



## COSTA RICA FAMILY ADVENTURE

*San Jose - Tortuguero - Arenal Volcano National Park - Monteverde Cloud Forest Reserve - Manuel Antonio*

*12 Days / 11 Nights*

*4 Persons*

**July through end of September**

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What a better way to know Costa Rica than hitting the right spots at the right time! Turtles, monkeys and birds are just a few of the wildlife you can see during your trip.

How about seeing the cloud forest from above, zip line thru the forest or take a dip in the tropical waters? All these adventures are part of this amazing family program perfect for families with small or younger kids.

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|             |   |
|-------------|---|
| RATE QUOTE: | US \$2288.00 per person (Parents)               |
|             | US \$1457.00 per person (kids under 12 yrs old) |







[Click here to view your Digital Itinerary](#)

## Introduction

| Accommodation                 | Destination                     | Basis | Room Type                        | Duration        |
|-------------------------------|---------------------------------|-------|----------------------------------|-----------------|
| Park Inn by Radisson San Jose | San Jose                        | B&B   | 1x Standard Room                 | <b>1 Night</b>  |
| Evergreen Lodge               | Tortuguero                      | FB    | 1x Standard Room                 | <b>2 Nights</b> |
| Hotel Arenal Manoa            | Arenal Volcano National Park    | B&B   | 1x Superior Room w/ volcano view | <b>3 Nights</b> |
| Hotel & Spa Poco A Poco       | Monteverde Cloud Forest Reserve | B&B   | 1x Standard Room                 | <b>2 Nights</b> |
| Si Como No Hotel              | Manuel Antonio                  | B&B   | 1x Deluxe Suite                  | <b>3 Nights</b> |

### Key

B&B: Bed and Breakfast

FB: Dinner, Bed, Breakfast and Lunch

## Included

Greeting at the airport Arrival at the San José International Airport. As you exit the airport you will be met and transferred to your hotel.

1 night accommodations at Park Inn San Jose in One Standard Room.

*Early* Land and boat transfer from San Jose to your hotel in Tortuguero stopping en route for breakfast, approx. 3 hour transfer. (Hotel guests only)

3 Day/ 2 night package including 2 nights' accommodations and taxes, local guide, land and boat transfers, guided tours and entrance fees of the backwater canals of Tortuguero National Park, donation to the Caribbean Conservation Foundation, walking tour of the village and meals

2 nights' accommodations at Evergreen Lodge in One Standard Room. (3 Breakfasts, 2 Lunches, 2 Dinners)

Tortuguero National Park tour by boat of the backwater canals including local guide and park entrance fee. (Hotel guests only).

Boat and overland transfer from Tortuguero to Guápiles including lunch en route.

**Private** transfer from Guápiles to Arenal, approx. 3 hour transfer.

3 nights' accommodations at Hotel Arenal Manoa in One Superior Room. (Breakfast included)

Arenal Mundo Aventura Canopy Zip line Half Day tour including transfers, local guide and equipment. **\*\*Group basis\*\***

Guided hike Arenal Volcano Colada 1968 including transfers, local naturalist guide and entrance fee. **\*\*Group basis\*\***

Arenal to Monteverde Lake Crossing including pick-up at your hotel and transfer to the lake, boat ride across Lake Arenal connecting with a land transfer to your hotel in Monteverde. **\*\*Group basis\*\***

2 nights' accommodation at Hotel and Spa Poco a Poco in One Standard Room. (Breakfast included)

Morning Monteverde Reserve nature walk including transfers, local guide and entrance fee. **\*\*Group basis\*\***

Afternoon Selvatura Natural History Walk including round trip transfers, local guide and entrance fee. **\*\*Group basis\*\***

**Private** transfer from Monteverde to your hotel in Manuel Antonio, approximately 4 hour transfer.

3 nights' accommodations at Si Como No Resort Spa and Wildlife Refuge in One Deluxe Suite. (Breakfast included)

Scuba Diving/ 2 Tank including transfers, guide, equipment and snacks. **\*\*Group basis\*\***

Day at leisure/ optional tours available at additional fee.

**Private** transfer from Manuel Antonio to San Jose International Airport, approx. 3 hour transfer. Check in at airport is 3 hours.

## **Excluded**

Airfare to Costa Rica; travel insurance; gratuities; any lodging, tours or meals not specified in the itinerary; extras in hotels (laundry, phone calls, room service, etc.); personal equipment; costs associated with changes to your itinerary for reasons beyond our control.

## Day 1: Park Inn by Radisson San Jose, San Jose (Mon, 1 July)

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### San Jose

San Jose, affectionately known to its residents as 'Chepe', lies in the heart of Costa Rica and is home to almost two-thirds of the country's population. With few buildings over 100 years old, the mountainous capital is relatively modern compared to its Latin American counterparts, but still has a significant amount of culture, art and history for visitors to discover. With a number of theatres full of Costa Rican culture, museums that include the largest collection of American jade in the world, and streets full of bright murals and painted buses, San Jose is an eclectic city waiting to be experienced.

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### Day Itinerary

Arrival at the San José International Airport.

