



# Costa Rica

**Traveler: Andrew Shields - 2nd  
Version**

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          | Andrew Shields - 2nd Version |
| Arrival date           | 15 Jan 23                    |
| Departure date         | 27 Jan 23                    |
| Number of participants | 2 adults                     |
| Quotation reference    | BKFI102109                   |

## DESTINATIONS

|                         |
|-------------------------|
| San Jose, The Capital   |
| Pacuare River           |
| Arenal Volcano          |
| Monteverde Cloud Forest |
| Manuel Antonio Beach    |

## DETAILED ITINERARY

Day 1, 15 Jan 23

 Private Transfer IN from Airport to Hotel

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.



### San Jose

|           |                   |             |             |
|-----------|-------------------|-------------|-------------|
| Elevation | 1,169 m / 3,835 f | Temperature | 24 C / 75 F |
|-----------|-------------------|-------------|-------------|

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.

 Park Inn by Radisson San Jose Hotel / Premium Room / Breakfast included / 4 Stars  
In: 15 Jan 2023 Out: 16 Jan 2023 (1 Night)



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## Day 2, 16 Jan 23

🚩 Exploradores Outdoors / 2 Days of Whitewater Rafting at Pacuare River / Full board / Specialty Lodge

In: 16 Jan 2023 Out: 17 Jan 2023

The overnight Pacuare Adventure is a paddle and hike expedition. You will raft a variety of **exciting rapids**, and you will also hike to pristine waterfalls and primary jungles. This tour includes at least one hike a day, based on your athletic and adventure desires.

The first day you will run 13 kilometers (8 miles) of continuous class **III whitewater** for a total of **14 rapids**. Then you will arrive at the lodge located on the riverbanks, on time for **lunch**. Afternoon activities include various optional hikes, fishing in the river, or relaxing in a hammock. **Dinner** will be served at the lodge.

The second day begins with a hot, freshly brewed cup of Costa Rica's famous coffee. After a **hearty breakfast** is served and you pack your gear, the river descent continues. All of the **class IV rapids** are on this day, so now it is time to truly test the skills you learned on the previous day. The second day is significantly longer on the river, with 23 kilometers (14 miles) to travel and about **30 rapids**. Two stops are made, one for a nice exploratory hike and another one to have **lunch** on the river.

This tour finishes in Siquirres, at the operations center, where you can take a shower, change your clothes, and relax at the gardens. When you are ready, transportation will take you to your next destination.



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Day 3, 17 Jan 23



### Arenal Volcano

|           |               |             |             |
|-----------|---------------|-------------|-------------|
| Elevation | 258 m / 845 f | Temperature | 28 C / 82 F |
|-----------|---------------|-------------|-------------|

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**.



🏠 Arenal Manoa & Hot Springs Resort / Junior Suite / Breakfast included / 4 Stars  
In: 17 Jan 2023 Out: 21 Jan 2023 (4 Nights)

Day 4, 18 Jan 23



## La Fortuna Waterfall Hike & Swim

You will love the **hike down** to this waterfall near the town of La Fortuna because you can see all of **the natural beauty of the rainforest** as well as the birds and wildlife that live there. Once you arrive at the **La Fortuna Waterfall**, prepare to be blown away by the beauty of this impressive waterfall! You will also be able to swim and take amazing photos!

Get ready because there are 500 steps to get down to the waterfall and of course 500 steps to get back up. Many people take breaks on their way to soak up **the lush rainforest, tropical birds** and variety of wildlife that you may be lucky enough to see. When you reach the bottom, you will be blown away by the beauty of **this towering waterfall** and have plenty of opportunities to relax on the rocks and admire the views. You can also **take a swim** in the cool, refreshing clear-water pools along the left-hand side of the waterfall.

You can rinse off in the showers and change into dry clothes and take part in a delicious tropical fruit snack with your guide.



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Day 5, 19 Jan 23



## Mountain Biking Arenal Volcano Lake Trail

Biking in Costa Rica is a great way to experience its amazing natural features such as **tranquil countryside, rolling green hills, vibrant forests, and adventurous mountain trails.** This Costa Rica mountain bike trip takes you on a trail that runs through farmlands, close to the jungle, across rivers and along the base of the **Arenal Volcano.** You will have the chance to see different kinds of **monkeys, toucans, coatimundis** and more!

