



Essential Costa Rica



HOLIDAY TYPE: Small Group
VISITING: Costa Rica

BROCHURE CODE: 4038
DURATION: 7 nights

In Brief

Discover one of the most biodiverse countries on the planet and feast your senses on the vibrant nature of Costa Rica. Take in the fragrant aromas of the tropical flora, hear the symphony of animal calls in the jungle and taste the delicious flavour combinations influenced by various world cuisines. Nothing compares to Costa Rica's unique offering with its active volcanoes, cloud forests and effervescent waterfalls.

Our Opinion

“ Costa Rica is one of the most beautiful places I have ever visited. It really was a feast for the senses; vibrant colours, a symphony of animal sounds, aromatic food. I couldn't believe how richly bio-diverse the country was. It's not until you experience Costa Rica first hand that you can truly appreciate it's splendor. The people were incredibly warm and friendly and couldn't wait to showcase their fascinating land. ”



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:** 7 nights' accommodation including: 2 nights in double room at Crowne Plaza Corobici or similar, 2 nights at Celeste Mountain Lodge or similar, 2 nights in a bungalow room at Lomas del Volcan in La Fortuna, Arenal or similar and 1 night in standard double room at Selva Verde Lodge in Sarapiquí or similar
- **Meals:** 7 breakfasts, 6 lunches, 2 dinners
- **The following activities are included:** Visits to Poas Volcano National Park, La Paz Waterfalls Gardens, Butterfly Garden, Hummingbird Gallery & Animal Rescue, Llanos del Cortes Waterfall, Tenorio Volcano National Park, Arenal 1968 Lava Trail, Baldi Hot Thermal Springs, Arenal Volcano National Park, Mistico Park Hanging Bridges, La Fortuna Waterfall, guided tour of Peach Palm Plantation, guided night tour of Nocturnal Wildlife observation in Selva Verde Private Reserve (the order of activities is subject to change)
- All equipment, tuition and supervision from fully qualified instructors/guides
- Services of our representatives or local guide
- 24/7 assistance from our UK based operations team and in destination support from our local partners

Please note:

International flights are not included - please speak to our Travel Experts for a quote if you wish to include these and optional domestic air transfers are not included.

Trip Overview

Pura Vida – it's the Costa Rican way of life. The locals embrace the good life by cherishing simple pleasures, spending quality time with friends and family and appreciating a leisurely, relaxed pace of life. We invite you to experience this motto in our holistic trip to one of the happiest countries on earth.

You will have the opportunity to observe an abundance of exotic species in their natural habitat and get up close to countless types of flora and fauna. This pocket-sized country really is a nature-lovers paradise. We've collaborated with our partners in Costa Rica to

expertly hand-pick a selection of delightful accommodation that will provide you with comfort and amenities against stunning backdrops of the unparalleled topography.

Agenda

Please note the order of activities is subject to change

DAY
1

ARRIVAL AND TRANSFERS

After completing entry procedures at San Jose Juan Santamaria International Airport, you will be greeted outside the terminal arrival exit by a CRT bilingual representative who will be ready to assist you with your luggage and complete your transfer to the Crowne Plaza Corobici in San Jose.

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 and perhaps you will have dinner at one of the many restaurants nearby.

Included Meals: None

DAY
2

POAS VOLCANO AND LA PAZ WATERFALL GARDENS

After a hearty Costa Rican breakfast, you will embark on your first day of activities. 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, a hat, sunscreen, and a 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. Marvel at four majestic waterfalls and pause at unique viewpoints along the walking trail to admire the forest. There's also a hummingbird garden, serpentarium, frog pond, a small aquarium and large enclosed butterfly observatory. This tour includes lunch, entry fees and taxes.

Included Meals: Breakfast, Lunch

DAY
3

LLANOS DEL CORTES

Today, you will take a private transfer to Rincón Corobici Restaurant for lunch on the banks of the Corobici River. Afterwards, there will be a short drive to visit another stunning waterfall. Located in the Guanacaste Province, the Llanos del Cortes Waterfall is a beautiful and soothing spectacle where you can take a dip in the pleasant waters. Remember to pack your swimwear and a towel if you intend on embracing all this tour has to offer as visitors are permitted to swim under the warm cascading water. There is a sandy area to relax on and a well-maintained hike to the top boasting impressive views.

