



GO AHEAD  
TOURS ✦



# Costa Rica: Rainforests, Volcanoes & Wildlife with Zoomer Travel Club

9 days | 12 days with Manuel Antonio & San José extension

From misty cloud forests and lush jungles to volcanic landscapes and sun-kissed beaches, there's so much to love about this Central American hot spot. Begin your adventure in Tortuguero, the Land of Turtles, then take a dip in the natural hot springs at the foot of the mighty Arenal Volcano and explore the majestic cloud forest region before ending your tour in San José.



## Your tour package includes

8 nights in handpicked hotels  
8 breakfasts  
5 lunches  
7 dinners with beer or wine  
Guided sightseeing tours  
Expert Tour Director & local guides  
Private deluxe motor coach

## Included highlights

Sea Turtle Conservancy  
Tortuguero National Park  
Arenal Volcano National Park  
Monteverde Cloud Forest Reserve  
Heliconia Ranch  
Coffee plantation

## Tour pace

On this guided tour, you'll walk for at least 2.5 hours daily across moderately uneven terrain, including paved roads, unpaved trails, and muddy paths, with some hills.

## Group size

15-30

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## San José → 1 night

### Day 1: Arrival in San José

*Included meals: light dinner*

Fly to Costa Rica and settle in to your hotel in San José.

## Tortuguero → 2 nights

### Day 2: Sightseeing tour of Tortuguero

*Included meals: breakfast, lunch, welcome dinner*

Drive through the Costa Rican countryside. Then, boat through jungle-lined canals to beachside Tortuguero, the Land of Turtles, for a guided tour of the tropical area.

- Pass through Braulio Carrillo National Park, home of many dormant volcanoes and placid crater lakes
- Take a scenic drive through local banana plantations
- Enjoy an included lunch of local cuisine
- Learn about endangered turtles at the Sea Turtle Conservancy

*(Please note: Sea turtle nesting season is from June–September. Turtles may not be on the beaches for the remainder of the year.)*

Later, get to know your group at a welcome dinner.

### Day 3: Rainforest & canal expedition

*Included meals: breakfast, lunch, dinner*

Learn about Tortuguero National Park's diverse habitats, including mangrove forests, swamps, and beaches.

- Walk and boat through the park, seeking out monkeys, tapirs, caimans, and more
- Enjoy an included lunch featuring local cuisine
- View the freshwater creeks and lagoons, home to endangered turtles and over 50 species of fish

Sit down for an included dinner of traditional Costa Rican food.

## Arenal Region → 2 nights

### Day 4: Arenal via Guapiles & pineapple farm

*Included meals: breakfast, lunch, dinner*

Transfer to the Arenal region today.

- Pass by banana plantations
- Stop in Guapiles for an included lunch of local cuisine
- Take a tour of an organic pineapple farm to learn how the sweet fruit is grown using compost fertilization, natural herbicides, and crop rotation
- Try some fresh-cut pineapple, homemade empanadas, pineapple juice, and a piña colada
- Catch your first glimpse of Arenal Volcano National Park's lush landscape, shaped by the majestic volcano and massive lake of the same name

This evening, explore an array of heated pools kept warm by geothermal activity surrounding the Arenal Volcano. Then, enjoy dinner, along with views of the volcano, at a restaurant in the charming town of La Fortuna.

### Day 5: Hiking tour of Arenal & farm visit

*Included meals: breakfast, lunch, dinner*

Hike through Arenal Volcano National Park on a guided tour.

- View the mile-high volcano, a near-perfect conical shape that emerges from the Sierra de Tilarán mountain range
- Gaze at the placid Lake Arenal, watching for northern jacana, woodpeckers, and kingfishers by its shores

*Please note: Travelers should be able to hike around two miles over uneven terrain and hardened lava.*

Pay a visit to a local organic farm this afternoon to discover Costa Rica's commitment to sustainably sourced food and eco-friendly energy.

- Try your hand at harvesting various foods grown in the small orchard during a guided tour
- Hear how the farm's biodigester machine converts organic material into a form of renewable energy that can be used as fertilizer
- Stop by the medicinal plants garden and trapiche to learn about the sugar cane extraction procedure and sample some raw sugar cane

- Head to the kitchen for a cooking demonstration to learn how to make tortillas and *picadillo*, a traditional Costa Rican stew containing peppers, onions, herbs, and spices
- Enjoy an included lunch after the cooking demonstration.

*Please note: We recommend wearing a sturdy pair of walking shoes and dressing accordingly based on the weather.*

Sit down for an included dinner this evening.

## Monteverde → 2 nights

### Day 6: Monteverde via Heliconia Ranch, coffee, chocolate & sugarcane tastings

*Included meals: breakfast, lunch*

Get another look at the spectacular Lake Arenal as you travel to Monteverde by boat and bus. There, learn about Costa Rica's diverse ecology and vibrant culture.

