



# Costa Rica

**Traveler: Terri Nordby X6**

Date In: 01 Apr 26  
Date Out: 11 Apr 26

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	Terri Nordby X6
Arrival date	01 Apr 26
Departure date	11 Apr 26
Number of participants	4 adults + 2 children
Quotation reference	BKFI107041

## DESTINATIONS

San Jose, The Capital
Arenal Volcano
Manuel Antonio Beach
San Jose, The Capital

## DETAILED ITINERARY

Day 1, 01 Apr 26



Private Transfer IN from Airport to Hotel in SJO / Only Transport / Private

### **WELCOME TO COSTA RICA!**

We're so happy you've chosen our country for your adventure. You've arrived in a land full of nature, culture, and Pura Vida, where every moment can become an unforgettable experience. When you arrive at Juan Santamaría International Airport, our professional driver will be waiting for you with a sign displaying your name, making it easy to find us. They will assist you with your luggage and take you comfortably to your hotel in San José. This private service is designed to ensure a smooth journey and a warm welcome to our beautiful country. The drive typically takes between 25 and 45 minutes, depending on traffic. If you don't see your driver upon exiting the airport, don't worry—please wait a moment and call the agency's emergency number. **Please, do not go with another driver,** your safety is our top priority!

**Pura Vida, and enjoy every moment of your trip!**



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### 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.



🇨🇷 Hilton San Jose La Sabana / Standard Room / Breakfast included  
In: 01 Apr 2026 Out: 03 Apr 2026 (2 Nights)

Day 2, 02 Apr 26



La Paz Waterfall Gardens / Transfer & lunch included

At **La Paz Waterfall Gardens** we will go through walking trails surrounded by **lush tropical rain forest**. Here we will appreciate flowing white rivers, **spectacular waterfalls**, birds, butterflies, monkeys, and hummingbirds. There are also, educational animal exhibits to enjoy such as the **Aviary**, the **Butterfly Observatory**, **Hummingbird Garden**, Serpentarium, Jungle Cats Exhibit, and the Frog Exhibit. This is definitely a tour enjoyed by **nature lovers** from all ages.

After the tour, we will enjoy a **buffet lunch** that includes multiple selections of **Traditional Costa Rican dishes** and much more.



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Day 3, 03 Apr 26

 Private Transfer from San Jose to Arenal

Approximate travel time: 3 hours and 30 minutes (depending on traffic conditions).



### 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**.



 Los Lagos Hotel Spa & Resort / Standard Room / Breakfast included  
In: 03 Apr 2026 Out: 07 Apr 2026 (4 Nights)

Day 4, 04 Apr 26



Aerial Tram & Ziplines & Hanging Bridges (Guided) / Round Trip

This is a great tour where you will do three amazing activities, Sky Trek, Sky Tram and Sky Walk. At Sky Trek in Arenal, you ride the **tram up the mountain**, for the magnificent aerial tramway up the glorious mountains of Arenal. You can enjoy the best views and appreciate true nature.

Then to get back to the base you will have to ride the **breathhtaking ziplines**, making it a perfect adventure activity with **no walking segments** you will get off and jump on to the next cable. You'll ride cables where you will be astounded by its **impressive heights, speeds, views**, and because you will be able to admire the surrounding mountains like in no other place.

The walk leads through the primary rainforest and includes **suspension bridges, observation points, and waterfalls**. Walking across the suspension bridges will provide you with a **new perspective** on the complexity of the rainforest.



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Day 5, 05 Apr 26



Sloth's Territory Guided Day Tour / Transfer included

This activity consists of a walk that allows you to enjoy the **lush vegetation and giant trees** such as the Chilamate and the Guácimo Colorado, which make up the habitat for many species present in the gallery forest, such as opossums, **two- and three-toed sloths, toucans, monkeys**, frogs of various types, as well as a small lizard that resides in the swamp. During the tour, all visitors are accompanied by one of the **certified guides**, capable of identifying living beings despite their excellent camouflage, as well as explaining the **environment, behavior, and characteristics** of these beings, all with the aim of providing a **unique experience**.



Night Walk at Arenal Oasis with Dinner / Dinner & Transfer included

Step into the magic of the rainforest after dark and explore **Arenal's only wild frog sanctuary**, where **nature truly comes alive**. As night falls, colorful tree frogs and a variety of other nocturnal creatures become most active — offering an **unforgettable opportunity** to observe them in their **natural habitat**.

