

COSTA RICA

An Active Exploration of Jungles and Wildlife

TRIP HIGHLIGHTS

- ▶ Active adventures: whitewater rafting, hiking, swimming, tubing, and ziplining
- ▶ Enjoy a chocolate making and Costa Rican cooking class
- ▶ Learn about Costa Rica's many ecosystems and wildlife habitats
- ▶ Kayak through Tortuguero National Park
- ▶ Relax in hot springs as you bond with your fellow Adventure Women

TRIP ROUTE



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QUICK VIEW ITINERARY

Day 1	arrive San José, welcome dinner
Day 2	visit a farmer's market, explore San José
Day 3	drive to Tortuguero National Park, visit Tortuguero Village and the Sea Turtle Conservancy
Day 4	explore Tortuguero Park by boat, wildlife viewing by foot or by canoe
Day 5	whitewater rafting, relax and enjoy the hot springs at your hotel
Day 6	swim beneath a waterfall, enjoy the grounds and the spa at your hotel
Day 7	float down the river in a tube, zipline through the forest canopy
Day 8	learn about how chocolate is grown and used, cooking class, farewell dinner
Day 9	depart Costa Rica

ACTIVITY LEVEL

Active

TRIP PRICE

Main Trip: \$4,995

Optional Single Accommodations: \$1,200

TRIP DATES

July 7 - 15, 2024

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DAY 1
Sunday
7/7/24

Arrive San José

Costa Rica is like Central America's middle sister – she's confident, fun, and is a sporting bon vivant with all the ingredients for exotic adventure. A mere 117 miles wide east to west, this tiny country still has 800 miles of beaches and 12 different climate zones! Costa Rica is a gorgeous riot of rivers and waterfalls, lush rain forests, cloud forests, steamy hot springs, volcanoes, and agrarian landscapes hosting plantations of bananas and coffee.

During your adventure, you'll get to know your expert Costa Rican guide who will be with you every step of the way on this exciting journey, as you raft, zipline, and search for turtles on this unique adventure. You are also accompanied by an AdventureWomen Ambassador, committed to helping make your experience a fun and personally rewarding adventure, and cheering you on as you reach beyond your comfort zone to take on new challenges in your own unique way!

Arrival Information

Arrive in San Jose, Costa Rica (SJO) before 4:00pm.

Pick-up and Transfer

You will be met outside the Customs exit doors and transferred to your hotel.

Welcome Dinner

Enjoy a lively welcome dinner as you get to know your fellow travelers this evening. Share stories and learn about why each woman on your trip is excited to explore Costa Rica!

Accommodations

Gran Hotel Costa Rica

Meals Included

dinner

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DAY 2
Monday
7/8/24

San José

San José is the capital of Costa Rica and the nation's largest city. Located in the Central Valley, it is the seat of national government, the focal point of political and economic activity, and the major transportation hub of this Central American nation.

Central Market

Rise and shine early today and depart the hotel at 7:00am for a visit the Central Market, which has much more than fruits and vegetables. There are local artisans with hand-made clothes, artisanal jewels, medicinal herbs, hand-made aromatherapy oils, and plenty of places to eat. The majority of vendors are women, and you'll have plenty of opportunities to talk with them and find out about their businesses and crafts.

Walking Tour of San José

Take a walking tour of the city of San José, visiting the National Theater and either the Gold or the Jade museum. Enjoy lunch at the National Theater.

Cooking Demonstration

Enjoy a cooking demonstration by a master chef this evening.

The Next Two Days

NOTE: There is a limit on luggage of 25 pounds per person when traveling on local boats while visiting the Tortuguero National Park. Please take only what you will need for the next two days. Bring light clothes, bathing suit, hat, insect repellent, sunblock. It will be hot and humid weather! Your driver will take the rest of your luggage and you will get it back on the way to Arenal on Day 5.

Accommodations

Gran Hotel Costa Rica

Meals Included

breakfast, lunch, dinner

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DAY 3
Tuesday
7/9/24

San José to Tortuguero

“Tortuguero” comes from the Spanish name for the giant sea turtles (tortugas) that nest on the beaches of this region every year from early March to mid-October. The exceptionally high rainfall and rich environment makes the beaches, canals, lagoons, and wetlands of Tortuguero areas of exceptional biodiversity. This is an incredible opportunity for nature lovers and there is no better way to explore this park than from the water.

Breakfast

Breakfast will be in your hotel before the drive and boat ride today.

Travel to Tortuguero National Park

Set out very early for Tortuguero National Park, the “Venice” of the rainforest. Drive for 3 hours through Braulio Carrillo National Park, seeing the vegetation change from rainforest to cloud forest and back to rainforest again. Board your boat to Tortuguero for a 90-minute ride on the Parismina river and on some man-made canals.

Tortuguero Village and the Sea Turtle Conservancy

After lunch, spend the afternoon visiting Tortuguero Village and enjoy a quick but informative visit to the Sea Turtle Conservancy. Tortuguero beach is the most important nesting site of the endangered green turtle in the Western Hemisphere. Giant leatherback, hawksbill, and loggerhead turtles also nest here.

