

*Full Itinerary*

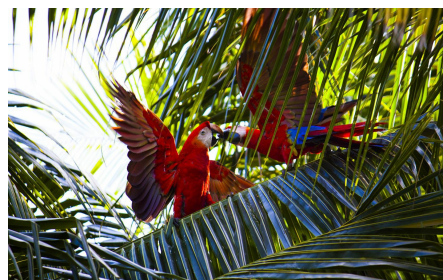
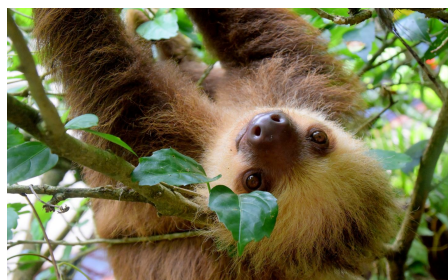
## COSTA RICA ADVENTURE EXPERIENCE.



TALK TO OUR WELL  
TRAVELLED TEAM OF  
EXPERTS

**0844 3350 197**

Monday to Friday 09:00 - 18:00  
GMT



### JOURNEY SNAPSHOT

**ACTIVITY LEVEL:**

Level 2

**DESTINATION:**

Costa Rica Adventure Experience

**DURATION:**

12 Days / 11 Nights

**FLIGHT INFORMATION:**

Please arrange your flights to arrive at Juan  
Santamaria International Airport [SJO] on Day 1  
and depart from there on Day 12

**PICKUP LOCATION:**

Juan Santamaria International Airport [SJO]

## OVERVIEW

29 Apr - 10 May, 2025

21 Apr - 02 May, 2026

Costa Rica, the eco and adventure-tourism capital of Central America...The perfect destination for nature and lovers!

Costa Rica is a small country that will have a big impact on you. Situated between North and South America, its proximity to the equator provides visitors with a tropical climate year-round along with breathtaking scenery and unique wildlife. Joining our escorted group tour will ensure you make the most of this tropical land of adventure.

## ITINERARY SUMMARY

**DAY 1** - Welcome to Costa Rica!

**DAY 2** - Tortuguero via Braulio Carillo National Park

**DAY 3** - Explore Tortuguero National Park's canals by boat

**DAY 4** - Tirimbina Forest & Sarapiquí

**DAY 5** - Safari Cruise to Arenal

**DAY 6** - Arenal Volcano National Park & Hot Springs

**DAY 7** - Lake Crossing to Monteverde

**DAY 8** - Nature Adventure at the Monteverde Biological Reserve

**DAY 9** - Carara National Park & Manuel Antonio

**DAY 10** - Manuel Antonio National Park

**DAY 11** - Return to San José

**DAY 12** - Farewell to Costa Rica & Home

## FULL ITINERARY

### DAY 1 - WELCOME TO COSTA RICA!

A warm welcome awaits you in San José as you set out on your adventure in Central America. We will meet you from your flight and transfer you to the hotel where your Tour Director will meet with you and your fellow travellers.

**Accommodation:** San José

### DAY 2 - TORTUGUERO VIA BRAULIO CARILLO NATIONAL PARK

We have an early pick up from our hotel to give us as much time as possible today, to admire the biodiversity of this astonishing protected area. We drive through Braulio Carrillo National Park. We stop en-route for a delicious traditional breakfast. Along the road, you can observe the many different produce grown in this area, such as pineapples and bananas.

Then we board our comfortable boat and let this extraordinary exotic paradise enchant us as we travel through the Tortuguero canals. We will enjoy a refreshing cocktail and a delicious lunch as we arrive at the lodge. After lunch we explore the picturesque town of Tortuguero before enjoying dinner served at the lodge.

**Included meals:** Breakfast, Lunch & Dinner

**Accommodation:** Tortuguero

### DAY 3 - EXPLORE TORTUGUERO NATIONAL PARK'S CANALS BY BOAT

After breakfast we will spend the morning exploring the canals of the Tortuguero National Park by boat. Abundant wildlife inhabits Tortuguero, including 57 species of amphibians, 111 species of reptiles, and 60 species of mammals - so you are sure to enjoy the wildlife spotting in the rain forest. After lunch at the lodge we have some time at leisure before dinner is served.

