

COSTA RICA CONNOISSEUR...
THE QUEST FOR PURA VIDA!
9 days/8 nights



WILDLAND
ADVENTURES

AUTHENTIC WORLDWIDE
EXPLORATIONS

Itinerary Overview

This active Costa Rica vacation traverses three diverse ecological regions teeming with wildlife. From the mythical Monteverde Cloud Forest, to the impressive Central Highlands of Arenal Volcano, and into the lowland rainforests of Tortuguero National Park on the Caribbean coast, you witness the beautiful landscapes and enjoy the friendly "Tico" culture. This small group adventure is designed for travelers who prefer a relaxed pace driving through the countryside to experience daily rural life, easy hikes on forest trails, optional zip lines, or walks over secure hanging bridges through the rainforest canopy, and small boats through jungle canals surrounded by monkeys, macaws, and caiman. Visit a coffee plantation to learn about harvesting, roasting, and marketing this important Costa Rican export. Rejuvenate in natural, volcanic hot springs, and take a night walk on wild Caribbean beaches to observe nesting sea turtles. Fun-loving, professional naturalist Costa Rican guides accompany you in search of "pura vida" (pure life) on this virtually all-inclusive adventure!!

DAY	DATE	OVERNIGHT	HOTEL	MEALS	HIGHLIGHTS
1		SAN JOSE	Hotel Studio		Arrival Transfer
2		MONTEVERDE	Monteverde Lodge	BLD	Drive to Monteverde, visit Nectandra Cloud Forest Garden nature walks
3		MONTEVERDE	Monteverde Lodge	BLD	Monteverde Reserve, Butterfly farm
4		ARENAL VOLCANO	Arenal Manoa	BLD	Land and lake crossing to Arenal, approx 3 hr
5		ARENAL VOLCANO	Arenal Manoa	BLD	Hanging bridges, zip line canopy & hot springs
6		TORTUGUERO	Tortuga Lodge	BLD	Scenic drive and jungle canal boat to Tortuguero
7		TORTUGUERO	Tortuga Lodge	BLD	Tortuguero National Park wildlife boat excursion and natural history center
8		SAN JOSE	Hotel Studio	BLD	Fly to San Jose, Doka Coffee tour
9		DEPARTURE	--	--	Transfer to the airport

Itinerary in Detail

DAY 1: SAN JOSE

Arrive at Juan Santamaría International Airport, a modern airport designed to serve Costa Rica's largest city. Pass through immigration, collect your baggage claim, and exit through customs. A representative of the national chamber of tourism may give you a sticker that identifies you to customs as a tourist; the sticker is a courtesy to expedite your entry but it's not a necessity. You can count on the guide being there, even if your flight arrives late, so relax and take in the new sights, sounds, smells, and the tropical warm air of Costa Rica. Overnight at **Studio Hotel**.



DAY 2: NECTANDRA CLOUD FOREST GARDEN

Savor an early morning cup of Costa Rican coffee and enjoy a hearty breakfast before departing on the one and half hour drive to the Nectandra Cloud Forest Garden. Located 80 km northwest of San Jose, this lush garden is the centerpiece of 104 hectares (257 acres) of primary and secondary forest. Some of the plants are featured as aesthetic elements while others are highlighted for their importance in medicinal, indigenous, and cultural uses. Beyond the garden, the remaining biological preserve is restricted to scientific field research carried out by the Nectandra Institute, a non-profit organization dedicated to scientific research, conservation and stewardship of watershed ecosystems in northern Costa Rica. Two naturalist-guided tours are available differing in both length and terrain.

Enjoy a typical Tico lunch at the gardens featuring seasonal fruits and vegetables served to capture the diversity of fresh ingredients from local growers. Continue onward to the Monteverde Cloud Forest located in Costa Rica's northern Tilaran Mountain Range at an altitude of 5,000 feet elevation on the continental divide between the Caribbean and the Pacific, approx. 3 hour drive. Take in the sunset over the Gulf of Nicoya as you savor local flavors at the hotel restaurant. Overnight at **Monteverde Lodge. [BLD]**

DAY 3: MONTEVERDE RESERVE AND BUTTERFLY GARDEN

A guided naturalist hike introduces you to the lush Monteverde Cloud Forest Reserve. The reserve extends down both slopes of the Tilaran Mountains covering an elevation range of 2,300 to 5,600 feet and encompassing eight different ecological zones. Over 100 species of mammals, 400 of the approximately 850 species of birds in Costa Rica, and 1,500 species of plants are protected in this region.

