



Costa Rica

Traveler: Alan Parrish x2

Date In: 28 Apr 23
Date Out: 07 May 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	Alan Parrish x2
Arrival date	28 Apr 23
Departure date	07 May 23
Number of participants	2 adults

DESTINATIONS

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



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DETAILED ITINERARY

Day 1, 28 Apr 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.



🏠 Grano de Oro Hotel / Deluxe Room (Patio) / Breakfast included
 In: 28 Apr 2023 Out: 29 Apr 2023

Day 2, 29 Apr 23



Tortuguero

Elevation	5 m / 16 f	Temperature	26 C / 70 F
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Tortuguero is located in the north Caribbean of Costa Rica. Tortuguero is one of the most remote places in Costa Rica and is only accessible by boat or plane. This little village with strong **Afro-Caribbean roots** is best known for attracting hordes of sea turtles such as **Leatherback, Loggerhead, and Hawksbill turtles**. While peak turtle season is in July and August, the park and village have begun to attract travelers year-round. Tortuguero is great for families and adventure travelers to go on **jungle hikes**, do a **boat tour** in the canals of the National Park, or just relax at the lodge. The Canals of Tortuguero are known as Costa Rica’s Amazon-like rainforest there are more of **800 species of wildlife**, especially many types of birds.



🚩 Manatus Hotel /3 Days Tortuguero, Deluxe Room (In boat/Out boat) / Full board
In: 29 Apr 2023 Out: 01 May 2023

3 Days, Tortuguero Package

The best natural expedition awaits you today. Your expert guide will meet you early at the hotel. You will start traveling northeast to the Caribbean lowlands. You will stop for breakfast at a local restaurant in Guapiles town. After breakfast, you will continue to La Pavona dock, there you will board the special boat that will take you to the lodge immersed in the jungle.

This afternoon, you will have a **guided tour to the Village of Tortuguero** and walk around the town to learn about the relaxed way of life in the Caribbean. Your guide will explain to you how this village developed and why they changed their minds about **turtle conservation**.

Lunch and dinner are included at the hotel.



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Day 3, 30 Apr 23

This morning, after breakfast, you have a **boat tour on the Tortuguero National Park** with the company of a local expert nature guide. The small boats go deep into the canals of the national park, further beyond where other boats can go. Due to the ability to explore further into the canals, you will have the opportunity to find rarer species of wildlife.

NOTE: The entrance fee to Tortuguero National Park is not included. It is \$15 USD per person.

This afternoon, your guide will take you to a private nature trail where you have an exploring **guided walk inside the jungle**. The walk is relaxed and slow pace as this is a flat trail. The rest of the day is at your leisure; you can relax at the **swimming pool**, take a cocktail admiring the river lagoon or spend the afternoon on the beach.

Lunch and dinner are included at the hotel.



Day 4, 01 May 23

Today after breakfast, the guide will meet you at the main dock of the hotel to return by boat to Pavona's dock; from there continue with land transportation to Guapiles town where you will have another **delicious Caribbean lunch**. After the meal, a representative will pick you up to take you to the next destination of this journey



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Day 4, 01 May 23

 Private Transfer from Guapiles to Arenal




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 Springs Resort & Spa / Junior Suite / Breakfast included
In: 01 May 2023 Out: 03 May 2023

Day 5, 02 May 23



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.



Coffee & Chocolate Tour (Arenal Volcano)

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, 03 May 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.



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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**



🏠 Hotel Poco a Poco / Standard Quetzal Room / Breakfast included
In: 03 May 2023 Out: 05 May 2023

Day 7, 04 May 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**.



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, 05 May 23

 Private Transfer from Monteverde to Manuel Antonio Beach



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.




 Shana by The Beach / Standard Plus Room / Breakfast included

In: 05 May 2023 Out: 07 May 2023

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Day 9, 06 May 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.



Horseback Riding, Tocori Mountain & Waterfall / Lunch included

Once you are picked up at the hotel, you will begin the **adventure with history and nature**, starting with the **Quepos Indians**. You will gain insight into the changes of Manuel Antonio today.

