

# Costa Rica

**Traveler: Sophie Ireland x5**

Date In: 02 Apr 23  
Date Out: 14 Apr 23

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	Sophie Ireland x5
Arrival date	02 Apr 23
Departure date	14 Apr 23
Number of participants	5 adults
Quotation reference	BKFI102043

## DESTINATIONS

San Jose, The Capital
Arenal Volcano
Monteverde Cloud Forest
Tamarindo Beach
San Jose, The Capital

## DETAILED ITINERARY

Day 1, 02 Apr 23



Private Transfer IN from Airport to Hotel / Transport + Guide / 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.



### 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.



Hotel Presidente / Standard Room / Breakfast included / 4 Stars

In: 02 Apr 2023 Out: 03 Apr 2023 (1 Night)



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Day 2, 03 Apr 23

 Private Transfer from San Jose to Arenal

Travel time: 3 hours and 15 minutes.



**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**.



 Arenal Manoa & Hot Springs Resort / Junior Suite Superior / Breakfast included / 4 Stars

In: 03 Apr 2023 Out: 07 Apr 2023 (4 Nights)

Day 3, 04 Apr 23



## Rio Celeste National Park, Guided Hike / Lunch included

The Rio Celeste Waterfall is near the Tenorio and Miravalles Volcanoes. Once you get here, you will begin a **hike through the dense, lush, tropical rainforest** that surrounds the Tenorio National Park. You can go at your own pace and you will learn interesting things about the rainforest along the way. This hike takes about 1.5 to 2 hours or about 6 kilometers long (3 miles) and is considered a **moderate hike**. When you arrive at "Los Teñideros", where two rivers come together, you will be amazed at **the celestial turquoise blue watercolor** that comes from the waterfall. This color is created when the minerals in the water (aluminum, silicon, and oxygen) are suspended in the water and refracts light from the sun so that the flow looks blue. Get your camera ready because this is **the perfect place to take photos** of this unforgettable **Costa Rica blue waterfall!**

At the end of this hike, you will enjoy a **delicious lunch**.



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Day 4, 05 Apr 23



Sloth Tour (Sloth Territory)

The sweet smiling face of the **Costa Rican sloth** is rapidly becoming the iconic symbol of the country's amazing **rainforest wildlife**. All set, you will walk for about 1.2 kilometers through the beautiful rainforest looking for our lazy friend, the sloth. You will be searching out both **2-toed** and **3-toed sloths**. Although similar, they have distinct differences. The 2-toed Sloth, being nocturnal, can be found sleeping high up in the treetops. More active during daytime hours, the 3-toed Sloth slowly moves through the branches eating leaves, often with a young sloth hugging on for the ride. And as a bonus, you will also get great views of a **variety of birds, brightly colored toucans, iguanas**, and more.



Arenal Volcano 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 5, 06 Apr 23



La Fortuna Waterfall Hike & Swim / / Regular

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 6, 07 Apr 23

 Shared Transfer from Arenal to Monteverde, Lake Crossing

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.



### 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**

 Hotel Poco a Poco / Standard Quetzal Room / Breakfast included / 4 Stars

In: 07 Apr 2023 Out: 09 Apr 2023 (2 Nights)



## 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**.



## Day 7, 08 Apr 23



## Hanging Bridges, Guided Walking Tour / 2022 / Regular

The tour begins at the reception where a bilingual guide will welcome you and accompany you during the whole trajectory helping you discover the animals and the plants more interesting that habit in **the exuberant cloud forest**. The tour, which is 3 kilometers approximately, consists of a combination of trails and **seven bridges** where you will have the opportunity to explore all the levels of the cloud forest, as well as the habitats of every single one, starting from the ground and **getting to the top of the great trees**.



