

# Costa Rica Adventure

**ITINERARY NIGHTS:** San Jose (1), Arenal (1), Puerto Viejo de Sarapiquí (1), Guapiles (1), White Water Rafting (1), San Jose (2)

**HIGHLIGHTS:** Arenal • Sarchi • Thermal Baths • Sarapiquí River Boat Ride • Nature Hike • 2-Day Pacuare River White Water Rafting • Braulio Carrillo Park

**OPTIONS:** Canopy Tour • Horseback Riding • Tortuga Island Cruise



**DAY 1 SAN JOSE** Jet to spectacular Costa Rica! Arrive in the capital city of San José where your courier waits to escort you to your hotel.

## DAY 2 ARENAL AREA

Transfer with a stop in **Sarchi** for some shopping. **Option:** On the Canopy Tour you'll use cables and pulleys to swing from tree to tree. Expert guides assist you on this exciting journey. Arrive in the **Arenal** area, site of an active, rumbling (but safe!) volcano. Enjoy the spectacular night scenery, then take a swim in the clear waters of your hotel's **Thermal Baths** as you watch the red lava snake down the mountain, illuminating the sky like a magnificent display of fireworks.



## DAY 3 PUERTO VIEJO DE SARAPIQUI

Travel to Puerto Viejo at the foot of the Cordillera Central mountain range. Venture down the **Sarapiquí River** on a boat trip with a naturalist guide. Bring along your (waterproof) camera to capture photos of the

spectacular scenery and wildlife. **Option:** Take a horseback ride through the pristine rain forest.

**DAY 4 GUAPILES** Keep your camera and hiking boots handy for a **Nature Hike** through a private reserve, accompanied by an

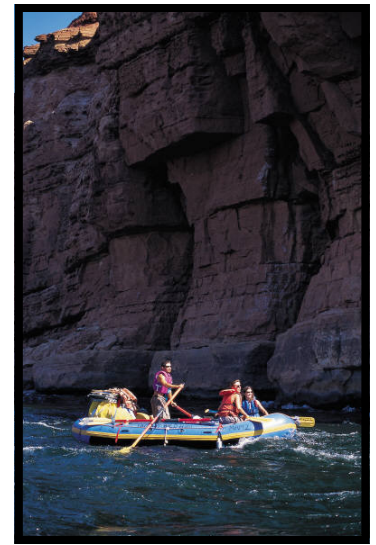
expert naturalist guide who will point out the area's flora and fauna. Keep an eye out for Morphos—breathtakingly beautiful blue butterflies! After lunch, travel through banana plantations and horticultural farms toward the Caribbean and the tropical lowlands of Guápiles. You may catch glimpses of beautiful cascading waterfalls as well as brightly colored parrots and toucans when you journey through Costa Rica's agriculturally rich Northern Zone.

**DAY 5** Better than any roller coaster, this 2-day **White Water Rafting** trip will take your breath away. No experience is necessary, and all safety equipment and an orientation

meeting prior to embarking are included when you raft the Pacuare River. This wild and exciting river winds deep inside one of Costa Rica's most impressive primordial rain forests. The only thing you'll need to bring is your spirit of adventure and enthusiasm. Spend the night in a comfortable rain forest lodge.

**DAY 6 SAN JOSE** Awaken to the songs of exotic tropical birds and the rushing rapids of the Pacuare River. Your whitewater rafting adventure continues with even bigger and more challenging rapids, as you sweep past pristine waterfalls and natural waterslides on the second day of your adventure. The thick undergrowth provides shelter for jaguars, ocelots, monkeys, sloths, and numerous other species of animals and birds along the scenic *Río*. Board your bus for San José and pass through scenic **Braulio Carrillo National Park** en route. This mountainous, jungle-covered terrain was created and protected by the Costa Rican government in an effort to protect 100,000 acres of primary rain forest from the loggers.

**DAY 7 SAN JOSE** Your last day in Costa Rica is yours to spend as you like, exploring with your group or perhaps doing some last minute souvenir shopping in the *mercados*, where you can practice your



Spanish. **Option:** Take a cruise to uninhabited Tortuga Island, located in the Gulf of Nicoya, for a day of swimming, snorkeling, volleyball, or just relaxing in a hammock. Characterized by its poster-perfect white sands, lush tropical vegetation and palm-fringed beaches, Tortuga is certainly a picturesque paradise. Swimming in the warm water here is perfectly safe. A delicious buffet lunch, snorkeling equipment and festive live music are included in the day's fun.

**DAY 8 DEPART** Say *adios* to this wonderful land and fly home, filled with lasting memories of your fabulous Costa Rica Adventure.

