



# Costa Rica

**Traveler: Tammy O'Malley X5**

Date In: 13 Jul 24  
Date Out: 21 Jul 24

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	Tammy O'Malley X5
Arrival date	13 Jul 24
Departure date	21 Jul 24
Number of participants	5 adults
Quotation reference	BKFI104267

## DESTINATIONS

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

## DETAILED ITINERARY

Day 1, 13 Jul 24

 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 / Junior Suite / Breakfast included  
In: 13 Jul 2024 Out: 14 Jul 2024 (1 Night)

## Day 2, 14 Jul 24



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

The **Pacuare River** is the best choice for rafting in Costa Rica. No other adventure trek in the country exists that offers you a perfect blend of **wilderness exposure and excitement**, all in one day.

Pacuare is **world famous** for its sheer beauty. A true river gorge, it is flanked by steep, green walls. Here you enjoy the feeling of **total isolation from urban life** and the realness of **being connected with nature**. You see **waterfalls cascade** into the river from both sides as colorful, **tropical birds fly** right over your head. Amazing views of this **virgin tropical rainforest** area, appear before your eyes as you descend this true exploratory land. **Wildlife is abundant**, with sloth, toucans, parrots, coatis, morpho butterflies and colorful frogs being common sights.

The white water is equally exciting. It is not an overly challenging river, but it has a **lot rapids**, therefore giving you an adventure filled with **lots of fun**.

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**.



🚩 Tabacon Thermal Resort & Spa / Orchid Room / Breakfast included  
In: 14 Jul 2024 Out: 16 Jul 2024 (2 Nights)

Day 3, 15 Jul 24



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 lunch**.



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## Day 4, 16 Jul 24

 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 Lodge & Gardens / Forest View Downstairs Room / Breakfast included  
In: 16 Jul 2024 Out: 18 Jul 2024 (2 Nights)



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Day 5, 17 Jul 24



Monteverde Cloud Forest Reserve, Guided Walking Tour

The **Monteverde Cloud Forest Reserve** is the **largest** of these private **protected areas**, with over 25,730 acres (10,415 hectares) of land. More than 500 species of **orchids** cling to the limbs of enormous **trees**, while **vines, ferns, mosses** and **lichens** fill every other available space. The Cloud Forest of Monteverde house more than 130 species of **mammals**, 400 species of **birds**, including the beautiful **quetzal**, 30 species of **hummingbirds**, 5000 species of **moths** and 3000 species of **plants**.



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 **10 cables, 1 rappel, 1 Tarzan swing and Holow tree climbing**.



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Day 6, 18 Jul 24


 Private 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.

 Arenas Del Mar Beachfront & Rainforest Resort / 1 Ocean Breeze Superior Room / Breakfast included  
In: 18 Jul 2024 Out: 21 Jul 2024 (3 Nights)

 Arenas Del Mar Beachfront & Rainforest Resort / 1 Ocean Breeze Suite / Breakfast included  
In: 18 Jul 2024 Out: 21 Jul 2024 (3 Nights)

**The rooms are in different categories but we can request connecting rooms next to each other.**

Day 7, 19 Jul 24 - Day 8, 20 Jul 24

### 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.

Day 9, 21 Jul 24

 Private Transfer from Manuel Antonio to San Jose

## PRICE

Total Price \$ 14,721.00

### General Details of the Price

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

These rates apply for traveling from 13 Jul 24 to 21 Jul 24.

Valid quotation for 5 adults. If the final number of participants change, a new price will be provided.

Rates are subject to change without notice.



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## 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. Tabacon Thermal Resort & Spa. (Breakfast included)

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

3 nights lodging in Manuel Antonio Beach. Arenas Del Mar Beachfront & Rainforest Resort. (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

### **ACTIVITIES & MEALS:**

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

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

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

Canopy Tour (Zip Line) in Monteverde Cloud Forest

### **OTHER:**

VAT

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



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## LODGING DETAILS

Date In: 13 Jul 24

Date Out: 14 Jul 24

### **Country Inn & Suites by Radisson San Jose**

Junior Suite 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: 14 Jul 24

Date Out: 16 Jul 24

### **Tabacon Thermal Resort & Spa**

Orchid Room with Breakfast included

Featuring **hot spring baths, sauna, massages services**, luxury spa treatments and 5 swimming pools, Tabacón Thermal Resort & Spa is 15 minutes' drive from the **Arenal Volcano National Park**.

The rooms and suites offer modern décor, garden views, air conditioning, flat-screen cable TV, coffee maker and minibar. The bathrooms come with bathrobes, slippers and free toiletries. The suites also feature a living area.

Guests can enjoy a **swim up bar**, lobby bar and Los Tucanes restaurant and Ave del Paraiso restaurant serving local dishes and international **gourmet cuisine**. The property also offers free valet parking, a welcome cocktail and unlimited access to its on-site hot springs.



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Date In: 16 Jul 24

Date Out: 18 Jul 24

## Monteverde Lodge & Gardens

Forest View Downstairs Room with Breakfast included

Located in Monteverde, Costa Rica. This lodge is located 15 minutes' drive from the **Monteverde Biological Reserve** and 1 km from Monteverde Town Centre. It features an **extensive garden** with a heated **outdoor pool**. Guests can also enjoy the indoor **butterfly garden**. Wi-Fi is included at no extra cost.

Rooms offer views of the forest and gardens. Both upstairs and downstairs rooms have solar-heated hot water showers, an in-room safe, coffee maker, alarm clock, ceiling fan, reading lamps, hair dryer and laundry bag.



Date In: 18 Jul 24

Date Out: 21 Jul 24

## Arenas Del Mar Beachfront & Rainforest Resort

Ocean Breeze Superior Room with Breakfast included

Arenas del Mar Beachfront & Rainforest Resort is located in Manuel Antonio. The hotel features an outdoor **swimming pool, garden, a bar** and shared lounge. Among the facilities of this property are a restaurant, a 24-hour front desk and room service, along with free WiFi. The property has a hammam, evening entertainment and a concierge service.

The units come with air conditioning, a flat-screen TV with cable channels, a coffee machine, a bath, a hairdryer and a desk. All units feature a wardrobe. Full five-star Costa Rica experience, **beachfront, rainforest, wildlife** right at the resort.



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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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