



Pacuare River Lodge, Finca Rosa Blanca, El Silencio and Harmony Hotel



Rafting on the Pacuare River

Note: Pacuare Lodge offers accommodation at the Pacuare River Lodge. 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. We offer four types of accommodation at Harmony Hotel: Cocos Room, One Bedroom Bungalow, Two Bedroom Suite Bungalow and Harmony House

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	Cocos Room	One Bedroom Bungalow	Two Bedroom Suite Bungalow	Harmony House
Double	£ 2923	£ 2982	£ 3092	£ 3161
Single	£ 4116	£ 4233	£ 4454	£ 4590

Prices shown above are per person, in Sterling (£).



Finca Rosa Blanca



El Silencio Lodge

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

Transfer from San José to the town of Siquirres by ground. Continue the rest of the way to the Pacuare Lodge by navigating the rapids of the Pacuare River.

Day 3

Today you will have a day of leisure at the lodge, optional activities (see below). All meals included.

Day 4

After breakfast check-out of the lodge and continue by raft on the Pacuare River until you reach Siquirres and continue the rest of the way by ground. Transfer from Siquirres to El Silencio Lodge. Enjoy a night at leisure and a delicious dinner.

Day 5

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 6

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 7

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 8

Morning transfer to San José airport for Flight to Nosara. Upon arrival at the airport you will be met by our guide and transferred to Harmony Hotel. Afternoon activities at the hotel. (see optional activities below, not included in cost. Meals not included.)

Day 9

Day at leisure to enjoy the optional activities at the resort. Breakfast included (see optional activities below, not included in cost).

Day 10

Transfer to the airport to take the flight to San Jose and overlap with the add-on of your choice.

Price includes:

Prices include: International airfare from Miami to San José and return, domestic airfare from San José to Nosara and return, all transfers and all meals listed in itinerary and all breakfasts. Accommodations at Pacuare Lodge include two nights at lodge and rafting trip with guide, El Silencio Lodge include 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. Two nights stay at Finca Rosa Blanca and two nights at Harmony Hotel including one yoga class. 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.

Note: On day 10, first flight arrives into San Jose at 1:30pm, so departure flight must depart at the earliest at 4:30 pm.

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:

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.

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.

Irazú Volcano and the Orosi Valley:

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 11 yrs. 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.

Optional Activities at the Pacuare Lodge:

Pacuare Canopy Adventure Tour

A unique tour in Costa Rica along a series of transverse cables with the highest rappel of the Original Canopy Tour in Costa Rica.

Cabecar Indians Tour

Hike the same trails the Cabecar Indians have for centuries, and personally visit with a Zutkia, or Cabecar medicine man to learn about the traditions and customs that are at the foundation of the Cabecar's relationship with nature.

Day Break Activity Tour

Enjoy the spread of color and life throughout the forest as you observe a variety of native plant and animal species begin their day in the rainforest.

Massage Treatments

Experience the energy of a tropical paradise with our deep tissue Therapeutic Rainforest Massage

Yampu only offers the Pacuare Lodge and rafting program as an add-on to a highlight program. Booking fee may apply otherwise.

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

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.