

TRAFALGAR

Costa Rica Eco Adventure with Guanacaste

Your itinerary



● Start Location

✈ Plane

🚢 Cruise

① Over night

● Visited Location

● End Location


🚆 Train

🚢 Ferry

Day 1

Welcome to San José

Learn the secrets of Pura Vida – Costa Rica’s inimitable zest for life that will linger throughout your effortlessly delivered encounter with a land that boasts no artificial ingredients. This evening, join your Travel Director and fellow expeditioners for a Welcome Reception.

 **Hotel** - Sheraton San Jose

 **Included Meals** - Welcome Reception

Day 2

Discover the natural beauty of Tortuguero National Park

Journey to San Isidro de Heredia, where we’ll Dive into Culture with master chocolatiers, Julio Fernandez and George Soriano, to learn about the history of chocolate and how it is produced at this small workshop. Then, it’s on to Siquirres where we’ll embark on a river journey with a Local Specialist through protected wetlands to secluded Tortuguero. Enjoy a MAKE TRAVEL MATTER® Experience in the heart of Tortuguero with a visit to the Sea Turtle Conservancy Tortuguero Visitor Center. Later, we enjoy dinner at our hotel this evening accompanied by the enchanting sounds of resident cicadas and tree frogs.

 **Hotel** - Laguna Lodge Tortuguero

 **Included Meals** - Breakfast, Lunch, Dinner

Day 3

Visit the wildlife of Tortuguero National Park


Cruise the canals and streams of the park today with a Local Specialist as howler monkeys watch from the treetops, toucans and egrets fly through the air and crocodiles ply the cool waters. Visit the Village of Tortuguero. If you are here between July and September, take an optional tour to see the sea turtles laying eggs on the beach.


 **Included Meals** - Breakfast, Lunch, Dinner

Day 4

Sample heart of palm in Sarapiquí

Bid adiós to Tortuguero and head back to the mainland where we’ll enjoy lunch before meeting the Tico family for a Connect With Locals experience at their palm plantation. There you’ll learn about and sample the delicate heart of palm. Tonight you’ll enjoy a Be My Guest with the owners of your hotel, providing a Connect With Locals experience, as they prepare a special BBQ meal just for you.

 **Hotel** - La Quinta Sarapiquí Lodge

 **Included Meals** - Breakfast, Lunch, Be My Guest

Day 5

Mingle with Locals in Saripiqui

Rise with the sun to get up close and personal with Costa Rica’s exquisite nature during a leisurely hike. Keep a lookout for the endangered great green macaw and connect with your beautiful natural surroundings. Embark on an optional rafting trip^ later this morning. We Connect With Locals this afternoon, enjoying a Be My Guest lunch at an eco-friendly hacienda built by the Quintana family as a retirement project. Today, it is home to an organic farm and related eco-

adventures. Learn how your MAKE TRAVEL MATTER® Experience contributes to the local community. Our journey continues to Arenal Volcano, on whose slopes we spend the afternoon relaxing in our resort’s beautifully landscaped thermal pools.

 **Hotel** - Arenal Paraiso Resort and Spa

 **Included Meals** - Breakfast, Be My Guest

Day 6

Immerse in the stories of Monteverde Cloud Forest

Our soul-stirring encounter with Costa Rica’s natural wonders continues after a morning at leisure. Straddle the Continental Divide and touch the sky in Monteverde Cloud Forest, where you’ll have an opportunity to explore this biodiverse sanctuary, renowned for its collection of orchid species – more than in any other single place. Tonight, you will Connect With Locals as you meet a native Quaker, and Local Specialist, who will share stories of Old Town Monteverde and delve into the history of the American Quakers who settled in the area in the 1950s. This evening, relish some of the best views as you enjoy dinner.

 **Hotel** - El Establo Mountain

 **Included Meals** - Breakfast, Dinner

Day 7

Wander the Monteverde Cloud Forest

This morning, join your Local Specialist guide for an excursion through the lush rainforests of Monteverde Cloud Forest Reserve. We ascend to the treetops high above the jungle floor below, treading lightly along the Sky Walk^ suspension bridges amongst the wildlife that find sanctuary in the boughs of the surrounding canopy. As our epic eco-adventure nears its end, we share stories with newfound friends at a Farewell Dinner.

 **Included Meals** - Breakfast, Farewell Dinner

Day 8

On the shores of Guanacaste

Check in to your seaside resort in the Guanacaste surfing town of Tamarindo Beach.

