



## El Silencio Lodge, Finca Rosa Blanca and Lapa Rios Ec lodge



El Silencio Lodge

Yampu takes you to three gorgeous eco-resorts in Costa Rica. You will be taken to the calm, pristine cloud forest and El Silencio Lodge & Spa, a planet-friendly sanctuary for soft adventure and inspired wellness. Enjoy all your meals and activities at the lodge including a trip to hear and feel the rumbles of Arenal Volcano and a relaxing dip in the Tabacon Hot Springs. Travel to lowland tropical rainforest and Lapa Rios Ec lodge, set within the forest overlooking the beaches and waters of the Pacific. It is an ideal location for viewing wildlife including spider monkeys and toucans. End the vacation at Finca Rosa Blanca Coffee Plantation.

Note: Finca Rosa Blanca offers deluxe accommodations only. El Silencio offers 16 suites and a full-service spa in the thick pristine tropical cloud forest. Each suite features a private whirlpool tub, a fire place, a complimentary mini-bar and upscale amenities. At Lapa Rios, we offer deluxe ocean view bungalows.

This tour includes airfare allowance from London (UK), on non-holiday dates. You do not need to fly via London; Yampu will fly you the most direct way to your city of destination. Depending on your travel dates and proximity of travel, we will quote you the most economical surcharge from your city or country of origin.

### Pricing

Occupancy Type	Deluxe
Double	£ 2879
Single	£ 4120



Lapa Rios Ec lodge



Hotel Finca Rosa Blanca

## Itinerary

### Day 1

Arrival at San José airport. Transfer to Finca Rosa Blanca. Afternoon at leisure. Choose from one of the optional activities below, not included in the price. Meals not included.

### Day 2

Private overland transfer from Finca Rosa Blanca. Upon arrival transfer to El Silencio Lodge. Enjoy a night at leisure and a delicious dinner.

### Day 3

Arenal Volcano Trip Located about one hour and forty-five minutes from El Silencio Lodge & Spa, Arenal Volcano is one of the most active volcanoes in the Americas. Feel and hear its rumble from the safety of an observation deck. On a clear night, you may even get to see spectacular natural fireworks! Followed by a visit to Tabacon Hot Springs, where you can relax in soothing volcanic hot springs. Includes dinner at Tabacon's first-rate restaurant. All meals included.

### Day 4

Mystic Hiking Departing from The Spa, this mystical experience begins with a revitalizing meditation session in the Magical Knot, a relaxing garden structure located at the base of two converging mountains. Followed by a hike up the Mystical Trail for spectacular views and an encounter with the Weeping Rock. Local legend says that a sip of its crystalline water rids the soul of all afflictions. All meals included.

### Day 5

Private transfer to San Jose for stay at Finca Rosa Blanca. Enjoy a night at leisure or one of the optional activities below, not included in the price. Meals not included.

### Day 6

Transfer flight from San José to Puerto Jiménez and transfer from Puerto Jiménez to Lapa Rios. Enjoy dinner and the sounds of the rainforest.

### Day 7

Choose from a wide range of Lapa Rios activities. All meals included.

### Day 8

Choose from a wide range of Lapa Rios activities. All meals included.

### Day 9

Transfer to Puerto Jiménez for flight to San José where you will overlap with another Yampu program.

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## Price includes:

Prices include: International airfare from Miami to San José and return, domestic airfare from San José to Puerto Jimenez and return, roundtrip transfers and tours listed in itinerary. Price includes all accommodations: two nights at Hotel Finca Rosa Blanca, Three nights at El Silencio Hotel includes: Deluxe Suite featuring a gas fireplace, premium bedding, and L'Occitane personal care products. 3 daily a-la-carte meals per person (including non-alcoholic beverages), personal eco-concierge per party, complimentary daily minibar per Suite, all taxes and service charges and Punta Islita includes: 2 nights ocean view bungalow, 3 extraordinary meals per day, non alcoholic drinks and two Lapa Rios operated tours per stay. Local airport departure taxes that are payable in the country of destination are not included. Airfare taxes and security fees that can be paid at time of ticketing are included in the cost.

