



GROUP TOUR
CAE 1907

COSTA RICA, con todo gusto

Costarican hospitality is very much spread in the country and a highlight of its inhabitants, we will greet you always with a warm Pura Vida (pure life), which means more than have a nice day. Whatever you ask, they will answer you with a con todo gusto (my pleasure), assuring that you will feel well during your visit in the country.

Starting in San Jose, the capital city, you will have the opportunity to see in this trip all main regions fulfilled of nature and wildlife. The Cloud Forest of Monteverde will welcome you in the adventure and in the reserves where you can watch the typical wildlife of this altitude, including birds, mammals and butterflies. Continue to the Volcano Region represented with El Arenal. There, the adventure continues through hanging bridges with amazing rides at 30 to 200 meters above ground. Continue to the Rain Forest visiting Tortuguero, its wildlife with caymans, sloth, otters and many, many birds. The adventure continues with hikes on the rain forest, canopy, rappelling, snorkeling and horseback riding. Last but not least, meet local people in the area, know what they are doing to maintain the environment and most important of all, learn what they eat and how they cook on a cooking class ending your experience with chocolate baking by indigenous women.

DAY 1 SAN JOSE

Arrive at Juan Santamaría International Airport, a modern airport designed to serve Costa Rica's largest city. Pass through immigration, collect your baggage claim, and exit through customs. A representative of the national chamber of tourism may give you a sticker that identifies you to customs as a tourist; the sticker is a courtesy to expedite your entry but it's not a necessity. You can count on the guide being there, even if your flight arrives late, so relax and enjoy the new sights, sounds, smells, and the tropical warm air of Costa Rica. Overnight at Presidente Hotel.

DAY 2 SAN JOSE BITES & SIGHTS

On this morning we will enjoy a cup of coffee during this breakfast walking tour in the markets old parts of San Jose. Learn about some of the plants that are featured as aesthetic elements while others are highlighted for their importance in medicinal, indigenous, and cultural uses. Enjoy a typical Tico lunch at the two hundred year old house featuring seasonal fruits and vegetables served to capture the diversity of fresh ingredients from local growers. Continue onward to the Monteverde Cloud Forest located in Costa Rica's northern Tilaran Mountain Range at an altitude of 1,600 meters elevation on the continental division between the Caribbean and the Pacific, approx. 3 hour drive. Live the sunset over the Gulf of Nicoya as you savor local flavors at the hotel restaurant. Overnight at Monteverde Lodge. **(B) (L) (D)**

DAY 3 MONTEVERDE RESERVE AND BUTTERFLY GARDEN

A guided naturalist hike introduces you to the lush Monteverde Cloud Forest Reserve. The reserve extends down both slopes of the Tilaran Mountains covering an elevation range of 800 to 1,900 meters and encompassing eight different ecological zones. Over 100 species of mammals, 400 of the approximately 850 species of birds in Costa Rica, and 1,500 species of plants are protected in this region. Depending on your luck and patience, you may observe the resplendent quetzal, the three-wattled bellbird, the emerald toucanet, and white faced and howler monkeys in their natural habitats. Return to the lodge around midday for lunch before immersing yourself in the colorful world of butterflies. Explore the garden where butterflies and other insects are raised and displayed in shade cloth enclosures within tropical flowers. Great photographic opportunities of colorful tropical butterflies. Overnight at Monteverde Lodge. **(B) (L) (D)**

DAY 4 ARENAL VOLCANO

Leave the cloud forest behind and depart on a land and boat journey to Arenal. Climb into a 4-wheel drive vehicle and travel to Rio Chiquito, a small town on the shore of Lake Arenal. Board a boat for the transfer across the lake, docking at shore where transportation awaits to complete your overland journey to Arenal. Have stunning views of the volcano which has been active since 1968. Total approx. driving and boat time: 3 hrs. Overnight at Hotel Arenal Manoa. **(B) (L) (D)** unberührt zu verlassen.

DAY 5 HANGING BRIDGES, ZIPLINE CANOPY TOUR, AND HOT SPRINGS

A morning hike to the Arenal Hanging Bridges reveals an abundance of wildlife as you walk through the forest canopy across eight fixed bridges ranging in length between 8 and 22 meters, and six hanging bridges designed and built with an eye for both beauty and safety. Made of galvanized steel and high-strength aluminum the high-up, high-tech walkway in the sky is designed to blend with the natural environment leaving the forest unimpacted. You'll appreciate a great botanical diversity and abundance of wildlife from monkeys and reptiles, to birds and sloth, as well as some imposing views of the Volcano (weather permitting).

