

GLUTEN FREE TRAVEL-US.COM

COSTA RICA - ACTION

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

<u>Day 1</u>: Arrival to SJO airport. Meet & greet and transfer to San Jose hotel (deluxe room).

Day 2: (B,L,D) Priivate 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 local accommodation (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. Ov. at hotel

<u>Day 4:</u> (B,L,D) Pick-up for the land-boat-land transfer to Monteverde. This scenic ride will take us across Lake Arenal offering us the opportunity to enjoy great views of Arenal Volcano and its surroundings. Monteverde, is located on a 4600 ft secluded plateau on Tilaran Mountain Range. This community was founded in 1951 by a group of North American Quakers. The founder's environmental consciousness, together with help from private organizations, led to the creation of a biological preserve that hosts one of the richest ecological systems in the country. Due to its location at a relatively high altitude, Monteverde's climate is rather fresh. Temperatures range from 55-75°F. Clouds, mist, rain and eventual rays of sunshine bring life and enchantment to this beautiful cloud forest and makes it an ideal place to explore the nature and wildlife of this incredible habitat. Ov. Monteverde local accommodation (deluxe room). El Establo offers a relaxing upscale atmosphere surrounded by great views of the surrounding cloud forest.

Day 5: (B,L,D) In the morning, transfer to Selvatura Park where you will do the zip line tour. The famous 3 hour zip line tour offers you the opportunity of flying over the canopy of an exotic cloud forest through 15 cables and 18 platforms. Selvatura Park is one of the longest Canopy Tours in Costa Rica and it is the only canopy tour located inside the Monteverde Cloud Forest. Once you have finished this tour, you will continue your adventure at Selvatura's Tree Top Walkways, which consist of a 1.9 mile trail that crosses through the Monteverde Cloud Forest. Here visitors will walk on eight different bridges with various lengths ranging between 150 feet up to 510 feet and altitudes ranging between 36 feet up to 180 feet. The Tree Top Walkways are suitable for people of all ages and are a great way to experience the marvels of this natural sanctuary . The duration of the hike usually takes between 1.5 and 2 hours.

Phone: 347-632-1801

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Transfer to your hotel by noontime and then transfer to hotel on the Pacific Coast (around 3 ½ hour drive). Ov at hotel in Guanacaste (deluxe garden view room)

Day 6: (B,L,D) Free day

Day 7: (B,L,D) Free day

Day 8: (B) Private transfer to Liberia Airport

Includes

- Meet & greet upon arrival at SJO airport
- Private transfers from SJO airport to Oro
- Private transfer from San Jose to Arenal visiting Sarchi and Poas Volcano on the way.
- Regular car boat car transfer from Arenal to Monteverde
- Private transfer from Monteverde to hotel on the Pacific Coast
- Guided tour to Arenal Volcano National Park (consolidated tour)
- Canopy and Hanging bridges tours at Selvatura in Monteverde
- Entrance fees to Poas Volcano
- Accommodation at
 - San Jose,
 - Arenal.
 - Monteverde and
 - Guanacaste.
- Meals as specified each day: B, L and D
- Transfer from hotel to Liberia Airport

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