



Eco Essential Package

San Jose-Tortuguero-Arenal-Monteverde 9 DAYS / 8 NIGHTS

Day 01 **SAN JOSE**

Arrival and transfer to San Jose Hotel

Today our staff will meet and greet you at San Jose International Airport. After you have picked up your luggage and clear customs you will be transferred to your San Jose Hotel.

Overnight at San Jose Hotel

Services: ground transportation, airport meet and greet.

Day 02 **TORTUGUERO**

Tortuguero Adventure

Early departure from your hotel in San Jose passing through Braulio Carrillo National Park one of the largest National Parks in Costa Rica. From Braulio Carrillo we will head over to Tortuguero National Park located on the Caribbean Northeast and known for its canals that cross over the National Park. A stopover for breakfast is included at the town of Guapiles. After having breakfast, you will be transferred to the Pier and take a one-hour boat ride through to the town of Tortuguero, during the ride keep your eyes open all kinds of birds and wildlife can be seen. After checking in at Tortuguero, a delicious lunch is included as well.

During the afternoon along with our guide we will do a visit to the local town and experience the culture and traditions of the local community of Tortuguero.

Overnight at Tortuguero Hotel

Services: ground and boat transportation and tour guide.

Meals included: breakfast, lunch and dinner

Day 03 **TORTUGUERO**

Tortuguero National Park

We will take you to visit the Tortuguero National Park and explore by boat, a tropical sanctuary for more than 300 different species of birds and natural habitat for an amazing array of wildlife; such as monkeys, crocodiles and iguanas, among many others. Discover the lush vegetation that abounds in the midst of the Rainforest.

Enjoy the pool area, souvenir shop, hammocks and walking trails!

Overnight at Tortuguero Hotel

Services: boat tour and tour guide.

Meals included: breakfast, lunch and dinner

****National Park ticket not included****



Day 04 **ARENAL**

Transfer to the Arenal Area

After breakfast, it is time to get back on the canals for tour transfer to Arenal. During this trip we will also enjoy a delicious lunch in the town of Guapiles. Then, you will be transferred to the Arenal rainforest area, home of the amazing Arenal Volcano.

Overnight at Arenal Hotel

Services: boat and ground transportation.

Meals included: breakfast and lunch.

Day 05 **ARENAL**

Arenal Volcano Hike and Baldi Hot Springs

Before the active period of 1968, a lavish canopy of vegetation covered the Arenal Volcano. People that climbed Arenal's summit related that inside the crater there were big trees and at night, they slept in places where there was some heat due to small steam outlets. Right now, the green area is located at the east side of the mountain, and other little green parts can be seen on the north and the south of the volcano. Enjoy the most extraordinary view of the Arenal Volcano on a gentle hike along the base of this marvelous cone-shaped volcano. The hike begins on one of the trails close to the volcano. We are going to be on this trail for about 1 ½ hours.

Later, you will visit the hot springs. Baldi Hot Springs is the most expansive hot spring facility in the Arenal Volcano area. There are walking paths winding between pools that are large and small, hot and cold. Oftentimes, a cold pool lies adjacent to a warm pool, allowing visitors to cool down or heat up as they please. Indeed, your core temperature will rise after nearly twenty minutes in the hot springs, so it's advised to spend some time in the colder pools throughout one's visit.

Please wear: comfortable clothes and tennis or hiking shoes.

Please bring: bathing suit, extra clothes, sunscreen, camera.

Overnight at Arenal Hotel

Services: ground transportation, tour guide, entrance to hot springs.

Meals included: breakfast and dinner.

Day 06 **MONTEVERDE**

Boat transfer to the Monteverde Area

This is a transfer from Arenal to Monteverde but in an original way. Taking only 2.5 hours including lake crossing, instead of 4 hours on the road around the lake. We leave in a comfortable van enough space to take your luggage with you all the time. Once we are at Arenal Lake, we will board the boat that will take us on a 30-40 minutes journey across the lake. On the way you will be able to see several small islands and great panoramic views. Once we get to the other side of the lake, another van will be waiting to drive us to Monteverde direct to your hotel.

Overnight at Monteverde Hotel

CAT services: boat and ground transportation.

Meals included: breakfast.



Day 07 **MONTEVERDE**

Monteverde Reserve Tour

The spectacular Monteverde Cloud Forest Reserve. Feels like walking in a grandiose green Cathedral. Wind-sculptured elfin woodlands on the exposed ridges are spectacularly dwarfed, whereas protected cove Monteverde rainforests have majestically tall trees festooned with orchids, bromeliads, ferns, vines, and mosses.

