



Costa Rican Rainforest Explorer



HOLIDAY TYPE: Small Group
VISITING: Costa Rica

BROCHURE CODE: 4020
DURATION: 14 nights

In Brief

A tiny country that is simply brimming with adventure and natural spectacles, there is a huge amount to be enjoyed in Costa Rica. From tropical greenery and unspoilt beaches to active volcanoes and immense cloud forests, the delights are endless. Learn more about the culture of this unique location while enjoying boat trips, hikes, white-water rafting, and canyoning – all included in the holiday price.

Our Opinion

“ My memories of Costa Rica are plentiful and vivid; it is a truly special country with delightful people and staggering bio-diversity. This holiday highlights some of the natural wonders and the fantastic activities available and in many cases combines the two. Zipping between the treetops high in the rainforest canopy and abseiling down waterfalls with toucans flying above my head are just two of the experiences that truly stand out. I recommend going to see it for yourself. ”

Amy Hope



What's included?

- **Transfers:** group airport and activity transfers (private airport transfers may incur a supplement)
- **Accommodation:** 14 nights' hotel accommodation (2 nights superior room at Crown Plaza Corobici San Jose Hotel in San José or similar, 2 nights standard room at Pachira Lodge in Tortuguero or similar, 2 nights tent Suite room at Hacienda Pozo Azul Tent Suites in Sarapiquí or similar, 2 nights junior suite room at Arenal Manoa Hotel in Arenal or similar, 1 night in a superior room at Hacienda La Pacifica Hotel in Canas or similar, 5 nights standard room at Dreams Las Mareas or Westin Resort in the North Pacific Coast all-inclusive). Guests can choose to spend their final night in San Jose instead of Dreams Las Mareas - please enquire at the time of booking
- **Meals:** 14 breakfasts, 12 lunches, 10 dinners
- **The following activities are all included in your holiday:** Poas Volcano National Park, La Paz Waterfall Gardens, Costa Rican night with show and traditional dinner, guided visit to the conservation centre and colourful Tortuguero Town, guided walking through local trails, guided tour to Tortuguero canals, boating in the canal, horseback riding, zip-lining and white-water rafting, Arenal Hanging Bridges, canyoning, eco-day, stand-up paddleboarding and a visit to Las Pumas Rescue Centre **(the order of activities is subject to change)**
- All equipment, tuition and supervision from fully qualified instructors
- Services of our local guides
- **Please note:** international flights are not included to or from Costa Rica. Please contact us for a quotation

Trip Overview

The saying 'Good things come in small packages' was practically created for Costa Rica.

Despite covering less than 0.05% of the world's landmass, this wonderful country offers a staggering variety of landscapes: pristine coastline, rainforest, cloud forest, mountain ranges, wetlands, and other aquatic habitats. Another huge attraction of Costa Rica is, of course, the incredible variety of fauna and flora, with some five percent of the world's biodiversity, found within its borders.

Our active holiday itinerary has been crafted to ensure that your family gets to enjoy as many of these

natural wonders as possible in an active and fun-filled way. During our adventure holiday you will canyon and raft through the jungle, paddle-board at the foot of a volcano, fly through the treetops, and boat through incredible rainforest canals – all activities are included in the cost of the holiday. One of the advantages of the country's small size is that there are no arduous days full of travel or internal flights in order to enjoy them, as everything is within a manageable distance.

A key highlight of any family holiday to Costa Rica is the fact that you will meet some of the friendliest people on the planet. It has frequently been ranked as one of the happiest countries in the world – from our experience, we can safely say that this is completely true! Studies have determined that locals have the highest level of life satisfaction on Earth. When we asked our friends in Costa Rica if they agreed, they simply replied, "Look around you, who wouldn't be happy here?"

They couldn't be more right!

Agenda

Please note the order of activities is subject to change

DAY
1

ARRIVAL AND TRANSFERS

You will be greeted at San Jose Airport to complete the short transfer to your hotel. En route you will be briefed about the following day's activities and in the evening you are free to relax and enjoy your new surroundings and the hotel's wonderful facilities.

Included Meals: None

DAY
2

POAS VOLCANO NATIONAL PARK AND LA PAZ WATERFALL GARDENS

After breakfast at the hotel, you will get straight down to business. Your guide will meet you at the hotel and give you an overview of the exciting day ahead before you all head to the Poas Volcano National Park. The park is home to the active Poas Volcano, cloud forest and crater lakes, so there are lots of natural spectacles to be enjoyed here and it offers an excellent introduction to Costa Rica's diverse natural world.

