

Costa Rica

Traveler: Anna Ryjik - 3rd Version

Date In: 20 Feb 23
Date Out: 27 Feb 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	Anna Ryjik - 3rd Version
Arrival date	20 Feb 23
Departure date	27 Feb 23
Number of participants	2 adults
Quotation reference	BKFI102311

DESTINATIONS

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

DETAILED ITINERARY

Day 1, 20 Feb 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
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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.

 Sleep Inn Hotel Paseo Las Damas / Standard Room / Breakfast included / 3 Stars
In: 20 Feb 2023 Out: 21 Feb 2023 (1 Night)



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Day 2, 21 Feb 23



San Jose City Tour / Lunch included

Our unique sightseeing double decker bus will take you to downtown San Jose from your hotel to witness the city's main historical landmarks for an immersive and panoramic cultural experience and a better understanding of Costa Rica's evolution. Our favorite places to visit for a guided walk in San Jose include Costa Rica's cherished National Theater (lobby), Art Museum, Metropolitan Cathedral the old and authentic Central Market, the impressive Gold Museum (lunch tour), an in-depth description of the National Monument, and the influential historical episode that took place at the Democracy Plaza. Our VIP City Bus tour will take you comfortably and safely through San Jose's narrow and busy streets driving by beautiful outdoor city attractions. The living city is our museum.



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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**.



Los Lagos Hotel Spa & Resort / Standard Room / Breakfast included / 4 Stars

In: 21 Feb 2023 Out: 23 Feb 2023 (2 Nights)



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Day 3, 22 Feb 23



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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Arenal Volcano Walking Tour

The trails in **Arenal National Park** and other nearby **Arenal Reserves** are generally flat and not very strenuous, perfect for a leisurely and informative guided walk with a professional nature guide. You will hike through well-groomed, **easy trails** that skirt the base of the Arenal Volcano and Lake Arenal Area. This part of the Arenal Volcano had sections that were devastated by **the lava flow of 1968**, so some areas have very little vegetation.

This guided walk provides **perfect photo opportunities** and **magnificent views** of the impressive Arenal Volcano, the pristine Lake Arenal and the extinct volcano Cerro Chato. There are parts of each trail that has forested areas where your nature guide will try to spot **birds, monkeys and other animals** in their natural habitat.



Dinner at the hotel



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Day 4, 23 Feb 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.

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
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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 / Deluxe Forest Room / Breakfast included / 4 Stars
In: 23 Feb 2023 Out: 25 Feb 2023 (2 Nights)



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Coffee & Chocolate Tour (Monteverde)

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**.



Day 5, 24 Feb 23



Hanging Bridges, Guided Walking Tour

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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Day 6, 25 Feb 23




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.



 Private Transfer from Monteverde to Manuel Antonio Beach / Travel time: 3 hours and 30 minutes.

 Hotel Playa Espadilla / Premium Room / Breakfast included / 3 Stars
In: 25 Feb 2023 Out: 27 Feb 2023 (2 Nights)

Day 7, 26 Feb 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 8, 27 Feb 23



Sea Kayak & Snorkel / Lunch included

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.



Private Transfer from Manuel Antonio to Juan Santa Maria International Airport in San Jose / Travel time: 3 hours.



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PRICE

Adult 01 Anna Ryjik	\$ 2,148.50
Adult 02 Anna Ryjik	\$ 2,148.50
Total Price	\$ 4,297.00

General Details of the Price

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

These rates apply for traveling from 20 Feb 23 to 27 Feb 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/s lodging in San Jose, The Capital. Sleep Inn Hotel Paseo Las Damas.(Breakfast included)

2 night/s lodging in Arenal Volcano. Los Lagos Hotel Spa & Resort.(Breakfast included)

2 night/s lodging in Monteverde Cloud Forest. Hotel Poco a Poco.(Breakfast included)

2 night/s lodging in Manuel Antonio Beach. Hotel Playa Espadilla.(Breakfast included)

TRANSPORTATION & GUIDE SERVICES:

Private Transfer IN from Airport to Hotel

Private Transfer from San Jose to Arenal

Shared Transfer from Arenal to Monteverde, Lake Crossing

Private Transfer from Monteverde to Manuel Antonio Beach

Private Transfer from Manuel Antonio to Juan Santa Maria International Airport

ACTIVITIES & MEALS:

San Jose City Tour (Lunch included) in San Jose, The Capital

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

Arenal Volcano Walking Tour in Arenal Volcano

1 Dinner in Arenal Volcano

Coffee & Chocolate Tour (Monteverde) in Monteverde Cloud Forest

Hanging Bridges, Guided Walking Tour (2023) in Monteverde Cloud Forest

Sea Kayak & Snorkel (Lunch included) 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: 20 Feb 23

Date Out: 21 Feb 23

Sleep Inn Hotel Paseo Las Damas

Standard Room with Breakfast included

The Sleep Inn Hotel Paseo Las Damas Hotel, a **three stars** hotel, has an excellent location in **downtown San Jose**, only 20 minutes from the Juan Santamaria International Airport. Offering a **casino**, gym, and free WiFi zone, this hotel is situated opposite España Park and the Modern Art Museum. The **air-conditioned** rooms include a microwave, fridge and coffee maker. Toiletries are provided in the private bathroom. The hotel offers free private parking.



Date In: 21 Feb 23

Date Out: 23 Feb 23

Los Lagos Hotel Spa & Resort

Standard Room with Breakfast included

This hotel is located next to **Arenal Volcano**, 6 km from La Fortuna. It offers a **natural hot spring**, outdoor adventure activities, a luxurious spa and **scenic volcano views**. The rooms of the Hotel Los Lagos Spa & Resort are **spacious and comfortable** and feature scenic views. The hotel's The Las Palmas Restaurant features gourmet, tropical dishes made with local produce. You can also enjoy a cocktail at the relaxing swim-up Lemnos Wet Bar **outdoor pool**.

The hotel offers many activities onsite, from canopy tours, to visits to **frog, butterfly and crocodile farms**. A 2.8 km walk takes you to a breathtaking viewpoint of the volcano.



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Date In: 23 Feb 23

Date Out: 25 Feb 23

Hotel Poco a Poco

Deluxe Forest 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 **brehtaking 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: 25 Feb 23

Date Out: 27 Feb 23

Hotel Playa Espadilla

Premium Room with Breakfast included

Just a 1-minute walk from **Espadilla Beach** in Quepos, this hotel features an **outdoor swimming pool** and a tour desk. Hotel Playa Espadilla also has **tennis courts**. Each **air-conditioned** room at this property features a cable TV and a private bathroom with a shower and toilet. Manuel Antonio Park is just 200 meters from the property.



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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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