There will always be a **support vehicle** nearby giving you farther assistants throughout this amazing outdoor activity.



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Day 6, 20 Jan 23



Canyoning in the Lost Canyon / Lunch included

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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## Arenal Volcano Guided Walk and Entrance to Paradise Springs / Dinner included

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 7, 21 Jan 23

 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.*



### Monteverde

|           |                   |             |             |
|-----------|-------------------|-------------|-------------|
| Elevation | 1,543 m / 5,060 f | Temperature | 22 C / 71 F |
|-----------|-------------------|-------------|-------------|

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**

 Koora Monteverde Boutique Hotel & Spa / Junior Suite / Breakfast included / 4 Stars  
In: 21 Jan 2023 Out: 23 Jan 2023 (2 Nights)



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## Night Walk Tour

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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Day 8, 22 Jan 23

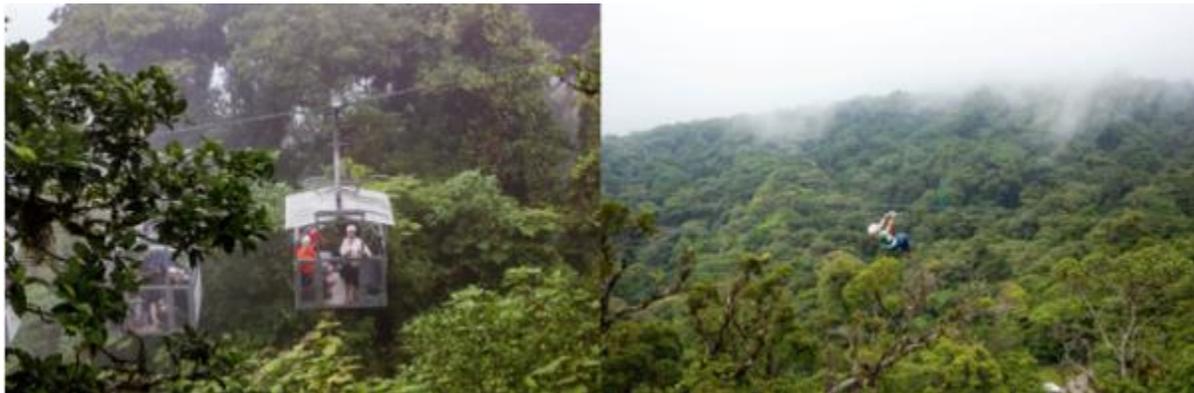


Sky Tram / Sky Trek / Sky Walk

You will have the great opportunity to do three activities, Sky Trek, Sky Tram and Sky Walk. At Sky Trek in **Monteverde**, you ride the **tram up the mountain**, along a beautiful cloud forest ridge and allows for stops along the way to observe plant and animal life and learn from an experienced guide. The duration of the tram takes about 20 minutes before arriving at an observatory platform.

Then to get back to the base you will have to ride the **brehtaking ziplines**, This famous canopy tour consists of **9 zip line cables** with a combined length of 1.8 miles (3 km) and range in distances between 131 feet (40 m) and 435 feet (770 m) and heights that range between 65 to 98 feet (20 to 30 m). Sky Trek is also a great opportunity to have **panoramic views** at two observation towers that offer views to the Pacific on a clear day it is also possible to see the northern lowlands that stretch all the way to the Caribbean.

The hike at Sky Walk offers a more peaceful introduction to exploring **Monteverde Cloud Forest** on a 2.5km (1.5mi) circuit trail that goes through distinct levels of the wonderfully diverse ecosystem. Sky Walk uses these trails and a series of suspension bridges for a one on one experience with the flora and fauna of the forest canopy. You will hike deep into these **magical tropical forests** to admire nature from a **distinct perspective**. Crossing hanging bridges with complete views of the forest canopy, and from the floor of the forest a naturalist.



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## Monteverde Cloud Forest Reserve, Guided Walking Tour

The tour is essentially a natural history walk in which you will learn about **the incredible diversity of flora and fauna** and many of the unique relationships various cloud forest species have with each other. Guides are equipped with a spotting telescope as well as binoculars and several informational guidebooks. Be sure to bring your cameras, as you can take pictures through the guide's scope. This walk normally takes about 3 hours.

