



## Costa Rica Daily Itinerary Travel

### Three ADVENTURE RUN

Our **expert naturalist guide** will be with your family each step of the way. We meet and enjoy meals with several local Costa Rican families who take great pride in sharing typical Costa Rican life with us! Come discover the hidden natural wonders of Costa Rica with us on this jungle journey.



#### **Day 1: Welcome**

Our Costa Rican local representative meets you at the airport for your transfer to the hotel. **Overnight at Beacon Hotel (B)**

#### **Day 2: Arenal Adventure**

After breakfast, receive a welcome orientation to meet our guide we board our private vehicle for the journey overland through scenic mountains and rich agricultural land to Arenal Volcano.

Our Costa Rica adventure tour begins with a scenic drive through the countryside, arriving at El Bosque, a small town near the Arenal Volcano stop for lunch in Don Juan Eco-Farm own by Don Juan, the real Costa Rican farmer. As soon as we arrive he will give us a tour of all the plantations, fruits you`ve never seen in a supermarket and all the uses for cooking, health benefits and industrial uses. We`ll have fun with a tortilla making challenge while lunch is prepared by don Juan-s wife, Yamilet, using our freshly picked produce. In the same property they have a "trapiche" you will see from firsthand the process of sugar cane, drink it and enjoy the process sugar cane liquor: "guaro"

In the afternoon you will enjoy the horseback riding to La Fortuna Waterfall, is a beautiful example of the Costa Rican country site will be found along the way, cattle farms and agriculture, also the chance to see some birds as oropendolas and tucans. After that you have to walk five hundred meters into the forest to get to the waterfall, which is 70 meters high.

At the base of the waterfall there is a "natural pool" where we can swim in the fresh water of La Fortuna River for about one hour.

In the evening, after all the activities you can relax in the nearby hot-springs locally owned by Dona Mireya and her family. There are 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 can relax in private hot spring waters" **Overnight Arenal Observatory Lodge (BLD)**

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#### ***Day 3: Run Adventure***

After breakfast we enjoy the run tour. And in the afternoon we enjoy the hanging bridges tour, 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. **Overnight in Arenal Observatory Lodge (B)**

#### ***Day 4: Canyoning Adventure***

No Experience necessary, kid friendly. Come experience the Magic of the Rainforest! Your trip begins with a 30-minute 4x4 drive into the tropical rainforest outside the town of La Fortuna, in the shadow of the Arenal Volcano. From the first waterfall we will rappel down from the top into the beautiful and pristine canyon below. They have 5 rappels, 4 of which are along side or right in waterfalls, and one dry rock face. Then a short trek out of the canyon on a magical trail, jump back in the 4x4 Vehicles and head back to the base camp for a delicious Costa Rican style lunch. **Overnight in Arenal Observatory Lodge (BL)**

#### ***Day 5: Beach Time in the Central Pacific***

This morning you will enjoy the Outrigger tour, the canoes have been exploring the warmer oceans of the world for centuries, long before Columbus came to Costa Rica; the people of Oceania were exploring the Pacific in outrigger canoes. On this tour that is exactly what you will do. You will discover why the outrigger canoe is the perfect craft to take out your family or group on a wonderful outing to beautiful secluded beaches to swim and snorkel (snorkeling only when conditions permit) in clear calm waters and see the Costa Rica that you came to see.



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On the way we are take the lunch may be one of your most memorable highlights: an authentic homemade Costa Rican meal deliciously prepared with pride and served in the home of Dona Miriam and Don Urbano. Their home is the perfect setting to enjoy the ocean view while we savor Dona Miriam's delicious patacones (fried plantains), hand-made tortillas, coconut cajetas (a sweet dessert treat) and Don Urbanos fresh catch of the day. Keep your binoculars handy as we have a good chance to see Scarlet Macaws feeding on the almond trees near the house? We arrive at Manuel Antonio in time to enjoy a refreshing swim before dinner. **Overnight in Si Como No (BL)**

#### ***Day 6: Relaxiii***

After breakfast, you will visit Manuel Antonio National Park. Is one of the smallest, yet most diverse and popular parks in Costa Rica. Despite its size of only 682 hectares the park boasts everything people come to Costa Rica to see, including stunning beaches, a magnificent trails accessing a tremendous amount of wildlife. **Overnight in Si Como No (B)**

#### ***Day 7: the end Adventureiii***

Our hike ends at The Campesinos Reserve, located on a beautiful mountain range that is part of the community of Quebrada Arroyo by Don Miguel Mora, his brother Visai and his wife Doña Juanita. These three local Costa Ricans love to share their experience and knowledge of Tico traditions, and great food.

Part of the adventure will be crossing by the aerial tram through giant trees, then get to the Mirador El Pacifico, from where we will observe the Rio Savegre Valley and the Manuel Antonio Coast. Upon returning, we will be served a tasty typical lunch prepared in wood heated stove.

After lunch, we will be walking on the Poza de Olivo Pathway (1 hour), crossing a suspended bridge and walking through the Los Chorros Waterfalls to the Olivo Spring for a swim in the transparent natural pools!

**Overnight in Si Como No (BL)**

#### ***Day 8: Back to San José***

Early in the morning depart to San José. **Overnight at Beacon Hotel (B)**

#### ***Day 9: Back home***

## **Price Includes**

### **Lodging**

- 2 night in San José, Beacon Hotel, Deluxe Room, breakfast included
- 3 nights in Arenal Observatory Lodge: Smithsonian Room, breakfast included
- 3 Nights in Hotel Si Como No, Deluxe Room, breakfast included

### **Tours Included**

- Don Juan Eco-Farm with lunch
- horseback riding to La Fortuna Waterfall
- Hot Springs, with dinner
- Hanging Bridges
- Run tour Adventure (every day we will enjoy running)
- Canyoning Adventure
- Outrigger tour
- Hiking (entrance fee) in Manuel Antonio
- Tour Los Campesinos in Quepos

### **Private Transportation and Naturalist Guide**

**\$3098 per person**