Next on the itinerary is a trip to La Paz Waterfall Gardens. This incredible area is a nature park and wildlife refuge, and also features some of the most famous waterfalls in Costa Rica. You will walk a 3km trail to see four of these majestic waterfalls, stopping at amazing viewpoints along the way to admire the forest. There's also a hummingbird garden, serpentarium, frog pond, small aquarium and large enclosed butterfly observatory.

Tonight a welcome meal will be served in a famous local restaurant.

Back at the hotel, you will need to repack for the next part of your journey as there is a 25lb luggage (11kg) restriction for your boat transfer tomorrow. Your luggage will be securely stored with your

guide and given back to you on Day 5.

Included Meals: Breakfast, Lunch, Dinner

DAY
3

RAINFOREST BOAT TRIP AND TORTUGUERO NATIONAL PARK - 'WHERE THE JUNGLE MEETS THE SEA'

Today's early start will be well rewarded and you will enjoy a traditional Costa Rican breakfast en route. Your destination is the dock, where you meet your boat for the transfer into the Tortuguero National Park (approximately three hours transfer in total including the boat trip).

Along the route, you will be able to catch a glimpse of the local wildlife and plant life that call this home. Tortuguero is one of the most biologically diverse regions in the world, offering a huge range of animals and environments to enjoy.

After lunch at your lodge, you will walk to the local town and visit a conservation centre in order to learn about the lush tropical environment in which you now find yourselves. There will also be some free time to explore or relax around the swimming pool.

This area is an extremely important location for green turtle nesting from July to September. It is possible to book a night tour directly with the lodge to hopefully observe these incredible animals. We would highly recommend this incredible experience, which is payable locally.

Included Meals: Breakfast, Lunch, Dinner

DAY
4

RAINFOREST EXPLORATION DAY AND WILDLIFE BOAT TRIPS

You will enjoy a full day's adventure in the rainforest today. It is an early start this morning as you set off with your guide on a tour of the canals first thing in the morning while the animals are at their most active. This is a great way to quietly sit back and quietly enjoy the unique natural habitat surrounding you.

Then it is back to the lodge for breakfast and afterwards, your guide will lead you on a rainforest hike to look at some of the scenery up close.

In the late afternoon, you will meet with your guide for another boat trip deep into the canals and waterways of the national park. You will encounter different animals and plants in their natural environment and your expert guides have an incredible ability to spot the inhabitants of the forest. These include monkeys, iguanas, sloths, herons and more. The boat used has a specially designed electrical engine, which runs very quietly allowing you to explore without disturbing any of the local wildlife.

Returning in time for dinner you will then spend your last night at Tortuguero.

Included Meals: Breakfast, Lunch, Dinner

DAY
5

TORTUGUERO TO RAINFOREST CAMP

This morning you will leave your lodge by boat, before travelling inland to the wonderful and lush green scenery of Sarapiquí and your Rainforest camp.

You will stop for lunch en route at a local restaurant and will arrive at your new temporary home at around 3 pm. The afternoon will be free to relax before dinner is served in the main communal tents and you will have a chance to take in your incredible jungle surroundings.

You can fall asleep in your well-equipped tented suite on the edge of the forest, listening to the sounds of nature all around you.

Included Meals: Breakfast, Lunch, Dinner

DAY
6

ADRENALINE DAY AND NIGHT IN THE RAINFOREST!

Today includes some really exceptional activities in some truly beautiful surroundings. The activities on the agenda include a white-water rafting trip, a horse riding trek in beautiful countryside and a thrilling canopy zip wire tour. These are exceptional family activities that highlight the environment in which they take place and provide some great family memories.

After a fantastic day in Costa Rica creating lots of wonderful memories you will return to the tented suites for another night of glamping in this beautiful jungle setting.

Included Meals: Breakfast, Lunch, Dinner

DAY
7

TREETOP WALK AND COMMUNITY, CULTURE AND CONSERVATION

This morning you will transfer into the shadow of the impressive and active Arenal Volcano for a guided hike (transfer around three hours). The degree of activity from the volcano varies, but at its most active there can be magnificent displays of flowing red-hot lava and incandescent rocks flying through the air.

You will visit one of the most important eco-tourism developments in the whole of the country, the Arenal Hanging Bridges. The 16 bridges are suspended within this primary rainforest and vary in length between 8 and 98 metres. The bridges allow you to get a totally different perspective on the forest, viewing the flora and fauna at close quarters as you explore this private reserve.

Following your treetop adventure, you will enjoy lunch at La Casona with a direct view of the Arenal Volcano where you will learn about the history of this 100-year-old estate. You will learn how to make the famous tortillas on the traditional woodstove before enjoying some hearty local food.

