

COSTA RICA - SIMPLY COSTA RICA



INTRODUCTION

Costa Rica is a natural wonderland of rainforests, cloud forests, volcanoes, beaches, natural hot springs and an immense biodiversity that includes spider monkeys, sloths, lizards, frogs, quetzals and countless other exotic birds, butterflies and insects. This 8 day tour introduces you to some of the country's highlights. Starting in the capital San Jose, head to the majestic and still active Arenal Volcano before exploring the beautiful Monteverde Cloud Forest with its rolling hills, mist-shrouded landscapes and huge diversity of plant and animal species. Then on to Manuel Antonio with its pristine beaches and rich wildlife before returning to San Jose.

ITINERARY

DAY 1: Arrival in San Jose

On arrival at San Jose Airport, you will be met and transferred to your hotel in San Jose. The remainder of the day and evening are at leisure. San Jose, the capital and largest city of Costa Rica, sits in the Central Valley region overlooked by volcanoes to the north and the Talamanca Mountains to the south. It is the cultural capital of Costa Rica, offering many museums including the Pre-Columbian Gold Museum that displays hundreds of gold artefacts. In the historic neighbourhoods of San Jose, Spanish colonial mansions have been converted into galleries, boutique hotels and restaurants.



TRIP CODE

CRTSCRB

DURATION

8 Days

LOCATIONS

Costa Rica



COSTA RICA - SIMPLY COSTA RICA

DAY 2: San Jose - Arenal

After breakfast at the hotel, you will take a shuttle transfer to Arenal where you will check into your hotel. The remainder of the day is at leisure. Arenal Volcano is one of Costa Rica's most notable natural features, with its picture perfect conical shape rising to 1,657m. It lies within the Arenal Volcano National Park in the northern lowlands region of the country. Since a major eruption in 1968, this volcano has been one of the most active in Costa Rica with mild, nearly continuous activity from its conical crater. Lava flows and clouds of smoke or ash can often be seen from the El Mirador viewpoint and there are hot springs in the area where you can relax in the mineral-rich pools of the natural geothermal river. Although this famous volcano has been quiet since 2010, it is still one of the most active volcanoes in Costa Rica, and one of the 10 most active volcanoes in the world.



TRIP CODE

CRTSCRB

DURATION

8 Days

LOCATIONS

Costa Rica



DAY 3: Arenal

After breakfast at the hotel, the remainder of the day is free for optional activities. You may like to explore Arenal Volcano National Park and hike through the secondary rainforest or take a tour to the Hanging Bridges, one of the greatest eco-touristic projects of Costa Rica where you can discover the rainforest surrounding the Arenal Volcano from an unrivalled perspective. Other options include a visit to one of the regions natural thermal springs such as Tabacon or maybe a floating safari.



DAY 4: Arenal - 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.



COSTA RICA - SIMPLY COSTA RICA

DAY 5: Monteverde

Breakfast is included at the hotel and the remainder of the day is free for optional activities. One option is a Cloud Forest Tour where you will explore some of the many trails that lead through the ferns and orchids. See the golden toad's unique habitat, look out for birds such as the resplendent quetzal (one of the most beautiful birds of the Americas), the three-wattled bell bird and the black-faced solitaire and see strangler figs, avocado trees and cecropias. Another option is a Canopy Tour. Cables and platforms are built into the cloud forest, allowing you to feel immersed within the forest canopy.



DAY 6: Monteverde - Manuel Antonio

Breakfast is taken at the hotel followed by a shuttle transfer to Manuel Antonio. After settling into your hotel, the remainder of the day is at leisure. Manuel Antonio is one of the most popular tourist destinations in Costa Rica due to its pristine beaches and rich wildlife.



DAY 7: Manuel Antonio

After breakfast at the hotel you are free to relax and enjoy the beach or explore Manuel Antonio National Park, either independently or with a naturalist guide. Manuel Antonio is one of the most popular National Parks in Costa Rica. Once an island, the park is now connected to the coast by a thin strip of land. Surrounded by beautiful blue green waters, pristine white sandy beaches meet the rainforest and the mountains. The National Park has a great system of trails that wind through the rainforest-lined tropical beaches and over rocky headlands with unforgettable views across the bay to the outer islands. The park is home to a rich array of wildlife including white-faced, mantled-howler and red-backed squirrel monkeys, two and three-toed sloths, racoons, coatis, iguanas and a number of species of birds. Playa Espadilla Sur and Playa Manuel Antonio are worthwhile beaches to visit. Playa Manuel Antonio is a picturesque half-mile long, white sand crescent that bisects deep green foliage to one side with a secluded cove to the other. Other options for the day include a Mangrove Boat Tour and Naranjo River Rafting (May to November).



TRIP CODE

CRTSCRB

DURATION

8 Days

LOCATIONS

Costa Rica



COSTA RICA - SIMPLY COSTA RICA

DAY 8: Manuel Antonio - San Jose

After breakfast, you will be picked up at your hotel and be transferred to the airport for your onward flight. **Please ensure that you book a late departure flight from San Jose.



TRIP CODE

CRTSCRB

DURATION

8 Days

LOCATIONS

Costa Rica



INCLUSIONS & DETAILS

Accommodation

Budget

Inclusions

Private transfer to/from airport
Shared transfer
1 night at Villa tournon Hotel
2 nights at Las Colinas Arenal Hotel
2 nights at Los Cipreses Hotel
2 nights at Casitas Eclipse Hotel
All hotel taxes

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

2 (light adventure)

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.

COSTA RICA - SIMPLY COSTA RICA

2) Where possible, using locally owned and operated boutique hotels to maximise the 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 structures 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.

TRIP CODE

CRTSCRB

DURATION

8 Days

LOCATIONS

Costa Rica

