



Costa Rican Rainforest Explorer



HOLIDAY TYPE: Small Group
VISITING: Costa Rica

BROCHURE CODE: 4020
DURATION: 12 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 and ziplining – 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:** private airport and activity transfers and a mixture of private and shared activity transfers (optional domestic flights may incur a supplement)
- **Accommodation:** 12 nights' accommodation including: 2 nights in double room at Hilton Garden Inn Santa Ana or similar, 2 nights in a Lodge Double Room at Pachira Lodge in Tortuguero or similar, 2 nights in standard double room at Selva Verde Lodge in Sarapiquí or similar, 2 nights in a bungalow room at Lomas del Volcan in La Fortuna, Arenal or similar, 2 nights in a villa room at Hacienda Borinquen Hotel in Rincon de la Vieja National Park and 2 nights in a deluxe superior room at Tamarindo Diria Beach front Hotel in Tamarindo Beach, Guanacaste or similar.
- **Meals:** 12 breakfasts, 8 lunches, 3 dinners
- **The following activities are included:** Visits to Poas Volcano National Park, La Paz Waterfalls Gardens, Butterfly Garden, Hummingbird Gallery & Animal Rescue, Tortuguero National Park, Canals Wildlife observation on boats, Turtle Museum and Village of Tortuguero, Peach Palm Plantation, guided hike in Selva Verde Private Reserve, Nocturnal Wildlife observation, Organic Pineapple Farm, La Fortuna Waterfall, visit to La Fortuna, Arenal Volcano National Park, Sky Limit Adventure activities including Repelling, Canopy Zip Lining, Sky Tram, Guided Trails and Hanging Bridges, Tenorio Volcano National Park, Las Pumas Rescue Centre, Llanos del Cortes Waterfall, Hacienda Borinquen at Rincon De la Vieja National Park, Volcanic Thermal Springs and Therapeutic Muds, Choice of one Guided Tour at Hacienda Borinquen Thermal Resort. Choices include: Horse Back Riding, Zip-Line, Bird Watching, Tour of Cloud Forest Night Tour (the order of activities is subject to change)
- All equipment, tuition and supervision from fully qualified instructors/guides
- Services of our representatives or local guides
- **Please note:** Optional domestic air transfers are not included
- 24/7 assistance from our UK based operations team and in destination support from our local partners

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 per cent 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 stand in awe 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

After completion of entry procedures at San Jose Juan Santamaria International Airport, guests will be met and greeted outside the terminal arrival exit by a CRT bilingual representative who will be ready to assist you with your luggage and complete the short transfer to the Hilton Garden Inn Santa Ana Hotel.

En route, your guide will brief you about the following day's activities. After arriving at the hotel, the rest of the evening is free for you to relax and enjoy your new surroundings and the hotel's trendy facilities. Or perhaps you will have dinner at one of the many restaurants in front of the hotel.

Included Meals: None

DAY
2

WATERFALLS, VOLCANOES AND BUTTERFLIES: POAZ AND LA PAZ

After a hearty Costa Rican breakfast, 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

and has one of the largest craters in the world! The National Park features one of the summits of the Central Mountain Range, which boasts magnificent natural landscapes. It offers an excellent introduction to Costa Rica's diverse natural world. We recommend that you wear walking shoes, hat, sunscreen, and rain jacket.

Next on the itinerary is a short drive along scenic roads through dairy farms and flower plantations to La Paz Waterfalls Gardens. This incredible area is a Nature Park and a Wildlife Refuge and Rescue Centre that features some of the most famous waterfalls in Costa Rica.

You will walk on a well-maintained trail to see four majestic waterfalls, stopping at unique viewpoints along the way to admire the forest. There's also a hummingbird garden, serpentarium, frog pond, a small aquarium and large enclosed butterfly observatory. This tour includes entry fees, lunch and taxes.

Included Meals: Breakfast, Lunch

DAY
3

TORTUGUERO BY BOAT

Today's early start will be well rewarded and you will enjoy a traditional Costa Rican breakfast en route to your destination; the river port of La Pavona. You will meet your boat for the transfer through the long waterways and canals mirroring the jungle into the Tortuguero National Park (approximately three to four hours transfer depending on traffic and road works, 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, navigating through beautiful rivers, canals, and lagoons. Have a unique experience in this exceptional place of imposing beauty surrounded by a great variety of flora and fauna.