**Included meals:** Breakfast, Lunch & Dinner

**Accommodation:** Tortuguero

### DAY 4 - TIRIMBINA FOREST & SARAPIQUÍ

After breakfast, we take a boat transfer back to the pier to travel to Sarapiquí. On the way we will stop in Trimbina forest and take a guided tour of a former cacao growing plot. Here we experience the artisanal process by which the cacao fruit is transformed into chocolate. Be sure to taste all the different types of chocolate prepared for you, it doesn't get much more authentic than this! During the hike, the fascinating cultural history of pre and post-colonial chocolate is told.

We will then continue our journey to Sarapiquí for this evening.

**Included meals:** Breakfast, Lunch & Dinner

**Accommodation:** Sarapiquí

### DAY 5 - SAFARI CRUISE TO ARENAL

Enjoy breakfast at the hotel before we begin our journey to Arenal. Today we travel by boat for a guided safari down the Penas Blancas River. We will paddle downstream for a couple of hours, soaking in the incredible sights and sounds of this tropical setting. Keep your eyes peeled for an eclectic mixture of wildlife, from monkeys to Jesus Christ Lizards, which walk on water!

We stop at a riverside farm where we will have a tortilla making lesson & enjoy a delicious home cooked Costa Rican lunch.

Upon arrival at the hotel, the rest of the day can be spent at your leisure. You may enjoy a walk around the spacious gardens to discover yet more of the diverse wildlife or a take a tour of the farm.

**Included meals:** Breakfast, Lunch & Dinner

**Accommodation:** Arenal

### DAY 6 - ARENAL VOLCANO NATIONAL PARK & HOT SPRINGS

After breakfast we will take a morning visit to Arenal Volcano National Park. Although currently in a resting phase, this is Costa Rica's most active volcano. We will enjoy the breath-taking view of the volcano whilst we walk along the trails and across the hanging bridges, bringing us closer than you could imagine to the beautiful inhabitants of the rainforest.

To add an element of relaxation to the day we will also visit the Tabacon Thermal Resort & Spa. These natural pools are located along the walking trails, surrounded by steaming tropical gardens. Dinner will be enjoyed here before we return to the hotel.

**Included meals:** Breakfast & Dinner

**Accommodation:** Arenal

## DAY 7 - LAKE CROSSING TO MONTEVERDE

This morning after breakfast we will take a boat transfer to Monteverde, a truly picturesque journey across the largest, and most important artificial lake in Costa Rica, it provides hydro electricity for the whole country. After crossing the lake we will arrive at Rio Chiquito, an area where all kinds of resident & migratory birds can be found, you might even spot a sloth! A bus will then transfer us to Monteverde. On the way we will enjoy a hands-on experience at the Heliconia Ranch where we will be taught how to create a traditional Costa Rican lunch. After settling into the hotel, this evening we will venture out to experience the local wildlife and the incredible atmosphere of this tropical environment at night.

**Included meals:** Breakfast, Lunch & Dinner

**Accommodation:** Monteverde

## DAY 8 - NATURE ADVENTURE AT THE MONTEVERDE BIOLOGICAL RESERVE

After breakfast we will enjoy a half day guided nature tour through the renowned Monteverde Cloud Forest Biological Reserve. Here we will learn all there is to know about the spectacular flora and fauna alongside visiting the habitat of the native wildlife, after all Costa Rica is one of the most bio-diverse country in the world. A highlight of today will be witnessing the Resplendent Quetzal, arguably one of the most beautiful birds in the Americas.

The rest of the afternoon can be spent at leisure enjoying the superb facilities the hotel has to offer where we will later enjoy dinner.

**Included meals:** Breakfast & Dinner

**Accommodation:** Monteverde

## DAY 9 - CARARA NATIONAL PARK & MANUEL ANTONIO

First stop of the day today is in Carara National Park. This gorgeous natural sanctuary is home to almost 50% of Costa Rica's bird species. An incredible highlight will be the opportunity to see Red Macaw's flying overhead.

