



**MARIAH**  
COSTA RICA  
TRAVEL

***Costa Rica Trip Planner***

***Unique individual and group travel planning since 1989***

# Costa Rica

## **Mariah Costa Rica Travel – The Natural Choice**

Nobody knows Costa Rica like the experts at Mariah Costa Rica Travel - leaders in independent and group travel with the emphasis on natural history and adventure. Our knowledge and experience go hand-in-hand with a commitment to providing reliable, friendly service at the most affordable rates. Each client's needs and interests are carefully considered when we research and design a custom itinerary, and all our programs are designed to give you maximum flexibility, unbeatable value and a true taste of the wonders of Costa Rica. Let Mariah Costa Rica Travel's team arrange your vacation and relax in the knowledge that every detail will be taken care of to ensure an unforgettable experience.

## **How to use our Costa Rica Trip Planner**



This Planner is geared towards the individual traveler. We've suggested several popular 8- to 10-day itineraries with different levels of activities, natural history and leisure to give you a true taste of what Costa Rica has to offer.

The suggested itineraries were originally customized for MARI AH travelers, and proved to be successful and exemplary of the areas and activities that many travelers seek in their exploration of Costa Rica. Most of the itineraries are not tours, rather they are suggested itineraries, and can be arranged for two people almost any time. One of these itineraries may fit your interests; each can be adapted to better match your particular travel needs. Please look over the information in this Trip Planner to get an idea of what you would like to see and do in Costa Rica. Then give our office a call to talk in detail about your particular Costa Rica travel itinerary. We can also help you with your air to Costa Rica.

## **The Natural Environment of Costa Rica**

Almost a quarter of Costa Rica's territory is protected in a world-renowned system of national parks, biological reserves and wildlife refuges. The 12 distinct ecological zones are home to an astonishing array of plants and animals - about four percent of all the Earth's known species live here - more than 850 species of birds, 600 species of butterflies, 1,200 species of orchids, and 237 species of mammals including three-toed sloths, coatis, giant anteaters, peccaries, four species of monkeys and five species of jungle cats. Costa Rica's geography is equally diverse - from the Pacific Beaches to active volcanoes, from dry savanna to lush tropical rainforest, from tidal mangrove swamps and the steamy lowland jungle, to cool, misty cloud forests. Join our expert naturalist guides on a natural history exploration and discover why Costa Rica is one of the world's premier nature destinations.

## **The People of Costa Rica**

Another memorable experience for visitors is meeting the Costa Rican people. The famous hospitality and friendliness of the Ticos (as Costa Ricans are known) comes from living in a country where peace and democracy are treasured birthrights. Costa Rica has no army - it was abolished almost half a century ago so the education, health care and social services could become national priorities. There's no other place in the world like Costa Rica!

## **Why Costa Rica?**

Costa Rica is a unique destination. It is a proudly democratic country with a long history of peace, a tradition of hospitality, great natural beauty and astonishing diversity. In no other country in Latin America can so much be seen and experienced within so small an area.

## **Guidelines for the Responsible Traveler**

- **Wildlife and natural habitats must not be needlessly disturbed.**
- **Tourism should be a positive influence on local communities.**
- **Tourism should be managed, sustainable and culturally sensitive.**
- **Tourists should leave with a greater understanding and appreciation of nature, conservation, and the environment.**

## **Table of Contents**

Why Mariah Costa Rica Travel? .....	2
How to use our Costa Rica Trip Planner .....	2
Why Costa Rica? .....	2
Map, Reference to selected areas .....	3
Best of Costa Rica .....	4
Tropical Forests Manuel Antonio Beach Adventure.....	5
Tropical Forests Guanacaste Beach Adventure.....	6
Costa Rica Coast to Coast Naturally.....	7
Costa Rica The Grand Nature Adventure.....	8
Tropical Rafting and Beach Adventure.....	9
A Costa Rican Adventure.....	10
Coast to Coast-An Active Adventure.....	11
Additional Popular Itineraries.....	12
Popular One-Day Excursions.....	13
Pacific/Caribbean Rainforest & Beach Adventures.....	14
Volcanoes and Highland Adventures.....	15
Active Adventures.....	15
Terms and Conditions.....	16

# Reference to Selected Areas

Below is an overview of some of the more important and fascinating geographical areas in Costa Rica.

## San Jose

Costa Rica's capital, a bustling town of one million, is a pleasant mixture of traditional Spanish and modern buildings. With excellent hotels and restaurants, San Jose is a great base for many activities. It is close to attractions such as the Butterfly Farm and the Cafe Britt Coffee Tour. You might want to take a one-day tour to Irazu Volcano/Lankaster Gardens/Orosi Valley or take a city tour and visit some of San Jose's museums.

## Guanacaste Beaches and Dry Tropical Forests

Guanacaste, Costa Rica's north-western province, is best known for its miles of beautiful beaches and huge cattle ranches surrounded by a rich diversity of natural habitats - estuaries, pasture land, dry tropical forests, marshes and rivers. There are many excellent beach hotels in the area as well as inland lodges featuring dry tropical forests and cattle ranches.

## Central Pacific Reserves

The Central Pacific is a great place to enjoy water sports or explore lowland rainforests. Manuel Antonio National Park has become Costa Rica's most popular national park with its unique mixture of beaches and forest trails. Close by is Carara Biological Reserve where you may spend the day looking for beautiful Scarlet Macaws. Other activities include exploring estuaries by boat, watching out for the huge American Saltwater Crocodile, diving, surfing or simply enjoying a refreshing swim.

## Corcovado National Park

Corcovado National Park has been called "the most biologically intense place on earth" by National Geographic. It is located on the Osa Peninsula and is home to more than 285 species of birds, 139 mammals, and 116 amphibians and reptiles. On the northern part of the Peninsula is Drake Bay where several lodges are located and you can take a boat ride to Isla del Cano. More lodges are located on the southern tip of the Peninsula. Across the Golfo Dulce are two more lodges.

## Southern Rainforest and Tiskita Jungle Lodge

Located south of the Osa Peninsula on the Southern Pacific Coast, Tiskita Jungle Lodge is a nature lover's paradise. The lodge is situated in a

large rainforest reserve fronting the ocean with miles of secluded beaches. Tiskita's delightful cottages all have ocean view verandahs and private baths. Tiskita is famous for its incredible bird life with more than 285 species of birds identified so far. You will also be able to see "titi" or Squirrel monkeys, White-faced Capuchin, and Howler monkeys.

## Atlantic Rainforest / Caribbean Experience and Tortuguero National Park

The Tortuguero Canals along the Caribbean Coast and Tortuguero National Park are a must for nature lovers. As you explore the brackish and freshwater canals and lagoons in small boats, you'll float through dense rainforests, swamp forests and marshes where you'll see Spider Monkeys, Howler Monkeys and White-faced Capuchin as well as Sloths. From July to October, Green Sea Turtles come up on the beaches and lay their eggs and Hawksbill Turtles nest from March until June.

## Sarapiquí Lodges Selva Verde, La Quinta de Sarapiquí and Rara Avis

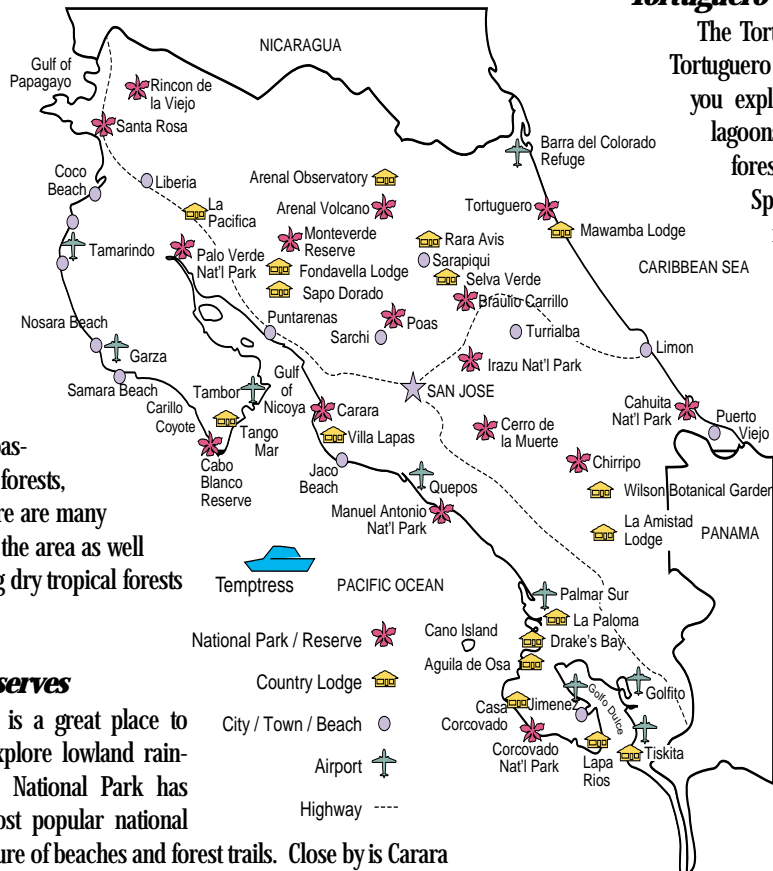
Selva Verde Lodge is adjacent to Braulio Carrillo National Park and the Organization for Tropical Studies - La Selva Field Station. The lodge is located on the banks of the Sarapiquí River. Nature walks with local guides can be easily arranged. Rara Avis serves both as a biological research station and as a tourist center. Getting there is an adventure in itself. Rara Avis is known for its bird life; more than 340 species have been identified so far.

