

# Costa Rica Essentials

**13 Days / 12 Nights**

**San Jose – Manuel Antonio – Monteverde – Arenal – Carrillo Beach – San Jose**

## Inclusions

- Admission fees to tourist sites
- Accommodation 12 nights
- Meals: 12B 3L
- Licensed Tour Guide
- Transportation
- Service Charges and any government charges



## Itinerary summary

### Day 1: Arrival in San Jose

At San Jose Airport, you will be greeted by our representative holding a sign with your surname, who will transfer to your hotel.

### Day 2: Damas Island Boat Tour

After your transfer to Manuel Antonio, hop on a boat to explore the Costa Rican mangrove ecosystem. Your expert guide will help you spot unique flora and fauna, including various species of reptiles, anteaters, and monkeys, while you comfortably glide along the river. Birdwatchers will also be delighted by sightings of Herons, Kingfishers, Ospreys, Frigate birds, and more. Lunch is provided before or after the boat trip.

### Day 3: Hike to Manuel Antonio National Park

The globally renowned Manuel Antonio National Park is home to exotic wildlife such as monkeys, sloths, birds, reptiles, and butterflies. Your picturesque two-mile hike will take you to one of the world's most beautiful beaches, as declared by Forbes magazine. From lush rainforest to white sandy beaches with crystalline blue water and rare sightings of diverse plants and animals, this day will mesmerise you in every way possible.

### Day 4: Monteverde Cloud Forest Biological Reserve Night Hike

This tour is an excellent opportunity to see the vast biological diversity in Monteverde from a different nocturnal perspective. At this hour, many species emerge and display a unique show that only you, the darkness, and the stunning forest will witness. After the screening of an introductory video of the Monteverde Cloud Forest and a safety briefing, the hike will kick off at the Hummingbird Gallery and continue through a 1.8 km trail where you can spot different varieties of insects, birds, and nocturnal mammals.

### Day 5: El Tigre Waterfall

Located within 60 hectares of the rainforest, the El Tigre Waterfalls are a sight to behold. You can choose between two different trails to witness the spectacle of four beautiful waterfalls between 15 and 30 meters high. The trek is approximately three hours long and well-suited to people with intermediate to advanced fitness levels as you will be crossing rivers and traversing steep stone paths. If the weather conditions allow, you can observe the Arenal, Rincon de la Vieja, Tenorio and Miravalles volcanoes from a wonderful viewpoint, as well as some areas of the Guanacaste province and Arenal Lake. At the end, you will enjoy some snacks by the river and a 35-minute horseback ride.

### Day 6: Transfer from Monteverde to Arenal

After your breakfast, meet our representative at your hotel lobby for your transfer to Arenal, which will take around three to four hours.

### Day 7: Sky Tram Trek

Appreciate the majestic expanse of the cloud forests from Sky Tram gondolas that rise smoothly and slowly through the landscape, offering endless views during their mountainous ascent. Arrive at a wide observation platform on the highest point of the reserve, to enjoy breathtaking views of the surrounding forests, the Arenal Volcano on one side, and the Gulf of Nicoya on the other. The Sky Walk offers a more peaceful way of exploring Monteverde Cloud Forest Reserve on a 2.5km circuit trail including suspension bridges and several ascents and descents to venture deep into these magical tropical forests. To get back to the base, a thrilling zipline ride is all set to astound you with incredible sights, and an utterly immersive and unforgettable experience of the cloud forests.

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### Day 8: Horseback Riding to La Fortuna Waterfall

Take a tranquil horseback ride through the tropical rainforest to discover its charms. Enjoy scenic views with the company of your friendly guide, and once you reach the La Fortuna Waterfall, take a refreshing dip in its cool waters. After being back on the trail, keep a lookout for the wide variety of wildlife that calls the jungle home. Enjoy a healthy fruit plate at La Casa de Don Chico—to conclude the day on a healthy note after a relaxing tour.

### Day 9: Transfer to Carrillo Beach and Maleku

#### Experience

After a six-hour transfer from Arenal to Carrillo, visit the Maleku Indian Reserve, one of the last indigenous areas in Costa Rica. To preserve their culture and tradition, around 800 members of the Maleku tribe live on government-protected land, where they speak their own language and have their own rituals that are passed down from generation to generation. On this tour, we learn about the origins of this beautiful community, who live in harmony with their surroundings, utilising natural resources to make everything from medicines, bows and arrows and pottery.

### Day 10: Leisure Day

We have no activities planned for the day so you can take the time to relax and rejuvenate at your own pace.

### Day 11: Trip to Pristine Beaches of Samara

This tour is a must for people looking to explore the ocean around the little town of Samara! After your hotel pick-up in Samara or Carrillo, we will reach the starting point of our trip. Once aboard the boat, a certified captain and guide will regale you with interesting aspects about the area while you sail along the beaches of Samara, Buena Vista, Barrigona, Barco Quebrado, and Pavones along with less-frequented places like Isla Rosada and the treasure island Isla Chora.

### Day 12: Transfer from Carrillo to San Jose

Meet our representative at the lobby of your accommodation, for your four-hour transfer between Carrillo Beach and San Jose.

### Day 13: Departure Day

Meet our representative at the lobby of your accommodation for your transfer back to San Jose airport.