Home to at least **28 frog species**, the sanctuary's spring-fed ponds are part of a private wildlife reserve lovingly cared for by the Rojas Bonilla family.

Your **guided night tour** continues beyond the ponds, along easy, flat trails surrounded by the **sounds and sights of the rainforest at night**. With the help of an **expert naturalist guide**, you'll spot wildlife that would otherwise remain hidden — from frogs to insects, birds, and more.

Whether you're a nature enthusiast, photographer, or first-time explorer, this **immersive experience** offers a one-of-a-kind look at **Arenal's thriving nocturnal world**.



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Day 6, 06 Apr 26



Arenal Volcano Guided Hike / Transportation, water and snacks included

Explore the stunning **Arenal Volcano and the nearby El Silencio Reserve** on a relaxed and informative hike, guided by our expert naturalists.

Your adventure begins with a convenient hotel pick-up followed by a scenic drive to the reserve entrance. Once there, you'll have the chance to learn about the area's fascinating history before setting out on your guided walk. We'll lead you along well-maintained, easy trails that wind through the base of the mighty Arenal Volcano and the picturesque **Lake Arenal region**.

During this **1.5-hour rainforest natural history walk**, our knowledgeable guide will immerse you in the local ecosystem, helping you spot diverse wildlife such as birds, monkeys, and more in their natural habitat. As you hike, you'll be treated to breathtaking views of Arenal Volcano, the serene Lake Arenal, and the dormant Cerro Chato volcano.

This tour is perfect for families, and nature lovers who want to experience the beauty and wildlife of the rainforest up close.



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Day 7, 07 Apr 26

 Private Transfer from Arenal to Manuel Antonio

Approximate travel time: 5 hours (depending on traffic conditions).



### 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.



 Hotel Costa Verde / Studio Plus Family / Breakfast included

In: 07 Apr 2026 Out: 10 Apr 2026 (3 Nights)

Day 8, 08 Apr 26



Manuel Antonio National Park Guided Tour / Transfer included

Explore the **pristine natural beauty** of this world famous Manuel Antonio National Park filled with **exotic wildlife** such as monkeys, sloths, birds, reptiles and butterflies. Your picturesque 2-mile hike will take you to one of the beaches named **most beautiful in the world** by Forbes magazine.

Experience the **lush rainforest** behind you, **white sandy beaches** below, and **crystalline blue waters** during this refreshing 20-minute beach stop. Have your camera ready, as your knowledgeable guide sets his trained eyes on **diverse flora and fauna** for you to capture along the way.



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Day 9, 09 Apr 26



Mangrove Boat Tour / Lunch & Transfer included

Let our “**interactive**” tropical rainforest and delicate **mangrove ecosystem** knock you out of your seat in your boat – literally. This adventure of Costa Rican natural history – its **exotic flora and fauna** -- is highly recommended for any naturalist, young or old, who wants to experience the pulse of the mangrove ecosystem. Let our world-class, highly trained bilingual, naturalist guides steer you peacefully and comfortably in our **high-tech, ultra-quiet estuary boats** as the wildlife comes to you – sometimes right into the boat! Experience curious families of **monkeys** as they migrate across the mangrove ecosystem (including your boat) in search of food and adventure. And discover the secret ways different **exotic trees** of Costa Rica replenish the environment worldwide, yet sustain themselves for decades of growth.

Wind through acres of a protected, pristine Costa Rican estuary as your experienced guides educate you on the secrets – both past and present – of the mangrove eco-structure so vital to Costa Rica and the world as well. During the tour you might spot, with the help of your experienced guide, **caimans, sloths, crocodiles, boas, white face monkeys, egrets**, and so many more species of wildlife, as your boat leisurely winds its way through the mangrove channels along the gentle currents of the coastal tides. And finally, end your adventure with a relaxing yet rewarding **meal in typical Costa Rican flavor** at a local “hot spot” restaurant before you return to your living accommodations.

You must come experience this adventure before it slowly fades away on the international landscape of extinct ecosystems. Come, learn, and experience a delicate treasure Costa Ricans are so desperately trying (and successfully) to preserve – **the mangroves**.

***\*Note that the tour's start time depends on the tide.***



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## Day 10, 10 Apr 26



Private Transfer from Manuel Antonio to San Jose

Approximate travel time: 3 hours and 30 minutes (depending on traffic conditions).