Local flights within Costa Rica have a weight limitation of 40 lbs (about 18 kgs) per person, plus 10 lbs (about 5 kgs) per person for carry-on. Extra baggage (if any) can be left in San José where it will be stored at our local office. Collapsible carry-on bags are recommended to allow for separating luggage if needed.

In Lapa Rios, the 1,000 acre reserve, you might easily see all 4 species of Costa Rican monkeys: spider, white faced, squirrel and howlers. Other less common animals include agouti, coati mundi, collared and white-lipped peccaries, jaguars, ocelots, margay and puma. Birds seen include: crested and solitary eagles, toucans, macaws, great curassow, crested guan, trogons, aracaris, honey creepers, herons,

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hummingbirds, tinamous, woodpeckers, wood creepers, ant birds, manikins, tanagers, caciques, euphonias, thrushes, hawks, and parrots. Unique to the Osa Peninsula is the black-checked ant tanager. (At Corcovado experience the tapir, Central America's largest mammal.) The trees and vegetation you see in the Lapa Rios reserve are diverse and unique: the Sangrillo tree, unique to the Carbonera, stands over 200 feet. See giant buttresses and liana vines more than 500 years old!

Certain risks are inherent in such a pristine place you need to understand that it is your responsibility to act in a cautious manner when you are in our challenging trail. Carefully listen to guides and abide to their instructions.

#### Early Birds Tour:

Share the cool early morning air with over 319 bird species inhabiting the Osa Peninsula. For keen birders and animal lovers, this guided tour guarantees numerous species of birds, morpho butterflies and other mammals. Binoculars highly recommended. High quality binoculars available at front desk.

Easy, 2 hrs. per person, \$25

#### Local Medicine Tour:

Hike through the virgin rain forest to pristine waterfalls and splash back along the Carbonera River. A fun rain forest experience with adventurous hiking. For hardy hikers looking for a challenge (wet walking and some climbing involved).

Medium-difficult, 3 hrs. per person, \$30

#### Starfish Walk:

Learn about the marine biology of the Golfo Dulce, one of only four tropical fjords in the world, as you tour pristine waters and coconut-shaded beaches. An excellent opportunity to see land crabs, starfish and sea cucumbers. Tide dependent tour. Please see reception for availability.

Easy, 2 hrs. per person \$25

#### Rain Forest Ridge Walk:

Hike down along the cool ridges of Lapa Rios' most impressive primary and secondary forest as your guide highlights the hidden treasures of the rainforest. Filled with enormous trees and breathtaking views of the rainforest, the Ridge Walk is an unforgettable experience for all hardy hikers.

Medium-difficult. 3-3 ½ hours. per person \$30

#### The Osa Trail:

The complete rain forest experience! This tour descends through the reserve's most remote and pristine forest and offers you the best opportunity to see rare and unusual flora and fauna. An excellent opportunity to truly immerse yourself in the wonders of the rainforest.

Medium-difficult . 3 ½-4 hrs. per person \$35

#### Matapalo Tour:

Hike along nearby beaches and secondary forest as your guide points out some of the most lively and active creatures of the rainforest. A great tour for wildlife lovers who also want to explore nearby beaches.

Easy, 2 hrs. Per person \$25

#### Sunset Birds Tour:

Walk through an unforgettable sunset as you search for rare and exotic birds. Highly recommended for all wildlife enthusiasts. High quality binoculars available at reception.

Easy, 2 hrs. per person \$25

#### Night Walk:

Experience the magic of the rainforest at night! Use your flashlight, and the help of a guide, to uncover unusual nocturnal creatures and their habitats. A great opportunity to see bats, insects, kinkajous and other wonders of this hidden, nocturnal world. Don't worry: you'll make it back before dinner!

Medium. 1 ½-2 hrs. Return for dinner. Per person \$25

#### Jungle Overnight:

Spend the night in the middle of the rainforest! Have an early dinner and hike to a covered platform where you will fall asleep under the bright equatorial stars to sounds of the surrounding forest. Hike back to the lodge in time for well-deserved breakfast. A once-in-a-lifetime experience you will never forget!

Difficult. per person \$50

#### Self-Guided Trail:

Beginning at the main lodge and looping through the prime forest into the secondary forest and lower bungalows, this trail features 18 marked points of interest that correspond with a biologist's guide book available at the reception. Easily learn about the flora of the forest in a short medium walk.