We will then continue our journey to Manuel Antonio, driving over to Tarcoles Bridge where we can look down and admire - from a distance - the enormous crocodiles which call the river home.

**Included meals:** Breakfast

**Accommodation:** Manuel Antonio

## DAY 10 - MANUEL ANTONIO NATIONAL PARK

Following breakfast we will take a transfer to Manuel Antonio National Park, one of the most popular wildlife areas in Costa Rica. We will venture out on a guided walk along a picturesque loop through the park looking out for monkeys along the way - 3 out of 4 of Costa Rica's existing monkey species call this National Park home. Your guide is on hand to tell you everything there is to know about the surrounding environment.

Enjoy some time on the beach before continuing along the trail where sloths, birds & reptiles alongside beautiful orchids and tropical trees can be admired. We will then enjoy the rest of the day at leisure before having dinner at the hotel this evening.

**Included meals:** Breakfast & Dinner

**Accommodation:** Manuel Antonio

## DAY 11 - RETURN TO SAN JOSÉ

After breakfast we will travel to San Jose where you will be free to follow your own interests with some time spent at leisure. Ask your Big Journey tour Director for ideas for exploring this beautiful city.

This evening we will all get together for our farewell dinner.

**Included meals:** Breakfast & Dinner

**Accommodation:** San Jose

## DAY 12 - FAREWELL TO COSTA RICA & HOME

Following breakfast we will transfer to the airport for our return flights to London Heathrow Airport.

**Included meals:** Breakfast

**Accommodation:** none



## WHAT'S INCLUDED

- Meet & Greet at the airport on arrival
- Transfers as detailed in the itinerary
- Accommodation as detailed in the itinerary
- All meals detailed as detailed in the itinerary
- Excursions as detailed in the itinerary
- Transport in an air-conditioned deluxe vehicle
- Entrance fee into Arenal Volcano National Park & Monteverde Cloud Forest Biological Reserve
- Tour Director from The Big Journey Company as well as the local English speaking Tour Guide (subject to minimum group size being reached.)

## WHAT'S NOT INCLUDED

- ATOL Protection
- International flights to/from San Juan Santamaria Airport [SJO], Costa Rica - please contact us for a flight quotation
- Transfers on arrival or departure, to/from the airport(s), outside of the tour dates
- Drinks
- Gratuities
- Visas, travel and medical insurance
- Any personal items and anything not mentioned under included in price above
- Any meals not mentioned in itinerary
- Any optional activities offered
- Any COVID tests or related entry & exit requirements

## IMPORTANT INFORMATION

- Please note, flights to/from Costa Rica are not included in this package. The Big Journey Company would be happy to provide a quotation for your flights - please contact us for further details
- Please let The Big Journey Company know prior to travelling if you have any medical needs or take any medication that we need to be made aware of to ensure that you have a safe and pleasant tour.
- Check in is after 2:00 - 3:00pm and check out is before 10am unless otherwise specified in the itinerary.
- Cancellation 90 – 0 days prior to departure cancellation fee is 100%. It is your responsibility to ensure the correct travel insurance in place to protect you against the need to cancel your holiday.
- Deposits are non-refundable. Final payments are due 14 weeks prior to departure.
- Further terms and conditions apply and will be provided upon request or at the time of booking. The Big Journey Company reserves the right to withdraw any offer prior to accepting a reservation request. This does not affect your statutory rights. This offer is subject to availability and space is limited.

## BOOK YOUR JOURNEY

*Choose from the list of dates below*

|                  |                      |                                |
|------------------|----------------------|--------------------------------|
| CASH ONLY OPTION | 29 APR - 10 MAY 2025 | <b>FROM £6,365 PER PERSON.</b> |
| CASH ONLY OPTION | 21 APR - 02 MAY 2026 | <b>FROM £6,999 PER PERSON.</b> |

*Call to Book*

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