As you exit the airport you will be met and transferred to your hotel. Your driver will provide you with the travel vouchers for your services and review them with you at this time.

### Consultant Notes

Located three blocks from Paseo Colon, the city's main avenue, and walking distance of downtown. Sample local and international cuisine at RBG Bar & Grill, and enjoy a dip in the shimmering outdoor pool. Its comfortable accommodations feature free wireless Internet access, a mini bar and a coffee maker. The orthopaedic mattress and plasma TV create a relaxing environment for your evening.

General services: Restaurant, bar, swimming pool, WIFI, meeting facilities, free parking, gym.

### Overnight: Park Inn by Radisson San Jose

Park Inn by Radisson San Jose is located in the heart of the city near popular attractions namely La Sabana Park. The rooms are equipped with Wi-Fi, a TV, coffeemaker, hairdryer, mini bar and safe. For guests' enjoyment there is an on-site restaurant, outdoor swimming pool, gym and underground parking. For daily activities, guests can visit Costa Rican Art Museum, Cerro Cedral and Avenida Escazu.



**Basis**

Bed & Breakfast

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**Included**

Greeting at the airport Arrival at the San José International Airport. As you exit the airport you will be met and transferred to your hotel.

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**Excluded**

Gratitudes.

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**Day 2: Evergreen Lodge, Tortuguero (Tue, 2 July)**

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**Tortuguero**

Bordering the Tortuguero National Park along Costa Rica's beautiful Caribbean Coast, the village of Tortuguero is known for its ecotourism and its extensive network of canals. It is set amidst tropical lowland rainforests, magnificent rivers, and pristine beaches. A definite highlight of the area is taking the unique once in a lifetime opportunity to watch baby green turtles hatch along the shoreline. Visitors can look forward to a wide selection of exciting activities such as: visiting the Tortuguero National Park which is home to over 300 species of bird, a variety of flora and diverse fauna. Other popular activities include: hiking, sport fishing, canal tours, canopy tours, and kayaking. Don't miss the opportunity to visit and explore the nearby Barra del Colorado Wildlife Refuge, the Cariari National Wetlands, and the Turtle Museum at Sea Turtle Conservancy.

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**Day Itinerary**

You will be picked up in San Jose by a transport representative from your hotel in Tortuguero. Drive through the magnificent Braulio Carrillo National Park on the Limon Highway. Once in the town of Guapiles, you will stop at a local Restaurant for a delicious breakfast. The drive in total will be approximately 3 hours. At the main port lining the canals you will board a boat for transfer to your hotel in Tortuguero, the boat ride will be approximately 1 hour. Upon arrival lunch will be served at the Lodge. In the afternoon your local guide will take you to the town for a leisurely walk where you will get a taste of local living.

**Consultant Notes**

Only a five minute boat ride through the jungle canals to the entrance of wildlife-rich Tortugero National Park. This remote area of the Caribbean coast is accessible only by plane or by boat; nevertheless your lodging will be first class. The infrastructure of this lovely lodge is built to coexist with nature. The rainforest enhances the hotel grounds, which are truly evergreen.

General services: 55 Rooms, Restaurant, Pool and Spa, Hiking Trails, Rainforest Canals, CST Certified, RainforestAlliance Verified

**Overnight: Evergreen Lodge**

Evergreen Lodge is located in the forests of Tortuguero on Costa Rica's Caribbean coast. Accommodation is available in comfortable guest rooms which feature private bathrooms, hot water, and ceiling fans. The lodge features an in-house

restaurant with high ceilings and a design that complements the jungle surrounding it. The restaurant serves authentic Costa Rican style buffet meals and includes a fully equipped bar. The lodge is the perfect location for guests who wish to explore the Tortuguero National Park and its surrounding areas.




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### **Basis**

Full Board

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### **Included**

*Early* Land and boat transfer from San Jose to your hotel in Tortuguero stopping en route for breakfast, approx. 3 hour transfer. (Hotel guests only)

Lunch & dinner.

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### **Excluded**

Gratitudes.

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## **Day 3: Evergreen Lodge, Tortuguero (Wed, 3 July)**

### **Day Itinerary**

Free morning to enjoy the pool, walk a forest trail, or simply relax before lunch. In the afternoon, you will enjoy the Wildlife-rich Tortuguero touring the navigable rain forest canals by boat. This tour will allow you the chance to see a large diversity of bird species, monkeys, sloths, crocodiles, and iguanas. Bring: lightweight clothing, water shoes, sunscreen and protective sun gear, camera, binoculars, insect repellent, a light rain jacket.

### **Consultant Notes**

Tortuguero National Park is known as Costa Rica's "little Amazon". There are no roads - travel is by boat along a series of rivers and canals or by foot on forest paths. The park consists of a network of waterways surrounded by a vast tropical rain forest and is one of the best places to observe wildlife in Costa Rica. Tortuguero is a must for visitors who want to experience the amazing wonders of the tropical rain forest! In Tortuguero visitors will likely see 2 or 3 species of



monkeys, iguanas, crested basilisk lizards (they look like miniature dinosaurs!), sloths, lots of water birds, toucans, parrots, parakeets, caiman (cousins of alligators), and possibly crocodiles, as well as colourful tropical forest birds.