Evening at Your Lodge

Relax at your lodge this evening and enjoy dinner as a group.

Accommodations

Aninga Lodge

Meals Included

breakfast, lunch, dinner

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DAY 4
Wednesday
7/10/24

Tortuguero

An endless system of rivers and canals make Tortuguero the most biologically diverse region of Costa Rica. They also allow for some extraordinary in-depth exploration by boat, so get those cameras ready to capture some amazing wildlife. Crocodiles, lizards, toucans, sea turtles, and howler monkeys are often spotted.

Explore the Park by Boat

Explore the Park's winding jungle waterways by boat, looking for monkeys, sloths, crocodiles, and more.

Explore the Park by Foot or Canoe

There are many ways to experience the beauty of Tortuguero, and, after lunch, you will get to choose between hiking up to a look-out point where you can take in sweeping views of the surrounding landscape and wildlife or canoeing through the lagoons and jungle waterways of the park.

Accommodations

Aninga Lodge

Meals Included

breakfast, lunch, dinner

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DAY 5
Thursday
7/11/24

Tortuguero to Arenal

The Central Highlands of Costa Rica are surrounded by the landscape's dominating volcanoes. In 2010, Arenal was considered one of the ten most active volcanoes in the world, and the area around it is a virtual playground. There are opportunities to explore this remarkable area on foot, by bike, and by flying through the forest canopy on a zip line tour.

Head to Arenal and Pick Up Luggage

Leave Tortuguero by boat on your way to Arenal, stopping in Caño Blanco, where your driver will be waiting (with the rest of your luggage) to take you to the Arenal Volcano area. The drive will be just under 3 hours.

Whitewater Rafting

Before arriving in Arenal, stop at the Sarapiquí River for an exciting guided whitewater rafting trip! This Class II - III rafting adventure takes you through more than 20 rapids in about three hours. You will be briefed on safety, and it is mandatory to wear a helmet and life jacket.

Originating from clear mountain streams, the Sarapiquí River runs from the Central Mountain Range just north of San Jose to the San Marcos River which runs along the shared border between Costa Rica and Nicaragua. The river is considered a national monument because of the vital service it provided in transporting arms, goods, and soldiers in the 1856 war against the filibusters.

Dinner

Enjoy dinner with the group this evening.

Accommodations

Hotel Arenal Kioro

Meals Included

breakfast, lunch, dinner

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DAY 6
Friday
7/12/24

Arenal to Guanacaste

The Guanacaste region is a dry tropical rainforest that creates a varied landscape. Popular white-sand beaches line the coast, and to the east the Guanacaste Mountains feature fascinating national parks and caldera volcanoes.

Swim Beneath La Fortuna Waterfall After leaving Arenal in the morning, stop to swim in the emerald pools beneath La Fortuna Waterfall after you hike to the falls. La Fortuna Waterfall emerges from dense jungle greenery before plummeting some 200 feet into a pool below. Bring your bathing suit!

Drive to Guanacaste After lunch in La Fortuna, head to the Guanacaste region in the northwestern province in Costa Rica. Arriving late afternoon at Rio Perdido, spend some time relaxing and soaking in the surroundings.

Accommodations

Rio Perdido

Meals Included

breakfast, lunch, dinner

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DAY 7
Saturday
7/13/24

Guanacaste

The driest region of Costa Rica, Guanacaste is known for its lovely northern Pacific beaches, funky ocean-side villages, and miles of grazing plains that give way to dry tropical forests and bubbling mud pots at Rincon de la Vieja National Park. This region is a haven for all kinds of watersports!

River Float

Begin a full day of adventure at Rio Perdido by floating down the river in a modified inner tube, through a gorgeous narrow canyon with the rainforest canopy above. Some parts of the river are very calm and slow, others are faster and very exciting! Sometimes you may need to carry your tube to get over rocks. Make sure to wear water shoes, sneakers, or Teva sandals. No flip-flops! Life vests and helmets are provided.

Ziplining Adventure

In the afternoon there will be a zip-lining/canyoning tour. While Costa Rica has dozens of “canopy tours,” with hundreds of zip-lines, Rio Perdido has truly innovated with their Canyon Adventure. Under the guidance of renowned adventure designers, they have created a sequence that will please and surprise. Inspiring Rio Blanco canyon is the main stage for the awesome cable-based zip-line experience. Good walking shoes are a must! The adventure includes 15 platforms, six of which are rock-based and nine of which are suspended on the canyon walls, as well as zip lines of varying lengths from 260 to over 800 feet.

Dinner

Share stories of today’s adventures this evening with your group over dinner.

Accommodations

Rio Perdido

Meals Included

breakfast, lunch, dinner

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DAY 8
Sunday
7/14/24

Guanacaste

Guanacaste has a long history as a cattle raising area. Its “Sabanero” cowboy culture still defines the personality of the province. In recent years, the area has become the most popular place in the country for beachfront development. Small fishing villages like Tamarindo are now a top draw for travelers, with hotels lining the beach boulevard, while quieter retreats further south on the Nicoya Peninsula offer plenty of peace and quiet for those looking to get away from it all.

