



# Costa Rica

**Traveler: Brittany C. X2**

Date In: 05 May 23  
Date Out: 13 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	Brittany C. X2
Arrival date	05 May 23
Departure date	13 May 23
Number of participants	2 adults

## DESTINATIONS

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



info@gwacr.com



www.greenworldadventures.com



+(506) 2552-3269

## DETAILED ITINERARY

Day 1, 05 May 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
-----------	-------------------	-------------	-------------

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.



 San Jose Autentico Hotel / Standard Room / Breakfast included  
In: 05 May 2023 Out: 06 May 2023 (1 Night)

## Day 2, 06 May 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.



info@gwacr.com



www.greenworldadventures.com



+(506) 2552-3269



### 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 / Standard Room / Breakfast included  
 In: 06 May 2023 Out: 08 May 2023 (2 Nights)

Day 3, 07 May 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**.



info@gwacr.com



www.greenworldadventures.com



+(506) 2552-3269



## 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.



info@gwacr.com



www.greenworldadventures.com



+(506) 2552-3269

## Day 4, 08 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.*



### 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**

 Monteverde Villa Lodge / Cabin / Breakfast included

In: 08 May 2023 Out: 10 May 2023 (2 Nights)



info@gwacr.com



www.greenworldadventures.com



+(506) 2552-3269



## 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.



[info@gwacr.com](mailto:info@gwacr.com)



[www.greenworldadventures.com](http://www.greenworldadventures.com)



+ (506) 2552-3269

Day 5, 09 May 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.



Canopy Tour (Zip Line)

The tour is located in a private reserve created in 1994. It starts with a short guided walk through the private 70-acre reserve of the **cloud forest**. The first part of the tour will take you through primary (old growth), and secondary (new growth) forest. You will **fly through the treetops** listening closely to the vast variety of birds that can be seen throughout the reserve. Then, just when you think you have become one with the canopy the tour ends with an exhilarating **rappel down** from the "Scary Tree". The tour has **14 cables, 17 platforms, 1 rappel, and 1 Tarzan swing**.



info@gwacr.com



www.greenworldadventures.com



+(506) 2552-3269

Day 6, 10 May 23

 Shuttle Transfer from Monteverde to Manuel Antonio Beach




### 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.



 Karahe Hotel / Beachfront Superior Room / Breakfast included  
In: 10 May 2023 Out: 12 May 2023 (2 Nights)

Day 7, 11 May 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 **brehtaking 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.



[info@gwacr.com](mailto:info@gwacr.com)



[www.greenworldadventures.com](http://www.greenworldadventures.com)



+(506) 2552-3269

## Day 8, 12 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.



Private Transfer from Manuel Antonio to San Jose



San Jose Autentico Hotel / Standard Room / Breakfast included  
In: 12 May 2023 Out: 13 May 2023 (1 Night)

## Day 9, 13 May 23



Private Transfer OUT from Hotel to Airport / Transport + Guide

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.



info@gwacr.com



www.greenworldadventures.com



+(506) 2552-3269

## PRICE

Price per person	\$ 1,721.00
Total Price	\$ 3,442.00

### General Details of the Price

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

These rates apply for traveling from 05 May 23 to 13 May 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:

1 night lodging in San Jose, The Capital. San Jose Autentico Hotel. (Breakfast included)

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

2 nights lodging in Monteverde Cloud Forest. Monteverde Villa Lodge. (Breakfast included)

2 nights lodging in Manuel Antonio Beach. Karahe Hotel. (Breakfast included)

1 night lodging in San Jose, The Capital. San Jose Autentico Hotel. (Breakfast included)

### TRANSPORTATION & GUIDE SERVICES:

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

Shared Transfer from Arenal to Monteverde, Lake Crossing

Shuttle 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:

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

Monteverde Cloud Forest Reserve, Guided Walking Tour in Monteverde Cloud Forest

Canopy Tour (Zip Line) in Monteverde Cloud Forest

Catamaran Cruise & Snorkeling (Lunch included) in Manuel Antonio Beach

Manuel Antonio National Park Guided Walk 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: 05 May 23

Date Out: 06 May 23

### **San Jose Autentico Hotel**

Standard Room with Breakfast included

Autentico Hotel is located in **San Jose downtown**, 25 minutes away from the Juan Santamaria International Airport. It has a beautiful **outdoor pool** and a **restaurant**. The elegant and simple rooms here will provide you with air conditioning and cable TV. A coffee machine is also available. Featuring a shower, the private bathroom also comes with a hairdryer and free toiletries. Other facilities offered at the property include meeting facilities, luggage storage, and laundry facilities. The property offers **free parking**.



Date In: 06 May 23

Date Out: 08 May 23

### **Fortuna Downtown Boutique Hotel**

Standard 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.



info@gwacr.com



www.greenworldadventures.com



+(506) 2552-3269

Date In: 08 May 23

Date Out: 10 May 23

## Monteverde Villa Lodge

Cabin with Breakfast included

Monteverde Villa Lodge nestled in the heart of Santa Elena Monteverde steps away from adventure tours, banks, restaurants, and the **Monteverde Cloud Forest Reserve**. This hotel is perfect for **families** looking for **local experiences**, and **nature-lover travelers**. This is a small hotel, run by a local rural family.



Date In: 10 May 23

Date Out: 12 May 23

## Karahe Hotel

Beachfront Superior Room with Breakfast included

With **direct access** to Espadilla Beach, this **tropical-style** hotel in Manuel Antonio offers guests an on-site restaurant and spacious private **jungle bungalows**. Every room is furnished with **air conditioning**, a safe and a coffee machine. Certain rooms include **sea views**. The on-site restaurant serves breakfast every day, and guests can order a la carte international food for lunch and dinner.

Activities like surfing, canopy tours and kayaking can be arranged by the hotel, and **Manuel Antonio National Park** is only 1km from Hotel Karahe.



info@gwacr.com



www.greenworldadventures.com



+(506) 2552-3269

Date In: 12 May 23

Date Out: 13 May 23

## San Jose Autentico Hotel

Standard Room with Breakfast included

Autentico Hotel is located in **San Jose downtown**, 25 minutes away from the Juan Santamaria International Airport. It has a beautiful **outdoor pool** and a **restaurant**. The elegant and simple rooms here will provide you with air conditioning and cable TV. A coffee machine is also available. Featuring a shower, the private bathroom also comes with a hairdryer and free toiletries. Other facilities offered at the property include meeting facilities, luggage storage, and laundry facilities. The property offers **free parking**.



## 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