



Best of Costa Rica Vacation 8 Days / 7 Nights

ITINERARY OVERVIEW

- Day 1: Arrival to San Jose & private transfer to Sarapiquí; waterfalls, hummingbirds viewing & coffee farm visit on route.
- Day 2: Rainforest hike, cocoa farm tour & private transfer to Arenal.
- Day 3: Caño Negro Wildlife boat tour.
- Day 4: Transfer to Monteverde via car-boat-car.
- Day 5: Cloud Forest tour at the Monteverde Hanging Bridges & private transfer to Manuel Antonio Beach.
- Day 6: Free day to relax at Manuel Antonio Beach.
- Day 7: Free day to relax at the beach and private transfer to San Jose.
- Day 8: Private transfer to San Jose International Airport.

ITINERARY DETAILS

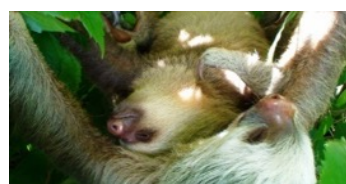
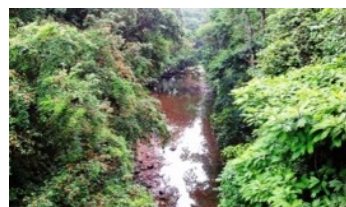
Day 1: Arrival to San Jose & private transfer to Sarapiquí; waterfalls, hummingbirds viewing & coffee farm visit on route.

- Welcome to Costa Rica! A Lifetime Vacations representative will meet you and greet you at the exit gate of the airport; then, we'll take you to the beautiful Sarapiquí area.

- At 8:30 a.m. you will leave on your private transfer we will take you along the scenic route, where we will show you some of the things that make Costa Rica a famous tourist destination around the world, La Paz Waterfall, the San Fernando Waterfall, a hummingbirds observation point, wildlife found in route, other seasonal stops at places like pineapple plantations, local celebrations in small towns, etc. We will also stop in a coffee plantation, where we would do a "mini coffee tour" for you, including coffee degustation. The idea of doing these stops is for you to feel that you are traveling with a friend in our country, going from place to place in a more spontaneous way, rather than just doing a regular boring commercial tour.



- Sarapiquí is one of the most beautiful and unspoiled tourist areas of Costa Rica. We love to take visitors to this region because many people have told it was their favorite part of their trip, due to the natural beauty of the place and because it is not fully developed as other parts of the country. This area is full of plantations, rainforests and the beautiful Sarapiquí River. Many available activities take place right on the river or next to it. This is a great place for the observation of wildlife, especially toucans, we call Sarapiquí "toucan land", because of the abundance of these birds here. Other animals we normally observe are monkeys, sloths, colorful frogs, parrots, parakeets, several species of colorful birds, interesting insects, agoutis and coatimundis.



- Upon arrival to Sarapiquí check in at Sarapiquí



Rainforest Lodge. This lodge has the best location of any other accommodation in the region. Being next to the Sarapiquí River and the Tirimbina Biological Reserve. Due to the proximity to both it is very common to see all kinds of wildlife on the grounds of the hotel. Your accommodation will be in a standard room with breakfast included; private bathroom, safety box and terrace. Also, the lodge features internet service at the reception building, swimming pool, restaurant, bar, botanical gardens and Indigenous Archeological Park. The lodge's design is unique. It is build of 5 "Palenque" buildings similar to the ones used by indigenous people of this region more than 1000 years ago.



Day 2: Rainforest hike, cocoa farm tour and private transfer to Arenal.

- Upon arrival to Sarapiquí check in at Sarapiquí Rainforest Lodge. This lodge has the best location of any other accommodation in the region. Being next to the Sarapiquí River and the Tirimbina Biological Reserve. Due to the proximity to both it is very common to see all kinds of wildlife on the grounds of the hotel. Your accommodation will be in a standard room with breakfast included; private bathroom, safety box and terrace. Also, the lodge features internet service at the reception building, swimming pool, restaurant, bar, botanical gardens and Indigenous Archeological Park. The lodge's design is unique. It is build of 5 "Palenque" buildings similar to the ones used by indigenous people of this region more than 1000 years ago.



- After your rainforest and cocoa experiences, we'll pick you up and take you to Arenal Volcano area, considered a must see destination in Costa Rica.

- The Arenal Volcano area has been the main tourist attraction of Costa Rica for many years. Beauty of the landscape with a huge conic shaped volcano surrounded by beautiful tropical jungles, rivers and lakes. This area is also famous because of the many activities that can be found as well as the numerous hot springs parks, which are the best in all Costa Rica and some of them among the best in the world. The town is called "La Fortuna", a small rural Costa Rican town that concentrates many restaurants, shops, grocery stores, bars and a central park, which is a great place to hang out.

