JOURNEY
LATIN AMERICA



PRIVATE JOURNEYS WITH JOURNEY LATIN

SIGNATURE COSTA RICA: THE NATURAL HIGHLIGHTS

12 days from **£3,450pp**

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



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

A variety-packed holiday including the vibrant Pacific-side Osa Peninsula. More wildlife in the mangroves on the Caribbean coast and interior cloudforested mountains while the volcanic landscapes are captivating.

DAY 1	**Arrive in San José and transfer to your hotel.**
DAY 2	**Transfer by road and boat to Tortuguero National Park.**
DAY 3	**Wildlife spotting excursions in Tortuguero National Park.**
DAY 4	**Transfer to Arenal volcano.**
DAY 5	**Excursion to Arenal Volcano & Ecotermales Hot Springs.**
DAY 6	**Excursion to the Hanging Bridges**
DAY 7	**Transfer by land and ferry to Monteverde.**
DAY 8	**Excursion to the Monteverde Cloud Forest Reserve.**
DAY 9	**Transfer to Nosara on the Nicoya Peninsula.**
10 - 11	**At leisure on the beach.**
12	**Transfer to San José airport for international flight home.**

ITINERARY

Tiny Costa Rica is bursting with an extraordinary diversity of flora and fauna, and this trip provides an in-depth exploration of its natural highlights as your journey from one coast to another.

Beginning on the Caribbean Coast, explore the jungle waterways and mangrove forests of the wildlife-rich Tortuguero National Park. Continue to Arenal and bathe in naturally heated thermal springs in the shadow of the picture-perfect volcano, before heading to Monteverde and its trio of cloud forest reserves, and ending with a few days' relaxation on a beach on the Nicoya Peninsula.

Costa Rica is one of the most peaceful and stable countries in the world and its people are among the friendliest in Latin America. The comprehensive network of national parks with their extensive trails is always very accessible. In line with its respect for the great outdoors, Costa Rica has been at the vanguard of adventure tourism, with activities on offer from zip-lining to white-water rafting.

DAY 1

Arrive in San José and transfer to your hotel.

You will be met at the airport by our local representative who will take you to your hotel in the modern capital.

DAY 2

Transfer by road and boat to Tortuguero National Park.

Depart San José early in the morning for the three-hour drive towards the Caribbean Coast. It's a scenic journey: the highway begins in the mountains which define Costa Rica's central spine and winds its way through the misty cloud forest of Braulio Carrillo National Park before descending to the sultry coastal lowlands where banana and pineapple plantations abound. You'll stop for breakfast en route and then continue to the small dock at La Pavona. The 1½ hour boat trip to your lodge in Tortuguero National Park is an experience in itself, with opportunities to spot birds, sloths, monkeys, and occasionally crocodiles.

DAY 3

Wildlife spotting excursions in Tortuguero National Park.

Included in your stay are two boat trips exploring the creeks and lagoons of Tortuguero National Park and discovering its extraordinary biodiversity. Accompanied by a naturalist guide and an experienced boatman you're likely to spot a lot of wildlife, including dozens of species of bird, river turtles, caiman, otters, iguanas, sloths, Spider, Howler and Capuchin monkeys.

A visit to the nearby Tortuguero village and the Sea Turtle Conservancy Visitor Centre is also included. Other excursions such as a guided night-time walk, kayaking or watching Green Sea and Hawksbill turtles nest (July – October) cost extra.

DAY 4

Transfer to Arenal volcano.

After breakfast you'll return to La Pavona by boat (1½ hours) before continuing by road to La Fortuna, in the shadow of Arenal Volcano (3 hours).

DAY 5

Excursion to Arenal Volcano & Ecotermales Hot Springs.

The 225-hectare El Silencio Private Reserve is a short drive from La Fortuna and offers a selection of hiking trails in the foothills of Arenal Volcano. Accompanied by a guide who will tell you all about the area's history and geology, you'll follow the 1km Lava Field's trail which climbs up to a viewpoint overlooking the volcano. Although very short, the trail is quite steep in places and generally uneven due to the black jagged rocks which once exploded out of the volcano, most notably in 1968.

After the hike, you'll be taken to Ecotermales hot springs to relax and enjoy the waters which are naturally heated by the volcano. The natural-looking pools, lined with stone and filled with crystal-clear water, are set in a river gorge surrounded by lush vegetation, and vary in temperature from 38°C to 43°C.

DAY 6

Excursion to the Hanging Bridges

Experience the rainforest from a completely different perspective on today's excursion. A 3km trail is linked by six elaborate suspension bridges – some measuring almost 100m in length and 50m off the ground – and ten smaller fixed bridges. Constructed from galvanized steel and aluminium, the bridges are strategically placed in the jungle canopy so you can expect to spot a wide range of birds (350 species have been recorded), plants, and insects.

DAY 7

Transfer by land and ferry to Monteverde.

From your hotel it's a short drive to the shores of Lake Arenal where you embark a boat to take you across the lake (30-40 minutes) to Rio Chiquito. As you cross the lake there are beautiful views of the mountains and the colossal Arenal volcano itself. From the other side of the lake it's a further 2 hours to Monteverde.

DAY 8

Excursion to the Monteverde Cloud Forest Reserve.

The Monteverde Cloud Forest Reserve was founded in 1972 and extends down both slopes of the Tilarán Mountains. It is home to more than 100 species of mammals, 400 of birds and 1,500 of plants. Walking along the well-marked trails, amidst dense, dripping foliage, you are likely to encounter the Resplendent quetzal. Other species include the Three-wattled bellbird, the Emerald toucanet, and White-faced and Howler monkeys.

DAY 9

Transfer to Nosara on the Nicoya Peninsula.

Travel by road (4 hours) to Nosara, a small town on the Nicoya Peninsula on the Pacific coast. Secluded and tranquil, this stretch of Pacific coast is popular with surfers and those looking to 'get away from it all.' The surrounding tropical dry forest attracts nature lovers with hiking trails to explore by foot or horseback.

10 - 11

At leisure on the beach.

Spend your time relaxing beside the pool, walking along the endless sandy beaches or watching tangerine sunsets over the Pacific ocean. Those looking for something more active can go surfing at nearby Playa Guiones, or hiking and birdwatching in local nature reserves.

Playa Ostional, a short drive from Nosara, is also one of the world's largest nesting grounds for olive ridley sea turtles. Watching innumerable turtles come ashore to lay their eggs is quite the spectacle between July and December and can be arranged as part of a guided tour.

12

Transfer to San José airport for 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 boat trips

Arenal: Volcano & Ecotermales hot springs

Arenal: Hanging Bridges

Monteverde: visit to Cloud Forest Reserve

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
12 days, 11 nights: San José 1; Tortuguero 2; Arenal 3; Monteverde 2; Nosara 3.

ACCOMMODATION
We use a mix of hotel standards from mid-range upwards, choosing accommodation we think is great value, comfortable, well-located and which showcases a touch of local character. Properties will vary in heritage from colonial style, to modern, purpose-built developments, but will all be well-equipped with rooms that have private bathrooms. All accommodation is flexible and can be tailored to meet your specific preferences and requirements.

TRANSPORT
5 road journeys (longest 5 hrs) and two hour long boat journeys.

MEALS
Breakfast daily, lunch & dinner days 2 & 3, lunch or dinner on day 5.

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, this Private Journey includes 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

tours@journeylatinamerica.com