



San José, Arenal Volcano and Manuel Antonio National Park



Manuel Antonio Nat'l Park

This tour includes a visit to San José and the Poas and Arenal Volcanoes as well as a 3-day extension to Manuel Antonio National Park and its beaches. Manuel Antonio is known for its white sandy beaches, cliffs, rivers, rain forests and varied animal life. Manuel Antonio is home to the white-faced capuchin, mantled howler and red-backed squirrel monkeys, two- and three-toed sloths, and a large number of species of birds. Yampu travelers will spend 3 nights at a nearby hotel with a full-day excursion to the park.

This trip can be customized to fit your individual travel dates and any specific requests you may have. Your travel consultant will prepare a customized itinerary for you. We offer a choice of 3, 4, 5-star and deluxe accommodations. Deluxe hotels include the Finca Rosa Blanca in San José and the Gaia Hotel & Reserve in Manuel Antonio.

This tour includes airfare allowance from Miami (US), on non-holiday dates. You do not need to fly via Miami; 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	3-star	4-star	5-star	Deluxe
Double	\$ 2816	\$ 3320	\$ 4002	\$ 4327
Triple	\$ 2622	\$ 3039	\$ 3570	\$ 3831
Single	\$ 3506	\$ 4387	\$ 5730	\$ 6339

Prices shown above are per person, in US Dollars (\$).



Relaxing at Tabacon Resort



Arenal Volcano

Itinerary

Day 1

Upon arrival in San Jose transfer to your hotel.

Day 2

La Paz Waterfalls, Poas Volcano and Coffee Plantation Tour: Visit a third-generation coffee plantation and learn how coffee is picked, milled, ground and roasted. We then continue to Poas Volcano, one of the four active volcanoes in Costa Rica. The crystal-blue sulfur pools will amaze you along with the steam rising from the various volcanic vents. Following the visit to the volcano we will continue to La Paz Water Fall Garden for lunch (included) and tour. On arrival to the La Paz, we will walk through a trail, leading to a spectacular waterfall in the middle of the rainforest. Visitors to the trails will be able to view Templo Waterfall and Magia Blanca Waterfall. Inside the park we will also visit the hummingbird gallery, the serpentarium, the bird house, the butterfly garden and the frog's exhibit.

After the tour, continue to Arenal and check in to your hotel.

Day 3

Morning Arenal Hanging Bridges: Located within the corridor followed by birds migrating between North and South America, the trails and bridges of this project will bring you as close as you could ever hope to get to the birds, the flowers and the lush vegetation of the primary rain forest. You will be able to walk right into the forest, thanks to the imposing hanging bridges and the beautiful trails that are safe and easy to walk on. In the afternoon return to your hotel to rest.

At around 4 p.m., we will pick you up from the hotel for a light hike to watch the activities of the great Arenal Volcano: its constant emissions of gases, vapors of water and explosions of fireworks. We will visit hot springs for a fabulous and healing bath then enjoy a relaxing, included dinner. Hiking boots and light clothing recommended.

Day 4

Today you may choose from a variety of excursions according to your own interests and level of activity (one excursion included in trip cost). You may want to go biking, horse back riding, rafting or do the Arenal Reserve Sky Tram/Sky Trek; or visit the Venado Caverns or the Caño Negro Wildlife Refuge.

Day 5

Transfer to the airport to take the flight to Quepos (operates most months). Upon arrival transfer to your hotel in Manuel Antonio.

Day 6

Visit to Manuel Antonio National Park. The 3000 acres of the Manuel Antonio National Park is considered one of the most beautiful National Parks of the country. With its white sand beaches, the abundant fauna, exuberant flora, and its scenic footpaths, is one of the most visited in the country. It includes a wooded area, densely populated by monkeys and raccoons, and three exceptionally beautiful beaches, is one of the few areas in which rare squirrel monkey can be found. The footpaths happen through the secondary forest and of the primary forest, dominated by you hoist them of cedar, raft and mangle. Overnight in Manuel Antonio.

Day 7

Day at leisure in Manuel Antonio to enjoy the beaches and the quaint town of Manuel Antonio. Overnight in Manuel Antonio.

Day 8

Ground transfer to San José Airport (optional air transfer, please see note below). Upon arrival transfer to international airport for flight back home, or choose from optional add-ons in Costa Rica or other Central American countries.

Price includes:

Prices includes international airfare from Miami to San Jose return, hotel accommodation including continental daily breakfast, guided tours in English (naturalist guides), meals where specified, entrance fees, transportation between hotels, transfers between airport and hotel, naturalist guides, and taxes. Local airport taxes that are payable in the country of destination are not included. Taxes and security fees that can be paid at time of ticketing are already included in the quote (if airfare has been included in the quote).

