

Exploring Costa Rica

13 Days / 12 Nights

Sarapiquí – Arenal – Monteverde – Rincon De la Vieja – Santa Teresa

Included:

- Accommodation 12 nights
- Meals: 12B 2L
- Private transfers with A/C
- English speaking guides
- Entrance fees to national parks
- La Linda zipline tour
- Blue Zone experience
- Poas Volcano and La Paz waterfall tour
- Cano Negro and Rio Frio boat tour
- Monteverde Skywalk
- Rincon de la Vieja National Park tour
- Rio Negro Hot Springs Tour



Itinerary summary:

Day 1: Arrival in San Jose

Arrive at San Jose airport; travellers are greeted by the guides and will transfer to Sarapiquí.

Day 2: Sarapiquí

Enjoy a visit to La Linda zipline. This wonderful Canopy experience consists of travelling along 14 cables, 12 platforms and a 12-metre-high tower located on a farm in the area. The traveller can enjoy incredible landscapes of the Sarapiquí River and the surrounding tropical rainforest.

Day 3: Poas Volcano National Park

Enjoy a hike to Poas volcano, featuring one of the largest volcano craters in the world. Trails through the park lead through some magnificent scenery. Then, on to La Paz Waterfall Gardens, with over 3.5 km of walking trails, five waterfalls, and educational animal exhibits to enjoy. Enjoy time spent in the Aviary, the Butterfly Observatory, Hummingbird Garden, Serpentarium, and the Jungle Cats Exhibit, before evening transfer to Arenal.

Day 4: Arenal

Enjoy a boat tour through Arenal National Park. On this nature and wildlife boat tour, the traveller will take a leisurely ride on a covered motorboat along the Río Frio to appreciate the beautiful flora and fauna of one of the most biologically diverse areas in Costa Rica and the world. The expert guide will help spot and teach about the wildlife. After a local lunch, it's on to thermal springs, where 7 pools await, naturally heated by the volcano.

Day 5: Arenal – Monteverde

Take a fantastic trip around Arenal lake in the morning before setting off on the drive to Monteverde. Witness the changing climate along the way as we change biomes into scenery reminiscent of a tropical Switzerland.

Day 6: Monteverde

Experience the Monteverde Cloud Forest on a Skywalk through the different levels of the canopy. Cross hanging bridges with complete views of the forest canopy from the forest floor to the treetops on well-maintained paths – a naturalist guide will point out the intriguing plant and animal life along the way.

Day 7: Transfer to Rincon de la Vieja

After breakfast, the traveller will take a transport to Guanacaste.

Day 8: Rincon de la Vieja National Park

Today, with our bilingual naturalist guide, the traveller will walk the 3.5km Las Pailas circular path through the tropical, dry forest to enjoy the best views of the volcano, volcanic activity, and the incredible nature and wildlife. Highlights include over 300 species of bird and four of the native Costa Rican monkey species. Finish the hike with a refreshing dip at La Oropendola Waterfall, a tropical oasis within a canyon of the Blanco River.

Day 9: Rio Negro Hot Springs

Visit the rejuvenating Rio Negro hot springs. Surrounded by a dense, dry tropical forest, the Termales de Rio Negro is a beautiful and peaceful place. The crystal-clear waters of the river flow near the 10 pools built on the riverbank and fill them with thermal waters rich with minerals, naturally heated in the depths of the Rincon de la Vieja Volcano. The traveller can access pools on both banks of the river thanks to two suspension bridges.

Day 10: Transfer to Santa Teresa

Day 11: Santa Teresa: Blue Zone Experience

Blue Zones are regions of the world where, it is claimed, a higher than usual number of people live much longer than average. This trip aims to explore just what about the 'Tico' lifestyle Santa Teresa is conducive to long life. Enjoy a trip to a farm in La Mencha where travellers will learn about Costa Rican culture while also getting to grips with the day-to-day running of the farm. Socialise with Costa Rican families, enjoy a healthy traditional lunch, learn about the sugar extraction process of the 'trapiche', and get hands-on experience milking the cows!

Day 12: Santa Teresa

Enjoy a day of leisure in Santa Teresa to explore this wonderful beach town. There are fantastic opportunities to join optional tours.

Day 13: Departure

Depart Santa Teresa and head to San Jose airport.