**PRICE PER PERSON
IN DOUBLE OCCUPANCY**

EUR 2.790.-

USD 3.212.-

Surplus single room:

EUR 816.- USD 939.-

**Individual travel from
EUR 3000.- or USD 3453.-
anytime possible**

**GROUP TOUR
Set departures 2019**

21.02	11.04	02.05
06.06	04.07	18.07
01.08	15.08	05.09

INCLUDED SERVICES

- ✓ Private transfer from airport to hotel and from hotel to airport in San Jose
- ✓ Bus trip in private bus
- ✓ Excursions as mentioned in program.
- ✓ 14 nights in San Jose, Monteverde, Arenal, Selva Bananito, und Playa Cocles with breakfast
- ✓ English/Spanish speaking guide for the excursions and transfers
- ✓ All meals as mentioned in the Program
- ✓ Travel package Tortuguero 3 d/ 2 n
- ✓ Zipline, Hanging Bridges in Arenal
- ✓ Trekking, Rappel, Zipline, Horse riding und Snorkeling in Selva Bananito
- ✓ Kochkurs with Indigenous-Women
- ✓ Dance course in Playa Cocles
- ✓ 20 EUR Spende for Fundacion Cuencas Travel Money security certificate

NOT INCLUDED

- ❖ International flight
- ❖ Departure tax in Costa Rica USD 29)
- ❖ Additional tours
- ❖ Personal expenses
- ❖ Tip for drivers, guides and porters
- ❖ Meals not mentioned in the program
- ❖ Health Insurance.





Later visit a private reserve near the north-facing slopes of the Cordillera de Tilarán which offers skyline views of the volcano from an aerial sky tram that rises 236 meters across a 1250 meter span taking you up to a mirador (sight viewpoint). From here you have the option of taking the sky trek zip line circuit to get back down! (Or ride the tram back.) There are ten zip line cable spans ranging in height from 30 meters to 200 meters above ground. After being fitted with all of the necessary safety equipment (harness, helmet, gloves) and a safety talk, guides start you along nearly two and a half kilometers of cables to see the rain forest and panoramic views of the volcano and lake from a whole new perspective. Soothe tired muscles with an afternoon soak in the Hidalgo Family Hot Springs followed by a typical locally Costa Rican dinner prepared under a rustic rancho. Enjoy the true tradition of local Tico hospitality! Overnight at Hotel Arenal Manoa. **(B) (L) (D)**

DAY 6 CENTRAL HIGHLANDS TO THE JUNGLE CANALS OF TORTUGUERO

Begin the scenic drive from the Central Highlands to the Caribbean coast in the early morning, passing through small towns, lush farmlands, and forests until descending among the many banana plantations of the Caribbean lowlands. Bananas were once Costa Rica's primary export crop before the introduction of coffee and expansion of the floral market. Upon reaching the coast, board a jungle boat to meander through the languid tropical rivers and canals of Tortuguero's lowland rain forest in search of shore birds, sloths, monkeys, and caimans. Tortuguero National Park preserves 51,870 hectares of land and is one of the largest tracks of tropical rain forests in Central America, and one of the best places for wildlife viewing. Approx. driving time 5 hrs. and 1.5 hour boat time to Tortuguero. Overnight at Evergreen Lodge. **(B) (L) (D)**



DAY 7 TORTUGUERO NATIONAL PARK – BOAT TOUR AND VISIT TO THE CARIBBEAN CONSERVATION NATURAL HISTORY CENTER

Explore the flooded lowland rainforest of Tortuguero National Park, established to protect nesting sea turtles and the forest habitat, one of the best areas to see wildlife in Costa Rica. Glide quietly through the natural jungle canals in an electric boat with a local Tortuguero guide who helps you spot and photograph the lush flora and fauna. Bring binoculars and keep a keen eye out for river otters, monkeys, iguanas, and a myriad of tropical birds including macaws, toucans, and trogons. Visit the Caribbean Conservation Natural History Center to learn about the history of the Atlantic Green sea turtle and turtle conservation and research programs. Take time to wander the deserted beach and swim in the lodge pool. During turtle nesting season (July through October) a guided night walk on the beach is available, allowing you to witness giant sea turtles digging nests and depositing eggs in the sand (not included). Overnight at Tortuga Lodge, the best boutique ecolodge in Tortuguero overlooking the natural jungle canals with a non-chlorinated pool. **(B) (L) (D)**

DAY 8 SELVA BANANITO – VERAGUAS RAINFOREST

Depart with your guide through the highland cloud forests of the Central American isthmus to the slopes of the lowland Caribbean coast. In route you visit the Veraguas Reserve for a rainforest walk. After 3 ½ hours you transfer to a 4 wheel drive vehicle traveling another 40 minutes over rugged roads deep into the protected tropical rainforests of La Amistad International Park. This protected area of wildlife habitat and Indian territories constitute the largest nature reserve in Central America spanning 2.2 million acres of uninterrupted Costa Rica Green Adventure across the Talamanca mountain range of southern Costa Rica and Northern Panama. Overnight at Selva Bananito Lodge. **(B) (L) (D)**



