



PRIVATE JOURNEYS WITH JOURNEY LATIN

MINI ADVENTURES IN COSTA RICA

15 days from **£4,350pp**

COSTA RICA / SAN JOSE, CENTRAL HIGHLANDS AND CENTRAL VALLEYS / CARIBBEAN COAST / ARENAL AND THE NORTH / MONTEVERDE AND THE CLOUD FOREST / NICOYA PENINSULA

WITH OVER 40 YEARS EXPERIENCE, NO-ONE KNOWS LATIN AMERICA LIKE WE DO

EXPERIENCE SOMETHING EXTRAORDINARY

WHY US

We are the UK's No.1 specialist in travel to Latin America and have been creating award-winning holidays to every corner of the region for over four decades; we pride ourselves on being the most knowledgeable people there are when it comes to travel to Central and South America and passionate about it too.

OUR JOURNEY

As our name suggests, we are single-minded about Latin America. This is what sets us apart from other travel companies – and what allows us to offer you not just a holiday but the opportunity to experience something extraordinary on inspiring journeys throughout Mexico, Central and South America.

WE LOVE LATIN AMERICA

A passion for the region runs through all we do

All our Consultants have lived or travelled extensively in Latin America

Up-to-the-minute knowledge underpinned by 40 years' experience

TRAVEL WITH CONFIDENCE

Fully bonded and licensed

ATOL-protected

On your side when it matters

Book with confidence, knowing every penny is secure

THE REAL LATIN AMERICA

Our insider knowledge helps you go beyond the guidebooks

We hand-pick hotels with character and the most rewarding excursions

Let us show you the Latin America we know and love



OVERVIEW & OUTLINE ITINERARY

Costa Rica bursts with extraordinary diversity, from its landscapes and wildlife to its lush tropical flora. This two week journey takes you from the Caribbean coast to the Pacific, combining wildlife encounters and adventurous activities with plenty of time to relax and unwind along the way.

DAY 1	Arrive in San Jose and transfer to your hotel.
DAY 2	Day at leisure to enjoy your hotel's facilities.
DAY 3	Fly to Tortuguero National Park on the Caribbean coast.
DAY 4	Wildlife-spotting boat trip and visit to Tortuguero village.
DAY 5	Transfer by boat and vehicle to La Fortuna (Arenal).
DAY 6	Hanging Bridges excursion.
DAY 7	White Water Rafting excursion.
DAY 8	Transfer to Monteverde & night walk in the Children's Eternal Forest.
DAY 9	Monteverde Cloud Forest Reserve excursion.
DAY 10	Transfer by vehicle and ferry to Isla Chiquita.
DAY 11	At leisure on Isla Chiquita; bioluminescence boat trip in the evening.
DAY 12	Transfer to Santa Teresa on the Nicoya Peninsula.
DAYS 13 & 14	At leisure in Santa Teresa.
DAY 15	Return to San Jose for your international flight home.

ITINERARY

Renowned as one of the most peaceful and stable countries in the world, Costa Rica is home to some of the friendliest people in Latin America. Its extensive network of national parks and well maintained trails makes exploring nature easy and accessible, and the country's passion for the outdoors has placed it at the forefront of adventure tourism.

Your trip begins with a guided waterborne exploration of Tortuguero National Park on the Caribbean coast, where turtles nest between July and October. Continue to La Fortuna, at the base of the Arenal Volcano, for a range of adrenaline pumping activities before heading into the mystical cloud forests of Monteverde. Conclude your adventure on the Pacific coast among the islands and beaches of the Nicoya Peninsula.

DAY 1

Arrive in San Jose and transfer to your hotel.

You will be met at the airport by our local representative who will accompany you on the 45-minute drive to your hotel in the hills above San Jose.

DAY 2

Day at leisure to enjoy your hotel's facilities.

Recover from your international flight with a relaxing day at leisure to enjoy your hotel's extensive facilities. Unwind by one of the three swimming pools, treat yourself to a spa session, or head into the hotel's private forest reserve for birdwatching or hikes to waterfalls.

DAY 3

Fly to Tortuguero National Park on the Caribbean coast.