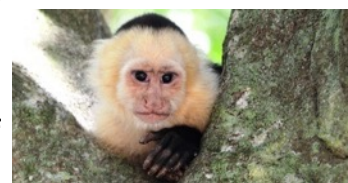


- Upon arrival to Arenal check in at Magic Mountain Hotel. The Magic Mountain is one of our favorite hotels because it has a great view of the volcano, is conveniently located for tours or activities and because is fairly close to the town of La Fortuna, one of the main attractions of the area. Your accommodation will be in a standard room with breakfast included, air conditioning, private bath with hot shower, telephone, ceramic tile floors, refrigerator, cable TV, safety box, coffee maker, hair dryer and wireless internet service. The hotel also features like a swimming pool, Jacuzzi, restaurant, bar and spa.



Day 3: Caño Negro Wildlife boat tour.

- We will pick you up around 6:30 a.m. The Cano Negro Wildlife Refuge bot tour is considered one of 2 best tours in the whole country for the observation of wildlife; as a matter of fact, many our previous customers have been able to see the 4 species of monkeys that live in that area; howler monkeys, white-faced capuchin monkeys and spider monkeys. Besides the monkeys, we normally see caimans, sloths, a lot of iguanas, basilisks, and of course several species of tropical birds. Cano Negro is considered by biologists as one of the richest sites



in the continent for the observation of birds. On this tour you will also see the beautiful flora of our wetlands (a very rich and diverse eco-system), as well as the many plantations of our northern region.

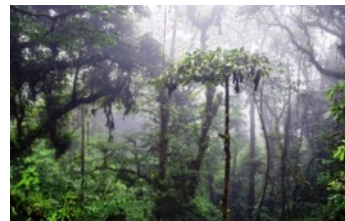


Day 4: Transfer to Monteverde via car-boat-car.

- This transfer is a little different than the others, because you would be crossing the scenic Arenal Lake by boat. In the morning, around 8 a.m. your shuttle will pick you up at the lobby of your hotel to take you to the lake where you'll board your boat. Then, on the other side of the lake, there'll be a vehicle waiting for you to take you to the Monteverde Cloud Forest area, one of the natural gems of Costa Rica.



- Monteverde is one of the most famous touristic destinations of Costa Rica, because of its unique cloud forest, a habitat that is unfortunately becoming extinct because of global warming. Walking in the cloud forest is a little different from walking in our rainforests, because all the vegetation is covered with moss, the temperature is a lot cooler; and if it happens to be foggy at the time you are there, it gives you a kind of "mystic" feeling. The main town of this area is called Santa Elena; it was colonized in the 1950's and hasn't changed much since then! Even though Monteverde is a famous destination, it still keeps that small Costa Rican rural town style, where one can still see the farmers walking with their cows in the middle of the roads on any given day. The surrounding areas of Santa Elena are covered with cloud forests, one of the richest ecosystems in the world, holding more than 100 species of mammals including 5 species of cats, over 400 species of birds including 30 kinds of hummingbirds, tens of thousands of insect species (over 5000 species of moths) and 2,500 species of plants, of which, 420 kinds are orchid species.



- Upon arrival to Monteverde check in at Poco a Poco Hotel. Accommodation is a Standard Room including breakfast, hot water, hair



dryer, telephone, cable TV, DVD, coffee maker and safe deposit box. Also, the hotel features a heated swimming pool, wet bar, gym, spa, beauty salon and laundry. Poco a Poco Hotel is strategically located only 400 meters from downtown Santa Elena where most stores, info centers and restaurants are located. Santa Elena has environmentally friendly operation and practices, sustainability, social responsibility and universal access.

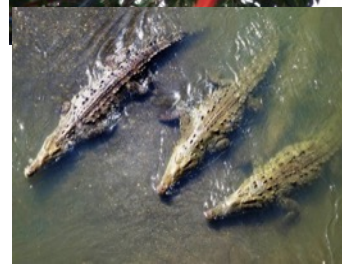
Day 5: Cloud Forest tour at the Monteverde Hanging Bridges & private transfer to Manuel Antonio Beach; wildlife viewing on route.

- On this tour we will take you to the famous Monteverde hanging bridges, the absolutely best place for the observation of the cloud forest. The nicest thing of this tour is that you will get a totally different perspective, because here you will be high up, from where you'll be able to take the best pictures from the bridges (weather permitting), and these will be the best memories that you were in the Costa Rica's famous cloud forests. The trail is 1.9 miles long (3 kilometers), and here you will be able to walk on eight different bridges suspended above the cloud forest, with various lengths ranging between 150 feet up to 510 feet (and altitudes ranging between 36 feet up to 180 feet). Each bridge has a width of five feet, the widest bridges in the country, and also a capacity of up to 80 people per bridge making them both the longest and strongest bridge systems in Costa Rica and in the cloud forest.



Private transfer-tour to Manuel Antonio Beach; wildlife viewing & culture.

