

8-Day Central Valley Excursion



DAY 1

San José – D

- Welcome to Costa Rica
- Shuttle bus will take you to hotel
- Explore San José and join the group for dinner

Land at the Juan Santamaría International Airport and soak in the air of the Costa Rican capital city. Our shuttle bus will pick you up straight from the airport and take you to the Villa Tournon Hotel for check-in. Enjoy some city sightseeing and relaxation and make sure to join us for dinner.



DAY 2 & 3

Sarapiquí, Tirimbina Rainforest Reserve & Arenal National Park - B, D and B, D

- Scenic drive across Costa Rica's rainforests
- Pacuare Whitewater Rafting Tour
- Chocolate Tour
- Sightseeing

Marvel at the breathtaking drive through one of Costa Rica's dense rainforests. The bus will take you to the whirling Sarapiquí River. Grab a paddle and gear up to spend the afternoon whitewater rafting the narrow and beautiful Class III rapid. The course is ideal for a wide range of skill levels and will appeal to all adventure enthusiasts. Afterwards, arrive in Sarapiquí where you will stay at the La Quinta Lodge and wander around its lush grounds.

The next day, a bus will transport the group to the Tirimbina Rainforest Reserve, a popular ecotourism destination where you can hike the rainforest trails, discover wildlife, walk over swinging suspension bridges, and discover the secrets of cacao on the popular Chocolate Tour. In the afternoon, everyone will be transferred to the Arenal Volcano National Park, followed by a visit to the Ecotermas Hot Springs. Spend the afternoon sightseeing all the beautiful wonders Costa Rica's parks have to offer. Make sure to catch dinner at Arenal Springs Resort's beautiful restaurant with an exquisite view of Arenal Volcano.



DAY 4 *Arenal Volcano National Park - L, D*

- Arenal Volcano National Park guided tour
- Lunch at Arenal Oasis
- Sky Trek tour (zip-lining)

On the fourth day, continue exploring the Arenal Volcano National Park. Join a guided tour as it takes you around the best the park has to offer. Hike to a nice view of the volcano and its current eruption activities. Make sure to take lots of pictures! Join us for lunch at the Arenal Oasis, a small family-owned restaurant and lodge. In the afternoon, participate in a Sky Trek tour via zip-lining. Fly across the rainforest and observe its natural diversity from above. Spend the night at Arenal Springs Resort.



DAY 5 *Carara National Park, Manuel Antonio & Jaco Beach - L, D*

- Explore Carara National Park
- Guided tour of Manuel Antonio National Park
- Shopping and touring

Enjoy a scenic drive to Manuel Antonio National Park. During the ride, you will stop by Carara National Park, a prime location for birdwatchers and sightseers. Once you arrive at Manuel Antonio, you will hike around and take a guided tour of the park. Enjoy a nice lunch at Jaco Beach. Make sure to take a stroll along the magnificent beaches and admire the dramatic coastal scenery. In the afternoon, you are free to continue touring or go shopping in Manuel Antonio. Go out on the town, then come back and relax overnight at the Playa Espadilla Hotel.



DAY 6 & 7 *Manuel Antonio National Park - B, D and B, D*

- Explore Manuel Antonio National Park
- View breathtaking natural scenery and wildlife
- Night life in San José

On the sixth day, explore the Manuel Antonio National Park. Go for short walks through its evergreen forest trails toward one of its many secluded, white sand beaches. Spend the day enjoying the natural scenery and indigenous wildlife. There are over hundreds of species of mammals and even more kinds of birds. If you're lucky, you can also observe the dolphins and migrating whales. Stay overnight at the Playa Espadilla Hotel.

The next day, spend some free time exploring Manuel Antonio one last time. In the afternoon, travel back to San José, where you will feast on a grand farewell

dinner at an upscale restaurant. Engrain yourself in the Costa Rican nightlife one last time while you stay overnight at the Villa Tournon.



DAY 8

San José - B

- Touring San José
- Shuttle bus to the airport

Spend the last day exploring the urban secrets of this beautiful country while you reflect on all your new memories. Ask the tour guide to show you the famous landmarks of this tropical city. Enjoy a final glass of sangria at a local café, just don't get carried away in the bliss and miss your flight. You will be dropped off at Santamaría International Airport and depart Costa Rica. See you back next year!

*Legend: B – Breakfast, L – Lunch, D – Dinner; type of meals specified in itinerary are subject to change
Price does not include the following: Airfare and related charges, Costa Rican exit tax, some meals, and gratuities for bus driver and tour guide