## Arenal Volcano National Park and the Arenal Observatory Lodge

Arenal Volcano is one of the world's most active volcanoes. You will be awed by the thunderous eruptions of gas, ash and lava. The spectacular firework displays of red-hot rocks shooting into the sky are safely viewed from the Arenal Observatory Lodge located 1.6 miles south of the volcano. Enjoy a dip in the thermal pools of Tabacon Hot Springs, hike to beautiful waterfalls and recent lava flows and enjoy the magnificent view of Lake Arenal. There are other lodges nearby.

## Monteverde Cloud Forest

Monteverde Cloud Forest Reserve is one of the most diverse and rich cloud forests in the new world. It is best known as home to the Resplendent Quetzal but protects hundreds of other birds, mammals and plant species as well as reptiles, amphibians and insects. The Monteverde community is also an interesting place with a famous cheese factory, the Women's Handicraft Cooperative, the Butterfly Garden and Serpentarium and other private reserves.



# Best of Costa Rica

**TISKITA, ARENAL VOLCANO, MONTEVERDE**

## DAILY ITINERARY

9 Days/8 Nights, 6B3L6D, Fixed departures Tues. and Sat.  
Price Per Person from \$1400

### Day 1- San Jose

Airport Meet & Greet and transfer to hotel. Overnight at Hotel Grano de Oro or similar.

### Day 2- Tiskita Jungle Lodge

We meet you at your hotel and fly you by single engine charter plane to the remote, private airstrip on the beach at Tiskita Jungle Lodge. Tiskita is a 400-acre private rainforest reserve in the remote region of Golfito on the Southern Pacific Coast. Enjoy a guided tour of the Tiskita rainforest and trails. Explore fresh water jungle pools and beautiful, isolated beaches. The bird watching is fabulous with over 285 species identified in the area so far. Tiskita is also an experimental exotic tropical fruit farm. Overnight in bungalow at Tiskita Lodge. (1D)

### Days 3 & 4- Tiskita Jungle Lodge

Tour the rainforest and area trails, swim in ocean or fresh water jungle pools, visit the nearby village, or simply relax in your hammock. Overnight Tiskita Lodge. (2B2L2D)

### Day 5- Arenal Volcano and National Park

Morning flight to San Jose. Scenic drive with driver/guide to Arenal Volcano. Enjoy a dip in the new pool at the Lodge or explore the trail system. Dinner and overnight at the Arenal Observatory Lodge. The Observatory is only 1.6 miles south of the volcano and gives visitors an impressive view of this giant which rumbles and erupts with spectacular displays of vapor and lava. The Observatory is the only lodge situated within the recently created **Arenal Volcano National Park**, which encompasses thousands of acres of pristine rainforest and teems with tropical birds and wildlife. Overnight Arenal Observatory Lodge or similar. (BD)

### Day 6- Monteverde Cloud Forest

Morning hike to a nearby waterfall and a close-up exploration of a recent lava flow. Mid-morning departure driving around Lake Arenal to the **Monteverde Cloud Forest Reserve**, one of the richest and most diverse tropical cloud forests in the New World. It is known as home to the Resplendent Quetzal and has hundreds of birds, mammals and plant species. Overnight in Monteverde at Fonda Vela or similar. (BD)

### Day 7- Monteverde Cloud Forest

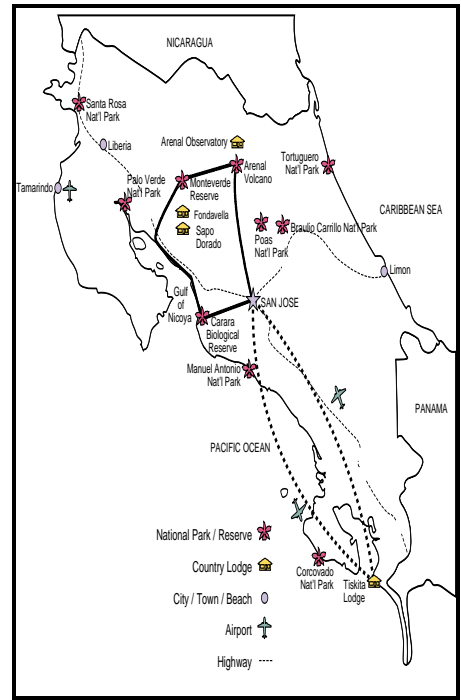
Morning hike through the reserve viewing the misty forest with its dense vegetation and majestic trees. After lunch you are free to enjoy on your own the many different attractions at Monteverde, including the Butterfly Garden and/or the Canopy Tour which allows you the opportunity to ascend into the forest canopy and see jungle life from a different perspective. Overnight at Hotel Fonda Vela or similar. (BD)

### Day 8- Monteverde and San Jose

Morning in Monteverde to enjoy any of the optional activities. After lunch (on own) depart for San Jose. Late afternoon arrival back in San Jose. Overnight near the airport at Hotel Buena Vista or similar. (B)

### Day 9- Return to USA

Airport transfer for return flight home.



*"We just returned from a wonderful 2-week trip in Costa Rica. We enjoyed Tiskita Lodge and Monteverde very much. Your staff was punctual and courteous. We particularly appreciated that your office reconfirmed each transfer on the previous day."*

# Tropical Forests

## Manuel Antonio Adventure

**ARENAL VOLCANO, MONTEVERDE, MANUEL ANTONIO BEACH**

### DAILY ITINERARY

9 Days/8 Nights, 3B3D, Fixed departures Sun., Tues., Fri.  
Price Per Person from \$1190

#### Day 1- San Jose

Airport Meet & Greet and transfer to hotel. Overnight at Hotel Grano de Oro or similar.

#### Day 2- Arenal Volcano and National Park

Scenic drive with driver/guide to Arenal Volcano. Enjoy a dip in the new pool at the Lodge or explore the trail system. Dinner and overnight at the Arenal Observatory Lodge. The Observatory is only 1.6 miles south of the volcano and gives visitors an impressive view of this giant which rumbles and erupts with spectacular displays of vapor and lava. The Observatory is the only lodge situated within the recently created **Arenal Volcano National Park**, which encompasses thousands of acres of pristine rainforest and teems with tropical birds and wildlife. Overnight Arenal Observatory Lodge or similar. (D)

#### Day 3- Monteverde Cloud Forest

Morning hike to a nearby waterfall and a close-up exploration of a recent lava flow. Mid-morning departure driving around Lake Arenal to the **Monteverde Cloud Forest Reserve**, one of the richest and most diverse tropical cloud forests in the New World. It is known as home to the Resplendent Quetzal and has hundreds of birds, mammals and plant species. Overnight in Monteverde at Fonda Vela or similar. (BD)

#### Day 4- Monteverde Cloud Forest

Morning hike through the reserve viewing the misty forest with its dense vegetation and majestic trees. After lunch you are free to enjoy on your own the many different attractions at Monteverde, including the Butterfly Garden and/or the Canopy Tour which allows you the opportunity to ascend into the forest canopy and see jungle life from a different perspective. Overnight at Hotel Fonda Vela or similar. (BD)

#### Day 5- Overland Transfer to Manuel Antonio Beach

Overland transfer from Monteverde to Manuel Antonio. Manuel Antonio is one of the country's most popular parks because of its unique mix of beaches and forest trails. Overnight in Manuel Antonio at Hotel Costa Verde or similar.

#### Day 6-7- Manuel Antonio Beach

Days at leisure to enjoy Manuel Antonio with its beautiful beaches and wonderful nature trails. Overnight in Manuel Antonio at Hotel Costa Verde or similar.

#### Day 8- Flight to San Jose

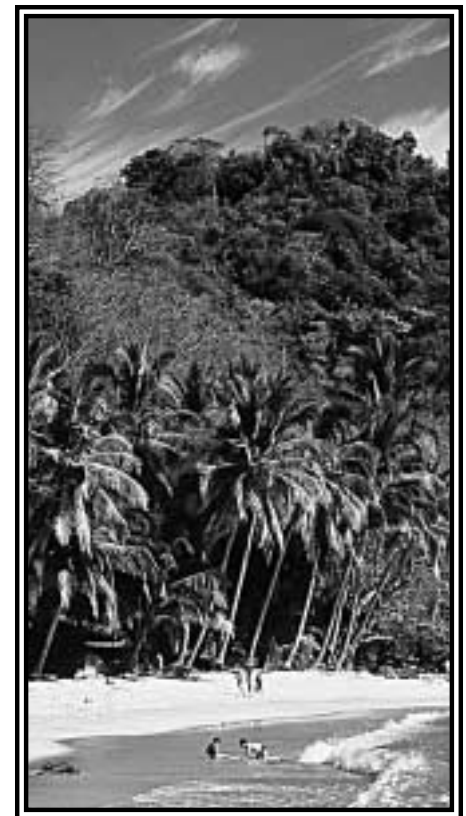
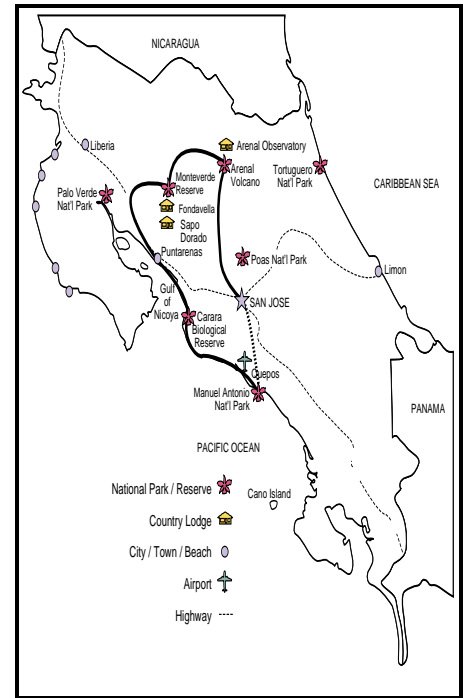
Morning or afternoon flight to San Jose and transfer to your hotel. Afternoon free for your own activities. Overnight near airport at Hotel Buena Vista or similar.

