

# Costa Rica



**Traveler: Jennifer Avondet**

Date In: 01 Jun 23

Date Out: 09 Jun 23



## DETAILS OF YOUR TRIP

Traveler Name	Jennifer Avondet
Arrival date	01 Jun 23
Departure date	09 Jun 23
Number of participants	2 adults
Quotation reference	BKFI102674

## DESTINATIONS

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

## DETAILED ITINERARY

Day 1, 01 Jun 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 Jun 2023 Out: 02 Jun 2023 (1 Night)

## Day 2, 02 Jun 23



Whitewater Rafting at Pacuare River. Different Drop Off / Breakfast and lunch included

You will be picked up from your San Jose area hotel to the operations center, located in Siquirres, where you'll enjoy **the traditional Costa Rican breakfast**. After breakfast and changing into rafting gear, you will go to the private rafting put-in on the banks of the **Pacuare River**. Here, the professional rafting guides will outfit you with all necessary equipment, give you a comprehensive rafting safety talk, and instruct you on paddling basics. Then, you and your group will launch your raft and begin to paddle deep into the heart of one of **Costa Rica's most impressive primary rainforests**. It's an adrenaline-packed day running the Pacuare's renowned rapids.

You will raft through the incredible rainforest on **19 miles of Class III-IV whitewater**. Cascading waterfalls, lush forest, exotic plants, birds and other animals, and exciting rapids make this a tropical adventure packed with rich experiences that you'll remember forever.

At the end of your rafting trip, you'll return to the operations center for a delicious **lunch**, and time to shower and change clothes. Then, you will take transportation to your next destination.





### 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 Manoa & Hot Springs Resort / Junior Suite / Breakfast included / 4 Stars  
In: 02 Jun 2023 Out: 04 Jun 2023 (2 Nights)

Day 3, 03 Jun 23



Canyoning in the Lost Canyon / Lunch included

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**.





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.



## Day 4, 04 Jun 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**

 El Establo Mountain Hotel / Deluxe Room / Breakfast included / 4 Stars Plus  
In: 04 Jun 2023 Out: 06 Jun 2023 (2 Nights)



## 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.



Day 5, 05 Jun 23

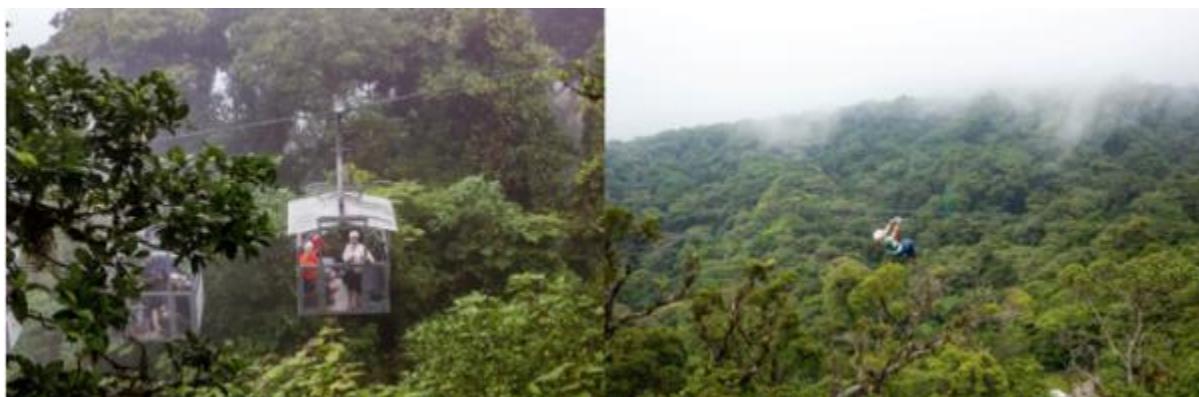


Sky Tram / Sky Trek / Sky Walk

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 **breathtaking 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.





## 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 **oligos**.



Day 6, 06 Jun 23



## Sloth Sanctuary Tour

At Selvatura Park's Sloth Sanctuary you will have a close experience with some **sloth specimens**. In the natural exhibit, sloths can travel freely between paths specially created so that they can roam among the trees and foliage of the exhibition. This provides a safe distance that allows observation while preventing as much stress on the animals as possible. These **beautiful mammals** have arrived at the sanctuary as refugees from the effects of poaching, habitat destruction, orphanage, illness and accidents among other reasons that prevent them from being reintroduced to their natural habitat.



