



Costa Rica

Traveler: Maria Ceres Shulman x4

Date In: 01 Mar 23
Date Out: 10 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	Maria Ceres Shulman x4
Arrival date	01 Mar 23
Departure date	10 Mar 23
Number of participants	4 adults
Quotation reference	BKFI102143

DESTINATIONS

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

DETAILED ITINERARY

Day 1, 01 Mar 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.

 Country Inn & Suites by Radisson San Jose / Standard Room / Breakfast included / 4 Stars
In: 01 Mar 2023 Out: 02 Mar 2023 (1 Night)

Day 2, 02 Mar 23



Transfer to Arenal Volcano with Safari Float Sarapiquí River / Lunch included

After getting picked up from your hotel, you'll drive through the beautiful Costa Rican back roads to a private put-in at the Sarapiquí River, equipped with bathrooms and change rooms. Your professional guide will start the day off by providing paddling and **safety instructions** and then suiting you up with safety gear to prepare for your adventure.

After getting settled with your lifejacket and paddle, you will be ready to enjoy the sights and **sounds of the rainforest** and the tranquil experience of slowly paddling downriver to not miss anything. Enjoy 2.5 hours immersed in the lush tropical rainforest, floating along the Sarapiquí River which lies next to important reserves renowned for their biodiversity.

Exotic **amphibians, countless tropical birds, otters, fish, sloths, iguanas,** and incredible **flora** will make this experience unforgettable.



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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 / 1 Superior Room 1 Standard Room / Breakfast included / 4 Stars
 In: 02 Mar 2023 Out: 05 Mar 2023 (3 Nights)

Day 3, 03 Mar 23



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 4, 04 Mar 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, 05 Mar 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
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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: 05 Mar 2023 Out: 07 Mar 2023 (2 Nights)



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**.

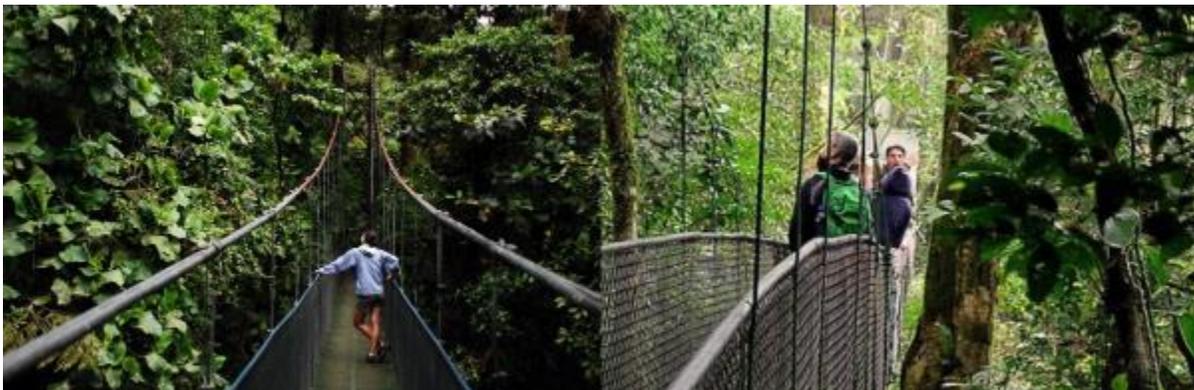


Day 6, 06 Mar 23



Hanging Bridges, Guided Walking Tour

The hanging bridges tour is **the ideal cloud forest experience** for those who wish to explore the beauty of the canopy at their own pace and appreciate **the incredible array of vegetation and exotic bird life** that the region has to offer. You will learn about the **mammals, birds and plant life**, particularly bromeliads, epiphytes, and ferns, living in **this unique eco-system**, as well as hearing some of the fascinating cultural stories of the region. The hanging bridges can be enjoyed by visitors of all ages and physical conditions. Tours last up to 2.5 hours.



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Day 7, 07 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
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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.



 Parador Resort & Spa / Tropical Room / Breakfast included / 4 Stars Plus
In: 07 Mar 2023 Out: 10 Mar 2023 (3 Nights)

Day 8, 08 Mar 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.



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Day 9, 09 Mar 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.



Day 10, 10 Mar 23



Private Transfer OUT from Manuel Antonio to San Jose / Travel time: 3 hours.



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INCLUSIONS

LODGING:

- 1 night lodging in San Jose, The Capital. Country Inn & Suites by Radisson San Jose.(Breakfast included)
- 3 nights lodging in Arenal Volcano. Los Lagos Hotel Spa & Resort.(Breakfast included)
- 2 nights lodging in Monteverde Cloud Forest. Hotel Poco a Poco.(Breakfast included)
- 3 nights lodging in Manuel Antonio Beach. Parador Resort & Spa.(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
- Private Transfer from Manuel Antonio to San Jose

ACTIVITIES & MEALS:

- Transfer to Arenal Volcano with Safari Float Sarapiquí River (Lunch included) in San Jose, The Capital
- 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 in Monteverde Cloud Forest
- Manuel Antonio National Park Guided Walk in Manuel Antonio Beach
- Catamaran Cruise & Snorkeling (Lunch included) in Manuel Antonio Beach

OTHER:

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



LODGING DETAILS

Date In: 01 Mar 23

Date Out: 02 Mar 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.



Date In: 02 Mar 23

Date Out: 05 Mar 23

Los Lagos Hotel Spa & Resort

Superior 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: 02 Mar 23

Date Out: 05 Mar 23

Los Lagos Hotel Spa & Resort

Standard Room with Breakfast included

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Date In: 05 Mar 23

Date Out: 07 Mar 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: 07 Mar 23

Date Out: 10 Mar 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**.



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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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