#### Day 9- Return to USA

Airport transfer for return flight home.

---

*"Thoroughly enjoyable. There were lots of opportunities to view nature and talk with the local people."*




---

*"Everything about the trip went smoothly. Thank you for checking up on us periodically - it was good to know we weren't alone in Costa Rica."*

# Tropical Forests

## Guanacaste Beach Adventure

**ARENAL VOLCANO, MONTEVERDE, TAMARINDO BEACH**

### DAILY ITINERARY

8 Days/7 Nights, 3B3D, Fixed departures Sun., Tues., Fri.  
Price Per Person from \$1310

#### Day 1- San Jose

Airport Meet & Greet and transfer to hotel.  
Overnight at Hotel Grano de Oro or similar.

#### Day 2- Arenal Volcano and National Park

Scenic drive with driver/guide to Arenal Volcano. Enjoy a dip in the new pool at the Lodge or explore the trail system. Dinner and overnight at the Arenal Observatory Lodge. The Observatory is only 1.6 miles south of the volcano and gives visitors an impressive view of this giant which rumbles and erupts with spectacular displays of vapor and lava. The Observatory is the only lodge situated within the recently created **Arenal Volcano National Park**, which encompasses thousands of acres of pristine rainforest and teems with tropical birds and wildlife. Overnight Arenal Observatory Lodge or similar. (D)

#### Day 3- Monteverde Cloud Forest

Morning hike to a nearby waterfall and a close-up exploration of a recent lava flow. Mid-morning departure driving around Lake Arenal to the **Monteverde Cloud Forest Reserve**, one of the richest and most diverse tropical cloud forests in the New World. It is known as home to the Resplendent Quetzal and has hundreds of birds, mammals and plant species. Overnight in Monteverde at Fonda Vela or similar. (BD)

#### Day 4- Monteverde Cloud Forest

Morning hike through the reserve viewing the misty forest with its dense vegetation and majestic trees. After lunch you are free to enjoy on your own the many different attractions at Monteverde, including the Butterfly Garden and/or the Canopy Tour which allows you the opportunity to ascend into the forest canopy and see jungle life from a different perspective. Overnight at Hotel Fonda Vela or similar. (BD)



#### Day 5- Tamarindo Beach

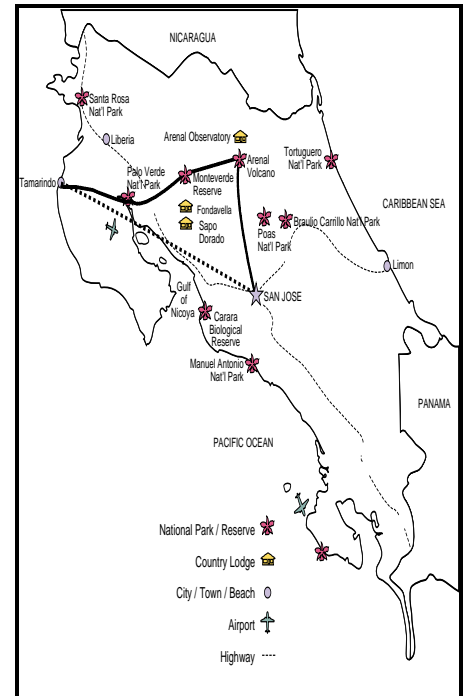
Morning departure through the distinctive dry savanna of Guanacaste to Tamarindo Beach on the Pacific Coast. Overnight at Captain Suizo or similar. (B)

#### Day 6- Tamarindo Beach

Free day to explore or relax on the beach. Optional activities (extra cost) include night turtle nesting tour (mid-November to mid-March only) or estuary tour. Overnight at Captain Suizo or similar.

#### Day 7- Flight to San Jose

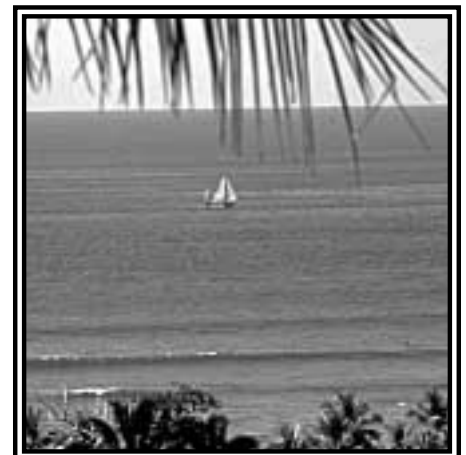
Return flight to San Jose and transfer to your hotel. Overnight near airport at Hotel Buena Vista or similar.



#### Day 8- Return to USA

Airport transfer for return flight home.

*"We are very grateful for the fine job that you did in designing, planning and carrying out our trip. We will certainly be happy to endorse your company as a wonderful way to connect Costa Rica and its people with the tourists."*



# Costa Rica Coast to Coast Naturally

**TORTUGUERO, SOUTHERN RAINFOREST & CORCOVADO NATIONAL PARK**

## DAILY ITINERARY

8 Days/7 Nights, 6B5L5D, Departures daily

Price Per Person from \$1250

### Day 1- San Jose

Airport Meet & Greet and transfer to hotel. Overnight at Hotel Grano de Oro or similar.

### Day 2- Tortuguero National Park

You will be met at your hotel for the 2-hour scenic drive through Braulio Carrillo National Park to the Caribbean. Transfer to riverboat with naturalist guide for the 2-4 hour boat ride through 50 km. of tropical rainforest. Afternoon is free to enjoy on own. The Tortuguero Canals along the Caribbean Coast and the Tortuguero National Park are musts for nature lovers. You may have the treat of close-up looks at monkeys, crocodiles, tree sloths and a host of colorful birds. During turtle nesting season (June through September), the endangered green turtles come up on the beaches at night to lay their eggs-an unforgettable experience. Overnight Mawamba, Pachira, Laguna Lodge or similar. (BLD)

### Day 3- Tortuguero National Park

Enjoy touring the backwater canals of Tortuguero National Park with a local guide to observe the flora and fauna. The afternoon is free for you to enjoy optional activities and tours, a walk to the village or a visit to the museum. Overnight Tortuguero. (BLD)

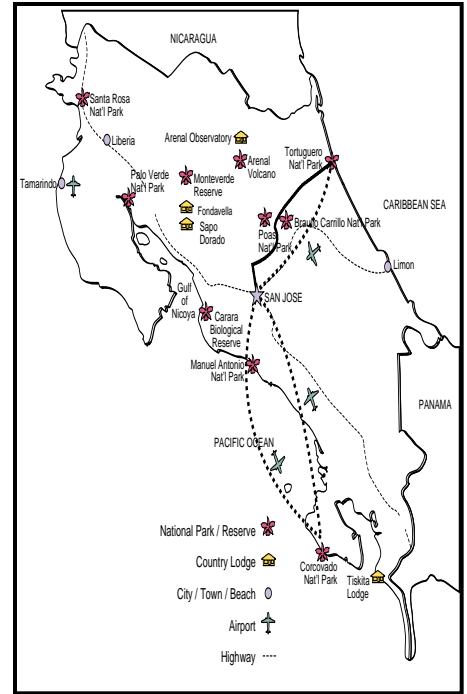


### Day 4- Osa Peninsula Rainforest

Early morning flight to San Jose. You will then transfer to another plane for your flight to the Southern Pacific Rainforests. Depending on which lodge you stay in for the next three nights, your transportation may vary somewhat. The secluded Osa Peninsula is on the Southwest Pacific Coast of Costa Rica, where Corcovado National Park is located. Corcovado National Park has been called "the most biologically intense place on earth" by National Geographic. This famous Park is home to many large mammals - jaguar, tapir, ocelot, peccaries, giant anteaters - and an incredible number of birds. Here visitors have the best chance to actually see this tropical wildlife, or at least have the thrill of seeing some recent sign of them and knowing that they are in the habitat of these majestic creatures. On the northern part of the Osa Peninsula are the lodges at Drake Bay (Aguila de Osa, La Paloma, Casa Corcovado, Drake Bay Wilderness Camp), nestled near the banks of a small fresh-water river. From the beach you can snorkle among the volcanic rockheads, enjoy the tidal pools, hike along the extensive beaches, visit the local village, take a guided day tour to Corcovado National Park, a guided day tour to Isla del Cano, horse-back ride, scuba dive, hike, relax, swim and more. On the southern part of the Peninsula are other lodges such as Lapa Rios and Bosque del Cabo which offer similar activities. Located across the Golfo Dulce is Rainbow Lodge and Cana Blanca. Located further south on the coast is Tiskita. Overnight Osa Peninsula. (BLD)

### Day 5-6 Osa Peninsula Rainforest

Days free to enjoy optional activities described above. Overnights Osa Peninsula. (2B2L2D)



### Day 7- Flight to San Jose

Return flight to San Jose and transfer to your hotel. Overnight near airport at Hotel Buena Vista or similar. (B)

### Day 8- Return to USA

Airport transfer for return flight home.