KC Hotel San Jose / Junior Suite Room / Breakfast Included

In: 10 Apr 2026 Out: 11 Apr 2026 (1 Nights)

## Day 11, 11 Apr 26



Private Transfer OUT from Hotel in SJO to Airport / Transport / Private

### **See you Soon, Costa Rica!**

All good things must come to an end, and it's time to say goodbye to this magical land and its wonderful people.

Our professional driver will pick you up on time in the lobby of your hotel in San José, assist you with your luggage, and take you comfortably and safely to Juan Santamaría International Airport. We recommend being ready ahead of time and remember to arrive at the airport at least 3 hours before your flight to avoid any last-minute stress.

We truly hope to see you again soon so you can continue experiencing the *pura vida* that only Costa Rica can offer.

**Thank you for choosing us and see you next time!**



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## INCLUSIONS

### **LODGING:**

2 nights lodging in San Jose, The Capital. Hilton San Jose La Sabana. (Breakfast included)  
4 nights lodging in Arenal Volcano. Los Lagos Hotel Spa & Resort. (Breakfast included)  
3 nights lodging in Manuel Antonio Beach. Hotel Costa Verde. (Breakfast included)  
1 night lodging in San Jose, The Capital. KC Hotel San Jose. (Breakfast Included)

### **TRANSPORTATION & GUIDE SERVICES:**

Private Transfer IN from Airport to Hotel in San Jose  
Private Transfer from San Jose to Arenal  
Private Transfer from Arenal to Manuel Antonio  
Private Transfer from Manuel Antonio to San Jose  
Private Transfer OUT from Hotel in San Jose to Airport

### **ACTIVITIES & MEALS:**

La Paz Waterfall Gardens (Transfer & lunch included) in San Jose, The Capital  
Aerial Tram & Ziplines & Hanging Bridges (Guided) (Round Trip) in Arenal Volcano  
Sloths Territory Guided Day Tour (Transfer included) in Arenal Volcano  
Night Walk at Arenal Oasis with Dinner (Dinner & Transfer included) in Arenal Volcano  
Arenal Volcano Guided Hike (Transportation, water and snacks included) in Arenal Volcano  
Manuel Antonio National Park Guided Tour (Transfer included) in Manuel Antonio Beach  
Mangrove Boat Tour (Lunch & Transfer 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: 01 Apr 26

Date Out: 03 Apr 26

### Hilton San Jose La Sabana

Standard Room with Breakfast included

**The Hilton San José La Sabana** offers guests a blend of **modern comfort and local charm**.

The hotel boasts **spacious and elegantly designed rooms** equipped with contemporary amenities, including flat-screen TVs, high-speed internet, and **air conditioning**. Guests can enjoy a variety of **dining options**, from casual bites to fine dining experiences, featuring **local and international cuisine**.

The hotel offers a fitness center, **swimming pool**, and wellness services, ensuring guests can **relax and rejuvenate** during their stay. With **state-of-the-art meeting rooms** and business facilities, it caters to both **corporate travelers and events**.



Date In: 03 Apr 26

Date Out: 07 Apr 26

### 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.



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Date In: 07 Apr 26

Date Out: 10 Apr 26

## Hotel Costa Verde

Studio Plus Family with Breakfast included

**Hotel Costa Verde** is a charming **beachfront hotel** located in a **picturesque setting**, surrounded by **lush tropical gardens and stunning ocean views**. The hotel offers a variety of accommodations, including **spacious rooms** and cozy bungalows, all designed for **comfort and relaxation**. Guests can enjoy amenities such as a **swimming pool**, restaurant serving **local cuisine**, and easy access to nearby beaches and recreational activities. Whether you're looking to unwind or explore, Hotel Costa Verde is the perfect destination for a **memorable getaway**.



Date In: 10 Apr 26

Date Out: 11 Apr 26

## KC Hotel San Jose

Junior Suite Room with Breakfast Included

**KC Hotel San José** offers an outdoor **pool**, **daily American-style breakfast** and **free Wi-Fi**. The elegantly **decorated rooms** are **soundproofed** and offer free toiletries. They also feature **views of the gardens**.



## EXCLUSIONS

- Optional tours
- Departure taxes (\$29 per person)
- Meals not mentioned in the itinerary
- Airfare
- Tips
- International Travel Insurance

## TERMS & CONDITIONS

You can read all our term and conditions at our official website:

<https://www.greenworldadventures.com/terms/>



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