

LAPA RIOS TROPICAL ADVENTURE

9 days – 8 nights



**WILDLAND
ADVENTURES**

AUTHENTIC WORLDWIDE
EXPLORATIONS

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Itinerary Overview

Our premier Costa Rica ecotour ventures into the most verdant tropical ecosystems in the remote rainforests of the Osa Peninsula and the mystical cloud forests of Monteverde. You hike an endless variety of forest trails with private naturalist guides skilled at spotting wildlife who lead adventurous forays in the jungle at night and into the rainforest canopy on hanging bridges. They also introduce you to the friendly "Tico" culture of rural Costa Rica. The award-winning accommodations of Lapa Rios Ecolodge and our accommodations in Monteverde provide luxurious comfort, amenity and ambiance in total harmony with nature. In San Jose you are warmly received at the Grano de Oro, a restored colonial mansion, our cozy home away from home. This Costa Rica rainforest tour is an ideal romantic adventure for two, or a fun, active trip with family and friends.

DAY	OVERNIGHT	HOTELS	MEALS	HIGHLIGHTS
1	SAN JOSE	Hotel Grano de Oro		Arrive and transfer to hotel
2	OSA PENINSULA	Lapa Rios Lodge	BLD	Fly to Puerto Jimenez (1 hour), 4WD transfer to the hotel
3	OSA PENINSULA	Lapa Rios Lodge	BLD	Lapa Rios on-site rainforest tours
4	OSA PENINSULA	Lapa Rios Lodge	BLD	Lapa Rios on-site rainforest tours
5	OSA PENINSULA	Lapa Rios Lodge	BLD	Lapa Rios on-site rainforest tours
6	MONTEVERDE	Monteverde Lodge or similar	BLD	Fly to San Jose, drive to highlands (3.5 hours), nocturnal walk
7	MONTEVERDE	Monteverde Lodge	BLD	Zip lines, hanging bridges, sugar mill visit
8	SAN JOSE	Hotel Grano de Oro	BL	Monteverde Reserve and transfer to San Jose (3.5 hour drive)
9	DEPARTURE		B	Departure

Itinerary in Detail

DAY 1: SAN JOSE

Receive a warm Costa Rican welcome after passing through customs. A local representative will transfer you to overnight at **Hotel Grano de Oro**.



DAY 2: OSA PENINSULA

Your adventure into the wilds of the Osa Peninsula begins with an airport transfer for the one hour flight to Puerto Jimenez. Climb aboard the back of a 4-wheel drive vehicle with padded bench seats for the 45 minute scenic drive past small farms and rural homes to Lapa Rios Ecolodge. Perched on a hilltop with stunning views to the sea, the Lapa Rios resort bungalows offer queen size beds, hardwood floors, private bath, and a tranquil private balcony. Enjoy fine al fresco dining by candlelight; Lapa Rios is an award-winning ecolodge that has gained notoriety for its creative exotic tropical cuisine. The serene swimming pool surrounded by rainforest offers soothing relaxation. *Read important information about Lapa Rios below.* Overnight at **Lapa Rios Lodge. [BLD]**

DAYS 3, 4 AND 5: LAPA RIOS RESERVE

Enjoy three days hiking and exploring among rivers, waterfalls, and natural swimming pools on miles of wilderness trails winding through the private reserve of Lapa Rios in Osa Peninsula. Hike with resident naturalist guides who describe the complex ways that animals and plants co-exist in the tropical rain forest ecosystem. Relax and bird-watch from your veranda always listening and watching for birds flitting through the forest or fruits falling from above as monkeys and parrots feed in the canopy. Enjoy the pristine beach and tide pools. Join an optional rain forest night walk. Onsite Lapa Rios Ecolodge tours of your choice are included as well as the 'twigs, pigs and garbage' sustainability tour to witness first hand commitment toward a greener way of life. Overnight at **Lapa Rios Lodge. [BLD]**

DAY 6: MONTEVERDE

Rise and shine! After an early breakfast transfer to Puerto Jimenez for the return flight to San Jose. Your naturalist guide will meet you at the airport to begin your 3.5-4 hour journey into the Central Highlands to the Monteverde Cloud Forest, settled in 1951 by a group of North American Quakers. Keep your camera handy as the bumpy road winds uphill offering splendid views along the way. In the late afternoon join a guided twilight walk on the loop trails of Finca Ecologica.

