

NATURE'S COSTA RICA

ITINERARY NIGHTS: San Jose (1), Arenal (1), Monteverde (1), Punta Leona (3), San Jose (1)

HIGHLIGHTS: San Jose City Tour • Sarchi • Tabacon Hot Springs • Arenal Volcano • Butterfly Farm • Santa Elena Reserve Nature Hike • Carrara National Park • Full Day Manuel Antonio National Park • Moravia

OPTIONS: Tortuga Island Cruise • Canopy Tour • Crocodile Safari Tour • Dinner with a Costa Rican Family



DAY 1 SAN JOSE Journey to spectacular Costa Rica! You'll arrive in the capital city of San José, where your TSA Tours Courier will meet you at the airport and escort you to your downtown hotel.

DAY 2 ARENAL Discover this bustling, energetic city on a **San José City Tour**. See Rohrmoser, a charming residential area and home to many embassies; The Teatro Nacional, built in 1897 with funds raised from a self-imposed coffee tax; and the Museo Nacional, where you can still see bullet holes in the turrets from the 1948 civil war. En route to **Arenal**, travel through picturesque villages and coffee and sugar cane plantations to **Sarchi**, site of the famous Oxcart Factory, where artisans hand-paint the oxcarts. These highly skilled craftsmen also produce beautiful bowls, plates, furniture and walking sticks. Tonight, luxuriate in the clear, thermal water of **Tabacon Hot Springs** under the evening sky illuminated by an active volcano.

DAY 3 MONTE VERDE Transfer by way of the spectacular **Butterfly Farm**, featuring thousands of brightly colored butterflies in all stages

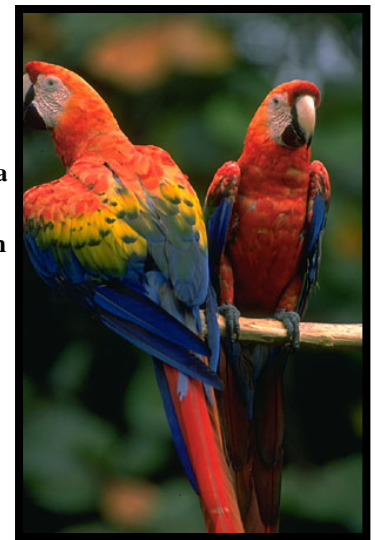
of their life cycle. Visit **Santa Elena Reserve** (or another of the community reserves for which the area is famous) and hike a trail to a lookout point over Volcán Arenal. View rare species

like toucans, jaguars, pumas and peccaries in this community-run reserve that is an inspirational model for conservationists around the world.

DAY 4 PUNTA LEONA Transfer with a stop at **Carara National Park**, one of the most important biological reserves in the country. Walk through the trails of this transitional forest, a cross between a dry tropical forest and humid jungle. Carara is the home of many mammals, hundreds of birds and a vast number of species of plants

and trees. You may observe enormous crocodiles basking along the side of the Tarcoles River! Appreciate the wonders of this intricate eco-system and its importance to our planet. Arrive in Punta Leona, a wildlife preserve graced with giant tropical trees and hundreds of fascinating plant species.

DAY 5 PUNTA LEONA Wake up to the sounds of some of the 330 exotic bird species living in the area, then enjoy a free day surrounded by 750 acres of lush tropical rainforest, pristine white and gold sand beaches and the deep blue waters of the Pacific. Enjoy the sun and surf, or take a hike in the forest. **Option:** Cruise to the island of Tortuga in the Gulf of Nicoya for snorkeling, swimming, shell-gathering and volleyball, with a buffet lunch, snorkeling gear and live music included in the day's fun.



DAY 6 PUNTA LEONA Take a full day tour to **Manuel Antonio National Park**, Costa Rica's most beautiful park, with its enchanting white sand beaches ideal for swimming and a tropical forest alive with wildlife. Watch out for scarlet macaws, crocodiles, monkeys and iguanas. Relax in the tropical splendor, or explore the park's trails leading to scenic lookouts.

DAY 7 SAN JOSE Before returning to San Jose, you have two options: (1) The Canopy Tour, lets you "fly" over the forest using a system of trails, suspension bridges and zip lines. (2) A Crocodile Safari Cruise takes you up the Tarcoles River into the heart of crocodile country. You will also have time for some last minute shopping and practicing your Spanish in **Moravia**, a small village famous for fine leather craftsmanship, ceramics, wooden salad bowls and other handicrafts. **Evening option:** Share ideas and culture at dinner with a Costa Rican family in their home—an excellent way to end your stay!

DAY 8 DEPART Jet home, with excellent memories of all the butterflies, birds, waterfalls and orchids seen during your week as an eco-tourist in Nature's Costa Rica!



For more information, please contact: