



Costa Rica

Melanated Miles Mamas & Minis 4+2

Date In: 06 Jul 26
Date Out: 10 Jul 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	Melanated Miles Mamas & Minis 2026 V2.8
Arrival date	06 Jul 26
Departure date	10 Jul 26
Number of participants	2 adults and 2 children +2 FOC

DESTINATIONS

San Jose, The Capital
Arenal Volcano



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DETAILED ITINERARY

Day 1, 06 Jul 26

 Daily Transportation and Guide Service (From Day 1 to Day 5)

 3 Private Transfer IN from Airport to Hotel in San Jose

Approximate Travel time: 40 minutes





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.

 Lunch


 San Jose Autentico Hotel / Standard Room / Breakfast included
In: 06 Jul 2026 Out: 07 Jul 2026 (1 Night)

 Dinner

Day 2, 07 Jul 26

 Transfer from San Jose to Valle Azul

Approximate Travel time: 3 hours

 Organic farm tour / Lunch included

The tour begins with a welcome from the **Herrera family**, taking place at a ranch with a fire pit. Here, we explain the history of the **farm** and the activities currently being carried out. The farm is dedicated to agriculture and conservation, and it also has more than **thirty lakes** for fish farming.

The family has prepared a table with **seasonal fruits** that are harvested right on the farm, and we can taste these fresh fruits. After the presentation and the fruit tasting, we move on to a traditional cooking class where we will learn to prepare a **delicious "chorreado" coffee**, starting by grinding the coffee beans and then the brewing process. We will also grind corn to make our own hand-pressed corn tortilla, cooked over the fire.

The family offers us cheese and guava jam to accompany the tortilla and coffee. Next, we begin a short walk around the farm, where we can see some crops, fruit trees, and the forest. We typically find frogs, iguanas, two-toed and three-toed sloths, and various birds along the way. This walk lasts about forty minutes. We return to the ranch, where we will enjoy a **delicious traditional "casado" lunch**.





Intercultural Exchange with Local Community Children

Today a special **intercultural exchange with local community children** is planned for you. You will travel a rural community to visit a **local school** to interact with local students. This is a perfect time for student to see how the education system is in other countries.

The local coordinator will organize different activities on which the foreign and students will **share and learn from each other**, such as traditional games of Costa Rica, and you can show them about yours, typical dances performed by the local students and as a final activity you will plant trees to help to preserve the environment.



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 Transfer from Valle Azul to Arenal

Approximate Travel time: 50 minutes




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 Paraiso Resort Spa & Thermo Mineral Hot Springs / Superior Room / Breakfast included
In: 07 Jul 2026 Out: 09 Jul 2026 (2 Nights)

 Dinner

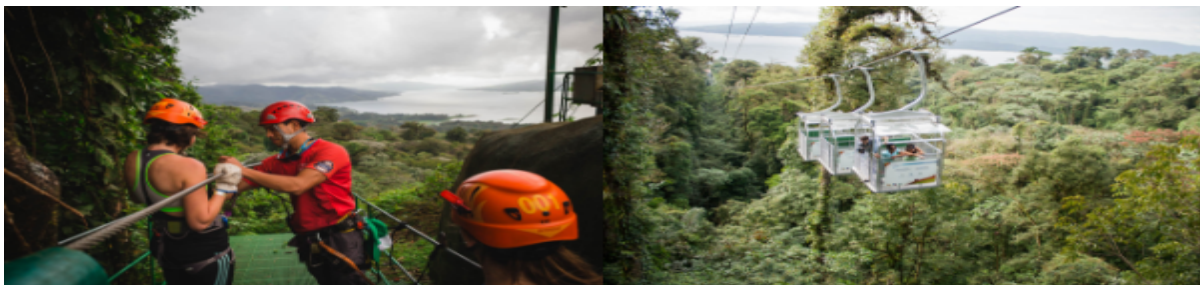
Day 3, 08 Jul 26



Aerial Tram & Ziplines (2 adults + 2 children)

The zip line tour, **Sky Trek combines with the Sky Tram**. At Sky Trek in Arenal, you ride the **tram up the mountain**, for more than our 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.



Aerial Tram & Hanging Brides (1 adult + 1 child)

This **aerial tram** offers a **gentle ascent through the lush rainforest**, revealing **panoramic mountain views in a tranquil setting**. This experience is perfect for **nature enthusiasts** who prefer a more relaxed approach to exploring the wilderness. A **bilingual guide will accompany you**, sharing fascinating insights into the **local flora, fauna**, and the **unique aspects of the region**.

Experience the **tranquil beauty** of Arenal Rainforest on our Sky Adventures **hanging bridges and nature walk**. This 4km trail offers a **serene journey through a vibrant ecosystem**, with suspension bridges granting **intimate views of the forest canopy**.



