

COSTA RICA
15 Days / 14 Nights
10 April to 24 April 2024



DAY 1 : HOME / SAN JOSE
DAY 2 : SAN JOSE
DAY 3 : TORTUGUERO
DAY 4 : TORTUGUERO
DAY 5 : CAHUITA / PUERTO VIEJO
DAY 6 : MANZANILLO / PUERTO VIEJO
DAY 7 : EXPERIENCE BRIBIS
DAY 8 : EXPERIENCE BRIBIS / SARAPIQUI
DAY 9 : SARAPIQUI / ARENAL
DAY 10 : ARENAL
DAY 11 : TENORIO / MONTEVERDE
DAY 12 : MONTEVERDE
DAY 13 : MANUEL ANTONIO
DAY 14 : MANUEL ANTONIO / DOMINICAL
DAY 15 : BACK HOME



DAY 1 : 10 APRIL 2024 – DEPARTING FLIGHT – SAN JOSE

- Departing flight to Costa Rica
- *Airport transfer to hotel : approx. 35-50 mins. driving*

Be welcomed by your guide Anne-Marie, then transfer to your hotel.

Check-in at your hotel for 2 nights.

*Depending on your flight arrival time, enjoy the rest of your day freely. (The European crew will be arriving at the end of the day or during the evening, hence why the tour only starts the following day.)



Accommodation: HÔTEL AUROLA HOLIDAY INN (or similar)
Meals : Dinner under your own arrangement

DAY 2 : 11 APRIL 2024 – DISCOVER SAN JOSE

- Walking tour of San Jose + free time
- *Driving time approx. 0h00*

Breakfast at your hotel.

Stroll downtown where we will see the most emblematic facades of San Jose. Discover the National Theater, the Central Market, the Barrio Escalante district, the Central Park and other must-see places in the city.

After our walk, we will have a coffee the “Costa Rican way” with the “CHORREADOR”.

Lunch under your own arrangement.



Free time in the afternoon. Depending on your interest, several museums can be visited or you can simply walk around for more discoveries. (National Museum of Costa Rica, Pre-Columbian Gold Museum, Jade Museum, Botanical Gardens and more.)

Group dinner in the neighbourhood in a typical restaurant.

Accommodation : HÔTEL AUROLA HOLIDAY INN (or similar)
Meals: Breakfast, Dinner



DAY 3 : 12 APRIL 2024 - SAN JOSÉ - TORTUGUERO

- Drive through a banana plantations, direction the Caribbean coast
- Discover Tortuguero National Park by boat

Driving time approx.. 4h30 + 1h30 on boat

Breakfast at your hotel or to take away * early departure is depending on boat schedule.



Morning drive towards the pier, passing through the Braulio Carillo National Park and the vast banana plantations of the region; navigation in a collective boat to Tortuguero National Park, among its many canals winding through the heart of the tropical forest where its rich flora and fauna can already be observed (monkeys,

green ibis, crocodiles, Mexican jacanas, toucans, etc.).

Continuation to your Lodge, check-in for 2 nights and **lunch on site**.

Travel by boat to the small Caribbean village of Tortuguero and freely visit the surroundings. (*The schedule of Lodge activities may vary or be modified during the period of stay at the Lodge.)

Dinner and night at the lodge.

Accommodation:
LODGE MAWAMBA (or similar)
Meals : Breakfast, lunch, Dinner



DAY 4 : 13 APRIL 2024 - TORTUGUERO

- Visit to Tortuguero National Park* with naturalist guide
- Walk in the trails of the Lodge

Driving time 00h0

Breakfast at the lodge.

Boat trip * with Naturalist guide * for a visit of the Tortuguero Park's canals to discover its nature. Frequent stops to observe a wide variety of birds, monkeys, crocodiles and caimans... Return to your Lodge.

Lunch at the Lodge.

Walk in the paths of the Lodge * with Naturalist guide * to discover its flora and fauna. Your guide will familiarize you with the inhabitants of this exuberant secondary forest. Return to the Lodge.

Free time in the afternoon to enjoy the Lodge facilities (swimming pool, trails, etc.) or optional activities on site: fishing, kayaking, additional tours in the canals when available...

Dinner and night at the lodge.

