

COSTA RICA

A fully customized Itinerary for
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Arenal Volcano

DATES:

DAY	DATE	OVERNIGHT	HOTELS	MEALS	HIGHLIGHTS
1		SAN JOSE	Hotel Presidente		Arrival meet and hotel transfer
2		SAN JOSE	Hotel Presidente	BLD	Intro lecture: Costa Rican business environment: Two visits to local businesses. Eve meal / show
3		MONTEVERDE	Monteverde Lodge	BLD	Drive Monteverde. PM half day tour: <i>Finca Ecologica Wildlife Preserve</i>
4		MONTEVERDE	Monteverde Lodge	BLD	Full day tour: <i>Monteverde Cloud Forest Reserve. Canopy Walk and Zip Line Excursion</i>
5		ARENAL VOLCANO	Volcano Lodge Arenal	BLD	Visit Costa Rican business in Monteverde. Drive Arenal
6		ARENAL VOLCANO	Volcano Lodge Arenal	BLD	Full day tour: <i>Arenal National Park. Hike & Hanging Bridges</i>
7		TORTUGUERO	Tortuga Lodge	BLD	Drive to Caribbean coast. Visit Banana Plantation Production operation. <i>4h boat trip to Tortuguero</i>
8		TORTUGUERO	Tortuga Lodge	BLD	Full day tour: <i>Electric boat excursion. Caribbean Conservation Center. Night Turtle visit</i>
9		SAN JOSE	Hotel Presidente	BLD	Fly San Jose. Visit Britt Coffee Plantation. PM at Leisure
10		SAN JOSE	Hotel Presidente		Two visits to local businesses.
11		FLY			Transfer to airport

THE ITINERARY IN DETAIL

Day 1: SAN JOSE *Meet and arrival hotel transfer*

On our arrival at San Jose's Juan Santamaria International Airport we are met and transferred to our Central Valley area hotel. The remainder of the day is at leisure. Overnight [Presidente Hotel](#) (or similar)

Day 2: SAN JOSE *Intro Lecture. 2 company visits. Evening meal & Cultural show*

After breakfast we have an *Introduction Lecture*: Our speaker is Alejandro Urbina, ex editor in chief of Costa Rica's premier newspaper, La Nacion. Mr. Urbina will give us an overview of Costa Rica and offer an informal questions and answers format (time and location to be confirmed). We will have an opportunity to learn of Costa Rican history and the development of industry and resources, and place Costa Rica's contemporary business environment into a relevant frame of reference. After some time for lunch, we depart for the first of two business visits of the day. (details - company, visitation etc. to be confirmed) In the evening we have included a meal and music / cultural show. Overnight [Presidente Hotel](#) (or similar) Meal Plan: breakfast, lunch, dinner

Day 3: MONTEVERDE *Drive Monteverde. HD tour Finca Ecologica Preserve*

After some first class coffee at breakfast, we depart for the 3.5h drive to *Monteverde*. We take the Pan-American Highway north for the first 2.5 hours then turn west (right) and drive inland on winding tarmac and gravel roads for the last hour. En route we stop for lunch (not included). The views are picturesque - of quiet hillside pastures with the Gulf of Nicoya in the distance. We reach Monteverde with its refreshingly cool climate early afternoon. After checking into our hotel we depart for a Half Day guided tour of *Finca Ecologica*, a 75 acre private wildlife preserve where we walk the trails viewing wildlife. This lush environment hosts abundant bird life, sloth, agoutis, and coatimundis. After our tour we return to the hotel. Overnight [Monteverde Lodge](#) (or similar) Meal Plan: breakfast, lunch, dinner

Day 4: MONTEVERDE *FD tour: Cloud Forest Reserve. Canopy Walk and Zip Line*

Today we take a guided naturalist hike into the unique *Monteverde Cloud Forest Reserve*. The Reserve extends down both slopes of the Tilaran Mountains (elevation 2,300 to 5,600 feet), encompassing eight different ecological zones and protecting over 100 species of mammals, 400 of the approximately 850 species of birds in Costa Rica, and 1,500 species of plants. Depending on luck and patience, from January to July we may observe the Resplendent Quetzal, the Three-wattled Bellbird, the Emerald Toucanet, and White Faced and Howler monkeys in their natural habitats. We return to the lodge around mid-day for free time to purchase our own lunch before departing for our Canopy Walk & Zip Line Excursion (zip line optional). The canopy walk through Costa Rica's cloud forest offers an opportunity to view wildlife un-viewable from the ground. We travers 3k of Tree Top Walkways via eight canopy bridges of various lengths – 150 to 510 feet (50-170m) and at altitudes of between 36 to 180 feet (12- 60 m). For those who wish, some of the world's best zip line experiences are available, and there is time here to take advantage of this after returning from the canopy walk (zip line not included - pay as we go). Overnight [Monteverde Lodge](#) (or similar) Meal Plan: breakfast, lunch, dinner

Day 5: ARENAL *Drive Arenal. Visit Costa Rican business in Arnal*

This morning after breakfast we leave Monteverde and drive 4 hours to the Arenal Volcano, passing picturesque towns and villages, and skirting the north end of Lake Arenal. We stop for lunch en route (not included). The views of the volcano in good weather are stunning. This evening as the sun goes down, we watch what is to all intents and purposes a dramatic firework display as explosions cause lava to spill over the crater rim. In the afternoon we visit to a small Costa Rican business in Arenal (details - company, visitation etc. to be confirmed). Overnight [Volcano Lodge](#) (or similar) Meal Plan: breakfast, lunch, dinner