### Activities

|           |                   |
|-----------|-------------------|
| Afternoon | Tortuguero Canals |
|-----------|-------------------|

### *Tortuguero Canals*

The canals of Tortuguero are a popular attraction in Costa Rica. With rainforests, wildlife, sea turtles, crocodiles and a labyrinth of natural waterways, the region offers an authentic rainforest experience. Visitors can explore the lush flora and abundant fauna of the Caribbean coastal waterways by boat.

### Basis

Full Board

### Included

Breakfast, lunch & dinner.

Tortuguero National Park tour by boat of the backwater canals including local guide and park entrance fee. (Hotel guests only).

## Day 4: **Hotel Arenal Manoa, Arenal Volcano National Park** (Thu, 4 July)

### Arenal Volcano National Park

The Arenal Volcano erupted violently July 29th 1968 destroying the region west of its base with hot gases, rocks and later, lava flows. Today the volcano steams quietly and heats local rivers that have been developed into popular hot springs and spas. Forest vegetation is quickly returning and covering the massive rock fragments and lava flows, and rain forest wildlife once again flourishes in and around the park,

### Day Itinerary

After breakfast, board the boat to bring you back to the docks lining the Tortuguero Canals. At the docks board ground transfer to your Hotel in San Jose. You will stop for lunch along the way at a local Restaurant in Guápiles.

You will be picked up in Guapiles by one of our transport representatives for transfer to your hotel in Arenal. Transport service will be in a minivan with AC, approximately 3 hour transfer plus any stops on the way. Arenal is one of the most popular destinations in Costa Rica. The volcano, although inactive for the past few years, is a majestic site. This picturesque region offers natural beauty, amazing wildlife and plenty of outdoor activities for visitors including hiking trails, the famous La Fortuna Waterfall, zip-line tours, rafting, canopy bridge walks, waterfall canyoning, organic farm tours and more. There are also a variety of relaxing hot springs with warm soothing waters heated by the volcano.

### Consultant Notes

Facing Arenal Volcano, Arenal Manoa has gardens, volcano view rooms and an adjacent farm open to guests. Set in verdant plains 4 miles west of La Fortuna, Arenal Manoa rooms feature panoramic views of nearby Arenal Volcano. Bordered by a small river, this attractive country hotel is set among lush manicured grounds and pastoral scenery including an adjacent dairy farm available for guest visits. The hotel includes a conference room for 150 people. Many area tours can be arranged at the hotel.

General services: 80 Rooms, Restaurants, Pool and Jacuzzi, Wi-fi, AC, Members of the Costa Rica code of Conduct.

### Overnight: Hotel Arenal Manoa

Hotel Arenal Manoa is set in the lush green countryside of La Fortuna and features a spectacular view of the Arenal Volcano. Accommodation is available in comfortable junior suites with modern amenities including air conditioning, satellite TV, and a safety deposit box. Diners may enjoy a meal at the in-house restaurant which serves both local and international cuisine or enjoy a beverage at the poolside bar. The hotel also features a spa which offers a selection of relaxing treatments.




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### Basis

Bed & Breakfast

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### Included

Breakfast.

Boat and overland transfer from Tortuguero to Guápiles including lunch en route.

**Private** transfer from Guápiles to Arenal, approx. 3 hour transfer.

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### Excluded

Gratitudes.

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**Day 5: Hotel Arenal Manoa, Arenal Volcano National Park (Fri, 5 July)**


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**Day Itinerary**

This authentic adventure in harmony with the environment is full of adrenaline- Starting with a tractor ride crossing thru the rainforest where you will get to the first of 12 cables of pure adrenaline surrounded by impressive views over canyons, Arenal Volcano, Cerro Chato and Fortuna & Pino Blanco Falls. Tour ends up with a visit to the Maleku Cultural Rescue Center and the Frog & Butterfly Garden. Tour duration: 3.5hrs. approx.

Includes: Transportation, local guide and equipment.

What to bring: Comfortable clothing, Walking (closed) Shoes, Sunscreen, Long light Pants and bug repellent.

**Activities**

|         |                                   |
|---------|-----------------------------------|
| Morning | Arenal Mundo Aventura Canopy Tour |
|---------|-----------------------------------|

**Basis**

Bed & Breakfast

**Included**

Breakfast.

Arenal Mundo Aventura Canopy Zip line Half Day tour including transfers, local guide and equipment. **\*\*Group basis\*\***

**Excluded**

Gratitudes.

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**Day 6: Hotel Arenal Manoa, Arenal Volcano National Park (Sat, 6 July)**


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**Day Itinerary**

After the Arenal Volcano 1968 eruption, two different hiking trails formed by lava emerged. Trek through different scenarios including open lands, lagoon shore and the lava mountain trails. There is an incredible viewpoint close to the volcano as well.

Includes: Transportation, entrance fee and local bilingual guide.

What to bring: bug repellent, sun block lotion, light clothing, hiking shoes, raincoat, camera and hat.