Lunch



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Chocolate Tour

You will learn everything about the **delicious chocolate**. This could be a perfect complement between another tour in the area, is a contributor to the rescue of the **traditional and cultural** of the country. You will have an experience between **aromas and history**, where you will participate in the chocolate **process**, where you will be able to enjoy, share and taste the fruit of the cocoa, until arriving to its magnificent transformation, becoming a delicious drink; equally in this tour you will see the whole process of **transition** from seed to pure and ground cocoa.



Fortuna Downtown City Tour

During this journey, our tour guide will take you to **some of the most important sites to know** the socio-economic and cultural value of **La Fortuna**.

This place has had **great tourist growth** in recent years thanks to its great potential and scenic beauty.



Dinner



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Day 4, 09 Jul 26

 Transfer from Arenal to La Paz Waterfall Gardens

Approximate Travel time: 2 hours.

 Entrance Fee to La Paz Waterfall Gardens in San Jose / Buffet lunch included


When you think about Costa Rica, you probably imagine lush tropical **rainforest, flowing white rivers, spectacular waterfalls, birds, butterflies, monkeys, hummingbirds, snakes, felines and frogs**. At La Paz Waterfall Gardens, you are guaranteed to see all that and more.

Also, you will enjoy a **delicious buffet lunch**. It includes multiple selections of **traditional Costa Rican dishes**, full salad bar, pizza, garlic bread, french fries, fresh fruits, rice pudding and unlimited fresh fruit juice, coffee and tea.



 Transfer from La Paz Waterfall Gardens to San Jose

Approximate Travel time: 1 hour and 30 minutes.

 San Jose Autentico Hotel / Standard Room / Breakfast included
In: 09 Jul 2026 Out: 10 Jul 2026 (1 Night)

 Dinner

Day 5, 10 Jul 26

 3 Private Transfer OUT from Hotel in San José to Airport

See You Soon, Costa Rica!

Time flies when you're having fun, and now it's time to say goodbye to this land full of Pura Vida and unforgettable moments. Thank you for choosing us and for allowing us to be part of your adventure. We hope to see you again soon to keep sharing the magic of Costa Rica.

Today, your driver will assist you with your luggage and make sure you arrive at the Airport on time. Please remember that you must be at the airport at least 3 hours before your scheduled departure.

Thank you for choosing us and until next time!



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PRICES

Pax	*Tour Leaders	Single	Child Rate
2	2	3,295.00	702.00

General Details of the Price

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

These rates apply for traveling from 06 Jul 26 to 10 Jul 26.

Valid quotation according to the range or passengers indicated. If the final number of participants change, a new price will be provided.

Rates are subject to change without notice.

***Tour Leaders are Free of Charge.**

***Child rate applies only for children between 5 to 10 years old.**



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INCLUSIONS

LODGING:

- 1 night lodging in San Jose, The Capital. San Jose Autentico Hotel. (Breakfast included)
- 2 nights lodging in Arenal Volcano. Arenal Paraiso Resort Spa & Thermo Mineral Hot Springs. (Breakfast included)
- 1 night lodging in San Jose, The Capital. San Jose Autentico Hotel. (Breakfast included)

TRANSPORTATION & GUIDE SERVICES:

- 5 days of Guide Service
- 5 days of Daily Transportation

ACTIVITIES & MEALS:

- Daily Breakfasts at the hotels / 4 Lunches / 4 Dinners
- Organic farm tour in Arenal Volcano (Lunch included)
- Intercultural Exchange with Local Community Children in Arenal Volcano
- Aerial Tram & Ziplines in Arenal Volcano (2 adults + 2 children)
- Aerial Tram & Hanging Brides (1 adult + 1 child)
- Chocolate Tour in Arenal Volcano
- Fortuna Downtown City Tour in Arenal Volcano
- Entrance Fee to La Paz Waterfall Gardens in San Jose (Buffet lunch included)

OTHER:

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



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LODGING DETAILS

Date In: 06 Jul 26

Date Out: 07 Jul 26

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: 07 Jul 26

Date Out: 09 Jul 26

Arenal Paraiso Resort Spa & Thermo Mineral Hot Springs

Superior Room with Breakfast included

The accommodations at the **Arenal Paraiso** all offer **stunning views of the Arenal Volcano**, plus cable TV, coffee maker and a private bathroom that includes a hairdryer and toiletries. Some unites feature **terraces**, while others have **balconies**.

There are **2 restaurants** at this property. One of them specializes in **regional dishes**, while the other serves **international-style cuisine**. The **breakfast buffet is free** of charge and **free Wi-Fi is available** only in the restaurant and in the front desk.

Arenal Paraiso has an on-site gift shop, **7 pools with thermo-mineral water** and a **regular swimming pool**, natural walking paths and car rental services.



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Standard Room with Breakfast included

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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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