No charge

Plant a Tree in the "Volunteer Rain forest":

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Contribute to sustainable development in the Lapa Rios reforestation program by transplanting a primary rain forest seedling to an area of second growth. Participants will learn about “their tree”, its role in the ecosystem and receive a certificate to commemorate their efforts. Gift certificates can be purchased on behalf of others and the trees planted in their honor.

Plan 10-20 minutes, planting is at 7AM or 4:30PM when the soil is cool.

Per tree \$25

Ramirez Farm and Puerto Jiménez Cultural Tour:

Enjoy a typical Costa Rican breakfast in the Ramirez Agro-Turistic Farm, 2 miles west from Puerto Jimenez. Get a real sense of how local farmers work and subsist in a sustainable way. Milk a cow, work the sugar mill and enjoy a good fresh coffee. Head off to Puerto Jimenez and learn about its culture, its history, and its development. A walk around town will teach all this and at the same time allow you to do some souvenir shopping. Contribute to sustainable development by supporting the local economy.

Half day.

Per person \$35 + \$40 round trip transfer

The Carbonera School:

On Tuesday and Thursday, we will be pleased to take guests to our local school for a visit with the children. Any sharing you can contribute – songs, stories, photos, reading – is highly encouraged.

Depart at 8:15AM.

No charge

Sustainability Tour:

Led by our coordinator, this highly recommended tour will take you around the lodges' premises and allow you to see and understand all the daily practices and efforts Lapa Rios does regarding sustainability. From Biodegradable building materials to the bio-gas produced by our pigs.

Wednesday. Easy, 1-11/2 hrs.

No Charge

Soccer Matches with the locals:

Experience what soccer is all about in Costa Rica. Live the passion of soccer and participate in a game with the locals and employees. A guaranteed lifetime experience. Tuesday or

Thursday 1-1:30 hr No Charge

Tours offered by community members though NOT a part of Lapa Rios

Most tours require 24 hours advance notice and all guides charge a cancellation fee, as 100%. Length of time for all tours is approximate. Tour prices are subject to change without notice. Tours and guides are endorsed by Lapa Rios.

Please note that on occasions the guide and services may not be available.

Hatha Yoga or Chi Kung lesson:

meet at the private yoga deck, next to the massage room, and obtain harmony and balance for body and soul. Cushion mat provided.

1 hour,

per person \$20,

minimum 2

Therapeutic Massage:

Enjoy fifty minutes of rainforest bliss surrounded by the sounds of the surrounding jungle and softly breaking waves. Shiatsu, Ayurvedic and Reiki healing available..

\$50-for 50 min.

Horseback Riding:

Gentle horses follow a forest road through secondary and primary rainforest, and finish galloping along the beach. A highly recommended tour for all horse and nature lovers.

2 hours. cost per horse \$30

Pesca Artesanal (local shore fishing):

Walk down to a nearby beach and enjoy a popular artisan fishing tradition with our local guide. Spend a couple of hours learning different shore fishing techniques and maybe catch your dinner.

2 hours. Tide dependent tour. Once a week. Easy, 2 hrs. per person \$15

Surf Lesson:

Guaranteed to stand up! A perfect right point break for beginners, with different sections to match your level of ability and incredible 83 degree water. Whether you are 8 or 70, this is truly a dream wave to learn on.

“Great instructors and so much fun!”.

2 hours – \$50 per person

Sea turtle tour:

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After a twenty minute car ride you will arrive in a community developed and operated turtle farm and hatchery. Enjoy a full explanation about the different turtles that come to nest while walking through primary forest. At the beach, experience the wonder of releasing the baby turtles into the ocean. A perfect activity for all ages! Offered only during turtle nesting season.

Offered only twice a week during turtle nesting season.

3 hrs., \$35 per person

Sea and mangrove Kayak tour:

Experience an incredible sea kayak mangrove tour in the Golfo Dulce area full of marine life! No experience necessary and lots of fun.

Tide dependent tour.

