

# Kat's Great Adventures

Costa Rica - Adventure Expedition Class IV Tour 2023

Guided Tour

7 Days / 6 Nights



During this Costa Rica Adventure Expedition, you will raft over 19 kilometers of continuous Class III-IV rapids, through a canyon surrounded by verdant primary rain forest. Your resort close to Rincon de la Vieja National Park, features natural hot springs with four different pools at varying temperatures. Continue to the Arenal Volcano area for an adrenaline filled adventure high above the treetops. Ten zip line cables that range in length from 200 meters to 750 meters from which you can observe the rainforest and weather permitting, the Arenal Volcano and the Arenal Lake. This activity also includes a ride in an open-air gondola. End your stay in the Manuel Antonio National Park area. Manuel Antonio is known for its tropical beaches and wealth of rainforest wildlife.

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TICO # 50022092

## Itinerary Day to Day

### **Day 1: Arrival to Rincon De La Vieja National Park**

Arrive in Liberia, Costa Rica – A private transfer will be provided to your hotel near the Rincón de la Vieja Volcano. Overnight at hotel. Dinner on your own at the hotel's restaurant.



### **Day 2: Rincon De La Vieja National Park 3.5 km**

Today enjoy a locally guided hike to Rincón de la Vieja National Park featuring natural hot springs with four different pools at varying temperatures. Enjoy the beautiful nature of Costa Rica on this amazing hike past waterfalls, through beautiful national park trails, hot springs, and more. Along the way, you'll enjoy a variety of incredible wildlife and flora unique to the area. Hiking in the Rincon de la Vieja National Park on the Las Pailas loop trail takes you through dry tropical forest to see the best views of the volcano, incredible nature, volcanic activity, and wildlife. Our bilingual naturalist guide points out many of the 300 bird species that live here, and any other animals, like white-faced, howler and spider monkeys, armadillos, collared peccaries, iguanas, snakes,

or white-nosed coatis. When you finish your hike, get ready for a refreshing swim in the Oropendola waterfall. It is a short walk from the national park entrance on a trail with varying terrain to get down to the river bottom. The Oropendola waterfall plunges an impressive 25 meters to a sparkling turquoise pool in the lush canyon of the Rio Blanco (White River), creating a picturesque tropical oasis. Dinner on your own at the hotel's restaurant.

### **Day 3: Arenal Volcano National Park**

Today enjoy the Tenorio River White Water Rafting Tour Class III & IV Rapids. Pick up in Rincon de la Vieja - Drop off at Arenal Volcano – On this exciting rafting tour, you'll witness the impressive canyon of the Tenorio River along with many different types of flora and fauna - there is a unique contrast of the red rocks against the verdant green plants that line the canyon. Your guide will point out birds, monkeys and other types of wildlife as you make your way through highly technical and tight rapids along the way. All told, you'll experience over 20 thrilling rapids, and finish the tour by going over Costa Rica's most extreme white water rapid that we have named Cascabel Falls – an intense four meter waterfall drop!



After a fun day in one of Costa Rica's most beautiful rivers, travel to the Arenal Volcano and enjoy what this area has to offer. Tonight dinner is on your own - you may enjoy the hotel's terrace for al fresco dining or head into the town of La Fortuna and try some authentic local restaurants.



## Day 4: Arenal Volcano National Park

Today is all about the Arenal Reserve (Sky Trek / Sky Tram) Tour. For the ultimate adrenaline rush, try Sky Trek. You will ride an open-air gondola from the ground to the heights where you'll be dropped off at an observation deck for fantastic views of the volcano and land below. From the observation deck, return to the ground below by riding down on a circuit of zip lines stretching across canyons and between treetops. There are currently ten zip line cables and they range in height from 30 meters to 200 meters and in length from 200 meters to 750 meters. Zipping along nearly three kilometers of cables, you will see the rain forest as well as get a panoramic view of the volcano and lake from a whole new perspective. This private reserve is near El Castillo, on the