*"I have no words to express the gratitude I have for the unbelievably incredible trip you put together. You helped make our tenth anniversary exceptionally special."*

# Costa Rica

## The Grand Nature Adventure

**TORTUGUERO, CORCOVADO NATIONAL PARK, ARENAL, MONTEVERDE**

### DAILY ITINERARY

11 Days/10 Nights, 9B6L8D, Fixed departures Tues., Thurs., Sun.  
Price Per Person from \$1850

#### Day 1- San Jose

Airport Meet & Greet and transfer to hotel. Overnight at Hotel Grano de Oro or similar.

#### Day 2- Tortuguero National Park

You will be met at your hotel for the 2-hour scenic drive through Braulio Carrillo National Park to the Caribbean. Transfer to riverboat with naturalist guide for the 2-4 hour boat ride through 50 km. of tropical rainforest. You may have the treat of close up looks at monkeys, crocodiles, tree sloths and a host of colorful birds. During June through September, the endangered green turtles come up on the beaches at night to lay their eggs. Overnight Mawamba, Pachira, Laguna Lodge or similar. (BLD)

#### Day 3- Tortuguero National Park

Enjoy touring the backwater canals of Tortuguero National Park with a local guide. The afternoon is free for you to enjoy optional activities and tours, a walk to the village or a visit to the museum. Overnight Tortuguero. (BLD)

#### Day 4- Osa Peninsula Rainforest

Early morning flight to San Jose. You will then transfer to another plane for your flight to the Southern Pacific Rainforests. The secluded Osa Peninsula is where Corcovado National Park is located. Corcovado National Park has been called "the most biologically intense place on earth" by National Geographic. This famous Park is home to many large mammals - jaguar, tapir, ocelot, peccaries, giant anteaters - and an incredible number of birds. Here visitors have the best chance to actually see this tropical wildlife. On the northern part of the Osa Peninsula are the lodges at Drake Bay (Aguila de Osa, La Paloma, Casa Corcovado, Drake Bay Wilderness Camp), nestled near the banks of a small fresh-water river. From the beach you can snorkle among the volcanic rockheads, enjoy the tidal pools, hike along the extensive beaches, visit the local village, take a guided day tour to Corcovado National Park and Isla del Cano, horseback ride, scuba dive, hike,

relax, swim and more. On the southern part of the Peninsula are other lodges such as Lapa Rios and Bosque del Cabo which offer similar activities. Across the Golfo Dulce is Rainbow Lodge and Cana Blanca. Located further south on the coast is Tiskita. Overnight Osa Peninsula. (BLD)

#### Day 5-6- Osa Peninsula Rainforest

Days free to enjoy optional activities described above. Overnight Osa Peninsula. (2B2L2D)

#### Day 7- Arenal Volcano and National Park

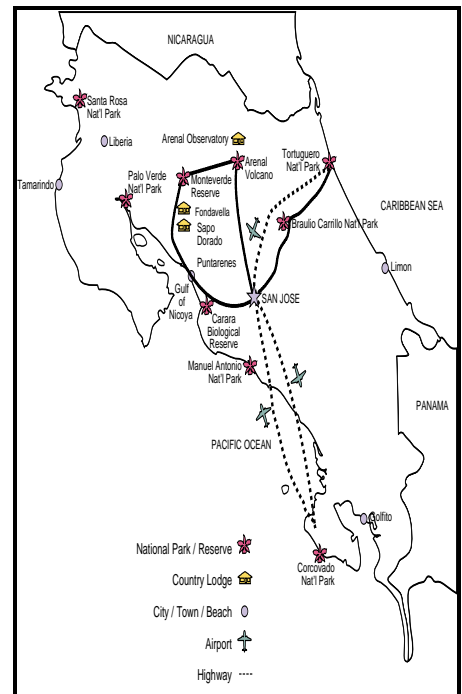
Fly back to San Jose in the morning, be greeted by your driver and car and depart for the scenic drive to Arenal Volcano. Afternoon free to enjoy a dip in the new pool at the lodge or hike the surrounding trails. Dinner and overnight at the Arenal Observatory Lodge or similar. (BD)

#### Day 8- Monteverde Cloud Forest

Morning hike to a nearby waterfall and a close-up exploration of a recent lava flow. Mid-morning departure, driving around Lake Arenal to the Monteverde Cloud Forest Reserve, one of the richest and most diverse tropical cloud forests in the New World. It is known as home to the Resplendent Quetzal and has hundreds of birds, mammals and plant species. Overnight in Monteverde at Fonda Vela or similar. (BD)

#### Day 9- Monteverde Cloud Forest

Morning hike through the reserve viewing the misty forest with its dense vegetation and majestic trees. After lunch you are free to enjoy on your own the many different attractions at Monteverde, including the Butterfly Garden and the Canopy Tour which allows you the opportunity to ascend into the forest canopy and see jungle life from a different perspective. Overnight at Hotel Fonda Vela or similar. (BD)



#### Day 10- Monteverde and San Jose

Morning in Monteverde to enjoy other activities. After lunch depart for San Jose. Overnight near airport at Hotel Buena Vista or similar. (B).

#### Day 11- Return to USA

Airport transfer for return flight home.

*"All in all, a fantastic vacation. We appreciated your help and patience in addressing our concerns and questions as our itinerary came together. We would certainly recommend you to anyone planning a Costa Rica tour."*

# Tropical Rafting and Beach Adventure

**PACUARE RIVER, MANUEL ANTONIO BEACH AND NATIONAL PARK**

## DAILY ITINERARY

8 Days/7 Nights, 2B2L1D, Departures daily  
Price Per Person from \$1050

### Day 1- San Jose

Airport Meet & Greet and transfer to hotel. Overnight at Hotel Grano de Oro or similar.

### Day 2- Pacuare Whitewater Rafting Class III-IV

This trip combines two days of thrilling whitewater rafting on the Pacuare River. It is a trip of pure magic, unsurpassed beauty, exuberant wildlife and great rapids. Along its course lie several densely vegetated gorges that shelter ocelots, monkeys, sloths, and a large variety of birds. Warm water and breathtaking scenery combine to make an unforgettable trip. Though there are Class IV (intermediate level) rapids on this river, an adventurous first-time rafter will enjoy themselves. The first day we meet you at your San Jose hotel and depart for the river, stopping enroute for breakfast at a typical Costa Rican restaurant. At the river your guides will give you a safety orientation, and you then board the boats. You'll enjoy about 8 miles and 2-4 hours of rafting, stopping along the banks of the river for a picnic lunch. Arrive at your overnight campsite for dinner and evening enjoyment of the sights and sounds of the jungle. There is a trail system through the rainforest that you can enjoy, a freshwater stream and waterfall you can explore and a reforestation project nearby. You'll sleep in small wooden huts. Overnight Pacuare River Camp. (BLD)

### Day 3- Pacuare Whitewater Rafting Class III-IV

After a hearty breakfast prepared by your river guides, you'll continue on down the river enjoying the beautiful scenery as you raft in a deep river canyon where the jungle meets the water, waterfalls drop down from 1,000-foot cliffs, birds fly overhead and the water is a warm temperature. You'll raft 10 miles in 2-4 hours, and get off the river and be driven back to your San Jose hotel. Overnight at Hotel Grano de Oro or similar. (BL)

### Day 4- Manuel Antonio Beach and National Park

Morning flight to Quepos and transfer to your hotel in Manuel Antonio. Miles of sandy white beaches have made this one of the most popular parks in the National Park system. You will be able to view migrating marine birds. The waters are crystal clear, making these beaches popular for snorkeling. The surf is gentle, great for swimming, body surfing, playing with a boggie board, or just relaxing. The jungle of the National Park reaches down to the beach, so you can stroll through the park on your own or take a guided tour. A local sea kayak company offers day sea kayaking trips. Horses are available to rent. There are several restaurants to choose from. Overnight at Hotel Costa Verde or similar.

