



Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000

REAT Tourism License AT/MA/00022 Company Registration B93050763
Apto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819



COSTA RICA

8 Night Rainforests & Ocean Adventure

Pura Vida – Costa Rica!

Costa Rica is simply amazing. Considered the Switzerland of the west for its peaceful nature (*it has no military*); it's amongst the oldest democracies in the Americas and has a world renowned biodiversity. It thrives on its motto of *pure living* (Pura Vida), leaving everything else to follow! In Costa Rica we find plenty of exhilarating activities taking place in the most verdant habitats and surrounded by exotic wildlife – over half a million species in fact! A tropical paradise for those seeking adventures in the most bio-intense country on earth,

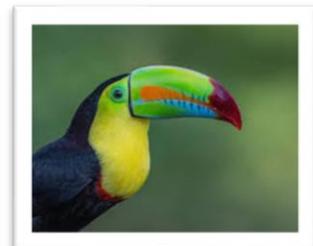
Costa Rica provides a refreshing life experience for all, no matter how much travelling you've done...

Adventurebug's Costa Rica itinerary takes in all things natural – without missing the opportunity to mix with the wonderful 'Tico' people who make their nation so special. From Rainforests to volcanoes, wildlife-rich jungles to palm-swept coastlines, roaring rivers and delightful waterfalls we get up close and personal with the best the 'Rich Coast' has to offer. Adventurebug has a special connection to Costa Rica - the landscapes and the people, join us for our custom-designed multi adventure and discover for yourself how magical it is!



HIGHLIGHTS & WHAT TO EXPECT!

- Exciting, unimaginably beautiful and varying activities everyday
- Understand primary rainforest environments and soak up the energy and vitality they offer
- Swim in pristine jungle waterfalls and body surf or snorkel in the warm Pacific tropical waters
- Boat across a beautiful volcanic lake under the watchful (and smoky) eye of Arenal Volcano!
- Hike through pristine tropical rainforest to secluded white sand beaches shaded by coconut palms
- Spot vast numbers of wildlife like sloths, monkeys, ant eaters, reptiles, crocodiles, birdlife and more with expert guides
- Try your hand at adventures such as a zipline canopy tour, white water rafting, waterfall canyon hikes and more
- Kayak & snorkel with expert guides through the largest ocean mangroves in Central America, teeming with wildlife
- Experience the most surreal Pacific Ocean sunsets in an almost dream-like manner
- Enjoy free time built in for your own relaxation, self-exploring, souvenir hunting and more!
- Practice your Español with the friendly Ticos of Costa Rica and try their tasty local dishes like Casado and Imperial beer





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IS THIS TRIP FOR ME?

If you love nature combined with adventure travel and trying different activities like jungle hiking, canopy tours, wildlife spotting, farm visits, kayaking and more, you will connect to this trip! No previous experience necessary and expect every day to be different and always active in one way or another. Our bus journeys can be a little bumpy at times yet the scenery makes up for this. Expect some muggy days and some afternoon showers as we're near the equator - but also enjoy our cool down swims in the rainforest springs, waterfalls and our hotel pools. Food is very clean, healthy and both international and of the typical Central American variety with rice, beans, chicken, fresh fish, vegetables, salads and fresh fruits. Vegetarian diets are generally easy to accommodate. If you have an average fitness level and can be active for at least half a day (normally afternoons are free for rest and relaxation), you'll be fine on this trip! No one has to do all the physical aspects of our adventure tour, you can opt in or out as you please, remember – this is your holiday! 😊



ITINERARY

Day 1 / Arrival at San Jose (Juan Santamaria Airport - SJO), Costa Rica

Bienvenido a Costa Rica! Upon arrival you will be transferred to our group hotel directly from the airport. It's better if you arrive early if possible to make the most of your holiday with us! This afternoon we'll have a meet & greet and time permitting a stroll to the Costa Rican Art Museum & La Sabana Park, followed by a welcome dinner. **Hotel Autentico** <https://www.autenticohotel.com/> or similar / **Welcome Dinner included.**



Day 2 / La Fortuna – Arenal Volcano Region

After breakfast a scenic 3-hour bus transfer brings us to the Arenal Volcano region, one of Costa Rica's most sought after destinations with wonderful forests, waterfalls, hot springs, lakes and of course the volcano itself! On route we'll visit a local cooperative that grows its own community coffee and take some short interpretive hikes through jungle to see waterfalls and experience beautiful nature and wildlife. We'll also support this important community project by taking lunch here (included). In La Fortuna (Arenal), we'll make a splash as the locals do and soak up the vibes in wonderful volcano-fed hot springs to

complete our day! **Hotel 3*** Relax Termalitas or similar / **Breakfast & Lunch included.**



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Day 3 / La Fortuna – Arenal – Free Activity Choice Day