3 hrs., \$30 per pers + \$40 round trip transfer

Tres Peces Fishing Tour:

17 ft. Custom Center Console, inshore fishing boat. Top of the line electronics and tackle. Large sun roof and live bait tank. Find Yellowfin Tuna, Giant Snappers, Roosterfish, Sailfish and Jacks. Calm seas make this small boat perfect for catching dinner or catch-and-release. No need to go to Jimenez. You must be able to swim/wade out at least 15 feet from shore to the boat. Swell and tide dependent

3 hour tour – 2 pers. max – \$335.

“JODARI” New 2005 30 ft CAROLINA CLASSIC

Cabo Matapalo Sport fishing with Captain Mike Hennessy

First class express sport-fisher. Twin 330hp Turbo Cummins Diesels. Full electronics, refrigerator, CD/stereo, private bathroom, insulated fish boxes, complete safety equipment, large shade cover, U.S. Coast Guard license and IGFA Certified Captain. Penn spinning reels. Shimano 2 speed conventional reels. Billy Pate fly reels.

“Comfort and ride of a 40 footer and fishes like a dream”

FULL DAY Off-shore or In-shore:

The waters off Lapa Rios are famous for fishing bill fish, tuna, dorado, rooster fish and snapper. Whale and dolphin sightings are also frequent on this trip. Fly fishing available.

Jodari – \$1,200.00 + transfer 1-4 pax

HALF DAY – Fish along the Golfo Dulce, Cabo Matapalo and the Pacific coast to catch world record size snappers, rooster fish, tuna, dorado, jack, sierra, etc. Light tackle and fly fishing available.

4+ hour trip. Jodari – \$950.00 + transfer 1-4 pax

Rio Esquinas Boat Tour:

Taxi and then boat from Puerto Jiménez to see dolphins, flying fish, sea birds, and maybe a whale! From the Golfo Dulce (depending on the tide), float up the Rio Esquinas and explore deep into a tree-covered river brimming with shore birds, mangrove swamps and the surrounding rain forest. 4-5 hours, meal included if necessary. Boat capacity is 700 lbs. Tide dependent tour, may not be available due to tide changes.

1-4 pers. \$340. (extra pax \$50)

Botanical Garden: Visit a private botanical garden started over 25 years ago filled with hundreds of different species of tropical orchids, ornamental plants and trees. Accessible only by taxi and boat ride on the Golfo Dulce.

1-4 pers. \$190. (extra pax \$35)

“Golfo Dulce” Dolphin Tour:

Enjoy snorkeling and exploring the Golfo Dulce and its lush coastline. A great opportunity to see any of the three species of dolphins (common, bottlenosed or spotted), whales and turtles. Snorkeling equipment included. Whales and sea turtles occasionally seen. Bring swim suit.

1-4 pers.- \$330./ 5 pers.- \$365./ 6 pers.- \$400./ 7 pers.- \$425

Caña Blanca Sanctuary & Dolphin Tour:

Cross the majestic Golfo Dulce by boat and visit the non-profit Wildlife Caña Blanca Foundation. Learn about the rehabilitation programs and participate with the injured and orphaned animals, most of whom are endangered species that eventually will be released at Piedras Blanca National Park. Price includes \$20/person donation to the sanctuary..

Bring swim suit. No children under 6 years of age allowed.

1-4 pers.- \$410./ 5 pers. \$520./ 7 pers.- \$565

Activities available at Finca Rosa Blanca

We will gladly arrange for transportation to any of the following sites or you can book Manolo, our own naturalist guide on staff to take you to the destination of your choice. Please give us as much advance notice as possible, preferably the day before. For tour prices please contact the Reception Desk.

Horseback Riding:

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We have horses to rent on the premises and an expert guide who is available for trips of any length. We recommend a 2-3 hour trip into the coffee farms and up onto the slopes of the Barva Volcano. Riders can stop for lunch or refreshment in a rustic restaurant before returning home through the pine forests of San Jose de la Montana where the views of the Central Valley are spectacular. These tours are a wonderful way to experience the local neighborhoods and the friendly people of the area as well as touring first hand a large coffee plantation.

