


COSTA RICA & PANAMA - HIGHLIGHTS OF COSTA RICA



| TRIP CODE |
|---|
| CRTSCLA |
| DURATION |
| 9 Days |
| LOCATIONS |
| Costa Rica |
|  |

INTRODUCTION

Costa Rica is a wildlife lover's paradise and Chimu gives you the chance to get back to nature with this 9 day classic itinerary exploring some of the amazing highlights. Starting in the capital San Jose, we make our way to Tortuguero national park which is famed for its diverse and vibrant wildlife including jaguars, manatees, caimans, monkeys and sea-turtles. Roughly translated, Tortuguero means land of the turtles and one trip to the beach in nesting season will make you realise why!

Next we depart to the majestic, and still active, Arenal volcano. Here we will have a hike to the base lookout which gives stunning views of the volcano and surrounding lake.

The journey ends with a trip to the Monteverde cloud forest. Sitting at over 1,400 metres above sea level, this spectacular rain forest is world renowned for its misty views, rolling hills and hundreds of diverse plant and animal species. We will tour the reserve with a specialist guide before ending the tour back in the capital, San Jose.

ITINERARY

DAY 1: Arrival transfer in San Jose

On arrival, please make your way through to the Arrivals Hall where our representative will be waiting for you to transfer you to your hotel. He/she will be holding a sign with your name on it. Should you not be able to locate them, please refer to the front of your itinerary for emergency contact details of our representative office.



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DAY 2: Arrival to Tortuguero

After an early departure from San Jose, driving through the spectacular Braulio Carrillo National Park, stop in Rio Danta private restaurant for a delicious typical breakfast. The bus ride continues through banana plantations to the pier. A two-hour boat ride through the canals will take you to Mawamba Lodge... just in time for lunch. In the afternoon, guided visit to the small town of Tortuguero is included. Before dinner, free time to enjoy the pool or just to relax in a hammock. Dinner is served in the pool restaurant from 7:30 pm. From July to September Optional night tour (not included in the package) to observe the turtle nesting.



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DAY 3: Mawamba Park & Tortuguero Canals

After breakfast, explore the Mawamba Park. This guided visit includes the butterfly farm, the frog farm and garden, the iguana farm, the biodigestor combined with a nice walk along the lodge's private trails. Lunch is included at the pool restaurant. In the afternoon, enjoy a boat tour in the Tortuguero Canals. Tortuguero is a network of navigable lakes, rivers and canals (both natural and man-made) that are used for transportation and are a great place for observing local wildlife such as birds, monkeys, two and three-toed sloths, American crocodiles and caimans. The Park also provides shelter to endangered animals such as manatees, tapirs and jaguars. Free time before dinner is served.



DAY 4: Tortuguero - Arenal

After breakfast, shared boat transfer back to the pier, where the trip will continue by bus to your next destination. Lunch is included in Rio Danta Restaurant. Next destination Arenal (272km//4 hours)



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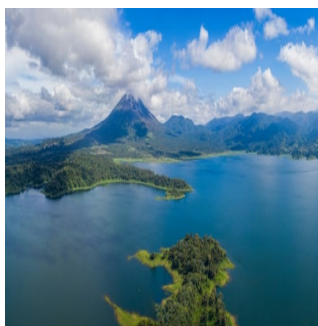
DAY 5: Arenal Day Tour

Today you will have a full morning at leisure to enjoy the area and the optional activities available in the Arenal region. In the afternoon, enjoy a shared tour to Arenal Volcano National Park and then relax your body into the hot springs w/dinner included.



DAY 6: Monteverde

After breakfast at the hotel, you will take a shuttle transfer to Monteverde via Arenal Lake. On arrival, check into your hotel and the remainder of the day is then free at leisure. Monteverde is a Quaker settlement in the mountainous northwest of Costa Rica. Nearby, the stunningly beautiful Monteverde Cloud Forest Reserve houses 2.5% of the world's biodiversity and is home to thousands of species of plants and animals including jaguars and ocelots as well as over 400 species of birds, including the colourful resplendent quetzal. There are many trails that lead through the ferns and orchids and hanging bridges that allow you to experience the forest canopy.



DAY 7: Monteverde Reserve Half Day

Visit the Monteverde Cloud Forest Reserve. Enjoy a nature tour through this renowned reserve with a local professional naturalist guide. Visit the Golden Toad's unique habitat, see birds like the Resplendent Quetzal (the most beautiful bird of the Americas), the Three-wattled Bell Bird, and the Black Faced Solitaire. Admire trees like the Strangler Figs, Avocados and Cecropias. Includes transfers.



DAY 8: Shuttle Monteverde - San Jose

Shuttle transfer from Monteverde to San Jose.



NO IMAGE
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DAY 9: Departure transfer

You will be collected from your hotel at the appropriate time and transferred to the airport for your onward flight.



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INCLUSIONS & DETAILS

| | |
|----------------------|---|
| Accommodation | Hotel |
| Inclusions | Accommodation with breakfast everyday Tours as stated on the itinerary Airport transfers Meals where specified Exclusions Visa fees (if applicable) Meals not specified Airport tax (if applicable) Personal expenses Optional activities not mentioned in itinerary Gratuities for staff/guides |
| Difficulty Rating | 1 easy |
| Single Surcharge | Available upon request |
| Notes | Contact us for more details |
| Price Dependent upon | Season and availability |

SUSTAINABILITY

Chimu Adventures undertakes a number of sustainability measures within its operations including:

- 1) Only using local guides and office staff to both maximise local employment opportunities and minimise carbon footprints. Local guides also ensure you benefit from the intimate knowledge, passion and culture of the country you’re visiting.
- 2) Where possible, using locally owned and operated boutique hotels to maximise the

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return to the local community.

3) Chimu's "Pass it on" programme has provided funding to hundreds of local community projects in Latin America. Our aim is to empower local communities, helping them to develop their own infrastructure for the future. Since 2006, we have been working with Kiva (a well-known Non-Governmental Organisation), providing hundreds of loans to local businesses all over South America.

4) In our pre tour information we provide a range of tips and advice on how to minimise your impact on both local environments and communities.

5) Chimu Adventures' offices also take a number of sustainability measures including carbon offsets for company vehicles and most staff travel. Chimu Adventure's internal processes are also structured to create a paperless office and to reduce waste. There are also internal programmes to help staff minimise their carbon footprint such as our staff bike purchase assistance plan which encourages office staff to commute to work via bicycle. Currently almost half of our office based staff commute to work via bicycle.

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