Accommodation:
LODGE MAWAMBA (or similar)
Meals : Breakfast, lunch, Dinner



DAY 5 : 14 APRIL 2024 - TORTUGUERO – CARIBBEAN COAST

- Departure for the Caribbean coast
- Stop at Cahuita National Park
- Puerto Viejo de Talamanca

Approx. 1h30 on boat + 4h00 driving time

Breakfast at the lodge.

Transfer by boat to the pier where you will return to your bus. Let's take the road to the Caribbean coast.

Walk and swim (when waves behave;) in the Cahuita National Park, a small nature reserve made up of land, part of 10 km² and a maritime part of 22 km². The white sand beaches, and sometimes also volcanic black sand, the lush tropical forest and the turquoise waters make up the natural setting of this site worthy of the most beautiful postcards! ** (If road weather or other unpredictable conditions take us to the Caribbean side later than expected, today's afternoon may be interchanged with tomorrow's one).



Lunch on the road.

Dinner in Puerto Viejo de Talamanca. You will discover the mixture of Afro-Caribbean culture and the indigenous Bribri community of the region.



2 nights stay at your local hotel. Dinner in a local restaurant.

Accommodation :
L'HOTEL ALMONDS AND CORALS (or similar)
Meals : Breakfast, lunch, Dinner



DAY 6 : 15 APRIL 2024 – CARIBBEAN COAST

- Gandoca – Manzanillo Wildlife Refuge
- Beach time, free time and other optional activities

Approx. 1h00 driving time

Breakfast at your hotel.

We will spend the morning discovering the Manzanillo region in the Gandoca-Manzanillo Wildlife Refuge. Located on the border with Panama, Manzanillo is a picturesque Afro-Caribbean village along the Caribbean coast. We will walk, everyone at their own pace, on the paths of the refuge between sea and forest. ** Hiking trails ++ (6km)



The Natural Wildlife Refuge is a unique territory with a strip of land where you can observe many areas of humid tropical vegetation as well as native vegetation of the southern Caribbean coast of Costa Rica. You can also discover the incredible lagoons and mangroves that are part of the conservation of environmental quality wetlands in the world's international network, the RAMSAR network.

Lunch under your own arrangement.
(Many local restaurants in Puerto Viejo...)

Free time in the afternoon with transportation available; Sunbathe and relax on the magnificent beaches of the coast, walk in the alleys of the Caribbean village of Puerto Viejo, snorkel (if the ocean allows it), taste the chocolate and rum pairing (which I highly recommend) at “choco”, visit the Jaguar Rescue Centre for animal protection, and more.



Dinner under your own arrangement.

Accommodation: L’HOTEL AND CORALS (or similar)
Meals: Breakfast



DAY 7 & DAY 8 : 16 & 17 APRIL 2024 – MEET THE BRIBIS

- Day and activities in the Bribis community
 - *1h00 driving time + boat journey (day7) / 4h00 approx. driving time (day8)*

Breakfast at your hotel.

Our local guide will meet you in Bambú. Before you start your boat journey, we will explain the security measures to take during the trip. Once you have correctly put on your life jacket, we will begin this adventure on the Yorkín River.

During the trip, the guide will give you details about the Yorkín River and the nature that surrounds it; remember that it is a very important river, since in addition it serves as a natural border between Costa Rica and Panama. It is also navigable, which facilitates the daily activities of transporting people, goods and food. During the dry season some sections must be done by “getting out of the boat and pushing it”, it's part of the adventure!

We will spend a day and a half in this community where we will experience different local activities;

Discussion on the association and visit the community, school and traditional houses.

Guided walk on their farm with information on medicinal plants and organic production and fruits.

Presentation on cacao transformation into chocolate, a traditional drink that was used by their ancestors during ceremonies, births and healings.

All meals will be taken on site - except for Day 8 where dinner will be under your own arrangement.

**** RUSTIC ACCOMMODATION ** (night in the community).**

**Accommodation : L'HOTEL LA QUINTA (Day 08)
(or similar)**

Meals : Breakfast, lunch



DAY 9 : 18 APRIL 2024 SARAPIQUI - ARENAL

- Visit a pineapple plantation
- Visit a family heart of palm farm

Approx. 3h00 Driving time

Breakfast at your hotel.