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## Canopy Tour

The canopy tour (also called zip line) is **the most popular Costa Rican adventure tour**. Enjoy a fantastic day of **zip lining, and riding a giant swing** in the beautiful cloud forest setting. Experience a unique perspective of the forest as you glide over the beautiful Costa Rican landscape. While the **nine zip lines** are sure to amaze you, the real thrill comes from **two superman zip lines**, including **the longest zip line in Costa Rica!** Swing like Tarzan on a **mega swing**, float down a rappel and keep your balance on a **hammock bridge**. Everything is included in the same tour. The maximum weight for a person to participate in the tour is 240 pounds.



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Day 8, 09 Apr 23

 Private Transportation from Monteverde to Tamarindo

Travel time: 3 hours and 30 minutes.



### Tamarindo

Elevation	20 m / 65 f	Temperature	28 C / 82 F
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Tamarindo is located at **Guanacaste on the Pacific coast**. In the center of town, there are many options **for restaurants and bars**. Tamarindo is a destination perfect to relax at the golden sand beach and enjoy the sunny days. The town offer a very active night life and surf is one of the most popular activities in the area. Near Tamarindo stunning beach such as **Langosta beach**, a beautiful white sand beach can find. **Marino Las Baulas National Park** is a protected area that serves as a safe place for the leatherback sea turtle population. They can use this area as a nesting site, without fear of being captured or having their eggs stolen. You can also see many other animals in the park, including over 150 species of birds.



 Cala Luna Luxury Boutique Hotel / Deluxe Room / Breakfast included / 5 Stars  
In: 09 Apr 2023 Out: 13 Apr 2023 (4 Nights)



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Day 9, 10 Apr 23

### Free Day

Enjoy a leisure day in your own way!

If you want to explore more this area, you can acquire an optional tour according to your preferences. Please, do not hesitate to contact your travel expert.

Day 10, 11 Apr 23

### Free Day

Enjoy a leisure day in your own way!

If you want to explore more this area, you can acquire an optional tour according to your preferences. Please, do not hesitate to contact your travel expert.

Day 11, 12 Apr 23

### Free Day

Enjoy a leisure day in your own way!

If you want to explore more this area, you can acquire an optional tour according to your preferences. Please, do not hesitate to contact your travel expert.

Day 12, 13 Apr 23

 Shuttle Transfer from Tamarindo to San Jose / 1 to 4 Pax / Shuttle Service

Travel time: 5 hours and 30 minutes.

 Hotel Presidente / Standard Room / Breakfast included / 4 Stars  
In: 13 Apr 2023 Out: 14 Apr 2023 (1 Night/s)

Day 13, 14 Apr 23

 Private Transfer OUT from Hotel to Airport / Transport + Guide / 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

Adult 01 Sophie Ireland	\$ 2,866.74
Adult 02 Sophie Ireland	\$ 2,866.74
Adult 03 Sophie Ireland	\$ 2,363.17
Adult 04 Sophie Ireland	\$ 2,363.17
child Sophie Ireland	\$ 2,363.17
<b>Total Price</b>	<b>\$ 12,823.00</b>

### **General Details of the Price**

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

These rates apply for traveling from 02 Apr 23 to 14 Apr 23.

Valid quotation for 5 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/s lodging in San Jose, The Capital. Hotel Presidente.(Breakfast included)
- 4 night/s lodging in Arenal Volcano. Arenal Manoa & Hot Springs Resort.(Breakfast included)
- 2 night/s lodging in Monteverde Cloud Forest. Hotel Poco a Poco.(Breakfast included)
- 4 night/s lodging in Tamarindo Beach. Cala Luna Luxury Boutique Hotel.(Breakfast included)
- 1 night/s lodging in San Jose, The Capital. Hotel Presidente.(Breakfast included)

### **TRANSPORTATION & GUIDE SERVICES:**

- Private Transfer IN from Airport to Hotel (Transport + Guide)
- Private Transfer from San Jose to Arenal
- Shared Transfer from Arenal to Monteverde, Lake Crossing
- Private Transportation from Monteverde to Tamarindo
- Shuttle Transfer from Tamarindo to San Jose (1 to 4 Pax)
- Private Transfer OUT from Hotel to Airport (Transport + Guide)

