



7 DAY VOLCANOES & BEACHES

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Trip Duration: 7 days

Trip Difficulty:

Destination: Costa Rica

Begins in: San Jose

Activities:



INCLUDED

- Ground transportation
- Accommodations
- Meals as indicated on itinerary
- All activities listed on itinerary
- Expert guides

EXCLUDED

- Airfare
- Beverages at hotel
- Personal gear & equipment
- Tips

Ultimate Expeditions®

PH: (702) 570-4983

FAX: (702) 570-4986

Info@UltimateExpeditions.com

www.UltimateExpeditions.com

Ultimate Expeditions®

The Best Adventures on Earth.

Ultimate Expeditions® was born out of our need for movement, our connection with nature, and our passion for adventure.

We Know Travel. Our staff has traveled extensively to 40-50 countries each and have more than 10 years of experience organizing and leading adventures in all corners of the globe through the world's most unique, remote, beautiful and exhilarating places. We want to share these destinations with you.

Why Ultimate Expeditions®? We provide high quality service without the inflated cost. Our goal is to work with you to create the ideal itinerary based on your needs, abilities and desires. We can help you plan every aspect of your trip, providing everything you need for an enjoyable experience.

7 DAY VOLCANOES & BEACHES

Itinerary

DAY 1 Arrive San Jose Airport

A representative will greet you on your arrival into the San Jose airport and transfer you to the Arenal Reserve, approximately a three hour drive. At the hotel you will enjoy lunch, and then head out for a 3,280 foot long zip line (Sky Trek) adventure. Enjoy views of the rainforest, volcano and lake from above or hike the trails below and explore the flora and fauna close up. The Sky Tram is a 15 minute aerial tram tour through the rainforest to the "Miguel Angel" observatory, where you can enjoy more spectacular views of the surrounding area. Overnight Arenal Volcano Inn.

DAY 2 Rio Celeste Hike

At 7:30 am we will depart the hotel for the Tenorio Volcano National Park. Here we begin our 7 km hike through the tropical rainforest to the spectacular Rio Celeste waterfall (approximately 4 hours). "Los Teñideros" marks the section of the Rio Celeste, where the two streams meet creating a beautiful blue color which gives the river its name. The hike returns along the same trail with a dip in the natural hot springs and views of imposing Tenorio Volcano. Back at the hotel lunch will be served. Overnight Arenal Volcano Inn (breakfast & lunch)

DAY 3 Mountain Biking & Kayaking

Today you will enjoy an exciting mountain biking trail which takes you along the base of Arenal Volcano for 16 km, along natural paths, traditional Costa Rican neighborhoods and small rivers. After biking you will enjoy a kayaking excursion, which lasts approximately two hours paddling around islands while spotting bird and wildlife along the way. Overnight Arenal Volcano Inn (breakfast & lunch)

DAY 4 Arenal to Manuel Antonio National Park

After breakfast you will be transferred to Manuel Antonio National Park approximately a 5 hour drive with a break for lunch. Upon arriving the Pacific Coast the remainder of the day will be free for relaxing, we highly recommend going for a dip or surfing. Overnight Karahe (breakfast).

DAY 5 Manuel Antonio National Park

Today you will enjoy an easy 2.5 hour long hike with a Costa Rican naturalist who will guide you through the exotic, tropical rainforest, preserved for over 34 years. Watch sloths and numerous species of monkeys travel through the tree canopy, search for silky anteaters, resting iguanas, and enjoy the beautiful songs of the various birds as they glide above. Manuel Antonio National Park is home to the endangered Mono Titi or squirrel monkey and a variety of flora and fauna. Once the guided tour is over you are free to continue the hike on your own or enjoy the pristine beaches. Overnight Karahe (breakfast).

DAY 6 Snorkel & Coastal Kayak

Enjoy the sixth day of this Costa Rican trip kayaking to a beautiful white sand beach where you can scout for snorkeling spots on one of three small active coral reef systems nestled close to the shore of Biezans Bay. You can also continue kayaking towards Manuel Antonio National Park and wander the nearby islands where exotic boobies and frigates call home year round. The day's activities end with dinner at a local hot spot near the beach before you return to the hotel. Overnight Karahe (breakfast).

DAY 7 Depart San Jose Airport

After breakfast you will be transferred to the airport (approximately 3 hours) where you will head to your next destination (breakfast).

END OF SERVICES



COSTA RICA

Best Time to Visit

Costa Rica experiences two main seasons dry and “green” and varies on region. The dry season runs mid-December through April and boasts blue sky days that are perfect for exploring the rainforests. May through November is the green season, during June and July showers pause and the forest responds with lush foliage. Traveling during off-peak season means less crowds and greener scenery, but more rain.

Temperature

Month	Jan	Feb	Mar	Apr	May	Jun
Average High (F)	79	84	86	84	82	82
Average Low (F)	63	64	64	66	64	64

Month	Jul	Aug	Sep	Oct	Nov	Dec
Average High (F)	82	82	82	77	79	79
Average Low (F)	64	64	64	64	64	64

Entry Requirements

No visas are required for USA citizens to enter Costa Rica. However, a passport valid for six months after date of entry as well as return/onward tickets out of the country and all documents required for the next destination.

Vaccinations

Hepatitis A and B, Typhoid, up to date Tetanus, Measles-Mumps-Rubella (MMR), and Influenza are recommended vaccines before traveling to Costa Rica. Information on vaccinations and other health precautions, such as safe food and water precautions and insect bite protection, may be obtained from the CDC’s Internet site at <http://www.cdc.gov/travel>.

Travel Advisories

Make two photocopies of valuables such as your passport, tickets, visas and travelers’ cheques. Keep one copy with you in a separate place to the original and leave another copy with someone at home.

Be sure to inform your credit card company as well as your bank you will travel internationally into Central America. This will eliminate any credit card holds for fraudulent activity.



Currency

Bank or debit cards used at ATM’s are an easy way to access funds while traveling to Costa Rica. Carrying cash, or traveler’s check card and a credit card, that can be used for cash advances in case of emergency is also advisable (check with your bank about international fees). Local currency is Costa Rican Colon (CNC), but Costa Rica also widely accepts the US dollar for payment, (\$20 bills or smaller with no tears). Hotels, lodges, and larger establishments accept credit cards.

Government

Costa Rica is a democratic, free and independent republic.

Religion

Roman Catholic 70.5%, Evangelical 13.8%, other 4.3%, unspecified or none 11.3%.