



One Country-Two Coasts Caribbean & Pacific Beaches 11 Days / 10 Nights

ITINERARY OVERVIEW

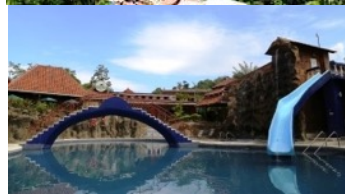
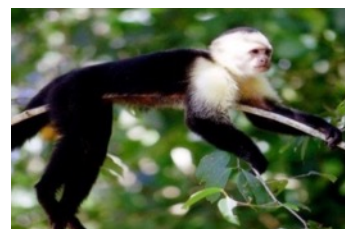
- Day 1: Arrival to San Jose & private transfer to Manuel Antonio Beach.
- Day 2: Free day to relax at Manuel Antonio Beach.
- Day 3: Waterfalls in the rainforest tour.
- Day 4: Private transfer to Jaco; then transfer to Santa Teresa via boat-car.
- Day 5: Free day to relax at Santa Teresa Beach.
- Day 6: Free day to relax at Santa Teresa Beach.
- Day 7: Transfer to Jaco via boat-car; then private transfer to San Jose.

- Day 8: Private transfer-tour to Puerto Viejo Beach; Cahuita Natl. Park & beaches tour.
- Day 9: Free day to relax at Puerto Viejo Beach.
- Day 10: Free day to relax at Puerto Viejo Beach.
- Day 11: Private transfer to San Jose International Airport.

ITINERARY DETAILS

Day 1: Arrival to San Jose & private transfer to Manuel Antonio Beach.

- Welcome to Costa Rica! A Lifetime Vacations representative will meet you and greet you at the gate of the Airport, to proceed with your private transfer to the beautiful Manuel Antonio National Park area.
- As to the Manuel Antonio area, it's one of the main touristic destinations of the country for the simple reason that here you are able to enjoy of a great beach vacation, but with the advantage of being in the rainforest at the same time, where seeing wildlife every day is very common. Even at the grounds of your hotel, because the animals get out of the national park on a regular basis, like white faced capuchin monkeys, howler monkeys, sloths, iguanas, tropical birds and the most beautiful mammal of Costa Rica: the squirrel monkey. The famous Manuel Antonio National Park also hosts the most beautiful white sand beaches of the Central Pacific region, and is one of the most developed touristic areas, featuring a large variety of restaurants, cafes, souvenir shops, and many activities available, some of them among the best of the country. Also, the town of Quepos is fairly close, where the everyday living of a typical Costa Rican town can be observed.
- Upon arrival to Manuel Antonio, check in at San Bada Hotel (other hotels are available upon request). In our opinion, San Bada is one of the best choices in the entire Manuel Antonio area,



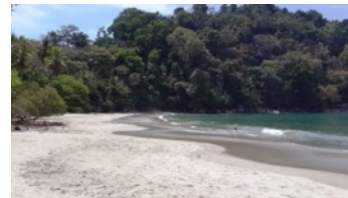
because it's the closest good-quality hotel to the beach, located only 200 feet from it; it's also the closest to Manuel Antonio National Park, the main attraction of the area, literally just a few steps from it. The quality of it is also very good; San Bada is a very nice 4 star-comfortable hotel. Your



accommodation would be in a first floor **standard room** with breakfast included (upgrades are available upon request); air conditioning, large bathroom with hot water shower and tub, hair dryer, iron-ironing board, wardrobe, safe-deposit box, cable TV, telephone, Wi-Fi, alarm radio with clock, mini fridge and furnished balcony). San Bada also features swimming pools, outdoor Jacuzzi, restaurant, bar, spa and gym.

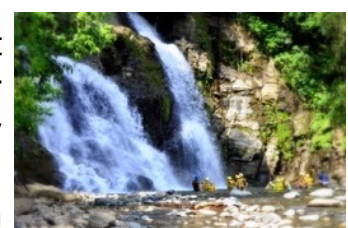
Day 2: Free day to relax at Manuel Antonio Beach.

- This day of your vacation is free for you to enjoy of Manuel Antonio Beach, the hotel's pool or to book some additional activities. Some ideas for things to do are: horseback riding in the rainforest, waterfall rappelling, parasailing, snorkeling, national park tour, kayaking, or a relaxing massage. Please let us know if you would like to add any of these activities and we'll be happy to coordinate them for you, the idea is for you to relax and enjoy of your vacation, we can take care of all the logistics for you.



