Costa Rica: Jungles, Volcanoes, & Beaches

Sample Itinerary



Arenal Volcano

Day 1 • San José
Our adventure begins as we fly to San José, Costa Rica. Upon arrival at the airport, we meet our tour guide and motor coach. On the way into San José, the capital of approximately one million inhabitants, we may see three of the country's sixty volcanoes from a distance. The remainder of the evening is free to relax or explore the local culture of San José.

Day 2 • La Fortuna
We start the day early as we head to the Sarapiquí River for some whitewater rafting! The Sarapiquí River has Class II/III rafting, which is perfect for all levels – enjoyable for frequent rafters, yet not overwhelming for beginners. After a brief orientation, we embark on a 3-4 hour ride down the river. All the rafts are escorted by certified rafting and naturalist guides, who are anxious to point out interesting flora and fauna along the way. This afternoon we continue on to La Fortuna. As we near our destination, we pause for some breathtaking vistas of the Arenal Volcano – the most active in Costa Rica! This evening we take a relaxing soak in the pool while watching the red-hot lava flow.

Day 3 • La Fortuna
We start our day with a visit to the Arenal Hanging Bridges for a nature walk that takes us high above the canopy and across six suspension bridges! During the 1.86-mile walk, we get breathtaking views of the Arenal Lake, a waterfall and the majestic Arenal Volcano. After some free time for lunch, we experience the rain forest like never before – zipping by cable through the treetops! The La Fortuna Sky Trek system includes a cable car that takes us up the mountain and several cables that zigzag down the mountain. Participants are attached individually to the cables with two high quality harnesses, which support the body so that you feel as though you're sitting in a chair. Safety is the number one priority of the Sky Trek team, and that frees us to experience the thrill of a lifetime! We have the rest of the day to enjoy our resort in La Fortuna.

Day 4 • Manuel Antonio
After breakfast we descend the mountains to the Highway Inter-American, built in the early 1940's, which connects Alaska with the southern tip of South America. Here we head south, passing through various climatic zones and ecosystems on our way to the famous Manuel Antonio National Park. En route we pass through palm oil plantations and, with luck, we see a locally famous 14-foot crocodile near the Tarcoles River.

Day 5 • Manuel Antonio
This morning is free to spend as we wish. We can enjoy our hotel pool or explore and walk the miles of beach, where "crowded" means 20 bathers to a city block of beach! There are several open-air restaurants nestled in the jungle-like forest, some with tables on the beach so we can wiggle our toes in the sand while we enjoy a local delicacy. This afternoon we take a short trip to the neighboring village of Quepos where we find ample opportunities for shopping and exploring.

Day 6 • Manuel Antonio
Today a private naturalist guide takes us across the estuary to the Manuel Antonio National Park. A conveniently paced nature walk through the park will

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Arenal Hanging Bridge


Coffee Plantation

afford us the opportunity to view an abundance of wildlife. This is where white-faced monkeys have been known to steal snacks from knapsacks! We sample some tropical fruits on the beaches of the park at the end of our tour. The afternoon is free to spend on the white sand beaches, splashing in the warm waves, or exploring the tiny pueblo of Manuel Antonio.

Day 7 • San José
After breakfast we head back to San José for our final day. This afternoon we have a fascinating tour of the Britt Coffee Plantation where we learn about Costa Rica's world famous coffee. The coffee plantation lies at the foot of the Poás and Barva volcanoes, offering a breathtaking backdrop to the multi-media presentation. This evening we have a farewell dinner, re-live highlights of our trip, and enjoy the good company of our friends and travel companions.

Day 8 • Return to USA
After breakfast we transfer to the airport for our return flight. We take with us fond memories of an educational and adventurous week in Costa Rica. *Adiós!*

THIS TOUR CAN BE CUSTOMIZED TO YOUR SPECIFICATIONS. PRICE VARIES ACCORDING TO SEASON, GROUP SIZE, AND CUSTOMIZATION.


Squirrel Monkey



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