After arrival and time to refresh in your rooms at Pachira Lodge, a family-style lunch will be served at the lodge.

After lunch at your lodge, you discover the local town by boat for a walk and to mingle with the locals. You will visit the Green Sea Turtle Conservancy Museum to learn about the lush tropical environment in which you now find yourselves and their conservation effort to preserve one of the most critical reproductive and spawning sites of the Green Sea Turtle (*Chelonia Mydas*) in the Western Hemisphere. Tortuguero in Spanish means gathering of turtles.

After returning to the lodge, there will also be some free time to explore or relax around the swimming pool Before a tasty family-style Caribbean dinner.

Included Meals: Breakfast, Lunch, Dinner

DAY
4

TORTUGUERO NATIONAL PARK & NORTH CARIBBEAN COAST

After breakfast, you will embark on a guided boat exploration and wildlife observation of the surrounding river waterways and canals in Tortuguero National Park followed by a guided walk. Lunch will be served back at the hotel restaurant at 12.00pm and the afternoon is yours to enjoy how you please. Take a dip in the pool or watch the lush tropical scenery from the comfort of your hammock.

Included Meals: Breakfast, Lunch, Dinner

DAY
5

TORTUGUERO TO SARAPIQUI PREMOUNTANE RAIN FOREST

This morning you will leave your lodge by boat, before travelling inland by coach 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 afterwards continue your private transfer to a peach palm plantation inland in Palmitour for a unique insight of an ancient staple food tree of the rain forest cultures in the Americas. The Pejibaye Palm Tree is among the native species of the lush, green rainforest of Sarapiquí and your next destination, Selva Verde Lodge & Reserve.

After arriving at your room accommodations, the afternoon will be free to relax before dinner is served in the lodge restaurant.

Included Meals: Breakfast, Lunch, Dinner

DAY
6

SARAPIQUI PREMONTANE TROPICAL FOREST

After a night of rest, walk along the private trails of this unique Premontane Tropical Forest.

Join the local naturalist guide in early morning for a walking tour in this Private Reserve, experiencing first-hand the wonder of the many species of birds while exploring this tropical and diverse rainforest. Enjoy a personalised and leisurely ramble through private reserve trails with our knowledgeable naturalist guide, who can answer any questions about your remarkable surroundings. This tour is the best way to start the day before returning to enjoy a wholesome country-style breakfast at the lodge and time at leisure to explore the gardens and pool.

Lunch featuring fresh produce from the region will be served at the lodge restaurant. After lunch, you can rest or explore more of the many trails of this private reserve.

This evening a guided night tour is scheduled for you to observe the transformation of the forest into a nocturnal stage of activities of the numerous nocturnal resident wildlife.

Included Meals: Breakfast, Lunch

DAY
7

ORGANIC PINEAPPLE PLANTATION & LA FORTUNA DE ARENAL

Enjoy your last breakfast at Selva Verde Lodge! Pack luggage and check out from the lodge.

Departure to Chilamate de Sarapiquí for a guided tour visit of family run Finca Paraíso Orgánico (Organic Paradise). We recommend guests wear toe-covered shoes, hat, sunscreen, repellent, light clothes, and waterproof jacket.

The Organic Paradise Tour features an eco-friendly, family endeavour born 25 years ago of the belief that organic farming is the future for humanity and our amazing planet because it is the way to sustain life. The stunning natural beauty of this area in the northern region of Costa Rica inspired us to transform our vision and beliefs into a viable, sustainable rural Agri-tourism concept to minimise disruption of nature's balance. The farm is devoted to organic agricultural practices of the highest standards, expanding the application of organic techniques in pineapple farming to a variety of other local crops, including cassava, lime, guanabana, and an array of tantalising spices.

Finca Paraíso Orgánico is committed to bringing more employment to the community through our farm operations with Organic Pineapple Sogo, a foundation created for the community operating this diverse agricultural plantation.