Depending on your luck and patience, you may observe the resplendent quetzal, the three-wattled bellbird, the emerald toucanet, and white faced and howler monkeys in their natural habitats. Return to the lodge around mid-day lunch before immersing yourself in the colorful world of butterflies. Explore the garden where butterflies and other insects are raised and displayed in shade cloth enclosures within tropical gardens. Great photographic opportunities of colorful tropical butterflies. Overnight at **Monteverde Lodge. [BLD]**





DAY 4: ARENAL VOLCANO

Leave the cloud forest behind and depart on a land and boat journey to Arenal. Climb into a 4-wheel drive vehicle and travel to Rio Chiquito, a small town on the shore of Lake Arenal. Board a boat for the transfer across the lake, docking at shore where transportation awaits to complete your overland journey to Arenal. Take in stunning views of the volcano which has been active since 1968. Total approx. driving and boat time: 3 hrs. Overnight at **Hotel Arenal Manoa. [BLD]**

DAY 5: HANGING BRIDGES, ZIPLINE CANOPY TOUR, AND HOT SPRINGS

A morning hike to the Arenal Hanging Bridges reveals an abundance of wildlife as you walk through the forest canopy across eight fixed bridges ranging in length between 8 and 22 meters, and six hanging bridges designed and built with an eye for both beauty and safety. Made of galvanized steel and high-strength aluminum the high-up, high-tech walkway in the sky is designed to blend with the natural environment leaving the forest un-impacted. You'll appreciate a great botanical diversity and abundance of wildlife from monkeys and reptiles, to birds and sloth, as well as some imposing views of the Volcano (weather permitting).

Later visit a private reserve near the north-facing slopes of the Cordillera de Tilarán which offers skyline views of the volcano from an aerial sky tram that rises 236 meters across a 1250 meter span taking you up to a mirador (lookout point). From here you have the option of taking the sky trek zip line circuit to get back down! (Or ride the tram back.) There are ten zip line cable spans ranging in height from 30 meters to 200 meters above ground. After being fitted with all of the necessary safety equipment (harness, helmet, gloves) and a safety talk, guides start you along nearly two miles of cables to see the rain forest and panoramic views of the volcano and lake from a whole new perspective. Soothe tired muscles with an afternoon soak in the Hidalgo Family Hot Springs followed by a typical locally prepared Costa Rican dinner prepared under a rustic rancho. Enjoy the true tradition of local Tico hospitality! Overnight at **Hotel Arenal Manoa. [BLD]**



DAY 6: CENTRAL HIGHLANDS TO THE JUNGLE CANALS OF TORTUGUERO

Begin the scenic drive from the Central Highlands to the Caribbean coast in the early morning, passing through small towns, lush farmlands, and forests until descending among the many banana plantations of the Caribbean lowlands. Bananas were once Costa Rica's primary export crop before the introduction of coffee and expansion of the floral market. Upon reaching the coast, board a jungle boat to meander through the languid tropical rivers and canals of Tortuguero's lowland rain forest in search of shore birds, sloths, monkeys, and caimans. Tortuguero National Park preserves 51,870 hectares of land and is one of the largest tracks of tropical rain forests in Central America, and one of the best places for wildlife viewing. Approx. driving time 5 hrs. and 1.5 hour boat time to Tortuguero. Overnight at **Tortuga Lodge. [BLD]**

DAY 7: TORTUGUERO NATIONAL PARK – BOAT TOUR AND VISIT TO THE CARIBBEAN CONSERVATION NATURAL HISTORY CENTER

Explore the flooded lowland rainforest of Tortuguero National Park, established to protect nesting sea turtles and the forest habitat, one of the best areas to see wildlife in Costa Rica. Glide quietly through the natural jungle canals in an electric boat with a local Tortuguero guide who helps you spot and photograph the lush flora and fauna.