### Day 5-6- Manuel Antonio Beach

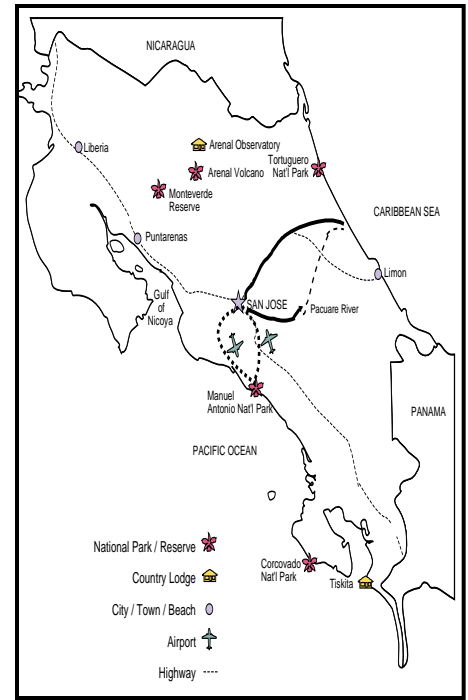
The days are free to enjoy the various optional activities available. Overnights at Hotel Costa Verde or similar.

### Day 7- Flight to San Jose

Morning or afternoon return flight to San Jose and taxi transfer to your hotel in San Jose. Overnight at Hotel Grano de Oro or similar.

### Day 8- Return to USA

Airport transfer for return flight home.



*"Our favorite part of the trip was time on the river! We enjoyed not just the Pacuare, but also our one-day kayaking trip near Manuel Antonio."*

# A Costa Rican Adventure

**Whitewater Rafting Hiking & Hot Springs, Beach**

## DAILY ITINERARY

**8 Days/7 Nights, 7B,3B,2D, Group departures 2-3 times per month**

**Call 919-755-9292 for dates**

**Price Per Person from \$1350, double occupancy**

**Single Supplement \$200**

### Day 1- San Jose

Airport Meet & Greet and transfer to hotel. Overnight at Hotel Fleur de Lys or similar.

### Day 2- Pacuare Whitewater Rafting Class III-IV

This trip combines two days of thrilling whitewater rafting on the Pacuare River. A trip of pure magic, unsurpassed beauty, exuberant wildlife and great rapids. Along its course lie several densely vegetated gorges that shelter ocelots, monkeys, sloths, and a large variety of birds, warm water and breathtaking scenery combine to make an unforgettable trip. Though there are Class IV (intermediate level) rapids on this river, an adventurous first-time rafter will enjoy themselves. The first day we meet you at your San Jose hotel and depart for the river, stopping enroute for breakfast at a typical Costa Rican restaurant. At the river your guides will give you a safety orientation, board the boats, enjoy about 8 miles and 2-4 hours of rafting, stopping along the banks of the river for lunch. You'll sleep in comfortable tents alongside the river, enjoying the sights and sounds of the jungle. (BLD)

### Day 3- Pacuare Whitewater Rafting Class III-IV

After a hearty breakfast prepared by your river guides, you'll continue down river enjoying the beautiful scenery as you raft in a deep river canyon where the jungle meets the water. Waterfalls drop down from 1,000-foot cliffs, birds fly overhead and the water is a warm temperature. You'll raft about 10 miles in 2-4 hours. You'll get off the river about 3 p.m. and go directly to La Fortuna, the closest town to Arenal. Overnight La Fortuna hotel. (BL)

### Day 4- Arenal Volcano

We begin the day with a hike to a spectacular waterfall then drive around to the active side of the volcano for a hike to a lava flow from a

1992 eruption. We end the day with dinner and a soak at the Tabacon Hot Springs Resort. and return to our hotel. (BLD)

### Days 5 & 6- Manuel Antonio Beach

Today we leave the Arenal area and drive around the lake to Manuel Antonio. The next few days can be spent exploring the coastal area on land and water. Available activities (not included in price) include: a Canopy Tour, sea kayaking, horseback riding, deep-sea fishing, and surfing. Your guide is available to assist with setting up any activities. Overnights at Karaha Hotel. (2B)

### Day 7- Beach/San Jose

We'll have a few hours of free time in the morning before taking a mid-day flight back to San Jose and our hotel. (B)

### Day 8- Return to USA

Airport transfer for return flight home. (B)

**This itinerary and those on pages 11 & 12 with specific departure dates are group trips comprised of individual travelers looking to travel in the company of others. They are ideal for the single traveler. Additional days can be added on either before or after your trip if there are other areas of the country that you wish to visit and are not included.**



# Coast to Coast

## An Active Adventure

**Whitewater Rafting Sea Kayaking Mountain Biking**  
**Without the use of motorized vehicles!**

### DAILY ITINERARY

15 Days/14 Nights, 14B,10L,11D, Group departures monthly

Call 919-755-9292 for dates

Price Per Person from \$2230, double occupancy

Single Supplement \$250

#### Day 1- San Jose

Airport Meet & Greet and transfer to hotel. Overnight at San Jose Hotel.

#### Day 2- Manuel Antonio

The day starts with a flight to Manuel Antonio on the Pacific Coast. You can visit Manuel Antonio National Park, which is famous for its beautiful beaches and abundant wildlife. (BD)

#### Day 3- Bike (25 kms) & Hike (14 kms) the Pacific Coast

THE ADVENTURE BEGINS! We bike up steep mountains into lovely valleys. After a hearty breakfast we trade our wheels for hiking boots and continue on foot into the cool mountains of Central Costa Rica. We camp overnight in the mountains. (BLD)

#### Day 4- Hike (7 kms) Los Santos

We continue our trek towards the Continental Divide by challenging the infamous "Cemetery Hill" - a strenuous 3 km climb up a steep, winding pass. We camp in a gorgeous valley. (BLD)

#### Day 5- Hike (6 kms) & Bike (13 kms)

##### Santa Maria de Dota

The small pueblo of San Lorenzo is our morning destination where, after a few hours hike, we switch back to pedal power. We finish the day in the quaint village of Santa Maria where we tend to our sore feet, refortify with some typical fare and rest up in a local hotel. (BLD)

#### Day 6- Bike (46 kms) the Continental Divide

The hardest, steepest climb of our adventure begins on this day at the refreshing hour of 4:30 a.m. The challenge before breakfast is to bike 14 kms up-hill to the Continental Divide, bringing us to an altitude of 2330 meters - the highest peak in

our journey. The remainder of the day is a mountain biker's wildest dream - downhill on dirt roads and single-track trails. We will finish the afternoon in the beautiful Orosi Valley where rich pastures and dark green forests of coffee carpet the land. (BLD)

#### Day 7- Orosi Valley - Free Day!

With no formal itinerary, you are free to hang out at the pool or explore the area. (B)

#### Day 8- Bike (9 kms) & Hike (13 kms) Tapanti

We bike along a river to the Tapanti National Wildlife Refuge, an area of vast rugged terrain-covered with dense primary rainforest. Leaving our bikes we take to the mountains and hike amongst thousands of trees. (BLD)

#### Day 9- Hike (6 kms), bike (3 kms) & Raft (10 kms) the Pejibaye River; Class II

Today is quite unique! Not only do we hike and bike, but we also whitewater raft in our single- or double-person inflatable kayaks. (BLD)

#### Day 10- Bike (18 kms) & Raft (8 kms) the Pacuare River; Class IV

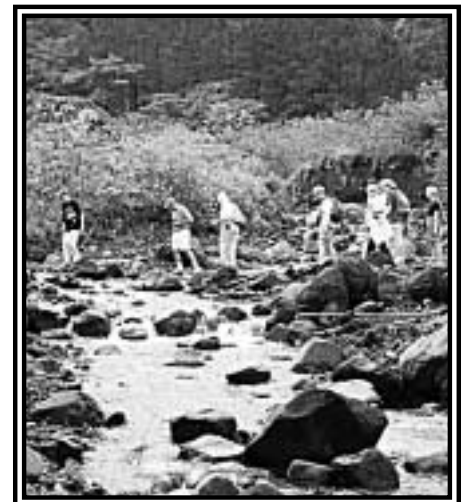
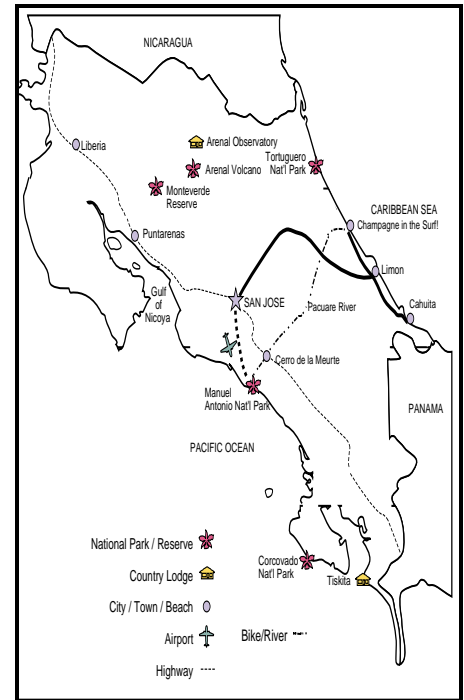
We bike a mountain ridge to the gateway of the Pacuare River and raft to camp. (BLD)

#### Day 11-12- Raft Pacuare River (27 kms), Class II-IV

We actually raft to the Caribbean and transfer via motor boat up the canals to Laguna Lodge to rest. (2B2L2D)

#### Day 13- Caribbean/Laguna Lodge

A day of relaxing at the Lodge. Our hotel is right on the inland canals of Tortuguero (B,L,D)



