

Costa Rica

Traveler: Angelo Della Rocca X2

Date In: 03 Mar 23
Date Out: 11 Mar 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	Angelo Della Rocca X2
Arrival date	03 Mar 23
Departure date	11 Mar 23
Number of participants	2 adults

DESTINATIONS

Arenal Volcano
Monteverde Cloud Forest
Manuel Antonio Beach



info@gwacr.com



www.greenworldadventures.com



+(506) 2552-3269

DETAILED ITINERARY

Day 1, 03 Mar 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
-----------	---------------	-------------	-------------

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**.



 Fortuna Downtown Boutique Hotel / Superior Room / Breakfast included
In: 03 Mar 2023 Out: 06 Mar 2023 (3 Nights)

Day 2, 04 Mar 23



Combo: Hanging Bridges, Volcano Walk, La Fortuna Waterfall / Lunch included

Start your day as you walk across the **Arenal Hanging Bridges** and see the jungle from high above the forest floor. These trails bring you as close as you would ever hope to see the rainforest and its inhabitants, as well as give you access to see **stunning views of the rainforest and mountains**.

After your adventure on the hanging bridges, you will head to the **Arenal Volcano National Park**. The trails are generally flat and not very strenuous, perfect for a **leisurely and informative guided walk**. Enjoy a delicious **lunch** at this point.

Then, you will finish the day at the stunning **La Fortuna Waterfall**. When you reach the entrance, you will have time to change into your bathing suit in case you want to cool off in the **cool pools that flow from the waterfall**. This is sure to be a good workout as there are 500 steps to get to the down to the waterfall, and 300 to get back up! When you reach the bottom, you'll have an opportunity to take lots of pictures and **swim in the cool waters** of one of the largest and most breathtaking waterfalls in Arenal!



info@gwacr.com



www.greenworldadventures.com



+(506) 2552-3269

Day 3, 05 Mar 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**.



info@gwacr.com



www.greenworldadventures.com



+(506) 2552-3269

Day 4, 06 Mar 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
-----------	-------------------	-------------	-------------

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 Fonda Vela / Standard Comfort Room / Breakfast included

In: 06 Mar 2023 Out: 08 Mar 2023 (2 Nights)



info@gwacr.com



www.greenworldadventures.com



+(506) 2552-3269

Day 5, 07 Mar 23



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.



Night Walking Tour

This is a **night walk** through a private **cloud forest reserve** of approximately 2 hours. This is a slow walk ideal to observe the nightlife of the forest. You will be able to see **sloths, night birds, snakes, nocturnal insects, armadillos, tarantulas, scorpions**, among others. You will be provided with a flashlight. You will be accompanied by an experienced guide with great knowledge of the area.



info@gwacr.com



www.greenworldadventures.com



+(506) 2552-3269

Day 6, 08 Mar 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.



 Hotel San Bada Resort & Spa / Standard Room (2nd floor) / Breakfast included
In: 08 Mar 2023 Out: 11 Mar 2023 (3 Nights)

Day 7, 09 Mar 23



Nauyaca Waterfall Guided Walk / Lunch included

The professional guides will accompany you from Quepos, passing through picturesque towns, with striking names such as Llamaron, La Mona, Matapalo, and Roncador. A lot of information on the way to achieve our goal. We will go up close to **Cerro El Diamante** from where you will be able to observe this famous **high-rise waterfall** in the distance. Our guides will accompany you when you arrive at the restaurant, in a 4x4 vehicle to get even closer to the Cascade. From there we start an **800-meter walk** along a beautiful trail full of huge trees and opportunities to observe **birds, frogs, and insects** of the tropical forest. After enjoying its **cold waters**, charged with positive energy, and enjoying the sun, we begin our return this time uphill one step at a time. After that load of physical work, nothing like a **delicious lunch** to end the day.



info@gwacr.com



www.greenworldadventures.com



+(506) 2552-3269

Day 8, 10 Mar 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.



