

# Travel Buddies

*presents...*

## Tropical Costa Rica

with Optional 3-Night Jungle Adventure Post Tour Extension

9 Days • 22 Meals: 8 Dinners, 3 Lunches, 11 Breakfasts

**January 21 – 29, 2012**

### Tropical Costa Rica

with optional 3-Night Jungle Adventure Post Tour Extension \$

Day 1: Saturday, January 21, 2012

Arrive San Jose, Costa Rica

Lush forests and stunning waterfalls...rumbling volcanoes and endless coastlines...Costa Rica is truly a slice of paradise.

Your tour begins in the colorful capital city of San Jose. Upon arrival, relax and soak up the sights of your new surroundings.

Day 2: Sunday, January 22, 2012

San Jose - Doka Coffee Estate - Tamarindo Beach (Guanacaste)

Travel through the verdant countryside of the Central Valley to the fertile region world-renowned for coffee. A tour of the Doka Coffee Estate highlights the history and cultivation of coffee and its importance to the Costa Rican economy. This afternoon, arrive in the Guanacaste region, known for its breathtaking beauty and fine sandy beaches. Here, rest and relaxation go hand-in-hand with mesmerizing ocean views and lush tropical greenery. Settle in for a relaxing two night stay.

*Today breakfast and dinner will be included.*

Day 3: Monday, January 23, 2012

Tamarindo Beach

Fun in the sun is in store for you as you enjoy this tropical paradise. Explore the nearby town and beaches, take an optional sunset cruise or simply relax by the pool or beach and take advantage of the amenities offered at your lovely resort. *Today*

*breakfast will be included.*

Day 4: Tuesday, January 24, 2012

Tamarindo Beach - Monteverde

You won't believe your eyes as you travel into the Monteverde Cloud Forest, where trees grow to heights of 100 feet! In this spectacular ecosystem, you will encounter many incredible species of flora and fauna. Upon arrival in Monteverde, a nature walk allows you to discover the natural beauty of the cloud forest first hand. This forest is the home of the world's largest population of the endangered quetzal, celebrated for its gorgeous jewel-toned plumage. Keep your eyes peeled and you may be lucky enough to spot this elusive bird! *Today breakfast and dinner will be included.*

Day 5: Wednesday, January 25, 2012

Monteverde

Begin your day at Selvatura Park, a cloud forest reserve in the heart of Monteverde. Venture into a different world, exploring one of the world's largest butterfly gardens with more than 30 species of tropical butterflies. Next, in a nearby gallery containing more than 100 beautiful hummingbirds, you will be dazzled by the 14 different species. Enjoy a guided, leisurely-paced "Hanging Bridges" walking tour and learn about the cloud forest's unique ecosystem, its mammals, birds, plants and flora. This evening, enjoy a performance of traditional music and dance presented by children from the community. *Today*

*breakfast and dinner will be included.*

Day 6: Thursday, January 26, 2012

Monteverde - Lake Arenal Cruise - Arenal

Travel through the beautiful mountainous landscapes of Monteverde to Tierras Morenas. Visit a local school\* sponsored by the Collette Foundation, meet the children and learn about the educational system and lifestyle of this small farming community. Continue on to Arenal, where breathtaking views of the volcano await you during a delightful cruise on Lake Arenal, the largest and most important lake in Costa Rica. Later, check in for a two night stay at a typical lodge overlooking the majestic Arenal Volcano which has been generating lava for the past 30 years. *Today breakfast and dinner will be included.*

**Day 7: Friday, January 27, 2012**

**Arenal - Cano Negro - Arenal**

Of all Costa Rica's nature preserves, the remote 20,000 acres of Cano Negro are home to the largest viewable selection of indigenous wildlife. **Embark on a Cano Negro guided river boat trip in a panga (covered canoe), making frequent stops to watch and photograph the wildlife around you which may include crocodiles, river otters, sloths, river turtles, exotic birds and rare butterflies, all known to live in the area.** The Arenal Volcano area is also known as the land of spas and hot springs. Later in the day you will have an opportunity to attain a state of complete relaxation with an optional visit to one of the finest spas in the region. *Today breakfast and dinner will be included.*

**Day 8: Saturday, January 28, 2012**

**Arenal - Poas Volcano - San Jose**

Take a leisurely ride through the countryside for a visit to ancient Poas Volcano, a powerful symbol of the geothermal forces that formed Costa Rica. Its crater is 1,050 feet deep and a mile wide, making it the largest active crater in the world. The lower slopes of Poas Volcano are dotted with fruit farms and huge ornamental flower farms of roses and lilies. Continue on to San Jose where you will enjoy a wonderful farewell dinner. *Today breakfast and dinner will be included.*

**Day 9: Sunday, January 29, 2012**

**San Jose - Tour Ends**

Today you depart for home with fabulous memories of your adventure in Costa Rica. *Today breakfast will be included.*

Optional 4 Days 3-Night Jungle Adventure Post Tour Extension

Rate: \$449.00 CAD per person, double, land and air included

8 Meals: 3 Breakfasts, 3 Lunches, 2 Dinners

Day 9: San Jose - Tortuguero National Park

Enjoy an exciting soft-adventure Jungle Extension to Tortuguero, the Amazon of Costa Rica. Explore the region's wildlife by boat, viewing macaws, sloths, monkeys, falcons and other native species. Tonight, enjoy a memorable two night stay at your eco-lodge surrounded by the beauty of a tropical forest and amazing wildlife. Learn more about your surroundings with a visit to the world's first Green Turtle Research Station\* and discover how to protect the turtle's nesting habitat and eggs.

Today lunch and dinner will be included.

Day 10: Tortuguero National Park

An early morning bird watching excursion is offered so you may learn about the variety of local species and migratory birds that flock to this area. Later, experience a spectacular boat cruise through the various canals and be sure to keep an eye out for wildlife including howler monkeys, sloths, toucans, aquatic birds, bats and caimans, as well as exotic flora. Tortuguero National Park is a study in rainforest, freshwater, and marine biology. It protects over 350 species of birds and mammals including green macaws; 57 species of amphibians; 111 species of reptiles; and 60 mammal species, including 13 of Costa Rica's 16 endangered species including jaguars, tapirs, ocelots, cougars, river otters and manatees.

Today lunch, breakfast and dinner will be included.

Day 11: Tortuguero National Park - San Jose

Return to San Jose today for your last night in Costa Rica before your return home.

Today breakfast and lunch will be included.

Day 12: San Jose - Tour Ends

Today breakfast will be included.

Please Note: Extensions not purchased at time of deposit are subject to availability and applicable charges at time of request.

Due to luggage size and weight restrictions on the boats, please bring an overnight bag for the two night stay in Tortuguero National Park. Please make arrangements with the concierge's desk at the hotel in San Jose for luggage pick up and for storage until your return from Tortuguero.

The transportation to and from Tortuguero as well as your guide in Tortuguero are provided by the lodge where you will be staying in Tortuguero. These services and sightseeing as specified in your itinerary will be provided by the personnel of the lodge in Tortuguero. This price includes meals as outlined; roundtrip transportation to Tortuguero; 2 nights at the Evergreen, Aninga or Pachira lodge, 1 night at the Hotel Doubletree Cariari by Hilton in San Jose; and transfer to San Jose Airport on the last day.