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## COSTA-RICA

# A World of Nature

December – April Dry Season

Featuring Tortuguero National Park, Arenal Volcano & Manuel Antonio National Park

### Escorted Tour

#### Highlights

- Tortuguero National Park
- Cooking Demonstration Sarapiquí
- Tirimbina Rainforest Center a Chocolate-Making Demonstration & Tasting
- River Safari
- Forest Reserve Guided Walk
- Hanging Bridges
- Arenal Volcano
- Choice of Zip Lining or Volcano Lava Field Hike
- Manuel Antonio National Park a Jungle Crocodile Safari & Bird Watching

#### Your Tour Includes

- 5 Handpicked Accommodations
- 23 Meals

#### Must-See Inclusion

- Explore Arenal! during a captivating 3-night stay.
- Hop aboard a river boat for a jungle crocodile safari and bird watching excursion.

#### Cultural Experiences:

- Learn about Costa Rica's ecosystem and local culture.
- Visit the world's first sea turtle research station.
- Stay in Tortuguero National Park and find yourself surrounded by wildlife.

#### Culinary Inclusions:

- Taste for yourself why cacao is called "the food of the gods" and observe the process of converting this seed from bean to bar.
- Learn how to cook using a coconut before tasting some delicious local candy



#### Activity Level

LEVEL 1

LEVEL 2

LEVEL 3  
THIS TOUR

LEVEL 4

#### Meals

23 Meals  
11 Breakfasts  
4 Lunches  
8 Dinners

## Pre- Night Option

**Day: 1** San Jose, Costa Rica - Tour Begins-Doubletree Cariari Hotel-Pura vida. In English, it translates to "the simple life." But pura vida is so much more: it's an attitude; a celebration of life in the moment. It's time to experience what pura vida means to you. You're on your way to explore a place that's unlike anywhere else in the world, where pura vida is an unofficial motto and a way of life. Welcome to the emerald of Central America: Costa Rica.

**Day: 2** San Jose - Tortuguero National Park -Breakfast & Lunch & Dinner Evergreen Lodge-Seemingly endless mountain horizons. Complex evergreen forests. These are the wonders of Tortuguero National Park. Travel by boat\* to your hotel before heading further down the rivers and canals to the world's first sea turtle research station. Later, have time to explore Tortuguero town with your Tour Manager. Get away from it all and relax at your lodge set in the middle of the jungle, your home for the next two nights. From the morning calls of the monkeys to the gentle chatter of the birds, listen to the active sounds of the rainforest around you.

**Day: 3** Tortuguero National Park-Breakfast & Lunch & Dinner Evergreen Lodge-Begin the day on an excursion to search for the elusive green macaw and other unique winged creatures that flock to Tortuguero. Embark on a nature cruise, getting a glimpse into the habitat of jaguars, manatees, ocelots, and more. The rest of the afternoon is yours to enjoy your Tortuguero resort. Tonight, a local will teach you about his village and share stories about life in Tortuguero's remote town. Watch as he demonstrates how to harvest and prepare coconuts before sampling a favorite local: coconut candy.

**Day: 4** Tortuguero National Park - Sarapiquí - San Carlos-Breakfast & Lunch & Dinner Tilajari Hotel Resort-Take a boat back to the mainland and make your way towards Sarapiquí and Tirimbina Rainforest Center. Today will be an **Impact Moment** as you visit a cacao plantation at the Tirimbina Rainforest Center — an ecotourism destination that is vigilant of environmental, social, and economic impact. Learn the process of sustainably converting seed from bean to bar and taste for yourself why it's called "the food of the gods." Later, arrive at your secluded nature resort, nestled on the edge of the San Carlos River. Stroll the botanical garden lined with fruit trees, including lemon, soursop, guava, mango and tangerine.

**Day: 5**-San Carlos-Breakfast & Dinner Tilajari Hotel Resort-Explore the beauty of your surroundings on a Peñas Blancas River Safari. Paddle and float down the river on a peaceful adventure, taking in the sights and sounds of the rainforest as your naturalist guide describes the intricacies of the wildlife around you. Visit the finca of a local family and try homemade snacks such as banana bread, local coffee, and more. End your day with a guided walk through a private, primary forest reserve for a look at the various flora and fauna.

**Day: 6** San Carlos – Arenal-Breakfast & Dinner Hotel Lomas del Volcano-Today, suspended over the rainforest floor, relish a birds-eye view of the jungle on a guided tour of Arenal's famous hanging bridges. High above the jungle canopies, marvel at the natural world around you. Later, settle into your resort where you'll be surrounded by striking views of Arenal's famous volcano for the next three nights.

**Day: 7** Arenal-Breakfast & Dinner Hotel Lomas del Volcan-Today, **it's your choice!** Since Costa Rica is the birthplace of zip lining, glide over the canopies on a mind-blowing rip through the jungle -**OR-** make your way across lava fields for an up-close-and-personal look at the volcano on a moderate hike along the trails formed by lava during the 1968 eruption. The afternoon is yours to spend as you please. Perhaps you'll discover the town of La Fortuna or relax by the hotel's pool. Also consider an optional excursion to a family-owned finca with a farm to table lunch.

**Day: 8** Arenal -Breakfast Hotel Lomas del Volcan-In the shadow of Arenal Volcano, the day is yours to enjoy leisure. Perhaps, if you're feeling adventurous, you'll opt for an exhilarating white water rafting experience. \*\* Or simply hang back at the resort, explore the grounds, and soak in the views.

**Day: 9** Arenal - Playa Herradura -Breakfast & Dinner Los Suenos Marriott Costa Rica -This morning, wake up and smell the coffee at a local farm that produces some of Costa Rica's well-known beans. Take a tour with local plantation workers and have a chance to discuss what life is like for these coffee farmers. In the afternoon, head to Playa Herradura and settle into your resort for the next two nights. As the day draws to a close, watch the sun set over the Pacific alongside birds in every color of the rainbow.

**Day: 10** - Playa Herradura - Manuel Antonio National Park - Playa Herradura -Breakfast Los Suenos Marriott Costa Rica-Welcome to Manuel Antonio National Park, home to verdant rainforests and white sand beaches. In this natural wonderland, traverse the trails where the wild things are, or go for a swim in the turquoise waters as wildlife rummages in the canopies. This evening is at leisure.

**Day: 11**- Playa Herradura - Tárcoles - San Jose- Breakfast & Lunch & Dinner Doubletree Cariari Hotel-See wild crocodiles among the mangroves of Tárcoles' Rio Grande. On this exhilarating jungle crocodile safari, you'll boat beneath the towering jungle, looking along the riverbanks for a glimpse of these incredible creatures. Then say goodbye to the coast and hello to San Jose. Toast to the pura vida of Costa Rica tonight over a farewell dinner.

**Day: 12** San Jose - Tour Ends -Breakfast-Bid Costa Rica farewell as your tour comes to an end today.



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