Your bilingual guide will show you all the agricultural processes from land preparation, developing plantations, flowering, induction, meristems, and harvest. Reserved for the end of the visit to this organic pineapple plantation is, of course, pineapple tasting.!

After this visit, continue your private transfer and sightseeing tour to La Fortuna for lunch and visit La Fortuna Waterfall (70 meters); after this unique visit, continue to the next hotel destination, The Lomas del Volcan Hotel.

After arrival at the hotel and check-in, the rest of the day is yours to enjoy the Arenal volcano views from the gardens and pools or from the terrace of your bungalow.

Included Meals: Breakfast, Lunch

DAY
8ARENAL VOLCANO NATIONAL PARK AND ADVENTURES IN SKY PARK
ARENAL

This day promises to be one of the most exciting days and highlights of your visit to Costa Rica! Following breakfast, you will be transferred to Sky Park Arenal for the Sky Limit Adventure Package that includes a canopy (zip line), tram, hanging bridges, guided nature trails, and optional activities like rappelling and Tarzan swing for the whole family. This activity package also includes lunch and taxes.

Included Meals: Breakfast, Lunch

DAY
9

TENORIO VOLCANO NATIONAL PARK AND RIO CELESTE / LAS PUMAS WILDLIFE RESCUE

After savouring your last breakfast in Arenal, check out, and CRT Staff will take you to visit the 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 mineral molecules suspended in the water that reflect the blue spectrum of sunlight, and it's impressive to see how the turquoise hue contrasts with the surrounding green forests. The guided walking tour of Tenorio Volcano National Park and Rio Celeste will be the last Caribbean-influenced weather area and a transition area from Tropical Rain Forest to the Tropical Mesoamerican Dry Forest before crossing over to the Pacific Seaboard.

After your guided visit to Tenorio National Park the route will descend the Tenorio Volcano slopes into the plateau valley between this volcano and the Miravalles Volcano National Park, onto your next destination Las Pumas Wildlife Rescue Centre with lunch at Rincon Corobici.

After lunch, grab your swimwear before departing to Llanos del Cortes Waterfall to plunge and visit this unique Waterfall and river beach en route to Rincon De la Vieja Volcano National Park and our next hotel destination Hacienda Borinquen Thermal Resort.

On arrival, a guided walking orientation tour of Borinquen Thermal Resort facilities is the best way to acquaint you with the lovely surroundings of this unique location.

Included Meals: Breakfast

DAY
10

HACIENDA BORINQUEN THERMAL RESORT & RINCON DE LA VIEJA VOLCANO NATIONAL

The Borinquen Thermal Resort & Spa is at a unique location within the boundaries of the Rincon de La Vieja National Park. This four-star Hotel offers its guests and visitors a variety of activities. On arrival, a guided walking tour is the best way to acquaint yourself with the lovely surroundings, different temperature volcanic thermal pools, steam and volcanic mud baths enhance this exceptional destination.

The resort offers a number of optional tours which are available to book at an additional cost including horseback riding, zip-lining, birdwatching and night tours in the cloud forest. Please discuss your options with one of our Travel Experts.

Included Meals: Breakfast, Lunch

DAYS
11 TO 12

NORTH PACIFIC COAST TAMARINDO BEACH, GUANACASTE

These last days of your Costa Rica holiday are free to unwind at Tamarindo Diria Resort in Tamarindo Bay and enjoy this beautiful and popular area following your active adventures.

If you want to arrange additional activities like Surf Lessons, Sport fishing or Turtle Nesting Tour while staying at The Tamarindo Diria Beach Resort, please speak with one of our Travel Experts. These can be set/arranged and paid for locally. Enjoy the hotel swimming pool and postcard-perfect and safe and warm water beaches.

Included Meals: Breakfast

DAY
13

DEPARTURE

After breakfast, pack your luggage and check out from Tamarindo Diria Beach Resort. Meet a CRT representative for the private transfer to the corresponding departure International Airport Terminal for check-in on the return flight to the United Kingdom.