Barva Volcano and/ or Parque Braulio Carrillo:

Barva Volcano (2,906-meters/9,534 ft.) on the western extreme of Braulio Carrillo National Park offers excellent hiking through Cloud Forest to the Crater Lake where resplendent quetzals have been sighted. The park supports one of the last zones of wild vegetation and animals in the high areas of the Central Volcanic Zone. Finca Rosa Blanca assists the park management by writing and printing brochures; trail maintenance, general technical, and life support. A 6-mile hike, some of it uphill includes guide and rain gear as well as transportation to and from the park. Entrance Fee: \$7.00 Half to Full Day Tour, mornings best from May-December. Bring a poncho or light jacket, hiking or tennis shoes, binoculars and camera.

Café Britt:

The "Adventura de Café Tour" includes an educational tour of the coffee farm and roasting plant, complete with live-theatre skit telling the history of coffee and the tasting room where you are shown how the experts taste coffee.

Entrance Fee: \$30.00, Lunch Included. Tours are offered daily from at 9 am, 11 am and during the summer time, at 3 p.m.

The Butterfly Farm:

Costa Rica has more species of butterflies than any other country in the world and the Butterfly Farm is the second largest exporter of living pupae in the world. An educational tour begins with a video documentary introducing the world of butterflies, followed by a guided tour through the gardens and laboratory where you witness and learn all about each stage of the butterfly life cycle.

Entrance Fee: \$15.00 adults, \$7.50 children. Tours are offered daily at 9 a.m., 11 a.m., 1 p.m. and 3 p.m.

Poás Volcano National Park and the La Paz Waterfall Gardens:

Poás Volcano (2,708 meters) is a still active, but tranquil volcano with three craters; one the second largest crater in the world- bubbling with active fumaroles and a simmering lake. On your way to the volcano and waterfalls you will pass by coffee and sugar plantations, strawberry fields, and small towns with picturesque homes adorned with colorful flowers. At the La Paz Waterfall Gardens there are nine platforms that allow the visitor to see the five magnificent waterfalls. The park includes one of the world's largest butterfly gardens in the country, hummingbird garden, orchid garden, and snake and frog exhibition. Park Entrance Fee: \$7 Park hours are 8 a.m. to 3:30 p.m.. Entrance Fee: La Paz: \$29.00 Full

Day Tour. Bring a light jacket, poncho, comfortable shoes, binoculars and camera.

Sarchí:

Sarchí is famous for the intricately detailed, hand-painted oxcarts still used here in Costa Rica during festivals and the town is a major artisan center known for a myriad of beautifully handcrafted wooden items. One can combine Poás Volcano with Sarchí for a day trip including lunch at a typical Costa Rican Restaurant in the town of Fraijanes just below the volcano. Else Kientzler Botanical Garden, located in Sarchí, is a comfortable walk on paths exhibiting in the wild the diversity of plant life in the tropics. Their collection includes around 2,000 different types of plants that come from more than 80 families from around the world including, of course, Costa Rica.

Entrance Fee: \$12.00 adults, \$6.00 children. Open every day from 8am to 4pm. Half Day Tour. Bring poncho, comfortable shoes and camera.

Zoo Ave:

A fantastic private zoological garden including dozens of toucans, macaws, cranes, curacaos and parrots in addition to crocodiles, indigenous deer, turtle and spider, howler and white face monkeys in open-air cages with lots of trees and meandering paths.

Entrance Fee: \$15.00 adults, \$1.50 children. Hours are 9 a.m. to 5 p.m.

The Ark Herb and Botanical Garden:

Visit one of the most comprehensive collections of medicinal and aromatic herbs from around the world in a beautiful botanical garden that is a part of a larger farm growing herbs for export. The garden tour given by the vastly informative owners includes tasting and smelling of herbs and a glass of herbal tea and homemade cookies.

Hours Entrance Fee: \$12.00 includes herbal tea and cookies. Open Mon- Sat. 8 a.m.-4 p.m. or by appointment. Half Day Tour.

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#### Finca Rosa Blanca Bird Watching and Coffee Tour:

Walk with our naturalist guide through the grounds of Rosa Blanca and the surrounding coffee farms at dawn, experiencing the wealth of bird life in our own backyard. Enjoy the high altitude coffee farms of the area while discovering such birds as Wild Parakeets, Mot Mots and bonking bell birds. Learn how organic coffee is grown, harvested and dried for roasting at Finca Rosa Blanca's own organic and Rain Forest Alliance certified coffee farm. Duration: Two hours

#### Finca Rosa Blanca's Community Projects and Neighbors:

Community tour of Barrio Jesus Elementary School, the Children's Food Bank, Senior Citizens Center, Recycling Center and Clinic as well as local artists and artisans will highlight the tour with our bi-lingual guide. Meet the children and members of the community at work and play. Offered only Monday –Friday when school is in session.

