GLUTEN FREE ITINERARY COSTA RICA

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COSTA RICA - LIGHT

"YOU FOCUS ON THE FUN, WE FOCUS ON THE FOOD"

<u>Day 1</u> - Arrival to SJO airport. Meet & greet and transfer to Grano de Oro Hotel (deluxe room). Grano de Oro is considered one of the nicest boutique hotels in downtown San Jose.

Day 2 - (B,L,D) Private transfer to Arenal Volcano area visiting Poas Volcano and Sarchi on the way. Poas Volcano, located about 1 ½ hrs away from San José, is an impressive active volcano featuring one of the largest craters in the world. The volcano offers spectacular views of the Central Valley and comfortable trails to hike through the evergreen tropical cloud forest that surrounds it. After visiting Poas, we will continue our trip to Arenal stopping in Sarchi town on the way, where you will have the chance to shop all kind of local crafts. The majestic Arenal Volcano -one of the most active volcanoes in the Western Hemisphere- constitutes the main attraction in this northern region. Its perfect-formed cone and constant eruptions of lava impress visitors from all over the world. Refreshed by gentle tropical rains, this land stays green and humid almost all year round. The area hosts gushing rivers, hot springs, lagoons, remote national parks, and plentiful wildlife. Ov. Arenal Location Hotel (deluxe casitas)

<u>Day 3</u> - (B,L,D) Pick-up for the guided Arenal Volcano National Park visit, including a hike along the park's trails at the base of the volcano. Return to the hotel before noon. Free afternoon. Optional visit to Tabacon Hot Springs. Ov. at Arenal Location Hotel.

<u>Day 4</u> - (B,L,D) Morning pick-up for the Arenal Paraiso Zip Line tour. This tour is considered one of the best in the area. The 12 platforms and cables over 1000 ft long and 250 ft heights make this adventure, unforgettable. This ride will let you admire the beautiful surroundings and observe monkeys, birds and sloths as you practically fly over the canopy of the rain forests. This zip line is located at the canyon of the Arenal River for a perfect combination of nature and adventure. From the higher platform and cable you will be able to observe two beautiful waterfalls. Return to the hotel by noontime. Free afternoon. Ov. at Arenal Location Hotel.

<u>Day 5</u> - (B,L,D) AM Private transfer to Guanacaste Location Hotel Guanacaste Hotel on the Pacific Coast (around 3 ½ hour drive). Ov at Guanacaste Location Hotel Guanacaste (deluxe garden view room).

<u>Day 6</u> - (B,L,D) Free day at Guanacaste Location Hotel Hotel.

<u>Day 7</u> - (B,L,D) Free day at Guanacaste Location Hotel Hotel.

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Day 8 - (B) Private transfer to Liberia Airport

Includes

- Meet & greet upon arrival at SJO airport
- Private transfers from SJO airport to Grano de Oro
- Private transfer from San Jose to Arenal visiting Sarchi and Poas Volcano on the way.
- Guided tour to Arenal Volcano National Park (consolidated tour)
- Arenal paraiso Zip Line tour in Arenal (consolidated tour)
- Entrance fees to Poas Volcano
- Private transfer from Arenal to Guanacaste Location Hotel Guanacaste Resort
- Accommodation as specified at:
 - Grano de Oro Hotel,
 - · Arenal Location Hotel, and
 - Guanacaste Location Hotel Guanacaste.
- Meals as specified each day: B, L and D
- Transfer from Guanacaste Location Hotel to Liberia Airport

For further information contact us at,

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