Included Meals: Breakfast

Personalise this tour

Our pick



Turtle Spawning at Night

At night from July to September, in the nesting season of the Green turtle (*Chelonia mydas*), Tortuguero offers one of the most captivating spectacles of nature with the Green Sea Turtles that come to the beach to lay their eggs. Book directly upon arrival at the hotel. You are required to wear dark clothing, keep quiet, have no smoking, and no photographic equipment of any kind is allowed. Groups cannot exceed more than ten people. Includes: transportation by boat from the hotel to the beach and vice versa,

administrative costs, payment of trackers and local guide. The duration of the tour is approximately 2 hours. The park administration defines entrance time according to ocean tides, the moon, turtle(s) locations and the number of reservations (8:00 pm to 10:00 pm or from 10:00 pm to 12 midnight).

Other options

ACTIVITIES



Combined Palo Verde National Park Wildlife Boat Adventure and Cultural Tour at Rancho Los Coyotes

Journey along scenic backroads through sugar cane fields, charming local towns, and rich cultural spots. Drift down the Rio Tempisque, Costa Rica's third longest river, and get up close with incredible local wildlife. At Rancho Los Coyotes, immerse yourself in an authentic Costa Rican farm experience. Stroll through the picturesque grounds and meet a variety of friendly animals, including goats, sheep, pigs, horses, and chickens. This hands-on encounter offers a glimpse into traditional farming life, where you'll see how local families live in harmony with the land and animals. The excursion includes a three-course lunch.



Surfing Lessons with a Personal Instructor

Departing from Tamarindo Diria Resort, take on the waves and enjoy a thrilling surf lesson with a personal instructor. The cost includes all surfing gear and tuition from professional instructors.



Sunset Sailing and Snorkelling Tour

Enjoy an idyllic sailing trip with the chance to snorkel among Costa Rica's marine life before savouring a light sunset dinner and an open bar. All snorkelling gear will be provided.

Included Accommodation

Hilton Garden Inn Santa Ana (Nights: 1-2)



Situated within a quiet neighbourhood yet a mere ten-minute walk from the centre of San Jose, the Hilton Garden Inn Santa Anna is the perfect place to recover from your long flight.

FACILITIES

- Enjoy both traditional and international food in the in-house restaurant
- Admire views of San Jose in the astonishing outdoor infinity pool
- Soak away your travel in a hot tub

ROOM TYPE

Double room: Your room is your retreat, complete with two full-sized beds, and convenient amenities including a large desk, complimentary Wi-Fi and a HDTV. Fill the mini

refrigerator with cold drinks and snacks or enjoy a cup of coffee from your personal coffeemaker. Each room also contains a desk, a private bathroom, bed linen and towels.

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.

Selva Verde Lodge in Sarapiquí or Similar (Nights: 5-6)



With elevated wooden corridors taking you through the rainforest canopy and astonishing views of the Sarapiquí river, the Selva Verde Lodge will truly immerse you in the wildlife you are here to seek.

FACILITIES

- Dining room which overlooks the Sarapiquí river and serves a wide range of fresh local cuisine.
- Hammocks surrounded by rainforest canopy.
- Sip cocktails by the side of the Selva Verde pool.

ROOM TYPE

Double room: Nestled amongst the forest, each room is air conditioned and contains two double or queen beds, with astonishing views of the rainforest canopy from the balcony attached to each building. Equipped with a ceiling fan, private bathroom and screened windows, as well as a reading lamp and telephone. Each room contains a hair dryer, safety box, desk and bath in private bathroom.

Lomas del Volcan in La Fortuna, Arenal or Similar (Nights: 7-8)



Enjoy rustic rainforest romance in Lomas del Volcan's wooden bungalows. Each provides an outdoor terrace for rest, relaxation and drinking in the sights and sounds unique to a rainforest.

FACILITIES

- Enjoy views of Arenal Volcano as astonishing as the food in Restaurant Hojarasca.
- Be one of the first to experience drinks and dancing in recent addition La Arboleda.
- Relax in a jacuzzi or do laps in front of the rainforest.

ROOM TYPE

Bungalow: Enjoy all the privacy of your own space with room service a mere phone call away in a beautiful wooden bungalow. Sit and enjoy a latte straight from your coffee machine on your private patio and unwind in a hot bath. With a safe deposit box, air conditioning, Wi-Fi, a hair dryer and a minibar, you have all you need for a relaxing self-contained stay.