The **Monteverde Cloud Forest Reserve** is where some of **the best-kept cloud forests** in all of Costa Rica can be found. It is a cloud forest, not a rainforest, due to its elevation of 4,724 feet (1,440 meters) above sea level.



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Day 9, 23 Jan 23

 Shuttle Transfer from Monteverde to Manuel Antonio Beach / Travel time: 4 hours.



### Manuel Antonio

|           |             |             |             |
|-----------|-------------|-------------|-------------|
| Elevation | 20 m / 65 f | Temperature | 28 C / 82 F |
|-----------|-------------|-------------|-------------|

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.



 Parador Resort & Spa / Tropical Room / Breakfast included / 4 Stars Plus  
In: 23 Jan 2023 Out: 26 Jan 2023 (3 Nights)

Day 10, 24 Jan 23



Catamaran Cruise & Snorkeling / Lunch included

Enjoy an outstanding **naturalist tour** with amazing views of the **Manuel Antonio National Park** onboard the **catamaran**. Enjoy great company and **recreational fun** during this half-day excursion. This tour can be done in the morning or the afternoon. The morning tour includes a **freestyle diving adventure** in a beautiful and secluded bay known as **Biezans Beach**. The afternoon tour is a truly amazing trip for nature lovers who can enjoy not only the experience itself but the **breathtaking sunset** on the Pacific Ocean. Cherish the sights of **humpback whales, dolphins, stingrays**, and other marine wildlife. Onboard, you will have a selection of snacks and natural juices. As you cruise along the coast, enjoy the sea breeze, the **summer sunshine** of Costa Rica and this unique tropical paradise at its best. This tour includes a delicious **meal** before to end this tour.



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## Day 11, 25 Jan 23



### Manuel Antonio National Park Guided Walk

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 12, 26 Jan 23



Shuttle Transfer from Manuel Antonio to San Jose / Travel time: 4 hours and 30 minutes.



Country Inn & Suites by Radisson San Jose / Standard Room / Breakfast included / 4 Stars

In: 26 Jan 2023 Out: 27 Jan 2023 (1 Nights)

## Day 13, 27 Jan 23



Private Transfer OUT from Hotel to Airport

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 | \$ 3,269.65        |
| <b>Total Price</b>                  | <b>\$ 6,539.29</b> |

### General Details of the Price

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

These rates apply for traveling from 15 Jan 23 to 27 Jan 23.

Valid quotation for 2 adults,0 children. If the final number of participants change, a new price will be provided.

Rates are subject to change without notice.

Child rate applies for children younger than 10 years old.

## INCLUSIONS

### LODGING:

1 night lodging in San Jose, The Capital. Park Inn by Radisson San Jose Hotel.(Breakfast included)

1 nights lodging in Pacuare River. Exploradores Outdoors.(Full board)

4 nights lodging in Arenal Volcano. Arenal Manoa & Hot Springs Resort.(Breakfast included)

2 nights lodging in Monteverde Cloud Forest. Koorá Monteverde Boutique Hotel & Spa.(Breakfast included)

3 nights lodging in Manuel Antonio Beach. Parador Resort & Spa.(Breakfast included)

1 night lodging in San Jose, The Capital. Country Inn & Suites by Radisson San Jose.(Breakfast included)

