



**Arenal Volcano**

## Costa Rica is Pura Vida!

*featuring Tortuguero, Sarapiquí,  
Arenal, Monteverde & Guanacaste*

**10 Days / 9 Nights**

**\$2,650-\$3,150**

*Price Varies with Group Size  
and Travel Dates*



**Tortuguero National Park**

### Day 1 Departure & San Jose Tour

Assemble and depart by **private motorcoach** for the airport for your **flight to San Jose, Costa Rica**. Arrive and have some time to get settled. Tonight, enjoy a **special welcome dinner and folklore show**, overlooking the city and central valley. **Overnight in the San Jose area.**

### Day 2 Tortuguero National Park

After **breakfast at your hotel** transfer by motorcoach and **riverboat through the jungle canals to Tortuguero National Park**, a vast tropical rain forest preserve. Check into your hotel and then **visit Tortuguero town**. **Dinner and overnight in Tortuguero.**

### Day 3 Tortuguero National Park

Today, enjoy a **full day in Tortuguero National Park** to explore its beauty and natural wonders - **hiking, kayaking, and a boat ride through the canals**, where your guide will point out the wildlife as well as flora and fauna. **Dinner and overnight in Tortuguero.**

### Day 4 White Water Rafting & Bat Program

Check out and transfer to the Sarapiquí region where you will participate in an exciting **whitewater rafting experience** (Intermediate rapids)! This evening, transfer to Tirimbina Biological Reserve and enjoy their **Bat Program** where you will learn all about these nocturnal creatures and the research activities associated with them at the station. **Overnight in the Sarapiquí area.**

### Day 5 School Visit & Eco Farm Tour & Dinner

This morning, enjoy a **school visit at a local grade school** (gifts of school supplies will be accepted and appreciated). Then transfer to the Arenal region where you will visit the town of La Fortuna and also **Don Juan's Eco Farm, Finca Burio**, where you will tour the self-sustaining organic farm and learn about planting and harvesting of native produce, using environmentally-friendly methods, and their various medicinal and cooking uses. Make your own "trapiche" (sugar cane juice) and other local specialties you will enjoy during **dinner on the farm with your group**. **Overnight in the Arenal region.**

### Day 6 Canyoning, Park Hike & Hot Springs

This morning, enjoy an amazing and exhilarating **excursion with Pure Trek Canyoning - rappelling down waterfalls!** This afternoon, a **guided hike in Arenal National Park** will

### Day 6 Continued

be followed by **dinner** and time to soak in the soothing pools of water warmed by the volcano at **Baldi Hot Springs**. **Overnight in the Arenal region.**

### Day 7 Horseback Riding, Taxi Boat & Night Hike

This morning, enjoy a **horseback riding excursion to La Fortuna waterfall**, where you will have the chance to swim in the pools under the waterfall before transferring across Lake Arenal to Monteverde by **Taxi Boat**. Check into your hotel and have **dinner**, followed by a **Monteverde Night Walk** - a guided hike that will afford you the opportunity to experience the nocturnal biodiversity of the rainforest! **Dinner and overnight in Monteverde.**

### Day 8 Zip Lining & Hanging Bridges

Enjoy the **day in Selvatura Park** in the heart of the Monteverde Cloud Forest. Your activities will include exciting **canopy zip-lining and hanging bridges tours** through the tree-tops of the Monteverde forest. Later today transfer to the Guanacaste region and check into your hotel. **Overnight in Guanacaste.**

### Day 9 Beach & Latin Dance Lessons

Today is free to enjoy the beautiful beach and resort amenities. Tonight, enjoy **Latin dance lessons** and a **special farewell dinner!** **Overnight in Guanacaste.**

### Day 10 Return

Check out and transfer to the Liberia airport for your **return flight to the U.S.**

### **Sample Tour Itinerary**

**Customize for your group, your preferences,  
your budget, your timeline!**

**Flamingo  
Beach in  
Guanacaste**