north-facing slopes of the Cordillera de Tilarán, offers phenomenal volcano views to be enjoyed from an aerial Sky Tram that rises 236 meters in a 1250 meters ride, taking visitors up to a mirador (lookout point) where the Sky Trek zip line circuit starts. The Sky tram ends in a wide observation platform on the highest point of the Arenal Reserve, where you can sit down on comfortable chairs to enjoy the view. You may stay as long as you wish on the platform admiring the volcano, the lake, the mountain range and rain forest. This tour is a full age tour, even for people with some disability, thanks to the space of our gondolas that fit a wheelchair without folding it. For those who choose not to zip-line, you'll head back down the same way you came up, on the Sky Tram. On the ride you will be able to notice how the vegetation varies as the altitude changes once again. This afternoon is at leisure for an optional activity. There are many adventure tours available in Arenal - from waterfalls, hikes to the volcano, sloth sanctuaries, kayaking on the lake, organic farms and many more. Take a stroll to downtown La Fortuna and try some small authentic "sodas" or local diners that offer a more affordable and delicious menu.

## Day 5: Manuel Antonio

After breakfast, you'll set off for Manuel Antonio Beach on the Central Pacific. Manuel Antonio is a community which is composed largely of hotels, separated by trees on a hill overlooking beaches and the coastal Manuel Antonio National Park with rainforest growing to the edge of its beautiful cream colored sandy beaches. The forest is home to a variety of wildlife that are accustomed to people and readily seen including sloth, monkeys, armadillos, scarlet-legged land crabs, iguanas, agoutis, pizotes, raccoons, parrots, and parakeets. The ocean water temperature is always near a comfortable 80° F and great for swimming and other water sports. The region offers numerous other activities such as boating, river rafting, fishing,



snorkeling, diving, canopy tours and more. With a large number of excellent hotels and restaurants in the area outside the Park, visitors are assured a comfortable stay and a diverse offering of local and international cuisine. Tonight, dinner is on your own. You may enjoy a quiet evening meal at the hotel or visit one of the delicious and authentic restaurants located walking distance. Many restaurants offer dinner al fresco with terraces overlooking the ocean and national park.



## Day 6: Manuel Antonio

This morning visit Manuel Antonio National Park with a local guide and small group. Manuel Antonio is one of the country's most popular parks because of its unique mix of beaches and forest trails. See how many different kinds of flora and fauna you can spot just in the span of a 2 ½ hour nature walk or hike. And at the end, enjoy some local fresh fruits and refreshments as you pause to savor your adventure thus far. If you so desire, hike additionally through the trails and enjoy unspoiled, un-crowded, pristine beaches after your guided educational adventure ends, and maybe even snorkel after the hike on your own. Learn about the history of the Quepoa Indians and Costa Rica's past in regard to this stunningly beautiful Manuel Antonio area, and come back with ideas as to how to help preserve this priceless ecosystem

and national treasure for generations to come. Try the local restaurants and shops around the national park and your hotel. Dinner on your own - Cafe Milagro offers a great patio for dinners al fresco and also Emilio's - offering views of the ocean and rain forests. Both are located within walking distance from the hotel.

## Day 7: Departure

After breakfast, say adios to Manuel Antonio and enjoy your scenic ride back to San Jose International Airport for your departure. We will trust you leave the country with a happy face!



## Route



### Technical Characteristics:

**Route Profile:** Medium. Activities include nature hiking and rafting. All activities require a moderate level of fitness.

**Travel Season:** Departures any day on request from January to August, November

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## Price per Person

Double Occupancy	\$ 2395.00 USD
Single Supplement	\$ 795.00 USD

\*Based on 2 people participating in tour

## Accommodation:

3\* hotels and lodges



## Included:

- Transportation
- Tours and guide services as indicated
- Accommodations for six nights in standard rooms and double occupancy (unless otherwise indicated) including all applicable taxes
- Meals as indicated (6 x breakfast and 2 x lunches)

## Not Included:

- Airport departure tax (\$29 USD)
- Meals not specified in the itinerary
- Gratuities
- Alcoholic beverages
- Personal equipment
- Extras in hotels (i.e. laundry, phone calls, room service)
- Items not specifically indicated in the itinerary

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