Bring binoculars and keep a keen eye out for river otters, monkeys, iguanas, and a myriad of tropical birds including macaws, toucans, and trogons. Visit the Caribbean Conservation Natural History Center to learn about the history of the Atlantic Green sea turtle and turtle conservation and research programs. Take time to wander the deserted beach and swim in the lodge pool. During turtle nesting season (July through October) a guided night walk on the beach is available, allowing you to witness giant sea turtles digging nests and depositing eggs in the sand (not included). Overnight at **Tortuga Lodge**, the best boutique ecolodge in Tortuguero overlooking the natural jungle canals with a non-chlorinated pool. **[BLD]**

DAY 8: SCENIC FLIGHT AND COFFEE TOUR

Depart the local airstrip for a spectacular 30 minute flight over the jungle lowlands and central highlands back to San Jose. Upon arrival, transportation awaits to take you to a local coffee plantation. Located in Sabanilla, the coffee capital of Costa Rica, the farm belongs to the Costa Rican Vargas Ruiz family, pioneers of coffee production for more than 70 years. Tour the Doka Estate and learn about how coffee is cultivated, harvested, roasted, and exported. The tour takes you through all stages beginning with a seed bed and ending in the Coffee House where you will taste the finished product. Enjoy a farewell Costa Rican dinner. Overnight at **Studio Hotel**. **[BLD]**

DAY 9: SAN JOSE

Relish a cup of Costa Rican coffee before departing for the airport approximately two hours before your scheduled international flight.

Note: You may be joined by other travelers, up to a maximum group size of 14 people. Private Wildland departures for two or more persons are available on request for custom dates.

END OF SERVICES

Actual routes and activities may vary. Local trip coordinators reserve the right to change accommodations to similar quality alternatives.

PRICING AND DATES:

For current pricing please click here: [Pricing](#)

For scheduled departure dates please click here: [Dates](#)

Private departures can be arranged. Please ask the Costa Rica Program Director for more information.

INCLUDED SERVICES

- Services as specified in the itinerary above including accommodations
- Local land and air transportation, guide services and expenses, tours and excursions
- Park and entrance fees
- Meals as specified [B=Breakfast, L=Lunch, D=Dinner]
- Airport & hotel transfers
- Wildland Adventures travel consultation and pre-departure services
- Airport departure taxes

NOT INCLUDED SERVICES

- Services unless specified otherwise in the itinerary above such as international air
- tips and gratuities
- Insurance of any kind
- Personal expenses
- Extra beverages and alcoholic drinks
- Medical costs, hospitalization and evacuation and any other extra expenses due to unanticipated changes in our itinerary for reasons beyond control
- Meals, souvenirs and other local and personal expenses not specified in the above itinerary are also not included
- Always carry enough cash for the international (\$29) airport departure taxes (when applies)

25 LB. PER PERSON BAGGAGE WEIGHT LIMIT ON DOMESTIC FLIGHTS AND SMALL BOATS

There is a 25 lb. per person baggage weight limit per person for transportation on domestic airline flights and small boat trips within your itinerary. The airline and boat operators enforce these limitations on your checked baggage for safety reasons. You and your small carry-on bag will be weighed separately. To comply with these requirements, we suggest that you repack only the items needed for the portion of your itinerary that includes these modes of transportation and leave other items behind in storage. If you are returning to the same San Jose area hotel, simply request to store your excess luggage at the hotel. If you are not returning to the same hotel, give your extra baggage to your transfer driver to be stored by your ground operator. Request that your luggage be brought to you upon your pick up and return transfer from the plane or boat portion of your trip. Please ask your service guide in Costa Rica if you have any additional questions regarding this policy.

TERMS AND CONDITIONS: Wildland Adventures, Inc. has arranged your trip utilizing the travel services of local in-country ground operators who are independent contractors. These local outfitters, lodges, hotels and other suppliers of your travel services will make every effort to conduct this trip as described in the itinerary; however, it is possible that due to transportation schedule changes, weather, delays and unforeseeable acts of God, humans or nature, this itinerary may vary from what is described. Participants must assume all risks whether identified in advance or unforeseen. All optional activities are at your own risk. Extra costs due to unexpected changes in your itinerary for reasons beyond our control are not included. We highly recommend purchasing traveler's insurance for trip delay, trip cancellation, baggage, accident or sickness. Representatives are available for assistance at any time during your trip. If preferred hotels are not available, every attempt will be made to reserve alternative accommodations of similar quality. (If upgrade is necessary, higher rates may apply.) All information and services provided are subject to our [Terms and Conditions](#).