## Activities

|         |                              |
|---------|------------------------------|
| Morning | Arenal Volcano National Park |
|---------|------------------------------|

### *Arenal Volcano National Park*

The Arenal Volcano erupted violently July 29th 1968 destroying the region west of its base with hot gases, rocks and later, lava flows. Today the volcano steams quietly and heats local rivers that have been developed into popular hot springs and spas. Forest vegetation is quickly returning and covering the massive rock fragments and lava flows, and rain forest wildlife once again flourishes in and around the park,

## Basis

Bed & Breakfast

## Included

Breakfast.

Guided hike Arenal Volcano Colada 1968 including transfers, local naturalist guide and entrance fee. **\*\*Group basis\*\***

## Excluded

Gratitudes.

## Day 7: Hotel & Spa Poco A Poco, Monteverde Cloud Forest Reserve (Sun, 7 July)

### Monteverde Cloud Forest Reserve

Known as the 'Forest in the Clouds', Monteverde is one of Costa Rica's key conservation areas, taking in six different ecological zones and home to a kaleidoscopic array of flora and fauna. Breathtaking walking trails traverse this mountainous reserve, while a network of canopy bridges are suspended in the tree tops overhead – both offering visitors the chance to experience its astonishing biodiversity. The park's menagerie of exotic wildlife includes jaguars, ocelots, three-wattled bell birds, bare-necked umbrella birds, and elusive, vividly coloured quetzals, while its botanical offerings range from woodlands and rainforests, to exquisite orchids, delicate ferns, jungle vines and mosses.

### Day Itinerary

Today you will be picked up at your hotel for a transfer from the Arenal area to your Monteverde hotel, including a crossing of Lake Arenal by boat. Initially you will be transferred to Lake Arenal where you will board a boat to cross the southern end of the lake. There you will be picked up at the Rio Chiquito landing and driven overland to your Monteverde hotel, approx 2 ½ hour transfer. The lake crossing takes 1.5 hours less time than driving all the way around. Please be aware that strong winds or heavy rains can make for a rough, bumpy and wet boat ride. There are no docks.

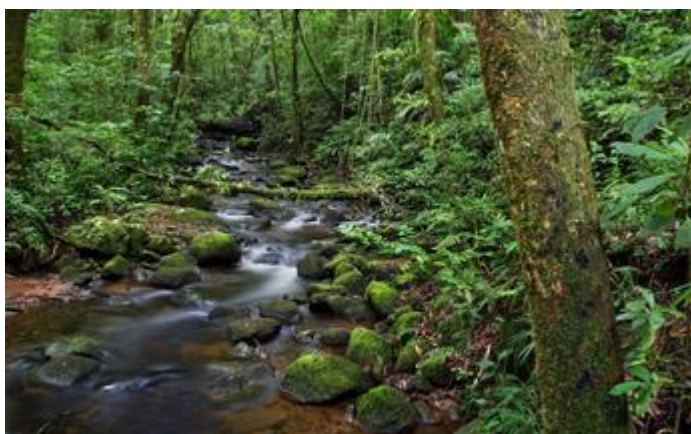
## Consultant Notes

Hotel Poco a Poco is perched up in the Tilaran Mountain Range in Monteverde, located close to the town of Santa Elena. Hotel & Spa Poco a Poco is the result of years of hard work and foresighted decisions; a nonstop process of improvement in quality and services. Guests may choose to enjoy the beautiful, heated, covered swimming pool and Jacuzzi; wet bar, workout room, beautifully kept gardens and common outdoor areas. The hotel's Spa is one of the highlights, with very affordable prices and a more natural style in treatments and products.

General services: 30 Rooms, Restaurant, Pool & Jacuzzi, Gardens, Spa, Wi-Fi, CST Certified

## Overnight: Hotel & Spa Poco A Poco

Hotel Poco A Poco Monteverde is strategically located 100 meters east of The Frog Pond in Monteverde. Its location offers opportunities to observe wildlife, mammals, beautiful birds as well as a variety of plants. The hotel boasts 30 deluxe rooms ranging from singles to doubles, triples and quadruples. All rooms are equipped with a telephone for international calls, an alarm clock, a coffee maker, iron, ironing board, a flat-screen TV with cable channels, a DVD player and safe deposit box. Other amenities offered are a restaurant, a bar and a spa.




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## Basis

Bed & Breakfast

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## Included

Breakfast.

Arenal to Monteverde Lake Crossing including pick-up at your hotel and transfer to the lake, boat ride across Lake Arenal connecting with a land transfer to your hotel in Monteverde. **\*\*Group basis\*\***

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## Excluded

Gratitudes.

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## Day 8: Hotel & Spa Poco A Poco, Monteverde Cloud Forest Reserve (Mon, 8 July)

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### Day Itinerary

Enjoy a visit to the Monteverde Cloud Forest Reserve. In the Puntarenas Province, the Monteverde Cloud Forest Reserve is one of the premier natural history destinations in Costa Rica. The forest is dominated by trees densely covered with mats of small plants known as epiphytes that include mosses, lichens, orchids, ferns and bromeliads. This cool, very green and often misty forest is home to a variety of wildlife. On your walk you may encounter monkeys, coatimundis, agoutis and numerous bird species such as Toucanets, Chlorophonias and seasonally the Bellbird and legendary crimson and green Resplendent Quetzal. Bring: hiking shoes, rain coat, camera, insect repellent.

The Selvatura Walkways Guided Tour is an easy hike on a 1.7 mile cloud forest trail and suspension bridges through and above the tree tops. Bring: hiking shoes, jacket, insect repellent and sunscreen. Includes: transportation, local guide & entrance fee.

### Activities

|         |                                 |
|---------|---------------------------------|
| Morning | Monteverde Cloud Forest Reserve |
| Morning | Selvatura Park                  |

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### *Monteverde Cloud Forest Reserve*

Known as the 'Forest in the Clouds', Monteverde is one of Costa Rica's key conservation areas, taking in six different ecological zones and home to a kaleidoscopic array of flora and fauna. Breathtaking walking trails traverse this mountainous reserve, while a network of canopy bridges are suspended in the tree tops overhead – both offering visitors the chance to experience its astonishing biodiversity. The park's menagerie of exotic wildlife includes jaguars, ocelots, three-wattled bell birds, bare-necked umbrella birds, and elusive, vividly coloured quetzals, while its botanical offerings range from woodlands and rainforests, to exquisite orchids, delicate ferns, jungle vines and mosses.

### *Selvatura Park*

Selvatura Park is a conservation area located in Monteverde with around 850 acres of protected land. Selvatura Park is an eco Adventure Theme Park dedicated to give visitors a chance to experience the cloud forest and enjoy its fun and adventurous activities.

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### Basis

Bed & Breakfast

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### Included

Breakfast.

Morning Monteverde Reserve nature walk including transfers, local guide and entrance fee. **\*\*Group basis\*\***

Afternoon Selvatura Natural History Walk including round trip transfers, local guide and entrance fee. **\*\*Group basis\*\***

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## Day 9: Si Como No Hotel, Manuel Antonio (Tue, 9 July)

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### Manuel Antonio

Neighbouring the spectacularly scenic 680-hectare Manuel Antonio National Park and situated along Costa Rica's Pacific Coast, the bustling beachside village of Manuel Antonio offers a variety of comfortable accommodation options for eco-explorers and adventurers who flock here to explore this beautiful area. The undeniable highlight is the adjacent Manuel Antonio National Park, Costa Rica's smallest national park, featuring lush bio diverse rainforests, mangroves, lagoons, offshore coral reefs, pristine white-sand beaches and abundant wildlife including over 100 mammal species and almost 200 bird species. Visitors can enjoy a variety of exciting activities including fishing, swimming, snorkelling, wildlife viewing, bird watching, hiking and relaxing on tropical beaches.

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### Day Itinerary

You will be picked up in Monteverde by one of our transport representatives for transfer to your hotel in Manuel Antonio. Transport service will be in a minivan with AC, approximately 4 hour transfer plus any stops on the way. Recently listed by Forbes Magazine as one of the 12 Worlds Most Beautiful National Parks, Manuel Antonio is a combination of lush forests, warm water, gorgeous beaches and abundant wildlife. Friendly monkeys, sloths, iguanas and colorful birds live in the park assuring plenty to see while hiking the parks easy trails.

### Consultant Notes

Si Como No Resort is a central-Pacific coast resort in the jungle-covered hills just above Manuel Antonio National Park. Si Como No expresses the magical nature of Costa Rica s incredible bio-diversity. It creates a vacation experience deeply rooted in the culture and pace of this unique Democratic country. Located in Manuel Antonio, a veritable treasure chest of natural beauty, Hotel Si Como No is surrounded by lush tropical rainforest, soft sand beaches and clear water rivers.

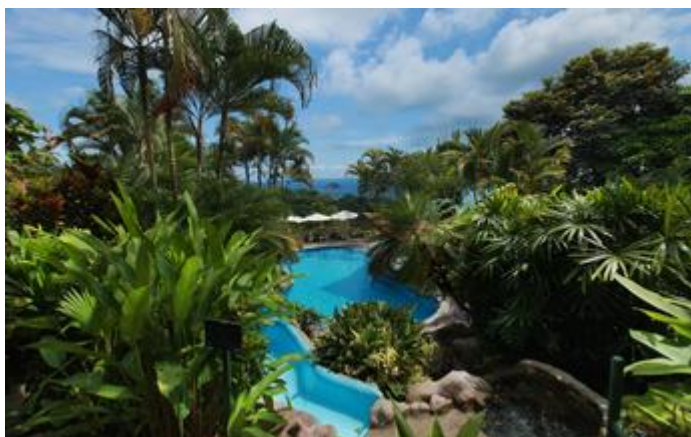
General services: 58 Rooms, Restaurant, Pools, Wifi, AC.

### Overnight: Si Como No Hotel

Located along Costa Rica's Central Pacific coast, Si Como No is a special Manuel Antonio Resort Spa and Wildlife Refuge that sits atop one of the most idyllic hillsides in Manuel Antonio. The resort's lush jungle terraces and brilliantly vivid gardens overlook the sparkling ocean just above world-renown Manuel Antonio National Park.