Flashlights are provided or bring your own headlamp in search of sloth, Capuchin monkeys, and a variety of nocturnal birds and insects. Because of its lower elevation, Finca Ecologica tends to be less cloudy and rainy than the principal reserve on the continental divide. Overnight at **Monteverde Lodge, Hotel Belmar, or similar. [BLD]**



DAY 7: MONTEVERDE

Walk and/or fly through the cloud forest canopy on hanging bridges and a cable zip-line. Hanging by a security harness, you zip-line between 14 platforms connected by stainless steel cables. The total length of the Monteverde zip line is 1.8 miles gliding at 300 feet up! Thrill seekers will want to check out the Tarzan swing!

The Sky Walk is a dramatic combination of six suspension bridges over deep canyons at tree top level and easy, well maintained walking trails. In the afternoon you visit Juan de Dios' farm where he shares daily life at the sugar mill he operates. Juan tells you about the production of sugarcane and coffee, and the traditional ways of cultivating bananas, arracache (a local legume), avocado, macadamia nuts, and other Costa Rican specialties. A traditional oxcart pulled by oxen will then take you to the sugarcane mill where you taste products made from sugar cane. Overnight at **Monteverde Lodge, Hotel Belmar**, or similar. **[BLD]**

DAY 8: SAN JOSE

Grab your binoculars and water bottle as you set off with your guide in search of wildlife in the Monteverde Cloud Forest Preserve. Your guide shares his vast knowledge of the cloud forest as you hear the primal sounds of the Howler monkey and watch the leaf cutter ants busy at work. Be on the lookout for the elusive resplendent quetzal as well as the three-wattled bellbird and emerald toucanet. The Monteverde Reserve extends down both slopes of the Tilaran Mountains (2,300 to 5,600 feet elevation), encompassing eight different ecological life zones and protecting over 100 species of mammals, 400 species of birds, and 1,500 species of plants. After lunch head back to San Jose (3.5-4 hour drive). Overnight at **Hotel Grano de Oro**. **[BL]**



DAY 9: DEPART

Transfer to the airport approximately two hours before your scheduled international flight. **[B]**

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

- All guided tours and excursions
- English-speaking naturalist guides for the Lapa Rios portion
- Private English-speaking naturalist guide for the Monteverde portion
- Airport-hotel transfers, land and sea transportation
- 8 nights hotel accommodation as indicated
- Meals as indicated [B-Breakfast, L-Lunch, D-Dinner]
- Wildland Adventures travel consultation and pre-departure services
- Airport departure taxes

NOT INCLUDED SERVICES

- International airfare
- Tips and gratuities
- Drinks, alcoholic beverages, and meals other than listed above
- Personal expenses for extra services, optional activities, or changes in your itinerary for reasons beyond our control
- Travel insurance for trip cancellation, medical services, or evacuation
- Any other items not mentioned above

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

There is a 40 lb. per person baggage weight limit per person for transportation on domestic airline flights and small boat trips within your itinerary plus a 10 pound carry on (including camera equipment). 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.

NOTE: 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. It is however 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 Reservation Form Terms and Conditions.

Accommodations



HOTEL GRANO DE ORO, SAN JOSE

Hotel Grano de Oro is a renovated stately Victorian mansion built at the turn of the 20th century and updated with the warmth and comfort of a private home. Thirty-two individually styled rooms, common areas, and corridors are elegantly decorated with watercolors, tapestries, and locally handcrafted furniture creating charm and character in traditional Latin American style and heritage. Hotel Grano de Oro is one of the finest boutique hotels in Costa Rica for its charm and friendly warmth. It is located on a quiet street near many fine restaurants, theaters and shops. Meals are served in an intimate dining area and garden courtyard. The open-air Jacuzzi on the rooftop garden terrace is a perfect spot to begin your Costa Rica adventure! Services include currency exchange, wifi, gift shop, room service, laundry, TV.



LAPA RIOS LODGE, OSA PENINSULA

Lapa Rios is a first class rainforest lodge with a spectacular hilltop setting. Bungalows are situated on a terraced bluff with well-maintained stairway-trails down from the reception and hilltop restaurant. Be prepared for some hill walking! Lapa Rios Lodge offers accommodations in total harmony with its surroundings. Open air bungalows are fully screened with large verandah, private tiled bath/shower and comfortable beds with mosquito netting. There is a swimming pool, gourmet restaurant, full bar and three story observation catwalk. The 1,000 acre Lapa Rios Private Rain Forest Reserve offers excellent wildlife viewing. Miles of private, un-crowded trails lead you through a rainforest wilderness with rivers, waterfalls and pools for swimming. Resident naturalist guides have years of experience guiding in the reserve and they point out the fascinating ways that animals and plants co-exist in the rain forest. Enjoy the beach and explore tide pools, or spend the day relaxing and bird watching from your verandah.



