



Costa Rica Active Adventure – San José, Pacuare River and Arenal Volcano



River Rafting

This adventure features two of Costa Rica's highlights: the Pacuare River is considered one of the top rivers in the world for a variety of reasons and the Arenal Volcano a must-see in all Costa Rica itineraries. You will explore the intimate nature of the rainforest from the river perspective and experience one of the world's most active volcanos.

Add in the exciting Class III -IV whitewater rapids and this tropical adventure will be packed with experiences that will last long after you've returned home. After your jungle retreat and wet adventure, you will experience one of the world's most active volcanoes!. Arenal Volcano is a must-see in all Costa Rica itineraries. Its lava flows and eruptions are consistent, and when the sky is clear, it is possible to see smoking cinder blocks tumbling down the steep slope from the horseshoe-shaped crater that opens to the west. At night watch a fiery cascade of lava spewing from the 140-meter-deep crater.

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	Standard
Double	£ 1443
Single	£ 1917

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



Arenal Volcano



Rios Tropicales Lodge

Itinerary

Day 1

San Jose

Upon arrival to the airport, private transfer to your hotel. We will be staying at Le Bergerac Hotel.

Day 2

Rios Tropicales Lodge

Early morning we depart, traveling east towards the Caribbean and crossing the amazing Braulio Carrillo National Park. You will arrive at our Rios Tropicales Operations Center for a hearty "Tico" traditional Costa Rica breakfast, and with time to change into clothing for rafting, and shop for any last minute needs in our handy outfitter's store. You'll then depart for our private rafting put-in on the Pacuare River in San Martin. There your professional guides will load your gear into dry bags, prepare all the rafting equipment, give you complete safety and paddle instruction. The first day's Class III rapids welcome you to the Pacuare gorge's charm as you raft deep in the heart of primary rainforest. While your guides prepare a hearty picnic lunch on the riverbank, you'll enjoy a walk through the jungle to an enchanting waterfall and pool to swim. Before you know it, you'll arrive at the unique Rios Tropicales Lodge where you can spend the afternoon relaxing, hiking or soaking in our waterfall and pools. You'll get the chance to settle into your rooms, then come on down to our open air dining area, where our guides prepare fresh appetizers and our guest-acclaimed "famous jungle punch". As the sun dips behind the hills and the twilight fades, you will be treated to a delicious freshly prepared dinner with candlelight and wine. Overnight stay at Rios Tropicales Lodge.

Day 3

Rios Tropicales Lodge

This day is designed to enjoy the lodge and its natural surroundings. You will have the opportunity to experience the wonders of the rainforest canopy on the zip line course at no additional cost. It's free as part of your vacation package. The four distinctive platforms blend in seamlessly with the natural surroundings, giving you an amazing perspective of life in the roof of the jungle, the perfect opportunity to try the zip-line adventure for the first time. In addition to the canopy tour, your adventure includes any of the following hikes: a) 4-5 hour hike high into the Pacuare Reserve; b) a 2-3 hour hike to nearby waterfalls and pools, or c) a short walks near the lodge. There is also a sheltered hammock area that makes for the perfect spot to catch up on your reading, sip a cocktail, or just relax and take in the stunning beauty of this amazing retreat. The noises of the hustle and bustle of city life will soon be a distant memory, replaced with the soothing sounds of the tropical rainforest that surrounds you. Alternatively, you may choose to support the local community and take the hiking tour to the nearby Bajo Tigre village, with a chance to learn from local community members about their sustainable farming and environmental responsibility. Your bilingual river guide will accompany you and interpret along the tour. This tour is completely managed by the Bajo Tigre Community and the tour fee you will pay goes 100% to fund their community needs.

Day 4

Rios Tropicales Lodge

After enjoying Costa Rica's tastiest coffee and a hearty breakfast, you will pack up and load the rafts in preparation for paddling down the Pacuare gorge past gushing waterfalls, serene pools and Class III-IV pounding rapids. A snack stop by the riverside lets you explore more waterfalls and natural water slides. An adrenaline-packed afternoon running rapids like Upper and Lower Huacas, Cimarron, Dos Montanas and many more, will have you cheering ecstatically. A vehicle will transfer you from the take-out in the town of Siquirres and whisk you away to Rios Tropicales Operations Center just a few miles up the road. A hearty hot lunch will be waiting on you upon arrival. Showers, changing rooms, cold and hot drinks, snacks and a bar, and souvenirs are available. Then continue overland to La Fortuna area. We will be staying at Arenal Manoa Hotel.

Day 5

Arenal

Today you will have true tree-top adventure on the Skytram & SkyTrek (Zipline) tour. You will be transferred to the nearby Arenal Rainforest Reserve, where you will be able to appreciate a natural environment. You also enjoy the adrenaline and security offer by rivers and trails through the Rainforest, and enjoy an Aerial Tram with the best technology available. There is also an exhibition area housing photographs and video of the forest. The tour includes the ascent by cable car to the top of the Arenal Reserve, where you can see beautiful landscapes of the forest, lake and the volcano. On the way back you can choose to return on the tram or take the Sky Trek which is a secure system of trails and zip lines that offer visitors the opportunity to observe and appreciate the nature from different vantage points. The Sky Trek is similar to other canopy tours in Costa Rica, but incorporates some significant differences, such as being of larger scale, metal platforms covered with mesh-covered and steel rails which prevent falling or sliding. All the platforms are designed for observation of life rather than damage of it. We will be able to observe trees like Cocora (*billia hippocastanum*); Peine de Mico (*apeiba membranacea*), and Capulín (*mortonioidendron apetala*) just to name a few. The shortest cable is 195 ft (60 mts) and the longest is 650 ft (200 mts). All the equipment we use is very safe and simple, and will be handled by the guides so you can sit back and enjoy the day. The construction (rigging) of the tour meets the safety regulations specified by the ACCT (Association for Challenge Course Technology), considering our tour one of the safest in Costa Rica. Rest of the day is left at leisure you to relax and enjoy the hotel's swimming pool!