Today we are providing a range of exciting local activities for you to choose from. Costa Rica offers so much adventure diversity and we wouldn't want you to miss an opportunity (*and a chance to support local tour operators*)! For this reason, we have arranged a choice of adventures for you to select: White Water Rafting; a Soft Nature River Float; a Zip Line Canopy Tour or a Guided Nature Trek of Arenal Volcano Region and more! These adventure choices are included in your holiday price and are led by our experienced & licensed local outfitters. Transport to/from the hotel is included and we know you'll have a brilliant day out! **Hotel** (same as last night) / **Breakfast only included today.**



Day 4 / Monteverde Boat Excursion & Night Jungle Walk

Today we say adios to La Fortuna & Arenal. Our adventure takes us by Boat (and mini bus) for 2.5 hours across the lake of Arenal to the wonderful biosphere of Monteverde (The Green Mountain). Considered to be National Geographic's 'Jewel in the crown' of the planet's cloud forest reserves, it certainly has the characteristics to make it a world-class jungle destination - boasting volcanic backdrops and stunning Pacific Ocean views. Most appealing is the wildlife (flora & fauna), and of course the passion of the locals to protect their environment and see that it thrives. We have two nights in Monteverde in a comfortable

jungle lodge. After our boat experience and hotel check in, we take a guided hike with a local expert to experience the cloud forest by night. This special night hike opens us to a huge array of nocturnal species in their own, protected habitats. **Hotel 3* Poco a Poco / Breakfast & Dinner included.**

Day 5 / Monteverde Cloud Forest Reserve

A visit to Monteverde is only complete when you visit the protected *Reserve* itself and hike through the cloud forest and experience the Hanging Bridges walkways. Only this way we'll be rewarded the incredible views of the jungle canopy and have the best chance to spot wild species! Our visit to the Biological Reserve is led by a local ranger who will impart his/her knowledge, including jungle secrets and stories to make our adventure complete - bring binoculars and a good camera! The rest of the afternoon is free for you to choose one of many non-included activities such as visiting a Quaker heritage centre, experiencing a Trapiche Farm Tour (sugar cane & cocoa producers), self-guiding and exploring the area on foot and/or relaxing in the jungle surroundings of our hotel and lazing around the pool! Same **Hotel** as previous night / **Breakfast & Trail Lunch included.**

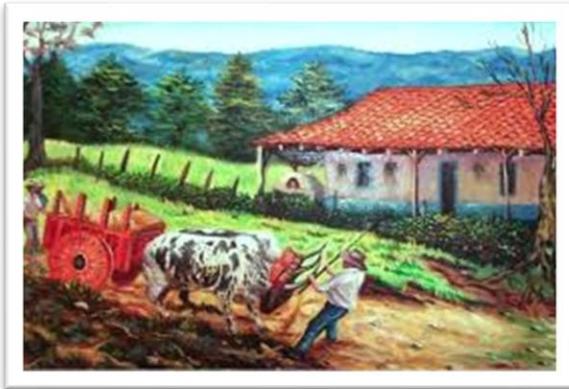




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Day 6 / Pacific Coast - Manuel Antonio National Park

After 5 days in Costa Rica's lush central valley, it's time to descend to the tropical coast, a surreal paradise! Our 4-hour bus transfer takes us across unimaginable landscapes and through rural areas where we gain more insights of the Tico's way of life, *pura vida!* We'll stop at Tarcoles Bridge in the *Carara National Park* to spot 20 foot crocodiles and hopefully Scarlet Macaws before taking lunch near Jaco. Our final destination, Manuel Antonio National Park is arguably Costa Rica's gem when it comes to Ocean-side protected biospheres. We have 3 nights near the beach and only a short walk from the Park gate – awarding us the best position as we are

surrounded by rainforest teeming with wildlife like sloths, monkeys and toucans and having the warm ocean a short stroll away! Much of today is travelling and sight-seeing on route and after check in we can stroll through coconut palms to the beach for a swim and enjoy a breath taking sunset over the Pacific! **Hotel TBA / Breakfast & Dinner incl.**

Day 7 / Manuel Antonio National Park Visit

This morning after breakfast we enter Manuel Antonio N.P. for a morning of explorations. With a local Naturalist we'll experience the rich botany and wildlife of this coastal park and be astounded by the variety of jungle vegetation this important biosphere has to offer! In our free time we'll explore the exquisite beaches, only accessible on foot and swim in the tropical waters before hiking back to our hotel base. The rest of the afternoon is free for you to self-explore, perhaps try your hand at surfing, body boarding or beach strolling watching wildlife at play. Be sure to be present for the incredible west-coast sunset over the Pacific Ocean! There's no better place to be for happy hour... **Hotel same as previous night / Breakfast only included today.**



Day 8 / Islas Damas Mangrove Kayaking & Sunset Cruise

After breakfast we'll travel 15 minutes to Quepos town and Islas Damas region where we'll take a insightful morning kayak experience through the mangroves of Damas Island Estuary, Central America's largest mangrove system. This richly biodiverse zone offers incredible wildlife up close and personal! View Cayman crocodiles meters from your boat, spot marine species engaging around us. Bird life is flourishing here too as well as monkeys, giant iguanas, sloths and more. A wonderful way to round off your experience of coastal Costa Rica. This

afternoon we'll have a special Catamaran sail with snorkelling on the Bizan reef, gazing at the beauty of Manuel Antonio and a special dinner on board at sunset, a great way to wrap up our Costa Rica Adventure! **Hotel same as previous night / Breakfast & Dinner included.**