DAY 9 SELVA BANANITO - HIKE AND WATERFALL RAPPELLING

Grab your water sandals and hiking boots for a full day hike (5-7 hours) into the rainforest. There are over 60 river crossings, jumping in the plentiful river pools along the way and passing by a 600 year-old mahogany tree as you learn more about rainforest ecology. After rappelling down an 80-foot waterfall (optional) enjoy a well-deserved hearty picnic lunch. This is a real, adrenaline-packed Costa Rica eco tour for true adventure seekers and requires very good physical condition. Other fun and interesting optional activities are available for those who prefer a milder outing. Overnight at Selva Bananito Lodge. **(B) (L) (D)**



DAY 10 SELVA BANANITO - ZIP LINING, TREE PLANTING AND HORSEBACK RIDING

After a short hike, experience the canopy of the primary rainforest gliding on a zip line hanging 30 meters above the forest floor! This afternoon you take part in Selva Bananito's ongoing reforestation project. The Stein family has planted hundreds of tropical hardwoods on a part of their land originally cut down by banana plantations in the 1800's. By creating forested corridors you help provide better habitat for wildlife. Your saplings will one day become part of the tropical rainforest contributing to the conservation of endemic and endangered species while supporting the work of the Fundacion Cuencas de Limón, a nonprofit foundation that has become a regional leader in watershed protection and environmental educational programs. This afternoon, you settle in at Selva



Bananito Jungle Lodge where cozy eco-style cabins are built on stilts in traditional Caribbean style. In the afternoon you saddle up for a 2-3 hour horseback ride among local farms, through rivers, and over hills with beautiful vistas. After a candlelight dinner (there is no electricity at the lodge, water gets heated by solar panels) relax in your hammock to enjoy the sounds of the jungle and take in the light show of fireflies. Overnight Selva Bananito Lodge. **(B) (L) (D)**



DAY 11 COCLES BEACH – SNORKELING, CAHUITA NATIONAL PARK WALK AND COOKING LESSON

You head south for an adventure on the reefs off Cahuita National Park (1-1.5 hour drive). En route stop for snorkeling at the Cahuita National Park, part of a 10,000 acre protected reserve with miles of coral reef along the coast. On the underwater coral gardens watch for parrot fish, angel fish, snappers, groupers, grunts, blue tangs, jack fish, and other species swimming amongst the sea fans, brain coral, boulder coral, fire coral, and elk horn corals. Lunch is served at a local restaurant. With one of Puerto Viejo's matriarch cooks, you learn to cook Caribbean-style and then enjoy a delicious lunch including patacones (fried plantains), coconut rice, fish or chicken, with Caribbean style-sauce, and fresh fruit shakes. The English language spoken here is called "Patois" in which many a phrase begins with, "Let me tell you what's been happening". Dinner is served at a local restaurant. Overnight at Hotel Shawandha Lodge. **(B) (L) (D)**

DAY 12 TALAMANCA- YORKIN DAY TRIP – BRIBRI NATIVE WOMEN'S GROUP

Spend today in Yorkín, a small town located in the Talamanca Bribri indigenous territory, only accessible by a 1-1/2 hour motorized dug-out canoe on the spectacular Rio Yorkin. There is plenty of wildlife to view along the way so keep your binoculars handy. This is also one of the best places to see organic cacao and banana plantations, learn about medicinal plants, and interact with indigenous people of the tropical rainforests of Costa Rica. Through personal interaction with the Bribri Indians they share their culture, local customs, typical food, mythology, and history. Sit for a typical Bribri style lunch at the Casa de las Mujeres, part of an association of indigenous women dedicated to developing new sources of income to preserve their culture such as farming, organic cacao production, and ecotourism. Your visit helps send their children to school. Save room for dessert because the women share their secrets of chocolate making! After a fun-filled day of eating and learning, you board your canoe and head back to Bambú and overnight in Cocles at Shawandha Lodge. **(B) (L)**



DAY 13 COCLES BEACH BANANA BIKES, BEACH AND DANCING LESSON

Today you hop on your local style "banana bikes" for a short ride to the town of Puerto Viejo where you learn



about the amazing history of the Afro-Caribbean descendents of escaped slaves and rail road workers who settled along this isolated coast. You can also take time to enjoy the beach. In the afternoon you have an opportunity to see some Soca, Salsa, Merengue, Hip Hop, Calypso, and African music, and learn to dance from an instructor with more than 20 years motivating Caribbean youth to take pride in their culture and heritage. Proceeds from your visit go to benefit the local youth dance group "Olaba" **(B)**.

DAY 14 TRANSFER TO SAN JOSE, DINNER & WINE

Transfer to San Jose, a private transportation will be waiting for you a great dinner & wine pairings in one of the best restaurants in San Jose. Overnight at Presidente Hotel **(B)**.

DAY 15 SAN JOSE TRANSFER INTERNATIONAL AIRPORT

Relish a cup of Costa Rican coffee before departing for the airport approximately two hours before your scheduled international flight back home

DAY 16 HOME ARRIVAL

We hope you have enjoyed your sustainable trip to Costa Rica and have learned much about this land of superlatives. We also hope to see you again in one of our destinations to Latin America. It has been a pleasure. Con todo gusto!. End of our services.

