

Arenal Volcano & Monteverde Rainforest Adventure

5-Night Post-Cruise Land Tour

Costa Rica's exotic interior of volcanoes and rainforest are yours to explore—by hike, canopy tour, and river raft.



DAY 1 Monteverde

Arriving in port along Costa Rica's Pacific coast, you'll be warmly welcomed and transferred to Monteverde where birds and biodiversity share the spotlight. Explore the delicious fruits of labor in this high-elevation, coffee-growing region with a tour and tasting at a coffee plantation. As the sun sets, experience the after-dark-magic in the Children's Eternal Rain Forest—Central America's largest private reserve—where over 50,000 acres have been dedicated to conserving and rehabilitating tropical ecosystems. With your flashlight, and the help of a guide, uncover unusual nocturnal creatures and their habitats. Check in at *El Establo Hotel* (or similar), then meet in the dining room for dinner and a briefing from your guide, who sets the stage for your Costa Rican land adventure days ahead. Afterwards, hit the pillow and be lulled to sleep by the sounds of "night life" in the heart of the cloud forest. (L,D)

DAY 2 Monteverde

It's a once-in-a-lifetime adventure in the cloud forest! At Selvatura Park, the wildlife—toucans, sloths, howler monkeys, capuchins, tapirs, toads, and frogs—is active early, and you will be, too. Up in the canopy, take to the tree tops walking across bridges spanning 150' to 510', and later, with appropriate harness and gear, zip from tree-to-tree on a cable tour. Unleash your inner Tarzan "whooping!" and swooping on an optional big swing! A guided stroll in a butterfly farm reveals over 20 species; and during time on your own in the hummingbird garden, the many buzzing birds amaze. In Santa Elena, have lunch at a local restaurant then relax with time to explore the town on your own. (B,L,D)



DAY 3 Monteverde

Enjoy the Monteverde Cloud Forest Reserve. Start out early and hike along the forest floor passing massive, moss-covered trees and Eden-like waterfalls. Along with excellent hikes, keep watch in the trees for the resplendent quetzal. A scenic drive brings you to Arenal Lake for a boat crossing offering your first stunning views of Arenal Volcano. Check in to the spa-like *Arenal Springs Hotel* (or *Arenal Manoa Hotel* or similar) for the two nights. (B,L,D)



DAY 4 Arenal Volcano National Park / La Fortuna

A photographer's dream, Arenal's symmetrical cone stretches nearly 5,500' above lush jungle. Once fully covered by a canopy of green, this sleeping giant awoke in 1968. See the many sides of the "Mountain of Fire" on a hike along its base traversing dense forest and the paths of old lava flows where life is still recovering. Experience the land of pura vida by visiting a working, family farm. Learn about the milling of sugar cane and join in by helping to make tortillas, plant a tree, harvest vegetables, or even milk a cow. Then relax over an organic lunch prepared with products from the farm cooked on a woodstove. And during a school visit, students treat you to dance and music performances. There'll be time in the afternoon to stroll about the town of La Fortuna on your own. Back at the hotel, savor some leisure time strolling the hotel's gardens, swim in one of the pools, soak in the therapeutic springs, or simply sit back with a cold beverage and take in the stunning views of the volcano. (B,L,D)

*School visit not available during school holidays - December 10-February 2, 2020; July 4-12, 2020

DAY 5 Sarapiquí River / La Fortuna

After a delicious breakfast and a scenic drive, arrive at the Sarapiquí River for lunch and an exhilarating, guided river rafting adventure*. With rapids by the names of Las Pilas (the Washing Board) and Montaña Rusa (the Rollercoaster), this Class II-III river will have you hooting and hollering all along the 13km run! From the river, it's a pretty drive to San José where you'll check in to the *DoubleTree by Hilton Hotel Cariari*. (B,L,D)

*Children must be 9 years of age or older to participate in rafting excursion.

DAY 6 San José, Costa Rica - Depart

Enjoy breakfast before your transfer to the airport for your flight home.

2019-20 RATES

DOUBLE: \$2,625

SINGLE: \$3,095

Prices per person. in USD. Valid for travel:

Nov 2019-Apr 2020

Triple pricing available on request.

INCLUDED: Meet & greet, airport/hotel/vessel transfers, baggage handling, "Standard" room accommodations and meals, tours & entrance fees as outlined in itinerary, taxes. **NOT INCLUDED:** Flights to/from home city, gratuities, personal expenses, services & meals not listed in itinerary.

Deposit Payment: A minimum of 50% non-refundable deposit is required at the time of booking. **Final Payment:** Due 60 days prior to stay/ beginning of extension. **Cancellation Policy:** After final payment, cancellations for any reason are subject to a penalty. Penalties vary depending on package. Cancellations at 30 days or less are nonrefundable.

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B=Breakfast, L=Lunch, D=Dinner

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