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## GEEO ITINERARY

zCOSTA RICA FAMILY- Summer

### **Day 1: San José Arrive in San José at any time. Arrival transfer included.**

You may arrive in San José at any time today. There are no planned activities, so check into our hotel and enjoy the city. We will have a group meeting in the evening around 6:00 p.m. There will be a note at the front desk to let you know the precise time of the meeting. The note will also tell you what time to meet in the lobby in the morning, if you arrive too late for the meeting. If you miss this meeting, please don't worry, as your tour leader will go over everything with you the next morning. Amid the hustle and bustle of this busy capital, San José has beautiful parks, museums and an ornate National Theatre. Start your exploration of the city in the central plaza, a great place to people-watch. A mime, juggler, marimba band, magician, or storyteller may be performing for whatever is collected when the hat is passed. Artisan booths are common, creating a regular arts and crafts fair atmosphere.

### **Day 2: San José/La Fortuna (B, L) Set off from the capital and enjoy the countryside of the Central Valley. Stop for a tortilla-making lesson, along with a typical Costa Rican lunch.**

This morning we set off from the capital and enjoy the countryside of the Central Valley. Along the way we will visit a local's home to learn the art of tortilla making. Grind the corn, mix the "masa" (dough) into balls, flatten into circles, and then cook them up on a wood-burning stove. Afterwards, dig into a tasty "casado" – a typical Costa Rican dish including black beans and plantains – complete with your own hand-made tortillas. A three-hour van trip brings us to La Fortuna, near the base of the spectacular Arenal Volcano. La Fortuna is a great base for active adventures. Once we arrive, there's time to relax in the hot springs that are heated by the volcano's lava. During our stay in La Fortuna, there is a wide selection of activities sure to please every member of the family. From river rafting, to rappelling down waterfalls, to floating along the canals of the Caño Negro Wildlife Refuge in search of caiman, there is no excuse to be bored! Approximate travel time: 3 hrs by private vehicle

### **Day 3: La Fortuna (B) Take to the lake for a morning of stand-up paddle boarding and kayaking on Lake Arenal, before a free afternoon.**

This morning we will go to the lake for a morning of water activities. Grab a long wide board and show those surfer dudes how it's done without waves on Lake Arenal with the volcano looming above. We'll have a tour of the west-end of the Lake while you're getting the hang of the paddle board. Enjoy the amazing view, with chances to spot wild birds like Great Blue Herons or even Howler Monkeys. Learn more about the area while exploring the lake and snack on some tropical fruit before transitioning to kayaking. Zip up your life jacket, grab a paddle and get ready to be wowed by beauty in every direction. Admire Arenal Volcano as you kayak the blue-green waters of Lake Arenal, Central America's second largest lake. Scan the shores for more than 300 species of birds, listen for howler monkeys and fish for sharp-toothed rainbow bass. Take time to float and soak in the stunning scenery of the rolling hills, secret coves and sky that stretches forever. You'll have a free afternoon in La Fortuna. Experience the outdoor adventures and amazing wildlife and natural wonders in this area. See our optional activities section further below for more information.

### **Day 4: La Fortuna/Monteverde (B) Travel by bus and boat through the stunning Costa Rican scenery up into the cloud forest. Take an included guided night walk to learn about nocturnal life in the jungle firsthand.**

From La Fortuna, we make our way first by boat, then by van up the rough mountain roads to reach the fresh misty air of the Monteverde Cloud Forest. Spend two days exploring the community and nearby forest, truly a bird lover's paradise. This evening, join a naturalist guide for a 1.5-2 hour tour in the cloud forest after dark. Learn more about the habits of the area's nocturnal wildlife including mammals, birds,

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insects, reptiles, and amphibians, and keep your eyes and ears open on this slow-paced walk. You never know what you might see – it depends on the day and your luck! Approximate travel time: 45 minutes by boat, 3.5 hrs by private vehicle

**Day 5: Monteverde (B) Enjoy a free day in this lush cloud forest region. Opt to fly above the trees on a canopy zipline tour, go horseback riding in the hills, or visit the butterfly garden.**

There's plenty to see and do in Monteverde, and we wanted to make sure that you had some time to take it all in. Feel free to relax or try optional activities like ziplining, visiting the hanging bridges, and horseback riding. See our optional activities section further below for more information. Your tour leader has more ideas if you need them. Just ask!

**Day 6: Monteverde/Manuel Antonio (B) Take a guided hike through the national park keeping an eye out for the wildlife that can be seen through the trees.**

This morning we drive to Manuel Antonio National Park, arriving the afternoon. The white sand beaches and warm Pacific waters are the ideal atmosphere to relax at the end of your adventure. Manuel Antonio NP offers excellent hiking, spectacular views, and abundant wildlife viewing. When we arrive, pack your sunscreen, camera, hiking shoes, and bug repellent and prepare for a great day in Costa Rica's smallest yet most biodiverse national park. Head to the shade of the nearby tropical forest in search of sloths, monkeys, armadillos, and iguanas. Climb to the lookout to capture views of the pristine Pacific Ocean and the area's off-shore islands. Learn how the wildlife has adapted to their environment and enjoy your exotic experience. Approximate travel time: 6 hrs by private vehicle

**Day 7: Manuel Antonio (B) Enjoy a free day for several optional activities like mangrove kayaking, surf lessons, a sunset catamaran tour, or take some time to relax on the beach.**

Enjoy a free day for several optional activities like mangrove kayaking, surf lessons, a sunset catamaran tour, or take some time to relax on the beach. The perfect finale to an exciting adventure!

**Day 8: Manuel Antonio/San José (B) Free morning to enjoy more time at the beach. Return to San José in the afternoon. Free evening in San José.**

After one final morning to soak up the sun on the beach in Manuel Antonio, we return to San José, and have time to enjoy one final evening together with our group. Approximate travel time: 5 hrs by private vehicle

**Day 9: San José (B) Depart San José at any time.**

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