After lunch, you will visit the Eco-Centro Danaus - a small reserve that develops conservation

programmes. You will discover the natural trails and learn all about the environmental education work done here. Then you will be able to select a native tree and take it to the local elementary community school. Here, a group of children will welcome you with a folk dance before you all help with the reforestation project, planting your chosen tree.

Following a visit to the school, you will travel to the farm to meet a local family who will show you their amazing gardens. Don Aguinaldo, a member of the family will play a traditional guitar as you enjoy drinks and snacks in this wonderful setting.

You will transfer and check into your hotel. This evening you are free to either eat at the hotel or visit the nearby town for some local cuisine.

Included Meals: Breakfast

DAY
8

RAINFOREST CANYONING

Your guide will meet you at the hotel for a 30-minute drive into the rugged mountainous terrain near the volcano. The journey will be via 4x4 vehicles across some bumpy back roads to get to the start point for this thrilling canyoning adventure.

This location allows for some of the most exciting canyoning we have encountered anywhere and is based principally on thrilling rappels down beautiful waterfalls.

After full tuition, you will descend a series of six waterfalls ranging in size from 150 to 200-foot descents. A well-deserved lunch will be served back at the canyoning base.

This afternoon is free for you to either enjoy the local town or the facilities back at the hotel.

Included Meals: Breakfast, Lunch

DAY
9

LAKE ARENAL STAND-UP PADDLEBOARDING AND TENORIO VOLCANIC NATIONAL PARK

Following breakfast, you'll try stand-up paddleboarding (SUP) on the stunningly-blue Lake Arenal. Admire the volcanic mountain range backdrop as you stand on top of your board and use your paddle to glide across the water.

After paddleboarding, you will explore more of Costa Rica's landscape during a visit to Tenorio Volcano National Park. The park is filled with many natural wonders but perhaps the most impressive is the Celeste River. The river gets its spectacular colour from the sulphur that is emitted by the volcanic activity and it's amazing to see how the turquoise hue contrasts with the green surrounding forests. During your visit, you can also see the four cones of the Tenorio Volcano.

Lunch is provided today and once you have explored the national park, you will be transferred to your hotel which sits amongst brilliant rainforest surroundings.

Included Meals: Breakfast, LunchDAY
10RIVER RAFTING ON THE TENORIO RIVER AND VISITING THE LAS PUMAS
WILDLIFE RESCUE CENTRE

Today you will take on a river rafting adventure down the Tenorio River. After breakfast, you will be transferred to meet your expert river guides and will be provided with a safety talk and all the gear you need. Please note, children must be 9 years and over to take part.

You will work as a team to conquer the class III and IV rapids as you manoeuvre your way down the powerful river.

After your epic adventure on the water, you will enjoy lunch at a nearby restaurant on the banks of the Corobici River. Next, you will be taken to the Las Pumas Wildlife Rescue Centre, just minutes away.

The centre is a fantastic centre focused on protecting animals whose habitats have been destroyed by deforestation. This is a great way to learn more about some of the native wildlife in this area and the positive steps being taken to protect it. The animals here are either awaiting release back into the wild or are cared for in the sanctuary if they are unable to return to their natural habitat.

You will then be transferred to Guanacaste. The total drive time is around four hours and you will arrive with free time to relax and unwind into the last few days of your holiday.

Included Meals: Breakfast, Lunch, DinnerDAYS
11 TO 14

LIE BACK, RELAX AND ENJOY

The last days of your holiday are free to relax at your luxury hotel and enjoy this beautiful area following your active adventures. If you want to arrange additional activities then these can be arranged and paid for locally. Alternatively, simply enjoy the hotel swimming pool and postcard-perfect beaches.

If you'd prefer, you can choose to spend your final night in San Jose. Please enquire about this at time of booking.

Included Meals: Breakfast, Lunch, DinnerDAY
15

ADIOS COSTA RICA!

Sadly it is time to bid farewell to Costa Rica and so you will be transferred back to San Jose Airport to meet your flight home (approximate 5hr transfer, traffic dependent). Alternatively, you may wish to fly back home from Liberia International Airport (approximate 2hr transfer, traffic dependent). Please speak to our Travel Experts to discuss your options.

Please note: there is a departure tax of approximately \$29 when leaving Costa Rica by air, which can be paid by cash or credit/debit card in dollars or local colones. Some airlines include the departure tax in their ticket prices, so please speak with us or the airline if you wish to book your own flights before you travel.

