



## Costa Rica: An Active Exploration of Jungles and Wildlife

**DURATION** | 10 Days

**TRIP LEVEL** | Level 3 - Dynamic

# Trip Overview

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Join AdventureWomen on a multisport women's adventure in Costa Rica! A mere 117 miles wide from east to west, this tiny country has 800 miles of beaches and 12 different climate zones! Explore lush rainforests, spot diverse wildlife such as kinkajous, sloths, toucans, and quetzals, and experience multiple ecosystems and gorgeous coastlines. On this multisport adventure, you will raft, kayak, hike, and zip line. Throughout your travels, you'll stay in plush bungalows and lodges and eat local cuisine that is both fresh and delicious! You'll also learn about cacao at Anita Rainforest Ranch, have the chance to relax in stunning hot springs, and wrap up your adventure with a farewell dinner celebrating your journey with other women as inquisitive and adventurous as you.

# Trip Highlights

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- Experience whitewater rafting, hiking, swimming, tubing, and zip lining through Costa Rica's diverse landscapes.
- Enjoy a chocolate-making and Costa Rican cooking class, learning about local flavors and traditions.
- Discover Tortuguero National Park, explore ecosystems and wildlife habitats, and unwind in hot springs with fellow adventurers.

# Map View

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Arrival: Arrive in San José, Costa Rica (SJO) on Day 1 by 4:00 PM.

Departure: Depart from Liberia, Costa Rica (LIR) on Day 10 after 12:00 PM.



# Trip Itinerary

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## Day 1

### Arrive in San Jose

Upon arrival at Juan Santamaria International Airport in San Jose, Costa Rica, your guide will meet you outside the Customs exit doors and transfer you to the hotel. 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!

Meals: dinner | Overnight: Gran Hotel Costa Rica



### 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: complimentary toiletries, hair dryer, minibar, bottled water, safe, flatscreen TV, cable / satellite TV, Wi-Fi, air conditioning



# Trip Itinerary

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## Day 2

### San Jose

Rise and shine early today and depart the hotel at 7:00 AM for a visit to a local Farmers' Market where there are local artisans with hand-made clothes, artisanal jewels, medicinal herbs, hand-made aromatherapy oils, and plenty of places to eat. Take a walking tour of San José, visiting the National Theater and either the Gold or the Jade museum. Enjoy lunch at the National Theater and a cooking demonstration by a master chef this evening. 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.

Meals: breakfast, lunch, dinner | Overnight: Gran Hotel Costa Rica



# Trip Itinerary

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## Day 3

### San Jose to Tortuguero National Park

After breakfast at the hotel, 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 some man-made canals. After lunch, spend the afternoon visiting Tortuguero Village and enjoy a quick but informative visit to the Sea Turtle Conservancy. Relax at your lodge this evening and enjoy dinner as a group.

Meals: breakfast, lunch, dinner | Overnight: Aninga Lodge



### 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! Please note that this property doesn't have air conditioning.

Amenities: complimentary toiletries, hair dryer available on request, safe, limited Wi-Fi access



# Trip Itinerary

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## Day 4

### Tortuguero

Explore the park's verdant landscape from an incredible vantage point following a hike or traverse the park's winding jungle waterways by boat, looking for monkeys, sloths, crocodiles, and more. After lunch, you'll 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.

Meals: breakfast, lunch, dinner | Overnight: Aninga Lodge



# Trip Itinerary

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## Day 5

### Tortuguero to Arenal

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. 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. Enjoy dinner with the group this evening.

Meals: breakfast, lunch, dinner | Overnight: Hotel Arenal Kioro



### 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: complimentary toiletries, hair dryer, minibar, safe, flatscreen TV, Wi-Fi, air conditioning



# Trip Itinerary

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## Day 6

### Arenal Region

In the morning, 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! After lunch with your group, visit the Maleku, an indigenous tribe of Costa Rica, located in the Guatuso Indigenous Reserve. Historically, they were also known as the Guatuso, the name used by Spanish settlers. Enjoy dinner with the group this evening.

Meals: breakfast, lunch, dinner | Overnight: Hotel Arenal Kioro



# Trip Itinerary

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## Day 7

### Arenal to Guanacaste

After breakfast, head to the Guanacaste region in the northwestern province in Costa Rica. Arrive at Rio Perdido, your home for the next 3 nights, and spend some time relaxing and soaking in the surroundings. Enjoy an afternoon at leisure before joining your group for a delicious dinner.

Meals: breakfast, lunch, dinner | Overnight: Rio Perdido



### 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: complimentary toiletries, hair dryer, coffee / tea maker, bottled water, flatscreen TV, limited Wi-Fi access, air conditioning



# Trip Itinerary

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## Day 8

### Guanacaste: A Full Morning of Adventure

A full morning of adventure awaits! Float 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! Next, enjoy your zip-lining/canyoning tour. Rio Perdido has truly innovated with their Canyon Adventure. 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. Enjoy a leisurely afternoon and share stories of today's adventures this evening with your group over dinner.

Meals: breakfast, lunch, dinner | Overnight: Rio Perdido



# Trip Itinerary

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## Day 9

### Guanacaste: Cacao and Cooking Class

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. 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. 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. Have a farewell dinner with your new AdventureWomen friends.

Meals: breakfast, lunch, dinner | Overnight: Rio Perdido



# Trip Itinerary

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## Day 10

### Depart Costa Rica

Enjoy one last morning in Guanacaste before heading home. 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. Depart Liberia Airport (LIR) after 12:00 PM today.



# What's Included

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## What's 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

*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.*