 **Hotel** - Tamarindo Diria Beach Resort

 **Included Meals** - Breakfast

Day 9

Surf and play in Guanacaste

Settle in for a day at leisure. Relax on the beach, learn how to surf or go shopping in the nearby Tamarindo Village.

 **Included Meals** - Breakfast

Day 10

Depart Liberia

Transfer to Liberia International Airport for your flight or consider extending your stay to soak up the sun-kissed shores of Costa Rica.

 **Included Meals** - Breakfast

All optional experiences for this trip

Book with your travel director when you travel

AVAILABLE ON DAY 4

White Water Rafting Level II and III*

This morning excursion on a class II and III river involves navigating nearly 8 miles (13 km) on the Sarapiquí River. It's a great introduction for first-time paddlers and families interested in a fun, wet roller coaster ride. Total duration approximately 4 hours. Gratuity included. (Minimum 2 Guests)

Adult Price: **\$64.00***

*** The Optionals and pricing listed here are a guideline only and subject to change.**

AVAILABLE ON DAY 5

Arenal Natura Ecological Park

At this wonderful park you will have the opportunity to experience Costa Rica's wildlife up close and personal where beautiful frogs, birds, reptiles, and their natural habitats will have the starring role. This package includes a frog sanctuary, bird watching, a serpentarium (home to different species of snakes found in Costa Rica), a reptile lagoon (to observe crocodiles) and a heliconia garden. Total duration is approximately 2 hours. Gratuity included. (Minimum 2 Guests)

Adult Price: **\$50.00***

*** The Optionals and pricing listed here are a guideline only and subject to change.**

AVAILABLE ON DAY 5

Arenal Volcano Hike

Ever since the 1500s, locals considered Arenal to be just a regular everyday mountain. However, everything changed on the morning of July 29, 1968 when the mountain erupted, spewing ash and lava over the region. Up until 2010, the volcano was still quite active but has settled down in recent years. Your guided hike will allow you to see the areas that were destroyed in the 1968 eruption up close. Hike through recent lava flows and see how Mother Nature has brought life back to the region. Total duration is approximately 4 hours. Gratuity included. (Minimum 2 Guests)

Adult Price: **\$67.00***

*** The Optionals and pricing listed here are a guideline only and subject to change.**

AVAILABLE ON DAY 5

Kayak On Lake Arenal*

Arenal Lake is the largest in the country and home to a wide diversity of birds, both resident and migratory, such as flycatchers, kingfishers and great blue herons. Kayaking on Arenal Lake is a great way to take part in an outdoor activity while you enjoy the amazing, one-of-a-kind views of Arenal Volcano. Along the shoreline, watch for howler monkeys enjoying the good

life high in the trees. Total duration is approximately 4 hours. Gratuity included. (Minimum 2 guests)

Adult Price: **\$65.00***

*** The Optionals and pricing listed here are a guideline only and subject to change.**

AVAILABLE ON DAY 7

El Trapiche Tour

The tour begins with a walk through the farm where you'll view sugarcane, banana, orange and coffee plantations. Learn about the coffee making process and how liquor is made of out sugarcane. The farm provides an exciting education to visitors about the various crops and farm life in Costa Rica. Total duration is approximately 3 hours. Gratuity included. (Minimum 2 Guests)

Adult Price: **\$33.00***

*** The Optionals and pricing listed here are a guideline only and subject to change.**

AVAILABLE ON DAY 7

Horseback Riding Tour*

On your horseback excursion, enjoy sweeping views of the Nicoya Gulf and its islands as you ride your way through coffee and sugarcane plantations, tropical forest and open fields. Be on the lookout for wildlife including toucans, green parrots and white-faced monkeys. Total duration is about 2 ½ hours. Gratuity included. (Minimum 2 Guests.)

Adult Price: **\$75.00***

*** The Optionals and pricing listed here are a guideline only and subject to change.**

AVAILABLE ON DAY 7

Sky Tram And Sky Trek*

Board a comfortable gondola and fly among the trees on the lookout for local wildlife. As you glide among the forest, see how the vegetation changes with the elevation level. At the end of the Sky Tram you will be faced with a choice: return to the starting point in the same way you came or you can enjoy the ultimate adrenaline rush on the Sky Trek. With this option, you will fly across the forest in a series of ten zip lines with heights ranging from 100 – 650 feet (30 to 200 meters) and with lengths of over 650 feet (200 meters). All of these zip lines were built to give you a 360° perspective of the rainforest. Gratuity included. (Minimum 2 Guests)

Adult Price: **\$97.00***

*** The Optionals and pricing listed here are a guideline only and subject to change.**