Enjoy learning about **Costa Rica's exotic plants and rare wildlife** as you ride through the tropical jungle and **private ecological reserve at Tocori**, just minutes away from Manuel Antonio. After a relaxing hour-long ride on **horseback through the tropical rain forest** – with the pace determined by your comfort level and riding ability – leave your horse on the trail as you go through the exotic plant and animal life on a **nature walk**. They will let you observe, touch, smell, and even taste the real Costa Rican jungle firsthand. After indulging your mind and spirit with expert knowledge, take a refreshing dip in **pristine natural mountain waters** while being playfully splashed by a stunning **Tocori waterfall**. And be sure to enjoy the unforgettable taste of **local fresh fruits and tropical drink** whilst relaxing and cooling off next to the waterfalls. After your refreshments, you're ready for a ride through meandering Tocori streams to the private Rancho. Here you will enjoy a **homemade Costa Rican "casado"**. You will see how locals **preserve the indigenous plant and herb** varieties of this beautiful country



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Day 10, 07 May 23



Private Transfer from Manuel Antonio to San Jose

PRICE

Total Price

\$ 6,500

General Details of the Price

Price is for two people and in U.S. dollars.

These rates apply for traveling from 28 Apr 23 to 07 May 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.

INCLUSIONS

LODGING:

1 night/s lodging in San Jose, The Capital. Grano de Oro Hotel. (Breakfast included)

1 night/s lodging in Tortuguero National Park. Manatus Hotel. (Full board)

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

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

2 night/s lodging in Manuel Antonio Beach. Shana by The Beach. (Breakfast included)

TRANSPORTATION & GUIDE SERVICES:

Private Transfer IN from Airport to Hotel

Private Transfer from Guapiles to Arenal

Shared Transfer from Arenal to Monteverde, Lake Crossing

Private Transfer from Monteverde to Manuel Antonio Beach

Private Transfer from Manuel Antonio to San Jose



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ACTIVITIES & MEALS:

Arenal Volcano Walking Tour in Arenal Volcano
Coffee & Chocolate Tour (Arenal Volcano) in Arenal Volcano
Hanging Bridges, Guided Walking Tour in Monteverde Cloud Forest
Canopy Tour in Monteverde Cloud Forest
Manuel Antonio National Park Guided Walk in Manuel Antonio Beach
Horseback Riding, Tocori Mountain & Waterfall (Lunch included) in Manuel Antonio Beach

OTHER:

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

LODGING DETAILS

Date In: 28 Apr 23

Date Out: 29 Apr 23

Grano de Oro Hotel

Deluxe Room (Patio) with Breakfast included

This luxurious hotel is located in **San Jose City Centre** and features an **on-site gourmet restaurant**, free parking and free Wi-Fi. Each air-conditioned room features beautiful **wood décor**, vaulted ceilings and a flat-screen TV with cable channels. They also boast free toiletries, plush linens and a coffee maker. Many of San Jose's main sights are within a **10-minute walk** of the property. Juan Santamaria International Airport is a 20-minute drive away.



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Date In: 29 Apr 23

Date Out: 01 May 23

Manatus Hotel

3 Days Tortuguero, Deluxe Room (In boat/Out boat) with Full board

Offering an **outdoor pool, tropical garden** and a restaurant, Manatus Hotel is located in Tortuguero. **Free Wi-Fi** access is available in all areas. There is also a fitness center. The hotel and the rooms are designed to be **fresh and bright**, with dark furniture and tropical accents. All of the rooms have air conditioning. You'll have access to a **private boat** during your stay, so you can easily navigate the waters that surround the hotel. The restaurant serves **fresh Caribbean food**, and all of your meals are included in your stay.



Date In: 01 May 23

Date Out: 03 May 23

Arenal Springs Resort & Spa

Junior Suite with Breakfast included

Offering an **outdoor pool** and a **restaurant**, Hotel Arenal Springs Resort & Spa is located in Fortuna, 20 minutes' drive from Arenal Volcano site. **Free Wi-Fi** access is available.

The bright rooms here will provide you with a flat-screen cable TV and air conditioning. The private bathrooms also come with a shower. You can enjoy the **views of Arenal Volcano** and the garden from all the accommodations. Extras include a terrace, a mini-bar and a coffee maker.



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Date In: 03 May 23

Date Out: 05 May 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.



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Date In: 05 May 23

Date Out: 07 May 23

Shana by The Beach

Standard Plus Room with Breakfast included

Shana Hotel & Residence, located only minutes from the **Manuel Antonio National Park**, is set on a piece of land that is equally spectacular in its own right. Perched atop a verdant hillside that overlooks both the **ocean and nearby rainforest, the views of sand, sun, surf and forest are unmatched.** What's more, the white-sanded **Biesanz Beach** is only a short walk away, providing you with a convenient oceanfront place to relax.

The hotel itself is composed of contemporary rooms. The minimalist décor – **which emphasizes straight lines and white** colors – is a refreshing contrast to the brightly colored and biologically diverse world outside the hotel. Lounge chairs and shade umbrellas surround its edges, as does a hot tub, where you can unwind after a day spent exploring Manuel Antonio.



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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