arenal Montechiari Hotel

Standard Room with Breakfast included

Offering **spectacular views** of Arenal Volcano, Arenal Montechiari Hotel offers **cottages set in tropical gardens**. Located 400 meters from La Fortuna's central park and church, it offers an **outdoor pool** and free Wi-Fi in the reception. Spacious, **air-conditioned** wooden cottages feature tiled floors and cable TV. They have a work desk and a fridge. The private bathroom comes with a shower and toiletries.



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Date In: 05 Dec 21

Date Out: 07 Dec 21

Cala Lodge

Standard Room with Breakfast included

Cala Lodge is **surrounded by nature** and offers **stunning mountain views**, and it is a **family-run hotel**. The suites and rooms have a **rustic-style décor** and full bathrooms. Some may include a spa bath. The bed linen and towels are included.

Cala Lodge is a unique **small hotel**, known for its peacefulness and for enjoying the cloud forest, as well as the personalized service for its visitors.



Date In: 07 Dec 21

Date Out: 09 Dec 21

Karahe Hotel

Beachfront Room with Breakfast included

With **direct access** to Espadilla Beach, this **tropical-style** hotel in Manuel Antonio offers guests an on-site restaurant and spacious private **jungle bungalows**. Every room is furnished with **air conditioning**, a safe and a coffee machine. Certain rooms include **sea views**.

The on-site restaurant serves breakfast every day, and guests can order a la carte international food for lunch and dinner.

Activities like surfing, canopy tours and kayaking can be arranged by the hotel, and **Manuel Antonio National Park** is only 1km from Hotel Karahe.



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Date In: 09 Dec 21

Date Out: 10 Dec 21

San Jose Autentico Hotel

Standard Room with Breakfast included

EXCLUSIONS

Optional tours

Departure taxes (\$29 per person)

Meals not mentioned in the itinerary

Airfare

Tips

International Travel Insurance

COVID-19 test

TERMS & CONDITIONS

You can read all our term and conditions at our official website:

<https://www.greenworldadventures.com/terms/>



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