#### Finca Rosa Blanca Sustainability Tour:

Walk with a bilingual guide through the property of Finca Rosa Blanca discovering the myriad of ways we are working with the environment and the community. Perhaps you will take away our methods and ideas to your own community and home, joining our efforts to change the future of our planet. After a brief history of Rosa Blanca and our journey toward total sustainability, we will visit the "back of the house" to learn about our "good practices"; including our use of biodegradable products in the hotel and laundry, solar drying area, solar panels for heating water, and the copper silver ionization system for the pool. We will walk the trails identifying native trees and plants, their uses and tastes, the organic garden, coffee and orchards, the recycling center, compost center and red-worm farm, as well as the horse stables. Tours offered upon availability of guides; please inquire at the office for more information.

#### San Jose Museums and Shopping:

A city tour which includes, the famous National Theater, the Gold Museum and the Jade Museum of pre-Columbian artifacts and several art and artisan galleries as well as the Central Market, an entire covered city block overflowing with local color. Tour may include any of the following Museums:

National Museum of Costa Rica: Open Tues-Sun, 8:30am-4:00pm Entrance Fee: \$4.00

Museum of Costa Rican Art: Open Mon-Fri, 10am-5pm, Sat-Sun, 10am-2pm

Museo Numismática: (old notes, banknotes) Open Tues-Sun. 10 a.m.-5 p.m.

Gold Museum/Central Bank Museum: Open Mon-Sun. 9:30am-5 pm Entrance Fee: \$6.00

Jade Museum: Open Monday through Friday from 8 a.m.-5 p.m.. Free entrance

Childrens Museum and National Art Gallery: Open Wed – Sun from 9 a.m.-12 p.m. and 2 p.m.-5 p.m.

Museum of Contemporary Art and Design: Open Monday – Saturday from 10:30am-5:30pm

Museum of Spaces, Forms and Sounds: (The Antigua Train Station of the Atlantic) Mon-Fri, 9am-4pm, Sat. 10am-3pm

#### Cerro Dantas Wildlife Refuge:

Explore wonderful hiking through the magnificent cloud forest of Cerro Dantas offering an extraordinary variety of flora and fauna with an excellent chance of seeing the elusive giant tapir.

Entrance Fee: \$15.00 Adults, \$8.00 children, lunch included. Full Day Tour. Bring: sweater, poncho, hiking shoes, binoculars and camera.

#### Sarapiquí River:

A guided floating tour on the Sarapiquí River, declared a National Historical Monument, where you will have the opportunity to spot many kinds of reptiles, crocodiles, caimans, iguanas among many, howler, spider, and squirrel monkeys and countless exotic birds such as toucans and green macaws in their natural habitat. This exciting tour is all day with naturalist guide and transportation.

#### La Tirimbina Biological Reserve:

Experience the magnificent 860 foot suspended bridge by foot over the rushing Sarapiquí River; continue hiking through an 800 acre mid-elevation rain forest reserve with an enormous biodiversity from two-toed sloth to spider monkeys, ant eaters and countless exotic birds.

Entrance Fee: \$15.00 adults, \$8.00 children. Full day tour includes the guided float trip on the Sarapiquí River. Bring poncho, comfortable shoes, binoculars and camera.

#### Irazu Volcano and the Orosi Valley:

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Reaching 11,256 feet, Irazú Volcano is Costa Rica's highest volcano with four craters, each with its own fascinating characteristics. On a clear day one can see both the Pacific Ocean and the Caribbean Sea. On the way to the volcano one can make a stop-off at Lankester Gardens, a 25-acre tropical paradise that houses more than 3,000 species of plants, including bromeliads, heliconias, ferns, bamboos, palm trees and a wide variety of tropical trees and one of the world's foremost collection of orchids. On the way back, the tour will pass through the town of Orosi where you will visit Costa Rica's oldest colonial church.

Entrance Fee: \$7.00. Full Day Tour. Bring sweater, poncho, comfortable shoes, binoculars and camera.