### TRANSPORTATION & GUIDE SERVICES:

Private Transfer IN from Airport to Hotel

Shared Transfer from Arenal to Monteverde, Lake Crossing

Shuttle Transfer from Monteverde to Manuel Antonio Beach

Shuttle Transfer from Manuel Antonio to San Jose

Private Transfer OUT from Hotel to Airport

### ACTIVITIES & MEALS:

La Fortuna Waterfall Hike & Swim in Arenal Volcano

Mountain Biking Arenal Volcano Lake Trail in Arenal Volcano

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

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

Night Walk Tour in Monteverde Cloud Forest

Sky Tram / Sky Trek / Sky Walk in Monteverde Cloud Forest

Monteverde Cloud Forest Reserve, Guided Walking Tour in Monteverde Cloud Forest

Catamaran Cruise & Snorkeling (Lunch included) in Manuel Antonio Beach

Manuel Antonio National Park Guided Walk in Manuel Antonio Beach

### OTHER:

VAT

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



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## LODGING DETAILS

Date In: 15 Jan 23

Date Out: 16 Jan 23

### **Park Inn by Radisson San Jose Hotel**

Premium Room with Breakfast included

The rooms at Park Inn San Jose are **air-conditioned** and feature a minibar, coffee maker and a flat-screen cable TV. The bathroom provides free toiletries. Rooms are decorated in a **modern style** with colorful accessories. This property is located only 500 meters from **Parque Metropolitano La Sabana Park** in central San Jose. It offers an outdoor pool, hot tub, and a fitness center. The restaurant serves **international-style cuisine**. Room service is also available.



Date In: 16 Jan 23

Date Out: 17 Jan 23

### **Exploradores Outdoors**

2 Days of Whitewater Rafting at Pacuare River with Full board

If you have an **overnight package**, you will have the opportunity to stay on the riverbanks of the **Pacuare River**. Exploradores Outdoors works with three different lodges of this area (the name will be confirmed one month before to the arrival). Located right next to the river in **the middle of primary forest**, they offer you safari-style facilities. Gardens are very well taken care of, perfectly blending with their surroundings. Modern toilets and showers are also available for your use. Each hotel provides **perfect "hanging out" space** and an **excellent view** of the river.



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Date In: 17 Jan 23

Date Out: 21 Jan 23

## **Arenal Manoa & Hot Springs Resort**

Junior Suite with Breakfast included

Located in **Arenal Volcano area**, the hotel offers an extensive garden, a sun terrace with **swimming pool**, spa treatments and free Wi-Fi throughout, this hotel is 10 minutes' drive from the Arenal Volcano National Park and from La Fortuna Town Center.

Guests can take advantage of the **spacious gardens** for walking and meditation as well as the opportunities to see the daily operations of a **typical Costa Rican farm**.

The suites offer modern décor, air conditioning, a desk, a safety box, and satellite TV. Some of them have a terrace with **Arenal Volcano views**.

The rooms have been designed so that each one offers a **panoramic view** of the volcano.



Date In: 21 Jan 23

Date Out: 23 Jan 23

## **Koora Monteverde Boutique Hotel & Spa**

Junior Suite with Breakfast included

Koora Monteverde Boutique Hotel and Spa is located in the Aguti Reserve, where guests have the rare opportunity to see rare microclimates. This ecologically minded hotel has made concerted efforts to preserve plants like aguacatillo tree, which serves as an important food source for animals like the extremely rare resplendent quetzal. The lodge has an inviting bar and restaurant as well as room service. The dining room extends onto the lodge's deck and has a spectacular view. Breakfast is included in your stay, where you'll have your choice of traditional Costa Rican or an American breakfast, all cooked to order. You can access Wi-Fi throughout the lodge and have your laundry and dry cleaning taken off your hands.



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Date In: 23 Jan 23

Date Out: 26 Jan 23

### **Parador Resort & Spa**

Tropical Room with Breakfast included

Parador Resort and Spa is located in Manuel Antonio. The resort is perched on the Punta Quepos promontory, just a five-minute walk to the beach and a 15-minute drive to the famous **Manuel Antonio National Park**. Set across over 12 acres of lush, wildlife-packed rainforest, Parador hotel features a crisscrossing network of **nature trails**, culminating in exquisite cliffside vistas. **Expansive** rooms and suites effortlessly blend relaxed tropical style with contemporary comfort, and include private balconies, free Wi-Fi access and deluxe bedding. The hotel offers **three pools** a **fitness center** and a **Spa**.



Date In: 26 Jan 23

Date Out: 27 Jan 23

### **Country Inn & Suites by Radisson San Jose**

Standard Room with Breakfast included

Featuring 2 **luxurious outdoor pools**, a fitness center, and a gift shop, this hotel offers free Wi-Fi and 4 well-appointed meeting rooms. The rooms in Country Inns & Suites by Radisson feature a private bathroom, **air conditioning**, and cable TV. Room service and laundry services are available. Juan Santamaria International Airport is located **10 minutes** away. Also, this hotel has a restaurant which is open for lunch and dinner.



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## 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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