- Help with reforestation efforts by planting a native tree at Heliconia Ranch
- Have lunch at a local farm and enjoy coffee and dairy products cultivated on-site
- Watch traditional Costa Rican dances performed by children from the community
- Head to a nearby coffee plantation to learn about the history and production of coffee beans
- Sample some of the locally sourced coffee
- Discover how cocoa is produced and turned into chocolate before sampling the sweet treat
- Enjoy a tasting of raw sugarcane as you hear how it's harvested

### Day 7: Monteverde Cloud Forest Reserve

*Included meals: breakfast, dinner*

Take a guided tour of what may be the world's most stunning cloud forest reserve.

Then, enjoy a free afternoon in Monteverde or add an excursion.

Sit down at a local restaurant and enjoy an included dinner.

+ Sky Walk

## San José → 1 night

### Day 8: Transfer to San José & sightseeing tour

*Included meals: breakfast, farewell dinner*

Travel to San José and get to know Costa Rica's capital city on a guided sightseeing tour.

- Stop at the Plaza de la Cultura, site of many performances and celebrations, and admire the National Theater of Costa Rica
- Pass Bellavista Fortress, home of the National Museum
- Marvel at the steel exterior of the century-old Edificio Metálico

Head to a local restaurant to enjoy live music and scenic vistas as you celebrate your trip during a farewell dinner.

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### Flight home

#### Day 9: Departure

*Included meals: breakfast (excluding early morning departures)*

Transfer to the airport for your flight home or extend your stay in Costa Rica to explore Manuel Antonio.

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### + Manuel Antonio & San José extension

Soak in the natural beauty of Manuel Antonio, a vibrant destination full of lush rainforests and postcard-worthy beaches.

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### Manuel Antonio → 2 nights

#### Day 9: Tarcoles River cruise

*Included meals: breakfast*

En route to Manuel Antonio, relax on a riverboat tour of the Tarcoles River with a local guide.

- Take in views of lush mangrove forests and jungle settings
- Look out for wildlife such as crocodiles, iguanas, lizards, monkeys, and birds

#### Day 10: Manuel Antonio National Park & sunset cruise

*Included meals: breakfast*

Get to know the country's smallest national park, popular for its breathtaking beaches and scenic hiking trails.

- Keep an eye out for local fauna—the park is home to 109 mammal species and 270 bird species
- Walk to the top of rocky Cathedral Point to view the park from across the Pacific

- See the blowhole at Escondido Beach
- Survey the saw cliff and sea caves at Serrucho Point

Spend the afternoon cruising along the central Pacific coast of Quepos on board a catamaran.

- Sail through the various islands and rock formations as you explore Manuel Antonio National Park from the water
- Keep an eye out for dolphins and sea birds that inhabit the area
- Snorkel in the calm turquoise waters as you explore the underwater beauty up close

*Please note: This sunset cruise is weather-dependent.*

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### San José → 1 night

#### Day 11: Transfer to San José

*Included meals: breakfast, farewell dinner*

Enjoy a free morning before traveling back to San José and rejoining your group for a farewell dinner.

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### Flight home

#### Day 12: Departure

*Included meals: breakfast (excluding early morning departures)*

Transfer to the airport for your flight home.

## Customize your experience

Customize your tour by adding excursion options. Excursions offered on the same day will occur at different times, so there's no need to choose. Save \$10 when you book your excursion up to three days before your tour departs.\* Excursions requiring advance reservation only list this discounted price. Call or go online to customize your tour: **[goaheadtours.ca/KRP](http://goaheadtours.ca/KRP) | 1-800-754-5066**

### Day 7: Sky Walk

\$89CAD/\$99CAD\* (time length varies, departure time varies)

The canopy layer of the Costa Rican rainforest teems with life, but until recently, it was difficult for travelers to enter this world. On today's excursion, a guided tour brings you to a series of suspended bridges high above the floor of the Monteverde cloud forest.

\*Optional excursions may be purchased up to three days prior to departure or while on tour. Pre-purchased optional excursions cannot be canceled within three days prior to departure or while on tour. Select optional excursions require advance booking and cannot be purchased or canceled after the advanced reservation deadline. GAT accepts payment by cash, Visa or MasterCard for optional excursions purchased on tour. Additional fees may apply for optional excursions purchased on tour. Excursions require a minimum number of participants to operate. Details and prices are subject to change. Due to seasonal hours of operation and availability, some excursions may not operate. If this occurs, you will be refunded any payments made for that excursion post-tour. Learn more at [goaheadtours.ca/terms](http://goaheadtours.ca/terms)