Day 3: Waterfalls in the rainforest tour.

- This tour takes place at the foothills of the mountain ridge close to Manuel Antonio, a beautiful rainforest area where you will learn about Costa Rica's flora and fauna. The trip begins in a 4x4 vehicle ride through the beautiful tropical forest and palm oil plantations. After the one hour ride on the 4x4 vehicle, you would leave it on the side to proceed with a short horseback ride, where you will discover the secrets of the Costa Rican jungles on your way to reach the beautiful waterfalls. The best part of the tour takes place after the horseback ride when you arrive to the waterfalls, where you can take a refreshing dip in the cool-pristine mountain water. On your way back to the 4x4 vehicle, learn about local ornamental and medicinal plants in our botanical gardens; and the way they were used by the local indigenous tribes before colonial times. Before going back to your hotel, a delicious Costa



Rican homemade meal will be served, made by a typical family from the area.

Day 4: Private transfer to Jaco; then transfer to Santa Teresa via boat-car.

- Today's transfer is very unique, because you will be crossing the beautiful Nicoya Gulf by boat on your way to the sunny Santa Teresa Beach. In the morning, your private driver will pick you up at your hotel in Manuel Antonio to take you to the town of Jaco, where you will board your shared boat to Montezuma Beach. In Montezuma, a private driver will be waiting, to then take you to your hotel in Santa Teresa Beach.



- The Santa Teresa region is one of the least explored coastal areas of the Nicoya Peninsula and Guanacaste beach destinations. We love Santa Teresa because it still keeps that unique feeling of the small Costa Rican coastal towns, with limited development, no large resorts around and with abundant dry tropical forest vegetation everywhere you look. The main attraction of Santa Teresa is its beautiful white sand beaches surrounded by nature; as well as the nice waves for surfing and the many neat rock formations that can be found along the entire coast line, which during low tides, form several natural ocean pools where one can just sit and relax while taking the sun.



- Upon arrival to Santa Teresa Beach check in at Manala Boutique Hotel (other hotels are available upon request). We consider Manala as a great option for lodging in the Santa Teresa area because is a small cozy-intimate hotel with great reviews and very close to the beautiful white sand beaches, restaurants, shops and other attractions. Your accommodation would be in a **bungalow room** with breakfast included; air conditioning, cable TV, Wi-Fi, minibar, safety box, outside porch, inside sitting area and private bathroom with warm water. The hotel also features an on-site restaurant, bar, swimming pool, Jacuzzi and beautiful tropical gardens.



Days 5 & 6: Free days to relax at Santa Teresa Beach.

- These days of your Caribbean & Pacific Beaches Vacation are free for you to enjoy of the beautiful Santa Teresa Beach, the hotel's pool or to book some additional activities. Some ideas for things to do are: surfing lessons, Cabo Blanco Reserve tour, Curu Reserve tour, stand-up paddling, sport fishing, Cabo Blanco and Montezuma Waterfalls tour. Please let us know if you would like to add any of these activities and we'll be happy to coordinate them for you, the idea is for you to relax and enjoy of your vacation, we can take care of all the logistics for you.



Day 7: Transfer to Jaco via boat-car; then private transfer to San Jose.

- Early in the morning your shuttle will pick you up in Santa Teresa to take you to Montezuma Beach. Once in Montezuma, you will board a boat that will take you to the Jaco Beach area, where your private driver will be waiting for you to take you to your hotel in San Jose, where you will spend the night before going the next day to the Caribbean Region.



- Upon arrival to San Jose, check in at Bougainvillea Hotel (other hotels are available upon request). The Bougainvillea Hotel is a great option if you are a nature lover, because even though it's located close to the capital city of San Jose, it's also fairly close to the mountains of the Braulio Carrillo National Park, one of Costa Rica's natural gems. Also, the Hotel Bougainvillea's gardens have been rated as "the best in all Costa Rica" by local gardening organizations; they will definitely give you the feeling that you are in the tropics! Your accommodation would be in a **standard mountain view room** with breakfast included (upgrades are available upon request); private balcony, 2 full size beds, flat screen TV, telephone, safety box, Wi-Fi, coffee maker, radio alarm clock, hair dryer and ceiling fan (this area remains cool all year round). Also, the hotel features swimming pool, beautiful gardens, restaurant, bar & exercise center.