Day 9, 11 Mar 23



Private Transfer from Manuel Antonio to San Jose

Travel time: 3 hours.



info@gwacr.com



www.greenworldadventures.com



+(506) 2552-3269

PRICE

Price per person:	\$ 2,227.50
Total Price	\$ 4,455.00

General Details of the Price

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

These rates apply for traveling from 03 Mar 23 to 11 Mar 23.

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

Rates are subject to change without notice.

INCLUSIONS

LODGING:

3 nights lodging in Arenal Volcano. Fortuna Downtown Boutique Hotel. (Breakfast included)

2 nights lodging in Monteverde Cloud Forest. Hotel Fonda Vela. (Breakfast included)

3 nights lodging in Manuel Antonio Beach. Hotel San Bada Resort & Spa. (Breakfast included)

TRANSPORTATION & GUIDE SERVICES:

Private Transfer from San Jose to Arenal

Shared Transfer from Arenal to Monteverde, Lake Crossing

Shuttle Transfer from Monteverde to Manuel Antonio Beach

Private Transfer from Manuel Antonio to San Jose

ACTIVITIES & MEALS:

Combo: Hanging Bridges, Volcano Walk, La Fortuna Waterfall (Lunch included) in Arenal Volcano

Rio Celeste National Park, Guided Hike (Lunch included) in Arenal Volcano

Canopy Tour (2023) in Monteverde Cloud Forest

Night Walking Tour in Monteverde Cloud Forest

Nauyaca Waterfall Guided Walk (Lunch included) in Manuel Antonio Beach

Sea Kayak & Snorkel (Lunch included) in Manuel Antonio Beach

OTHER:

VAT

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



info@gwacr.com



www.greenworldadventures.com



+(506) 2552-3269

LODGING DETAILS

Date In: 03 Mar 23

Date Out: 06 Mar 23

Fortuna Downtown Boutique Hotel

Superior Room with Breakfast included

Nestled in the heart of La Fortuna, and **shadowed by the Arenal Volcano**, lies the newly remodeled Fortuna Downtown Hotel. Unlike the country's coastal regions, the northern lowlands are lush with dense tropical forests, abundant wildlife, raging rivers and cascading waterfalls, thanks in large part to a larger accumulation of annual rainfall.

The rooms offer **basic décor**, air conditioning, cable TV and a **terrace or balcony**. The bathrooms are private and have shower.



Date In: 06 Mar 23

Date Out: 08 Mar 23

Hotel Fonda Vela

Standard Comfort Room with Breakfast included

Hotel Fonda Vela is located in Monteverde Cloud Forest. Surrounded by beautiful **tropical gardens**, the property is an attractive part of the lush, tropical mountainside. The rooms are **cozy**, yet **elegant, spacious** and **comfortable**. Each room is designed with the environment in mind. Large windows help to bring the outdoors inside. It has an indoor **swimming pool** and **two jacuzzis**, a bar and a pool table. Perfect for all ages, overlooking the green and abundant forest and enjoy bird watching.



info@gwacr.com



www.greenworldadventures.com



+(506) 2552-3269

Date In: 08 Mar 23

Date Out: 11 Mar 23

Hotel San Bada Resort & Spa

Standard Room (2nd floor) with Breakfast included

Hotel San Bada is nestled right next to **Manuel Antonio National Park** and just few steps away from Manuel Antonio Beach, Costa Rica. Relax next to the nature with views to Manuel Antonio National Park and beach. All rooms at Hotel San Bada offer ocean or park views. The hotel offers **three outdoor pools**, the main pool is a beautiful 400 sq meters (1312 sq ft) pool has a wet bar with restaurant service, the pool is surrounded by rocks and has two artificial waterfalls.



info@gwacr.com



www.greenworldadventures.com



+(506) 2552-3269

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/>



info@gwacr.com



www.greenworldadventures.com



+(506) 2552-3269