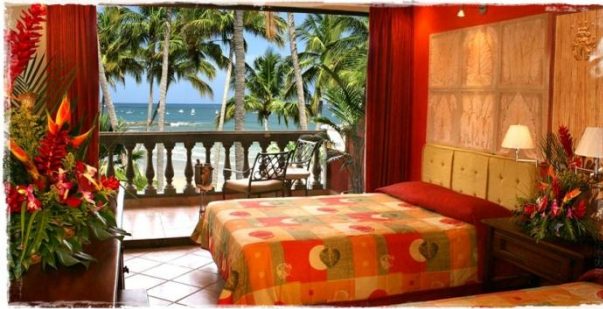




Costa Rica Daily Itinerary Travel Two ADVENTURE RUN



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 Tamarindo Diria (B/L/D)**

Day 2:

Free day for optional activities. Expo 10 a.m. to 8 p.m. at the Tamarindo Diria Hotel. Overnight Tamarindo Diria (B/L/D)

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 horseback riding to La Fortuna Waterfall, a beautiful example of the Costa Rican country site. Along the way, you will find cattle farms and agriculture, also the chance to see some birds as oropendolas and toucans. After that you have to walk five hundred meters into the forest to get to the waterfall, which is 70 meters high. **Overnight in Arenal Observatory Lodge**

Day 6: Cloud Forest

After breakfast you will be transferred overland to the Villa Blanca Cloud Forest to the town of San Ramón. In the afternoon you will enjoy the zip line canopy tour, a great way to rise above it all, you'll get a bird's eye view of the forest as you zip along above the canopy, skimming the cool tree top mist on the ride of a lifetime. This fantastic cloud forest adventure is located just below the hotel. You'll see things you just can't see from any other angle, including canopy flora and birds unique to this precious ecosystem. The whole family will love this ultimate guided canopy adventure with seven platforms and zip-lines from 30 to 260 meters in length. **Overnight in Villa Blanca Cloud Forest Hotel & Spa (B)**



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Day 7: Back home

Early in the morning depart to San José and take your flight home.

Price Includes

Lodging

- 2 nights in Tamarindo Diria, all inclusive
- 3 nights in Arenal Observatory Lodge: Smithsonian room, breakfast included
- 1 night in Villa Blanca Resort & Spa, Casita Superior, breakfast included

Tours Included

- Hot Springs, with dinner
- Hanging Bridges
- Don Juan Eco-Farm with lunch
- Horseback Riding Waterfall To La Fortuna
- Canopy Zip-Line

Private Transportation and Naturalist Guide

Price per Person: \$2330