

## Costa Rica: Under a Rainforest Canopy

DAY 1

### ARRIVE SAN JOSÉ, COSTA RICA

Arrive in San José, the capital of Costa Rica, where you are met and transferred to your hotel. Enjoy the rest of your day at leisure.

DAY 2

### ARENAL | BREATHTAKING RAINFOREST

Drive to Arenal Volcano National Park this morning, located within the vast Arenal Conservation Area, a haven for more than 500,000 acres of rainforest filled with rivers, lakes and old volcanic lava fields.

Meals: Breakfast

DAY 3

### ARENAL | HANGING BRIDGES & VOLCANO VIEWS

Spend the day exploring the Arenal region, where you walk the Arenal Hanging Bridges for a bird's-eye view at and above the treetops. Upon returning to ground level, walk along beautiful trails. Weather permitting, see views of Arenal Volcano itself. After lunch at a local restaurant, enjoy Ecotermas Fortuna, where you may take a dip or soak in the natural hot springs.

Meals: Breakfast, Lunch, Dinner

DAY 4

### TORTUGUERO | RAINFOREST CREEKS & CANOPIES

This morning, journey overland to San José and fly to Costa Rica's Caribbean coast, arriving in charming Tortuguero to explore its narrow, tranquil creeks by boat in search of abundant wildlife.

Meals: Breakfast, Lunch, Dinner

DAY 5

### TORTUGUERO | FAR MORE THAN SEA TURTLES



Head by boat to Tortuguero National Park, home to howler monkeys, three-toed sloths, river otters, caimans, lizards and the strawberry poison dart frog. Later, stop at Tortuguero Village, visiting its school if it's in session. Learn the history of the village as you stroll past colorful Afro-Caribbean homes, and meet with locals to learn about their way of life. Continue to the Sea Turtle Conservancy to gain insight into how species lay their eggs on Tortuguero Beach. During your visit, you have the opportunity to hear about the ongoing, impactful studies and the conservation efforts that are underway.

Meals: Breakfast, Lunch, Dinner

DAY 6

### OSA PENINSULA | TIME TO RELAX

Cross the Tortuguero River by boat, and fly to San José to connect with your flight to the Osa Peninsula — home to Corcovado National Park — where you check in to your award-winning ecolodge. Set within a 1,000-acre lowland tropical rainforest reserve, your accommodations overlook Golfo Dulce and the Pacific Ocean. Enjoy the rest of your day at leisure.

Meals: Breakfast, Lunch, Dinner

DAY 7

### OSA PENINSULA | RAINFOREST EXPLORATIONS

Begin a two-day exploration of the many natural splendors of Lapa Rios, enjoying the lush, verdant property and choosing from shared forest and wildlife activities, such as guided birdwatching; a hike to discover medicinal plants and learn about their roles in local culture and customs; a waterfall tour along the Carbonera River with a chance to swim beneath the falls; or a night walk through the rainforest, spotting indigenous nocturnal creatures, including bats, insects and kinkajous.

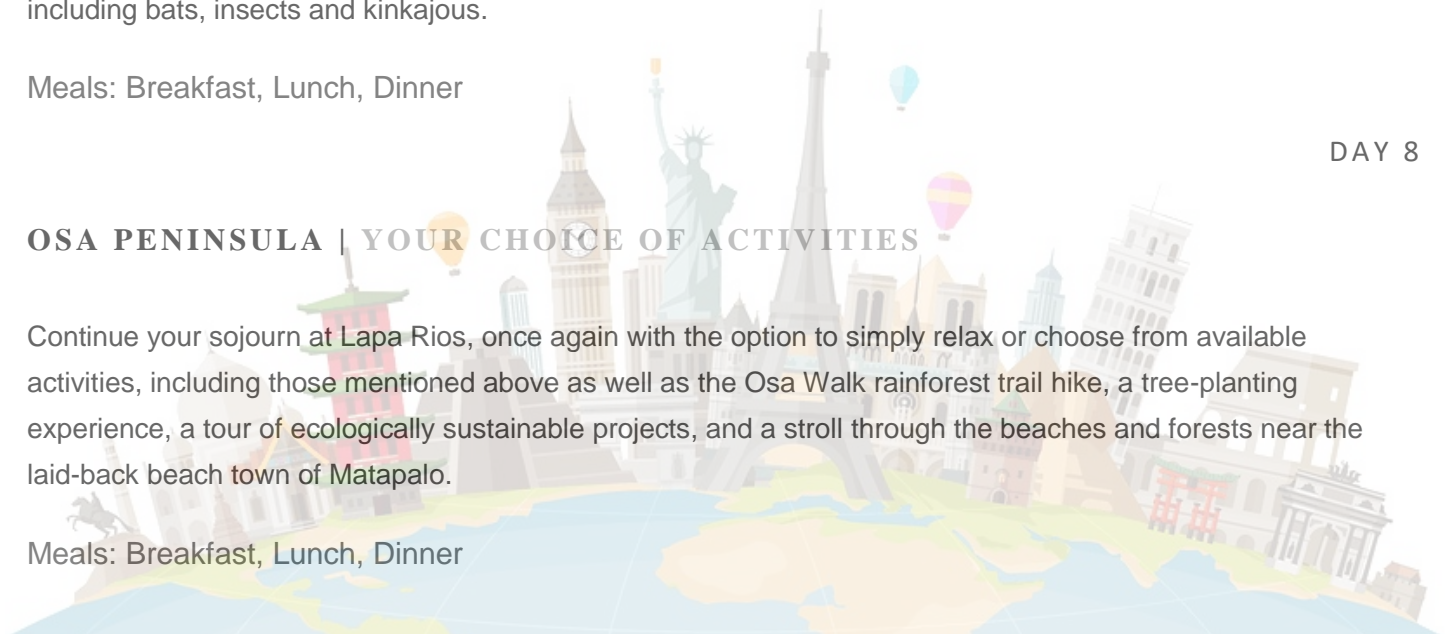
Meals: Breakfast, Lunch, Dinner

DAY 8

### OSA PENINSULA | YOUR CHOICE OF ACTIVITIES

Continue your sojourn at Lapa Rios, once again with the option to simply relax or choose from available activities, including those mentioned above as well as the Osa Walk rainforest trail hike, a tree-planting experience, a tour of ecologically sustainable projects, and a stroll through the beaches and forests near the laid-back beach town of Matapalo.

Meals: Breakfast, Lunch, Dinner



DAY 9

## **SAN JOSÉ | AN EASY-GOING FINISH TO YOUR JOURNEY**

Fly to San José, where you are met and transferred to your hotel. Take the rest of the day to relax, explore or prepare for departure the following day.

Meals: Breakfast

DAY 10

## **DEPART SAN JOSÉ**

After breakfast this morning, transfer to the airport for your departure flight.

Meals: Breakfast

