



Costa Rica

Traveler: Amy Walling X2

Date In: 29 Aug 23
Date Out: 07 Sep 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	Amy Walling X2
Arrival date	29 Aug 23
Departure date	07 Sep 23
Number of participants	2 adults
Quotation reference	BKFI103012

DESTINATIONS

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

DETAILED ITINERARY

Day 1, 29 Aug 23

 Private Transfer IN from Airport to Hotel / Transport + Guide / Private

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.



 San Jose Autentico Hotel / Standard Room / Breakfast included
In: 29 Aug 2023 Out: 30 Aug 2023 (1 Night)

Day 2, 30 Aug 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.



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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**.



🚩 Arenal Springs Resort & Spa / Junior Suite / Breakfast included
 In: 30 Aug 2023 Out: 02 Sep 2023 (3 Nights)

Day 3, 31 Aug 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!



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Day 4, 01 Sep 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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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**.



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Day 5, 02 Sep 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 / Junior Suite / Breakfast included
In: 02 Sep 2023 Out: 04 Sep 2023 (2 Nights)



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Day 6, 03 Sep 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

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.



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Day 7, 04 Sep 23

 Shuttle Transfer from Monteverde to Manuel Antonio Beach




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.



 Si Como No Resort, Spa & Wildlife Refuge / Honeymoon Suite / Breakfast included
In: 04 Sep 2023 Out: 06 Sep 2023 (2 Nights)

Day 8, 05 Sep 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, 06 Sep 23



Shuttle Transfer from Manuel Antonio to San Jose



San Jose Autentico Hotel / Standard Room / Breakfast included

In: 06 Sep 2023 Out: 07 Sep 2023 (1 Night)

Day 10, 07 Sep 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.



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PRICE

Price per person	\$ 2,339.39
Total Price	\$ 4,678.77

General Details of the Price

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

These rates apply for traveling from 29 Aug 23 to 07 Sep 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)

3 nights lodging in Arenal Volcano. Arenal Springs Resort & Spa. (Breakfast included)

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

2 nights lodging in Manuel Antonio Beach. Si Como No Resort, Spa & Wildlife Refuge. (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

Shuttle 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

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

Sloth Tour (Sloth Territory) in Arenal Volcano

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

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

Canopy Tour (2023) in Monteverde Cloud Forest

Sea Kayak & Snorkel (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: 29 Aug 23

Date Out: 30 Aug 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: 30 Aug 23

Date Out: 02 Sep 23

Arenal Springs Resort & Spa

Junior Suite with Breakfast included

Offering an **outdoor pool** and a **restaurant**, Hotel **Arenal Springs Resort & Spa** is located in Fortuna, 20 minutes' drive from Arenal Volcano site. **Free Wi-Fi** access is available.

The bright rooms here will provide you with a flat-screen cable TV and air conditioning. The private bathrooms also come with a shower. You can enjoy the **views of Arenal Volcano** and the garden from all the accommodations. Extras include a terrace, a mini-bar and a coffee maker.



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Date In: 02 Sep 23

Date Out: 04 Sep 23

El Establo Mountain Hotel

Junior Suite 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 Rendas Restaurant. Laggus offers gourmet options and overlooks the Establo's lake and gardens.



Date In: 04 Sep 23

Date Out: 06 Sep 23

Si Como No Resort, Spa & Wildlife Refuge

Honeymoon Suite with Breakfast included

This charming hotel is **set in the jungle** above Costa Rica's **Manuel Antonio National Park** and is a 5-minute car ride to the beach. It offers a cinema, spa, hot tub and 2 outdoor pools with a waterslide and a **swim-up bar** and a **butterfly garden**. The air-conditioned rooms at the Si Como No Resort, Spa & Wildlife Refuge feature tiled floors and **modern decor**. Each one offers jungle views, a sofa and a coffeemaker. The Si Como No has a contemporary characteristic **restaurant**, as well as a **snack bar** with live music.



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Date In: 06 Sep 23

Date Out: 07 Sep 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/>



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