Following your time at Llanos del Cortes, you'll ascend the slopes of the Tenorio Volcano (an incredibly scenic drive) to be taken to your next accommodation stop, Celeste Mountain Lodge. The afternoon and evening are free for you to spend how you choose. The on-site restaurant features unrivalled views across the treetops, mountains and gardens and offers a creative menu of Tica-fusion cuisine. The chefs cater for both meat-lovers and vegetarians and are praised for their efforts to accommodate allergies dietary requirements.

Included Meals: Breakfast, Lunch

DAY
4

TENORIO VOLCANO NATIONAL PARK TOUR

This morning, a friendly member of the CRT team 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 marks the last Tropical Mesoamerican Dry Forest as you transition to the Tropical Rain Forest where the weather is influenced by the Caribbean. This will be a day of dramatic changes in landscape scenery, weather and temperatures as you cross over to the Caribbean Seaboard.

Included Meals: Breakfast, Lunch

DAY
5

ARENAL 1968 LAVA TRAIL

It's not every day that you will have the opportunity to travel across the Continental Divide where waters separate to flow into either the Pacific Ocean or the Caribbean Sea! Here, you will hike the path of former flowing lava. Your guide will lead you through the lava flow trail left behind by the Arenal Volcano's eruption in 1968. Learn about the wildlife that inhabits the surrounding rainforest and breathtaking lake. The hills formed by the lava provide incredibly scenic hiking routes and you'll soon understand why Arenal is the country's foremost attraction. Your private transfer will take you to your next destination; Lomas del Volcan where you'll be staying for the next two nights.

Included Meals: Breakfast, Lunch, Dinner

DAY
6

LA FORTUNA WATERFALL

Another must-see splendour is that of La Fortuna Waterfall. Following breakfast, you will have the opportunity to visit the Mistico Park Hanging Bridges; traversing the world famous bridges and encountering local animal and plant species up close.

Later today, you will embark on a walking visit to the town of La Fortuna and a visit to La Fortuna Waterfall. The waterfall emerges from the Fortuna River and plummets an impressive 246 feet (76 meters) into picturesque jade-coloured pools below. Guests can delight in stunning views of the cliff adorned with luscious greenery, pristine waters and beautiful flora.

Included Meals: Breakfast, Lunch

DAY
7

PEACH PALM PLANTATION AND NIGHT TOUR OF NOCTURNAL WILDLIFE OBSERVATION

Today, you will gain an insight into an ancient multi-purpose tree of the rain forest cultures in the Americas; The Pejibaye Palm Tree. The peach palm plantation inland in Palmitour uncovers the history and stories associated with this domesticated palm species. This native tree is predominantly cultivated by smallholders in agroforestry systems. After arriving at Selva Verde Lodge, a guided night tour is scheduled this evening for you to observe the transformation of the forest into a nocturnal stage of activities as the resident wildlife comes to life.

Included Meals: Breakfast, Lunch, Dinner

DAY
8

DEPARTURE OR EXTENSION

After breakfast, pack your luggage and check out from Selva Verde Lodge. 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. Of if you're not ready to end your adventures just yet, choose from our trip extensions and you will be transferred to your new hotel or destination.

Included Meals: Breakfast

Personalise this tour

Our pick



Turrialba And South Caribbean Coast Extension

This four night extension is designed with coffee lovers in mind. You'll spend your next two nights in a Coyote Room, at Hacienda Aquiares or CATIE Institute in Turrialba or similar and enjoy the Hacienda Aquiares Coffee tour. Considered one of the best producers in the world, Costa Rican's are experts in the art and science of coffee making.

The opportunity to experience a unique South Caribbean beach is another coveted highlight of this extension. You'll also venture into Guayabo National Park on a guided tour before transferring to either the Almendros y Corales Hotel or Le Cameleon Boutique Hotel (or similar), both situated in the South Caribbean Coast in the province of Limón for your final two night's accommodation.

The following day, you'll have the choice of activities: Saunter through the CATIE Botanical Gardens on a guided tour or for those feeling adventurous, we recommend Reventazon River Rafting Tour Class II & IV. All transportation, including a private transfer to SJO International Airport on your final day is included. Both accommodations are on a Bed and Breakfast basis.

Other options

EXTENSIONS



Central Pacific Coast Manuel Antonio Extension

There's still so much more to see in Costa Rica. This extension takes you on guided tours of Carara National Park, Manuel Antonio National Park on the Central Pacific Coast and a firm favourite with guests; a guided boat tour along the Tarcoles River Delta to spot the crocodiles and wildlife. You'll spend one night in the Crowne Plaza Corobici or similar in San José followed by 3 nights' accommodation at Hotel San Bada, in Manuel

Antonio, Quepos.