Inbioparque:

Nowhere else in the world are so many types of habitats squeezed into such a small area. The range of habitats in Costa Rica, a consequence of its unique geography, creates an incredibly rich diversity of flora and fauna; in fact no other country on the planet has such variety. This educational excursion allows visitors to discover the characteristics and benefits of Costa Rican biodiversity through interactive exhibition halls and interpretive paths that meander through the many diverse habitats of native plant species. Inbioparque is a recreational and educational space where one can enter the vast world of Costa Rica's biological diversity and protected areas and national parks. If you want to take full advantage of your trip to Costa Rica, we recommend that

you start with a visit to Inbioparque.

Entrance Fee: \$15.00 adults, \$8.00 children. Open Tuesday-Sunday, 8am-5pm. Bring: poncho in the rainy season or umbrella, comfortable shoes, binoculars and camera.

Turu Bari:

Turu Bari is a private park that offers nature and adventure tours. It is located in a transition forest (from dry to rain forest) and covers 240 hectares (600 acres) of beautiful landscape. The Turu Bari Canopy Tour consists of 12 platforms and 7 cables, the last of which stretches 650 meters

(2,000 feet), one of the longest in the country. The park includes a Butterfly Garden, Forest Paths, and the Orchid and Bromeliad Galleries in addition to a typical Country Farm where one can partake in a buffet-style lunch, admire the Huétar Palenque (a traditional indigenous construction), an ox-driven sugar mill, and maze ending by means of a cable car.

Entrance Fee: \$55.00 adults, \$45.00 children under 11yrs. Lunch included. Bring: comfortable shoes, binoculars and camera. Full Day Tour.

Carrara National Park and Bijagual Waterfall Tour:

Relatively small in size (4,700 Hectares), the significance of Carrara National Park stems from its geographical location in a transition area between the Tropical Dry Forest region to the north, and the more humid Pacific Rainforest to the south. Carrara has flora and fauna from both ecosystems and the virgin forest that covers most of the park is the ideal environment for such rare wildlife as the Scarlet Macaw, the Collared Aracari and three species of monkeys. Discover Costa Rica's tallest waterfall (200 meters), the Bijagual Waterfall, by hiking through the mountains with breathtaking ocean views. One of the highlights of the tour is the chance to swim in refreshing spring-fed pools surrounded by nature's gardens while viewing howler monkeys, scarlet macaws and toucans at play.

Entrance Fee: \$7.00 Carrara Park plus \$8.00 Bijagual Waterfall per person. Bring: poncho, insect repellent, waterproof shoes, binoculars and camera. Full Day Tour.

Note: If you are interested in destinations further a field or river rafting on one of the three renowned white water rivers, bungee jumping, hot air ballooning and canopy tours, please let us know in ample time and we can help you to arrange a tour through a reputable company. We can provide information and directions to other volcanoes, bird reserves and botanical gardens within the Central Valley.

Private guides are also available and their fees vary depending upon number of passengers and type of tour.

There's a rich, beautiful world to discover right outside Harmony's doorstep. Explore Guanacaste, Nosara, Guiones and its surroundings with different activities such as:

Nosara's Beach Trips (Guiones, Pelada, Nosara, Garza or Ostional)

Harmony Reserva + Tour at Lagarta Lodge

Horseback Riding

Guaitil Ceramics Tour

Olive Ridley Sea Turtles Nesting Tour

Sustainable Coffee Tour in Hojancha

Canopy Tour

Nosara Boat Tours

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Plant a Tree Program

La Esperanza School Tour

Proyecto Niños: Helping Schools

Sustainable Tour at Harmony

Surf Lessons, Surfboard Rental

Tennis Court Other Activities (Spanish Lessons, Sport Fishing, Bike Use, Laptop Use, Stereo Use)

Moreover, the Guanacaste area has several amazing Protected Areas and National Parks.

Ostional National Wildlife Refuge

Barra Honda National Park

Las Baulas Marine Park (Playa Grande National Park)

Rincón de la Vieja National Park

Santa Rosa National Park

Arenal Volcano National Park

Palo Verde National Park

For more information click on the tour of your choice. The front desk can provide information and arrange your adventure in advance or upon arrival.