

COREY B & SAMI SWANSON

Adventures in Costa Rica

8 DAYS / 7 NIGHTS

learnbyadventure.worldstrides.com/costa-rica-with-corey-and-sami



DAY 1

Thursday, May 4, 2023

Welcome to Costa Rica

- * Arrive at San Jose International Airport, and we'll provide a shuttle to the San Jose Marriott (or similar). If your arrival is early enough, you can enjoy wandering around San Juan's Historical area. Check-in for the hotel will be at 3pm.
- * We'll get together tonight for dinner and drinks with Corey and Sami, your WorldStrides Tour Director, and the rest of the guests who will be traveling with you around Costa Rica.

DAY 2

Friday, May 5, 2023

Intro to Arenal

- * Our Tour Director will lead a morning walking tour of the city, but if you'd rather sleep in – that's okay too. After a delicious breakfast, provided by the hotel, we'll pack up and get on our private motorcoach to make our way to Arenal.
- * Along the way, we'll stop and do a hike at the La Paz Waterfall Gardens & Nature Park. The Park features five waterfalls and the largest animal sanctuary in Costa Rica. It is by far the best place to see wildlife in Costa Rica. Here you'll be able to catch your first glimpse of jaguars, pumas, sloths, monkeys, hummingbirds, snakes, frogs, and a lot more.
- * We will continue to La Fortuna for the evening. We will dine together at the Finca Luna Nueva Lodge (or similar), which will also be our home for the next two nights.

DAY 3

Saturday, May 6, 2023

Arenal & La Fortuna

- * Enjoy the beautiful mountain air and a strong cup of Costa Rican coffee with your breakfast at the hotel.
- * After an early breakfast, we will head out while the wildlife is more active, and the volcano is clear. You'll be picked up around 6:45 at your hotel in La Fortuna to drive 15 minutes south until we get to a place where the route requires us to change the transportation to a 4x4. After 10 minutes, we will reach the entrance of a canyon where the guides await you with open arms and the best safety gear to dress you up and give you a safety talk. You will start safely descending waterfalls as your skills get improve. The full circuit activity consists of 5 rappels (3 waterfalls and 2 cliffs) with different gradient, heights, and difficulty, two zip line surrounded by lush natural jungle and a guided rappel.



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- * It's time for the next adventure! After going back to the main route, our river guides will pick you up to drive we reach the Balsa Rive, where our river experts will give you lifejackets, your paddle, and a helmet. After a quick safety speech, we start to down the river. The descent takes about 2 hours, where we enjoy over 30 thrilling rapids, lush vegetation, wildlife, tropical fruits and nice water temperature.
- * At the end, our driver is waiting with the bus - providing towels and drinks. After jumping in the bus, we take you to a private restaurant to enjoy a delicious Costa Rican lunch and good coffee.
- * This afternoon you have a choice – hang out at the hotel and enjoy a relaxing afternoon after a wild morning or head to Arenal National Park with the WorldStrides Tour Director. Arenal is Costa Rica's most famous volcano with its recognizable symmetrical cone. The National Park boasts some excellent trails.
- * The 1968 Volcano Trail travels through forested areas and across some of the historic lava fields that buried much of the surrounding jungle during the dramatic eruptions of 1968.
- * The whole group will get back together tonight to enjoy dinner out on the town and an evening of nightlife together in nearby La Fortuna.

DAY 4

Sunday, May 7, 2023

Monteverde

- * Enjoy a leisurely breakfast at the hotel on your own – and maybe throw a movie on your iPad because we will travel about 2-3 hours to Monteverde today. Don't worry, it's totally worth it once you see the cloud forest!
- * We have arranged a wonderful eco-lodge, Jaguarundi Lodge (or similar) – right in the heart of the cloud forest!
- * Grab lunch in town before heading into the Costa Rican rainforest to get a unique vantage point with a Hanging Bridge Adventure tour! Walk above the trees and learn about the native plants and trees from your naturalist guide. This Monteverde treetop tour is a must-do for any nature enthusiast.
- * Dinner will be at the famous El Jardin.
- * After dinner, see the nocturnal side of Monteverde Cloud Forest on a guided hike, searching for the animals that only come out at night. From grey foxes to spiders and reptiles, much of Monteverde's wildlife can only be spotted after dark; with an experienced guide to lead the way, you can safely experience the sights and sounds of the nighttime forest.

DAY 5

Monday, May 8, 2023

Rainforest Ziplining

- * After a delicious breakfast at the hotel, the group will head out on an adventure!
- * Monteverde is famous for adventure activities, including today's Zip-line and Canopy Tour. Imagine yourself gliding along a canopy zip line high above the rainforest - the thrill, the adrenalin, the extraordinary views! This experience features 9 regular ziplines, 2 Superman ziplines (including the longest in Costa Rica), 1 hammock bridge, 1 rappel and 1 mega Tarzan swing!



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- * We'll stop in Monteverde to grab lunch and do some shopping before heading back to the hotel. Feel free to hang out in town as dinner will be on your own tonight – your WorldStrides Tour Director will let you know of options in the area!

DAY 6

Tuesday, May 9, 2023

The Beach & Tamarindo

- * After breakfast, we'll head to the beach! It's about 3 ½ hours between Monteverde and Tamarindo, where we will be staying at the Shade Hotel (or similar).
- * Once, we've dropped out bags, we're reading straight to a VIP ATV/UTV Tour. Our ATV and UTV tours are a total adventure from start to finish! You will ride an ATV or UTV through the Costa Rican Tropical Dry Forest, down roads & trails, over mountains, through rivers and puddles (in the rainy season) and visit beautiful beaches. You will see a wide range of wild animals like monkeys, armadillos, iguanas, and many species of birds along the way.
- * Enjoy an evening in Tamarindo for souvenir shopping before dining in an authentic local Costa Rican restaurant.



DAY 7

Wednesday, May 10, 2023

Underwater Adventure

- * After breakfast, we will head out on a snorkeling trip that will take you to one of Costa Rica's best snorkel spots - with some of the world's finest volcanic rock formations, which is very rich in marine life. You'll be going to the Catalina island and here you will have a chance to experience a close encounter with the beautiful manta rays, butterfly fish, angelfish, and turtles.
- * Snorkeling in the Catalina Islands is an open water snorkeling, where sometimes the water seems almost too deep, since it is not near the sandy coast, but gives some of the best views of the local sea life. You will have dive masters with you throughout, as well as the Captain of the boat making sure that everything goes perfectly. All snorkeling gear is provided as well as transportation, fruit, and bottled water.

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- * We'll head back to the hotel to change, hang out – or head into Tamarindo to walk around and just soak in the culture of this amazing Costa Rican beach town. With the afternoon to yourself, make sure to spend some time getting ready for dinner.
- * We'll be dining together at Pangas Beach Club – arguably the best restaurant in Tamarindo. Succulent lobster, fresh ceviche, and grilled octopus, just to name a few! Last night in Costa Rica – Pura Vida!

DAY 8

Thursday, May 11, 2023

Departure

- * We'll head out in the morning to Liberia airport for your flight home. Please make sure you book out of Liberia, unless you plan to get yourself to San Jose.

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INCLUSIONS

- * Transportation to and from airport
- * Activities listed in itinerary
- * Daily breakfasts at hotel and select other meals
- * A full-time professional bilingual World Strides Tour Director
- * Hotels as noted, double occupancy
- * Transportation between locations

EXCLUSIONS

- * Airfare to and from country
- * Any activity or meal not specified in itinerary

PRICE (BASED ON DOUBLE OCCUPANCY)

- * \$2,895