Si Como No strikes the perfect balance of design and comfort, connecting guests with the surrounding tropical forest of Manuel Antonio and the essence of the spirit of Costa Rica. Its 58 rooms are contoured into the jungle hillside across the property's ten acres.

Si Como No features two dining concepts, each a unique Costa Rica experience. The unsurpassed jungle terrace location of the Claro Que Seafood Grill & Wine Bar offers an elegant dining setting with fresh seafood and wine and cocktail selections of the region. For more casual dining, guests can try the Rico Tico Bar & Grill, famous for the Banana Flambé fire show, canopied dining area, and poolside service.




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### **Basis**

Bed & Breakfast

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### **Included**

Breakfast.

**Private** transfer from Monteverde to your hotel in Manuel Antonio, approximately 4 hour transfer.

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### **Excluded**

Gratitudes.

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## **Day 10: Si Como No Hotel, Manuel Antonio (Wed, 10 July)**

### **Day Itinerary**

The Manuel Antonio coastline with its 12 islands gives us the pick of numerous dive sites. Diving within the Manuel Antonio National Park, just a stone's throw from Quepos, the majority of our local dive sites are a maximum of 20 minutes from the port and we consider your experience, preferences and local conditions to guarantee your enjoyment. With scuba diving in Manuel Antonio, most of our dives are between 35 and 60 feet, though there are deeper sites for more experienced divers.

If you don't want to scuba dive then we have the option of coming on board the boat as a bubble watcher or snorkeler. You can have a guide in the water with you as well if you would like.

### **Consultant Notes**

All dives are guided by a PADI professional who has extensive knowledge and experience at our many dive sites so that you will see the most marine life and underwater formations. Dives typically last 45 minutes and you will see volcanic rock formations, with various hard and soft corals. We have an abundant marine life with schools of Snapper and Jacks, plus White Tip Reef Sharks, Angel Fish, Moorish Idols, Parrot Fish, Puffer Fish, Octopus, Eels, Crustaceans, Sea Turtles and in season (Dec – May) the giant Manta Ray. During your surface interval with Oceans Unlimited you can enjoy the beautiful views of the Manuel Antonio National Park Coastline.



## Activities

|         |                           |
|---------|---------------------------|
| Morning | Scuba Diving/ 2 Tank Tour |
|---------|---------------------------|

## Basis

Bed & Breakfast

## Included

Breakfast.

Scuba Diving/ 2 Tank including transfers, guide, equipment and snacks. **\*\*Group basis\*\***

## Excluded

Gratitudes.

## Day 11: Si Como No Hotel, Manuel Antonio (Thu, 11 July)

### Day Itinerary

Si Como No features two dining concepts, each a unique Costa Rica experience that will fit your budget and your appetites. The unsurpassed jungle terrace location of the **Claro Que Seafood Grill** offers an elegant dining setting with fresh seafood and the very best wine and cocktail selections in the region. For more casual dining, try the **Rico Tico Jungle Grill**, famous for its Banana Flambé fire show, canopied dining area, and poolside service. Both restaurants offer a warm, engaging wait staff whose service standards are unsurpassed in Pura Vida charm and personalized attention.

**The Claro Que Seafood Grill**, now re-located next to **Regalame Gallery and Gift Boutique** on the main street level, offers fresh Costa Rican seafood in a spectacular setting overlooking the tropical forest and Pacific coastline. Think upscale dining in a casual setting, incorporating local tropical ingredients and Costa Rican recipes to create a unique culinary experience and live music on selected evenings.

For wedding parties and other special events up to 80 guests, **Las Terrazas Con Mucho Gusto's** multi-terrace protected venue—with staging areas above the pool, full bar and group menu options with panoramic ocean view jungle terraces.

### *At Leisure*

You have no set engagements at this time.

## Basis

Bed & Breakfast

## Included

Day at leisure/ optional tours available at additional fee.

**Excluded**

Gratitudes.

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**Day 12: End of Itinerary (Fri, 12 July)**

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**Day Itinerary**

Pick up at your hotel for a departure transfer to the San Jose International Airport for your international flight. Check in 3 hours prior to your scheduled flight time.

**Basis**

Bed & Breakfast

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**Included**

**Private** transfer from Manuel Antonio to San Jose International Airport, approx. 3 hour transfer. Check in at airport is 3 hours.

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**Excluded**

Gratitudes.

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## Transport

### Transfers

| Date   | Company | Pick Up                                     | Drop Off                                    | Time | Vehicle  |
|--------|---------|---|---|------|----------|
| 1 Jul  |         | Juan Santamaria International Airport [SJO] | Park Inn by Radisson San Jose               |      | Transfer |
| 2 Jul  |         | Park Inn by Radisson San Jose               | La Pavona Dock                              |      | Transfer |
| 4 Jul  |         | La Pavona Dock                              | Guapiles                                    |      | Transfer |
| 4 Jul  |         | Guapiles                                    | Hotel Arenal Manoa                          |      | Transfer |
| 7 Jul  |         | Hotel Arenal Manoa                          | Aventuras Arenal Lake Crossing              |      | Transfer |
| 9 Jul  |         | Hotel & Spa Poco A Poco                     | Si Como No Hotel                            |      | Transfer |
| 12 Jul |         | Si Como No Hotel                            | Juan Santamaria International Airport [SJO] |      | Transfer |

