

# Costa Rica

**Traveler: Lori L. X2**

Date In: 15 May 23  
Date Out: 23 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          | Lori L. X2 |
| Arrival date           | 15 May 23  |
| Departure date         | 23 May 23  |
| Number of participants | 2 adults   |
| Quotation reference    | BKFI103029 |

## DESTINATIONS

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



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## DETAILED ITINERARY

Day 1, 15 May 23



Private Transfer from San Jose to Arenal



### 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**.



Los Lagos Hotel Spa & Resort / Standard Room / Breakfast included

In: 15 May 2023 Out: 17 May 2023 (2 Nights)



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## Day 2, 16 May 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 3, 17 May 23



Canyoning in the Lost Canyon / Lunch included / (LORI)

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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Private Transportation from Arenal to Monteverde



### 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**



Hotel Fonda Vela / Standard Comfort Room / Breakfast included

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## Day 4, 18 May 23



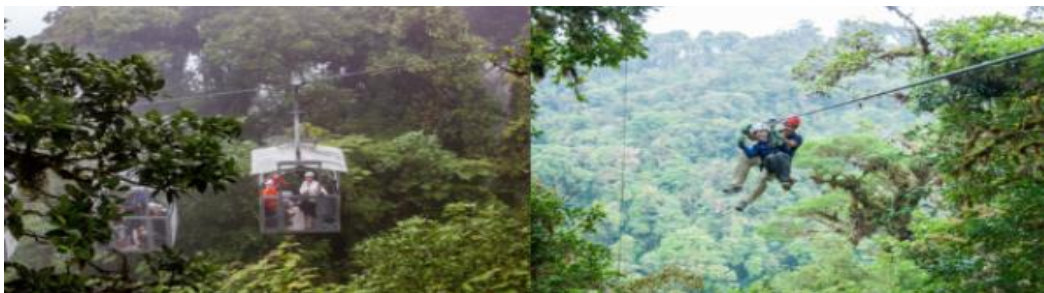
### Monteverde Cloud Forest Reserve, Guided Walking Tour

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.



### Sky Tram / Sky Trek (LORI)

The zip line tour, Sky Trek combines with the Sky Tram. 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.





## El Trapiche Tour (SAIRA)

You will learn more about the **production** of **coffee**, **chocolate** and **sugar cane candy**. During the tour, you will walk around a real Costa Rican **farm**. Your guide will show you all the steps of how the coffee, chocolate and sugar candy are made. You will even have the opportunity to **make your candy**!



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Day 5, 19 May 23



Private 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.



Hotel San Bada Resort & Spa / Superior Room / Breakfast included

In: 19 May 2023 Out: 21 May 2023 (2 Nights)



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## Day 6, 20 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.



## Day 7, 21 May 23



Private Transfer from Manuel Antonio to San Jose



San Jose Autentico Hotel / Standard Room / Breakfast included

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## Day 8, 22 May 23



### San Jose City Tour (Afternoon Departure)

During this journey you will visit the **National Theater**, also known as "The jewel of San José", a masterpiece in art and architecture built by Costa Ricans and completed in 1897.

Then, **the Museum of Gold** (an archaeological interest site), then the **Central Market**, place full of the Costa Rican cultural heritage and traditions, where you will be able to browse and buy some local art crafts.

You will also visit the **Metropolitan Cathedral**. As you travel around the city, your guide will point you out several historically important or main buildings in our city, for example The Costa Rica University, The Old Train Station, The National Liquor Factory, The National Supreme Election Bureau, the Asamblea Legislativa (equivalent to The Congress), The Metallic Building, some parks and various sites of interest. This will be an introduction to the Capital City, and information about the economy, cultural, politics, religion and general current events.

Also, you will visit an Art Gallery, where you will be able to get some **souvenirs** to take back home.



## Day 9, 23 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.



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## PRICE

|                    |                    |
|--------------------|--------------------|
| Price for Lori L.  | \$ 2,548.00        |
| Price for Saira    | \$ 2,153.00        |
| <b>Total Price</b> | <b>\$ 4,701.00</b> |

### General Details of the Price

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

These rates apply for traveling from 15 May 23 to 23 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:

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

2 nights lodging in Monteverde Cloud Forest. Hotel Fonda Vela. (Breakfast included)

2 nights lodging in Manuel Antonio Beach. Hotel San Bada Resort & Spa. (Breakfast included)

2 nights lodging in San Jose, The Capital. San Jose Autentico Hotel. (Breakfast included)

### TRANSPORTATION & GUIDE SERVICES:

Private Transfer from San Jose to Arenal

Private Transportation from Arenal to Monteverde

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:

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

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

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

Sky Tram / Sky Trek in Monteverde Cloud Forest

El Trapiche Tour in Monteverde Cloud Forest

Manuel Antonio National Park Guided Walk in Manuel Antonio Beach

San Jose City Tour (Afternoon Departure) in San Jose, The Capital

### OTHER:

VAT

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



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## LODGING DETAILS

Date In: 15 May 23

Date Out: 17 May 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.



Date In: 17 May 23

Date Out: 19 May 23

### Hotel Fonda Vela

Standard Comfort Room with Breakfast included

Hotel Fonda Vela is located in Monteverde Cloud Forest. Surrounded by beautiful **tropical gardens**, the property is an attractive part of the lush, tropical mountainside. The rooms are **cozy, yet elegant, spacious and comfortable**. Each room is designed with the environment in mind. Large windows help to bring the outdoors inside. It has an indoor **swimming pool** and **two jacuzzis**, a bar and a pool table. Perfect for all ages, overlooking the green and abundant forest and enjoy bird watching.



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Date In: 19 May 23

Date Out: 21 May 23

## Hotel San Bada Resort & Spa

Superior Room with Breakfast included

Hotel San Bada is nestled right next to **Manuel Antonio National Park** and just few steps away from Manuel Antonio Beach, Costa Rica. Relax next to the nature with views to Manuel Antonio National Park and beach. All rooms at Hotel San Bada offer ocean or park views. The hotel offers **three outdoor pools**, the main pool is a beautiful 400 sq meters (1312 sq ft) pool has a wet bar with restaurant service, the pool is surrounded by rocks and has two artificial waterfalls.



Date In: 21 May 23

Date Out: 23 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**.



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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:  
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