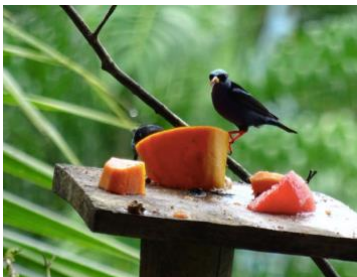
Visit an organic pineapple farm located in the Sarapiquí region known for its rich soils and abundance of nature.

We will learn about organic practices and innovations, including compost fertilization, natural herbicides, crop rotation and companion planting. Farm life is a wonderful part of Costa Rican heritage that so few visitors know about.

Let's continue on the road to Sarapiquí, a rich agricultural region. We will visit a small organic family farm of heart of Palm and we will enjoy a typical lunch consisting of local vegetables and tropical fruits.



Lunch at the plantation, the heart of palm is in the spotlight!



Continue to the north of the country to reach La Fortuna, a town located at the foot of Arenal volcano. Check-in at your hotel for 2 nights.

Dinner under your own arrangement.

**Accommodation: HOTEL MOUNTAIN PARADISE
(or similar)
Meals : Breakfast, lunch**



DAY 10 : 19 APRIL 2024 – ARENAL NATIONAL PARK

- Visit Arenal National Park * with local guide
- Visit a local Finca

Approx. 1h00 driving time

Breakfast at your hotel.

Let's go for a walk in the morning at the foot of the volcano Arenal (2h30-3h00) * with local guide *. You will enjoy the nature around the largest lake in the Costa Rica during your hike into the old lava flows that clearly cut the forest in two.



In the afternoon you will visit the Finca Paraiso Organico, an entirely organic farm! Don Hubert, the owner of the premises, will show you around his natural pharmacy! He will explain everything about caring for and growing the plants and their particular health-promoting properties. You will also pass by the cacao plantation, the drying and fermentation station before trying your hand at grinding cacao and sugar cane.

You will enjoy a typical hearty lunch on site prepared by the family.



Return to your hotel + **Dinner under your own arrangement.**

**** OPTIONAL** : Relaxation evening and dinner in the Baldi thermal baths (or similar): relaxation and dinner in this family complex offering 25 pools of hot or temperate mineralized and pure water (4 of them are at room temperature). A large natural sauna and spa for Jacuzzi-type use, three minibars, two gourmet restaurants, 3.5 kilometres of paths). **** Supplement + 60 EUR per person **** (price to date).



Accommodation :
HOTEL MOUNTAIN PARADISE
(or similar)
Meals : Breakfast, lunch



DAY 11 : 20 APRIL 2024 - ARENAL – TENORIO – MONTEVERDE

- Tenorio National Park
- Monteverde region

Approx. 4h45 driving time

Breakfast at your hotel.

Let's walk/hike and explore the National Park of Tenorio (for all levels).

This national park is famous for sheltering the Rio Céleste, a river with a sky blue hue, due to the chemical reactions of calcium carbonate with sulphur from the Tenorio volcano; in addition to its river, the Volcano also has one of the most impressive waterfall, the famous Río Céleste waterfall and the natural thermal waters in the majestic rainforest.



Lunch along the way.

Departure for the rich biological reserve of Monteverde-Santa Elena



Check-in at your hotel for 2 nights, dinner on site.

Accommodation : EL ESTABLO (or similar)

Meals : Breakfast, Lunch, Dinner



DAY 12 : 21 APRIL 2024 - MONTEVERDE

- Hanging Bridges – Cloud forest
- Visit a plantation of coffee

Approx. 1h00 driving time

Breakfast at your hotel. This morning, you will walk to Selvatura Park at the level of the cloud forest of Monteverde. Enjoy the hanging bridges, with different lengths and heights surpassing the canopy of trees, you will be able to appreciate the richness and diversity of the flora and fauna of Monteverde.



Lunch under your own arrangement + Visit of a coffee plantation with local guide + Dinner at your hotel.



**** OPTIONAL : NIGHT AVENTURE ! IF AVAILABLE AND IF WEATHER POSSIBLE ****

In the early evening, enjoy a walk where you will learn about the biodiversity of the rainforest and the nocturnal species of this rich ecosystem. Subject to availability. **** Supplement: + 40 EUR per person **** (current rate).