### **ACTIVITIES & MEALS:**

- Rio Celeste National Park, Guided Hike (Lunch included) in Arenal Volcano
- Sloth Tour (Sloth Territory) in Arenal Volcano
- Arenal Volcano Guided Walk and Entrance to Paradise Springs (Dinner included) in Arenal Volcano
- La Fortuna Waterfall Hike & Swim in Arenal Volcano
- Night Walk Tour in Monteverde Cloud Forest
- Hanging Bridges, Guided Walking Tour (2022) in Monteverde Cloud Forest
- Canopy Tour (2022) in Monteverde Cloud Forest

### **OTHER:**

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



## LODGING DETAILS

Date In: 02 Apr 23

Date Out: 03 Apr 23

### Hotel Presidente

Standard Room with Breakfast included

Hotel Presidente San Jose City Center is located in **the heart of San Jose**, only 100 meters from Costa Rica's National Theatre and Plaza de la Cultura, and the National Museum and Gold Museum are within 5 minutes' walk of the hotel. Rooms have **modern decor** with an LCD flat-screen TV. The amenities available also include a laptop safe and a hairdryer. Set on the seventh floor, the hotel gym offers **impressive views of San Jose**. There are computer terminals for guests to use in the lobby, along with currency exchange services and luggage storage.



Date In: 03 Apr 23

Date Out: 07 Apr 23

### Arenal Manoa & Hot Springs Resort

Junior Suite Superior 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.



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Date In: 07 Apr 23

Date Out: 09 Apr 23

## Hotel Poco a Poco

Standard Quetzal Room with Breakfast included

Hotel Poco a Poco is the **perfect place** to stay while in Monteverde. Nearby tourist attractions such as the **Monteverde Cloud Forest Reserve** and the **breathtaking landscape** give you plenty of opportunities to explore. Hotel Poco a Poco offers rooms that are **stylish and spacious**, and they can accommodate parties of many sizes. Each room is designed to create an atmosphere of **privacy** and comfort. The lounge area is also full of places to rest and enjoy the **wonderful weather**. **The Naroa spa** is a popular location, where you can focus completely on **relaxing**. Trained specialists use highly-certified professional spa and **beauty products**, and they offer both **massages and wellness treatments**. Organic goods and flowers grown in Monteverde are used, which ultimately helps develop the industry of the town.



Date In: 09 Apr 23

Date Out: 13 Apr 23

## Cala Luna Luxury Boutique Hotel

Deluxe Room with Breakfast included

Cala Luna Boutique Hotel located on Langosta Beach. Set in **tropical gardens**, it offers spacious rooms and villas with a private pool, free Wi-Fi and a **private beach area**. Rooms and villas at Cala Luna offer unique décor, with cream tones and dark wood furniture. All include a terrace with **garden views** and a lounge area with minibar, sofa, satellite TV and safe. The resort's centre is 10 minutes' walk away. There is a large **outdoor pool** and massage services are available. The hotel organises trips and activities, including quad biking, fishing, jungle boat safaris and horse riding.



Date In: 13 Apr 23

Date Out: 14 Apr 23



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## Hotel Presidente

Standard Room with Breakfast included

Hotel Presidente San Jose City Center is located in **the heart of San Jose**, only 100 meters from Costa Rica's National Theatre and Plaza de la Cultura, and the National Museum and Gold Museum are within 5 minutes' walk of the hotel. Rooms have **modern decor** with an LCD flat-screen TV. The amenities available also include a laptop safe and a hairdryer. Set on the seventh floor, the hotel gym offers **impressive views of San Jose**. There are computer terminals for guests to use in the lobby, along with currency exchange services and luggage storage.



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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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