#### Day 14- Return to San Jose

After breakfast we return to San Jose via motor launch and bus. Overnight San Jose Hotel. (B)

#### Day 15- Return to USA

Airport transfer for return flight home. (B)



# ADDITIONAL POPULAR ITINERARIES

## ***Osa Peninsula / Arenal Volano / Guanacaste Beach Area***

### **DAILY ITINERARY**

**10 Days/9 Night, 5B3L5D from \$1880**  
Fixed departures daily

- Day 1- Airport Meet & Greet, hotel San Jose
- Day 2- Flight to Osa Peninsula (LD)
- Day 3- Osa Peninsula (BLD)
- Day 4- Osa Peninsula (BLD)
- Day 5- Transfer to Arenal Volcano (BD)
- Day 6- Arenal Volcano (BD)
- Day 7- Transfer to Tamarindo Beach (B)
- Day 8- Tamarindo Beach
- Day 9- Afternoon flight back to San Jose
- Day 10-Airport transfer and return to USA

## ***Osa Peninsula / Arenal / Monteverde / Manuel Antonio***

### **DAILY ITINERARY**

**11 Days/10 Night, 6B3L6D from \$1510**  
Fixed departures Tues, Thurs, Sat

- Day 1- Airport Meet & Greet, hotel San Jose
- Day 2- Flight to Osa Peninsula (LD)
- Day 3- Osa Peninsula (BLD)
- Day 4- Osa Peninsula (BLD)
- Day 5- Transfer to Arenal Volcano (BD)
- Day 6- Transfer to Monteverde (BD)
- Day 7- Monteverde Cloud Forest (BD)
- Day 8- Transfer to Manuel Antonio (B)
- Day 9- Manuel Antonio Beach Beach
- Day 10-Afternoon flight back to San Jose
- Day 11-Airport transfer and return to USA

## ***Tortuguero / Arenal / Monteverde / Manuel Antonio***

### **DAILY ITINERARY**

**10 Days/9 Night, 5B2L5D from \$1160**  
Fixed departures Wed, Fri, Sun

- Day 1- Airport Meet & Greet, hotel San Jose
- Day 2- Bus/boat to Tortuguero (BLD)
- Day 3- Tortuguero (BLD)
- Day 4- Transfer to Arenal (BD)
- Day 5- Transfer to Monteverde (BD)
- Day 6- Monteverde Cloud Forest (BD)
- Day 7- Transfer to Manuel Antonio Beach
- Day 8- Manuel Antonio Beach
- Day 9- Afternoon flight back to San Jose
- Day 10-Airport transfer and return to USA

## ***Tortuguero / Arenal Volcano / Guanacaste Beach Area***

### **DAILY ITINERARY**

**9 Days/8 Night, 5B2L4D from \$1280**  
Fixed departures daily

- Day 1- Airport Meet & Greet, hotel San Jose
- Day 2- Bus/boat to Tortuguero (BLD)
- Day 3- Tortuguero National Park (BLD)
- Day 4- Transfer to Arenal Volcano (BD)
- Day 5- Arenal Volcano (BD)
- Day 6- Transfer to Tamarindo Beach (B)
- Day 7- Tamarindo Beach
- Day 8- Afternoon flight back to San Jose
- Day 9- Airport transfer and return to USA

## ***“Adventure Trails” Hiking/Biking/Rafting/Volcano & Hot Springs***

### **DAILY ITINERARY**

**9 Days/8 Night, 7B,6L,4D from \$1585**  
Group departures monthly,  
Call 919-755-9292 for dates.

- Day 1- Airport Meet & Greet, hotel San Jose
- Day 2- Hike cloud Forest,  
Rope climb in giant oak tree (BLD)
- Day 3- Bike Orosi Valley. (BL)
- Day 4- Raft Pacuare River (BLD)
- Day 5- Hike Pacuare River Canyon (BLD)
- Day 6- Raft Pacuare,  
Transfer to La Fortuna (BL)
- Day 7- Hike Arenal, Hot Springs (B,D)
- Day 8- Return to San Jose via Sarchi (L)
- Day 9- Airport transfer and return to USA (B)

## ***Tortuguero / Monteverde / Manuel Antonio Beach***

### **DAILY ITINERARY**

**9 Days/8 Night, 5B2L4D from \$1110**  
Fixed departures daily

- Day 1- Airport Meet & Greet, hotel San Jose
- Day 2- Bus/boat to Tortuguero (BLD)
- Day 3- Tortuguero (BLD)
- Day 4- Transfer to Monteverde (BD)
- Day 5- Monteverde Cloud Forest (BD)
- Day 6- Transfer to Manuel Antonio (B)
- Day 7- Manuel Antonio Beach
- Day 8- Afternoon flight back to San Jose
- Day 9- Airport transfer and return to USA

## ***“Hidden Valleys” Biking / Trekking / Rafting***

### **DAILY ITINERARY**

**8 Days/7 Night, 6B6L5D from \$1605**  
Group departures January thru April,  
and December.  
Call 919-755-9292 for dates.

- Day 1- Airport Meet & Greet, hotel San Jose
- Day 2- Bike Orosi Valley, 4-5 hrs (BLD)
- Day 3- Bike Tapanti, 5-6 hrs (BLD)
- Day 4- Trek Valle Escondido, 6 hrs (BLD)
- Day 5- Trek Valle Terrible, 4-5 hrs (BLD)
- Day 6- Raft Pacuare River, 3 hrs (BLD)
- Day 7- Raft Pacuare, transfer San Jose (BL)
- Day 8- Airport transfer and return to USA

## ***“Roads & Rivers” Bike / Rafting / Bike / Beach***

### **DAILY ITINERARY**

**9 Days/8 Night, 6B6L4D from \$1465**  
Group departures monthly.  
Call 919-755-9292 for dates.

- Day 1- Airport Meet & Greet, hotel San Jose
- Day 2- Bike Orosi Valley, 4-5 hr biking (BLD)
- Day 3- Raft Pacuare River, Class IV (BLD)
- Day 4- Raft Pacuare. Transfer San Jose. (BL)
- Day 5- Transfer Samara Beach, Pacific (BLD)
- Day 6- Bike Pacific Coast, 4-5 hr biking (BLD)
- Day 7- Bike Pacific Coast, 4-5 hr biking (BL)
- Day 8- Beach. Afternoon flight to San Jose
- Day 9- Airport transfer and return to USA



## POPULAR ONE-DAY EXCURSIONS

### **Driving City Tour San José \$60**

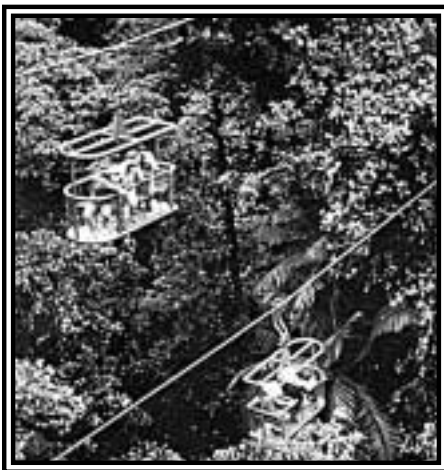
Duration 4 hours. Visit the local market in downtown, walk a few blocks along the pedestrian streets and view the colonial buildings of the Central Post Office, then continue to the National Theatre. Visit residential areas in the suburbs, a local church and the University of Costa Rica. Before returning to your hotel you will stop in San Pedro or Moravia where you will have the chance to shop for some arts and crafts.

### **Inbioparque \$60**

Duration 4 hours. Enjoy this educational and recreational center as an introduction to Costa Rica's vast world of biological diversity. By way of interactive exhibit halls and interpretive trails, you will learn about the natural history of Costa Rica. This facility is located only 15 minutes from San Jose in the town of Santo Domingo de Heredia. Includes lunch.

### **Aerial Tram \$95 - \$125**

Duration 8 hours. Pick up at your hotel for the 50-minute drive past Braulio Carillo National Park to the 1,000-acre private nature reserve. An open-sided vehicle will shuttle guests 1.5 km to the Aerial Tram Visitor's Center. You are introduced to the rainforest on a walk prior to boarding the 6-person tram cars for the 1 km-long aerial excursion. For two hours the cars glide on a breathtaking journey through the canopy. Private transportation to and from the Aerial tram is included and priced for either 2 or 4 people. Includes lunch.



### **Cerro de la Muerte/Lankaster \$110**

Duration 8 hours. At 11,000 feet above sea level this is an area of tropical alpine vegetation. Stop to hike a trail in montane oak forests, home to the Resplendent Quetzal and Emerald Toucanet. Other species endemic to these high elevations include the Timberline Wren, Volcano Junco, Wrenthrush, Long-tailed Silky Flycatcher and Flame Throated Warbler. Continue on to the lovely Lankaster Gardens with acres of cultivated orchids, anthuriums, and ferns. Includes lunch.

### **Carara Biological Reserve Tour \$110**

Duration 12 hours. Located almost at the geographical midpoint of the Pacific Coast, Carara Biological Reserve has a transitional climate between the hot dry northwest and the rainy region of southwest Costa Rica, and so contains flora and fauna from both regions. It is home to parrots, parakeets, toucan, trogons, three species of monkeys, and one of only three viable populations of Scarlet Macaws in Central America. Includes lunch.