The varied climates and high latitudes of this cloud forest reserve help keep this vast biodiversity of plant and animal life going: There are jaguars, black guans, ocelots, emerald toucanets, three wattled bellbirds, bare necked umbrella bird, blue-crowned motmots, quetzals, hummingbirds, and tens of thousands of insects to see and learn about. Your tour guide will be sure to point out the interesting wildlife that you may be lucky enough to see. You will have the opportunity to explore the nine different paths that weave through the cloud forest, eventually arriving at one of the highest points of the reserve. This is more than just a nature hike, it's a once-in-a-lifetime experience to enjoy the unique cloud forest and all of its inhabitants!

Please wear: comfortable clothes and walking shoes.

Please bring: insect repellent, raincoat, camera & binoculars.

Overnight at Monteverde Hotel

Services: ground transportation, tour guide and entrance fee.

Meals included: breakfast.

Day 08 **SAN JOSE**

Transfer back to San Jose

It is time to drive back to San José after many adventures and experiences. This trip would take 3 ½ hours.

Overnight at San Jose Hotel

Services: ground transportation.

Meals included: breakfast.

Day 09 **DEPARTURE**

Departure transfer to the San Jose International Airport

Our driver will pick you up at the lobby of your hotel to transfer you to SJO International Airport. Make sure you have all your belongings with you.

Services: ground transportation.

Includes:

- A/C transportation
- All tours and admissions as itinerary.
- Guide for the activities.
- Meals as describe
- All local taxes.

Not included:

- Meals and activities not indicated on the itinerary
- Gratuities to guide and driver.



Notes and recommendations

What kinds of clothes should I bring?

Pack light and bring comfortable clothing. T-shirts and shorts are acceptable in San José (during the day, if planning to go out in the evening slacks are highly recommended as some restaurants won't admit you in shorts or sandals). Loose-fitting long-sleeved shirts and pants are recommended if you want to avoid the sun. Bring a large hat to block the sun from your face and neck. Packing a light sweater or jacket for the A/C of the bus might get cool. Sturdy sneakers or hiking boots are essential if you plan to do a lot of sightseeing and hiking. Waterproof hiking sandals or other footwear that lets your feet breathe are good for strolling about town, and also for beach walking, fording streams, and navigating the myriad mud holes you'll find on rain and cloud forest trails.

How is the weather in Costa Rica?

The climate is idyllic. In the lowlands, which are dry in the Pacific Northwest and humid elsewhere, daytime temperatures range in the eighties to nineties F° (high twenties to mid-thirties C°). Usually in the seventies F° (low to mid-twenties C°) at middle elevations, the mercury can fall as low as the forties and fifties F° (five to mid-tens C°) at the top of the mountains. Costa Rica can be broadly categorized into four major climatic zones:

Language: The official language is Spanish, although the tourist will find that English is widely spoken particularly in places such as hotels, travel agencies, banks, rental car companies, restaurants, etc.

Time: In Costa Rica daylight savings time is not used, but in order to have an idea of the approximate time of this country, it can be related to the U.S. Eastern Standard Time:

From October to April: Costa Rica is one hour behind Eastern Standard Time.

From April to October: Costa Rica is two hours behind Eastern Standard Time

Electricity: It is the same as in the U.S. 110 volts., 60 cycles.

Credit cards: All major credit cards are accepted in almost all hotels, stores, restaurants and car rental agencies. Outside San Jose and in some places the tourist should be prepared to pay in local currency; especially if the store, hotel, etc. is planning to include a service charge fee for the use of the credit card.

Policies and payments: For green season: All FIT packages must be prepaid 1-month prior arrival. For peak season: different policies applied according to itinerary. You can wire the funds to our bank in Miami or pay with a credit card. In case of credit card payment for more than US\$9000, there is a service charge of 4% and banks in Costa Rica, in order to protect the customer, require a "signature on file form" with a copy of both sides of the credit card.

INSURANCE: Our passengers, while transported in vehicles owned by CENTRAL AMERICAN TOURS, are covered by insurance from the Instituto Nacional de Seguros.

RESPONSIBILITY:

CENTRAL AMERICAN TOURS as a recognized tour company, acts only as an agent for the passenger in regard to travel, whether by car, motor coach, railroad, boat or plane and assumes no liability during such travel for injury damage, loss, accident, delay or irregularity which may be occasioned whether by reason or defect in any vehicle or for any reason whatsoever, or through the acts of default of any company or person engaged in covering the passenger or in carrying out the arrangements of the tour. CENTRAL AMERICAN TOURS cannot be held responsible for losses or additional expenses due to delay, hotel or airline irregularities, sickness, weather or any other causes. CENTRAL AMERICAN TOURS assumes no liability for the loss of personal effects or baggage. The right is reserved to cancel or change any tours, schedules and rates and to cancel or substitute stops on any tour without notice, and to use the services of affiliated companies as deemed necessary.

NOTE: When other individuals or companies are used to provide services, their insurance payment and cancellations policies will apply.