### Voyage Information

| Date  | Boat   | Agency | Departure Port                 | Time | Arrival Port            | Time | Class | Ref |
|-------|--------|--------|--------------------------------|------|-------------------------|------|-------|-----|
| 2 Jul | Cruise |        | La Pavona Dock                 |      | Evergreen Lodge         |      |       |     |
| 4 Jul | Cruise |        | Evergreen Lodge                |      | La Pavona Dock          |      |       |     |
| 7 Jul | Cruise |        | Aventuras Arenal Lake Crossing |      | Hotel & Spa Poco A Poco |      |       |     |

### Urgent Contact Numbers

| Company Name         | Telephone       | Email Address             | Contact Person  |
|----------------------|-----------------|---------------------------|-----------------|
| Costa Rica Sun Tours | (506) 2296-7757 | dmatarrita@crsuntours.com | Daisy Matarrita |

### Service Provider Directory

| Service Provider               | Ref. Number | Telephone      | Address                            |
|--------------------------------|-------------|----------------|------------------------------------|
| Aventuras Arenal Lake Crossing |             | +506 2479 9133 | La Fortuna, San Carlos, Costa Rica |
| Evergreen Lodge                |             | +506 2222 6841 | San José,<br>Costa Rica            |

|                               |                |  |
|-------------------------------|----------------|--|
| Hotel & Spa Poco A Poco       | +506 2645 6000 | Puntarenas Province,<br>Monteverde,<br>Costa Rica                        |
| Hotel Arenal Manoa            | +506 2479 1111 | La Fortuna<br>Alajuela,<br>Costa Rica                                    |
| Park Inn by Radisson San Jose | +506 2521 5840 | Ave 6<br>Street 28 494-1007<br>San Jose Costa Rica                       |
| Si Como No Hotel              |                | Manuel Antonio Road KM 4<br>Puntarenas Province<br>Quepos<br>Costa Rica. |

## Travel Information



Visitors to the Republic of Costa Rica will find that despite its small size, the country has an incredible number of attractions and activities to offer. Five per cent of the world's biodiversity can be found within Costa Rica's borders and great efforts have been made to preserve this rich resource; protected national parks make up almost 25% of the land – more than any other country in the world. From fishing and surfing to white water rafting and exploring volcanic regions, Costa Rica is the perfect playground for nature lovers and adventures seekers alike.

### *Banking and Currency*

#### **Currency**

Costa Rican Colón (CRC; symbol ₡) = 100 centimes. Notes are in denominations of ₡50,000, 20,000, 10,000, 5,000, 2,000 and 1,000. Coins are in denominations of ₡500, 100, 50, 25, 20, 10 and 5. US dollars are also widely accepted.

The import and export of local and foreign currency is limited to US\$10,000. Amounts above this must be declared upon arrival.

Currency exchange facilities are available at banks and bureaux de change. Some hotels may also change money. Additionally, small stores will allow visitors to pay for goods in US dollars (small notes US\$20.00, US\$10.00) and receive change in colones. We highly advice not to exchange currency at the airports bureaux de change, they always give you a very low exchange rate; try to use always banks or hotel cashiers.

#### **Banking**

Banking hours: State banks Mon-Fri 09h00-15h00. Private banks Mon-Fri 08h00-16h00.

Diners Club, MasterCard and Visa credit cards are all accepted; American Express slightly less so. Many banks will only process MasterCard for cash credits. Cash may be the only form of payment in smaller towns and rural areas but many places will take US dollars, giving change in colones.

ATMs are common throughout the cities and small towns. They will usually accept foreign cards but in some regions only Visa cards are accepted. Occasionally, paying with credit cards may not be possible for technical reasons. Bringing a good supply of US dollars in cash is advised, as many things such as entrance fees to national parks or meals at restaurants, can be paid for with US dollars.

Although travellers can avoid additional exchange rate charges by taking traveller's cheques in US dollars, fewer and fewer businesses in Costa Rica are willing to accept them, and it is better to use the ATM.

### *Travel, Transport and Getting Around*

SANSA ([www.flysansa.com](http://www.flysansa.com)) operates services between San José and provincial towns and tourist resorts, including Tortuguero, Tamarindo, Quepos and Golfito. A number of companies also provide internal charter flights using different plane sizes. Much of Costa Rica is riddled with challenging roads, so if you can afford to fly then it will make your life a lot more comfortable.

Costa Ricans drive on the right side of the road. The quality of the roads in Costa Rica is, for the most part, not great. Stretches of the Pan-American Highway leading to and from the major cities tend to be okay, but the rest is a mix of dust, gravel, potholes and perilously mountainous roads. Be very careful driving – especially if you're in a hired car and want to get your deposit back – and if you're a nervous driver then consider public transport instead. You must be over 21 to hire a car, and though an international driver's license is safest, you are likely to be able to use a full license from your own country. You will need a credit card for the deposit, which will cost at least as much as the car hire but which you will hopefully get back.

