

Costa Rica Daily Itinerary Travel

ONE ADVENTURE RUN



Day 1: Welcome

Depart US and arrive in Costa Rica at Liberia's Airport. Our Costa Rican local representative meets you at the airport for your transfer to the hotel. **The Expo is 2 to 7 p.m. at the Tamarindo Diria Hotel. Overnight at Capitan Suizo (B)**

Day 2:

Free day for optional activities. Expo 10 a.m. to 8 p.m. at the Tamarindo Diria Hotel. Capitan Suizo (B)

Day 3: Race DAY

The Race starts a 5:00a.m. In the afternoon we departure to Arenal Volcano, The volcano is located in the northern zone of the country, about 3 hours from Tamarindo. The temperature varies from 16 degrees Celsius (60, 8 degrees Fahrenheit) in the high areas to 24 degrees Celsius (75, 2 degrees Fahrenheit) in the low areas and the annually rainfall is around 5,000 mm (195 inches). Although the main attraction is the **Arenal Volcano**; the area offers much more. Next to the volcano is the **Arenal National Park** with a wide variety of flora and fauna and a great view on the volcano. Furthermore there is La Fortuna which is the nearest town.

Arriving to Arenal in the evening you can relax in the hot-springs is a small family-owned spa with five naturally-fed pools of different temperatures, one of which is always the perfect temperature for relaxing as the sun sets. Dinner is a wonderful home-style meal served in a rustic wooden ranch. **Overnight in Arenal Observatory Lodge (B/D)**

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Day 4:

After breakfast we enjoy the hanging bridges, a complex of six hanging suspension bridges rising above the jungle canopy, and almost two miles of trails through the rain forest. The bridges provide an excellent vantage point where you will learn about the complexity and beauty of the rain forest.

Stop for lunch in Don Juan Eco-Farm, owned by Don Juan, the real Costa Rican farmer. He is now a local farmer who owns a small five-acre farm and uses it to show visitors how to live in an environmentally friendly way with the nearby rainforest. Mr. Bautista clearly understands what it means to practice sustainable agriculture as illustrated by the farming techniques he uses. He manages his farm in an exemplary manner and shares his knowledge with other farmers, school children, and university students. Another interesting project is his bio-digester methane gas production system. He uses cow manure as a fuel source to produce methane gas for cooking fuel. After harvesting fresh produce such as cassava root, lettuce, plantains and more, the farm tour ends with a tortilla making challenge for participants and a local cuisine lunch prepared by his wife. **Overnight in Arenal Observatory Lodge (B/L)**

Day 5:

In the morning you can relax in the hotel and then in the afternoon you will enjoy the Sky tram/Sky trek Zip line Canopy Tour. The tour starts with a tour in the Sky Tram to reach the top of the Arenal Reserve, and then begins a tour of adventure full adrenaline above the treetops, which consists of a system of zip lines that allows you to observe the rainforest and its landscape from a different perspective, safely in an innovative and different system.

The tour included 8 cross-sectional cables that together have a total length of 1.7 miles with distances from 100 to 2400 feet which exceed the treetops providing a panoramic view of the Arenal Volcano and lake. **Overnight in Arenal Observatory Lodge**

Day 6: Back to San José

After relax in your hotel and enjoy the breakfast we depart to San José. **Overnight at Beacon Hotel (B)**

Day 7: Back home

Price Includes

Lodging

- 1 night in San José, Beacon Hotel, breakfast included
- 2 nights in Capitàn Suizo, breakfast included
- 3 nights in Arenal Observatory Lodge: Smithsonian room, breakfast included

Tours Included

- Hot Springs, with dinner
- Hanging Bridges
- Don Juan Eco-Farm with lunch
- Sky Tram and Sky Trek

Private Transportation and Naturalist Guide

Price per Person: \$2330