Included Meals: Breakfast

Included Accommodation

Crowne Plaza Corobici San José Hotel or similar (Nights: 1-2)



Conveniently located close to downtown San José, this hotel puts you within reach of some brilliant attractions. There are also plenty of facilities on site to keep the whole family entertained.

Hotel facilities:

- Enjoy the outdoor pool for water fun in the sun
- Keep fit in the well-equipped gym
- Try the delicious international foods in the restaurants
- Relax in the lobby bar
- Keep in touch with loved ones with use of free WiFi

Room types:

Superior room: these spacious, air-conditioned rooms come with a private bathroom, WiFi and TV to give you the perfect spot for relaxing in. The room also comes with tea/coffee facilities, minibar, iron and ironing board, and a safety deposit box.

Image Credits: Crowne Plaza Corobici San José Hotel

Pachira Lodge in Tortuguero or similar (Nights: 3-4)



Situated just 5 minutes from Tortuguero National Park, where green turtles come to lay their eggs sits the Pachira Lodge. Surrounded by scenic canals and facing the town of Tortuguero, the lodge puts you in a tropical getaway in the Costa Rican jungle.

Hotel facilities:

- Enjoy the delicious international cuisine from the buffet-style meals in the restaurant
- Cool off in the outdoor pool
- Spot wildlife in the lush Tortuguero National Park, just minutes away
- Unwind in the spa facilities, payable locally

Room types:

Standard room: These comfortable rooms feature either a king-sized bed or two double beds and come equipped with a ceiling fan, private bathroom and screened windows. You can also enjoy views of the garden from your terrace.

Pozo Azul Tent Suites or similar (Nights: 5-6)



This exceptional tented camp is close to the banks of the Sarapiquí River and on the edge of the rainforest.

The whole place has been designed to offer families an unforgettable 'glamping' style experience and the chance to get really close to the flora and fauna as you spend the night under canvas, listening to the sounds of the jungle.

Camp facilities

- There is a small social area on-site as well as a reading room and TV room for families to relax and spend time with fellow adventurous travellers
- Free Wi-Fi is available throughout – but we strongly recommend switching off!
- The central dining area is a gathering place for meals and serves a delicious jungle breakfast and hearty evening meal

Tents

There are 30 tented-suites in total which are fully equipped with two queen-size or one king-size bed, en-suite bathrooms (with hot water), private decks with lovely wooden furniture and fans.

The tents are spacious (with plenty of head height too) so offer an excellent level of comfort in a unique environment.

Arenal Manoa or similar (Nights: 7-8)



Enjoy the brilliant Costa Rican rainforest and views of the Arenal Volcano during your stay at the Arenal Manoa Hotel.

This four-star hotel is on a working farm that combines an eco-retreat with modern luxuries. It is an ideal location to take in the breathtaking natural surroundings of Costa Rica.

Hotel facilities

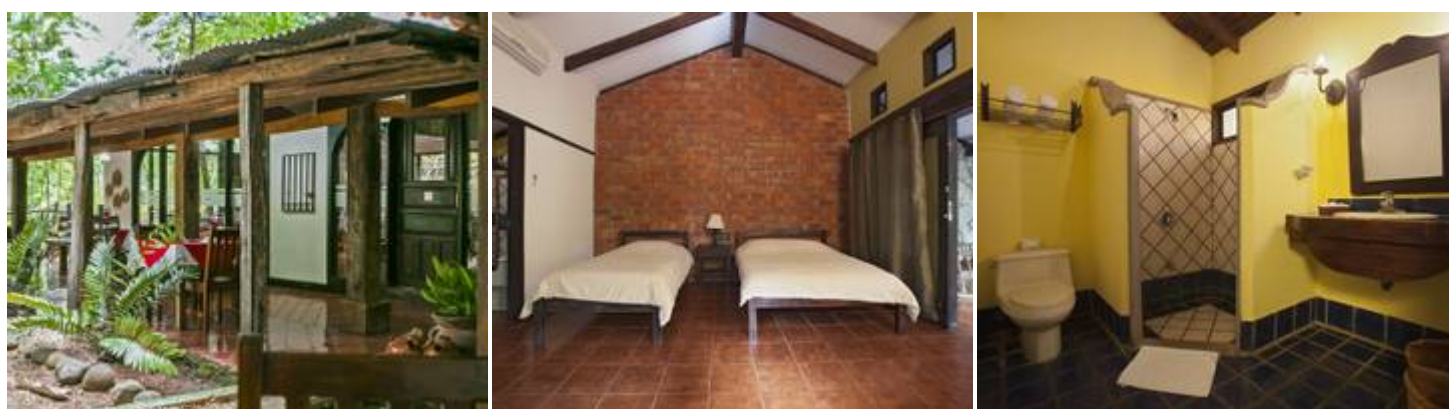
- Enjoy a dip in the hot and cold spring freshwater pools with swim-up bars
- Dine in the on-site restaurant with spectacular views of the volcano
- Indulge in a spa treatment at the hotel's Costa Rica spa resort (extra charge)
- Keep in touch with loved ones with free Wi-Fi throughout the hotel