-  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.



-  Parador Resort & Spa / Standard Garden Room / Breakfast included / 4 Stars Plus  
In: 06 Jun 2023 Out: 09 Jun 2023 (3 Nights)

Day 7, 07 Jun 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 8, 08 Jun 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.



Private Transfer from Manuel Antonio to Esterillos Oeste



Private Transfer from Esterillos Oeste to Manuel Antonio

**Day 9, 09 Jun 23**



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

## PRICE

Price per adult in Twin Occupancy	\$ 2,601.00
<b>Total Price</b>	<b>\$ 5,202.00</b>

### General Details of the Price

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

These rates apply for traveling from 01 Jun 23 to 09 Jun 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 lodging in San Jose, The Capital. Country Inn & Suites by Radisson San Jose. (Breakfast included)

2 nights lodging in Arenal Volcano. Arenal Manoa & Hot Springs Resort. (Breakfast included)

2 nights lodging in Monteverde Cloud Forest. El Establo Mountain Hotel. (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

Private Transfer from Monteverde to Manuel Antonio Beach

Private Transfer from Manuel Antonio to Esterillos Oeste

Private Transfer from Esterillos Oeste to Manuel Antonio (1 to 5 Travelers)

Private Transfer from Manuel Antonio to San Jose

### ACTIVITIES & MEALS:

Whitewater Rafting at Pacuare River. Different Drop Off (Breakfast and lunch included) in San Jose, The Capital

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

Arenal Volcano Guided Walk and Entrance to Paradise Springs (Dinner included) in Arenal Volcano

Horseback Riding Tour in Monteverde in Monteverde Cloud Forest

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

Night Walk Tour in Monteverde Cloud Forest

Sloth Sanctuary Tour in Monteverde Cloud Forest

Manuel Antonio National Park Guided Walk in Manuel Antonio Beach

### OTHER:

VAT

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

## LODGING DETAILS

Date In: 01 Jun 23

Date Out: 02 Jun 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 Jun 23

Date Out: 04 Jun 23

### **Arenal Manoa & Hot Springs Resort**

Junior Suite with Breakfast included

Located in **Arenal Volcano area**, the hotel offers an extensive garden, a sun terrace with **swimming pool**, spa treatments and free Wi-Fi throughout, this hotel is 10 minutes' drive from the Arenal Volcano National Park and from La Fortuna Town Center.

Guests can take advantage of the **spacious gardens** for walking and meditation as well as the opportunities to see the daily operations of a **typical Costa Rican farm**.

The suites offer modern décor, air conditioning, a desk, a safety box, and satellite TV. Some of them have a terrace with **Arenal Volcano views**.

The rooms have been designed so that each one offers a **panoramic view** of the volcano.



Date In: 04 Jun 23

Date Out: 06 Jun 23

## **El Establo Mountain Hotel**

Deluxe Room with Breakfast included

El Establo Mountain Hotel is located in Monteverde, offering **rooms with balconies** and **views of Monteverde Cloud Forest**. This **family-run** hotel features 2 restaurants, a spa, and an outdoor swimming pool. The hotel is set in 150 acres of a **private farm** (of which 50% is protected forest). The hotel is a perfect position in Cerro Plano, between Monteverde Cloud Forest Reserve and the village of Santa Elena. Within walking distance are several restaurants, and attractions. El Establo's rooms have attractive décor and carpeted floors. Each room comes with a flat-screen TV and laptop safe box. You can enjoy a la carte Costa Rican cuisine in Las Riendas Restaurant. Laggus offers gourmet options and overlooks the Establo's lake and gardens.



Date In: 06 Jun 23

Date Out: 09 Jun 23

## **Parador Resort & Spa**

Standard Garden 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**.



## EXCLUSIONS

Optional tours

Departure taxes (\$29 per person)

Meals not mentioned in the itinerary

Airfare

Tips

International Travel Insurance

COVID-19 test