Hacienda Borinquen Thermal Resort (Nights: 9-10)



Hotel facilities:

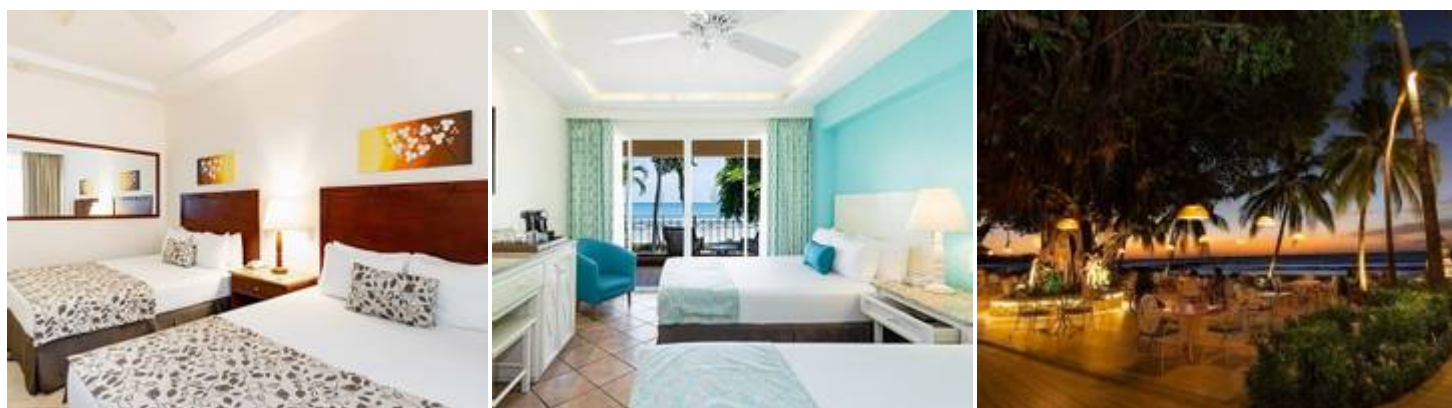
- Savour delicious national and international cuisine from the on-site restaurants. Many dishes are created using an ancestral technique based on different types of firewood, fire, coals and aromatized smoke
- A snack and a swim-up bar where you can enjoy tropical drinks.
- Hot spring-fed pool
- Luxurious Anáhuac Spa offering a variety of treatments payable locally

Room types:

The hotel's 39 rooms present a luxury boutique concept that incorporates the sophistication of the contemporary and the elegance of the Guanacaste haciendas, which creates a unique peaceful and calm environment for you to enjoy a tranquil and comfortable stay.

All rooms have an array of high quality services, technology, and sustainability in harmony with nature. Each room has a private deck or balcony with great mountain views and breathtaking sunsets.

Tamarindo Diria Beach Resort (Nights: 11-12)



Hotel facilities:

- Costa Rican and international culinary styles are served up at the resort's restaurants. From wood-fired pizzas to authentic Mexican dishes, hearty American grills to fine dining overlooking Tamarindo Boulevard. There's something for everyone
- A selection of four ambient pools to relax in
- Close to Tamarindo town and Blue Flag awarded Tamarindo Beach, part of Las Baulas National Park
- Secluded cabanas offering outdoor massages, payable locally

Room types:

Standard room: These charming rooms are located close to the beach and offer plenty of space and all the amenities guests require for a comfortable stay such as air conditioning, a mini fridge, cable TV and a capsule coffee maker. Upgrades are available should you wish to guarantee beautiful ocean views or add a touch of romance to your trip with a stay in a Junior Suite featuring a large terrace with jacuzzi overlooking the Tropicana pool and gardens.

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 84 days prior to departure - Loss of deposit (including the full cost of flights or other services where paid at the time of booking)
- 84 to 43 days prior to departure - 50%
- 42 to 31 days prior to departure - 75%
- 30 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>

Please note: our payment and cancellation terms will be unique to each booking - they will be confirmed with you at the time of quotation. The terms listed above are noted as a guide only