Accommodation : EL ESTABLO (or similar)

Meals : Breakfast, Dinner



DAY 13 : 22 APRIL- MANUEL ANTONIO

- Manuel Antonio National Park.

Approx. 4h30 driving time

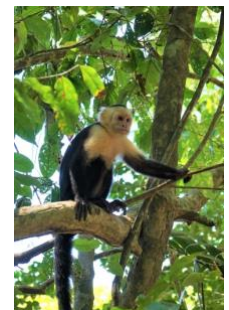
Breakfast at your hotel. Departure for the Pacific coast.

Stop at Tarcoles, the crocodile region. You can observe the crocodiles from the famous "crocodile bridge". This site is home to one of the largest colonies of crocodiles in the world and a forest with the richest biodiversity on the central Pacific coast.



Lunch under your own arrangement.

Drive down until Manuel Antonio on the central Pacific coast of Costa Rica. This National Park includes rugged rainforest, white sand beaches and coral reefs. It is renowned for its great diversity of tropical plants and wildlife, from three-toed sloths and endangered white-faced capuchin monkeys to hundreds of species of birds. The approximately 680 hectares of the park are crossed by hiking trails that wind from the coast to the mountains.



Dinner and check-in at your hotel for 2 nights
Accommodation : HOTEL SAN BADA (or similar)
Meals : Breakfast, Dinner



DAY 14 : 23 APRIL 2023- DOMINICAL AREA & SURROUNDINGS

- Free time around the area

Approx. driving time 1h45 or 0h00 if you are staying at hotel

Breakfast at your hotel.

Free day to enjoy the beach and/or the charming village of Dominical. (50m from Manuel Antonio Park).

Several other excursions can be offered in the area (not included). Transportation available.



Lunch under your own arrangement and last dinner together.

**Accommodation : HOTEL SAN BADA (or similar)
Meals: Breakfast, Dinner**

DAY 15: 24 APRIL 2023- TRANSFER TO AIRPORT

- Back home

Transfer to San José airport.



FLIGHT FROM TORONTO - \$ CAD ** prices will be adjusted depending on airport of departure **
Request a quote

| PRICE PER PERSON BASE ON MINIMUM | 25 pers. | 20 pers. | 15 pers. |
|----------------------------------|----------------|----------------|----------------|
| Base double room | 5179 \$ | 5349 \$ | 5549 \$ |
| *Extra single | 1559 \$ | 1559 \$ | 1559 \$ |

This price includes:



International round trip flight



Airport taxes and fuel tax (subject to change)



Nights in hotels as indicated in the program or of a similar category



All transfers by private, air-conditioned, approved bus, fuel and insurance included



Transport: Coaster type vehicle with 18 seats with luggage on the roof based on 10 to 14 pax, Senior type vehicle with 22 seats with some luggage in the hold and a few suitcases on the seats available on a base 15 to 19 pax, typical vehicle Buseta 30 of 30 seats with hold luggage in base 20 to 29 pax



Full guided tour French/English by Anne-Marie Parenteau on the entire duration of the stay and a Spanish-speaking driver; specialized guides for certain activities.



Meals according to program



Activities with supervision, entrance fees to the parks and national reserves as mentioned.

This price does not include:





Drinks not included



Meals that are “under own arrangement”



Optional activities



Personal expenses and tips

Anything not mentioned in “THIS PRICE INCLUDES”

Note : *Due to local requirements, the order or content of the program could be modified without notice*

Price established as of 06/24/2023 based on rates to date, subject to increase in the cost of air transport or airport taxes and fuel tax, subject to fluctuations in the dollar rate.

**** PRICES AND DATES SUBJECT TO A MINIMUM OF 20 PARTICIPANTS ****

Book now by returning your registration form to VISIOTOURS 11 rue du Houblon 67117 FURDENHEIM, FRANCE accompanied by a pre-registration payment of 800 EUR which will only be taken when the minimum of 20 participants is reached.

TERMS OF CANCELATION :

- Up to 90 days from departure: €250 per person
- From 91 to 57 days from departure: 20% per person
- From 56 to 43 days from departure: 40% per person
- From 42 to 29 days from departure: 50% per person
- From 28 to 15 days from departure: 75% per person
- From 14 to 00 days from departure: 100% per person

+ Cancellation conditions relating to the flight

POLICE FORMALITIES: passport valid for 6 months after the return date