Day 6

Arenal

This morning will be free for you to relax or take any optional excursions. This afternoon you will be transferred for about 20 minutes to the far

west side of Arenal Volcano, where you'll spend about one hour exploring the Silencio Trail. Your expert bilingual naturalist guide will find the animals, point-out indigenous rain forest plants and educate you about their medicinal properties. Frequent sightings include: monkeys, wild boars, two types of toucans, White-Nosed Coatis, Oro Pendula birds, Golden Eyelash Vipers, Boa Constrictors, White-tailed Deer, Great Curassows. Before dark, you'll continue to the observation point, which offers the closest, most direct lava flow vista. Relax, enjoy a drink and listen to the incredible sounds of the volcano. If cloud cover is high enough, expect to see a dazzling. Your guide will explain the history of this magnificent volcano as you listen to a variety of frogs, toucans, and insects, watch thousands of lightning bugs. You will then end the day at Ecotermas Fortuna which consists of a series of pools fed with volcanic hot-water that springs from the Hidalgo Family Farm sitting at the foot of the impressive Arenal Volcano. There are five pools of thermal hot water between 37° and 42° C. (98° - 107° F) plus one pool of cool water. The first pool has water that propitiates the natural massage and if you go behind it, the water steam turns it into a natural sauna. There is also a small waterfall and a natural Jacuzzi. This unique oasis is surrounded by lush gardens and forest and cemented trails. For your enjoyment and comfort there are two bar areas, a restaurant serving typical food, secure private parking lot, and dressing rooms with private lockers. The property is also suitable for children and disabled visitors. You will enjoy a hearty typical dinner and then be transferred back to your hotel.

Day 7

San Jose

After breakfast, you will be taking a 3 1/2 hour overland private transfer back to the Central Valley for your return flight home or overlap with an add-on of your choice.

Price includes:

Prices include: international air transportation from Miami to San José round trip, domestic ground transportation; a combination of regular shuttle buses based on Seat-In Bases and private transfers on 4X4 vehicle or Van depending on group size, airport transfers including one piece of luggage, hotel accommodation including breakfast, meals where specified, guided tours with bilingual guide and entrance fees. Local airport taxes that are payable in the country of destination are not included. There may be a surcharge for December- January and Easter.

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.

Important note: Arenal Volcano is most often covered in clouds. To see an eruption is a matter of luck (the dawn hours are best, before the clouds roll in). Chances are better in dry season, and less favorable in the rainy season.

Accommodation: 1 night in a Boutique city hotel, 2 night in a Rainforest Eco-lodge and 3 nights at a 3-star Mountain Hotel:

Le Bergerac Hotel – San José

It is located in Los Yoses, the old embassy district of San Jose at only minutes from the main city attractions of downtown and is an excellent base to explore the Central Valley. This charming and intimate Boutique hotel with internal tropical gardens remodeled to resemble a small French Inn combined with the characteristic Costa Rican warmth and hospitality of their staff who speak English, French and Spanish.

Accommodations available at the hotel include smaller standard rooms, superior and large deluxe rooms with patios – Internet access is provided in all rooms and all have Cable TV, telephone, hair dryers and a private bathroom. Le Bergerac's reputation for outstanding and friendly service combined with the very relaxed and elegant ambience, is the reason why so many of its guests always return to this charming hotel in beautiful Costa Rica

Rios Tropicales Lodge

It is tucked in the rainforest on the banks of the Pacuare River and nestles in the heart of the 1,500 acre Pacuare Reserve – a remote area which has become a unique "Eco-Adventure playground. The lodge offers you all the comforts you need in "Cabecar Indian" style built by native Indians. Spacious bungalows with comfortable beds and pillows – completely provided with fresh linens- and private bathrooms that have hot water and electricity produced by a mini hydro-plant. Rios Tropicales Lodge was built as a sustainable eco-lodge – including the building materials, waste management system, recycling practices, and the clean, renewable energy that powers the entire facility. You stay at Rios Tropicales Lodge also includes: Canopy tour with six platforms, jungle trails with creek crossings, waterfalls, natural slides, intimate pools, primary forest and bird-watching. This lodge's unique natural setting will definitely invite you to relax and inspire you to explore, and enjoy Costa Rica's natural paradise.

Arenal Manoa Hotel

It has a privileged location at 4.35 miles West from La Fortuna and 800 meters from the main road through pasture land – with easy access to all

the nearby attractions. It is also bordered by the La Palma River which guarantees a peaceful, private and very natural environment making the surrounding an ideal refuge for a great diversity of birds, some mammals and lizards. This charming hotel offers 80 spacious, simple but comfortable Junior Suites; each one has been designed ensuring a panoramic view of Arenal Volcano from every room. All rooms combine modern and rustic architecture, with plenty space for your comfort, whilst enjoying the view of the Arenal Volcano from your own bed and feature a spacious bathroom with a little garden to theme up with the exuberant natural surroundings and a balcony with rocking chairs.