All breakfasts and one lunch are included in the price. Private land transfers are included but you may wish to select the optional 30-minute domestic flight from Quepos (XQP) airport to San Jose (SJO) Domestic Airport for an additional charge. From there, a private transfer will escort you from San Jose Domestic Airport to the main terminal in time for your return international flight.

Included Accommodation

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



Located near La Sabana Metropolitan Park in San Jose, the Crown Plaza Corobici is a sleek, contemporary hotel and features all the services and amenities you would expect from this prestigious hotelier. There are two restaurants; the Nattivo Restaurant serves a variety of International Urban Cuisine and a selection of authentic Costa Rican dishes whereas the Fuji Restaurant is renowned for its exotic Japanese menu. There's a pool, health club, casino and convenience store. All rooms are well-equipped, bright and airy and promise a great night's sleep with their soundproofed walls and thoughtful pillow menu.

Image Credits: Crowne Plaza Corobici San José Hotel

Celeste Mountain Lodge (Nights: 3-4)



As the only hotel located in the Volcan Tenorio National Park, Celeste Mountain Lodge provides guests with a truly unique experience. The property comprises of 3 hectares of open land and 4 hectares of protected primary forest. The entire area is abundant in wildlife from monkeys to toucans, tapir to rare species of butterflies. Along the private 1.7km 'Celeste Trail,' you'll discover a rich and diverse vegetation of plants, trees and vines, some recording several hundred years old.

With only 18 en-suite rooms, you can rest assured you will be well looked after by the friendly team at Celeste Mountain Lodge. Every room boasts spectacular views over two volcanoes, the rainforest, the valley below and their innovative gardens and sunsets. The accommodation is minimalistic in style and embraces an eco-design. The panoramic view from the restaurant and bar is anything but minimalistic. Picture sampling delicious Tica-fusion cuisine inspired by traditional local recipes whilst the ambient hues of the sun dance across the lush canopy.

Lomas del Volcan in La Fortuna, Arenal or Similar (Nights: 5-6)



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

Speak to us on 01670 789 991
bookings@activitiesabroad.com

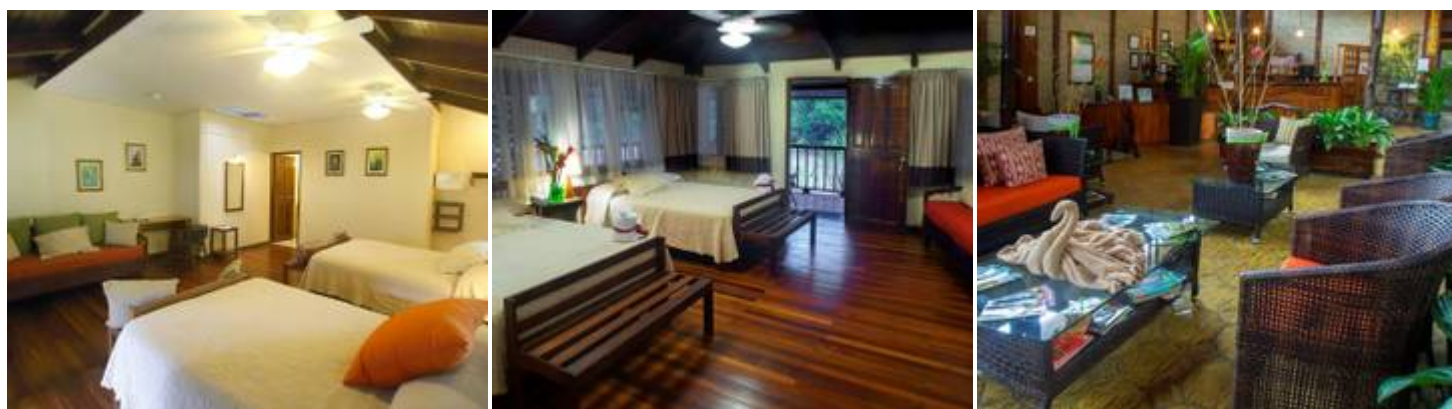


- Enjoy views of Arenal Volcano as astonishing as the food in Restaurant Hojarasca.
- Be one of the first to experience drinks and dancing in recent addition La Arboleda.
- Relax in a jacuzzi or do laps in front of the rainforest.

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.

Selva Verde Lodge in Sarapiquí or Similar (Nights: 7)



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.

The Specifics

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.

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