

## COSTA RICA ECO ADVENTURE END LIBERIA

8 Days 1 Country 6 Cities

JOURNEY INTO THE EMERALD RAINFORESTS OF COSTA RICA. COME FACE TO FACE WITH EXOTIC WILDLIFE, SEE ARENAL VOLCANO AND MORE.



### THE ITINERARY

#### **Day 1** Arrive 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** San José – Braulio Carrillo National Park – Tortuguero National Park (2 Nights)

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 through protected wetlands to secluded Tortuguero. Immerse yourself in its vibrant Afro-Caribbean atmosphere as you stroll through the village streets. 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** Tortuguero National Park Sightseeing

Explore Tortuguero's lush waterways, keeping a keen eye out for howler monkeys, toucans and sloths amidst the dense rainforest canopy. If you're lucky enough to be visiting during nesting season, choose to join an optional walk to witness some of the world's largest turtles laying their eggs on the Caribbean shores.

- ★ Included Meals – Breakfast, Lunch, Dinner

#### Day 4 Tortuguero – Sarapiquí

Bid adiós to Tortuguero and head back to the mainland where we'll enjoy lunch before meeting the Tico family for a 'Dive into Culture' 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 Sarapiquí – Arenal

Rise with the sun to get up close and personal with Costa Rica's exquisite nature during a leisurely hike. Keep a look out for the endangered great green macaw and connect with your beautiful 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. 'Make a Difference' and learn how your visit 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,Lunch,Be My Guest

#### Day 6 Arenal – Monteverde Cloud Forest (2 Nights)

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, we'll 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 Hotel
- ★ Included Meals - Breakfast, Dinner

#### Day 7 Monteverde Cloud Forest Sightseeing

This morning, join your 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 Monteverde – Depart Liberia

For now it's a fond hasta luego to Costa Rica, but not goodbye. Transfer to Liberia International Airport or travel on to Guanacaste Beach for those extending their stay.

- ★ Included Meals - Breakfast

## **ABOUT THIS TRIP**

### **What's included**

- **7 NIGHTS** Accommodation
- **17 MEALS** 7 breakfasts, 4 lunches, 6 dinners
- **ON-TRIP TRANSPORT** Land transportation included. Where applicable, Intra-air between cities are not included.

### **The Trafalgar difference**

- **CONNECT WITH LOCALS** A special BBQ meal is prepared for you in Serapiqui and you'll join Don Alberto and Doña Ana Quintana for a traditional Costa Rican lunch at their Hacienda Pozo Azul, a 2000-acre working ranch. (Days 4, 5)
- **DIVE INTO CULTURE** Indulge in gourmet chocolate made from the world's best cacao beans. Visit a Tico family's palm plantation to learn about and sample the delicate heart of palm. (Days 2, 4)
- **LOCAL SPECIALIST** Listen to a Quaker share stories of the beginning of Monteverde's colourful history. (Day 6)
- **MAKE A DIFFERENCE** Visit the Quintana Family's Hacienda Pozo Azul and discover how they reduce their carbon footprint and support the local economy. (Day 5)

### **Sightseeing highlights**

- VIEW Arenal Volcano
- VISIT Tortuguero National Park, Sarapiquí, Monteverde Cloud Forest Reserve

### **Travel highlights**

Specific transfer information can be found here:

- ✓ Audio Headsets for flexible sightseeing
- ✓ Luxury air-conditioned coach with Wi-Fi in most countries or alternative transportation (such as rail journeys)
- ✓ Cherry-picked hotels, all tried and trusted
- ✓ Optional Experiences and free time
- ✓ Must-see sightseeing and surprise extras
- ✓ All hotel tips, charges and local taxes
- ✓ VIP entry to many sights
- ✓ Daily breakfast and up to half your evening meals
- ✓ Rain ponchos provided for your use
- ✓ Handcrafted Highlights
- ✓ All portage and restaurant gratuities
- ✓ An expert Travel Director and professional Driver
- ✓ Airport transfers on the first and last day of your guided holiday