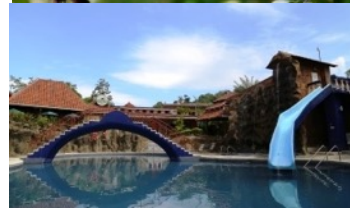
- After your hanging bridges experience we'll take you to one of the most beautiful beach destinations of Costa Rica, Manuel Antonio Beach, rated as one of the 10 most beautiful in the world. On the way there we'll make a few stops to show you some unique things of our country (if you wish to make the stops of course), such as the famous crocodile



bridge, where we normally see 20 to 60 animals from a safe viewing point. We also go searching for scarlet macaws, the most beautiful birds in Costa Rica, as well as stopping at the Jaco Beach lookout point, for you to take pictures of the beautiful Jaco Bay. We also do other unplanned stops along the way, such as viewing more wildlife if we find it, or stopping at local festivities when available, the idea is to show you as much as we can of our culture, for you to really feel that you are in a different place than home.



- 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

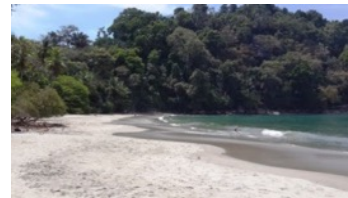


request); air conditioning, large bathroom with hot water shower and tub, hair dryer, iron-ironing board, wardrobe, safe-deposit box, cable TV, telephone, Wi-Fi, alarm radio with clock, mini fridge and furnished balcony). San Bada also features swimming pools, outdoor Jacuzzi, restaurant, bar, spa and gym.



Day 6: Free day to relax at Manuel Antonio Beach.

- The 6th 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, ATV tours, 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.



Days 7: Free day to relax at the beach & private transfer to San Jose.

- The 7th day of your vacation is also free for you to relax at Manuel Antonio Beach, the hotel's pool or to book some additional activities. Late in the afternoon, we'll take you back to your hotel in San Jose, for you to wait for your flight on the following day (*see notes section below).
- Upon arrival to San Jose check in at the Country Inn & Suites Hotel (other hotels are available upon request). We consider this hotel a great choice because of its convenient location, close to the airport, shops, restaurants and a large shopping mall at walking distance. Your accommodation would be a standard deluxe room with breakfast included (upgrades are available upon request). The standard deluxe rooms feature air conditioning, cable TV, coffee maker, mini fridge, mini bar, daily newspaper, hair dryer, high speed internet access, in-room safe, iron/ironing table and telephone. The hotel also has an on-site restaurant, swimming pool, sauna, gym and convenient access to popular local attractions, as well as historic sites.



Day 8: Good bye Costa Rica.

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

COST PER PERSON: \$1387.00

***Based on Double Occupancy**

INCLUDED IN ITINERARY

- Private transfer from San Jose Intl Airport to Sarapiquis Rainforest Lodge.
- 1 night lodging at Sarapiquis Rainforest Lodge in a standard room with breakfast included.
- Rainforest hike and cocoa farm tour; including bilingual guide and entrance fee to Tirimbina rainforest hike and cocoa farm tour.
- Private transfer from Sarapiqui to Lomas Del Volcan Hotel in Arenal Volcano area.
- 2 nights lodging at Magic Mountain Hotel in a standard room with breakfast included.
- Caño Negro wildlife boat tour; including round trip transportation, bilingual guide, boat ride and lunch.
- Transportation from Arenal to Poco a Poco Hotel in Monteverde via car-boat-car.
- 1 night lodging at Poco a Poco Hotel in a standard room with breakfast included.
- Cloud forest tour at the Monteverde hanging bridges; including round trip transportation, bilingual guide and entrance fee to hanging bridges.
- Private transfer-tour from Monteverde to San Bada Hotel in Manuel Antonio Beach.
- 2 nights lodging at San Bada Hotel in a standard room with breakfast included.
- Private transfer from Manuel Antonio to Country Inn & Suites Hotel in San Jose.

- 1 night lodging at Country Inn & Suites Hotel in a standard deluxe room with breakfast included.
- Private transfer to San Jose International Airport.
- All law taxes for the services describe above are already included.

IMPORTANT NOTES

- The rate quoted above is based on 2 people traveling together.
- Sarapiquis Rainforest Lodge is an eco-lodging accommodation, therefore the inclusion of electronic devices in the rooms is limited (there is not TV, radio, phone or internet in the room); those services are provided at the hotel's reception if you need them; the idea is for you to have complete and direct contact with nature during your stay at the Lodge.
- For the Tirimbina rainforest hike tour, there is no need of transportation because your Sarapiqui hotel is right next to Tirimbina.
- The visits to the coffee farm, waterfalls and hummingbirds observation point on day 1 will be possible if the arrival to Costa Rica is done before 1 p.m.
- Please take into consideration that the transfer car-boat-car from Arenal to Monteverde is a little rough, meaning that you would have to carry your own luggage when changing vehicles. Also, the road after crossing the lake could be in bad condition, because it is not paved. We prefer to do the transfer this way because you get to cross the beautiful Arenal Lake by boat (as added value to your trip) and because the transfer time is much shorter. The other option to get there is a 4-5 hours land transfer on really bad roads, which could be a bad experience.
- The transfer to San Jose on day 7 is set for 5 p.m. that way you'll be able to enjoy of the beach all day; but please take into consideration that you would need to do your check out at noon. The hotel's staff will be happy to keep your luggage stored until 5 p.m.
- The private transfer on day 8 to San Jose International Airport must be set 3 hours before your flight.