

Costa Rica

Traveler: Adel Belloum - 2nd Version

Date In: 04 Mar 23
Date Out: 16 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	Adel Belloum - 2nd Version
Arrival date	04 Mar 23
Departure date	16 Mar 23
Number of participants	2 adults + 2 children
Quotation reference	BKFI102721

DESTINATIONS

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

DETAILED ITINERARY

Day 1, 04 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.

 Sleep Inn Hotel Paseo Las Damas / Standard Room / Breakfast included / 3 Stars
In: 04 Mar 2023 Out: 06 Mar 2023 (2 Nights)



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Day 2, 05 Mar 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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Day 3, 06 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 / Standard Room / Breakfast included / 4 Stars
 In: 06 Mar 2023 Out: 08 Mar 2023 (2 Nights)

Day 4, 07 Mar 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.



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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.



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Day 5, 08 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
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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**

 Monteverde Country Lodge / Standard Room / Breakfast included / 3 Stars

In: 08 Mar 2023 Out: 11 Mar 2023 (3 Nights)



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Horseback Riding Tour in Monteverde

The **horseback riding** tour in Monteverde allows you to observe the activities of a traditional farm in Costa Rica, crossing **plantations of coffee, banana, sugar cane**, areas for livestock and forest; everything riding. Also, enjoy **the best panoramic views** of the Gulf of Nicoya and the magical mountains of the cloud forest. This tour is with excellent horses suitable for all ages.



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Day 6, 09 Mar 23

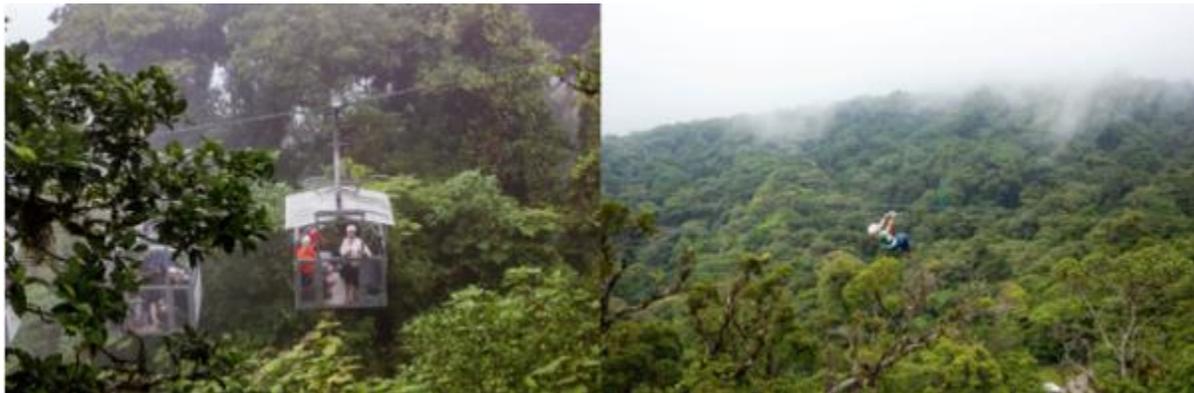


Sky Tram / Sky Trek / Sky Walk

You will have the great opportunity to do three activities, Sky Trek, Sky Tram and Sky Walk. At Sky Trek in **Monteverde**, you ride the **tram up the mountain**, along a beautiful cloud forest ridge and allows for stops along the way to observe plant and animal life and learn from an experienced guide. The duration of the tram takes about 20 minutes before arriving at an observatory platform.

Then to get back to the base you will have to ride the **brehtaking ziplines**, This famous canopy tour consists of **9 zip line cables** with a combined length of 1.8 miles (3 km) and range in distances between 131 feet (40 m) and 435 feet (770 m) and heights that range between 65 to 98 feet (20 to 30 m). Sky Trek is also a great opportunity to have **panoramic views** at two observation towers that offer views to the Pacific on a clear day it is also possible to see the northern lowlands that stretch all the way to the Caribbean.

The hike at Sky Walk offers a more peaceful introduction to exploring **Monteverde Cloud Forest** on a 2.5km (1.5mi) circuit trail that goes through distinct levels of the wonderfully diverse ecosystem. Sky Walk uses these trails and a series of suspension bridges for a one on one experience with the flora and fauna of the forest canopy. You will hike deep into these **magical tropical forests** to admire nature from a **distinct perspective**. Crossing hanging bridges with complete views of the forest canopy, and from the floor of the forest a naturalist.