There are many different car hire companies in Costa Rica, predominantly in San José and at the main airport, but it is advisable to either book a car through a local travel agency or to be exceptionally careful to note and confirm any damage or scratches to the vehicle before you drive off. Also ensure that the vehicle comes with a spare tyre – a decent one! – and a jack, because Costa Rica's roads are such that you may well need one.

A speed limit of 80kph (55mph) is enforced on most highways. However, Costa Ricans are notoriously dangerous drivers who pay little heed to speed limits and traffic regulations. Be careful going through towns, as the speed limit drops. If you speed or drink drive the Costa Rican police can fine you heavily, so it is suggested that you don't do anything to antagonise them and, if you are pulled over, be extremely nice. Never try and bribe them. Use of seat belts is mandatory.

Taxis are numerous and inexpensive in San José. The taxis are coloured red (except those serving the Juan Santamaría International Airport, which are orange). Taxis are usually metered, but few drivers use the meters as they figure they can extract more money from tourists by not doing so. Make sure they put it on and that it hasn't already been running, or ask your hotel concierge how much a fare should be, and negotiate with the driver to an agreed amount before setting off.

Public transport via road in Costa Rica ranges from the large coach companies such as the Tica Bus ([www.ticabus.com](http://www.ticabus.com)) and Transnica (506 2223 4242; <http://transnica.com>), which are comfortable and air-conditioned, to tiny little shuttle buses in the Nicoya Peninsula, where they pack you in and jolt you around for hours. Bus travel, however long and potentially frustrating, is inexpensive and often quite fun.

Train lines are now limited to two commuter routes: from Heredia to San José, travelling only at peak times and taking half an hour; and from Pavas via San José and San Pedro to Curridabat, running only hourly in the morning and evening.

### *Food, Drink and Cuisine Advice*

Costa Rica is not a major foodie destination, but what it lacks in sophistication it makes up for in choice.

The Caribbean coast tends to be more influenced by the island nations. Jamaican-style jerk chicken is a staple; rice and beans (gallo pinto) are ubiquitous, but more likely to be prepared with coconut milk; and curry spices feature heavily as ingredients, creating dishes with a very distinct flavour from their counterparts on the Pacific coast.

The Costa Rican diet is fairly healthy with low use of dairy or high-fat dishes. Fresh fruits and vegetables make up a high proportion of meals, while pork, chicken and beef are the most popular meats. Seafood is available throughout the country, particularly in coastal regions, with sea bass being the most common fish on menus.

Mains water is normally heavily chlorinated and, whilst relatively safe to drink, may cause mild abdominal upsets. Drinking water outside main cities and towns may be contaminated and sterilisation is advisable. Bottled water is available and is advised for the duration of the stay, especially for those who are liable to sensitive stomachs. Milk is pasteurised and dairy products are safe for consumption. Local meat, poultry, seafood, fruit and vegetables are generally considered safe to eat.

### *Climate and Weather*

In the Central Valley, where the main centres of population are located, the average temperature is 22°C (72°F) and the region enjoys a spring-like climate year round. In the coastal areas, the temperature is much hotter and humid, while the Pacific Northwest can be extremely hot and dry. The rainy season starts in May and finishes in November, although there are distinct regional variations. June and July are the wettest months, particularly on the Caribbean side, but the season can run from May until December. The 'warm' dry season is December to May, though temperature differences between summer and winter are slight. March is the height of the dry season, and the humidity is lower at this time, making this a popular time for visitors.

### *Clothing and Dress Recommendations*

Lightweight cotton and linen clothing is recommended for most of the year with warmer clothes for cooler evenings. Waterproofing is necessary during the rainy season. Loose-fitting clothing is best. Wear neutral browns and greens for birding and wildlife viewing. Always bring mosquito repellent for both day and night.

### *Electricity and Plug Standards*

Electric sockets in the Republic of Costa Rica are Type B (NEMA 5-15) and/or Type A (NEMA 1-15). If your appliance's plug doesn't match the shape of these sockets, you will need a travel plug adapter in order to plug in. Travel plug adapters simply change the shape of your appliance's plug to match whatever type of socket you need to plug into. If it's crucial to be able to plug in no matter what, bring an adapter for all three types.

Electrical sockets supply electricity at 120 volts AC / 60 Hz frequency. If you're plugging in an appliance that was built for 220-240 volt electrical input, or an appliance that is compatible with multiple voltages, then an adapter is all you need. If your appliance isn't compatible with 120 volts, a voltage converter will be necessary.

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## Terms and Conditions

### Itinerary Terms and Conditions

<https://www.crsuntours.com/terms-and-conditions/>

Please note:

- All persons entering Costa Rica must have a passport valid for 6 months past the date of entry.
- Baggage limit per person for flights within Costa Rica: Sansa: 40 lbs (18 kg); charter flights: 25 lbs (12 kg).
- Any changes or cancellations made to these services while in Costa Rica are at the traveler's expense.
- No refunds will be given for unused services as per our terms and conditions.
- Costa Rica Sun Tours terms and conditions apply.
- Travelers are encouraged to take out travel insurance.