### **Pacific Island Cruise \$100**

Duration 12 hours. After an early morning bus ride from San José to the Pacific port of Puntarenas, you'll board the cruise ship for a relaxing day among the islands in the Gulf of Nicoya. With plenty of refreshments, a great lunch, opportunities for swimming and snorkeling, this will be a day you will remember. Includes breakfast and lunch.

### **OTIS La Selva \$110**

Duration 8 hours. Drive to the Atlantic lowlands of the Sarapiquí region for a visit to La Selva Station, an internationally recognized center for tropical rain forest research and education. At La Selva you will take a 3 hour guided walk inside the private reserve where you will have the chance to see some of the more than 300 species of birds and other wildlife including the howler monkey and sloth. After the tour enjoy lunch at the station or in the nearby town of Puerto Viejo de Sarapiquí. Afternoon return to San Jose. Includes lunch.

### **Rafting - Rio Reventazon, Class III \$75**

Duration 9 hours, 12 miles. The most popular rafting trip in Costa Rica will treat the first time paddler to a unique and wet experience. The river run begins with a series of nonstop exploding waves that will keep you on the go. Recommended for beginners seeking the thrill of white water rafting. Driving time San Jose to the put-in is 3 hours. Includes transportation, rafting equipment and professionally trained bilingual rafting guides. Season all year. Time on river 3 hours. Minimum age 12 years.

### **Rafting - Rio Pacuare, Class IV \$95**

Duration 12 hours, 18 miles. A trip of unsurpassed beauty, exuberant wildlife and ravishing rapids on the quintessential tropical river. Along its course lie densely vegetated gorges that shelter jaguars, ocelots, monkeys, sloths and an incredible variety of birds. Driving time San José to the put-in is 3 1/2 hours. Includes transportation, rafting equipment and professionally trained bilingual rafting guides. Time on river approximately 4-5 hours. Minimum age 12 years old. Two and three-day trips are also available.

### **Rafting - Sarapiquí, Class II-III \$75**

Duration 8 hours, 9 miles. Early morning pickup at your San José hotel for the 2-hour drive to the Sarapiquí River. This river has an incredible array of wildlife including toucans, river otters and blue morpho butterflies. Recommended for beginners. Time on river 2 1/2 hours. Includes transportation from San José, or Arenal, rafting equipment and professionally trained bilingual rafting guides. We recommend you spend the night at Selva Verde after your river trip.



# PACIFIC AND CARIBBEAN RAINFOREST AND BEACH ADVENTURES

## **Tiskita Jungle Lodge, Pacific Coast**

### **DAILY ITINERARY**

**4 Days/3 Nights, 3B3L3D from \$650**  
**Departures daily**

**Day 1-** Fly by single engine charter plane to the remote, private airstrip on the beach at Tiskita Jungle Lodge. Tiskita is a 400-acre private rainforest reserve in the remote region of Golfito on the Southern Pacific Coast. Enjoy a guided tour of the Tiskita rainforest and trails. Explore fresh water jungle pools and beautiful, isolated beaches as well as a local village accessible only by sea. The bird watching is fabulous with over 285 species identified. (1D)

**Days 2-3-** Tiskita Jungle Lodge. Enjoy the trails, visit the nearby village, horseback ride or relax in your hammock. (2B2L2D)

**Day 4-** Return to San Jose in reverse order. (B)

## **Tiskita / Corcovado Tent Camp**

This trip combines 2 nights at Tiskita Jungle Lodge with 2 nights at Corcovado Tent Camp.

### **DAILY ITINERARY**

**5 Days/4 Nights, 4B4L4D from \$800**  
**Fixed departures Mon, Wed**

**Day 1-2-** Tiskita Rainforest Reserve. (1B2L2D)

**Days 3-4-** Corcovado Tent Camp. (2B2L2D)

After breakfast at Tiskita, a single engine charter plane will take you across the Gulf to the southern boundary of Corcovado National Park on the Osa Peninsula. From Carate walk 30-45 minutes North with local guide to the Tent Camp. Accommodations are in tents pitched on wooden platforms with 2 single beds. Corcovado Tent Camp is an excellent setting for exploring Corcovado National Park.

**Day 5-** After breakfast walk back to Carate and fly back to San José. (B)

## **Tiskita / Manuel Antonio Beach**

This trip combines 2 nights at Tiskita Jungle Lodge with 2 nights at Manuel Antonio.

### **DAILY ITINERARY**

**5 Days/4 Nights, 2B2L2D from \$780**  
**Departures daily**

**Days 1-2-** Tiskita Rainforest Reserve. (2B2L2D)

**Days 3-4-** After breakfast fly to Quepos where a taxi will be waiting to drive you to your hotel in Manuel Antonio. Stay for 2 nights and enjoy the famous Manuel Antonio beaches.

**Day 5-** Transfer and flight to San Jose.

## **Drake Bay Lodges, Pacific Coast**

Located on the northern border of Corcovado National Park, these lodges allow you access into Corcovado National Park and Isla del Cano, a small island 13 miles offshore. Lodges: Aguila de Osa, La Paloma, Casa Corcovado and Drake Bay Wilderness Lodge.

### **DAILY ITINERARY**

**4 Days/3 Nights, 3B3L3D from \$835**  
**Departures daily**

**Day 1-** We meet you at your San José hotel for your flight to Palmar Sur. From Palmar Sur proceed by local taxi and riverboat for the one-hour trip down the Rio Sierpe to the Pacific Ocean and then a 45-minute boat ride to your lodge. Remote, wild and unbelievably scenic, the Osa is a combination of jungle and rocky coastline. Corcovado National Park, a vast area of rainforest covering a third of the peninsula, has been called "the most biologically intense place on earth" by National Geographic. (1D)

**Days 2-3-** Spend 2 days exploring the area. Most packages include tours and park entrance fees to Cano Island and Corcovado National Park. (2B2L2D)

**Day 4-** Return to San Jose in reverse order. (B)



## **Tortuguero National Park,**

**Caribbean Coast** Lodges: Mawamba, Pachira, Laguna, Carribean Magic, Tortuga.

### **DAILY ITINERARY**

**3 Days/2 Nights, 3B2L2D from \$350**  
**Departures daily**

**Day 1-** We meet you at your hotel for your drive through Braulio Carillo National Park to the canals lining the Atlantic Coast where you board a boat for the trip to the Tortuguero Canals through 50 km of tropical rain forest. (BLD)

**Day 2-** Next day enjoy touring Tortuguero National Park with a local guide to observe the wildlife. (BLD)

**Day 3-** Following morning after breakfast return to San Jose on a direct flight and transfer back to your hotel. (B)

## **Southern Osa Peninsula Lodges**

Located on the southern tip of the Osa are a handful of lodges located in the middle of the dense rainforests south of Corcovado Park. Ocean vistas, hikes, surfing and birding can be fantastic. Lodges: Lapa Rios, Bosque del Cabo.

## **Gulfo Dulce Lodges, Pacific Coast**

Across the Gulfo Dulce from Corcovado and in a nationally declared "Buffer Zone", you can enjoy guided boat trips into estuaries and hiking in pristine jungles. The swimming and sea kayaking are excellent. Lodges: Rainbow.

### **DAILY ITINERARY**

**4 Days/3Nights, 3B3L3D from \$800**  
**Departures daily**

**Day 1-** We meet you at your San José hotel for transfer to airport for flight to Puerto Jimenez on the southern tip of the Osa Peninsula. For the Lapa Rios and Bosque del Cabo lodges you are met at the airport in Puerto Jimenez and driven overland (45-minutes one way) to your lodge. If you are going to Rainbow lodge you will fly to Golfito and boated the 45-minutes across the Gulfo Dulce, possibly seeing dolphins. (1D)

**Days 2-3-** Spend 2 days enjoying the tropical rainforest, waterfalls, beach, various tours or simply relaxing. (2B2L2D)

**Day 4-** Return to San Jose in reverse order. (B)

## **Trogon Lodge from \$310**

Spend 2-3 days at this "off the beaten track" lodge 2 hours south of San Jose where you'll find the elusive Quetzal that lives here year-round along with other bird species and an abundance of flora and fauna unique to this area. This is an excellent alternative to Monteverde and only 2 hours from Manuel Antonio Beach.



# VOLCANOES AND HIGHLAND ADVENTURES

## Arenal Observatory Lodge

### DAILY ITINERARY

Days/1 Night, 1B1D from \$295

3 Days/2 Nights, 2B2D from \$395

Departures daily

**Day 1-** Scenic drive with driver/guide to Arenal Volcano. Enjoy a dip in the thermal pools at the Tabacon Hot Springs. Dinner and overnight at the Arenal Observatory Lodge. From the Observatory, which is situated only 1.6 miles south of the volcano, visitors have an impressive view of this giant which rumbles and erupts with spectacular displays of vapor and lava. The Observatory is the only lodge situated within the recently created Arenal Volcano National Park which encompasses thousands of acres of pristine rainforest and teems with tropical birds and wildlife. (D)

**Day 2 (1 night)-** Enjoy a guided walk on the lava flow and return to San Jose (B)

**Day 2 (2 night) -** Enjoy a full day tour to the Cano Negro Wildlife Refuge. (BLD)

**Day 3- (2 night)** Mid-morning depart to San Jose or continue to next destination. (B)

## Arenal Observatory Lodge and Monteverde Reserve

This trip combines 1 night at Arenal Observatory Lodge and 2 nights at Monteverde.