Return to San José airport for a 30-minute flight on a small aircraft to Tortuguero, a national park on Costa Rica's Caribbean coast. Established in 1970 to protect a key nesting site for the Atlantic green sea turtle, Tortuguero's extensive network of rivers and canals has made it one of the country's best destinations for wildlife spotting.

DAY 4

Wildlife-spotting boat trip and visit to Tortuguero village.

Set off on an early morning boat trip through the mangrove forests of Tortuguero National Park, gliding silently along the waterways as you observe a variety of wildlife.

Look out for three species of monkeys – spider, howler, and white-faced – along with three-toed sloths, river otters, caimans, iguanas, river turtles, lizards, colourful poison dart frogs and over 300 species of bird.

In the afternoon, enjoy a visit to Tortuguero village and the Sea Turtle Conservancy Visitor Centre, followed by a guided walk through the lodge's own grounds.

DAY 5

Transfer by boat and vehicle to La Fortuna (Arenal).

Return to La Pavona dock by boat (1 hour), then continue by private transfer to La Fortuna, a town in the shadow of Arenal Volcano (3 hours).

Rising to a modest 1,674m, Arenal Volcano is an impressive conical peak that dominates the landscape. The volcano last erupted in 1998, and while eruptions and lava flows are now rare – there has been no significant activity since 2010 – the region remains a highlight of any visit to Costa Rica.

Today, it's an adventure playground, offering hikes to waterfalls, kayaking, white-water rafting, ziplining, and canyoning.

DAY 6

Hanging Bridges excursion.

Get an up-close experience of the rainforest on a guided walk along the Mistico Hanging Bridges and discover wildlife and exotic plants.

This exciting 3km trail features six impressive suspension bridges -some stretching nearly 100m in length and rising 50m above the forest floor – along with ten smaller fixed bridges. With a maximum incline of just seven degrees, the carefully designed path is accessible to most ages and fitness levels.

Keep your eyes peeled for snakes, frogs, lizards, and countless insects and birds, all while admiring views of Arenal Volcano in the distance.

DAY 7

White Water Rafting excursion.

The class II–III rapids of the Río Balsa provide an ideal introduction to white-water rafting for beginners and families (minimum age: 8 years). The put-in point for today's adventure is just 30 minutes from La Fortuna. After a thorough safety briefing, you'll paddle through crystal-clear waters, navigating rapids with names like *Magnetic Rock* and *Dredges*.

You'll spend about two hours on the river, with plenty of calm stretches between rapids where you can sit back and enjoy the surrounding rainforest and its wildlife – toucans, sloths, and monkeys are often spotted – or take a refreshing swim in tranquil pools.

The trip concludes at a country estate, where you can shower, change, and have lunch before returning to your hotel.

DAY 8

Transfer to Monteverde & night walk in the Children's Eternal Forest.

It's a short drive from your hotel to the shores of Lake Arenal, where a 30-minute boat ride takes you across the lake to Río Chiquito. From there, continue for another two hours along a bumpy road that winds through the cloud-forested hills to Monteverde, 1,400m above sea level.

The Children's Eternal Rainforest is the largest private reserve in Costa Rica, protected thanks to the efforts of children and adults, schools, and organizations in more than forty countries worldwide.

As dusk falls, the forest transforms – its atmosphere shifting as nocturnal creatures emerge while others settle in for the night. Armed with a flashlight, keep your eyes peeled for snakes, tarantulas, frogs, and countless other critters!

DAY 9

Monteverde Cloud Forest Reserve excursion.

The Monteverde Cloud Forest Reserve spans just 3,500 hectares, yet it harbours an astonishing 2.5% of the world's biodiversity. Perched along the spine of the Cordillera de Tilarán, the reserve captures a constant flow of moisture that sustains its cloud-forest ecosystem.

Towering trees draped in orchids, bromeliads, ferns, vines, and mosses rise into the mist, sheltering more than 100 species of mammals, 1,500 plant species, and 400 bird species – including the Resplendent Quetzal.

Accompanied by a naturalist guide, you'll explore a network of trails that crisscross this beautiful reserve.

DAY 10

Transfer by vehicle and ferry to Isla Chiquita.