Day 6: ARENAL *Full day tour: Arenal National Park. Hike & Hanging Bridges*

Today we grab our hiking shoes and head out with our naturalist guide to experience the rain forest canopy from the amazing aerial perspective provided by the Arenal Hanging Bridges. This system of bridges are located in a 618 acre reserve, threading their way through the rainforest surrounding the

volcano. We traverse the 15 bridges ranging from 5-100 meters in length, and look for White hawks, Great curassows, Rufous motmots, Howler monkeys, Spider monkeys, coatimundis, sloth, and White-collared peccary. (The bridges made of aluminum, galvanized steel, and concrete ensure maximum safety for visitors.) Soothe tired muscles with an afternoon soak in the Hidalgo Family Hot Springs followed by a typical Costa Rican dinner. Overnight [Volcano Lodge](#) (or similar) Meal Plan: breakfast, lunch, dinner

Day 7: TORTUGUERO *Drive to Caribbean coast. 4h boat trip to Tortuguero*

After an early breakfast we depart on a particularly scenic drive to the Caribbean coast. We pass many banana plantations - Costa Rica's primary crop before the introduction of coffee provided a suitable crop for export. We make a brief stop at one of these plantations to view production methods. When we reach the coast we board a motorized boat and spend several hours winding through the languid tropical rivers and canals of Tortuguero's lowland rain forest. Tortuguero National Park preserves 51,870 hectares of tropical rain forest, one of the last large areas of tropical rain forests in Central America. On arrival at Tortuguero we check into our hotel. Overnight [Tortuga Lodge](#) (or similar) Meal Plan: breakfast, lunch, dinner

Day 8: TORTUGUERO *FD tour: Boat trip. Caribbean Conservation Center. Night Turtle visit*

Today we depart on a full day exploration of the forest by boat. We glide quietly through the canals in an electric powered boat with our local Tortuguero guide. We also visit the *Caribbean Conservation Center* to learn more about tracking migrating turtles by satellite, the turtle adoption program, and the Atlantic Green sea turtle. In season (July through October), a night beach walking tour allows visitors to witness the sea turtles nesting behavior. Overnight [Tortuga Lodge](#) (or similar) Meal Plan: breakfast, lunch, dinner

Day 9: SAN JOSE *Fly San Jose. Visit Britt Coffee Plantation. PM at leisure*

Glimpse Tortuguero's twisting waterways and the rest of Eastern Costa Rica from the air as your 30 minute plane ride takes you back to San Jose. Visit the *Britt Coffee Plantation* and discover coffee's vital role in forging Costa Rican democracy and cultivating a national identity around their hard-working, peace-loving, friendly, environmentally conscious people. Packed with tips and tricks, the coffee tour demonstrates how to properly store coffee, brew a perfect cappuccino, and distinguish good coffees from great ones. The afternoon is at leisure in San Jose. Overnight [Presidente Hotel](#) (or similar) Meal Plan: breakfast, lunch, dinner

Day 10: SAN JOSE *Visit two local businesses*

After breakfast we depart to visit two Costa Rican business. (details - company, visitation etc. to be confirmed). The remainder of the day is at leisure. This evening we enjoy a farewell meal at the hotel. Overnight [Presidente Hotel](#) (or similar) Meal Plan: breakfast, lunch, dinner

Day 11: FLY *Transfer to airport*

This morning we pack our bags and departing for the airport in time to arrive approximately two hours before our scheduled international flight. Meal Plan: breakfast

PLEASE NOTE:

25 LB. PER PERSON BAGGAGE WEIGHT LIMIT ON DOMESTIC FLIGHTS AND SMALL BOATS

There is a 25 lb. per person baggage weight limit per person for transportation on domestic airline flights and small boat trips. The airline and boat operators enforce these limitations on your checked baggage for safety reasons. You and your small carry-on bag will be weighed separately. To comply with these requirements, we suggest that you repack only the items needed for the portion of your itinerary that includes these modes of transportation, and leave other items behind in storage. We are returning to the same San Jose area hotel, and will simply request to store your excess luggage at the hotel. OR, we will give your extra baggage to the transfer driver to be stored by the ground operator. We will request that your luggage be brought to you upon your pick up and return transfer from the plane or boat portion of your trip. Our service guide in Costa Rica can answer any additional questions regarding this policy.

Included Services

- Meet and arrival transfer
- Fully escorted by local guide day 1-11
- 4 nights Hotel Presidente
- 2 nights Monteverde Lodge, Deluxe room
- 2 nights Volcano Lodge, Arenal, Junior Suite
- 2 nights Tortuguero Lodge, Tortuguero
- All breakfasts, lunches, and evening meals as specified in the program
- Private transportation from day 1 till day 11
- Traditional dance show, day 2
- Visit to Finca Ecologica Wildlife Preserve on day 3
- Visit to Monteverde cloud forest on day 4
- Visit to Hanging bridges – Selvatura Monteverde on day 4
- Optional Canopy walk
- Arenal hike on day 6
- Visit to Hanging bridges Arenal on day 6
- Visit to Eco Termales hot springs on day 6
- Visit to Tortuguero Village on day 7
- Tortuguero Canal tour on day 8
- Visit to the Conservation Center on day 8
- Turtle sightseeing at night on day 8
- Introduction Lecture: Alejandro Urbina, ex editor in chief, La Nacion
- Company visits
- Flight: Tortuguero to San Jose included
- International airfare
- Gratuities for scheduled service providers
- Departure taxes

Not Included

- Personal expenses for meals not included, drinks , souvenirs etc
- Optional tours and activities
- Passport
- Other expenses not mentioned (e.g. airport parking, excess baggage, etc.)