MONTEVERDE LODGE, MONTEVERDE

Walk through the glass cathedral entry of Monteverde Lodge and you appreciate the modern design and rustic elegance of this mountain inn with high wooden ceilings, open fireplace, family-style restaurant, and cozy lounge with sofa and wrap-around windows. Spacious rooms feature large windows bringing the forest close at hand. Beautiful landscaped gardens invite guests to explore a plethora of flora and fauna of the cloud forest including butterflies, hummingbirds, toucanet and monkey, among the flowers, orchids and epiphytes in forest trees. Enjoy the whirlpool tub in the solarium and full menu in the El Jardin Restaurant. There is no TV but computers are

available as is Wi-Fi throughout the property. The hotel is well located near the entrance to the reserve, the Sky Trek canopy experience, and other activities in the community.

Important information about Lapa Rios Eco-lodge

All guided rainforest tours operated by Lapa Rios are included in the cost of your reservation. **Some of the hikes have middle to high difficulty level.** The Sustainability tour and the visit to the local school (when in session) are free of charge as well. You need to sign up for these tours directly upon arrival.

The Lapa Rios Ecolodge is in a wilderness setting 12 miles from the office communication center. There are no phones or fax machines at the Lapa Rios. Communication between the office and the Ecolodge is by marine radio for emergencies. We have several trips daily by car between the two locations to transport faxes or messages. To make a personal telephone call it would be necessary to take a 45 min taxi ride to the office.

Lapa Rios is a biological reserve. **Considerable stair climbing is required to get to and from the bungalows and main lodge.** Bungalow access requires stair and path walking, therefore we would appreciate it if you could notify us in advance regarding any inability to walk steps. We do everything we can to preserve the natural environment and bring the rainforest and its inhabitants as close to our guests as we can get them while respecting their need for safety. The whole cast of jungle characters is present. The wildlife is abundant in the common areas and near the bungalows. The bungalows themselves can be visited by a variety of small insects and creatures but nothing large or dangerous. Tolerance of this ever-present animal population is a necessary compromise in order to enjoy it here.

Food & Menus: Although remote and isolated (No Phones) Lapa Rios serves food and beverage not usually offered in the wilderness. Meals rotate daily, focusing on fresh fruits, and vegetables with local fish, chicken and meat. A full service bar mixes favorite beverages, fresh juices, wines and spirits. Meals are from a menu that changes daily. There is 24 hour generated electricity (hairdryers cannot be used). Laundry service is available.

What to Bring: Guests are encouraged to bring only lightweight, casual clothing, sunscreen, a bathing suit, sturdy shoes or hiking boots with deep traction and a large beam flashlight. All in-country flights have a 40 lbs. Baggage limit / person. Additional luggage can usually be accommodated for an extra charge. Store the excess in San Jose hotel.

Rainforest and Other tours: The private reserve offers thousands of species of trees, plants, over 300 bird species, insects and mammals. Using the reserve support the ongoing preservation of over 1,000 acres of tropical rainforest. A variety of educational half-day tours hike deep into the rainforest. Trips to the interior of the reserve require a staff naturalist.

Professional Community Tours: sea kayaking, botanical orchid garden, deep sea fishing, in-shore morning fishing on the gulf, on-shore fishing, 5 hour guided mangrove river and gulf boat ride, horseback riding in the jungle and along the beaches and professional massage therapy services. Tours offered depending on professional guide availability.

Gratuities at Lapa Rios

Though tipping is exclusively at your discretion, industry guidelines suggested that \$10 per person per day is an appropriate general tip. With the exception of nature guides, all gratuities will be divided among the entire staff. If a particular member of our staff provides you with exceptional service, you may request a special envelope from the reception and leave a tip for them individually. For your information, Costa Rican law specifies that restaurant staff automatically receives a 10% gratuity for all food and beverage purchases. You can leave all gratuities in the tip box found at the reception desk. Most guests take care of tips at the time of check-out so you don't have to carry money with you. They can be paid in cash or credit cards).

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 sign and submit a [Release of Liability](#).

Deposit requirements are as follows:*

- \$700 per person for all trips in Central America.

*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.