DISCOV

8 Days / 7 Nights

Arenal - Monteverde - Manuel Antonio

Included:

- · Accommodation 7 nights
- · Airport transfers
- · Entrance fees to national
- English-speaking guides
- Meals: 7B 2L
- Arenal Volcano 1968 trail tour
- · Monteverde coffee tour
- Monteverde Cloud Forest Reserve tour
- · Catamaran cruise with snorkelling



Itinerary summary:

Day 1: Arrival in San Jose and Transfer to Arenal

The guide will meet travellers at the airport, then it's straight into the action with a transfer to Arenal and a hike on the slopes of the volcano. With two trails going through the rainforest and lava fields, visitors can see the leftover lava rocks and boulders from the 1968 eruption and walk through the forest to get impressive views of Arenal Volcano and the lake. In the evening, rest up those muscles in the thermal hot springs, naturally heated by the nearby volcano.

Day 2: Free day to explore Arenal National Park

Enjoy a free day at leisure or choose one of our fantastic optional experiences.

Day 3: Transfer to Monteverde

Enjoy the drive from Arenal to Monteverde, witnessing the change of climates and admiring cute villages peppered with elegant wooden cabins. After checking in to the hotel near downtown Saint Elena, it's time for a coffee tour. Learn about the coffee process, from seed germination to farming, harvesting, and roasting. It is an in-depth experience of coffee in its environmental, social, and economic context. Enjoy lunch at the farm and, of course, taste some of the amazing Costa Rican

Day 4: Monteverde Cloud Forest Reserve

A trip to the Monteverde Cloud Forest Reserve: one of the world's most famous reserves and important in Costa Rica due to its conservation activities and scientific investigations. Observe the biodiversity across 4 different 'ecological life zones' and admire the countless mammals, insects, and birds that inhabit the forest, not to mention the incredible plant life. After, visit an art gallery with works inspired by the Cloud Forest surroundings.

Day 5: Manuel Antonio

Transfer to Manuel Antonio on the pacific coast. The day is at leisure to enjoy the fantastic resort facilities or join an optional tour.

Day 6: Catamaran Cruise

Enjoy a free morning before embarking on a catamaran cruise to explore the beautiful beaches of Manuel Antonio and Quepos. Set sail and explore the islands, with stunning cliff formations home to nesting grounds of exotic bird species. Drop anchor at Biesanz Bay to do a spot of snorkelling to admire the marine life. Drinks and snacks are available on board, with a tasty barbeque lunch provided. The trip finishes with a stunning sunset over the Pacific.

Day 7: Manuel Antonio

Enjoy the day to explore Manuel Antonio on your own. Alternatively, join one of our fantastic optional tours.

Day 8: Departure

Take the airport transfer for departure from Costa Rica.