

## Costa Rica Sample Itinerary

<u>DAY</u>	<u>Activities</u>	<u>Hotel</u>
1	Take off for the adventure of a lifetime in the beautiful country of Costa Rica. You arrive in the capital city of San José where a bilingual guide and air conditioned bus waits to take you to the city of Quepos. Along the way you will make several stops to see crocodiles, birds and other wildlife. <b>(L, D)</b>	<b>Hotel San Bada</b> Tel. 011 (506) 2777 5333 <a href="https://www.hotelsanbada.com/">https://www.hotelsanbada.com/</a>
2	<b><u>(Manuel Antonio NP) Morning:</u></b> You will spend the morning hiking through one of the most bio-diverse areas in the world. There are many stunning views along the entire length of the hike and your expert field guide will find and identify a plethora of life around you. Manuel Antonio is home to over a 109 species of mammals and 184 species of birds. Sloths, iguanas and squirrel monkeys also inhabit this region.  <b><u>Afternoon:</u></b> In the afternoon you will spend time exploring the parks, beaches and coral reefs. These beaches are the most beautiful in Costa Rica. <b>(B, D)</b>	<b>Hotel San Bada</b> Tel. 011 (506) 2777 5333 <a href="https://www.hotelsanbada.com/">https://www.hotelsanbada.com/</a>
3	<b><u>Morning:</u></b> A thrilling ride is in store as you zip line across 12 cables that span lengths up to 2500 feet. Each cable offers a different sensation and experience as you cross canyons, observe waterfalls and glide over tree tops.  <b><u>Afternoon:</u></b> In the afternoon, you will board a catamaran and cruise the Pacific Ocean. Keep an eye out for dolphins, turtles and whales. <b>(B, D)</b>	<b>Hotel San Bada</b> Tel. 011 (506) 2777 5333 <a href="https://www.hotelsanbada.com/">https://www.hotelsanbada.com/</a>
4	<b><u>Morning:</u></b> This morning you will transfer to Arenal with a stop at Carara National Park. This National Park connects the northern dry forests to the southern rainforest. The result is a “melding” area that gives the park its diversity. Many endangered and threatened species live here. Carara is also considered a sanctuary for the rare and beautiful Scarlet Macaw and contains over two hundred breeding pairs.  <b><u>Evening:</u></b> After today’s adventures you will be thankful to relax in the clear waters of the natural hot springs created by the volcano. There are a plethora of pools to bathe in as well as slides for the more courageous explorers. There will be an optional night hike at the Arenal Lodge. <b>(B, L, D)</b>	<b>Arenal Observatory Lodge</b> Tel. +506 2290 7011 <a href="https://www.arenalobservatorylodge.com/">https://www.arenalobservatorylodge.com/</a>

5	<p><b>Morning:</b> This morning's nature hike provides extraordinary views of the Arenal Volcano at the Mirador lookout. The trail is located in an area where new construction is not permitted but for the last 40 years, it has been a safe place to observe the volcano and admire the spectacular view. This allows for great opportunities to see the rainforest animals in their natural habitat. Along the way, we may see various rainforest creatures such as monkeys, toucans, parrots, agouties, and coatis.</p> <p><b>Evening:</b> The group will partake in a thrilling horseback ride through a variety of habitats. The Arenal volcano provides an aesthetic backdrop as you move over grassland and tropical forest. <b>(B, D)</b></p>	<p><b>Arenal Observatory Lodge</b>  Tel. +506 2290 7011  <a href="https://www.arenalobservatorylodge.com/">https://www.arenalobservatorylodge.com/</a></p>
6	<p><b>Morning:</b> You start the day by hiking through the Tirimbina Preserve. It provides home for a remarkable 300 species of birds in addition to 50 species of reptiles, 43 species of amphibians, and 95 species of mammals. Your journey takes you across large suspension bridges to get a bird eyes view of the rainforest below.</p> <p><b>Afternoon:</b> Partake in a chocolate making tour as you learn how the history of making chocolate has changed over the years. And yes, there will be plenty of taste testing. <b>(B, D)</b></p>	<p><b>Hotel El Bambu</b>  Tel. +506 2766 6005  <a href="http://www.elbambu.com/">http://www.elbambu.com/</a></p>
7	<p><b>Morning:</b> Today you will be in for a real adventure as you partake in a wild white water rafting trip down the Pacuare river. This is better than any roller coaster ride as you travel through class II, III and IV rapids. The Pacuare River winds deep inside one of the most remote rainforests in Costa Rica. You will pass by countless waterfalls and see undisturbed wildlife all around you. <b>(B, L, D)</b></p>	<p><b>Hotel Bougainvillea</b>  Tel. +506 2244 1414  <a href="https://www.hb.co.cr/">https://www.hb.co.cr/</a></p>
8	<p>Morning <b>breakfast</b> and transfer to the Airport and flight home. <b>(B)</b></p>	