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Day 9 / Departure Day – Airport Transfer to San Jose

This morning after breakfast our private group transfer will return you to San Jose for your flight home. You may wish to extend your stay or make further travels around Costa Rica! No activities planned today. **Breakfast included.** Note – *depending on your flight departure time, you may wish to book a final hotel stay near the airport to avoid any delays.*



Tour Price: From 1995 \$US

Single Supplement: 650 \$US

What's Included in your TOUR Price:

- 8 nights comfortable and personally selected hotels and jungle lodges
- Meals as per itinerary above
- All transfers as per above in private airconditioned coach / tourist class with professional driver
- Experiences and Entrance Fees as per the above itinerary
- Airport transfers (San Jose SJO International Airport) at beginning and end of tour
- Local expert, licensed guides for National Park and / or Reserve visits
- Adventurebug Trip Leader throughout your entire tour
- Tipping for all local guides and drivers
- Adventurebug's IN-HOUSE Risk Management & Evacuation Plan including Emergency Procedures logistics
- All permits and legal access to group use areas
- All taxes and service fees (trip price is NET \$US), we have no hidden fees

What's Not Included:

- Flight to/from San Jose, Costa Rica (airport code: SJO)
- Entrance Visa for Costa Rica (not applicable for North Americans and European travellers)
- Personal Travel insurance (health emergency, cancellation, etc.) specific to the region and activities
- Beverages at meals, any personal expenses, private transfers/taxis, entrance fees, hotel mini-bar, etc
- Single room supplements (limited availability)
- Baggage handling to/from hotels & vehicles
- Costs associated with missed connections, delays, passport or visa issues, lost baggage, personal items and/or equipment loss or damage, etc.



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COSTA RICA – Useful Travel Tips

Tap water is generally safe to drink in Costa Rica

In the cities and most touristic destinations, you can indeed drink the tap water. Hotels will indicate whether the water is safe and tour guides will let you know which faucets to use. Though tap water is generally safe to drink (avoid in rural areas and always ask your hotel), I still recommend bringing a filter if you're sensitive. You can also help the environment by bringing an insulated bottle and filters instead of buying bottled water.



Vaccines and pre-travel medical advice

General vaccinations for travel in the tropics are recommended. Fortunately Costa Rica is a safe country for travel and has excellent health standards for Central America. It's a huge misconception that Costa Rica is rampant with Malaria and Zika. In fact, Costa Rica has had a 90% reduction in Malaria cases between 2000 and 2010 and the Ministry of Health expects Malaria to be completely eradicated by 2022. There has been zero cases in all the main tourist zones for the past number of years. Dengue fever has no vaccination or prophylactic however it is easy to treat (like a flu), and avoidance of mosquitos is the best prevention. For more details on vaccinations and health precautions, see updated CDC advise here: <https://wwwnc.cdc.gov/travel/destinations/traveler/none/costa-rica>.

Costa Rica Weather

Costa Rica weather is generally mild-hot as it sits just above the equator however the high central valley, cloud forests and some volcanic peaks over 10,000 feet bring cooler, moist weather to regions. Therefore, the country as a whole has a huge number of micro-climates – making it ideal for travel! Our tours in Costa Rica visit both the central valley (slightly cooler / can be wetter), and the steamy hot tropical coasts. Travellers need no more than a light hiking layer and a poncho or light raincoat and of course hot weather and sun protection.

Money Matters

US dollars are readily accepted and are the standard currency in tourism. Hotels and tour companies quote their prices in USD in Costa Rica. This is because for many years, tourists to Costa Rica were mainly from the USA. So when you're trying to get your money together, don't stress too much about exchanging it all beforehand as it's not 100% necessary if you live in the USA. USD is accepted in pretty much every touristic destination. The best place to exchange currency is at the bank, not at the airport exchange rate booth. Note, often when you pay in US dollars, it's common to receive the local currency (Colones) in return for change.

Internet & Communications

It is common for hotels to offer free Wi-Fi and many of them have it available throughout the whole property. Some hotels may only have it in reception, but it is free. However, it can be hard to find open Wi-Fi in public places. If you see a restaurant with a secure Wi-Fi connection, you can ask them for the password if you're a customer. If you always want Internet during your time in Costa Rica, we highly recommend getting a prepaid SIM card for your phone.

Tipping is not absolutely mandatory in Costa Rica

This is something important to know about Costa Rica because the tip, or service tax, is already included so Costa Ricans don't tip extra. However, if you would like to tip your guide, hotel maid, etc. you may do so and it is well appreciated, especially for those who work in tourism. The standard amount to tip in Costa Rica is 10% and you can tip in Costa Rican colones or USD.

Electricity in Costa Rica

Costa Rica uses 110 volt, 60 cycle **electricity**, same as the US. **Plugs** are typically the 2-pronged flat type, so US travellers will not typically need a converter or **adapter**.