

COSTA RICA & PANAMA - COSTA RICA ESCAPE



TRIP CODE

CRTSCRE

DEPARTURE

Enquire for exact departure dates

DURATION

7 Days

LOCATIONS

Costa Rica



INTRODUCTION

Join us on this seven day Escape to Costa Rica enjoying great hikes on the active Volcano of Arenal and in the Monteverde Cloud Forest, home to the endangered Golden Toad.

ITINERARY

DAY 1: San Jose

On arrival you will be transferred from the International Airport to Presidente Hotel. Enjoy the evening at your leisure.



DAY 1: San Jose

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.



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DAY 2: San Jose Walking Tour

Enjoy a morning sightseeing tour through Costa Rica’s capital San José. This is an excellent opportunity to learn about the history and culture of Costa Rica. Visit different parks, the heart of San José, churches and some of the government buildings. Later you will depart on a scenic ground transfer from San José to Arenal, located in the Costa Rican tropical rainforest where you will be amazed by the exotic flora and fauna. On the way to Arenal you will find the village of Zarcero, a farmer’s village and its Central Park with different garden figures which makes this park a charming place! Behind all the topiary is a wonderful rural church. This is a unique garden in Costa Rica, where for over 3 decades, Evangelisto Blanco, the park gardener, has been clipping and pruning Cypress bushes and hedges, into a whimsical garden of amazing creatures.



DAY 3: Arenal

After breakfast we suggest two options for touring: - Morning OPTIONAL tour: Arenal Volcano National Park (not included) - Afternoon OPTIONAL tour: Peñas Blancas Safari floating (not included). The natural hot springs at Los Lagos receive their water supply directly from pristine rainforest springs. They are natural looking hot tubs, strategically placed to receive the continuous flow of the hot fresh water, full of healthy minerals from the Arenal Volcano’s underground heat source.



DAY 3: Arenal

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.



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DAY 4: Lake Crossing from Arenal to Monteverde

After breakfast at the hotel you will depart on regular lake crossing transfer from Arenal to Monteverde. This is a scenic, fast and the newest way to travel between La Fortuna (Arenal Volcano Area) and the Monteverde area. You will be picked up at the hotel in La Fortuna for a 30 minutes microbus drive to the Arenal Lake Dam. There you will board a comfortable and safe pontoon boat for a 30-40 minutes (approx.) ride to Río Chiquito, a little town at the other side of the lake.



DAY 4: Monteverde

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 5: Explore Monteverde

After breakfast at the hotel we suggest two optional tours: - Morning OPTIONAL tour: Santa Elena Cloud Forest Tour - Afternoon OPTIONAL tour: Selvatura Hanging Bridges and Canopy Tour.



DAY 6: Monteverde to San Jose

Transfer from Monteverde to San Jose. Rest of the day is at leisure.



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DAY 7: Departure Day

After breakfast shuttle transfer from the hotel to the airport.



Inclusions & Details	
Accommodation	Hotels
Inclusions	Accommodation with breakfast everyday. Porters’ gratuities at airport. Private English speaking guide throughout the trip (unless indicated differently in the day by day program). Arrival transfer Ground transfer from San José to Arenal Regular Lake Crossing from Arenal to Monteverde Ground transfer from Monteverde to San José Shuttle departure transfer Tours and meals as per itinerary. Hotel taxes. One Oxo-biodegradable bottle of water per person (as part of our sustainable standards Exclusions Visa fees (if applicable) 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

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Notes	The operation of the program will always be subject to change due to weather conditions or nature, and Chimu Adventures can make any necessary changes in the daily schedule before arrival of clients or during their stay in country in order to guarantee safety and enjoyment of all services.
	Quoted transportation is based on the number of people taking the trip and considering that each person will bring along one suite case and a little carry on. If at time of arrival clients bring extra luggage and there is not enough space to place it in the coach luggage compartment, and a bigger bus is needed, the client will be responsible to cover the extra expense.
Price Dependent upon	Season and Availability.

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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 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.