It's a 1½-hour drive from Monteverde to the port of Puntarenas, where a local ferry departs several times a day for the one-hour crossing of the Gulf of Nicoya. Upon arrival in Paquera, you'll be met by staff from Isla Chiquita staff and escorted on a short 10-minute water taxi ride to the island.

DAY 11

At leisure on Isla Chiquita; bioluminescence boat trip in the evening.

After an action-packed 10 days in Costa Rica, it's time to slow down with activities that will keep both children and parents happy. Lounge by the swimming pool or relax in one of the beachfront cabanas and hammocks scattered among the palm trees. Join a yoga class or indulge in a soothing spa treatment.

When you're ready for more adventure, take advantage of complimentary kayaks and stand-up paddleboards – it takes about 1½ hours to circumnavigate the island – or explore the Symbiosis Trail that winds through its interior.

In the evening, you'll have the chance to take a boat trip on the Gulf of Nicoya to witness bioluminescence, a natural phenomenon that makes the water sparkle at night.

Other optional excursions, such as snorkeling, visiting a local oyster farm, and whale watching (August–October), can be arranged locally for an additional cost.

DAY 12

Transfer to Santa Teresa on the Nicoya Peninsula.

Continue by private transfer to Santa Teresa (1½ hours), a lively beach town on the southern shores of the Nicoya Peninsula, renowned for its surf, laid-back vibe, and beautiful sunsets

DAYS 13 & 14

At leisure in Santa Teresa.

Spend your time unwinding by the pool, strolling along endless sandy beaches, exploring tidal pools, or learning to surf.

DAY 15

Return to San Jose for your international flight home.

It's a one-hour drive from Santa Teresa to the ferry dock in Paquera, where a local ferry departs several times a day for the one-hour crossing of the Gulf of Nicoya. Upon arrival in Puntarenas, continue by road to San José airport (2 hours), allowing plenty of time to catch your international flight home.

WHAT'S INCLUDED IN THE PRICE

Services of our team of experts in our London office

Services of Journey Latin America local representatives and guides

All land and air transport within Latin America

Accommodation as specified

Meals as specified

Excursions as specified, including entrance fees

INCLUDED EXCURSIONS

Tortuguero: guided wildlife-spotting boat trip

Arenal: Hanging Bridges

Arenal: White-water rafting

Monteverde: night walk in the Children's Eternal Forest

Monteverde: tour of Cloud Forest Reserve

Isla Chiquita: bioluminescence boat trip

WHAT'S NOT INCLUDED IN THE PRICE

Tips and gratuities

Meals other than specified

International flights to Latin America

Airport taxes, when not included in the ticket

Optional excursions

ESSENTIALS

SUMMARY OF NIGHTS

15 days, 14 nights: San José 2; Tortuguero 2; Arenal 3; Monteverde 2; Isla Chiquita 2; Santa Teresa 3.

ACCOMMODATION

We've handpicked a range of accommodations – from jungle lodges and small resorts to glamping and a beachfront hotel.

TRANSPORT

1 flight by light aircraft; 5 scenic road journeys (max. 3 hours); 2 ferry crossings

MEALS

Breakfast: daily

Full board: days 3 & 4

Lunch: day 7

GUIDES

Our local, trusted and carefully selected partners understand the expectations of our customers very well, and their staff and guides are consistently singled out for praise by clients on their return.

On this holiday, you will be joined by different guides for each activity and or region, ensuring you benefit from specialised expertise and knowledge, often from someone local to the area.

OPTIONAL EXCURSIONS

As well as any included activities, most Private Journeys include some free time for optional excursions. As optional excursions are often subject to availability, we recommend you discuss and arrange them with your Travel Expert as early as possible before you depart.

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GET IN TOUCH WITH US...

Our friendly, knowledgeable team of travel experts are always happy to chat about holiday ideas and share helpful advice. Give us a call today and begin planning your perfect trip to Latin America.

GIVE US A CALL

We'd love to chat

0208 747 8315

OPENING HOURS

Monday – Friday: 9am – 6pm

Saturday & Sunday: Closed

SEND US AN EMAIL

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