Accommodations



STUDIO HOTEL, SAN JOSE

Conveniently located near the airport in the heart of Santa Ana, Studio Hotel provides travelers with a comfortable and modern setting surrounded by many great examples of fantastic Costa Rican art. It combines a fresh contemporary space with high safety and eco-friendly standards. The hotel has 82 rooms including 5 superior studio rooms and 2 junior suites. There are two restaurants on site that offer room service and several nearby dining options. All rooms feature air conditioning, a safe, hair dryer, cable television, and wireless internet. The facility offers a business center, roof top pool, a lounge area, and gym.



MONTEVERDE LODGE, MONTEVERDE

Monteverde Lodge is a beautiful, comfortable lodge located in the Tilaran Mountains. The lodge offers spacious, elegant rooms with large V-shaped windows. The restaurant serves meals in a family-style dining room. Architecture is modern. Wraparound windows in the dining area offer wonderful views over landscaped grounds and forested valley. To the left of the bar is an atrium over a large Jacuzzi.



ARENAL MANOA HOTEL, ARENAL VOLCANO

Located in the heart of Arenal's attractions just 10 minutes from La Fortuna, this lovely mountain inn sprawls across spacious grounds of densely landscaped tropical gardens. All 40 spacious junior suites feature a balcony with terrace views of the volcano and a small interior garden. Observe wildlife walking on the grounds, meditate in the serenity, and visit their typical Costa Rican farm and gardens. Enjoy all room amenities including Wi-Fi and A/C, an outdoor lounge and fine dining restaurant. Refresh in the pool, play with kids in the children's pool, relax in the Jacuzzi with natural hot springs and full service spa.



TORTUGA LODGE, TORTUGUERO

Tortuga Lodge is the finest boutique ecolodge in Tortuguero offering rustic elegance in the jungle. 27 rooms include downstairs terrace, view balcony, 2 suites and a penthouse, all with views of the canal from either a balcony or front porch with rocking chairs and hammocks. The restaurant on the river dock wraps around to the forest and serves fresh, tropical cuisine. Enjoy delicious Caribbean themed cocktails at the outdoor lounge. Designed to blend into the river environment, the fresh water pool features an sustainable purification system that uses an undetectable amount of salt instead of chlorine.

Booking your Wildland Adventure

HOW TO RESERVE A TRIP

You can book online using our [Reserve a Trip form](#) or by calling 1-800-345-4453. Your space on a trip is confirmed once we receive your reservation form and initial trip deposit. All travelers must submit a Release of Liability via our [Electronic Signature Release Form](#) or use the [Release of Liability pdf document](#) to print, complete by hand, and return via fax, mail or email.

Deposit requirements are as follows:*

- \$700 per person for all trips in Central America, South America, the Middle East, Asia and the Far East, the Mediterranean and North America.
- 20% of land cost for all trips in Africa. This deposit is generally non-refundable.

*Some trips require additional non-refundable deposits, especially when yachts have been chartered or if permits to visit archaeological or wildlife sites have been purchased in advance.

CUSTOM TRAVEL

This trip isn't exactly what you're looking for? We are happy to design a private custom itinerary to accommodate your travel dates, interests and style of accommodations. Call us at 1-800-345-4453, send an email to info@wildland.com or use the Ask The Program Director button on the trip itinerary page on our website.

PAYMENTS, CANCELLATIONS AND REFUNDS

Full payment of the trip balance is due 90 days prior to departure. If you must cancel before departure, money will be returned less the cancellation fees charged by WA Inc. plus any additional non-refundable cancellation fees and payments already advanced to airlines, hotels and local operators:

Days Prior to Departure: Fee per person

91 or more: \$300

61-90 days: Initial deposit amount

31-60 days: 50% of land cost

30 or less: 100% of land cost

PRE-DEPARTURE SERVICES

Upon receipt of your deposit and completed reservation form, we will send you a comprehensive Pre-departure Dossier. This contains important information to help you prepare including immunizations, visas, trip insurance, packing checklist, reading list, maps, cross-cultural information, optional trip extensions and more. You will receive a final trip packet including Final Reminders and local contact information in your destination 2-3 weeks prior to departure.

REFERENCES AND QUESTIONS

Have any questions or concerns? Call us a 1-800-345-4453 or email info@wildland.com. We're here to help and are happy to provide you with references from previous Wildland travelers.