Room types

Junior Suite: Arranged among the gardens and sparkling pools, the Junior Suites are the perfect family getaway. Make use of the sliding glass door and terrace area to admire the awe-inspiring view of the Arenal Volcano. Rooms come with two queen beds, air conditioning, private bathroom with hot water and hairdryer, coffee maker, TV, telephone, minibar, safe. There is also the option to upgrade to a Junior Suite Superior at an extra charge and subject to availability.

Credit Arenal Manoa

Hacienda La Pacifica Hotel in Canas or similar (Nights: 9)



Founded in the 19th century by the former president, the Hacienda La Pacifica Hotel is a peaceful escape to paradise between the Corobici and Tenorio rivers.

Hotel facilities:

- Enjoy delicious local and international food in the restaurant
- Take a dip in the outdoor pool and enjoy a spa treatment for a fee
- Keep an eye out for the fantastic wildlife all around the premises

Room types:

Superior room: this air-conditioned room comes with 1 single bed and 1 double bed along with a private bathroom. Enjoy the spectacular views of the surrounding nature from your furnished terrace. These rooms also come with free WiFi, TV, desk, coffee maker and safety deposit box.

Dreams Las Mareas or Westin Resort Playa Conchal (Nights: 10-14)



The Dreams Las Mareas Resort in Guanacaste is an idyllic beach getaway for families and perfect for a few days of all-inclusive luxury.

The hotel is located on an expansive beach dotted with palm trees and surrounded by lush green mountains and dense jungle.

As well as offering relaxing luxury there is much to do here to keep the children entertained with explorer clubs for kids and teens, plenty of swimming pools and some additional excursions which can be booked and paid for locally.

Hotel facilities:

- The hotel has five à la carte restaurants to choose from so your family can try a wide range of cuisine during their stay including Mexican, Asian, Italian and seafood options
- Free Wi-Fi zones are located through the resort to keep you connected
- There are seven bars and lounges for guests to enjoy a refreshing drink
- 24-hour room service and concierge
- Fitness centre

Room types:

Standard room: this room comes with two large double beds or one king-size bed, a private bathroom with a hairdryer and bath or shower and air conditioning. Inside the room, you'll find a safety deposit box, TV, ironing facilities, coffee machine and free Wi-Fi. The real highlight, however, is the balcony with tropical views and a hot tub (only available at Dreams Las Mareas)!

The Specifics

Holiday group size (approximate)

Minimum 2 people and maximum 20 (approximately)

Group Size

We always try to provide an approximation of the group size you can expect to be with for the duration of each of our holidays. It may be that you are joined by others for parts of your holiday (such as transfers and particular activities) but the above number reflects those you can normally expect to be with from beginning to end. If group size is something which is particularly important to you, please speak to our Travel Experts and they can suggest the best holidays for you.

Tailor-made holiday group sizes will vary for all activities as will the group size for any additional activities you book.

Minimum numbers required for a holiday to operate

Some of our holidays require a minimum number of participants to operate (as listed in the 'Group Size' section). If your holiday departure has not yet reached the minimum number, you will be told at the time of booking. In the unlikely event that your chosen date is not guaranteed by nine weeks before your scheduled departure date, we will contact you to discuss the available options as per our booking conditions.

Minimum and maximum age

The minimum age for this holiday can be found in the 'Key Facts' section of the holiday overview.

Younger family members may be able to participate but may not be able to take part in all activities. Please contact one of our Travel Experts if you have any questions.

Itinerary amendments

The order of activities listed in this agenda is provided for guidance only, your final and detailed itinerary will be provided either with your final travel documents (which are uploaded into your online account around a week prior to departure) or upon arrival.

Costa Rica Cancellation Terms

Cancellation terms:

Please note that the following cancellation terms supersede those mentioned in section 7 of our general booking terms and conditions.

- More than 63 days prior to departure - Loss of deposit (including the full cost of flights or other services where paid at the time of booking)
- 63 to 43 days prior to departure - 40%
- 42 to 32 days prior to departure - 60%
- 31 or less days - 100%

Terms and Conditions

Our full booking terms and conditions can be found on our website: <https://www.activitiesabroad.com/booking-conditions>