### DAILY ITINERARY

4 Days/3 Nights, 3B3D from \$620

Fixed departures Mon, Wed, Sat

**Day 1-** Scenic drive with driver/guide to Arenal Volcano. After dinner enjoy a dip in the thermal pools at the Tabacon Hot Springs. (D)

**Days 2-** Enjoy a hike to a nearby waterfall and a close-up exploration of a recent lava flow. Mid-morning departure driving around Lake Arenal to Monteverde Cloud Forest Reserve, one of the richest, most diverse tropical cloud forests in the New World. It is known as home to the Resplendent Quetzal and protects hundreds of other birds, mammals and plant species. (BD)

**Day 3-** Enjoy a morning hike through the reserve with your naturalist guide, viewing the misty forest with its dense vegetation and majestic trees. The afternoon is yours to enjoy on your own. Monteverde has a wonderful Butterfly Garden, cheese factory and smaller reserves. (BD)

**Day 4-** On the final day depart for San Jose late morning (B)

## Bosque de Paz Rainforest Lodge

### DAILY ITINERARY

3 Days/2 Nights, 2B2L2D from \$405

Departures daily

**Day 1-** Morning departure for 1 1/2 hour drive to Bajos del Toro, in Alajuela. Bosque de Paz Lodge is situated on a private reserve located on the Continental Divide with altitudes ranging from 1400 to 2450 meters. Numerous trails and streams are located on the property for wonderful birding and wildlife observation. The climate here is very similar to Monteverde (LD)

**Day 2-** Enjoy a guided walk on the private rainforest trails with the naturalist guide in residence. Relax at the lodge and observe the birds and wildlife that come to you. (BLD)

**Day 3-** Return to San Jose or continue to next destination. (B)

Combine a trip to Bosque de Paz with a trip to Arenal Volcano or a lodge in the Sarapiquí area.

*“Bosque de Paz - a little piece of Paradise”*

## Monteverde Cloud Forest and Monteverde Reserve

### DAILY ITINERARY

3 Days/2 Nights, 2B2D from \$395

Fixed departures Tue, Thurs, Sun

**Day 1-** Scenic drive with driver/guide to Monteverde, arriving mid-afternoon. The Monteverde Cloud Forest Reserve, one of the richest and most diverse tropical cloud forests in the New World, is best known as home to the Resplendent Quetzal and also protects hundreds of other birds, mammals and plants. (D)

**Day 2-** Enjoy a morning hike through the reserve viewing the misty forest with its dense vegetation and majestic trees. In the afternoon there is time to visit the Butterfly Garden and other attractions. (BD)

**Day 3-** On the final day depart for San Jose. (B)

# ACTIVE

# ADVENTURES

## Whitewater Rafting Pacuare River

### DAILY ITINERARY

2 Days/1 Night 2B2L1D from \$275

Departures daily

A trip of pure magic, unsurpassed beauty, exuberant wildlife and great rapids. Along its course lie several densely vegetated gorges that shelter ocelots, monkeys, sloths and a large variety of birds. Warm water and breathtaking scenery combine to make this an unforgettable trip. Though there are Class IV (intermediate level) rapids on this river, an adventurous first-time rafter will enjoy themselves.

**Day 1-** You will be met at your hotel. Breakfast enroute to river. After a 2.5 hour drive past several picturesque valleys, we arrive at our put-in and raft 8 miles in 3-4 hours. Overnight, small cabins on bank of river. (BLD)

**Day 2-** Raft 10 miles, 2-4 hours with time for short hikes; return to San Jose. (BL)

## Tortuguero Jungle Kayaking

### DAILY ITINERARY

2Days/1 Night, 2B,2L,1D

From \$630 (2 person minimum)

Departures daily

Visit Tortuguero National Park and its surroundings as very few people have by quietly navigating throughout the network of rivers, lagoons, and canals and experience the rich biodiversity of this amazing area.

**Day 1-** Depart from San Jose and travel through Braulio Carrillo National Park to Rio Danta for breakfast and on to the boundary of Tortuguero National Park on the Tortuguero River. Paddle down river through lush forest, stopping for lunch along the way. Continue on to Mawamba Lodge for dinner and overnight. (BLD)

**Day 2-** After breakfast return to San Jose via motor boat ride. Matina and bus transfer to San Jose. (BL)

You can add one or two additional days of kayaking, returning each night to Mawamba Lodge.

---

*“Mariah’s office service in the U.S. was excellent--responsive and helpful.”*



# MARIAH COSTA RICA T R A V E L

422 ST. MARY'S ST., STE 2, RALEIGH, NC 27605  
**919-755-9292**

email: [bymesn@bellsouth.net](mailto:bymesn@bellsouth.net)  
[www.mariahcostarica.com](http://www.mariahcostarica.com)

### *Distinctive Trips of Adventure and Discovery*

- Rainforests • Jungles • Nature • Culture • Rafting
- Sea Kayaking • Beachcombing • Birding • Exploring
- Hiking • Bicycling • Horseback Riding • Adventure Cruising

### **PAYMENTS**

**Deposit:** To reserve space on any trip, return the completed application form with your \$300 per person deposit to MARIAH COSTA RICA TRAVEL or your travel agent. Reservations may be accepted as late as one week prior to departure, but lodges are small and may be unavailable. We urge you to make your reservations well in advance.

**Additional Deposits:** There are a few lodges where payment in full may be required. These payments will be in addition to the \$300 per person deposit. These monies may be nonrefundable. Final Payment is due 60 days prior to trip departure, or if the reservation is made within that time, then final payment is due at the time of reservation. If the customer decides to make a variation from a confirmed itinerary, additional charges may be assessed.

### **CANCELLATION**

If written notice of cancellation is received in our office prior to the balance due date, the nonrefundable fee per person is \$75. If cancellation is received in our office after balance due date, there will be no refund. No partial refunds or credits will be given for unused services.

**Special Nonrefundable Cancellations:** See above under "Additional Deposits".

**Trip Cancellation:** Although a supplementary charge can be paid to operate a trip below our minimum participant level, MARIAH Costa Rica Travel reserves the right to cancel any trip due to insufficient sign-ups. In the event of cancellation, a full refund of payments on land costs will be given.

MARIAH Costa Rica Travel and participating outfitters are not responsible for additional expenses incurred by trip members in preparing for the tour, such as equipment, medical costs, air tickets, etc.

**Insurance:** We strongly recommend that participants purchase short-term travel insurance covering baggage loss, accident/life and trip cancellations. A Travel Insurance Application Form is included with all reservations. Baggage is carried entirely at owner's risk; Mariah Costa Rica Travel assumes no liability whatsoever for damage, loss or delay of property.

### **RESPONSIBILITY OF OPERATOR -- AN IMPORTANT NOTICE**

Mariah Costa Rica Travel and/or suppliers of services act only in the capacity of agent for all matters relating to transportation and/or all other related travel services and assume no responsibility for any injury, death, damage, loss or delay incurred by any person in connection with the service of any train, vessel, carriage, aircraft, motorcoach or any other conveyance or by reason of any event beyond the control of the operator or supplier, or due to strikes or force majeure. The operator or suppliers shall not be held responsible for any act, error, omission or event. If it becomes necessary or advisable for the comfort or well-being of the passengers, or for any reason whatsoever, to alter the itinerary or arrangements, such alterations may be made without penalty to the tour operator and any additional charges may be collected from passengers at the time of occurrence. The right is reserved to withdraw any or all tours should conditions warrant, also to decline to accept or to retain any passenger. In such instances full or equitable amount will be refunded, but this amount shall not exceed the amount paid by the passenger. The schedules contained herein are subject to change without notice. Unutilized services are non-refundable. Prices quoted in this brochure are accurate and available at the time of publication. Prices do not include international air fare unless otherwise stated. Mariah Costa Rica Travel reserves the right to alter quoted prices to reflect changes in local airfares, land services or sales tax increases. The payment of the required deposit on any partial or full payment for reservation of a trip shall constitute consent to all provisions in the terms and conditions list.

**Air Transportation:** If, for any reason beyond the control of Mariah Costa Rica Travel, scheduled flights or air fares are changed, any increase in air fare will be collected from clients, and any decrease in fare will be refunded. The airlines concerned are not to be held responsible for any act, omission or event during the time passengers are not on board the aircraft and/or conveyances. The airline tickets issued by the airlines concerned, when issued, shall constitute the only contract between these airlines and the purchaser or any of these tours and/or tour members.

### **NOT INCLUDED**

International airfare, personal expenses such as laundry, liquor, wine, mineral water, phone, valet, etc; expenses due to flight delays, strikes, bad weather or other irregularities; insurance; excess baggage charges; increase in tariffs or dollar exchange rate after publication date of this brochure; any increase in airfare after publication date of this brochure; cost of obtaining passport, visas or any other documentation; additional meals, tours or services other than those provided in the prepurchased package arrangements; gratuities to local sightseeing guides or hotel bellpersons; airport taxes or international departure taxes.