Local flights within Costa Rica have a weight limitation of 30 lbs (13 kgs) per person, including carry-on and storable luggage. 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 8, first flight arrives into San Jose at 8 am, so departure flight must depart at the earliest at 12 pm. Cost of \$88 per person. Flights do not operate year round, please check with your Yampu travel advisor.

Optional excursions in Arenal (one included):

Arenal Reserve Sky Tram/Sky Trek:

Placed in a unique transition area between the rain forest and the Monteverde Cloud Forest you will find the Arenal Reserve. You may choose between a ride on the Sky Tram or the Sky Treks, with the most spectacular views of the Arenal Volcano & Lake.

Sky Tram is a 15 minute Arenal tram tour through the rain forest to the Miguel Angel Observatory, where you will have spectacular views of the Arenal Volcano & Lake and the Tilaran Mountain Range. Sky Trek is a 3280-foot long zip line system that gives you the opportunity to enjoy the rain forest and its beautiful views in a fun, easy and safe ride.

Duration: 04 hours

Recommendations: long pants, hiking shoes, camera, binoculars, sun lotion, repellent and raincoat.

Venado Caverns:

The caverns were formed in the Miocene period some fifteen to twenty million years ago. For a long time they were submerged in the depths of the ocean, however, due to the movement of tectonic plates, the caverns rose to form part of the surface. Discover in one visit the limestone rock, stalactites, stalagmites and corals which make up the caves. Located only an hour from La Fortuna, these caverns offer an unforgettable underground mystical adventure. Get ready to get wet and muddy, and to see amazing stalactites, stalagmites, bats and subterranean streams. We will be trekking through some narrow winding passages.

Duration: 7 hours

Recommended: hiking boots, light clothing, and shorts.

Participant Requirements: Good physical condition, not recommended for those with claustrophobia.

Caño Negro Wildlife Refuge:

Great for birdwatchers and nature lovers. This all day trip takes you to the mighty Rio Frio near the Caño Negro Wildlife Refuge. One of our professional bilingual guides will pick you up at your hotel and take you to the small town of Los Chiles near the Nicaraguan border. Here we will begin our three-hour ride up the Rio Frio in search of sloths, caimans, lizards, tropical birds, various species of monkeys and more in the surrounding lush rainforest and wetlands. Learn about the wildlife, vegetation, ecology and culture of this tropical paradise. A typical Costa Rican hot lunch is included in this tour and is served on the tranquil banks of the Rio Frio.

Duration: 8 hours

Recommended: insect repellent, rain gear, binoculars, camera.

Sarapiquí river Rafting, Class II & III. La Virgen & Chilamate Section:

A delightful day, more than 20 rapids in a spectacular setting in the tropical rain forest. Sarapiquí is the rafters dream; natural whitewater, challenging rapids and crystal clear pools. Enjoy the natural splendor and abundant wildlife. Distance for section around 11 kilometers each one

Duration: all day three and half-hours in the river

Duration: 10 hours

Recommended: sandals or tennis shoes, short or swimsuit, towel, dry clothing for coming back, sweater, photographic camera.

Includes tropical fruits in the river, hot lunch, modern equipment and a kayaker to ensure safety.

Participant Requirements: Good physical condition, beginners and advanced, ages: 12 to 60 years old.

Mountain Biking

This is one of the tours we offer for those who want to go on a bike trip to the area where the forest, the Arenal Volcano and the Lake meet and lead through a beautiful trail. The tour starts from the Arenal Lake Dam, where we take an old trail into the forest. At the end of the trail we will arrive at the entrance of the Arenal Volcano National Park and then get on the way to the Observatory, and back in the main road.

We will have the chance to see many different birds, for example: Squirrel Cuckoos, Keel Billed Toucans Crested Guans, Slaty Tailed Trogons, Black Headed Trogons, Bare Throated Tiger Herons (Laughing Falcons), as well as howler monkeys and raccoons.

Duration: 4 hours

Includes bikes, bilingual guide (English – Spanish), refreshments, water and cookies.

Horseback riding to the La Fortuna waterfall:

This tour offers the perfect combination of beautiful sightseeing and physical activity. We begin with an easy and scenic horseback ride from La Fortuna to the entrance of the waterfall. After viewing the magnificent 40-meter waterfall from a distance, we descend on a challenging hike through the dense rainforest where you will see amazing specimens of flora. The hike will bring us to the base crystal blue pool the waterfall pours into where you will be able to take a wonderful refreshing swim.

Duration: 4 hours

Recommended: insect repellent, rain gear, binoculars, camera, swimsuit and towel.

Participant Requirements: Good physical condition.