Day 8: Private transfer-tour to Puerto Viejo Beach; Cahuita National Park & beaches tour.

- On this day of your vacation we'll take you to the Caribbean Coast of Costa Rica, considered by nature lovers like us, as one of the most beautiful parts of the country, which remains green all year round! On our way there you will enjoy of great views of LOTS of tropical jungles, rivers, volcanoes and plantations. We'll also take you to visit the Cahuita National Park, a place that combines a rare mix of yellow color sand with lush tropical rainforest in the background where we normally observe wildlife, being monkeys and sloths the most common animals. After visiting Cahuita, we'll take you to explore 3 more beaches for you to take pictures: Punta Uva Beach, Chiquita Beach & Cocles Beach. After visiting these beautiful Caribbean Coastal areas, we'll take you to your hotel in the Puerto Viejo area.



- The Puerto Viejo region is one of the least explored coastal areas of Costa Rica, featuring a perfect combination of rainforests & gold color sand beaches that are not as touristic developed as many other coastal areas of the country. We also like this South Caribbean region a lot because of the culture, which is very different than the rest of Costa Rica, including its cuisine, where many local travelers like us, go to that part of the country looking for the delicious Caribbean style food, mainly at the town of Puerto Viejo where several restaurants can be found. The town's surrounding areas have several isolated beaches close to each other that can be explored, where most of the time there would be just a few people (or none at all), a perfect place to relax surrounded by nature.



- Upon arrival to Puerto Viejo, check in at Hotel Villas del Caribe (other hotels are available upon request). Villas del Caribe is one of our favorite accommodations of the Puerto Viejo area, mainly because is one of the few beach front hotels of this region. Your accommodation would be in a **superior room** with breakfast included (upgrades are available upon request); A/C, private bathroom with hot water, cable TV, safety box and balcony with ocean view. Hotel Villas del Caribe also features a swimming pool, restaurant with Caribbean style food (very different from the rest of Costa Rican dishes), Jacuzzi, gardens and excellent location; close to the famous town of Puerto Viejo, restaurants and other attractions.



Days 9 & 10: Free days to relax at Puerto Viejo Beach.

- These days of your vacation are free for you to enjoy of the beautiful Caribbean Beaches, the hotel's pool or to book some additional activities. Some ideas for things to do are: tour to a wildlife rescue center, kayaking, snorkeling, visit to an indigenous tribe, horseback riding or Bocas Del Toro tour in Panama. Please let us know if you would like to add any of these activities and we'll be happy to coordinate them for you, the idea is for you to relax and enjoy of your vacation, we can take care of all the logistics.



Day 11: Good bye Costa Rica.

- Your own private transportation will take you to San Jose International Airport for your flight back home.

PRICE PER PERSON: \$1675.00

***Based on Double Occupancy**

INCLUDED IN ITINERARY

- Private transfer from San Jose Intl Airport to San Bada Hotel in Manuel Antonio Beach.
- 3 nights lodging at San Bada Hotel in a first-floor standard room with breakfast included.
- Waterfalls in the rainforest tour; including round trip transportation, bilingual guide, all equipment needed, snacks, refreshments and lunch.
- Private transfer from Manuel Antonio Beach to Jaco; then group boat transfer to Montezuma Beach through the Nicoya Gulf; then private transfer to Manala Hotel in Santa Teresa Beach.
- 3 nights lodging at Manala Boutique Hotel in a bungalow room with breakfast included.
- Private transfer from Santa Teresa Beach to Montezuma Beach; then group boat transfer to Jaco through the Nicoya Gulf; then private transfer to Bougainvillea Hotel in San Jose.

- 1 night lodging at Bougainvillea Hotel in a standard Mountain View room with breakfast included.
- Private transfer-tour from San Jose to Villas del Caribe Hotel in Puerto Viejo Beach.
- Cahuita National Park and beaches tour; including entrance fee to Cahuita National Park, bilingual guide & visits to Cocles Beach, Punta Uva Beach & Chiquita Beach.
- 3 nights lodging at Hotel Villas del Caribe in a superior room with breakfast included.
- Private transfer from Puerto Viejo Beach to San Jose International Airport.

IMPORTANT NOTES

- The rate quoted above is based on 2 people traveling together and sharing hotel rooms at every location to be visited.
- The transfer on day 11 to San Jose International Airport must be set 8 hours before your flight.