La Anita Rainforest Ranch

Begin the day at Anita Rainforest Ranch where you will meet the owners, Pablo and Ana, and spend time with Ana as she gives you a private tour of the property. Learn how they grow and harvest their crops, especially cacao, and how it is transformed from dry beans to paste and on to artisan chocolate. Of course, you get to try some too!

Cooking Class

In a short cooking class, you’ll enjoy delicious food and fresh produce from the chef’s organic gardens finished off with homemade ginger-spiced lemon and natural fruit juices.

Meet Aracely

Continue to the small town of Colonia Libertad, and meet Aracely, a neighbor in the village. She will share a wonderful and special dessert treat in her home.

Farewell Dinner

Have a farewell dinner with your new AdventureWomen friends. Reminisce over all the memories you have made and celebrate the end of an amazing journey through this truly spectacular country.

Accommodations

Rio Perdido

Meals Included

breakfast, lunch, dinner

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DAY 9
Monday
7/15/24

Depart Costa Rica

Enjoy one last morning in Guanacaste before heading home.

Transfer to the Airport

Say goodbye to your new AdventureWomen friends as you transfer to the airport for your flights home. One group transfer will be provided when most guests depart (exact time to be determined). Private transfers at other times are available for purchase.

Departure Information

Depart Liberia Airport (LIR) after 12:00pm today.

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

Meals Included
breakfast

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Accommodation Details

Gran Hotel Costa Rica This hotel combines the essence of Costa Rican friendly and caring hospitality with a vast array of facilities and services. The hotel's central location offers unmatched access to local attractions, shopping, dining, and nightlife.

Amenities: Soap, shampoo, conditioner, hair dryer; electricity; Wifi

Aninga Lodge Set on the edge of the main canal and surrounded by lush rainforest and howler monkeys, Aninga has 33 bungalows all with comfortable beds and ceiling fans. The bungalows, restaurant, and walking trails are all set on stilts about five feet from the ground to bring you into the canopy of trees and to protect the wildlife's natural habitat. Enjoy the pool and spa!

Amenities: Soap, hair dryer available on request; electricity; limited Wifi

Hotel Arenal Kioro Sandwiched between two streams – La Palma and Kioro – Hotel Arenal Kioro provides a breathtaking natural view of Arenal Volcano. The hotel's setting is a perfect representation of what makes Costa Rica so special, with two nature paths alive with myriad species of plants, as well as private thermal springs surrounded by flourishing gardens.

Amenities: Soap, shampoo, hair dryer; electricity; Wifi

Rio Perdido Rio Perdido, meaning "Lost River," is truly a hidden gem, situated in a protected dwarf forest that even many Costa Ricans have never seen. The property pays respect to its amazing environment, using wells and natural springs for water and taking 100% of its electrical energy from the Miravalles Geothermal Power Plant, among many other sustainable practices. The hotel's bungalows – suspended above the ground by columns and accessed by elevated pathways connecting to hiking trails – each offer a unique experience.

Amenities: Soap, shampoo, conditioner, hair dryer; electricity; limited Wifi

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Accommodation Details

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Included:

- ▶ Accommodations as per itinerary based on double occupancy
- ▶ All meals as listed in the itinerary
- ▶ All ground transportation
- ▶ Guided sightseeing and activities as indicated in the itinerary
- ▶ Professional, English-speaking naturalist guide throughout the trip
- ▶ Entrance fees
- ▶ Drinking water to refill personal bottles
- ▶ Gratuities for local guides, hotel staff, and baggage handling

Not Included:

- ▶ International airfare to and from Costa Rica
- ▶ Optional activities
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages (unless otherwise specified)
- ▶ Fees for passport, visas, immunizations, or travel insurance
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Gratuities for main guide and driver

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Cancellations and Refunds

Notification of cancellation must be made in writing to AdventureWomen, LLC (email will be accepted). Full payment is due 90 days prior to departure date.

- For cancellations received 89-60 days prior to the trip departure date: 50% of the package price is non-refundable and non-transferable.

- For cancellations received 59-0 days prior to the trip departure date: 100% of the package price is non-refundable and non-transferable.

You are highly encouraged to purchase **trip cancellation insurance** to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

Deposit Transfer

You can transfer your deposit to another trip with no additional fee if you notify us within 120 days of the original trip departure date. We can hold your deposit for up to six months as a credit. Failure to book a new trip within this timeframe will result in the forfeiture of your deposit. Please note that this policy doesn't apply to extensions purchased with the main trip, for which the deposit is non-refundable and non-transferable. Please note that the deposit for extensions is non-refundable and non-transferable.

No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen trips.

Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

Adventure Travel Today

We define "adventure travel" as travel in which one actively participates, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes trips all over the world for women who want an active, out of the ordinary experience, and meet new friends. **Most of all, we want our trips to be fun!** In this spirit, the successful adventure traveler should be a good-natured realist and have a sense of humor! Adventure trips, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. Being on time is important, and contributes to the congeniality, success and well-being of both individuals and the group!