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Day 7, 10 Mar 23



Monteverde Cloud Forest Reserve, Guided Walking Tour

The tour is essentially a natural history walk in which you will learn about **the incredible diversity of flora and fauna** and many of the unique relationships various cloud forest species have with each other. Guides are equipped with a spotting telescope as well as binoculars and several informational guidebooks. Be sure to bring your cameras, as you can take pictures through the guide's scope. This walk normally takes about 3 hours.

The **Monteverde Cloud Forest Reserve** is where some of **the best-kept cloud forests** in all of Costa Rica can be found. It is a cloud forest, not a rainforest, due to its elevation of 4,724 feet (1,440 meters) above sea level.



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Day 8, 11 Mar 23

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



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.



 Tabulia Tree Hotel / Standard Room. / Breakfast included / 3 Stars
In: 11 Mar 2023 Out: 15 Mar 2023 (4 Nights)

Day 9, 12 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.



Day 10, 13 Mar 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.



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Day 11, 14 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.



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Day 12, 15 Mar 23

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

 Sleep Inn Hotel Paseo Las Damas / Standard Room / Breakfast included / 3 Stars
In: 15 Mar 2023 Out: 16 Mar 2023 (1 Night)

Day 13, 16 Mar 23

 Private Transfer OUT from Hotel to Airport

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

Total Price

\$ 6,800.00

General Details of the Price

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

These rates apply for traveling from 04 Mar 23 to 16 Mar 23.

Valid quotation for 2 adults, 2 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:

2 nights lodging in San Jose, The Capital. Sleep Inn Hotel Paseo Las Damas.(Breakfast included)

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

3 nights lodging in Monteverde Cloud Forest. Monteverde Country Lodge.(Breakfast included)

4 nights lodging in Manuel Antonio Beach. Tabulia Tree Hotel.(Breakfast included)

1 night lodging in San Jose, The Capital. Sleep Inn Hotel Paseo Las Damas.(Breakfast included)

TRANSPORTATION & GUIDE SERVICES:

Private Transfer IN from Airport to Hotel

Shared Transfer from Arenal to Monteverde, Lake Crossing

Private Transfer from Monteverde to Manuel Antonio Beach

Private Transfer from Manuel Antonio to San Jose

Private Transfer OUT from Hotel to Airport (Transport + Guide)

ACTIVITIES & MEALS:

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

Transfer to Arenal Volcano with Safari Float Sarapiquí River (Lunch included) in San Jose, The Capital

Sloth Tour (Sloth Territory) in Arenal Volcano

Arenal Volcano Walking Tour in Arenal Volcano

Horseback Riding Tour in Monteverde in Monteverde Cloud Forest

Sky Tram / Sky Trek / Sky Walk in Monteverde Cloud Forest

Monteverde Cloud Forest Reserve, 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.



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LODGING DETAILS

Date In: 04 Mar 23

Date Out: 06 Mar 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: 06 Mar 23

Date Out: 08 Mar 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: 08 Mar 23

Date Out: 11 Mar 23

Monteverde Country Lodge

Standard Room with Breakfast included

Located in Monteverde, Costa Rica, close to **the cloud forest** of Monteverde, this **eco-friendly hotel** offers **rustic-style rooms** with free Wi-Fi and views of the **tropical gardens**. Rooms at Monteverde Country Lodge are set in **charming wooden cabins**, with access to a **shared porch**. Each room includes cable TV, a coffee maker, a safe and a bathroom with free toiletries. The on-site restaurant serves fusion cuisine and typical Costa Rican dishes, made with local ingredients. Snacks and drinks are available from the bar.



Date In: 11 Mar 23

Date Out: 15 Mar 23

Tabulia Tree Hotel

Standard Room. with Breakfast included

Conscious of our sensitive natural environment we - at Tabulia Tree Hotel - are very cautious about how we interact with nature. Our hotel has been designed to blend in with the stunning rainforest of Manuel Antonio and with this awareness in mind, electric-powered transportation on the property is always available for our guests. All of our rooms are provided with A/C, ceiling fan, private bathroom with hot water, and TV with cable system, and WiFi is available in public areas, such as around our swimming pool, gardens, and at our restaurant Bambu Jam. Located only 4 miles from the Manuel Antonio National Park (according to Forbes, one of the "The World's Most Beautiful National Parks"), Hotel Tabulia Tree can truly help you enjoy the vacation you deserve.



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Date In: 15 Mar 23

Date Out: 16 Mar 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.



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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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